



BOOK OF MORMON 2020

# Come Follow Me

with

*Living Scriptures*  
STREAMING

## The Holy One of Israel

2 Nephi 6-10

### Objectives:

- Discuss the things Jacob taught about Jesus Christ
- Talk about the importance of the Atonement of Jesus Christ

### Reinforces Principles of:

- Atonement
- Resurrection

### 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:** He Sent His Son, Children's Songbook Page 34  
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/he-sent-his-son>

**Prayer:**

**Scripture Time:** 2 Nephi 9:12

12 And this death of which I have spoken, which is the spiritual death, shall deliver up its dead; which spiritual death is hell; wherefore, death and hell must deliver up their dead, and hell must deliver up its captive spirits, and the grave must deliver up its captive bodies, and the bodies and the spirits of men will be restored one to the other; and it is by the power of the resurrection of the Holy One of Israel.

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



# Lesson Time

Approximate Time: 10-15 minutes

## Lesson

**Summary:** Nephi's brother Jacob taught his people many wonderful things about Jesus Christ. The prophet Isaiah prophesied about Jesus Christ, and his words were found on the Brass Plates. Nephi and Jacob loved reading the scriptures from the Brass Plates. Jacob read some of those words to the people, and then he explained what they meant.

Jacob taught that Jesus Christ would live among the Jews, but even though Jesus would be born far away, God would not forget them. Jesus Christ, who Jacob also called "The Holy One of Israel", would provide an infinite atonement, which means it would be available to everyone! Jesus Christ would live on earth and be crucified, but he would be resurrected, conquering death and allowing us to be resurrected too someday. Through His atonement, we can also be forgiven of our sins and saved from a "spiritual death" if we repent and try to live righteously. May we be always grateful for this wonderful gift from our Savior, so we can say, as Jacob did, "O how great the goodness of our God"! (2 Nephi 9:10)

## Points to

### Ponder:

**What did Nephi and Jacob learn by reading the Brass Plates?** (Discuss ideas)

**How is the Savior's Atonement infinite?** (Discuss ideas)

**What gifts do we have because of the Atonement of Jesus Christ?** (Discuss ideas)

**Why is it important to live righteously if Jesus atoned for our sins?** (Discuss ideas)

**How does our knowledge of Jesus Christ and the Atonement bring us joy?** (Discuss ideas)

## Quote:

“Jacob’s testimony was that ‘the Mighty God’ will always deliver ‘his covenant people’ and that the Mighty God is, by his own divine declaration, the Lord God Jesus Christ, the ‘Savior . . . and Redeemer, the Mighty One of Jacob.’ At the heart of the covenant and the reason for such rejoicing is the atoning sacrifice of that ‘Mighty God’ who is the Savior and Redeemer of the world.” ~ *Elder Jeffery R. Holland*



## Activity Time

What you need: A few tablespoons of salt, a pepper shaker, a white plastic spoon, a plate.

Activity: Explain that when we come to earth, our bodies and spirits are pure.

(Pour the salt on the plate and explain that the salt will represent us.)

As we live here, we make mistakes and do things that are wrong. Heavenly Father knew that we would make mistakes, because we are all learning. When we do things that are contrary to the laws of God, we call that sin.

(Sprinkle some pepper over the salt to represent sin.)

You can see that the pepper makes the salt unclean and impure. When we sin, we also become unclean.

Heavenly Father also abides by the law of justice, which says that no unclean thing can enter into the Kingdom of God. That's why we needed a Savior. Jesus Christ lived a perfect life so that He could take our sins upon Him. As the Son of God, He overcame death when he was resurrected, and through His Atonement He conquered sin. He suffered for our sins, so that we can become clean again.

(Rub the spoon on the carpet, your hair, or a sweater to make it statically charged. Hover the spoon over the pepper and allow it to pick up the pepper, leaving the salt clean again.)

When we repent and turn our hearts to Jesus Christ, He can take our sins upon Him, making us clean and pure, so we can live with Him and our Father in Heaven in the Kingdom of God someday.



# Treat Time

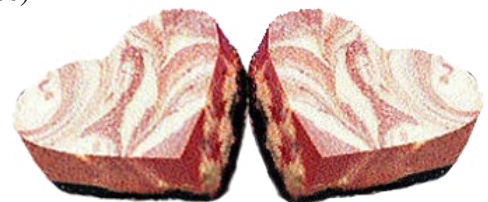
Approximate Time: 7 minutes (not including prep and chill time)

**Prep Time:** 50 minutes

**Chill Time:** At least 1 hour

## Heavenly Hearts

2 cups finely crushed oreo™ style cookies (about 24 cookies)  
3 tablespoons butter or margarine, melted  
3 (8-ounce) packages cream cheese, softened  
1 (14-ounce) can Sweetened Condensed Milk  
3 eggs  
2 teaspoons vanilla extract  
1/2 cup white or milk chocolate chips  
5 drops red food coloring



Preheat oven to 300°F.

Combine cookie crumbs and butter; press firmly on bottom 9x13-inch baking pan.

With mixer, beat cream cheese in large bowl until fluffy.

Gradually beat in sweetened condensed milk until smooth.

Add eggs and vanilla; mix well.

Pour half the batter evenly over prepared crust.

Melt chocolate chips in microwave for 30 seconds.

Stir in food coloring. Heat for an additional 30 seconds.

Stir melted chocolate chips into remaining batter; spoon over vanilla batter

With table knife or metal spatula, gently swirl chocolate batter through vanilla batter to marble.

Bake 40 to 45 minutes or until set. Cool. Chill at least 1 hour.

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

**Treat Time:** Help children cut out individual servings with heart-shaped cookie cutter