



BOOK OF MORMON 2020

# Come, Follow Me with *Living Scriptures* STREAMING

## A Pure Heart & Clean Hands

Alma 5-7

### Objectives:

- Talk about ways we can evaluate ourselves spiritually.
- Emphasize that we can change our hearts and become pure through the Atonement of Jesus Christ

### Reinforces Principles of:

- Faithfulness
- Repentance

### 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 Will Follow God’s Plan” Children’s Songbook page 164  
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-will-follow-gods-plan>

**Prayer:**

**Scripture Time:** Alma 5:19

19 I say unto you, can ye look up to God at that day with a pure heart and clean hands? I say unto you, can you look up, having the image of God engraven upon your countenances?

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



# Lesson Time

Approximate Time: 10-15 minutes

## Lesson

**Summary:** Alma gave up the role of Chief Judge so that he could better fulfill his role as High Priest. He traveled throughout the land teaching the gospel and encouraging the people to repent and turn to Jesus Christ.

Alma taught that the people must be spiritually born of God and experience a mighty change of heart in order to be prepared to meet God. He asked the people many questions that we can also ask ourselves to check our own hearts. For example, he asked:

- “Do ye exercise faith in the redemption of him who created you? (Alma 5:15)
- “Have ye walked, keeping yourselves blameless before God?” (Alma 5:27)
- “Behold, are ye stripped of pride?” (Alma 5:28)

It’s important to check in with ourselves regularly to make sure we are preparing ourselves to meet God. If we repent and have a change of heart, we can be washed clean through the Atonement of Jesus Christ and meet God with clean hands and a pure heart.

## Points to Ponder:

**What does it mean to be spiritually born of God?** (Discuss ideas)

**How can we prepare to meet God?** (Discuss ideas)

**How can we know for ourselves that these things are true?** ( See Alma 5:45-58. Discuss ideas)

## Quote:

“We speak of people with faint hearts, wise hearts, pure hearts, willing hearts, deceitful hearts, conniving hearts, courageous hearts, cold hearts, hearts of stone, or selfish hearts. The measure of our hearts is the measure of our total performance. As used by the Lord, the “heart” of a person describes his effort to better self, or others, or the conditions he confronts.” *Marvin J. Ashton*



## Activity Time

**What you need:** A copy of “Go Home” activity (artwork included with this lesson), glue and scissors. Optional: cardstock.

### Preparation

1. **Print** out the artwork.
2. **Fold** along solid black line.
3. **Glue** together. Optional: For more durable cards glue a piece of cardstock between the two layers.
4. **Cut** along dotted lines.

### Activity:

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

1. Explain that we can learn correct principles and prepare for exaltation from each from each other's example. It is the duty of the family to teach and live these principles in our homes.
2. Play the “Go Home” card game.
  - A. Dealer shuffles cards.
  - B. Dealer gives each person 5 cards.
  - C. Stack remaining cards face down for a draw pile.
  - D. The player to dealer's left starts (clockwise). A turn consists of asking a specific player for a specific group that they already hold at least one card of in their hand. For example, if it is my turn I might say: “Mary, please give me all your 'Sharing' cards.” If the player who was asked (Mary) has cards of the asked group ('Sharing' in this case), she must give all her cards of this group to the player who asked for them. That player then gets another turn and may again ask any player for any group they have in their hand. (Help younger children by showing the card you are asking for to the group.)
  - E. If the person asked does not have any cards of the named group, they say “Go Home.” The asker must then draw the top card of the draw pile. If the drawn card is the group asked for, the asker shows it and gets another turn. If the drawn card is not the group asked for, the asker keeps it, but the turn now passes to the next person.
  - F. As soon as a player collects a book of 4 cards of the same group, they lead the group in sing the song on the card.
  - G. The game continues until all groups are collected. The winner is the person with the most groups.



## Personal Prayer



Children's Songbook #25  
"I Love to Pray"

## Personal Prayer



Children's Songbook #25  
"I Love to Pray"



Children's Songbook #189  
"Family Prayer"

