

Come, Follow Me  
with  
*Living Scriptures*  
STREAMING

## Upon the Rock of Our Redeemer

Helaman 1-6

### Objectives:

- Emphasize the importance of building your testimony on the rock of Jesus Christ.
- Talk about the “pride cycle” and the importance of humility.

### Reinforces Principles of:

- Testimony
- Humility

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## Reverence Time

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**Song:** The Wise Man and the Foolish Man, Children’s Songbook page 281

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/the-wise-man-and-the-foolish-man>

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**Scripture:** Helaman 5:12

“And now, my sons, remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation; that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, when all his hail and his mighty storm shall beat upon you, it shall have no power over you to drag you down to the gulf of misery and endless wo, because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men build they cannot fall.”

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

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## Lesson Time

## *Upon the Rock of Our Redeemer*

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### Lesson

#### Summary:

The war with the Lamanites finally ended and the people lived in peace for a while, but it wasn't long before they began to be prideful again. In the scriptures we see this cycle again and again: the people are humble and repent because of hardships; the people are blessed and prosper; the people become prideful and wicked because of their riches; the people face destruction and hardship because of their wickedness. Heavenly Father blesses us when we are obedient, so it's important to be grateful, humble, and share with others when we are blessed so we can avoid becoming prideful.

Helaman taught his sons, Nephi and Lehi, to remember that we should build our foundations upon the rock of our Redeemer, which is the gospel of Jesus Christ. When our testimonies and our faith are firmly built upon the gospel of Jesus Christ, it's easier to withstand the storms and trials of life, and avoid the temptation of becoming prideful.

Nephi and Lehi became faithful missionaries. They taught many people to believe in Jesus Christ and build their foundations on the rock of our Redeemer.

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#### Quote:

*"...If you make your home a house of prayer and fasting, faith, learning and glory, and order, it can become a house of God. If you build your homes on the foundation rock of Jesus Christ, our Redeemer and the gospel, they can be sanctuaries where your families can be sheltered from the raging storms of life." Joseph B. Wirthlin*

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**Questions:** What is the "pride cycle"?

Why is it important to be humble instead of prideful?

What are some of the ways we can choose to be humble?

What does it mean to build your foundation upon the rock of Jesus Christ?

What "tools" can we use to build our home and testimonies upon His rock?

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## Activity Time

## *Building on a Firm Foundation*

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**Description:** Why is a firm foundation so important? Build these two "houses" and place one on a firm foundation, and one on a sandy foundation. Which one stands even after the "storm"?

**What you need:**

- A copy of "Houses" artwork (included with this lesson), scissors, tape, wash tub or pan, a rock or brick (approx. 6" x 6"), sand, and water.

**Preparation:**

1. Print out the artwork.
2. Cut out all pieces.
3. Fold heavy black lines inside (toward the blank side). Fold all tan tabs out (toward printed side). Leave red lines flat.

**Activity:**

Explain that you are going to build two houses. One house will be built on a rock foundation, and the other will be built on a sandy foundation.

Have family members help assemble the houses.

The wise man's house will be built using parts 1,2, and 3 and the foolish man's house will be built using parts 4,5, and 6 (match up letters and tape together).

After the three sections are built for each house, put the three sections together one at a time. Match letters on section 1 and 2 and tape together. Then match letters on 1 and 3 and tape together to build the wise man's house. Do the same with sections 4 and 5 and 4 and 6 to build the foolish man's house.

