

Come, Follow Me
with
Living Scriptures
STREAMING

Come Unto Christ

3 Nephi 12-16

Objectives:

- Talk about Jesus's teachings to the Nephites, including the beattitudes and His higher law

Reinforces Principles of:

- Discipleship

Reverence Time

Song:

Tell Me the Stories of Jesus, Children's Songbook page 57

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/tell-me-the-stories-of-jesus>

Scripture:

3 Nephi 12:20

Therefore come unto me and be ye saved; for verily I say unto you, that except ye shall keep my commandments, which I have commanded you at this time, ye shall in no case enter into the kingdom of heaven.

Video:

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

Lesson

Summary:

When Jesus visited the people in the Americas, he organized His church, calling apostles to teach the people. Jesus then taught the people gathered at the temple many of the same things he taught the people at the mount in Galilee. Jesus taught about baptism and the gift of the Holy Ghost. He taught us to be meek, merciful, and pure. He taught us to let our light shine and be the "salt of the earth", helping other people along our way. He taught that while the law of Moses gave us outward laws based on actions, His higher law encourages us to change our hearts and love others, including our enemies. As we try to live the gospel, it's important that we refrain from judging others. Jesus repeatedly invites us to come unto Him, look unto Him, and endure to the end. If we do these things, He will give us eternal life.

Quote:

"The call to come unto him has continued throughout time and is being renewed in our day. Modern scriptures are replete with the same invitation. It is an urgent, pleading call to everyone. Indeed, the calm but urgent appeal is still from the Son of God himself. He is, in fact, the Anointed One who will lift the greatest of burdens from the most heavily laden. The conditions for obtaining that assistance are still precisely the same. We must come unto him and take his yoke upon us. In meekness and lowliness, we must learn of him in order to receive eternal life and exaltation." Howard W. Hunter

Questions: How can we come unto Christ?

Why is it important to change our hearts and not just our actions?

How can we show love to everyone, including our enemies?

How can we let our light shine?

Why is it important to refrain from judging others?

Activity Time

The Mote & the Beam

Description: Use this object lesson about the mote & the beam to reinforce the lesson Jesus taught about not judging others.

What you need: ■ A copy of “The Mote & the Beam” activity (artwork included), scissors, tape.

Preparation:

1. Print out the artwork.
2. Place the paper “mote” in the boy’s eye with a small piece of tape.
3. Follow directions to assemble the beam.

Activity: **Read:** 3 Nephi 14: 3-5 “And why beholdest thou the mote that is in thy brother’s eye, but considerest not the beam that is in thine own eye? Or how wilt thou say to thy brother: Let me pull the mote out of thine eye—and behold, a beam is in thine own eye? Thou ahypocrite, first cast the bbeam out of thine own eye; and then shalt thou see clearly to cast the mote out of thy brother’s eye.”

Ask: What is a mote? (A tiny piece of a substance: the tiniest mote of sawdust. A mote in someone’s eye is a fault in that person that is less serious than the fault of someone who is judging them unrighteously.)

Ask: What is a beam? (A long sturdy piece of squared timber. A beam in someone’s eye is a fault that is greater than the fault they the find in someone else.)

