



BOOK OF MORMON 2020

Come Follow Me
with
Living Scriptures
STREAMING

Inquire of the Lord

1 Nephi 11-15

Objectives:

- Talk about Nephi's dream.
- Discuss why it is important to pray when you have questions.

Reinforces Principles of:

- Prayer & Revelation

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: A Child's Prayer, Children's Songbook Page 12
If you wish to print sheet music or have an online music file to accompany you visit:
<https://www.churchofjesuschrist.org/music/library/childrens-songbook/a-childs-prayer>

Prayer:

Scripture Time: 1 Nephi 15: 8, 11

8 And I said unto them: Have ye inquired of the Lord?

11 Do ye not remember the things which the Lord hath said?—If ye will not harden your hearts, and ask me in faith, believing that ye shall receive, with diligence in keeping my commandments, surely these things shall be made known unto you.

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



Lesson Time

Approximate Time: 10-15 minutes

Lesson

Summary: Lehi shared his vision of the Tree of Life with his family. They wondered what the vision meant. Laman and Lemuel said it was hard to understand. Nephi took his questions to the Lord and asked Him what he should learn from Lehi's vision.

The Lord taught Nephi many things. Nephi was taught that the fruit of the tree represented the love of God, and the rod of iron represented the word of God. He showed Nephi that the Messiah, Jesus Christ, would be born to Mary. He showed Nephi that Jesus would love and teach the people in Jerusalem. Jesus would also be crucified and die for the sins of the world. Nephi was also shown that Jesus Christ would visit Nephi's descendants in the promised land. They would be righteous for many years, but then they would become wicked, and be destroyed. Nephi was taught that the mists of darkness his father saw were the temptations of the devil, and the great and spacious building was the pride of the world.

Nephi also saw that the remnant of the Lamanites would meet another group of people coming across the waters to live in the promised land, many hundreds of years later. They would bring with them a book, the Bible, which contained the records of the Jews. Some "plain and precious" truths had been lost from the Bible. Then Nephi saw that the record of his people would be brought forth and become a book. This book, the Book of Mormon, would teach the plain and precious truths which had been lost, and together the books would be a testament of Jesus Christ.

Because Nephi had faith and asked God his questions, he was taught many things by the Lord. He then taught his brothers many of the things he had seen, and explained his father's vision to them. We can also ask God when we have questions. Learn the ways He speaks to you and answers your prayers. He promises that if we have faith, He will answer us.

Points to

Ponder:

What can we do if we have questions about the gospel? (Inquire of the Lord – Pray.)

Can we ask God for help if we have a decision to make? (Yes! Talk about a time you asked God for help to make a choice.)

How might the Lord answer our questions? (Discuss ideas)

Why was it important for Nephi to learn the things he was taught in his vision? (Discuss ideas)

Quote:

"I testify that prayer becomes more meaningful as we counsel with the Lord in all of our doings, as we express heartfelt gratitude, and as we pray for others with real intent and a sincere heart. I witness Heavenly Father lives and that He hears and answers every earnest prayer. Jesus is the Christ, our Savior and Mediator. Revelation is real." *David A. Bednar*



Activity Time

Approximate time: 20 minutes

What you need: A copy of the “Prayer Children” activity (If desired, print a prayer child for each of your children), scissors, glue, heavy card stock and brass fasteners.

Preparation

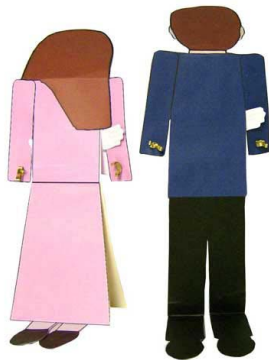
1. Print out the artwork.
2. Cut along black solid lines.
3. Put “Prayer Children” together by following assembly instructions included with this activity.

Activity: Use the “Prayer Children” to show and discuss how to prepare for prayer.



1. Why do we kneel to pray?
Read: (3 Nephi 19:16) “And it came to pass that he spake unto the multitude, and commanded them that they should kneel down again upon the earth, and also that his disciples should kneel down upon the earth.”
Help the children understand that we don't always kneel when we pray, but when we do it shows Heavenly Father the utmost respect.
(Fold “Prayer Children” at knees. Fan “Prayer Girl's” skirt out into an “A” shape to balance her in a kneeling position.)