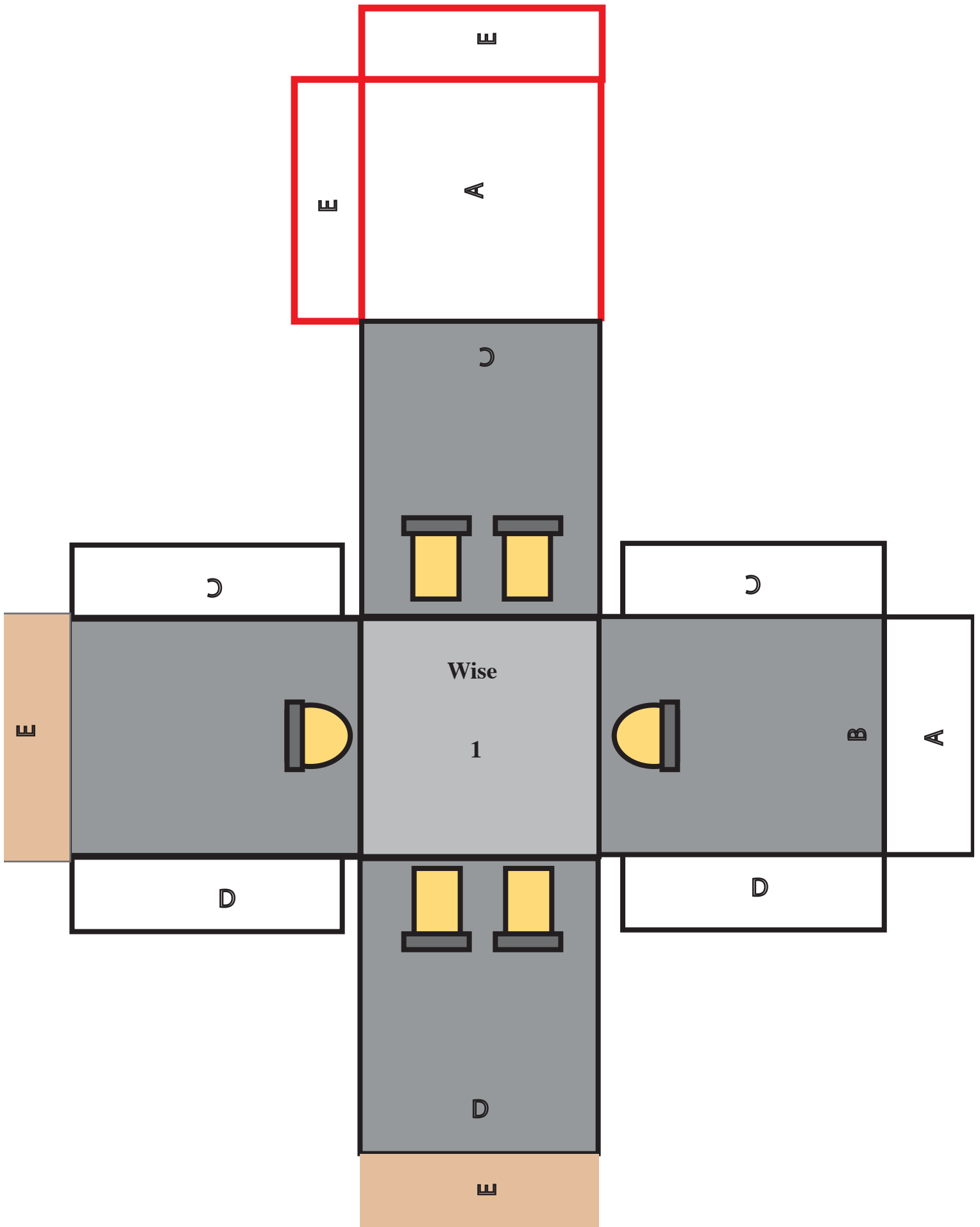
Place the rock and sand in the pan for the foundations.

