



BOOK OF MORMON 2020

Come Follow Me
with
Living Scriptures
STREAMING

They Keystone of Our Religion

Introductory Pages of the Book of Mormon

Objectives:

- Talk about the importance of The Book of Mormon
- Discuss ways you can study The Book of Mormon this year, and gain a testimony of it, and share your testimony with others.

Reinforces Principles of:

- Testimony

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: “The Golden Plates” Children’s Songbook page 86
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/the-golden-plates>

Prayer:

Scripture Time: Introduction to the Book of Mormon, paragraph 6

Concerning this record the Prophet Joseph Smith said: “I told the brethren that the Book of Mormon was the most correct of any book on earth, and the keystone of our religion, and a man would get nearer to God by abiding by its precepts, than by any other book.”

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



Lesson Time

Approximate Time: 10-15 minutes

Lesson

Summary: The Book of Mormon was translated from Gold Plates which were given to the Prophet Joseph Smith by the Angel Moroni. Moroni was one of the last of the Nephites. His father, Mormon, had gathered and abridged the records of the Nephites and the Jaredites who lived many years ago on the American Continent. The Gold Plates contained the history of the people, but more importantly, they contained the gospel of Jesus Christ.

Joseph Smith said that the Book of Mormon is the “the keystone of our religion”. In an arched doorway, the keystone is wedge-shaped stone that both side of the doorway lean on to make the archway stand strong. A testimony of the Book of Mormon helps us to strengthen our testimony of Jesus Christ, and of the Church of Jesus Christ of Latter-day Saints.

Just as the 3 Witnesses and the 8 Witnesses wrote their testimony of the reality of the Gold Plates and of Joseph Smith’s translation of them by the power of God, we can share our own testimonies of the truthfulness of the Book of Mormon with others. If we need to gain a testimony of the book, Moroni promises that if we read it and pray with real intent and faith, we can know that it is true. (Moroni 10:3-5)

Points to Ponder:

Why is The Book of Mormon called “the keystone of our religion?” *(Discuss ideas)*

How did God help The Book of Mormon to come forth? *(Discuss ideas)*

How can we gain a testimony of The Book of Mormon? *(Discuss ideas)*

How can we share our testimonies of The Book of Mormon? *(Discuss ideas)*

What goals can we set to study The Book of Mormon this year with our family, and on our own? *(Discuss ideas)*

Quote:

“Because the Book of Mormon is true, The Church of Jesus Christ of Latter-day Saints is the Lord’s Church on the earth, and the holy priesthood of God has been restored for the benefit and blessing of His children. If you do not have a firm testimony of these things, do that which is necessary to obtain one. It is essential for you to have your own testimony in these difficult times, for the testimonies of others will carry you only so far. However, once obtained, a testimony needs to be kept vital and alive through continued obedience to the commandments of God and through daily prayer and scripture study.” *Thomas S. Monson*



Activity Time

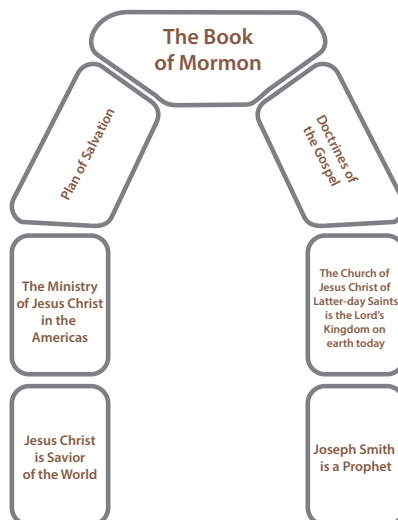
What you need: A copy of “Keystone Puzzle” activity (artwork included with this lesson), glue and scissors. Optional: cardstock.

Preparation

1. **Print** out the artwork.
2. **Cut** out “stone” puzzle pieces.

Activity: (Younger children will need help from an older sibling or parent.)

1. Explain that the Book of Mormon has been called “the keystone of our religion.” Explain that you are going to show them what a keystone looks like, and how the Book of Mormon can be a “keystone” of our testimonies of the gospel of Jesus Christ.
2. Each piece of the puzzle contains something that we can learn in the Book of Mormon (taken from the Introduction to the Book of Mormon). Take turns choosing “stone” puzzle pieces and reading what is written on it. If desired, discuss how or why that principle or topic is taught in the Book of Mormon. Add the piece to the puzzle to build an archway.
3. Discuss why the top center piece of the arch, or keystone is important to make the archway strong. How is the Book of Mormon like a keystone?



The Book of Mormon

Plan of Salvation

Doctrines of the Gospel

The Ministry of Jesus Christ in the Americas

The Church of Jesus Christ of Latter-day Saints is the Lord's Kingdom on earth today

Jesus Christ is Savior of the World

Joseph Smith is a Prophet



Treat Time

Approximate Time: 45 minutes

Prep Time: 15 minutes

Bake Time: 14 minutes

Book of Mormon Ice Cream Sandwiches

8 oz. semi-sweet baking chocolate
3/4 c. firmly packed brown sugar
1/3 stick butter or margarine
2 eggs
1 tsp. vanilla
1/2 c. flour
1/2 tsp. baking powder
1/2 tsp. salt
1/2 c. chocolate chips (optional)
1/2 gallon vanilla ice cream



Preheat oven to 350 F. Lightly coat a 13" x 18" jelly roll pan with cooking spray.

Melt baking chocolate on high in microwave for 2 minutes.

Cream together brown sugar, butter, eggs, and vanilla.

Slowly add melted chocolate.

Fold in flour, baking powder and salt and mix until smooth. Spread into pan (it will be a very thin layer).

Bake for 14 minutes.

Chill in refrigerator until completely cooled.

Cut into twenty 3" x 3" squares and ten 1/2" x 3" rectangles (see diagram).

Cut the ice cream with a hot knife into 3" squares.



Treat Time: Let children help assemble their ice cream scriptures by placing an ice cream square (the book pages) on top of a cookie square (book back cover). Place another cookie square (the book cover) on top of the ice cream. Place a 1/2" rectangle (the book spine) on one side, between the two cookies.

(Optional: Use decorator frosting to write Book of Mormon on cover.)

Closing Prayer and blessing on the food.