



BOOK OF MORMON 2020

Come Follow Me
with
Living Scriptures
STREAMING

The Iron Rod

1 Nephi 8-10

Objectives:

- Talk about the symbolism of the iron rod in Lehi's dream.
- Discuss ways you can follow the word of God and stay safe.

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: The Iron Rod, Hymn #274
If you wish to print sheet music or have an online music file to accompany you visit:
<https://www.churchofjesuschrist.org/music/library/hymns/the-iron-rod>

Prayer:

Scripture Time: 1 Nephi 8:19–20, 30

19 And I beheld a rod of iron, and it extended along the bank of the river, and led to the tree by which I stood.

20 And I also beheld a strait and narrow path, which came along by the rod of iron, even to the tree by which I stood; and it also led by the head of the fountain, unto a large and spacious field, as if it had been a world.

30 But, to be short in writing, behold, he saw other multitudes pressing forward; and they came and caught hold of the end of the rod of iron; and they did press their way forward, continually holding fast to the rod of iron, until they came forth and fell down and partook of the fruit of the tree.

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



Lesson Time

Approximate Time: 10-15 minutes

Lesson

Summary: Lehi has a vision about a tree filled with white fruit. The fruit is delicious, and Lehi wants his family to come and eat the fruit too. He calls to his family, and his wife Sariah and his sons Nephi and Sam come and join him at the tree. But Laman and Lemuel refuse to come. Lehi also sees many other people, and notices a rod of iron that leads to the tree. Some people follow the rod of iron along the path to the tree. Others wander off toward a great and spacious building, or get lost in the mists of darkness.

The iron rod that Lehi sees in his vision represents the word of God. The fruit of the tree represents the love of God, the greatest gift he offers us. As we follow the words of God and keep the commandments, we will be drawn closer to Him and be filled with His love.

Points to Ponder:

What does the iron rod symbolize? (Discuss ideas.)

What does it mean to hearken to the word of God? (To listen to and pay attention to the word of God.)

Where do we find the word of God? (Discuss ideas.)

How does the word of God keep us safely on the right path? (Discuss ideas)

Why was Lehi worried about Laman and Lemuel? (Discuss ideas)

What are some of the things in your life that influence you to stray from the iron rod? (Discuss ideas)

What can you do to overcome those influences and return to the rod? (Discuss ideas)

How are we blessed for keeping the commandments? (Discuss ideas)

Quote:

“Just as the rod kept people from getting lost as long as they held on to it, so, too, will the word of God help to keep us from going astray. As long as we follow him, always try to do what is right...and pray, God will help us and will lead us back to him.” *Jeffrey R. Holland*



Activity Time

Approximate Time: 15 minutes (not including prep time)

What you need: Blindfold, room with furnishings, mild obstacles in the way of the path or have other children stand in the way.

- Preparation**
1. **Choose** a goal (sit in a certain chair, stand on a spot marked on the floor, etc...)
to reach on the other side of the room.
 2. **Place** some mild obstacles in the way of the path or have other children stand
in the way.

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

Show the children what goal they are to reach on the other side of the room. Blindfold a child and spin them around and point them in the wrong direction. Ask them to find their way to the goal by following your voice. You will want to speak softly and have others in the room try to lure them towards them so it will make following your voice more challenging. As the child continues to be lost you or another child can grasp their hand and lead them to the goal. Repeat with additional children as time permits. You may want to vary the experience slightly with each child.

Discuss the activity using the discussion ideas on the next page.

Discussion Ideas: (*Use as the Spirit and your family needs guide.*)

Young Children:

How did it feel to be lost? How hard was it to find your way?

The blindfold is like the mists of darkness. What do the mists of darkness represent?

How do the temptations of Satan keep you from your goals?

How did it feel when someone grasped your hand? (*You may want to emphasize that not only does being lead help us reach our goal but it helps us feel safe.*)

What in your experience represented the iron rod? (*Helping hand*)

The iron rod is the word of God. How does it help you?

More mature children:

The iron rod represents the word of god. How close do you stay to the iron rod?

What are the many things in your life that influence you to stray from the iron rod?

What can you do to overcome those influences?

have you ever felt as if you were lost in the dark mist?

What can you do to find your way to the rod?

Read 1 Nephi 15:23-24

23. And they said unto me: What meaneth the rod of iron which our father saw, that led to the tree?

24. And I said unto them that it was the word of God; and whoso would hearken unto the word of god, and would hold fast unto it, they would never perish; neither could the temptations and the fiery darts of the adversary overpower them unto blindness, to lead them away to destruction.



Treat Time

Approximate Time: 15 minutes (not including prep time)

Iron Rod Candy

Prep Time: 20 minutes

Cool Time: Approximately 30 minutes

2 Cups sugar
1/2 Cup light corn syrup
1/2 Cup water
1/4 Teaspoon cream of tartar
3/4 Teaspoons raspberry extract (or other flavoring)
5 drops red food coloring
10 drops of blue



Mix the sugar, corn syrup, water, and cream of tartar in a 3 quart saucepan. Stir constantly until the sugar dissolves, while cooking over medium-high heat (approximately 5 minutes). Continue to cook (approximately 8 minutes) without stirring until the temperature reaches 265 degrees F.

Turn off the heat and mix in the flavoring and the food coloring to taffy mixture. Pour onto a buttered platter. When cool enough to handle, but still warm (approximately 30 minutes). Use a buttered spatula to cut mixture into even portions (one or two for each member of your family).

Treat Time: With buttered hands, pull, fold, and twist each piece of taffy repeatedly until they appear glossy. Roll and twist each piece into a six-eight inch long coil. Set on a buttered cookie sheet to cool.

Closing Prayer and blessing on the food.