

BOOK OF MORMON 2020

Come, Follow Me  
with  
*Living Scriptures*  
STREAMING

## Burdens Made Light

Mosiah 18-24

### Objectives:

- Talk about the importance of covenants
- Emphasize the importance of trusting in the Lord

### Reinforces Principles of:

- Covenants
- Trust in god

### 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 & music video



# Reverence Time

Approximate Time: 5 minutes

**Sing Together:** Choose the Right Way, page 160

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/choose-the-right-way>

**Prayer:**

**Scripture Time:** Mosiah 24:14

14 And I will also ease the burdens which are put upon your shoulders, that even you cannot feel them upon your backs, even while you are in bondage; and this will I do that ye may stand as witnesses for me hereafter, and that ye may know of a surety that I, the Lord God, do visit my people in their afflictions.

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



## Lesson Time

Approximate Time: 5-10 minutes

### Lesson Summary:

Alma escaped from King Noah's court and began to secretly teach people the things Abinadi had taught. Alma and the people he taught made covenants to keep the commandments, and they were baptized. The Lord warned Alma that King Noah was trying to find them, so they moved to a new place they called the land of Helam. They lived in peace for several years, until the Lamanites found them. The king of the Lamanites put Amulon (one of King Noah's wicked priests who had joined with the Lamanites) in charge of Alma's people, and Amulon made them slaves. He threatened to kill them if they prayed, but the people kept praying in their hearts that the Lord would deliver them. Although they were not freed immediately, because of the covenant they had made the Lord strengthened the people, making their burdens light. Eventually the Lord miraculously delivered the people by causing a deep sleep to come upon the Lamanites, allowing Alma and his people to escape to Zarahemla.

Sometimes we have burdens that are difficult to bear. If we turn to Jesus Christ He promises to help us to bear our burdens. Even if our burdens are not taken away, we can trust the Lord to fulfill his covenant to bless us if we keep his commandments and remember Him. We can have joy even during hard times through faith in Christ.

### Points to Ponder:

**What did Alma and his people do when they were captured and told not to pray?**  
(They kept praying in their hearts)

**How did the Lord help Alma and his people while they were slaves?** (Discuss ideas)

**What burdens do we have that are hard to bear?** (Discuss ideas)

**Who can make our burdens lighter?** (Discuss ideas)

### Quote:

“Making and keeping sacred covenants yokes us to and with the Lord Jesus Christ. In essence, the Savior is beckoning us to rely upon and pull together with Him, even though our best efforts are not equal to and cannot be compared with His. As we trust in and pull our load with Him during the journey of mortality, truly His yoke is easy and His burden is light.” *David A. Bednar*



## Activity Time

Approximate time: 10 minutes

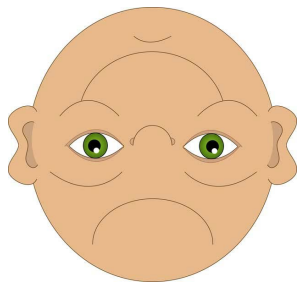
**What you need:** A copy of the “Turn That Frown Upside Down” activity (artwork included with this lesson) scissors, glue and cardstock.

**Preparation**

1. Print out the artwork.
2. Glue artwork onto cardstock.
3. Cut out.

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

1. Explain: When Elder Joseph B. Wirthlin was a young boy his mother taught him to endure adversity well. “Joseph,” she said, “come what may, and love it.”
2. Explain: Elder Wirthlin’s mother was not trying to teach him to suppress his sorrow or to hide his pain, but to handle adversity without anger or resentment.
3. Explain: Those who learn from difficult times become stronger, wiser and happier. Elder Wirthlin taught us four things in October 2008 conference that can help us through difficult times:

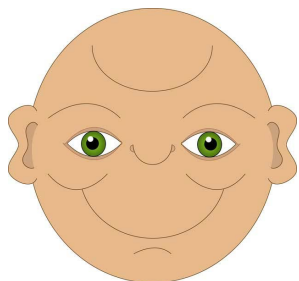


a. Learn to Laugh. Instead of getting angry or depressed, look for the humor in the situation.

b. Seek for the Eternal. Ask yourself: What is Heavenly Father trying to teach me from this experience?

c. The Principle of Compensation. Remember that the Lord compensates the faithful for every loss.

d. Trust in the Father and the Son. Handle your burden the best you can and then leave the rest to them.



