



NEW TESTAMENT 2019

Come Follow Me with *Living Scriptures* STREAMING

Trust in God

Philippians; Colossians

Objectives:

- Emphasize the importance of trusting in God no matter what circumstances you face.

Reinforces Principles of:

- Trust in God

This Lesson contains 5 activities:

Choose the activities that fit your family's schedule.

Use on Mondays to introduce the topic, or the following Sunday to review.

Reverence Time: Song, prayer, scripture and video clip

Lesson Time: Lesson summary and points to ponder

Story Time: Story

Activity Time: Object lesson or activity

Treat Time: Prayer, theme related recipe



Reverence Time

Approximate Time: 5 minutes

Sing Together: “Dearest Children, God is Near You”, Hymn #96
If you wish to print sheet music or have an online music file to accompany you visit:
<https://www.churchofjesuschrist.org/music/library/hymns/dearest-children-god-is-near-you>

Prayer:

Scripture Time: Philippians 4:13

13 I can do all things through Christ which strengtheneth me.

Video Clip: Watch a clip from the Living Scriptures Streaming Library. You can find the clip at <https://www.livingscriptures.com/fhe-lesson-trust-in-god>

Quote: “If you do your best, it will all work out. Put your trust in God, and move forward with faith and confidence in the future. The Lord will not forsake us....If we will put our trust in Him, if we will pray to Him, if we will live worthy of His blessings, He will hear our prayers.” *Gordon B. Hinckley*



Lesson Time

Approximate Time: 10-15 minutes

Lesson

Summary:

Paul sacrificed a lot when he became Christian and gave his life to preaching the gospel. He spent a long time in prison, where he wrote letters to the Philippians and the Colossians. Although he suffered through difficult circumstances, he was always grateful to God and continued to praise Him and teach the gospel to others. He found joy in the gospel of Jesus Christ.

God will help us in our trials. He may not remove them, but He loves us and He knows what is best for us. Our trials can help us learn and grow if we put our faith and trust in God.

Daniel is a wonderful example from the scriptures of a man who trusted in God, no matter what. Even when he was a young man, he exercised his faith when he and his friends refused to eat foods that were against the Law of Moses. He and his friends were blessed with good health because they kept the commandments. Later in Daniel's life when the king made a decree that no one could worship or pray to any God but the king, Daniel continued to pray. Because of the king's decree, he was cast into the lion's den. The Lord protected him, and because of Daniel's great faith and obedience many people in the kingdom were converted.

Points to Ponder:

What does it mean to trust in God? (To obey Him willingly, even when we do not know what will happen in the end.)

Why is it important to learn to trust in the Lord when you are young? (If you learn when you are young and practice putting your trust in the Lord, He will support you in your trials and afflictions.)

How do we gain trust in the Lord? (Discuss ideas.)

Why should we put our trust in the Lord? (If we trust in the Lord, we will be happy. When we are worried or frightened, we need to remember that He loves us and that we need to pray to and trust in Him.)

Will all our trials be removed, if we always trust in God? (No. Life is a test and trials are part of that test, but if we always trust in God he will give us comfort and support us through all of our trials.)

How did Paul show his trust in God? How did Daniel show his trust in God? (Discuss ideas. Notice similarities.)



Story Time

Approximate Time: 3 minutes

George Beck was a superintendent for the railroad and Namie Beck would not allow her family to be separated. Each time George's crew was transferred to a new location she would pack up their things and she and Mei Li would move with him. It was during one of these moves, four years ago, in 1851 that the Becks had met two Mormon missionaries and been converted to the gospel.

Mei Li entered the one room schoolhouse with hesitation. Miss Wells gave the young girl's hand a squeeze. "Can I have your attention class? This is our new student, Mei Li Beck. Her family will be staying in the Wilson home during the construction of the railroad."

The children stared at Mei Li. She was dressed like all the other girls, but her beautiful almond shaped eyes set her apart. Some of the children had seen Chinese railroad workers in town, but their children had never come to the Atchison school house.

