



BOOK OF MORMON 2020

# Come, Follow Me with *Living Scriptures* STREAMING

## Trust in the Lord

Mosiah 7-10

### Objectives:

- Talk about why it is important to trust in the Lord.

### Reinforces Principles of:

- 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:** Nephi's Courage, verse 3: Children's Songbook, page 120

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/nephis-courage>

**Prayer:**

**Scripture Time:** Mosiah 7:33

33 But if ye will turn to the Lord with full purpose of heart, and put your trust in him, and serve him with all diligence of mind, if ye do this, he will, according to his own will and pleasure, deliver you out of bondage.

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



## Lesson Time

Approximate Time: 5-10 minutes

### Lesson Summary:

A search party led by a man named Ammon leaves Zarahemla to find the people of Zeniff. Zeniff led a group that left Zarahemla years ago to try and resettle the land of Nephi. The search party found King Limhi, a descendant of Zeniff. King Limhi and his people are in bondage to the Lamanites. They are required to pay half of their substance to the Lamanite king. They've tried to escape, but they haven't been able to.

When King Limhi finds out that Ammon and his brethren are from Zarahemla, he is filled with hope. He gathers his people and teaches them that they must repent and rely on the Lord to help them. With trust in God, they create an escape plan. With the Lord's help, King Limhi and his people escape to Zarahemla.

Sometimes, like the captive Nephites, we are faced with difficult challenges that we can't seem to escape. Sometimes we might be like Ammon, trying to help others overcome difficulties. We learn from this story that we must always trust in the Lord. The Lord has power to deliver us, and in His own time, if we are faithful, He can help us overcome.

### Points to Ponder:

**What does it mean to trust in the Lord?** (Discuss ideas)

**Why is it important to learn to trust in the Lord when you are young?** (Discuss ideas)

**Will all our trials be removed, if we always trust in God?** No. Life is a test and trials are part of that test, but if we always trust in God he will give us comfort and support us through all of our trials. "...Whosoever shall put their trust in God shall be supported in their trials, and their troubles, and their afflictions, and shall be lifted up at the last day." (Alma 36:3)

### Quote:

"If you do your best, it will all work out. Put your trust in God, and move forward with faith and confidence in the future. The Lord will not forsake us....If we will put our trust in Him, if we will pray to Him, if we will live worthy of His blessings, He will hear our prayers."  
*Gordon B. Hinckley*



## Activity Time

**What you need:** A copy of the “Overcoming Obstacles” activity, scissors, a marker, a blindfold

**Preparation**

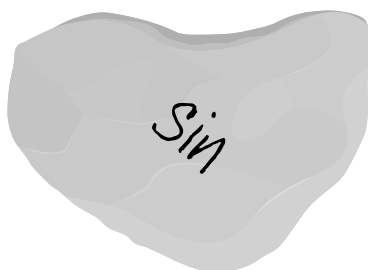
1. **Print** several of the “rock” pages, at least as many as you have family members.
2. **Cut** out the rocks if desired.

