



BOOK OF MORMON 2020

Come Follow Me  
with  
*Living Scriptures*  
STREAMING

## I Will Go & Do

1 Nephi 1-7

### Objectives:

- Talk about what stops us from obeying God's commandments
- Emphasize that God gave us commandments to bring us safety and happiness.

### Reinforces Principles of:

- 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:** “Nephi’s Courage” Verses 1 & 3 Children’s Songbook page 120  
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/nephis-courage>

**Prayer:**

**Scripture Time:** 1 Nephi 3:7

7 And it came to pass that I, Nephi, said unto my father: I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them.

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



## Lesson Time

Approximate Time: 10-15 minutes

### Lesson

**Summary:** Lehi was a prophet in ancient Jerusalem. The people were growing wicked, and the lives of the prophets and believers were in danger. Soon the city would be destroyed because of wickedness. The Lord commanded Lehi and his family to leave Jerusalem. If they were faithful, they would be led to a promised land. Laman and Lemuel, Lehi's oldest sons, didn't want to leave. They murmured and complained. Nephi, another of Lehi's sons, had faith that his father had been led by the Lord and willingly left with his family. Soon after they had left, the Lord commanded that Lehi's sons go back to retrieve the Plates of Brass. These important records contained the scriptures and teachings of God. Laman and Lemuel again murmured and complained. Nephi knew that the Lord would help him if he was obedient.

Many people feel that the commandments are burdensome and that they limit freedom and personal growth. But the Savior taught that true freedom comes only from following Him: 'If ye continue in my word, then are ye my disciples indeed; and ye shall know the truth, and the truth shall make you free' (John 8: 31-32). God gives commandments for our benefit. They are loving instructions for our happiness and our physical and spiritual well-being. The Lord will always help us to keep His commandments.

### Points to Ponder:

**How did Laman and Lemuel respond when they were asked to do something hard?** (Discuss ideas)

**How did Nephi respond? What can we learn from this?** (Discuss ideas)

**How are we blessed when we keep the commandments?** (Discuss ideas)

**Why were the brass plates important?** (Discuss ideas)

**How can we be more faithful and obedient to the Lord's commands?** (Discuss ideas)

### Quote:

My young friends, I promise that when you come to really know Nephi, you will be so impressed with his determination, courage, and desire to be obedient to the "things the Lord commands" that you will have a strong desire to incorporate his attributes into your own lives. Then when you are tempted by the adversary, as you may be nearly every day, to deviate from the counsel of the prophets, the wishes of your parents, or what "the Lord commands," you can immediately have the words of stalwart Nephi automatically come to your mind: "I will go and do the things which the Lord hath commanded" (1 Ne. 3:7). And when someone with whom you associate suggests you participate in something that is not as "the Lord commands," you can think of the courageous plea Nephi made to his elder brothers: "Let us be faithful in keeping the commandments of the Lord" (1 Ne. 3:16). *H. David Burton*



## Activity Time

- What you need:**
- (1) 6-sided die
  - (1) pawn or token for each player (board game pawns you have on hand, buttons, beans, coins, etc.)
  - (1) small bowl
  - (6) beans, one of which is colored black (you could substitute 6 pennies, one of which is shiny)

- Preparation:**
1. Print out game board (on heavy paper if possible), trim off white border, and tape both sides together.
  2. Print out cards on both sides of paper. Cut out along the dashed lines. Stack deck of Faith Cards in order from 1 to 18 (#1 is on top). Place the deck on the game board.
  3. Take six beans and, using a black permanent marker, color one of them black. Place one bean for each player in a small bowl. These will be used later in the game.

**Activity:** Play the game according to the instructions on the next page.

# QUEST FOR THE BRASS PLATES™

2-6 players  
Ages 5 to adult

Playing time: about 30 minutes

Build faith by answering questions and be the first to obtain the Brass Plates.

## EQUIPMENT YOU MUST SUPPLY

- (1) 6-sided die
- (1) pawn or token for each player  
(board game pawns you have on hand, buttons, beans, coins, etc.)
- (1) small bowl
- (6) beans, one of which is colored black  
(you could substitute 6 pennies, one of which is shiny)

## PREPARATION FOR THE GAME

1. Print out game board (on heavy paper if possible), trim off white border, and tape both sides together.
2. Print out cards on both sides of paper. Cut out along the dashed lines. Stack deck of Faith Cards in order from 1 to 18 (#1 is on top). Place the deck on the game board.
3. Take six beans and, using a black permanent marker, color one of them black. Place one bean for each player in a small bowl. These will be used later in the game.