Miss Wells led Mei Li to an empty desk in the front of Jeremy Hall. Mei Li's glistening black hair hung in a braid past her waist. When Miss Wells wasn't looking, Jeremy reached for the braid gave it a sharp tug, "Go back to China, where you belong!" he whispered.

Mei Li's eyes filled with tears. She blinked them away and thought about the words Mama had written in The Book of Mormon she had given her at her baptism. "Mei Li, trust in God and He will always be with you."

Silently she prayed, "I know that you are with me Father. Please help me to be strong."

When Miss Wells dismissed the class, Mei Li hurried out the door with Jeremy and his friend Tom at her heels. "I ain't never seen nobody with the name of Beck that looks like you," he taunted.

"Ya. All the Becks we know come from England not China!" Tom chided.

Mei Li's mother had died during childbirth and her father was killed in a railroad accident when she was only 6 weeks old. The Becks who were childless had taken her to raise as their own.

"Trust in God, trust in God," she repeated over and over to herself as she walked faster.

"Not only is she Chinese, but my Pa says she's one of them Mormons too!" Tom sneered.

“You know what my Grandpa says we do with Mormons, little girl?” Jeremy said as he grabbed Mei Li’s arm and twisted it behind her back. “We exterminate ’em! Just like that Joe Smith.”

Jeremy was big and strong. Each time Mei Li struggled to get away, he would twist her arm tighter.

Mei Li prayed with all her might. Just when she felt she could bear no more, she heard a soft voice singing her favorite hymn, “Dearest Children, God is Near You...He will bless you, if you put your trust in Him.”

Mei Li stopped struggling and a peaceful feeling filled her heart.

“You better deny being a Mormon! You hear me girl?” Jeremy threatened, “Or we’re going to beat you to a pulp!”

For the first time during the altercation with the boys, Mei Li spoke. With a calm unwavering voice she said, “You do what you want with me, but I will never deny my faith or my God!”

The sound of horse hooves startled the boys and Jeremy released his hold on Mei Li. As the lone rider approached, the two boys took off running. Climbing down from the saddle the man knelt down in front of Mei Li. “Are you all right?” he asked.

Mei Li nodded as she wiped the tears from her face. “Sir, I’m a Mormon and I won’t deny it! So if you want to exterminate me too, so be it.”

The stranger looked at Mei Li with admiration. “Well that explains the urgency I felt to stop my work and ride down this road. The Lord sent me to help you, Miss Beck!”

Mei Li looked puzzled.

The man tipped his hat, “I’m Elder Parker. I met your Pa last week. He came by Mormon Grove to offer us assistance.” Elder Parker continued, “He’s a good man! Trusts in God, just like his daughter.”

by Margie Nauta Lee



Activity Time

Approximate time: 10 minutes

What you need: A copy of the “Trust in God” T.V. screen and film roll (artwork included with this lesson), scissors, poster board or card stock, tape and glue.