4. Sing Children’s Songbook #267, “Smiles.”

5. Ask: How can smiling make the world a better place and make difficult times better? (Discuss ideas.)

6. Play the “Turn That Frown Upside Down” activity.

## Turn That Frown Upside Down

One person is chosen to be the orator. The first player holds the smiling/frowning face with the frown showing. The orator reads one of the adverse situations in the list or make up your own that can make you feel sad, mad, angry, etc. Example: Someone tripped you in the hall.

The player then turns the frown upside down and gives a positive reaction to the situation that will bring them happiness. Example: I can be happy because I didn't knock out a tooth when I fell.

Then give an example of what Heavenly Father is teaching you. Example: I am learning how not to treat others.

There is an example for each incident in parenthesis if you need help.

**1. You were playing a game with friend and you lost.** (I can be happy because I know I didn't cheat. I am learning how to be happy for others when they win.)

**2. Your Grandma broke her hip and now she can't take you to the zoo.**  
(I can be happy spending time with Grandma and doing things for her that she can't do while she's recuperating. I am learning to serve others.)

**3. A group of kids have been teasing you because you're a member of the church.**  
(I can be happy that I'm living my religion. I am learning to not persecute others for their religion.)

**4. You can't go to the movies with my friends because you have to baby sit your sister.**  
(I can be happy because I am helping my parents. I am learning to honor my parents.)

**5. The boy who sits behind you in class is always pulling your hair.**  
(I can be happy because I have hair. I am learning to treat others the way I would want to be treated.)

**6. You don't want to wear your new glasses because you think they make you look nerdy.**  
(I can be happy because I will now be able to see the questions on the board. I am learning to not be vain.)

**7. You ran a marathon race and came in last.**  
(I can be happy because I finished the race. I am learning humility.)

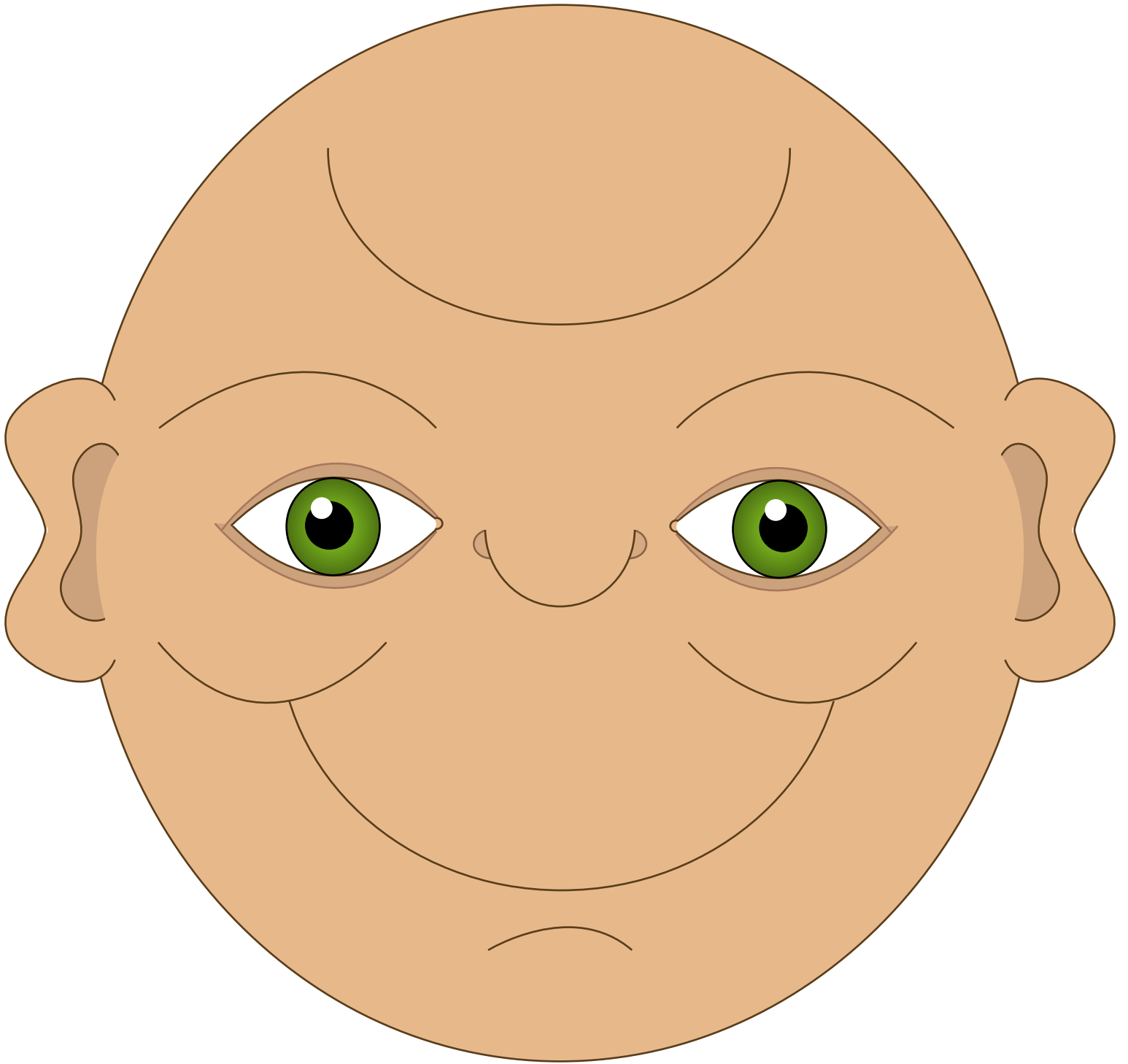
**8. You were late to your recital because your mom followed the wrong directions.**  
(I can be happy because I still got to perform my number and we aren't lost any more. I am learning patience.)