## GAME PLAY

### THE GOAL

Be the first to make it back to Jerusalem and obtain the Brass Plates by reciting one of two scriptures. Along the way, 'build your faith' by answering the questions on the Faith Cards.

### BEGINNING

As a group, select one of the two Brass Plates scripture cards (1 Nephi 3:7 or 2:19), and read that scripture aloud. Place the chosen Brass Plates card face down on the Jerusalem space at the center of the game board. This card must remain face-down until a player obtains enough faith to make the journey back to Jerusalem.

Each player places their token on the Jerusalem space. Determine who will go first by having all players roll the die; whomever has the lowest number goes first.

Each player will proceed down any of the four paths toward the outside 'ring of spaces'.

### A PLAYER'S TURN

Roll the die and move the number of spaces shown in a counter-clockwise direction. Tokens may occupy the same game space.

Each space has instructions; read them aloud and follow them immediately. On spaces that require a specific die roll (like evens) to move off, a player is stuck there until a qualifying number is rolled on their next turn(s). Some spaces affect another player—move that other player and have them follow any instructions (their moving does not affect normal game playing order). Other spaces give a question to answer: a player should answer it briefly and honestly. Their turn is then over.

When a player lands on the Nephi, Sam, Lehi, Sariah, Laman or Lemuel 'character spaces', a Faith Card is immediately drawn from the top of the card deck and answered.

### FAITH CARDS

Faith is 'built' by answering the questions on the Faith Cards. The story of Nephi and the Brass Plates will unfold as cards are drawn, and players confront the obstacles faced by Nephi and his family.

Any answer is acceptable that is an honest answer to the question posed. A player's answer DOES NOT have to be the same answer found in the Book of Mormon. An answer is only unacceptable if the other players determine the answer sounds 'canned' or is given without thought.

Only after a player has 'built enough faith' to earn at least **5 POINTS** total among all their Faith Cards can they proceed to Jerusalem by following one of the four paths.

OPTION: A scriptural reference is provided on each Faith Card, if the group wants to read it AFTER a player has answered. (This will make the game a little longer, but is educational.)

### WINNING THE GAME

A player will win the game by being the first player to reach Jerusalem by EXACT roll of the die and then correctly reciting from memory the scripture on the Brass Plates card.

While a player is reciting, someone should look at the card and tell that player whether they got it right. If the player makes a mistake, then the other player should again read the scripture aloud correctly. Place the card back face-down on the space. On their next turn, the player must leave Jerusalem down one of the four paths. On their subsequent turn, that player can again try to return to Jerusalem BY EXACT COUNT and recite the scripture correctly.

If a player, when trying to land on Jerusalem, rolls a number higher than needed, then they just 'over-shoot' the space and proceed back down one of the other three paths. On their next turn, they can try to land on Jerusalem again by exact count. Unless a player loses a Faith Card, they should have no need to return to the outside 'ring of spaces' once they are traveling the center four paths.

### SPECIAL OBSTACLES

If a player lands on a space on which they lose a Faith Card, they will have to proceed back to the outside 'ring' and earn another Faith Card by landing on one of the six Book of Mormon characters. If that player still has at least 5 Faith points after losing a card, they may still continue on to Jerusalem to try and win the game.

### \*SUGGESTIONS FOR YOUNGER CHILDREN

Be flexible in helping younger children to understand questions and also in the strictness of memorization required to win the game. The point is to confront all the obstacles Nephi and his family faced, and to learn from each other. If anything becomes too hard for youngsters, be creative in adapting the game for their skill level.

*Living Scriptures*  
STREAMING



Take a nap under a tree. Roll a 1 or 2 to move.

Jump ahead to any of the six character spaces.

You're homesick and miss your parents. Skip a turn.

You are obedient to your parents. Roll again!

Go to any space you want, but you have to roll an odd number first!



Give a compliment to one of the other players.

Take time to ponder what your father says. Move ahead 5 spaces.

Get someone to help get water. Go to any space occupied by another player.

You daydream about how life could be better. Roll a 1, 2 or 3 to move.

Your father has a dream. You pray about it. Roll again!

Say something you like about a parent or grandparent.



You're not sure you'll get the plates. Lose a Faith Card.

Escape the arrows! Go to any space but Jerusalem.

You must hide from Laban's guards! Skip a turn.

Where's your pet monkey? Go to any space where someone else is.

You are valiant! Roll again.

Send someone to look for firewood. Move them to any space.

The spirit is guiding you! Go ahead 5 spaces!

You sleep in too long. Roll a 1, 2, 5 or 6 to move.

Stop to set up camp and look for food. Roll a 3 to move.

You help clean up after the camels. Roll again!