2. Why do we fold our arms when we pray?
Help the children understand that moving their hands during the prayer might keep people from listening to the prayer. (Fold “Prayer Children's” arms.)



3. Why do we close our eyes when we pray?
Help the children understand that they are less likely to be distracted by things around them when they close their eyes. They can think of Heavenly Father and what they are saying to him.
(Glue eyelids over “Prayer Children's” eyes to make them closed.)

4. Why do we bow our heads when we pray?
Help the children understand that bowing our heads when we pray shows Heavenly Father that we love, honor, and respect him.
(Bend “Prayer Children's” heads to a bowing position.)

“Prayer Boy” Assembly Instructions

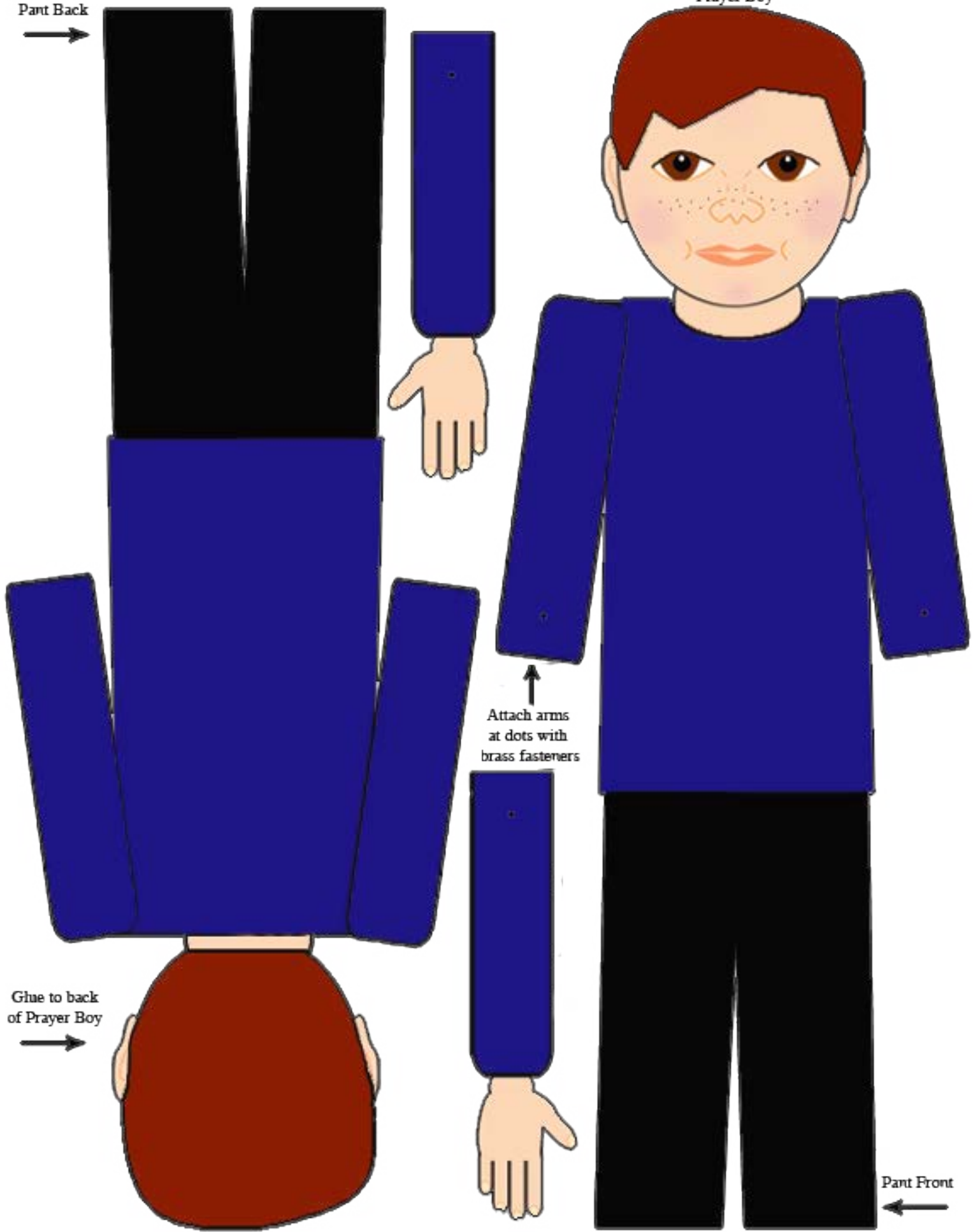
1. Glue Front Legs to Pant Front (line up bottom of pant with black line).
2. Glue Back Legs to Pant Back (line up bottom of pant with black line).
3. Glue card stock Pants to Pant Front.
4. Glue Prayer Boy Front to Prayer Boy Back.
5. Attach arms at black dots with brass fasteners.
6. Glue eyelids over eyes during activity time.

