

BOOK OF MORMON 2020

Come Follow Me
with
Living Scriptures
STREAMING

Feast Upon the Words of Christ

2 Nephi 31-33

Objectives:

- Discuss the importance of feasting upon the words of Christ
- Talk about baptism and the straight and narrow path

Reinforces Principles of:

- Scripture Study
- Baptism & 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: I'm Trying to Be Like Jesus, Children's Songbook Page 78
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/im-trying-to-be-like-jesus>

Prayer:

Scripture Time: 2 Nephi 32:3

3 Angels speak by the power of the Holy Ghost; wherefore, they speak the words of Christ. Wherefore, I said unto you, feast upon the words of Christ; for behold, the words of Christ will tell you all things what ye should do.

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



Lesson Time

Approximate Time: 10-15 minutes

Lesson

Summary: Nephi leaves his final testimony, and teaches us again how we can follow Jesus Christ and stay on the path that leads to Eternal Life. Nephi had seen in a vision that Jesus Christ would be baptized. Nephi teaches us that baptism is like a gate that we enter. Once we are baptized, we must follow the straight and narrow path. This straight and narrow path is keeping the commandments of God. Occasionally we may fall away from the path, but because of Jesus Christ, we can repent and return to the path.

Nephi tells us some things that can help us stay on the path. He says that we must “press forward, feasting upon the word of Christ” (2 Nephi 31:20), and that “the words of Christ will tell you all things what ye should do” (2 Nephi 32:3). Nephi also teaches us that after we are baptized and receive the Holy Ghost, the Holy Ghost can help us stay on the path (2 Nephi 32:5). And finally, Nephi teaches that we must pray always.

We can feast upon the words of Christ by reading our scriptures and listening to our prophets. We can feast upon the words of Christ that we are taught through prayer and through the Holy Ghost. If we listen, study, and keep the commandments of God, we will know the things we should do. With His help, we will be able to follow the path that leads us to Eternal Life with our families and our Father in Heaven.

Points to

Ponder:

What does it mean to feast? (Discuss ideas)

What is the difference between just reading the scriptures and feasting on them? (Discuss ideas.)

Why is baptism sometimes referred to as a gate? (Discuss ideas)

How do we stay on the straight and narrow path? (Discuss ideas)

What does it mean to pray always? (Discuss ideas)

Quote:

“To feast means more than to taste. To feast means to savor. We savor the scriptures by studying them in a spirit of delightful discovery and faithful obedience. When we feast upon the words of Christ, they are embedded ‘in fleshy tables of the heart.’ (2 Corinthians 3:3) They become an integral part of our nature.” *Russell M. Nelson*



Activity Time

Approximate Time: 20 minutes

What you need:

A copy of the “I Will Be Baptized Like Jesus” activity for each child (artwork included with this lesson), scissors, glue, (2) brads & card stock.

Preparation

1. Print out the artwork.
2. Glue artwork to card stock.
3. Cut out artwork.
4. Cut out circles (paper punch works well for this step) and long dotted lines.
5. Place figures through slit in backgrounds (see image) and secure with brads.

Activity:

1. **Explain:** When we are baptized our sins are washed away. Jesus was without sin, yet He was still baptized.

Ask: Why was Jesus baptized? (To be obedient to all of Heavenly Father's commandments.)

Read: “And Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God.” (John 3:5)

2. **Ask:** Who Baptized Jesus? (John the Baptist.)

Ask: What authority did John have to baptize? (The priesthood.)

Ask: How was Jesus baptized? (By immersion in the Jordan River.)

Ask: What does baptism by immersion mean? (To be baptized by going completely under the water.)

Demonstrate: Use the Jesus and John figures to demonstrate baptism by immersion.

3. **Ask:** Do we need to be baptized to return to live with Heavenly Father? (Yes.)

Ask: Who came to Joseph Smith and taught him the correct way to baptize and restored the Aaronic Priesthood to the earth? (John the Baptist.)

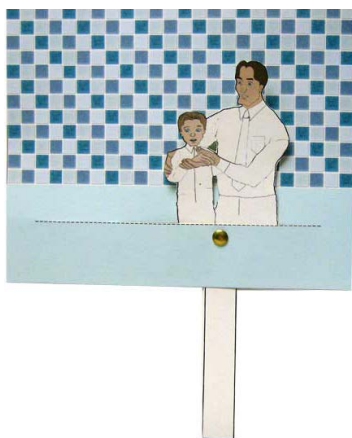
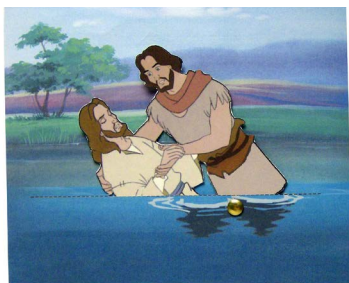
Ask: How are we baptized? (Just like Jesus; by immersion; by a man who holds the priesthood.)