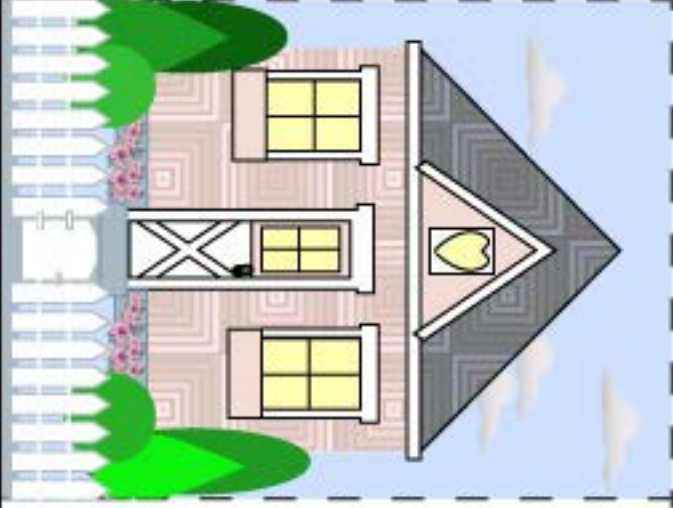
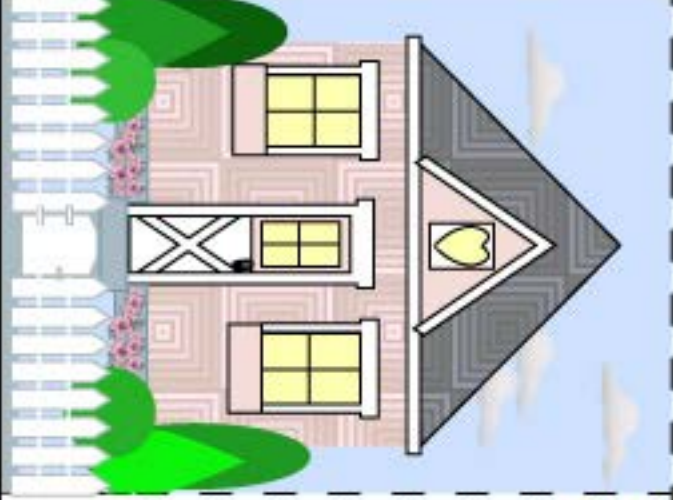


## Family Prayer

Children's Songbook #189  
"Family Prayer"



## Family Prayer

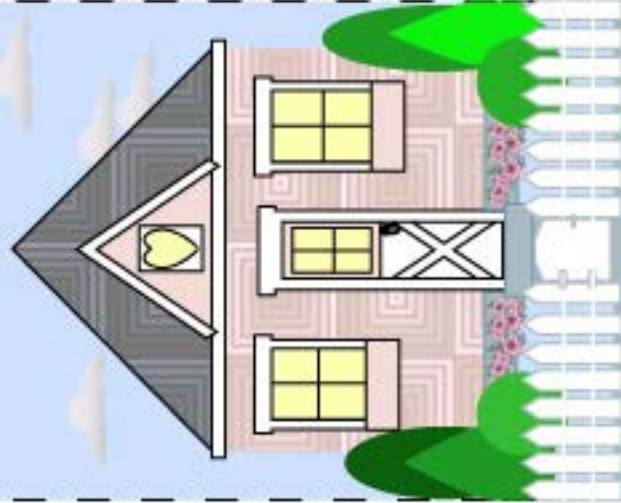




# Scripture Study



Children's Songbook #109  
"Search, Ponder and Pray"



# Scripture Study



Children's Songbook #109  
"Search, Ponder and Pray"



# Temple Work



Children's Songbook #95  
"I Love to see the Temple"

# Temple Work



Children's Songbook #95  
"I Love to see the Temple"



# Being Happy



Children's Songbook #198  
"A Happy Family"



# Being Happy



Children's Songbook #198  
"A Happy Family"



Hymn #294  
"Love At Home"



# Loving One Another



Hymn #294  
"Love At Home"



# Loving One Another





## Paying Tithing



Children's Songbook #150a  
"I'm Glad to Pay a Tithing"



## Paying Tithing



Children's Songbook #150a  
"I'm Glad to Pay a Tithing"



Children's Songbook #157  
"When I Go to Church"



Going to  
Church

Children's Songbook #157  
"When I Go to Church"



Going to  
Church





# Helping One Another



Children's Songbook #198  
"When We're Helping"

# Helping One Another



Children's Songbook #198  
"When We're Helping"

# Following God's Plan



Children's Songbook #164  
"I Will Follow God's Plan"

# Following God's Plan



Children's Songbook #164  
"I Will Follow God's Plan"