# QUEST FOR THE BR



Your brother refuses to help. Send someone backwards the number you just rolled.

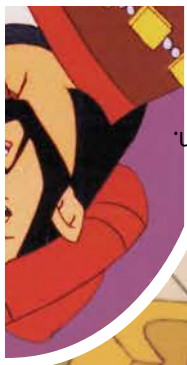
Your camel ate high-energy straw! Move ahead double the number you just rolled.

Tell about one of your strengths.

You say your prayers every night. Move ahead 2 spaces.

You are very charitable. Move someone to one of the six character spaces.





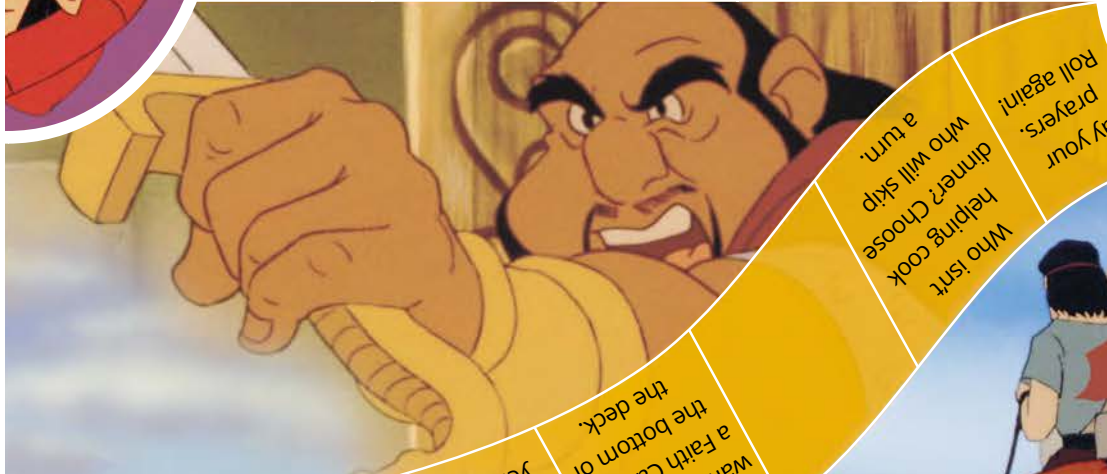
You have an attitude problem. Go back 2 spaces.

Choose someone to go on an errand. Move them to any space.

Explain how this story helps you appreciate what you have.

Murmur against your father. Repent. Roll an even number to move off.

You forgot your favorite toy. Go back to Jerusalem!



This narrow street is way to Jerusalem. Roll again!

Your faith wavers. Return a Faith Card to the bottom of the deck. Go to any blank yellow space.

Who isn't helping cook dinner? Choose a turn.

Say your prayers. Roll again!

You correct a mistake. Go to any corner character space.



Get lost on the way to Jerusalem. Roll again!

You feel sorry for yourself all day long. Skip a turn.

Who forgot the arrows? Send anyone back to Jerusalem to get them.

Tell about a blessing for which you are thankful.

You keep a journal of your experiences. Roll again!



The camel takes a nap. Bring anyone to this space to help wake him.

You see Jerusalem in the distance. Hooray! Roll again!

A dust storm keeps you from moving on. Skip a turn.

Tell about a scriptural hero you admire.

Move ahead to any of the six character spaces.



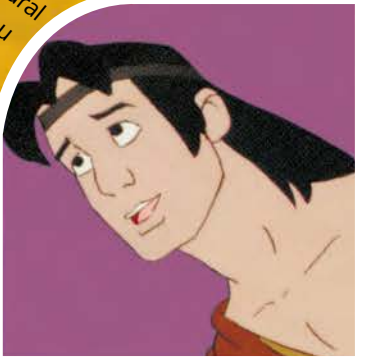
Wait until you're cheerful again. Skip a turn.

Roll the die. Move any player that number of spaces.

Say something you like about going to church.

You don't heed the spirit. Go back 1 space.

Your testimony strengthens. Jump ahead 1 space.



# ASS PLATES™

**FAITH CARD**  
**4**

**FAITH CARD**  
**3**

**FAITH CARD**  
**2**

**FAITH CARD**  
**1**

**FAITH CARD**  
**8**

**FAITH CARD**  
**7**

**FAITH CARD**  
**6**

**FAITH CARD**  
**5**

**FAITH CARD**  
**12**

**FAITH CARD**  
**11**

**FAITH CARD**  
**10**

**FAITH CARD**  
**9**

**FAITH CARD**  
**16**

**FAITH CARD**  
**15**

**FAITH CARD**  
**14**

**FAITH CARD**  
**13**



**FAITH CARD**  
**18**

**FAITH CARD**  
**17**



**You** have been born of “goodly” parents. Explain what you think that means and what goodly parents do.

**2 points (1 Nephi 1:1)**

**Some** of your friends say your dad is crazy for telling everyone to repent. They have even thrown rocks at him. You want to defend your father. What could you say to help them understand?

