

Come, Follow Me

with
Living Scriptures
STREAMING

True Believers

Helaman 13-16

Objectives:

- Talk about Samuel the Lamanite's message to the Nephites.
- Emphasize the importance of being a believer of Jesus Christ.

Reinforces Principles of:

- Faith
- Repentance

Reverence Time

Song: Samuel Tells of the Baby Jesus, Children's Songbook page 36

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/samuel-tells-of-the-baby-jesus>

Scripture: Helaman 14:2

"And behold, he said unto them: Behold, I give unto you a sign; for five years more cometh, and behold, then cometh the Son of God to redeem all those who shall believe on his name."

Video: Watch this week's clip from the Living Scriptures Streaming Library. Find the clip at <https://www.livingscriptures.com/fhe-lesson-believers>

Lesson

Summary:

A Lamanite named Samuel was called by God to preach to the Nephites. Many of the Nephites wouldn't listen and they cast him out of Zarahemla. But the Lord told Samuel to go back. He had another message for Samuel to share.

Because the people wouldn't let him in the city, Samuel climbed the city wall. He warned the people that if they didn't repent they would be faced with great destruction. He also prophesied of the coming of Jesus Christ. He told the people that Jesus would come to the earth in five years, and many signs would appear at His birth. Samuel said there would be a night without darkness, and a new star would appear. He also prophesied of the death of the Savior, and the signs that would appear at that time. Many who heard the words of Samuel believed him, and many were baptized. They became faithful believers who watched for the signs of Jesus's coming. But many people in Zarahemla were angry with Samuel and cast stones at him and tried to shoot arrows at him. The Lord protected Samuel and he could not be hit with the arrows or stones.

We can learn from Samuel that Heavenly Father asks us, through His prophets, to repent and make right choices because He loves us. He gives us signs and miracles to strengthen our faith. Although we may find temporary pleasure "in doing iniquity", true happiness comes through the gospel of Jesus Christ.

Quote:

"In those days as in ours, some naysayers, called anti-Christ, convinced others that there was no need for a Savior and His Atonement. When Samuel's prophecy was finally fulfilled and there was a 'day and a night and a day, as if it were one day,' (Helaman 14:4) what joy must have filled the hearts of those who had believed in the prophets! ...Those who believed on the words of the prophets recognized the Savior throughout His life and ministry and were blessed to follow Him." Robert D. Hales

Questions: What messages did Samuel bring to the Nephites?

Do modern-day prophets continue to testify of Jesus Christ, as ancient prophets did? (Yes.)

What are the believers called? (Christians.)

What signs has the Lord given us to help us believe in Him?

What can we do to show we are faithful Christians as we wait and watch for the signs of the Second Coming of Jesus Christ?

Activity Time

Signs of True Believers

Description: Samuel foretold the signs that would accompany the birth of Jesus Christ. Have family members write ways they can show "signs" that they are true believers on the nativity star.

What you need:

- A copy of the "Signs of True Believers" activity (artwork included with this lesson), scissors, glue, card stock or poster board and pen or pencil.

Preparation:

1. Print out the artwork.
2. Glue artwork to card stock or poster board.
3. Cut out artwork.
4. Glue matching fence pieces together, right sides out. Glue stable together, right sides out. Assemble Nativity scene by inserting "B" taps into "A" slots and "D" tabs into "C" slots.
5. Place "Nativity" family into Stable by sliding tabs on sides of Mary and Joseph over the top of the bottom fence rails.
6. Glue or tape star and sheep on stable.

Activity:

