

An illustration showing a man with long brown hair and a beard, wearing a red robe, looking down at a woman with long brown hair, also wearing a red robe. They are in a room with a wooden table and a brown pot in the background.

NEW TESTAMENT 2019

Come Follow Me  
with  
*Living Scriptures*  
STREAMING

## Light & Love

1-3 John; Jude

### Objectives:

- Talk about how God is light and love
- Discuss ways you can show your love to Jesus Christ

### Reinforces Principles of:

- Love, Obedience

### 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:** “Jesus Said Love Everyone” Children’s Songbook page 61  
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/jesus-said-love-everyone>

**Prayer:**

**Scripture Time:** 1 John 1:5, 4:16

5 This then is the message which we have heard of him, and declare unto you, that God is light, and in him is no darkness at all.

16 And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.

**Video Clip:** Watch clips from the Living Scriptures Streaming Library. You can find the clip at <https://www.livingscriptures.com/fhe-lesson-light-love>



# Lesson Time

Approximate Time: 10-15 minutes

## Lesson

**Summary:** In the Epistles of John, he uses imagery to help us understand more about God and Jesus Christ. In 1 John 1 & 2, John tells us that God is light, and that light is truth and goodness. These things will guide us and help us find our way back to our Heavenly Father. By contrast, darkness is lies and sin. We want to stay away from these things if we want to be close to Heavenly Father. John reminds us that we can confess our sins and repent, and Jesus Christ will cleanse us from all unrighteousness. He can lead us back to the light!

At Christmas time, we use many symbols to remind us that God is light. We decorate our houses with Christmas lights, we light candles, and we decorate with stars, like the one that appeared at Jesus's birth. As you see these things, remember that God is light.

In 1 John 3-5, John tells us that God is love, and that we should love each other. He says that it is impossible to love God and hate other people. If we love God, we believe in Him and keep His commandments.

During the Christmas season, we also look for ways to love and serve those around us a little more often. We give gifts and spend time with our families. We try to be more loving and kind. These are wonderful ways that we can show our love for Jesus, and we can feel His love in return.

## Points to

### Ponder:

**Imagine yourself in a dark, unfamiliar place. How do you feel?** (Discuss ideas.)

**How does hate cause us to walk in darkness?** (Discuss ideas.)

**Imagine yourself in a place filled with warm, beautiful light. How do you feel?** (Discuss ideas.)

**How does love help us have light in our lives?** (Discuss ideas.)

**How can we show our love for Jesus Christ?** (Discuss ideas.)

### Quote:

“Jesus said, ‘I am the light [that] shineth in darkness, and the darkness comprehendeth it not.’ That means no matter how hard it tries, the darkness cannot put out that light. Ever. You can trust that His light will be there for you... Best of all, as President Nelson has encouraged, we can bring the Savior’s light to ourselves and the people important to us by the simple act of keeping our covenants. In a variety of ways, the Lord rewards that faithful act with power and with joy.”

*Sharon Eubank*



## Activity Time

**What you need:** A copy of “A Stocking for Jesus”, stapler or glue, scissors, strips of paper, pens or pencils

**Activity:** How do we show our love for Jesus Christ?

In John 14:15 it says, “If ye love me, keep my commandments.” In 1 John 3:23 it says, “And this is his commandment, That we should believe on the name of his Son Jesus Christ, and love one another, as he gave us commandment.”

Explain: This Christmas season, we’re going to show our love for Jesus Christ by doing kind things for others and keeping the commandments. As we do these things, we’ll write them down (or draw a picture) on slips of paper, and place them in this stocking. These are our gifts for Jesus this year.

Assemble the stocking: With your family, cut out the stocking front and back, and then glue or staple the edges, leaving the top open. Hang the stocking somewhere where you will see it often and remember to add “gifts” to the stocking.



Front



Back





## Treat Time

Approximate Time: 50 minutes

**Prep Time:** 5 minutes

**Cook Time:** 30–35 minutes

**Cook Time:** 10–15 minutes

### Cherry Chocolate Chip Hearts

2-3/4 cups all-purpose flour  
2 teaspoons baking powder  
1/4 teaspoon baking soda  
1/2 teaspoon salt  
1-3/4 cups sugar  
1/2 cup butter (melted)  
3 eggs  
1 teaspoon vanilla  
3/4 cup milk  
3/4 cup sour cream  
2 cups maraschino cherries (well drained)  
1 cup chocolate chips  
Cherry JuJu Hearts or candy of your choice  
Frosting of your choice



Preheat oven to 400 degrees F.

**Mix** all the dry ingredients in a large bowl. Add melted butter and mix until crumbly. In a separate bowl, whisk together, eggs, vanilla, milk and sour cream. Fold liquid into dry mixture. Gently stir in maraschino cherries and chocolate chips (batter will be lumpy). Spoon into a prepared (greased and floured) jelly roll pan. Bake for 5 minutes at 400 degrees F. Turn oven temperature to 350 degrees F and bake an additional 25 minutes or until the center springs back on touch. Cool in pan for 10–15 minutes.

**Treat Time:** Let children cut into heart shapes with cookie cutters. Frost with your choice of icing (works best if slightly warmed) and top with cherry JuJu hearts or candy of your choice.

**Closing Prayer and blessing on the food.**