



Come, Follow Me
with
Living Scriptures
STREAMING

Follow the Prophet

Helaman 7-12

Objectives:

- Talk about Nephi and his struggles to lead the Nephites to repentance.
- Emphasize the importance of following the prophet.

Reinforces Principles of:

- Prophets
- Obedience

Reverence Time

Song: Follow the Prophet, Children's Songbook page 110

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/follow-the-prophet>

Scripture: Helaman 7:29

"Behold now, I do not say that these things shall be, of myself, because it is not of myself that I know these things; but behold, I know that these things are true because the Lord God has made them known unto me, therefore I testify that they shall be."

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

Lesson

Summary:

Nephi had been struggling to teach the people, but they just weren't listening anymore. He went home and knelt upon his garden tower and prayed, sad about the wickedness of the people. A crowd gathered and heard him praying. When Nephi saw the crowd, he began to teach them, calling on them to repent or they would be destroyed. He reminded them that they needed to turn from their wicked ways and turn to Christ.

To show the people that he truly was a prophet, he told them that the chief judge had just been murdered. Five men went to see if Nephi was right. Eventually everyone learned that Nephi was right, but even this miraculous sign didn't cause the people to repent.

Nephi was saddened again because of the wickedness of the people. The Lord comforted Nephi, and gave him special priesthood power, which allowed him to ask God for anything, because God knew Nephi wouldn't ask for anything contrary to the will of God.

Our prophet today has special priesthood keys that help him to direct the church. God speaks to us through his prophet. The prophet can help us know things that we should watch out for, things we should do to be happy, and he always reminds us to stay on the right path. It's important that we learn to listen to and follow the prophet.

Quote:

"We have a living prophet on the face of the earth again... The prophets speak to us in the name of the Lord and in divine plainness. It is our responsibility not only to listen but also to act upon His word that we may claim the blessings of the ordinances and covenants of the restored gospel." Dieter F. Uchtdorf

Questions: What does a prophet do?

Was Nephi a prophet? (Yes.)

Who is the Lord's prophet on the earth today?

Where can we find the words of the prophets? (Discuss ideas. Examples: Conference, Church magazines, etc.)

Why is it important to listen to and follow the prophet?

Activity Time

Take Steps to Follow the Prophet

Description: Write ways you can follow the prophet on the paper shoes. Talk about how following the prophet helps us to be happy. Then use the shoes to take "steps" to follow the prophet.

What you need:

- A copy of "shoes" artwork (included with this lesson), scissors, pencils or crayons, a picture of our current prophet (optional)

Preparation:

1. Print out the artwork.
2. Cut out all shoes.
3. Print or display a picture of our current prophet on one side of the room.

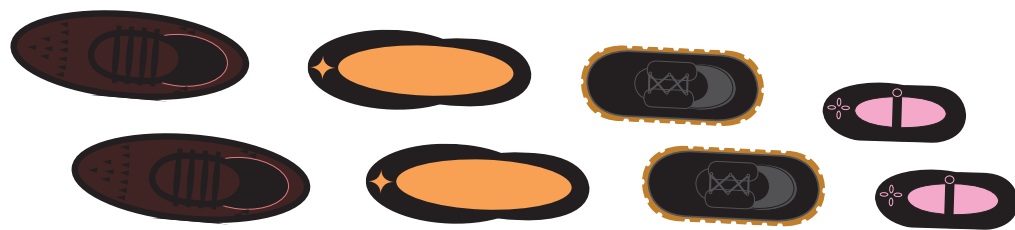
Activity:

Have each family member choose one or two shoes. Help each one write on each of their paper shoes a way we can follow the prophet. Set the shoes in a pile.

