



BOOK OF MORMON 2020

# Come Follow Me

with

*Living Scriptures*  
STREAMING

## Step by Step

1 Nephi 16-22

### Objectives:

- Talk about having the courage to be obedient.
- Emphasize the importance of having trust in God.

### Reinforces Principles of:

- Trust in God
- Obedience

### This Lesson contains 5 activities:

Choose the activities that fit your family's schedule.

Use on Mondays to introduce the topic, or the following Sunday to review.

<b>Reverence Time:</b>	Song, prayer, scripture and video clip
<b>Lesson Time:</b>	Lesson summary and points to ponder
<b>Story Time:</b>	Story
<b>Activity Time:</b>	Object lesson or activity
<b>Treat Time:</b>	Prayer, theme related recipe



# Reverence Time

Approximate Time: 5 minutes

**Sing Together:** Nephi's Courage, verse 2, Children's Songbook Page 120  
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/nephis-courage>

**Prayer:**

**Scripture Time:** 1 Nephi 17:7–8, 14–15

7. And it came to pass that after I, Nephi, had been in the land of Bountiful for the space of many days, the voice of the Lord came unto me, saying: Arise, and get thee into the mountain. And it came to pass that I arose and went up into the mountain, and cried unto the Lord.

8. And it came to pass that the Lord spake unto me, saying: Thou shalt construct a ship, after the manner which I shall show thee, that I may carry thy people across these waters.

14. Yea, and the Lord said also that: After ye have arrived in the promised land, ye shall know that I, the Lord, am God; and that I, the Lord, did deliver you from destruction; yea, that I did bring you out of the land of Jerusalem.

15. Wherefore, I, Nephi, did strive to keep the commandments of the Lord, and I did exhort my brethren to faithfulness and diligence.

**Video Clip:** Watch clips from the Living Scriptures Streaming Library. You can find the clip at <https://www.livingscriptures.com/fhe-lesson-step-by-step-2>



## Lesson Time

Approximate Time: 5 minutes

### Lesson

**Summary:** Nephi and his family were traveling to the Promised Land. They knew they needed to cross the water. Nephi prayed to find out what they should do. Heavenly Father told him that he needed to build a ship. Nephi didn't know how to build a ship, but he trusted Heavenly Father and knew that Heavenly Father would help him to build the ship.

Nephi said he likened the scriptures to his family “that it might be for [their] profit and learning”. Sometimes Heavenly Father asks us to do certain things. We might be asked to read the scriptures, pay our tithing, or make a certain choice. By likening this story in scriptures to our lives, we know that Heavenly Father will help us when we trust him.

### Points to

#### Ponder:

**When the Lord warned Lehi to depart out of the land of Jerusalem and journey into the wilderness, why did Nephi obey?** (Nephi trusted in the Lord Jesus Christ as he sought to serve him. Nephi had the courage to keep the commandments, even when Laman and Lemuel mocked him.)

**What are some ways that you can show courage in following Jesus?** (Discuss ideas.)

**What can our family do to show we are willing to obey and follow the savior?** (Discuss ideas.)

#### Quote:

“When we have faith in the Lord Jesus Christ, we must have trust in him. We must trust him enough that we are content to accept his will, knowing that he knows what is best for us.” *Dallin H. Oaks*



## Story Time

Approximate time: 2 minutes

Eight-year-old Melissa listened as President Nelson stood at the pulpit during General Conference, “I invite you to read the Book of Mormon, between now and the end of the year. ”

Melissa stared at the new Book of Mormon her grandmother had given her after she had been baptized and confirmed a member of the Church. Melissa loved watching the Animated Book of Mormon videos but she didn’t like to read. She closed her eyes and thought about what Nephi had said, “I will go and do the things which the Lord hath commanded.”

After she got home from church, Melissa sat on her bed and opened The Book of Mormon and started to read. She didn’t know all the words, but she didn’t care, because she was doing what the Lord had commanded.

“What ya doing Squirt?” Melissa looked up at Josh, her sixteen-year-old brother Spencer’s best friend. “I’m reading The Book of Mormon, like President Nelson told us to.”

Josh began to laugh. “He didn’t mean you Squirt. You’re too young!”

“He asked all the women ages eight and up to read The Book of Mormon, and I’m eight.”

“Hey, Spence, there’s something wrong with the Squirt. She thinks she can read The Book of Mormon before the end of the year. Man, I didn’t even read the whole thing last year for seminary.”

Spencer came into the room. He was embarrassed that Josh had caught his little sister acting so goofy.