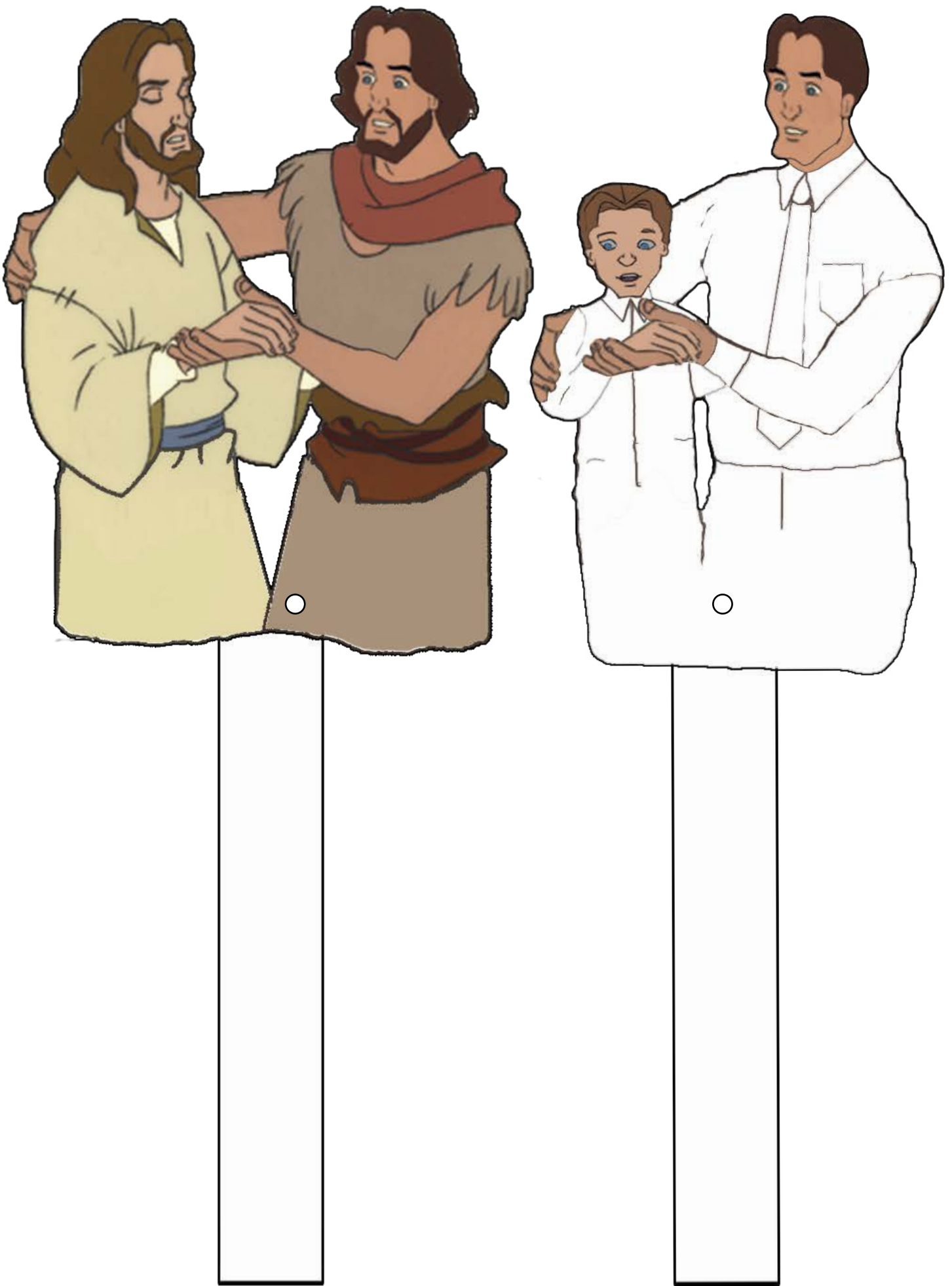
Demonstrate: Use the young boy and priesthood holder figures to demonstrate how we are baptized like Jesus. If desired don't completely immerse the boy and explain how the baptism has to be redone if this happens.