“Prayer Girl” Assembly Instructions

1. Glue Back Legs to Front legs.
2. Glue Legs to Skirt Front (line up bottom of skirt with black line).
3. Glue Prayer Girl Top Front to Top Back, leaving skirt free.
4. Fold card stock skirt at fold line and then glue to inside of Skirt Front and Skirt Back to form an “A” frame.
5. Attach arms at black dots with brass fasteners.
6. Glue eyelids over eyes during activity time.

Prayer Boy

Part Back
→

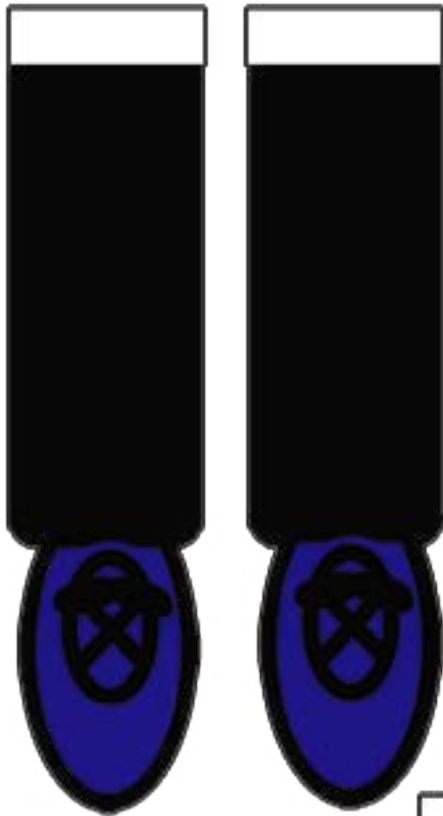


↑