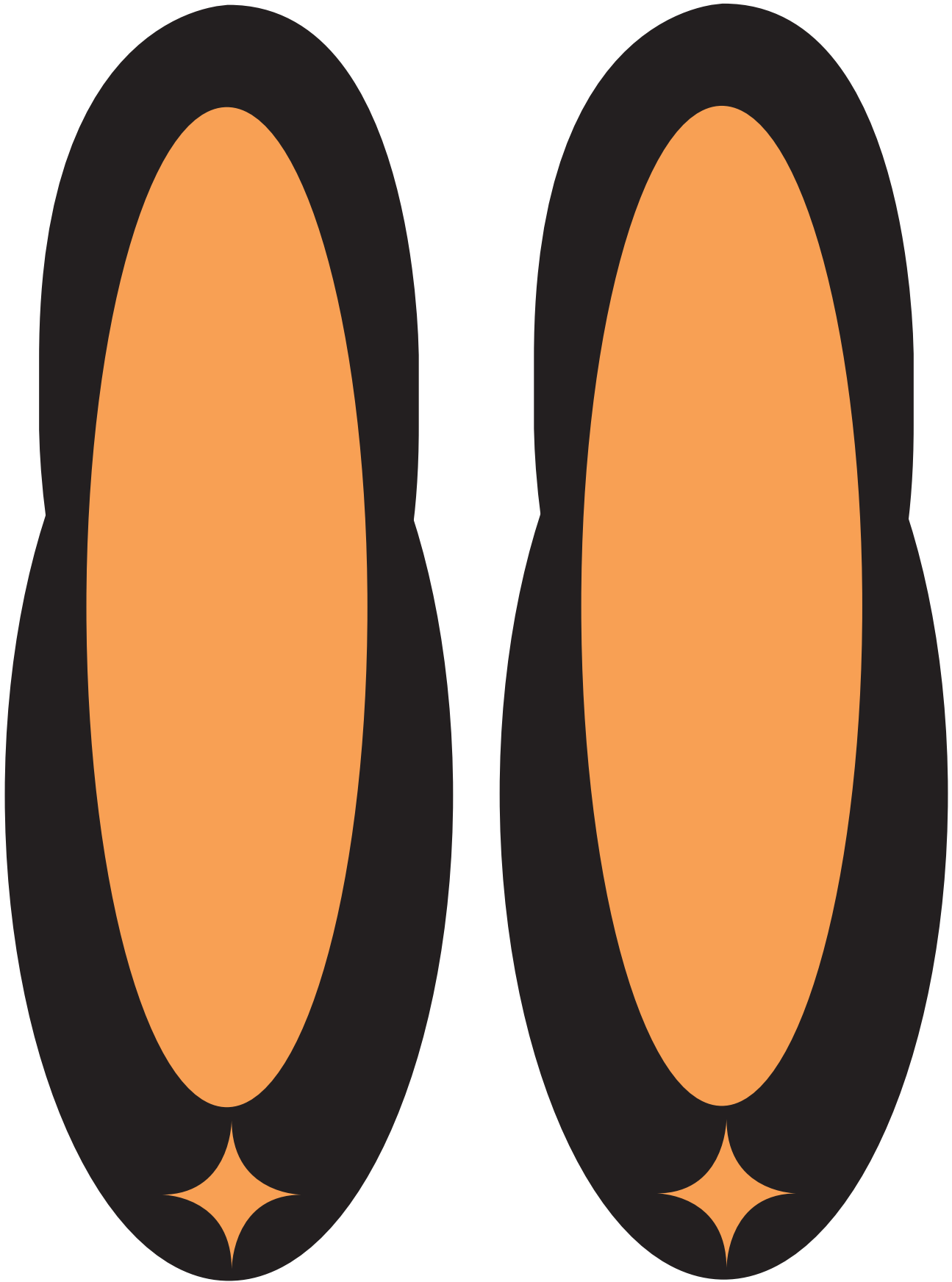
If using a picture of the prophet, ask family members if they know who is in the picture. Explain that following the prophet helps us to be happy. Each family member then takes choosing a shoe from the pile (it can be a different shoe than you wrote on) As each shoe is chosen, ask, "how does doing that help us be happy?" After the family member has answered, have them place the shoe on the ground as a step toward the prophet (or across the room if not using a picture).

