



NEW TESTAMENT 2019

Come Follow Me

with

Living Scriptures
STREAMING

Harden Not Your Hearts

Hebrews 1-6

Objectives:

- Talk about the importance of having a soft and contrite heart.
- Emphasize Jesus's sacrifice for us.

Reinforces Principles of:

- Faith in Jesus Christ

This Lesson contains 4 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

Activity Time: Object lesson or activity

Treat Time: Prayer, theme related recipe



Reverence Time

Approximate Time: 5 minutes

Sing Together: “He Sent His Son” Children’s Songbook page 34
If you wish to print sheet music or have an online music file to accompany you visit:
<https://www.lds.org/music/library/childrens-songbook/he-sent-his-son>

Prayer:

Scripture Time: Hebrews 3:8

8 Harden not your hearts, as in the provocation, in the day of temptation in the wilderness:

Video Clip: Watch clips from the Living Scriptures Streaming Library. You can find the clip at <https://www.livingscriptures.com/fhe-lesson-harden-not-your-hearts>



Lesson Time

Approximate Time: 10-15 minutes

Lesson

Summary: In Hebrews, we are reminded of the greatness of Jesus Christ and of His atonement for us. Jesus suffered all things, and because He did, He knows how to help us. He only asks that in return we offer Him our hearts. That means that we show our love for Him by keeping His commandments.

We are also told in Hebrews 3:8 not to “harden” our hearts. Something that is hard doesn’t let things in. You might describe it as stiff or not bendable. Jesus wants us to let Him into our hearts and let our will bend to His, so he can help us to become better people. Having a soft heart means we are teachable and loving. We have faith in Jesus Christ and try to become like Him. Having a hard heart means we are stubborn and unwilling to change. Do we sometimes have hardened hearts? How can we make them soft again?

Points to

Ponder: **What does it mean to harden your heart?** (Discuss ideas)

When they were in the wilderness, the Israelites hardened their hearts against God at times. What happened to them? (See Hebrews 3:10-11)

How can we develop soft & contrite hearts? (Discuss ideas).

Quote: “We speak of people with faint hearts, wise hearts, pure hearts, willing hearts, deceitful hearts, conniving hearts, courageous hearts, cold hearts, hearts of stone, or selfish hearts. The measure of our hearts is the measure of our total performance. As used by the Lord, the “heart” of a person describes his effort to better self, or others, or the conditions he confronts.”
Marvin J. Ashton



Activity Time

What you need: A copy of “Captain, Captain” game, scissors

Preparation: Print the “Captain’s Orders” cards if desired. (Or simply remember which actions match each phrase as it is called out.)

Activity: Read Hebrews 2:9-10: “But we see Jesus, who was made a little lower than the angels for the suffering of death, crowned with glory and honour; that he by the grace of God should taste death for every man. For it became him, for whom are all things, and by whom are all things, in bringing many sons unto glory, to make the captain of their salvation perfect through sufferings.”

Discuss: What is a captain? What does a captain do? How is Jesus like a captain?

Play the game. To play, choose one person to be the leader or “captain”. The leader calls out different actions from the Captain’s Orders. The other players perform the actions. To play competitively, the last one to complete the action is out. When “Mutiny” is called, the the first person to raise their hand is the new “captain”.

Captain's Orders

Man Overboard!

Players drop to the floor

Captain's Coming!

Players stand at attention and salute the 'captain'

Starbord

Players move to the right side of the room

Port

Players move to the left side of the room

Scrub the Deck

Players squat on the ground and scrub the deck

Climb the Rigging

Players stand up and pretend to climb the rigging



Treat Time

Approximate Time: 40 minutes

Prep Time: 10 minutes

Bake Time: 25–30 minutes



Soft Heart Cream Puffs

Heart mixture:

1/2 cup butter

1 teaspoon sugar

1/2 teaspoon salt

1 cup flour

4 large eggs

Cream Filling:

2 cups Whipped Topping—thawed

1 teaspoon almond extract

Raspberry Filling:

1 (21 oz.) can Raspberry Pie Filling

Preheat oven to 375 degrees. Bring butter, sugar, salt and 1 cup of water to a boil in a saucepan. Stir in flour, and cook over medium-high heat, stirring constantly, for three minutes. Cool for 1 minute. Add eggs one at a time to the butter mixture, beating after each egg until smooth. Flatten dough to 2–3 inches thick. Cut into heart shapes. Bake on an ungreased baking sheet until golden brown. Approximately for 25-30 minutes. Let cool. Slice each puff in half horizontally.

Treat Time: Give each family member a heart to fill with whipped cream and raspberries. Sprinkle tops with powdered sugar.

Closing Prayer and blessing on the food.