Attach arms
at dots with
brass fasteners

→
Glue to back
of Prayer Boy

←
Part Front

Glue to bottom
of Pant Front

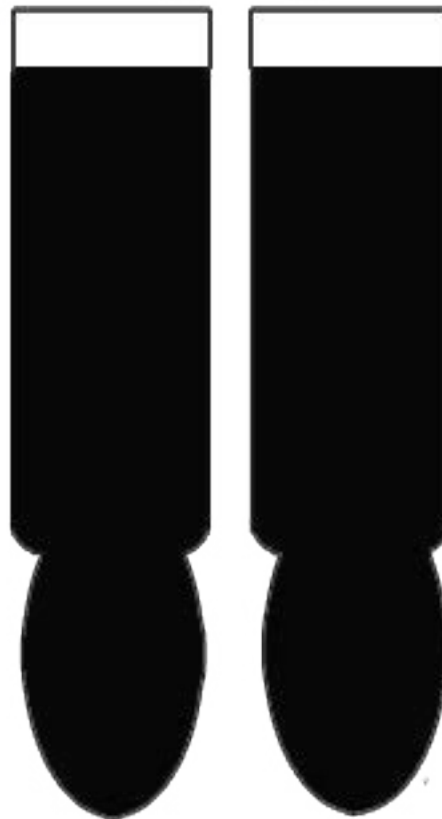


Eye Lids



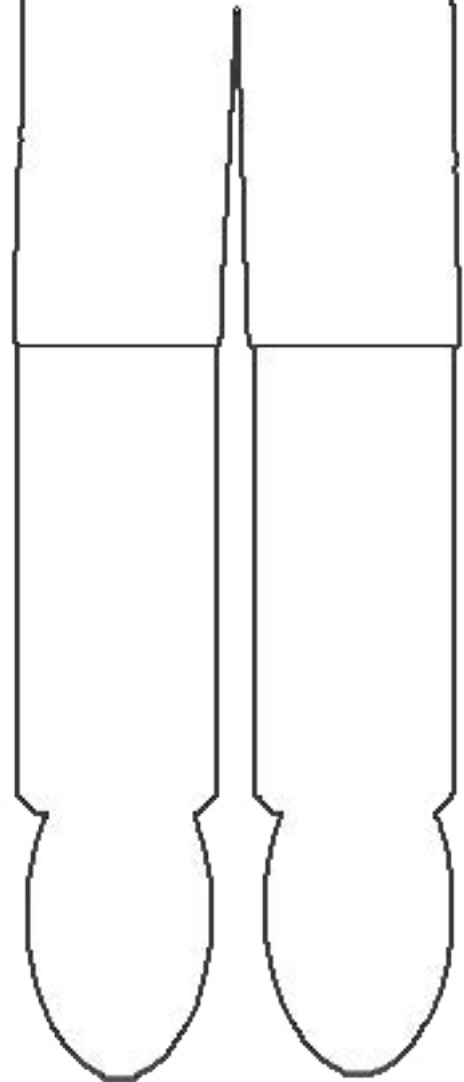
Glue to eyes
during activity time.

Glue to bottom of
Pant Back

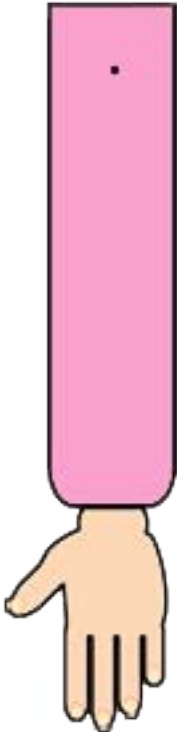
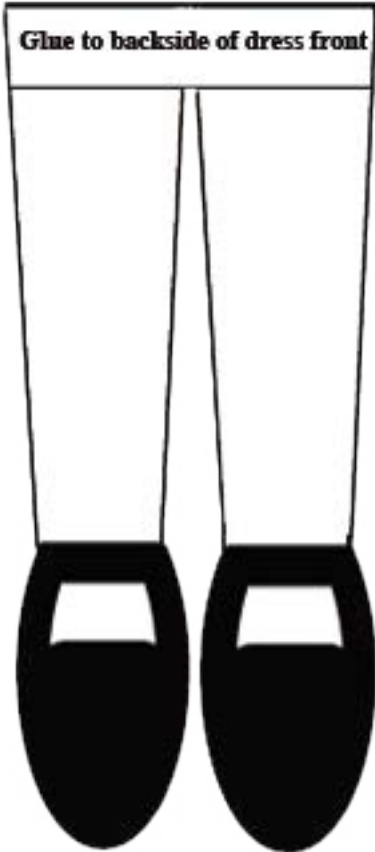


Pattern

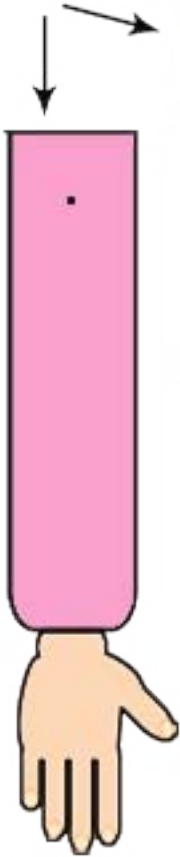
**(Cut out of heavy
card stock.
Glue in-between pant
front and pant back.)**