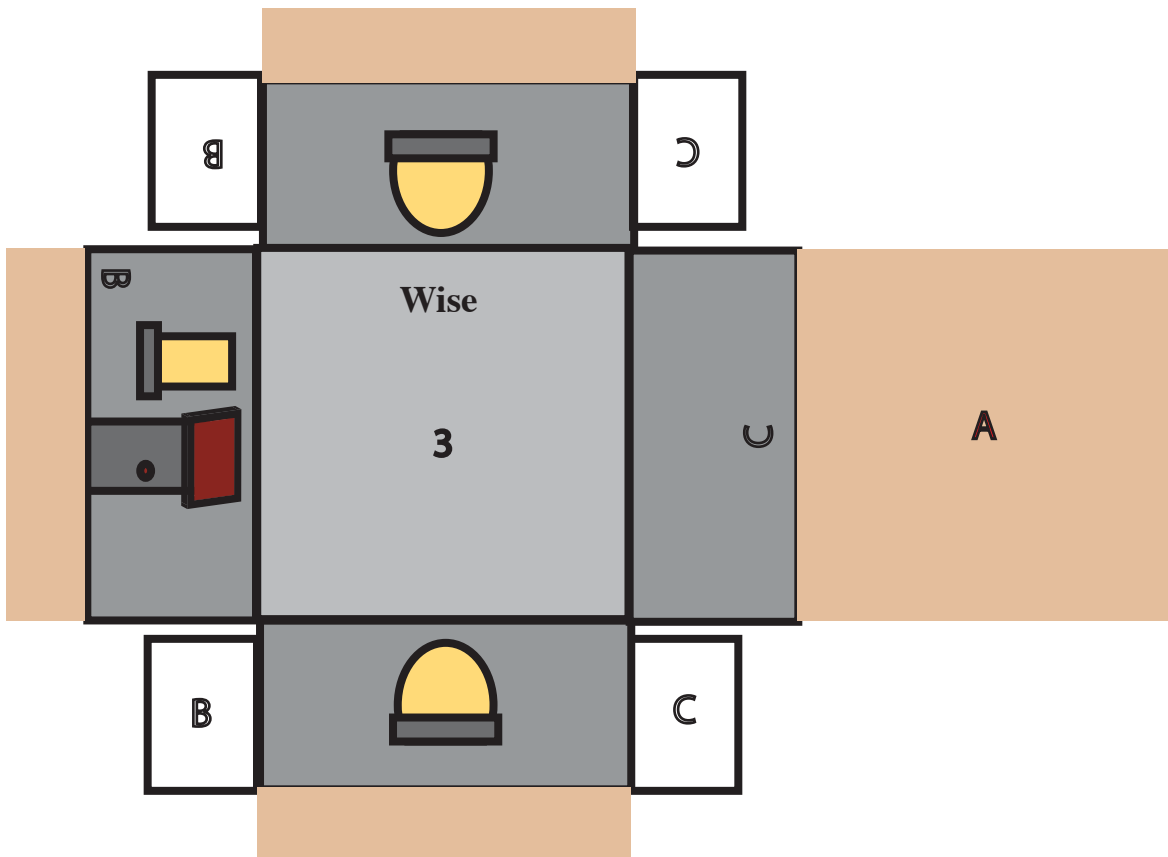
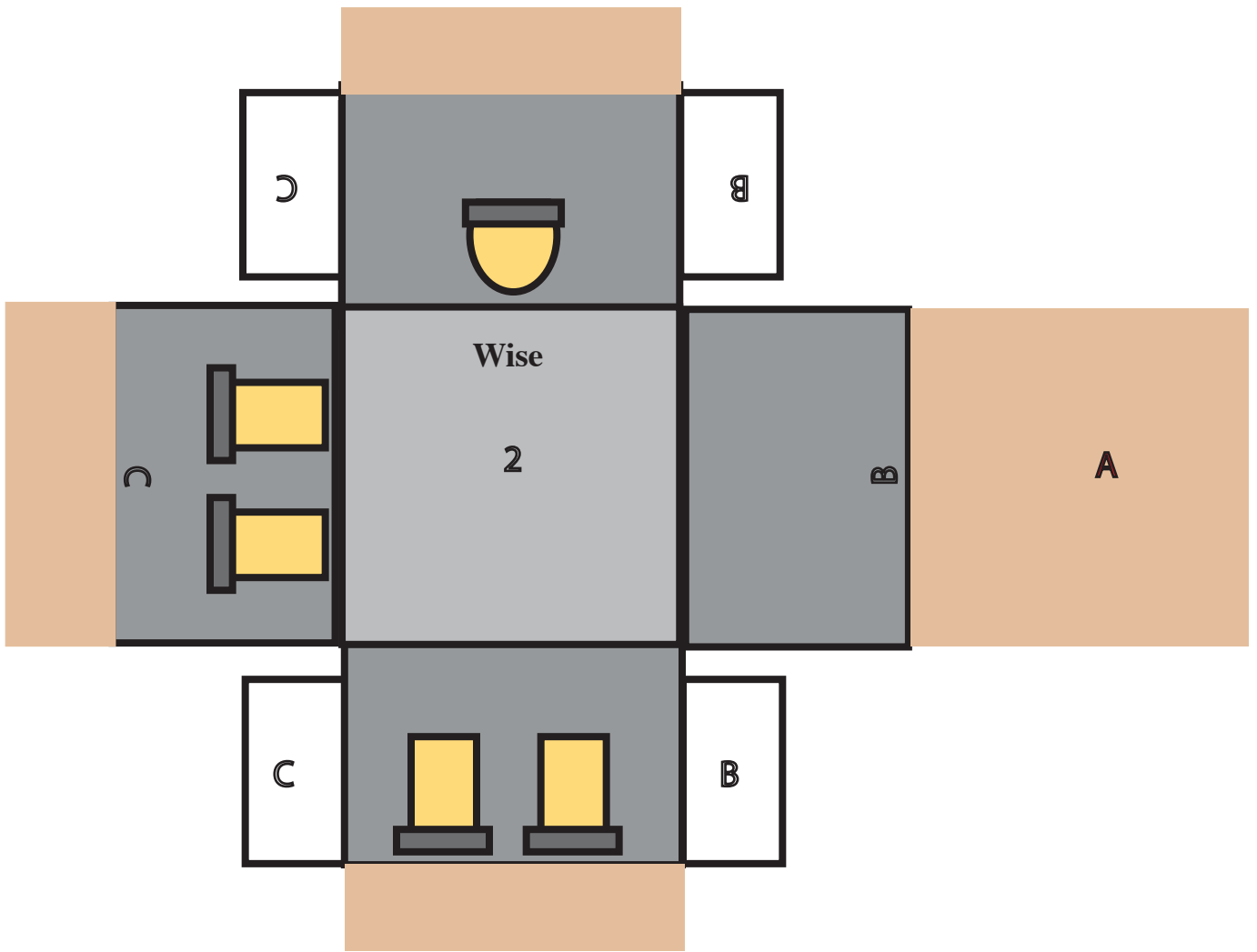
Tape the wise man's house to the rock foundation and the foolish man's house to the sand foundation to complete.