**2 points (1 Nephi 1:19-20)**

**Stop** again for the night. Some family members are sore from riding all day and don’t want to help set up camp. Give each player some encouraging words.

**2 points**

**On** the third night your family decides to set up the tents but you can’t find the stakes. Discuss a solution with your family.

**1 point (1 Nephi 2:6)**

**Cast** lots to decide who will ask King Laban for the plates. Take 5 beans (see instructions) and put them in a bowl. Without looking, everyone chooses one bean. Whomever selects the black bean keeps this card.

**1 point (1 Nephi 3:11)**

**An** angel appears and scolds your brothers for hitting you. After he leaves they still doubt you can get the plates. Why doesn’t seeing an angel change their attitude?

**2 points (1 Nephi 3:31)**

**The** task has fallen to you to ask King Laban for the plates of brass. Tell the rest of the group how you might persuade Laban to give them to you.

**2 points (1 Nephi 3:12)**

**On** the way to get the plates you see Laban unconscious on the ground. He’s a wicked man. He’s stolen your precious things and tried to kill you. How would you feel when you see him?

**2 point (1 Nephi 4:7-13)**

**You** can’t let Zoram go back to Jerusalem. He might tell someone where you’ve gone. How will you convince him to leave everything and come with you?

**2 points (1 Nephi 4:32-34)**

**You** travel back with the plates to your mother and father in the wilderness. What’s the first thing you would say to each of them and what you think each would say to you?

**2 points (1 Nephi 5:1, 7)**

**Father** says you must leave your home immediately and never return. Besides food or bedding, select one thing to take with you and explain why.

**2 points (1 Nephi 2:4)**

**Father** asks you and your brothers to go back to Jerusalem to get the plates. Two of your brothers don’t want to go. How could you convince them to go with you?

**2 points (1 Nephi 4:1-2)**

**D**etermine with the other players the five most valuable items in your home. Figure out how you will take them to King Laban in exchange for the plates.

**2 points (1 Nephi 3:22-24)**

**L**aban is dead. You know that the brass plates are in the treasury, and it is certainly locked. What do you do now?

**2 points (1 Nephi 4:20-24)**

**I** will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them.

**1 Nephi 3:7**

**Stop** for the night but there’s not daylight enough to set up the tents. You are a little afraid. Will you be safe out in the wilderness? Discuss what you might do to feel better.

**1 point (1 Nephi 2:5)**

**Does** it really matter if you have the brass plates? Why is it so important to go get them?

**3 points (1 Nephi 3:19-20)**

**Two** of your brothers begin to hit you with a stick because you’re still determined to get the brass plates. Describe how you would feel about them hurting you. What should you do?

**2 points (1 Nephi 3:28)**

**You**’re outside the city with the servant Zoram. Your brothers think you’re King Laban. If you call to them as Nephi, Zoram will know you’re not the king. What can you do?

**1 point (1 Nephi 4:31)**

**And** it came to pass that the Lord spake unto me saying: Blessed art thou, Nephi, because of thy faith, for thou hast sought me diligently, with lowliness of heart.

**1 Nephi 2:19**



# Treat Time

**Approximate Time: 10 minutes (not including prep and chill time)**

## Brass Plates Treats

**Prep Time:** 20 minutes

**Chill Time:** Approximately 20 minutes

1 cup corn syrup  
1 cup sugar  
1 cup creamy peanut butter  
6 cups Rice Krispies® type cereal  
1 cup butterscotch chips  
Twizzlers® Pull 'N' Peel Chocolate Licorice



Stir corn syrup and sugar in a saucepan over medium-high heat until mixture comes to a full rolling boil. Remove saucepan immediately from heat and stir in peanut butter. Stir in cereal. Press into a greased 9" x 13" pan.

In a double boiler (or microwave) melt butterscotch chips. Spread over treats. Cut into 24 pieces while still warm and then cool for approximately 20 minutes.

**Treat Time:** Let children help assemble brass plates by making three holes through the left of each treat (top and bottom) with a toothpick and then loop a 3" piece of licorice through each set of holes (see photo).

### Closing Prayer and blessing on the food:

**Music Video:** Watch *The Animated Book of Mormon Music Video, I Will Go and Do the Things Which the Lord Hath Commanded* (also available online), while you eat your "Brass Plates Treats."