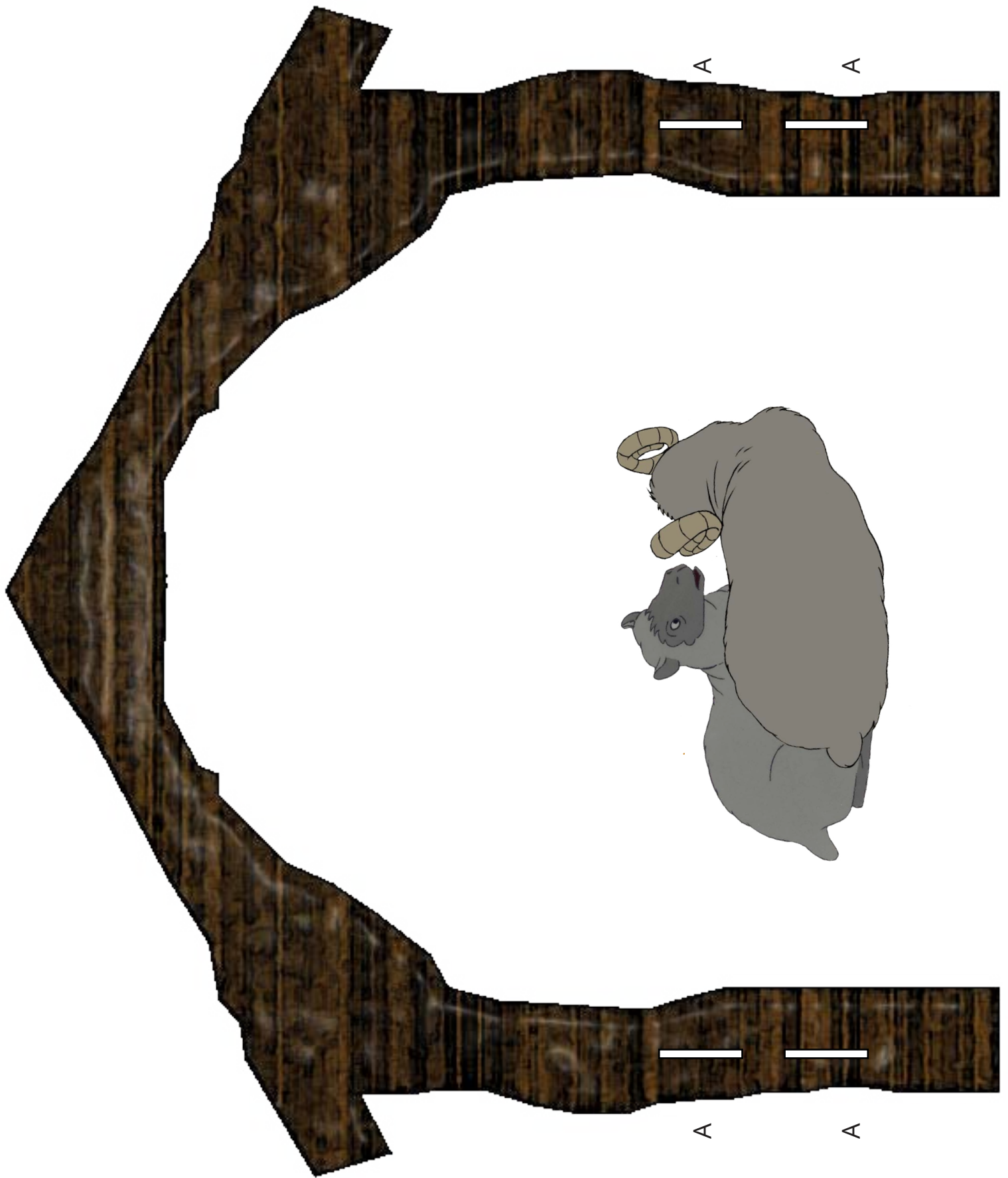
Let family members help set up the "nativity scene."

Ask these questions: **"Who foretold the birth of Christ?"** (Prophets of old, such as Isaiah, Samuel the Lamanite, Micah, Nephi, and Alma.) **What signs did Samuel say would appear at Jesus's birth?** (A night without darkness, a new star, signs in the heavens.) **What are people called when they believe in Jesus Christ?** (Christians). **What are some things Christians should do to show they believe in Jesus Christ?** (Discuss ideas.)

Explain: Because we are true believers in Jesus Christ we should do things to show Him that we love Him: gifts of service, obedience and sharing His gospel. Take turns telling what you will do to show you are a follower of Jesus (help children to be specific; such as inviting a non-member friend to primary, paying a full tithe, visiting an elderly neighbor or the sick, obeying parents, sharing your toys, caroling to neighbors, etc.) Write the answers on the back of the star.