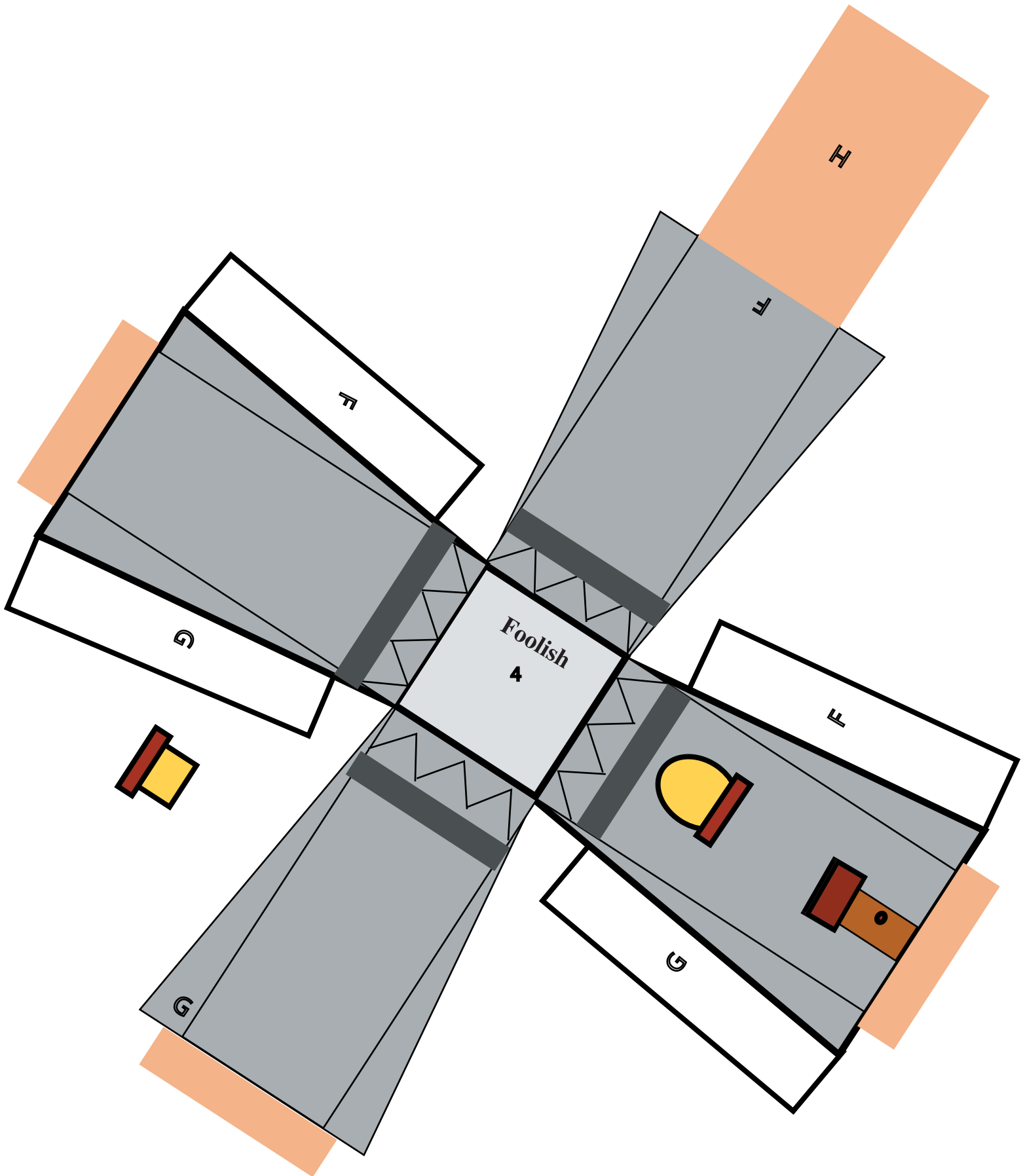
Pour water over the rock and sand, to imitate a flood, until the foolish man's house is washed away.