**9. Someone you love passed away.**  
(I can be happy [after I am done mourning] because I know families can be together forever. I am learning to live worthy so that I can live with them and Heavenly Father again someday.)

**10. You hit your head on the cupboard door that you left open.**  
(I can be happy because I controlled my tongue. I am learning to not leave the cupboard door open.)

**11. We missed our exit because another car cut us off.**  
(I can be happy we didn't get in a wreck. I am learning to be understanding when others make mistakes.)

**12. Your Dad lost his job because the company he worked for went out of business.**  
(I can be happy because my parents listened to the prophets and although we will have to make sacrifices we are prepared for hard times. I am learning to listen to the prophet.)





## Treat Time

### “Immersion” Cookies (Shortbread)

**Bake Time: 7–10 minutes**  
**Cool Time: 15 minutes**

**2 cups all-purpose flour**  
**1/4 teaspoon baking powder**  
**1/4 teaspoon salt**  
**1 cup butter (softened)**  
**1/2 cup powdered sugar**  
**1/2 teaspoon vanilla extract**  
**A glass of milk for each family member**



Preheat oven to 350 degrees F. Sift the flour, baking powder, and salt into a bowl and set aside. In a mixing bowl cream the butter until light and fluffy. Add the powdered sugar and continue to beat. Scrape down the sides of the mixing bowl once or twice while you are mixing. Beat in the vanilla extract. Slowly add the flour mixture. Mix on low until everything comes together into a thick dough. Turn the dough out onto a floured surface. Press the dough out into a flat patty an inch thick. Wrap in plastic and chill completely in the refrigerator for about thirty minutes. After the dough is chilled, roll the dough out to 1/2-inch thick. Cut the dough into small bite size shapes with cookie cutters or a knife. Place on a parchment lined baking sheet. Bake for 7 to 10 minutes, or until the bottoms of the cookies are barely golden (watch carefully; cookies burn easily). Place pan on wire rack and cool completely.

**Treat Time:** Immersion is the dipping of something in liquid so that it is completely covered. When we are baptized by immersion we are completely covered with water. When eating “Immersion Cookies” completely immerse (dunk) cookies into a cold glass of milk. Be sure to have plenty of napkins on hand, as fingers will get wet).

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