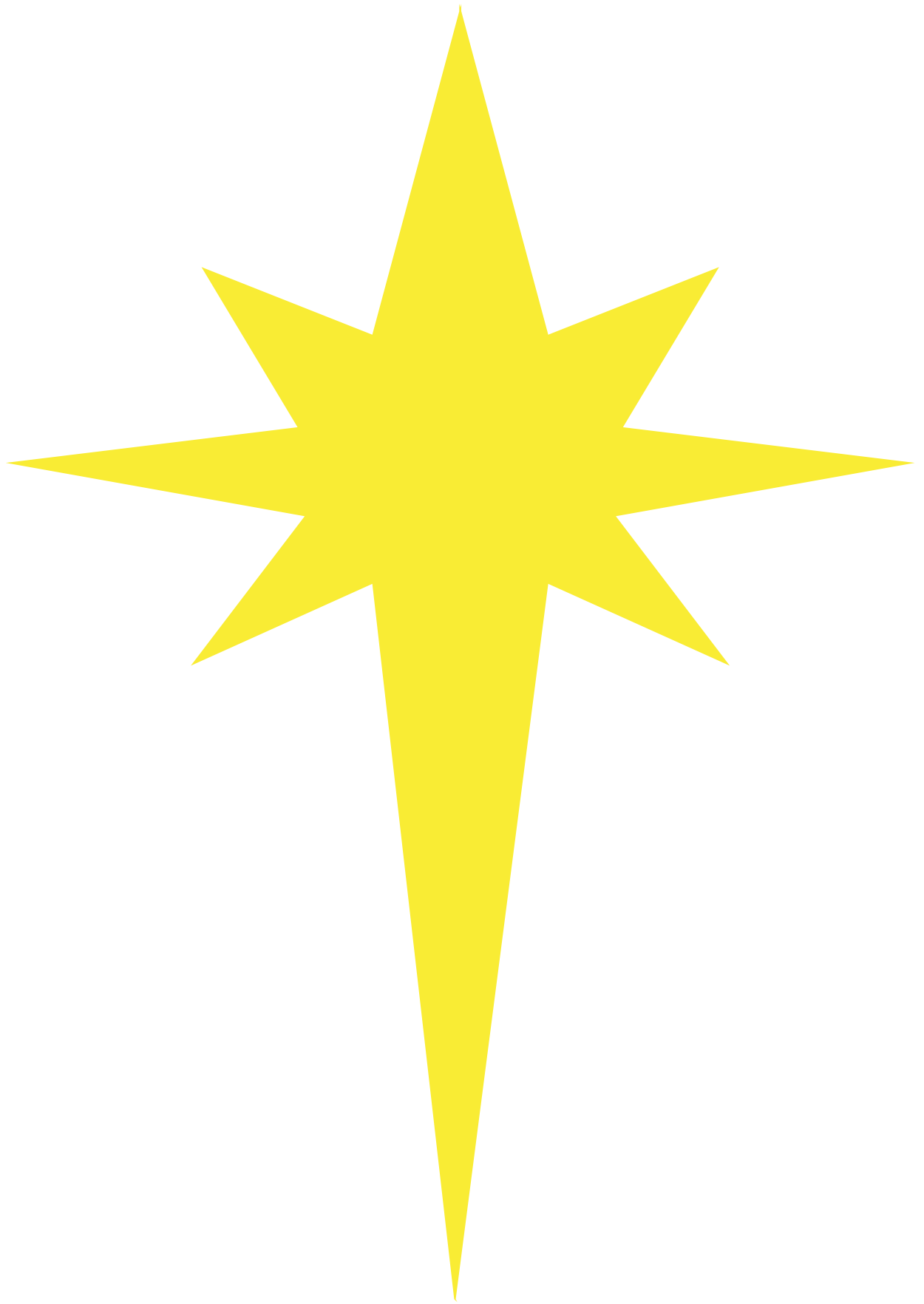
Hang the star on a wall above the "nativity scene". Encourage family members to work hard to act in ways that show they are a true believer throughout their lives.











Treat Time

Marzipan Stars

Prep Time: 10 minutes



Ingredients: 2 c. powdered sugar
2 c. blanched almonds
1 egg white (may substitute 1 3/4 tsp. egg white powder and 2 Tbls. water)
1 tsp. almond extract
1/4 tsp. lemon juice
(Or purchase a 10 oz. can prepared Almond Paste)

Instructions: Grind almonds in blender or food processor until fine. Add the remaining ingredients and mix to make a stiff paste. Knead until smooth and pliable. Divide marzipan into fourths.

Mix a few drops of yellow food coloring into each portion. Let children mold into edible star shapes.