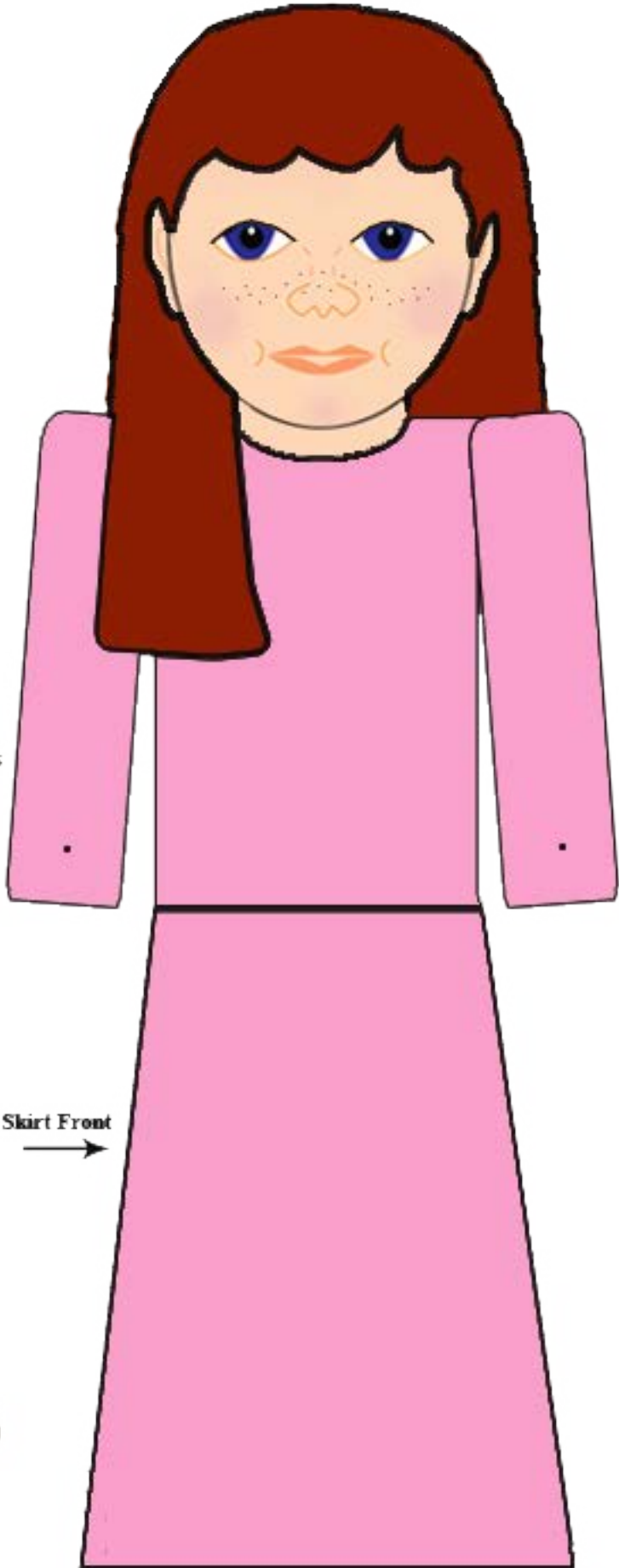
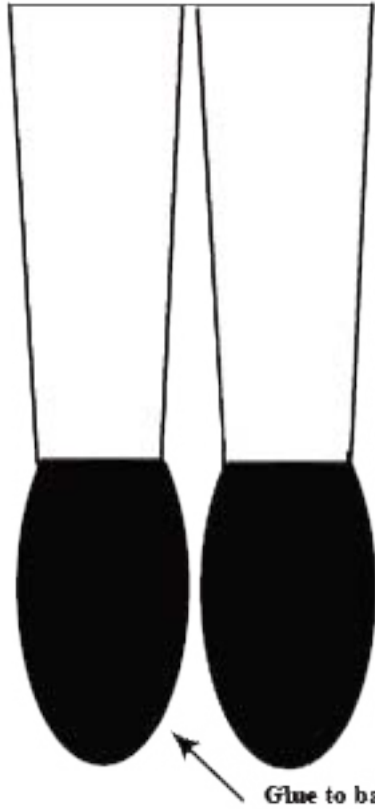
Prayer Girl