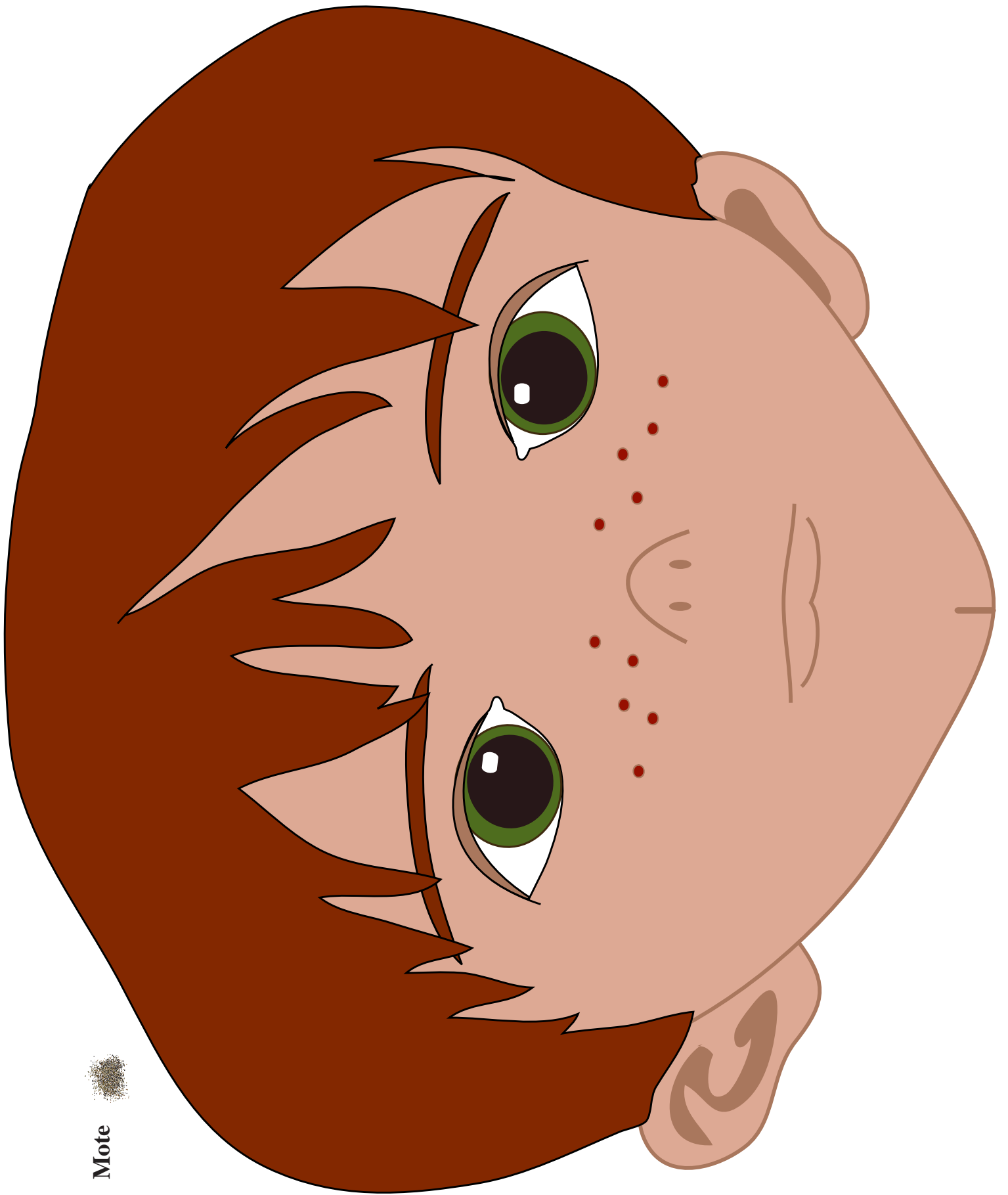
Ask: Have you ever gotten a small piece of dust or something in your eye? Did it need to be removed?

Explain: Jesus knew that sometimes we would need help and sometimes we need to help others overcome faults, just like the dust needed to be removed from our eye. (Remove the paper “mote” from the boy’s eye.)

Ask: But if we have a beam in our eye (hold the paper “beam” up to your eye) can we remove the mote? (Tape the face on the wall. Put the paper “mote” back in the boy’s eye. Without standing sideways, have each family member try to pull the paper “mote” out of the eye while holding the paper “beam” up to their eye.)