# Family Home Evening



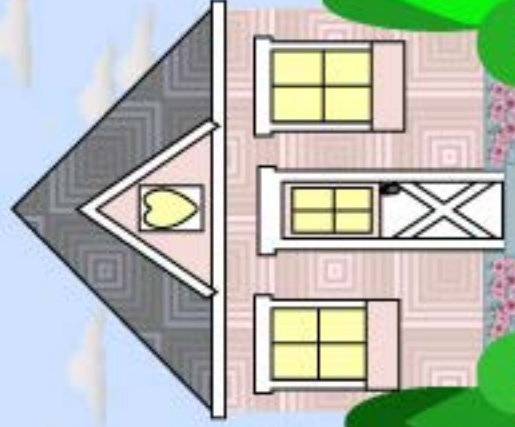
Children's Songbook #195  
"Family Night"



# Family Home Evening



Children's Songbook #195  
"Family Night"



# Sharing



Children's Songbook #253  
"Sharing with my  
Family is Fun to Do"

# Sharing



Children's Songbook #253  
"Sharing with my  
Family is Fun to Do"



## Personal Prayer



Children's Songbook #25  
"I Love to Pray"

## Personal Prayer



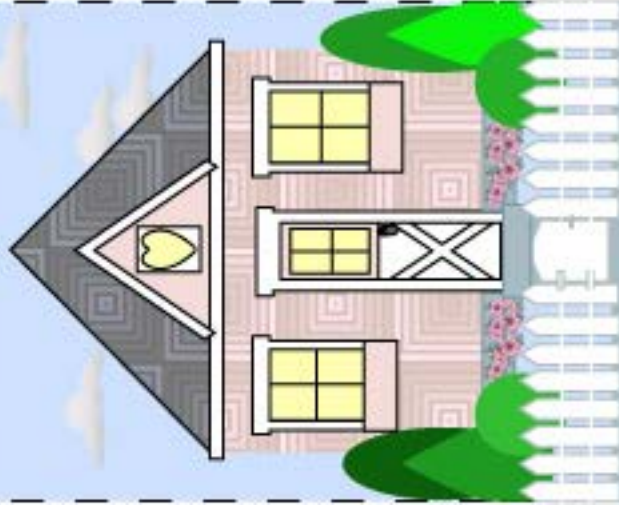
Children's Songbook #25  
"I Love to Pray"



Children's Songbook #189  
"Family Prayer"



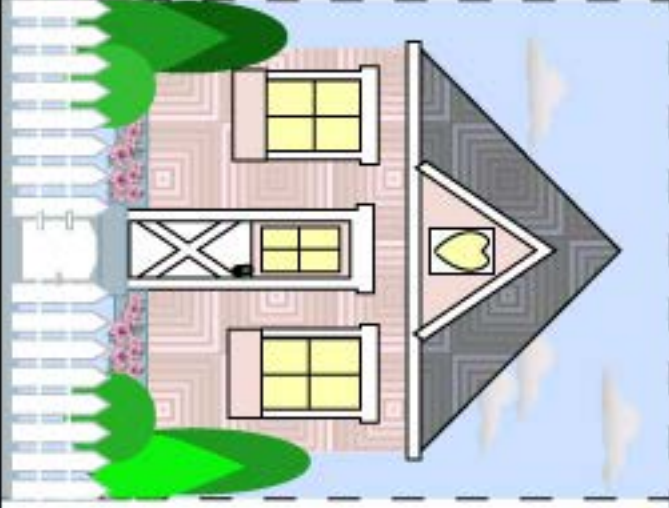
## Family Prayer



Children's Songbook #189  
"Family Prayer"



## Family Prayer





# Scripture Study



Children's Songbook #109  
"Search, Ponder and Pray"



# Scripture Study



Children's Songbook #109  
"Search, Ponder and Pray"



# Temple Work



Children's Songbook #95  
"I Love to see the Temple"



# Temple Work



Children's Songbook #95  
"I Love to see the Temple"



# Being Happy



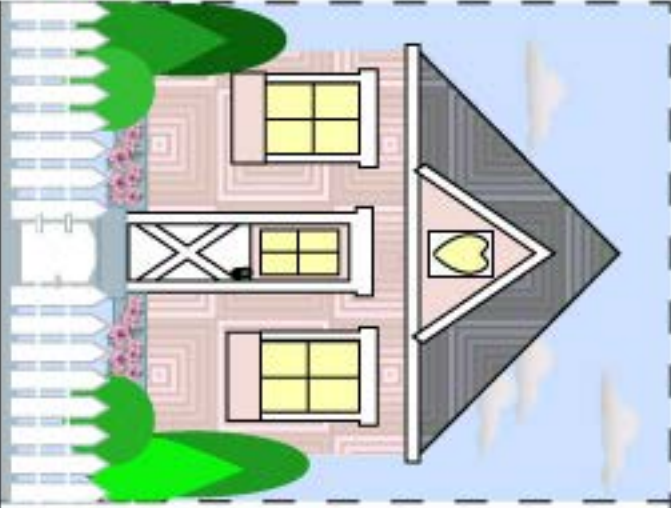
Children's Songbook #198  
"A Happy Family"