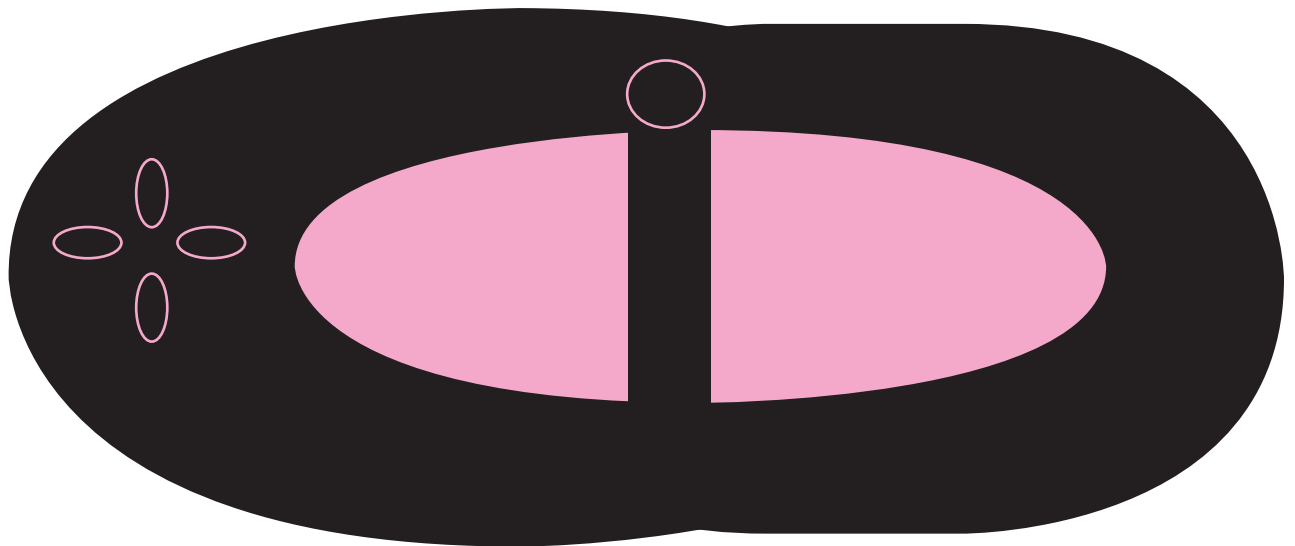
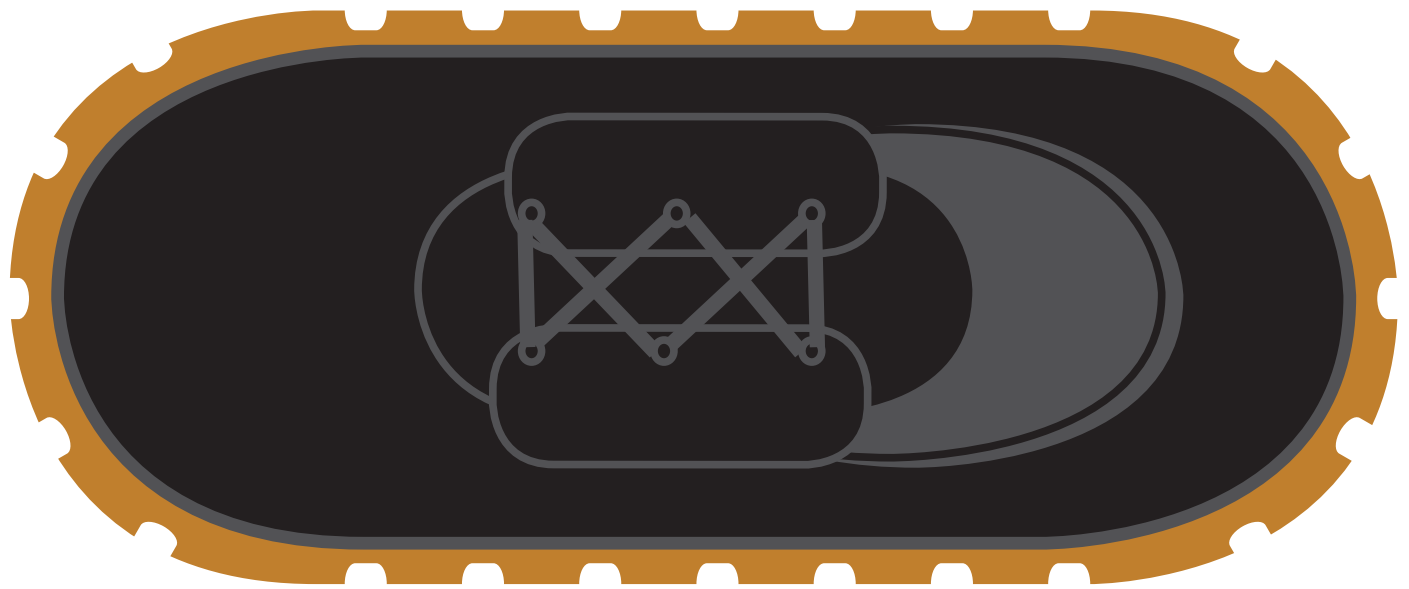
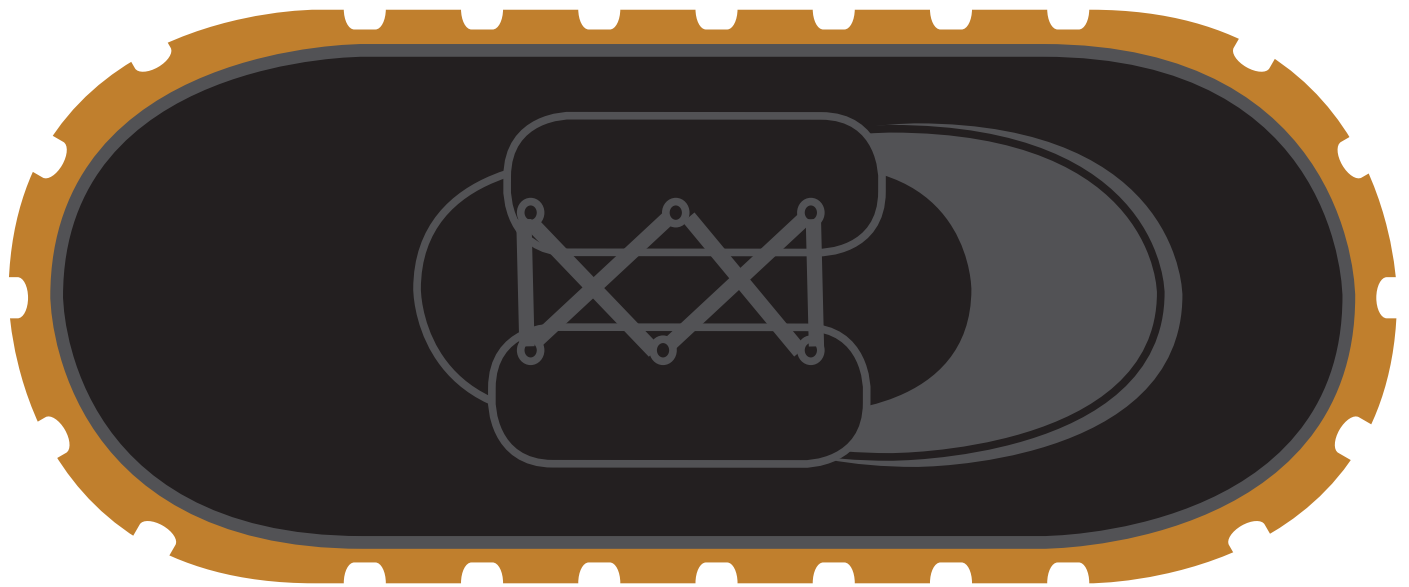
When all shoes have been chosen and spread across the room, congratulate your family on their efforts to follow the prophet.