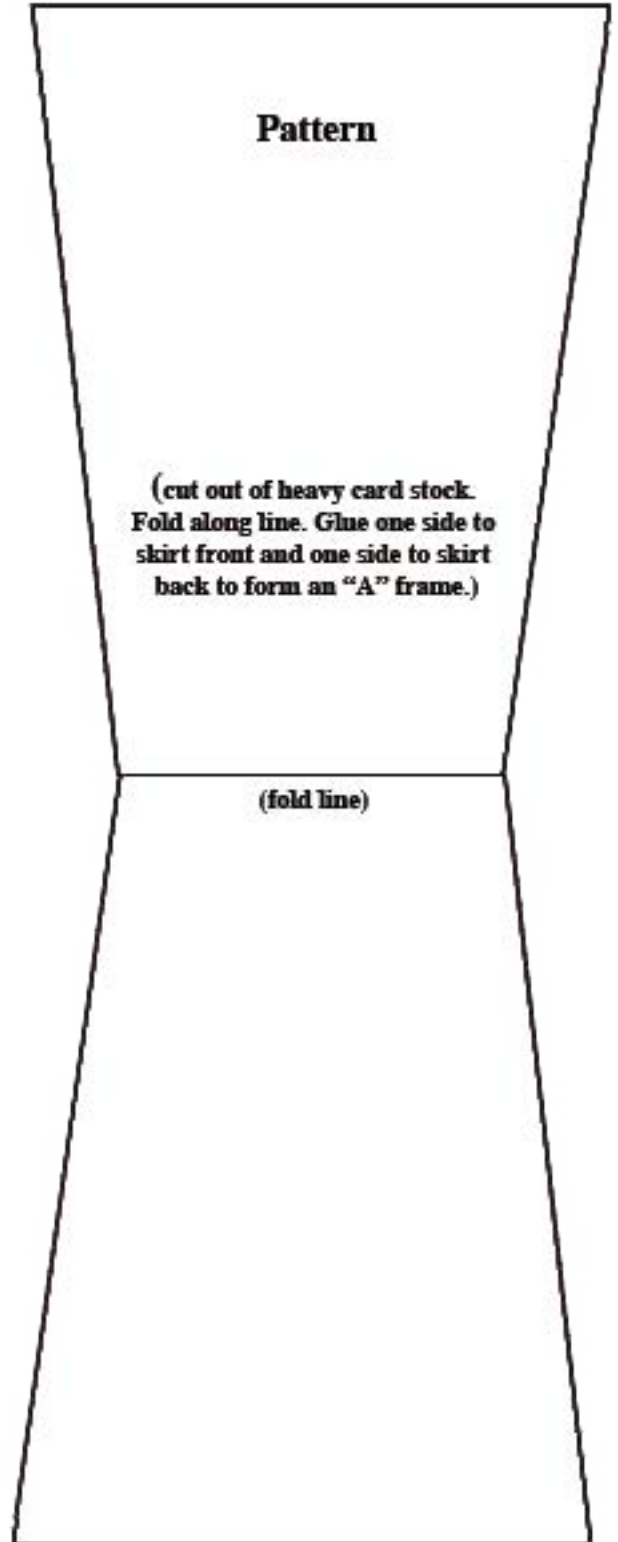
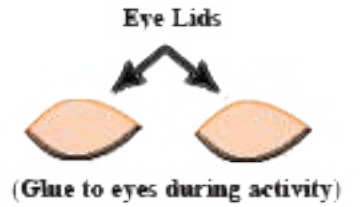
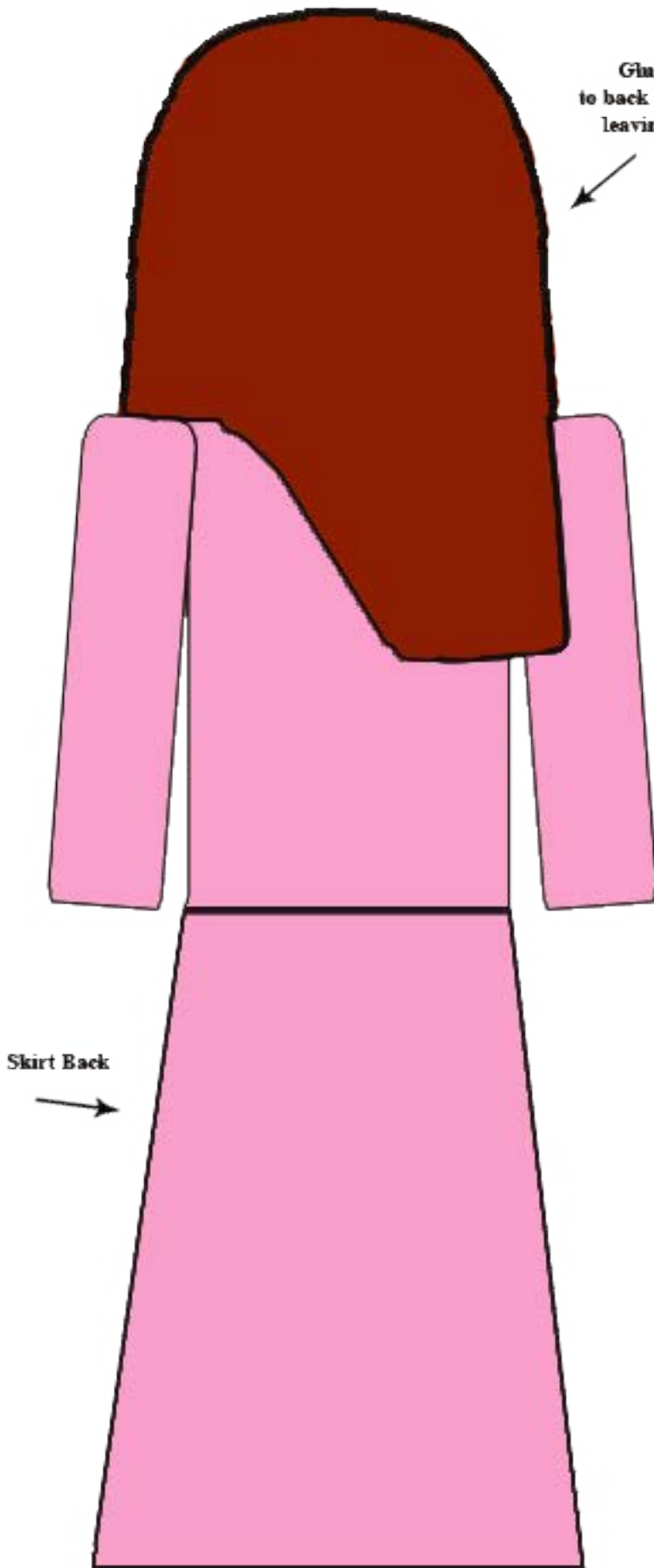