“Josh’s right Melissa! You’re such a big baby! You won’t even take your turn when we read scriptures as a family! There’s no way you can read The Book of Mormon by yourself! ”

Melissa’s face turned red and she felt like crying. She closed her eyes and silently asked Heavenly Father for courage. Then she remembered, in her Journey to the Promised Land video, Laman and Lemuel had teased Nephi, just like Spencer and Josh were teasing her. Melissa took a deep breath.

“If the Lord can show Nephi how to build a ship, He can help me read The Book of Mormon!”

*by Margie Nauta Lee*



## Activity Time

Approximate Time: 15 minutes

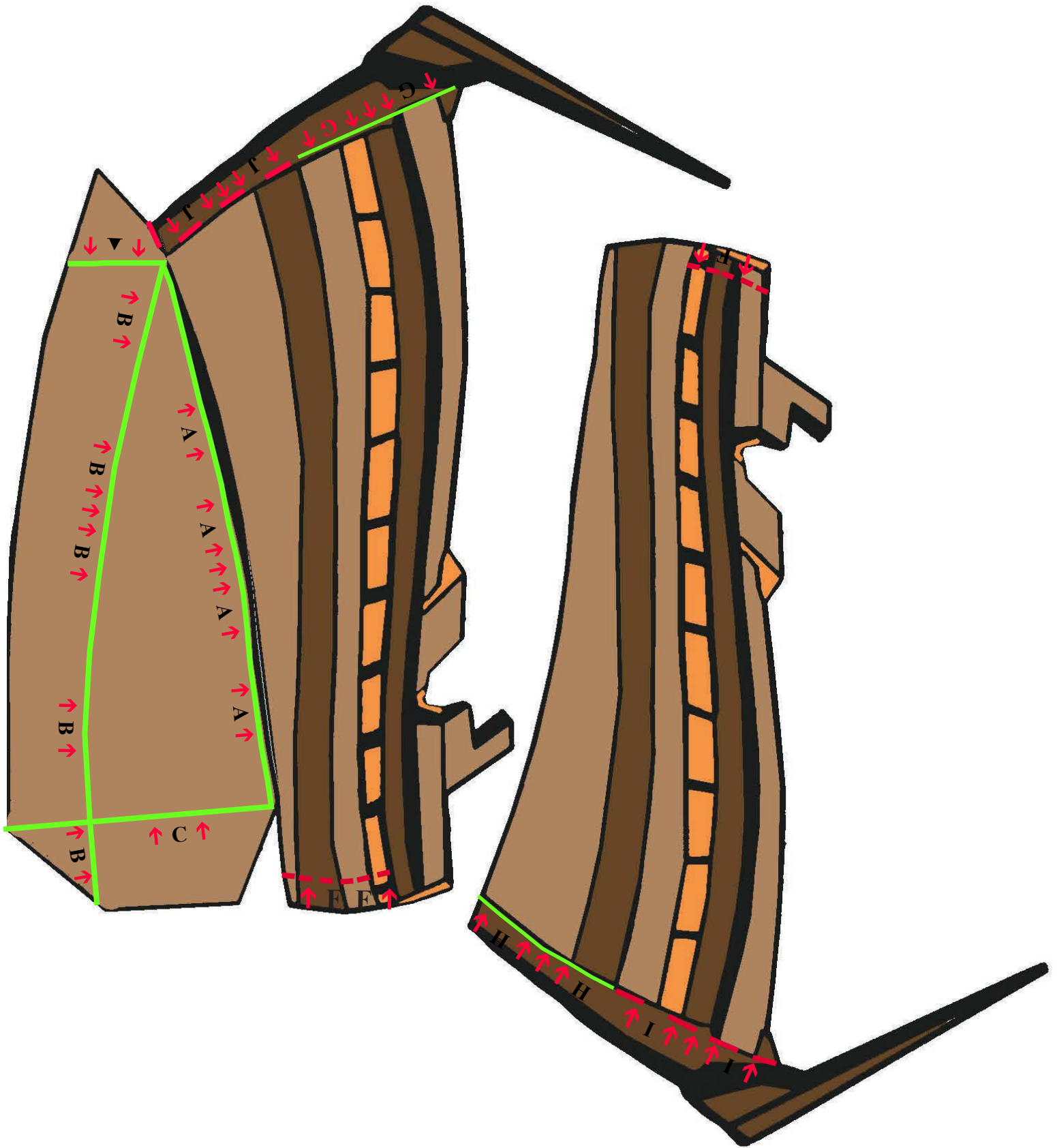
**What you need:** A copy of “Nephi's Ship” for each child (art work included with this lesson), scissors & tape.