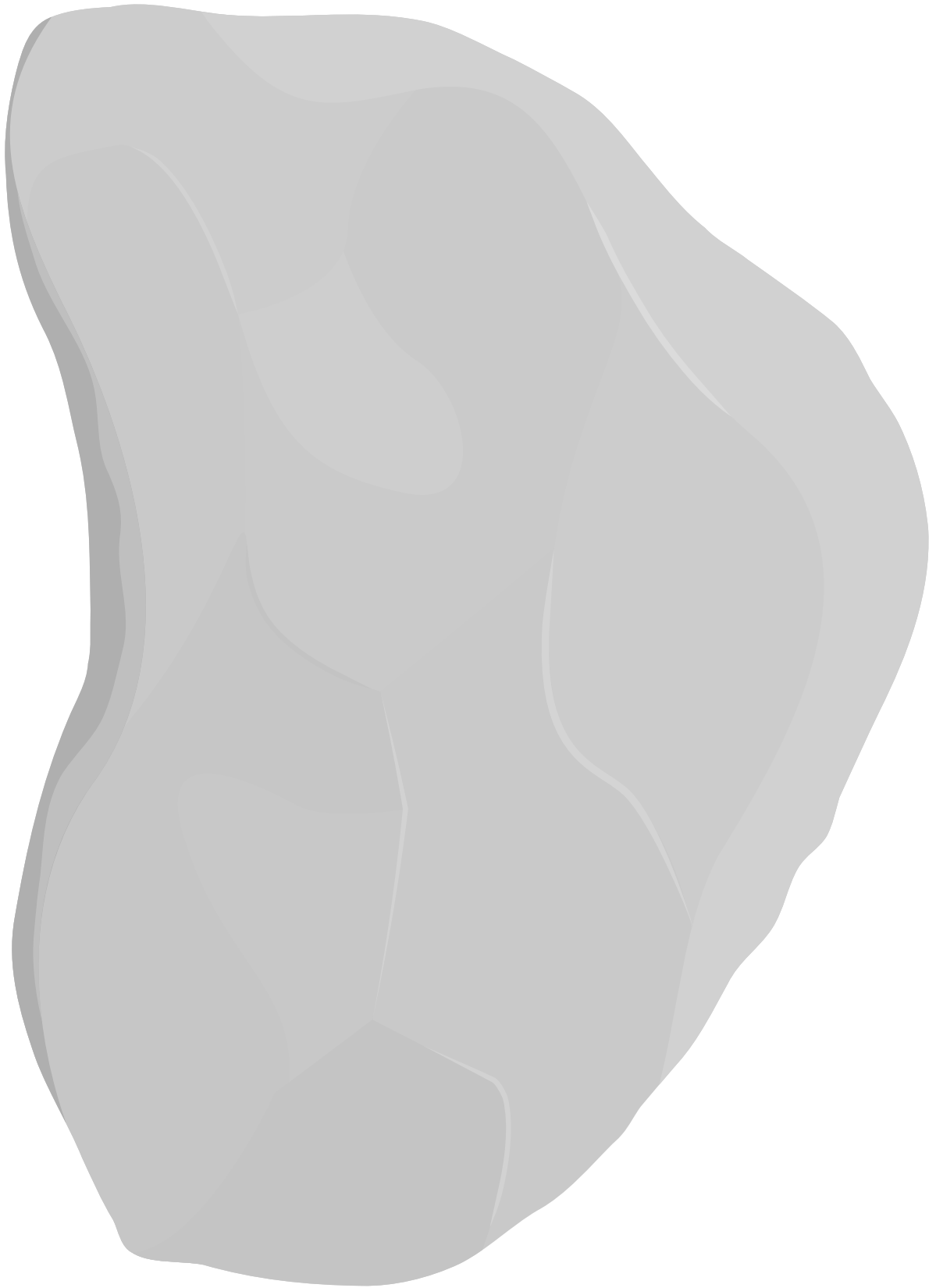
**Activity:**

1. **Setting up the Game:** We must face obstacles in this life, but the Lord has promised that He will help us to overcome them. Help each family member come up with something that could be an obstacle they might face, like sickness, sin, bullies, etc. Give each family member a rock paper, and write down what they came up with on the rock paper. If desired, write more ideas on rock papers. (More rocks will help make the game a little more challenging.)

2. **Game Instructions:** The rocks will be your obstacles. Spread the rocks across the room. The object is for each family member to cross the room one at a time without touching any of the obstacles while blindfolded. A parent will help to guide the family member from one side of the room to the other. For older children, the parent could give verbal directions. For small children, the parent might hold their hand to guide them. You might also try crossing the room blindfolded without a guide to see how much more difficult it is to avoid obstacles on your own.

3. **Think about it:** Just like in the game, we need help to deal with the obstacles we face in our lives. If we trust in the Lord, he can guide us through our trials and help us to overcome them. Our trials and obstacles may not be taken away, but the Lord can support us and help us.







## Treat Time

**Approximate Time: 40 minutes**

**Prep Time:** 10 minutes

**Bake Time:** 25–30 minutes



### Soft Heart Cream Puffs

**Heart mixture:**

1/2 cup butter  
1 teaspoon sugar  
1/2 teaspoon salt  
1 cup flour  
4 large eggs

**Cream Filling:**

2 cups Whipped Topping—thawed  
1 teaspoon almond extract

**Raspberry Filling:**

1 (21 oz.) can Raspberry Pie Filling

Preheat oven to 375 degrees. Bring butter, sugar, salt and 1 cup of water to a boil in a saucepan. Stir in flour, and cook over medium-high heat, stirring constantly, for three minutes. Cool for 1 minute. Add eggs one at a time to the butter mixture, beating after each egg until smooth. Flatten dough to 2–3 inches thick. Cut into heart shapes. Bake on an ungreased baking sheet until golden brown for approximately 25–30 minutes. Let cool. Slice each puff in half horizontally.

**Treat Time:** Give each family member a heart to fill with whipped cream and raspberries. Sprinkle tops with powdered sugar.

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