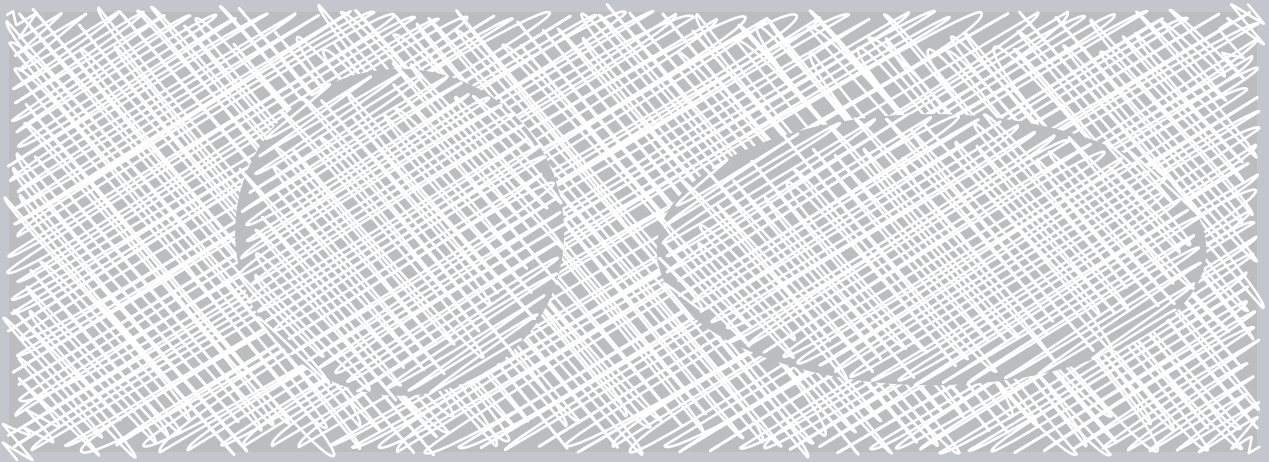
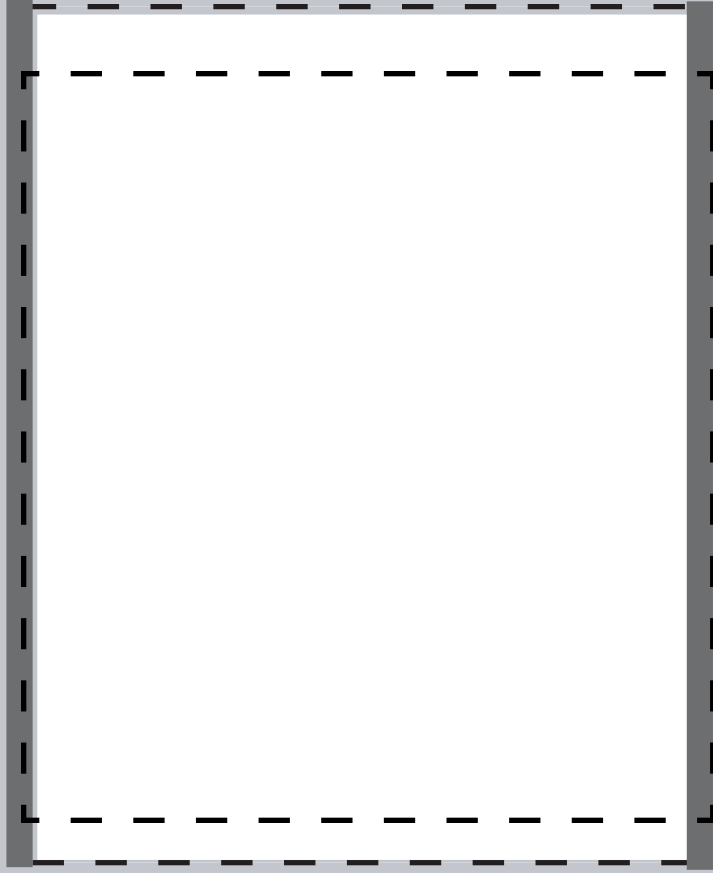
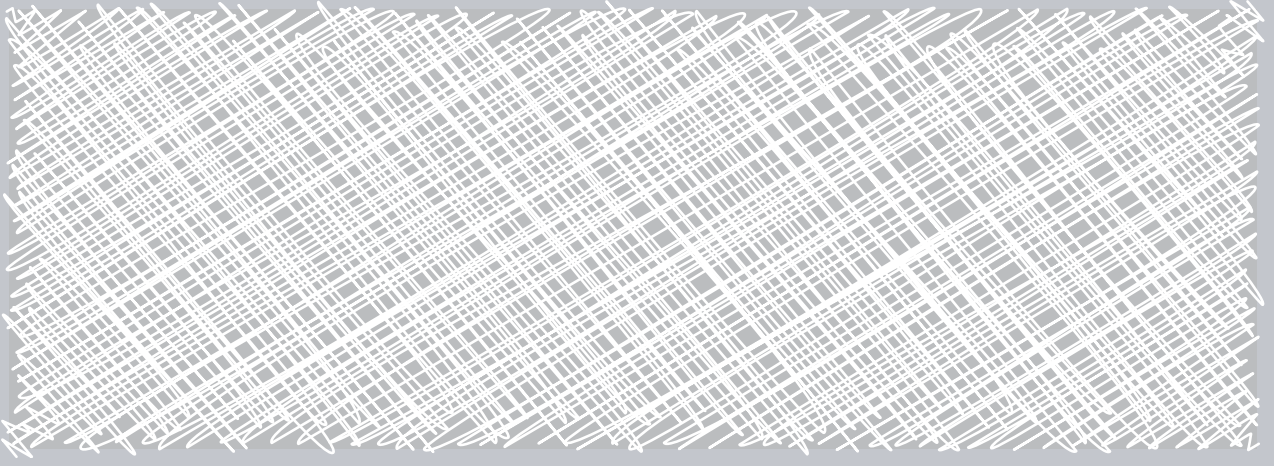
Preparation