# Being Happy



Children's Songbook #198  
"A Happy Family"



Hymn #294  
"Love At Home"



# Loving One Another



Hymn #294  
"Love At Home"



# Loving One Another





## Paying Tithing



Children's Songbook #150a  
"I'm Glad to Pay a Tithing"



## Paying Tithing



Children's Songbook #150a  
"I'm Glad to Pay a Tithing"



Children's Songbook #157  
"When I Go to Church"



Going to  
Church

Children's Songbook #157  
"When I Go to Church"



Going to  
Church





# Family Home Evening



Children's Songbook #195  
"Family Night"



# Family Home Evening



Children's Songbook #195  
"Family Night"

Children's Songbook #253  
"Sharing with my  
Family is Fun to Do"

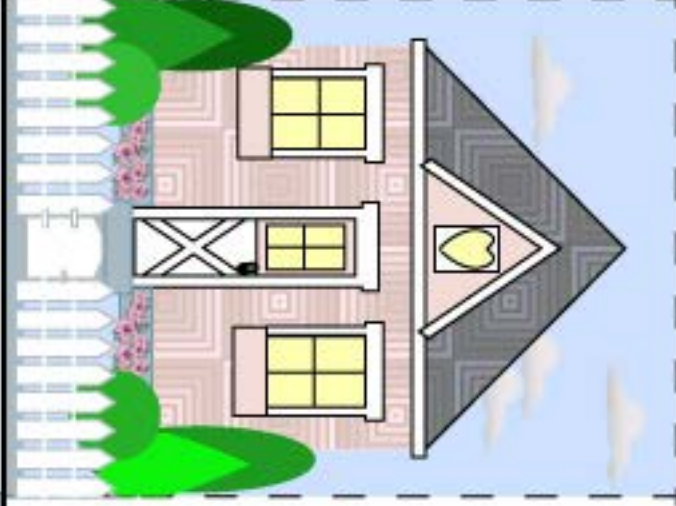


# Sharing

Children's Songbook #253  
"Sharing with my  
Family is Fun to Do"



# Sharing





# Helping One Another



Children's Songbook #198  
"When We're Helping"

# Helping One Another



Children's Songbook #198  
"When We're Helping"

# Following God's Plan



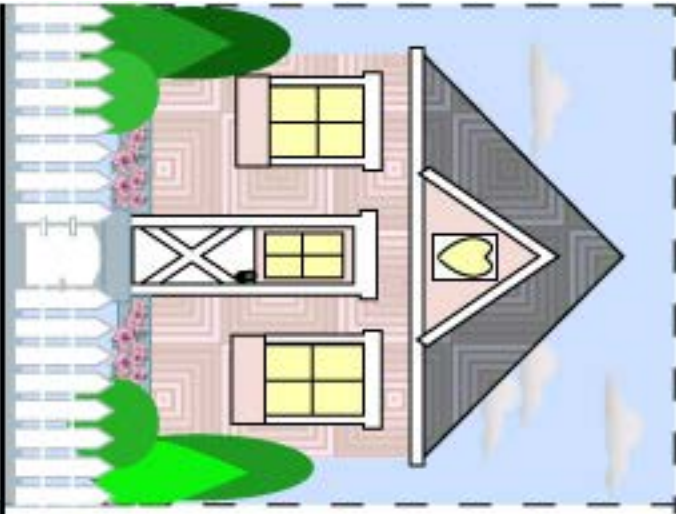
Children's Songbook #164  
"I Will Follow God's Plan"



# Following God's Plan



Children's Songbook #164  
"I Will Follow God's Plan"





## Treat Time

Approximate Time: 15 minutes  
(not including 3 hour set time)

**Prep Time:** 10 minutes

**Set Time:** 3 hours

### Gelatin Hearts

#### Ingredients:

**2 6oz Gelatin Dessert packages (your favorite flavor)**

**2 1/2 cups boiling water**



Prepare gelatin: Mix contents of gelatin packages with boiling water in a bowl. Stir 2 minutes until dissolved. Pour mixture into a 13 x 9 inch pan. Let gelatin set in the refrigerator for 3 hours or until firm.

**Treat Time:** Let family members cut heart shapes from set gelatin with cookie cutters.

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