

BOOK OF MORMON 2020



Come, Follow Me  
with  
*Living Scriptures*  
STREAMING

## A Change of Heart

Mosiah 4-6

### Objectives:

- Talk about ways we can change our hearts to better follow Jesus Christ.

### Reinforces Principles of:

- Change

### 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:** I Want to Live the Gospel: Children's Songbook, page 148

If you wish to print sheet music or have an online music file to accompany you visit:  
<https://www.lds.org/music/library/childrens-songbook/i-want-to-live-the-gospel>

**Prayer:**

**Scripture Time:** Mosiah 5:2

2 And they all cried with one voice, saying: Yea, we believe all the words which thou hast spoken unto us; and also, we know of their surety and truth, because of the Spirit of the Lord Omnipotent, which has wrought a mighty change in us, or in our hearts, that we have no more disposition to do evil, but to do good continually.

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



## Lesson Time

Approximate Time: 5-10 minutes

### Lesson Summary:

After King Benjamin had spoken to his people, he saw that they had been humbled. The people prayed and received a remission of their sins. Their hearts had been changed, and they had “no more desire to do evil, but to do good continually.” King Benjamin continued to teach them how to retain a remission of their sins. He taught them to believe in God, keep the commandments, and care for the poor. The people made a covenant that they would do these things, and they took upon themselves the name of Christ, becoming His people. King Benjamin and his people lived in peace the remainder of his days.

We can follow the example of King Benjamin’s people by having a desire to change our hearts. We can commit to follow Jesus Christ and keep His commandments. By doing this we can have joy and be forgiven of our sins.

### Points to Ponder:

**How did King Benjamin's people receive a remission of their sins?** (Discuss ideas)

**What does it mean to receive a remission of sins?** (To be forgiven)

**How were their hearts changed?** (They had no more desire to do evil, but to do good continually)

**What did King Benjamin teach them they should do to retain a remission of their sins?**  
(Believe in God, care for the poor, keep the commandments)

**How can we commit to change our hearts?** (Discuss ideas)

### Quote:

“We can change our behavior. Our very desires can change. How? There is only one way. True change—permanent change—can come only through the healing, cleansing, and enabling power of the Atonement of Jesus Christ. He loves you—each of you! He allows you to access His power as you keep His commandments, eagerly, earnestly, and exactly. It is that simple and certain. The gospel of Jesus Christ is a gospel of change!” *Russell M. Nelson*



## Activity Time

**What you need:** A copy of “A Change of Heart” activity for each family member (artwork included with this lesson) and a pen or pencil for each family member.

**Preparation** 1. **Print** out the artwork.

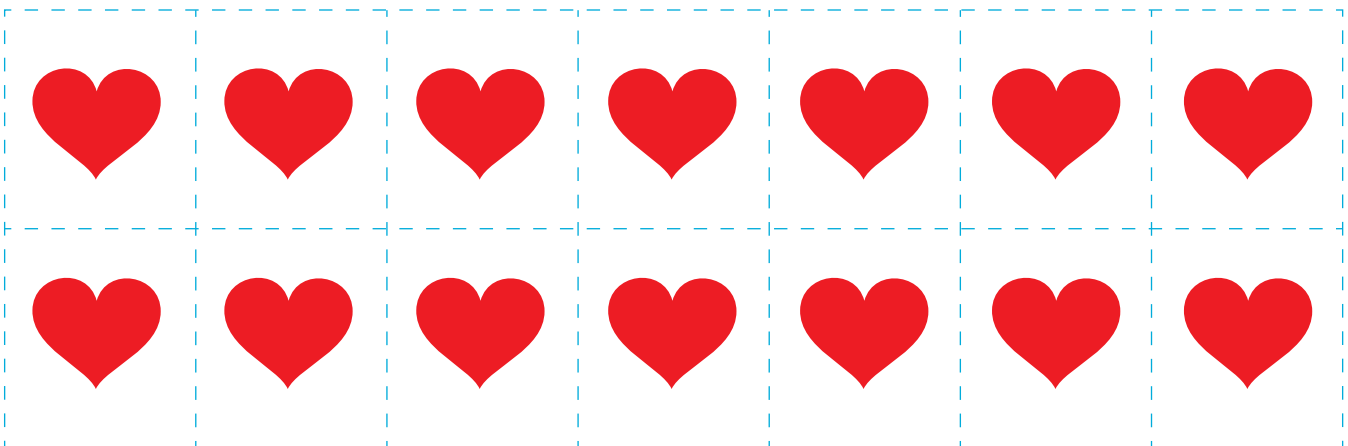
**Activity:** (Younger children will need help from an older sibling or parent.)

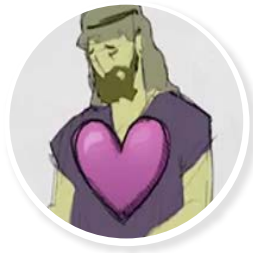
1. Discuss: After listening to King Benjamin’s sermon, his people wanted to follow Jesus Christ and retain a remission of their sins. They had a change of heart and had “no more disposition to do evil, but to do good continually.”
2. Ask: How can we change our hearts and have a desire to “do good continually?” What does it mean to “do good continually?”
3. Discuss how making a commitment to better serve the Lord and “do good continually” will help us live happier lives.
4. Give each member a copy of the “A Change of Heart” activity and a pen or pencil and have them write down four ways they can do good continually. Guide children in making realistic goals such as: saying their prayers, reading scriptures, being honest, being kind to others, or obeying parents.
5. After deciding to change, King Benjamin’s people made a covenant with God to be obedient. Ask: Will you make a commitment to try to do what Jesus would have you do?
6. After making a commitment, what other things can we do that can help us keep our commitment? (Discuss ideas such as: prayer, taking one day at a time, keeping a chart of your progress, etc.)
7. Talk about how none of us are perfect and there will be times that we will fail to keep our commitment. Ask: What can we do when this happens? (Discuss ideas.)
8. Have family members hang their lists in their rooms as a reminder of their commitment to do good continually and follow Jesus Christ.

# A Change of Heart Doing Good Continually

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Write four ways you can try to “do good continually.” For two weeks, try to keep your commitment.  
Track your progress by marking each day with a heart sticker.



## Treat Time

**Approximate Time: 30 minutes**

**Prep Time:** 5 minutes

**Bake Time:** 20 minutes

### “Turnover” A New Leaf

3 C. Bisquick®

1/2 C. milk

3 T. sugar

5 T. melted butter (divided)

20 drops green food coloring

1 (21 oz.) can fruit pie filling

Powdered sugar (optional)



Combine Bisquick and sugar. Add milk, food coloring and 3 T melted butter. Mix until a soft ball forms. Knead on a lightly floured surface for 30 seconds. Divide dough into twelve balls.

**Treat Time:** Give each family member a ball of dough. Flatten dough with the palm of your hand into 1/4 inch thick ovals. Top with 1 T pie filling. Fold in half; press edges together with the tines of a fork. Pinch one end together to form a small stem. Draw veins on your leaf with the edge of a fork tine or with a toothpick.

Place on a lightly greased cookie sheet. Brush tops with melted butter.

Bake in 375 degree F. oven for 20 minutes.

Before serving, brush tops with remaining melted butter and sprinkle with powdered sugar if desired.

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

**Note:** To “turnover” a new leaf means that you are committing to change your life for the better.