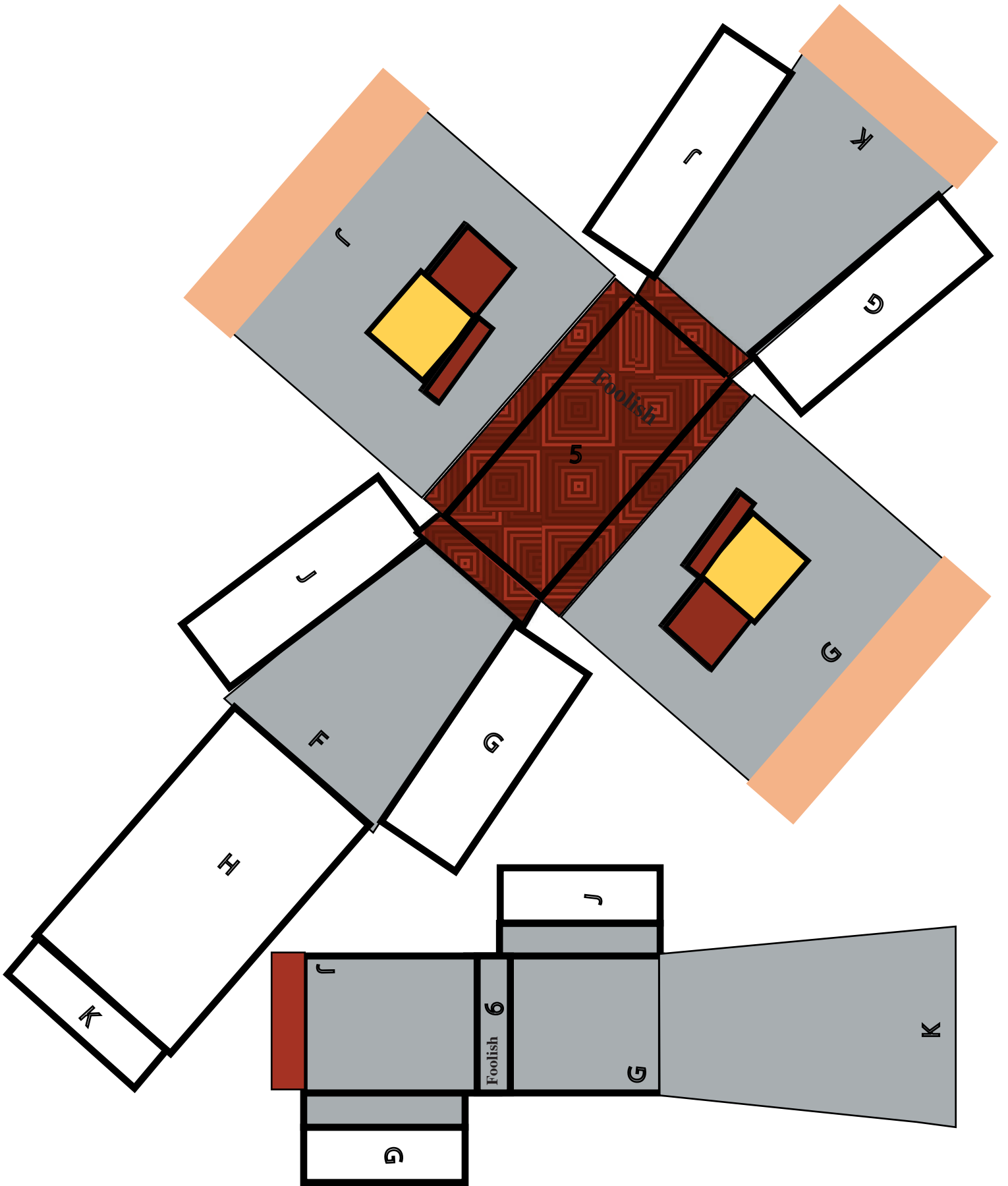
Explain that the rock is the gospel of Jesus Christ and the houses are our testimonies. We want our testimonies built upon the rock so that they will be like the wise man's house and withstand life's storms.