**Preparation:** 1. Have children cut out their ships. Cut along red dotted lines.  
You will be folding along the green lines.

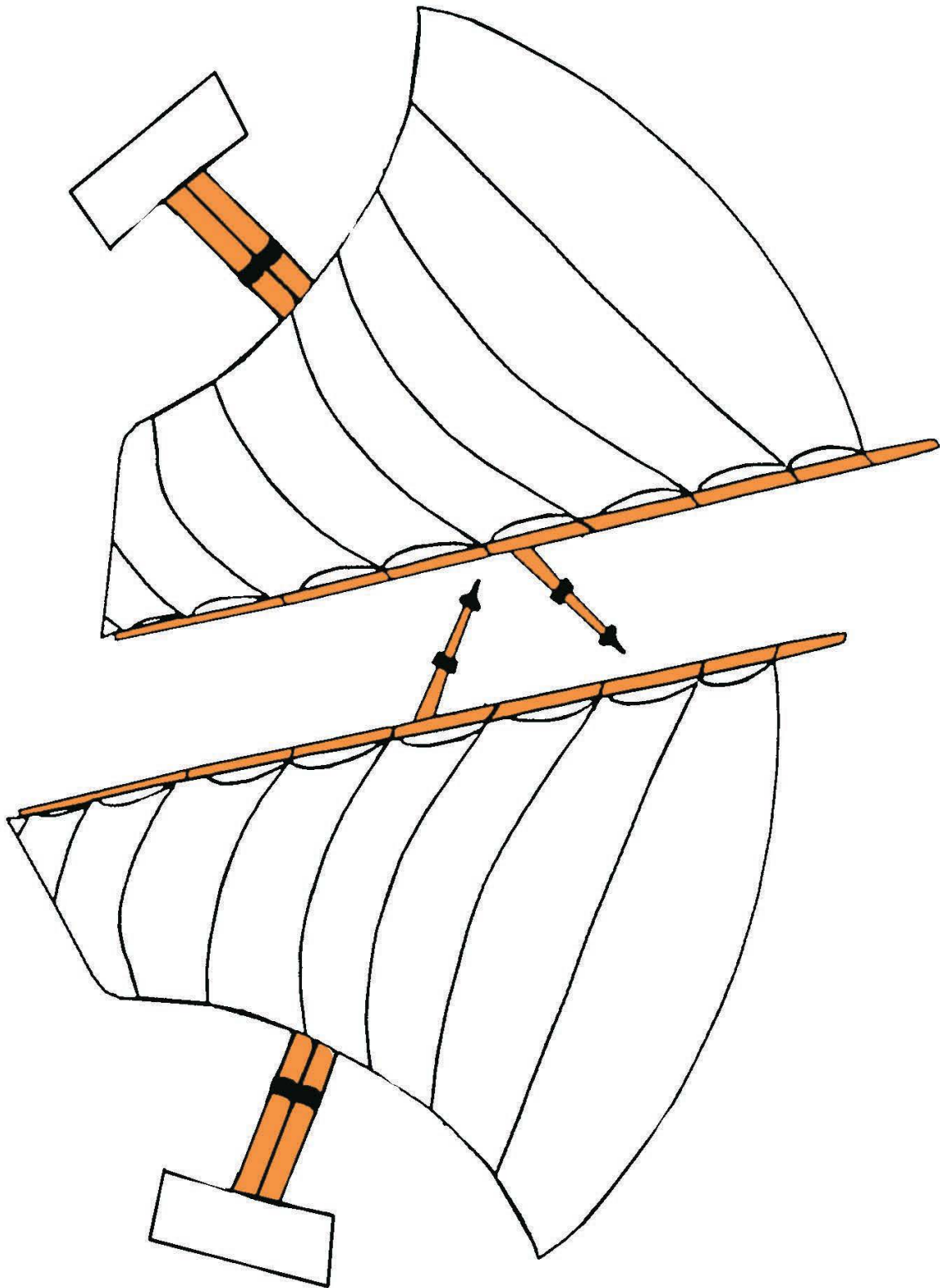
**Activity:** (Younger children will need help from an older sibling or parent.)  
Ask and answer the questions as you teach your children how to build their ships.