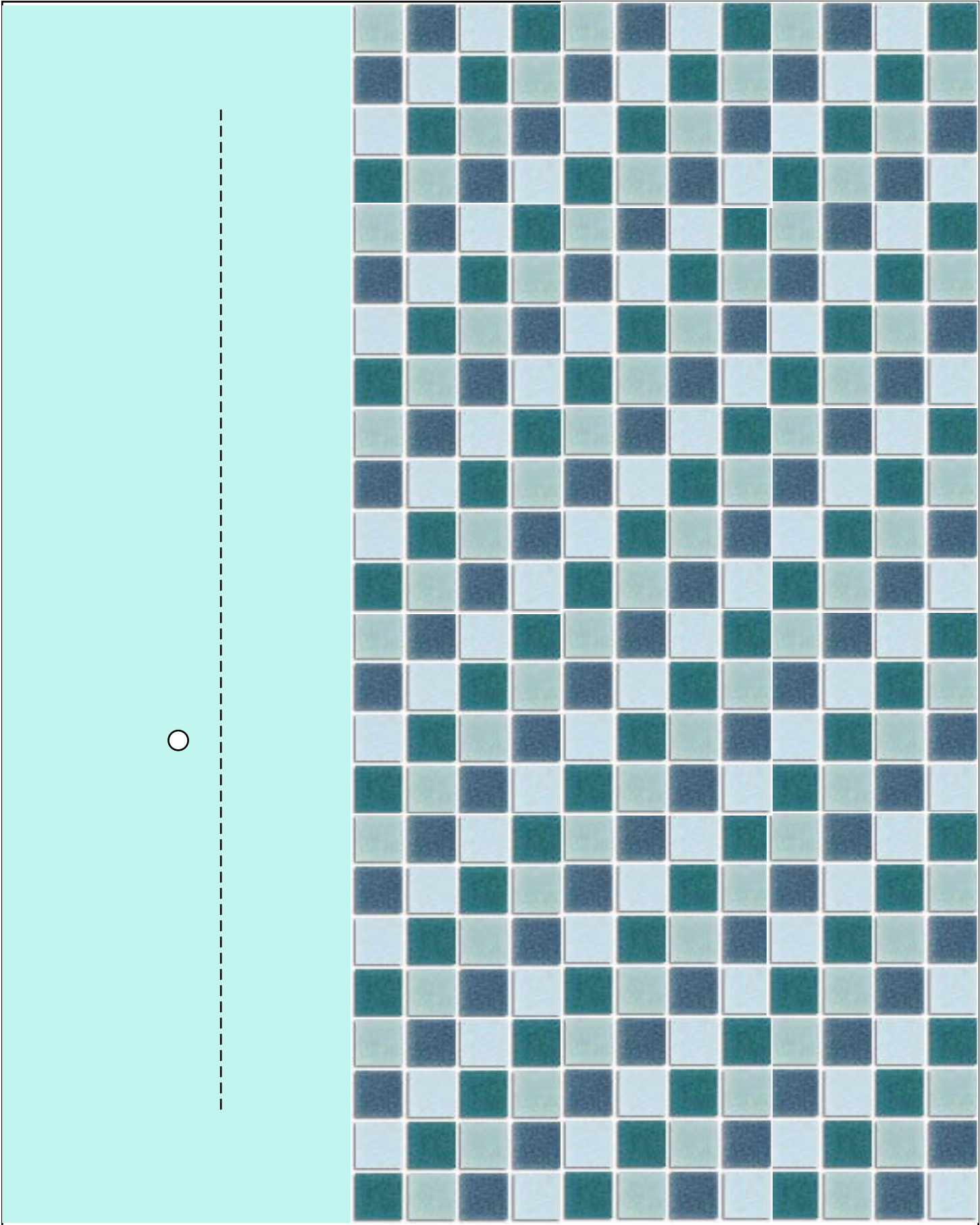
Explain: Heavenly Father was pleased with Jesus when he was baptized; “ And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased.” (Matthew 3:17).

Ask: Is Heavenly Father pleased with each of us when we are baptized? (Yes.)

Share: Have family members who have been baptized share memories of their baptism day.











Treat Time

Approximate Time: 65 minutes

Prep Time: 30 minutes

Chill Time: 15 minutes

Bake Time: 10–15 minutes



Peanut Butter Footsteps

Cookie Dough

1 cup butter
1 cup brown sugar
1 cup granulated sugar
2 eggs
2/3 cup peanut butter
1 tsp. vanilla
2 cups flour
1 tsp. baking soda
1/2 tsp. salt
2 cups rolled oats

Peanut Butter Frosting

1/4 cup peanut butter
1 Tbs. butter
3/4 cup powdered sugar
2-4 Tbs. milk.

Chocolate Frosting

1 Tbs. butter
1/8 cup unsweetened cocoa powder
3/4 cup powdered sugar
2-4 Tbs milk.

Preheat oven to 350 degrees. Cream together butter, brown sugar and granulated sugar. **Add** eggs, peanut butter & vanilla. Mix until smooth. Add flour, baking soda, salt, and oats. Mix until blended.

Roll dough on lightly floured surface to 1/4-1/2 inch thickness. Cut out with foot-shaped cookie cutter.

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 other side of cookie with Peanut Butter Frosting.

Treat Time: Help children decorate cookies with chocolate frosting to look like sandals Jesus might have worn.

Closing Prayer and blessing on the food.