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## Treat Time

## Toffee "Rock"

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**Prep Time:** 5 minutes  
**Cook Time:** 30 minutes  
**Cooling Time:** 30 minutes



**Ingredients:** 1 Cup real butter  
1 Cup granulated sugar  
1 Tbs. light corn syrup  
3 Tbs. water  
1 cup milk chocolate chips  
1/4 cup chopped walnuts or pecans

**Instructions:** Butter a 2 quart glass or metal bowl and set aside. Place all ingredients, except chocolate chips and nuts, into a heavy 3 quart sauce pan. Cook over medium heat, stirring constantly (without scraping sides of pan) until mixture comes to a full rolling boil. Place a candy thermometer into the boiling mixture and continue boiling, stirring occasionally, until temperature reaches 290 degrees F.

Remove from heat and pour into prepared bowl. Do not scrape sides or bottom of pan. Allow toffee to cool for approximately 30 minutes. After mixture has cooled, turn out of bowl, upside down, onto a wooden or plastic cutting board. Heat chocolate chips in microwave for approximately 30 seconds, just until melted. Stir in nuts and pour chocolate mixture over the top of the toffee. Chill just until chocolate mixture hardens.

Treat Time: Explain to the children that in order to enjoy all of the blessings of the gospel of Jesus Christ we must partake of His gospel. Explain that partake means: to eat or drink something or to share or take part in something. With a clean hammer and chisel, let children take turns breaking away pieces of the rock toffee.