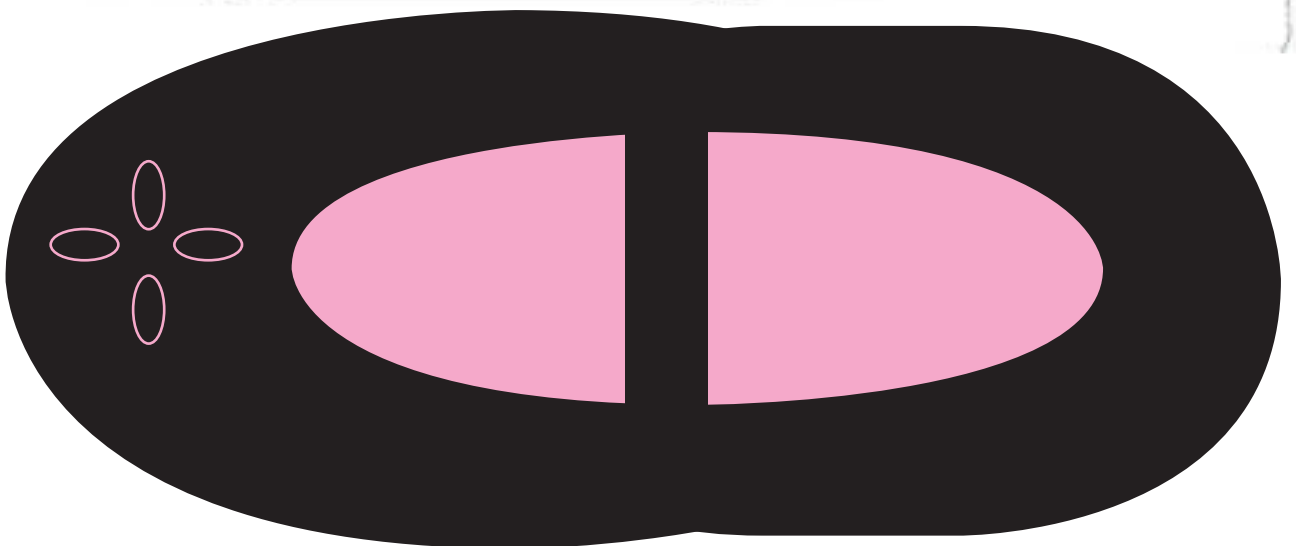
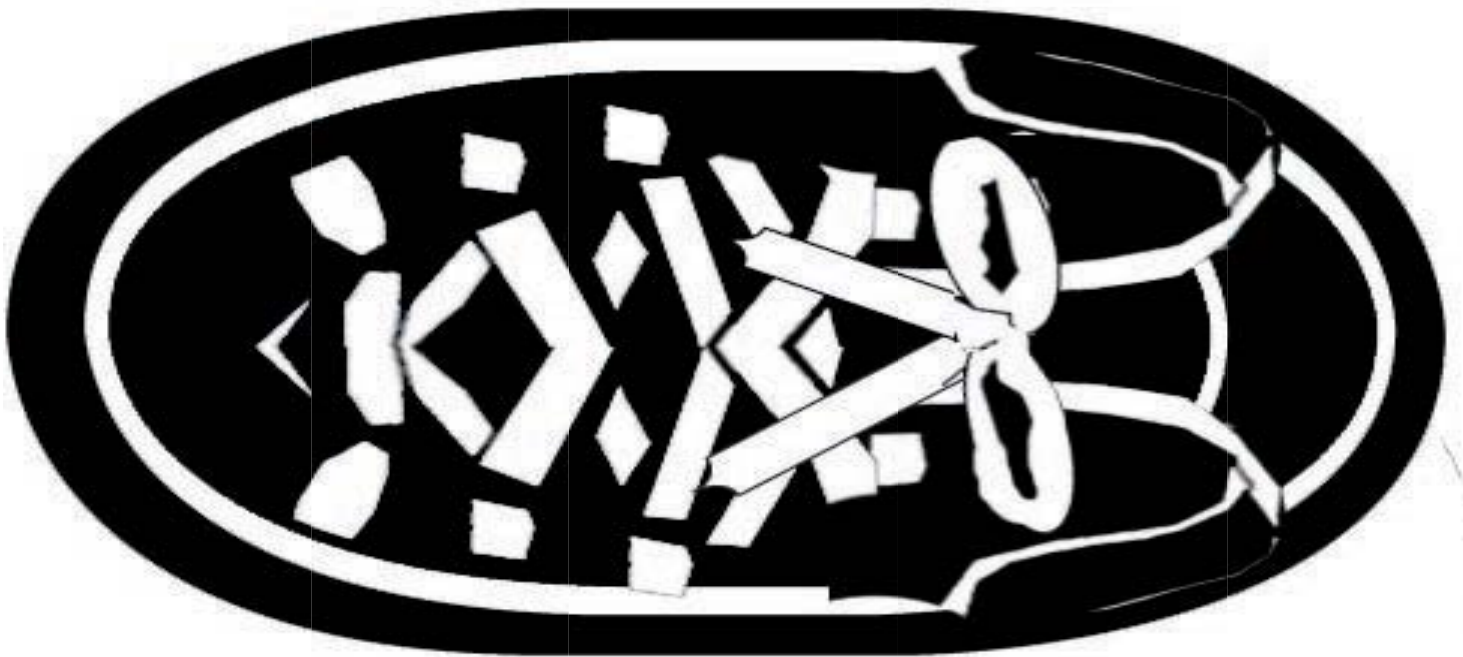
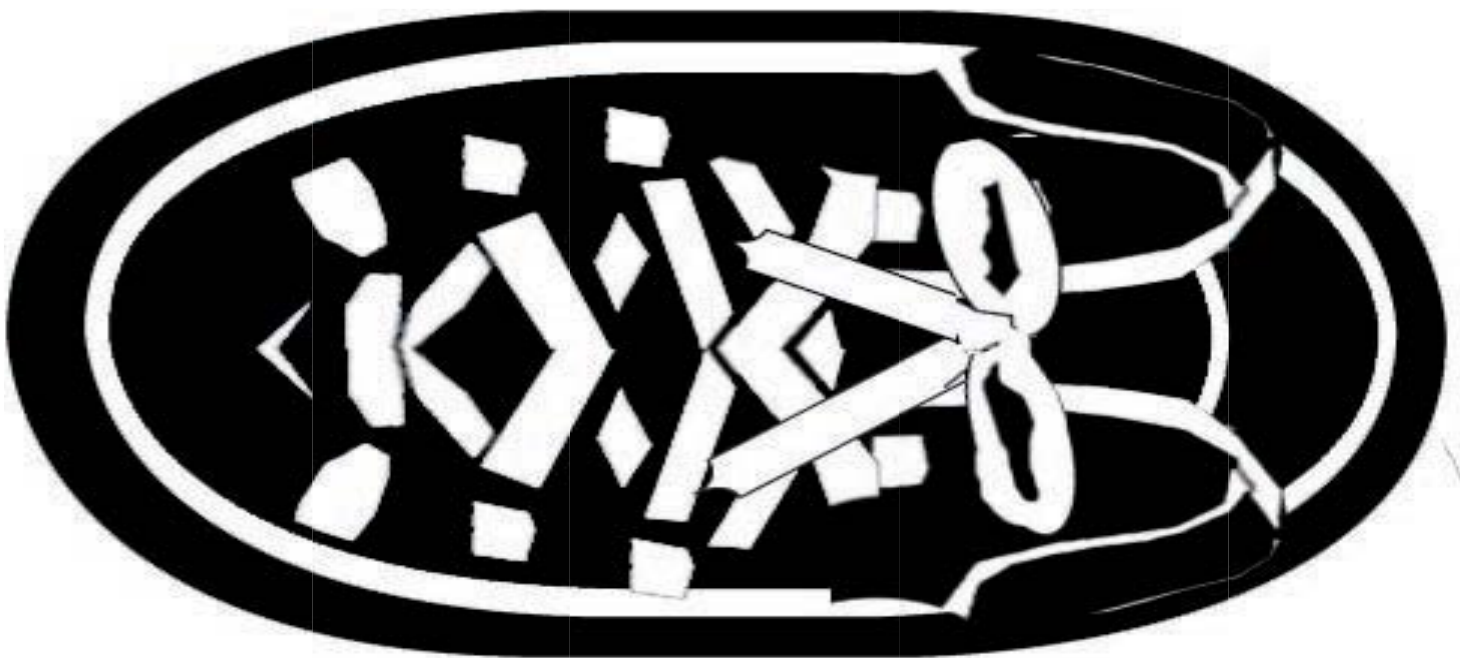
Bear your testimony of the importance of following God's prophet.











Treat Time

"Follow the Prophet" Butter Cookies

Prep Time: 15 minutes
Chill Time: 15 minutes
Bake Time: 25-35 minutes

Ingredients: 1 C. butter
2/3 C. sugar
Pinch of salt
2 1/2 C. all-purpose flour



Instructions: Preheat oven to 350 F. Line a large baking sheet with parchment paper. Cream the butter until softened, then add sugar and salt. Fold in flour and mix to make a stiff dough. Knead gently on a lightly floured board for 2 minutes.

Wrap dough in plastic wrap or wax paper and chill in refrigerator for 15 minutes.

On lightly floured board roll dough out to a thickness of 3/8 to 1/2 inch. Let children help cut into shoe shapes. Place cookies two inches apart on baking sheet and place in oven.

Immediately REDUCE HEAT TO 325 F.

Bake until lightly browned (25 to 35 minutes). Reduce heat if cookies are browning too quickly. Cool cookies on a rack.

Let children decorate a pair of "Follow the Prophet" shoe cookies with frosting.