1. **Print** out the artwork.
2. **Cut** out.
3. **T.V. screen:**
 - A. Glue onto poster board.
 - B. Cut along dotted lines.
4. **Film roll:**
 - A. Fold along dotted lines and glue or tape together.
 - B. Glue or tape a picture of your children where indicated.
 - C. Glue or tape the sections together by matching up letters.



Activity:

1. Roll up movie roll.
2. Insert the start of the movie roll into the viewer slots as shown in picture.
2. Read the scripture and talk about how it applies to your family.
3. Read the dialogue on the back of the movie roll as you pull it through the viewer.
4. Discuss each situation with your family (if desired come up with situation of your own that you feel fit your family needs better).
5. When the answer to the situation is no, discuss what you should do differently in order to answer 'yes'.
6. Emphasize how always following these important principles will help us learn to always trust in God, no matter what.



- POWER
- CHANNEL
- VOLUME
- MENUE

A

When Daniel and his friends were in their youth they promised to always **TRUST** in God no matter what.

Will you always trust in God, like Daniel and his friends, no matter what?



“...thou art in thy youth, and therefore, I beseech of thee that thou wilt hear my words and learn of me; for I do know that whosoever shall put their trust in God shall be supported in their trials, and their afflictions, and shall be lifted up at the last day.”
(Alma 36:3)

Glue a picture of
your children here.

Start

B

Daniel showed his trust and **FAITH** in God when the interpretation of King Nebuchadnezzar's dream was revealed to him by God.

You shared your testimony with another passenger on the airplane and gave her a copy of The Book of Mormon.

Were you being faithful like Daniel?

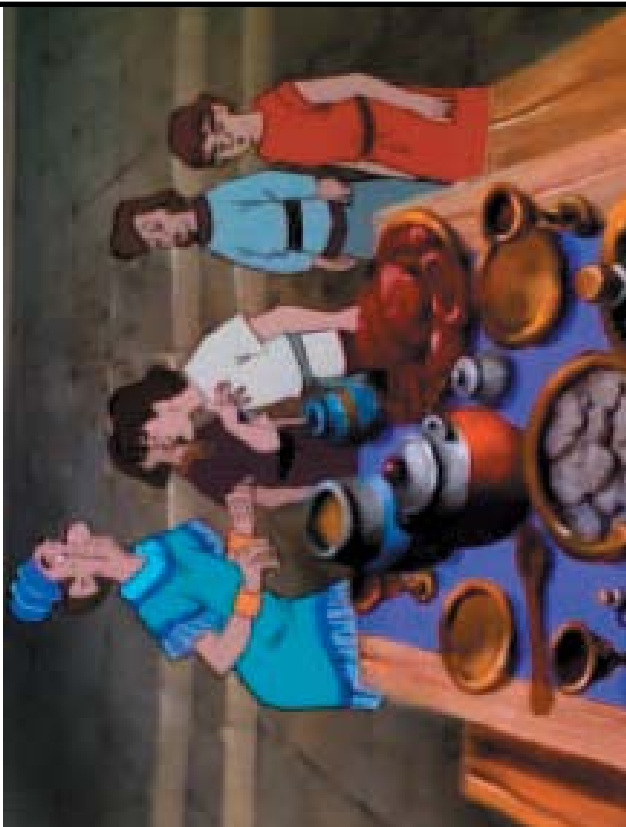


A

Daniel and his friends showed their trust in and **OBEDIENCE** to God when they refused foods that were against the Law of Moses.