Attach arms at black dots with brass fasteners



Skirt Front







Treat Time

Approximate Time: 90 minutes

Prep Time: 15 minutes

Rise Time: 1 Hour

Cook Time: 5–8 minutes

Praying Arms Treat (Soft Pretzels)

2 teaspoons active dry yeast
1 teaspoon white sugar
3/4 cups warm water
2 1/2 cups flour
1/3 cup sugar
1 teaspoons salt
2 tablespoon vegetable oil

1/4 cup baking soda
2 cups boiling water
Melted butter & cinnamon sugar for topping



In a small bowl, dissolve yeast and 1 teaspoon sugar in warm water. Let stand for 10 minutes. In a large bowl, mix together flour, 1/2 cup sugar, and salt. Make a well in the center; add the oil and yeast mixture. Mix until blended, then knead for 5 minutes. Place the dough into a large oiled bowl. Turn the dough until lightly coated with oil. Cover with plastic wrap and let rise for 1 hour in a warm place. Preheat oven to 450 degrees F. In a large bowl, dissolve baking soda in boiling water.

Treat Time: Divide dough into 6-8 equal parts. Give each family member a piece of dough. Roll each piece into a rope and twist into praying arm shapes (see diagram).



Dip each pretzel into the boiling baking soda water for about a minute to a minute and a half. Remove with slotted spoon and place on a greased cookie sheet. Bake in preheated oven for five to eight minutes. Remove from oven and coat tops with melted butter and sprinkle with cinnamon sugar.

(A pretzel is a treat that is twisted into a knot-like shape to resemble two arms folded for prayer.)