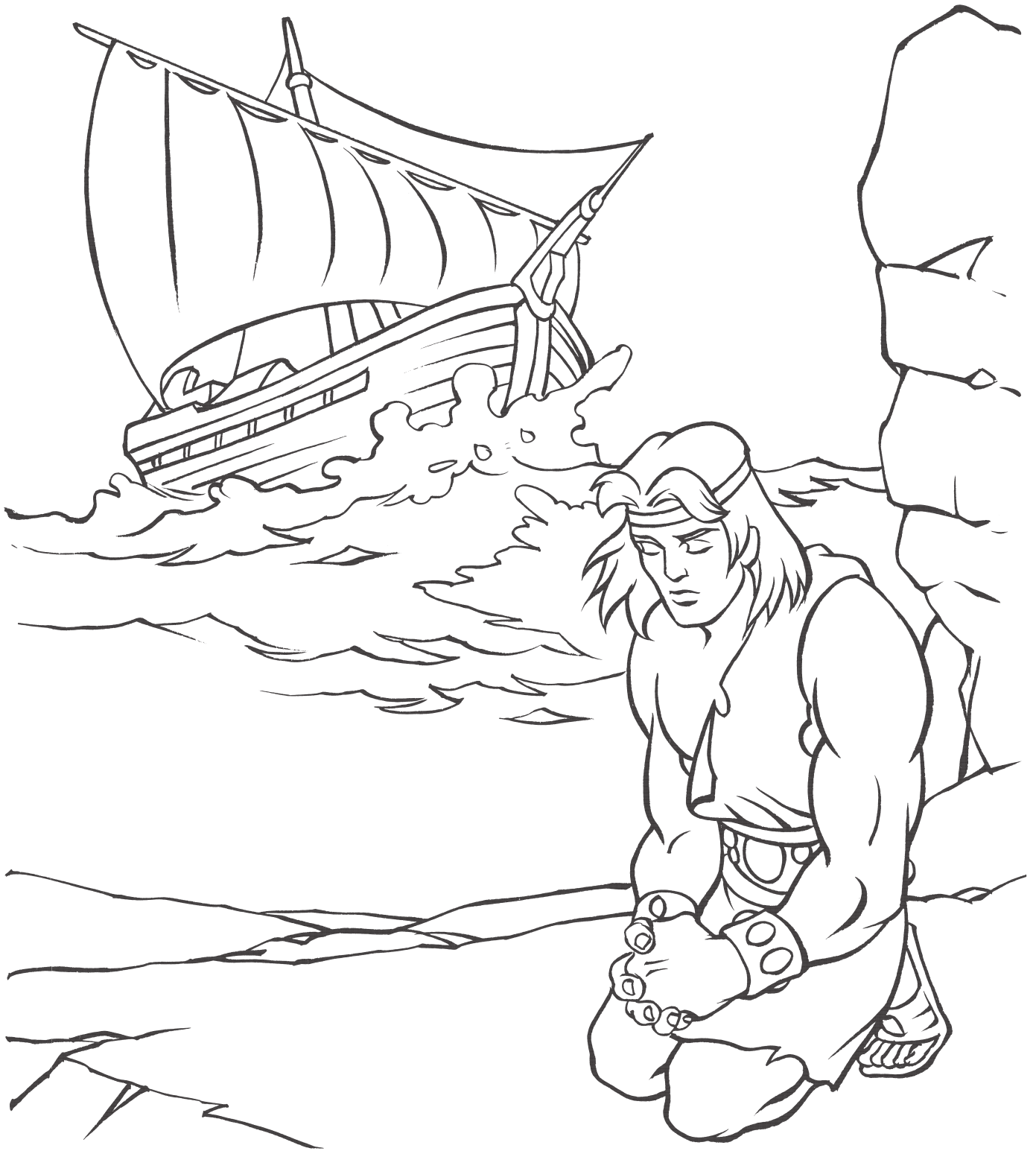
- 1- What was Nephi commanded to build? (A ship)  
**Fold A to inside.**
- 2- Who showed Nephi how to build the ship? (The Lord)  
**Fold B toward inside.**
- 3- What did Nephi need to make tools to build the ship? (Ore)  
**Fold C toward inside.**
- 4- Had Nephi ever built a ship before? (No)  
**Fold D toward inside.**
- 5- Who mocked Nephi? (Laman & Lemuel)  
**Insert E into F. Fold flat and tape to hold.**
- 6- What happened to Laman & Lemuel when they mocked Nephi for building the ship?  
(Nephi stretched out his hand and the Lord shocked them.)  
**Fold G toward inside.**
- 7- Did Laman & Lemuel repent and help Nephi build the ship? (Yes)  
**Fold H toward inside.**
- 8- Why did the Lord want Nephi to build a ship? (So they could cross the water to the Promised Land.)  
**Insert I into J. Point on bow should point away from boat. Tape to hold.**
- 9- Why did Nephi know he could build a ship? (He had trust in the Lord.)  
**With printed sides facing out-tape sails together at mast.**











**The Lord commands  
Nephi to build a ship.**

1 Nephi 17:7-8



## "JOURNEY TO THE PROMISED LAND" MATCHING GAME

Match the descriptions in the left-hand column with the correct person or item in the right-hand column.