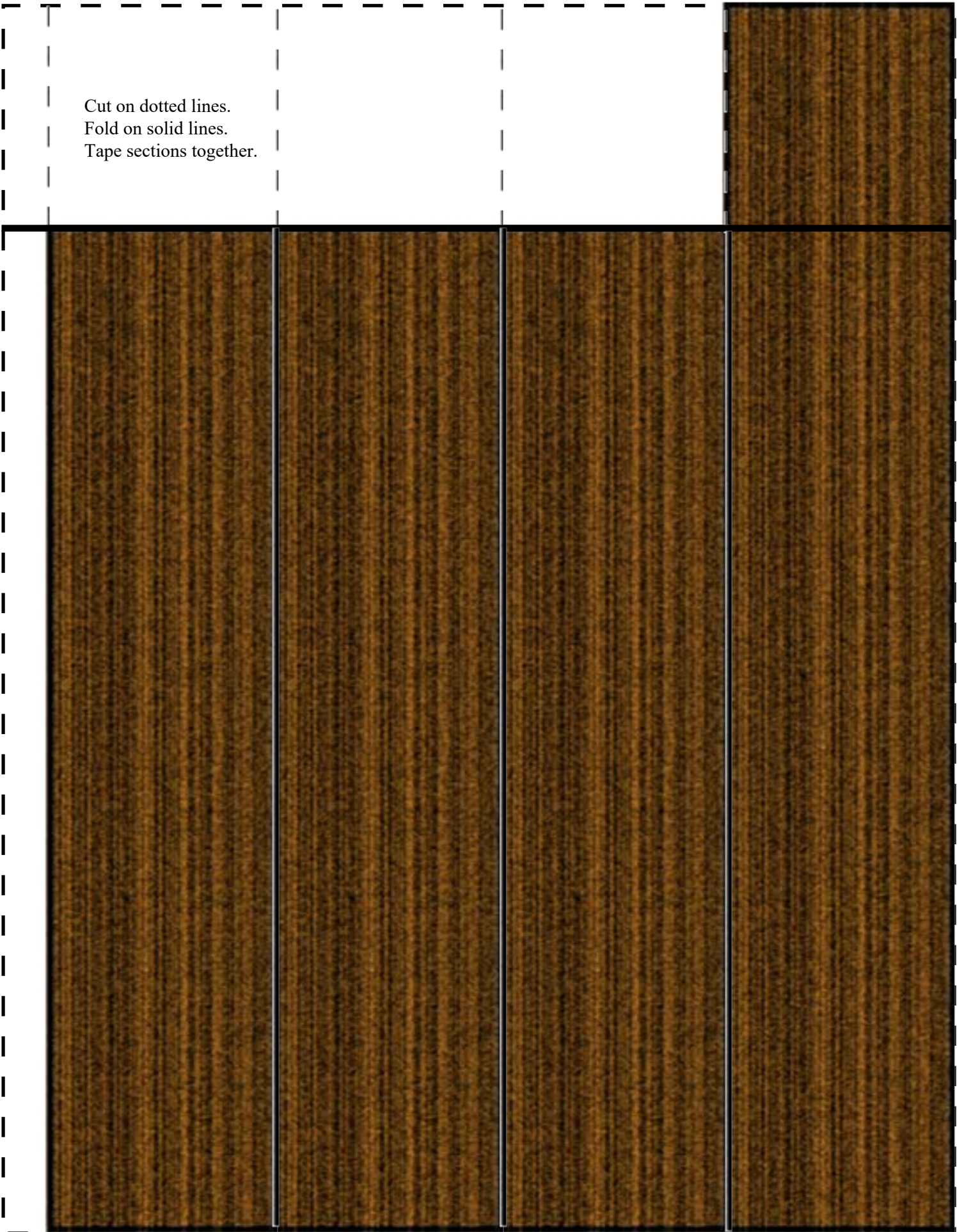
Ask: Did we look foolish trying to take the mote out of the boy’s eye while a beam was in our own eye?

Explain: It is just as foolish to judge other’s faults unrighteously while attempting to cover up or hide our own faults. Let us not be foolish! Instead let us be humble and recognize and work on overcoming our own faults. Then, with love and compassion, we can help others.



Mote

Cut on dotted lines.
Fold on solid lines.
Tape sections together.







Treat Time

Salty Pita Chips

Prep Time: 10 minutes
Bake Time: 10 minutes



Ingredients: 2-3 pieces of pita bread
2 tbsp olive oil
Kosher salt (to taste)
Dip (optional); ideas include hazelnut spread, ranch dressing, guacamole, hummus, etc.

Instructions: Preheat oven to 400 degrees. Cut each piece of pita bread into 8 triangles. Place on a baking sheet and lightly brush both sides of each triangle with olive oil. Sprinkle most of the triangles with Kosher salt, but leave some unsalted. Bake for 8-10 minutes or until lightly browned. Allow to cool.

Treat Time: Ask each child to taste one of the plain pita chips. Then let them taste a salted pita chip. Point out that a very small amount of salt can make a big difference. A small number of righteous people can also make a big difference. Have the children discuss how they can make a difference by living righteously. Enjoy the rest of the chips with your choice of dip.