You pretended to drink a beer when you were at a party, so the other kids wouldn't make fun of you.

Were you being obedient like Daniel and his friends?



C

Daniel's friends, Shadrach, Meshach and Abednego, showed their trust in and **LOYALTY** to God when they refused to worship the golden image.

When you became a cheerleader, the squad told you to stop being friends with your old group of friends. You told them no!
Were you being loyal like Shadrach, Meshach and Abednego?



B

Daniel showed **HUMILITY** and trust in God when he read the mysterious writing on the wall for God alone and not for Belshazzar's gifts and power.

You earned the Young Womanhood Recognition award just so you could have your picture in the paper, even though this is now discouraged.
Were you being humble like Daniel?



Daniel showed trust in God and great **COURAGE** when he prayed to God, even though he knew he would be thrown into the lions' den.

When I went to a slumber party I didn't say my prayers because I didn't want to be made fun of.

Was I showing courage like Daniel?



Daniel trusted the Lord when he forgave Darius' pride that caused Daniel to be thrown into the lions' den.

My friend John had a party and didn't invite me. I felt really bad. When he apologized to me, I told him I didn't think we could *ever* be *friends* again.

Was I being forgiving like Daniel?





Treat Time

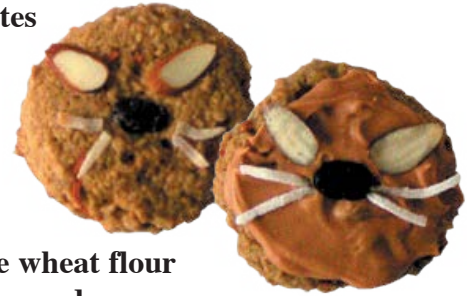
Approximate Time: 15 minutes

Prep Time: 15 minutes

Cook Time: 10–12 minutes

Cool Time: 15 minutes

“LION COOKIES” (Carrot Cookies)



3/4 c. butter
3/4 c. packed brown sugar
1/2 c. granulated sugar
1 egg
1 tsp. vanilla
1 c. shredded carrots
1/4 c. walnuts or sunflower seeds

1 3/4 c. whole wheat flour
1 tsp. baking powder
1/4 tsp. baking soda
1/2 tsp. cinnamon
1/4 tsp. ground cloves
2 c. oats
1/4 c. + 36 raisins
1 Tbs. shredded coconut
1/4 c. sliced Almonds

Cream together the butter, brown sugar, granulated sugar, egg, and vanilla until light and fluffy. Add flour, baking powder, baking soda, cinnamon, and cloves. Beat until thoroughly combined. Stir in oats, walnuts, carrots, and raisins (reserve the 36 raisins for noses).

Drop dough by rounded tablespoon fulls, 2 inches apart, onto ungreased cookie sheet. Slightly flatten and then place 2 almond slices on each for eyes, a raisin for the nose, and coconut for whiskers. Bake in a 375 degree oven for 10-12 minutes. Cool. Makes 3 dozen “Lions.”

Optional: Bake cookies before adding eyes, nose, and whiskers. Remove from oven and cool. Frost with cream cheese frosting that has been colored with 4 drops red, 6 drops yellow, and 2 drops blue food coloring. Then add the eyes, nose and whiskers.

Treat Time: Have children help make the cookies. While you're adding the ingredients discuss why Heavenly Father wants us, like Daniel and his friends, to eat more vegetables and fruit like the raisins and the carrots and nuts and seeds like the walnuts, almonds and sunflower seeds, and whole grains like the whole wheat flour and oats.

Closing Prayer and blessing on the food.