- |    |     |  |    |                  |
|----|-----|--|----|------------------|
| 1. | ___ | Built a ship.                                      | A. | JACOB            |
| 2. | ___ | Directed Lehi and his family to the Promised Land. | B. | LORD             |
| 3. | ___ | Born in the wilderness.                            | C. | LAMAN            |
| 4. | ___ | Oldest son of Lehi.                                | D. | ISHMAEL'S FAMILY |
| 5. | ___ | Nephi's older righteous brother.                   | E. | LIAHONA          |
| 6. | ___ | One of Lehi's rebellious sons.                     | F. | SAM              |
| 7. | ___ | Accompanied Lehi's family to the Promised Land.    | G. | LEMUEL           |
| 8. | ___ | Told Nephi to build a ship.                        | H. | NEPHI            |

(For additional help, see 1 Nephi 17-19)

## JOURNEY TO THE PROMISED LAND - WORD SEARCH

L A I F P C Q B E L L O W S H E I B  
 K E I U G N B O C A J T I N C H R L  
 R N M Y K A L Y J N P B W O E A M O  
 E O A U P M G O L D E N P L A T E S  
 P D W R E A U F M O S W A V E S A Q  
 E N H T N L R V Z F M R O T S I P W  
 N A Y E N R U O J B D L Z O L C F I  
 T L E A M H S I F O N E R D L I H C  
 Q D I W T V N D G U J M W Y I G L K  
 U E N A Y O R F P N Y N A R A N B E  
 T S H O C K O V K T N L P R H S I D  
 V I S M H R E L G I E F I E O M O N  
 L M D P E M S P S F P I Q W N Z A E  
 K O L W Y R I H A U H T K X A T H S  
 M R O N B H Q K O L I D P U J P R S  
 F P J X S T E P B Y S T E P L C G A

BELLOWS  
 CHILDREN OF ISHMAEL  
 GOLDEN PLATES  
 JACOB  
 JOURNEY  
 LAMAN  
 LAND OF BOUNTIFUL  
 LEHI  
 LEMUEL  
 LIAHONA  
 NEPHI  
 ORE  
 POWER OF GOD  
 PROMISED LAND  
 REPENT  
 SAIL  
 SAM  
 SHIP  
 SHOCK  
 STEP BY STEP  
 STORM  
 TOOLS  
 WAVES  
 WICKEDNESS  
 ZORAM



## Treat Time

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

**Prep Time:** 30 minutes

**Chill Time:** At least 15 minutes

### Peanut Butter Footsteps

Preheat oven to 350 degrees.

**Cream together** 1 cup butter, 1 cup brown sugar and 1 cup granulated sugar.

**Add** 2 eggs, 2/3 cup peanut butter & 1 tsp. vanilla.

**Mix** until smooth.

**Add** 2 cups flour, 1 tsp. baking soda, 1/2 tsp. salt, and 2 cups oatmeal.

**Mix** until blended.

**Roll** dough on lightly floured surface to 1/4-1/2 inch thickness (if too soft refrigerate until easy to handle).

**Cut out** with foot shaped cookie cutter. (We purchased our's at a local craft store for 60 cents.)

**Bake** on lightly greased cookie sheet for 10-15 minutes.



**Optional:** Remove from oven and immediately cover each cookie with (8) chocolate chips. Allow chips to melt, then spread evenly over cookie. Cool in refrigerator until chips harden (this will be the sole).

**Frost** otherside of cookie with “Peanut Butter Frosting”: 1/4 cup peanut butter, 1 Tbs. butter, 3/4 cup confectioners' sugar, and 2-4 Tbs. milk. **Blend** until smooth.

**Decorate** by making sandal straps with “Chocolate Frosting”: 1 Tbs. butter, 1/8 cup unsweetened cocoa powder, 3/4 cup confectioners' sugar, 2-4 Tbs milk. **Blend** until smooth.

**Tip:** To make a decorating bag, cut off the tip of one corner of a sandwich bag. Fill with frosting. Roll top and squeeze frosting out corner.

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

**Treat Time:** Help children decorate cookies to look like sandals Jesus and Nephi might have worn.