

# Come, Follow Me

with  
*Living Scriptures*  
STREAMING

## Filled With Compassion

3 Nephi 17-19

### Objectives:

- Talk about Jesus's compassion and love for the Nephites, and his lessons on prayer and the sacrament.

### Reinforces Principles of:

- Compassion

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## Reverence Time

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**Song:** Easter Hosanna, Children's Songbook page 68

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/easter-hosanna>

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**Scripture:** 3 Nephi 17:6-7

"And he said unto them: Behold, my bowels are filled with compassion towards you. Have ye any that are sick among you? Bring them hither. Have ye any that are lame, or blind, or halt, or maimed, or leprous, or that are withered, or that are deaf, or that are afflicted in any manner? Bring them hither and I will heal them, for I have compassion upon you; my bowels are filled with mercy."

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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-compassion>

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## Lesson Time

## *Filled With Compassion*

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### Lesson

#### Summary:

After Jesus had finished teaching, the people looked at Him with tears in their eyes, as if they wanted Him to stay longer. Jesus had compassion on them and asked them to bring their sick and afflicted to Him so He could heal them. Then he called the little children to come to Him. Jesus prayed for the people, filling them with joy. Then Jesus blessed each of the children one by one. Angels encircled them and ministered unto them.

Jesus then taught them about the sacrament. He broke bread and blessed it, and then blessed wine, and invited the people to partake. He taught them to do these things in remembrance of Him.

The people went home that night and told others what they had seen and heard. The next day, even more people gathered and were divided into twelve groups. The twelve disciples Jesus had chosen each taught a group the things He had spoken the day before. Jesus appeared in the midst of them, and He prayed for the twelve and all the people with words that could not be written, but they understood with their hearts.

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#### Quote:

*"The Savior's compassion in the face of our imperfections draws us toward Him and motivates us in our repeated struggles to repent and emulate Him. As we become more like Him, we learn to treat others as He does, regardless of any outward characteristic or behavior." Dale G. Renlund*

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#### Questions:

What does compassion mean?

How did Christ show compassion for the Nephites?

How can we show compassion to others?

How would you have felt to be there when the children were blessed and visited by angels?

Why do we partake of the sacrament?

How did Jesus teach us to pray?

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## Activity Time

## Someone Else's Shoes

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**Description:** We can show compassion like Jesus did! Use this activity to teach your family about compassion.

**What you need:**

- A copy of "Someone Else's Shoes" activity (artwork included), scissors, colored pencils or crayons.

**Preparation:**

1. Print out the artwork.
2. Cut out shoes

**Activity:**

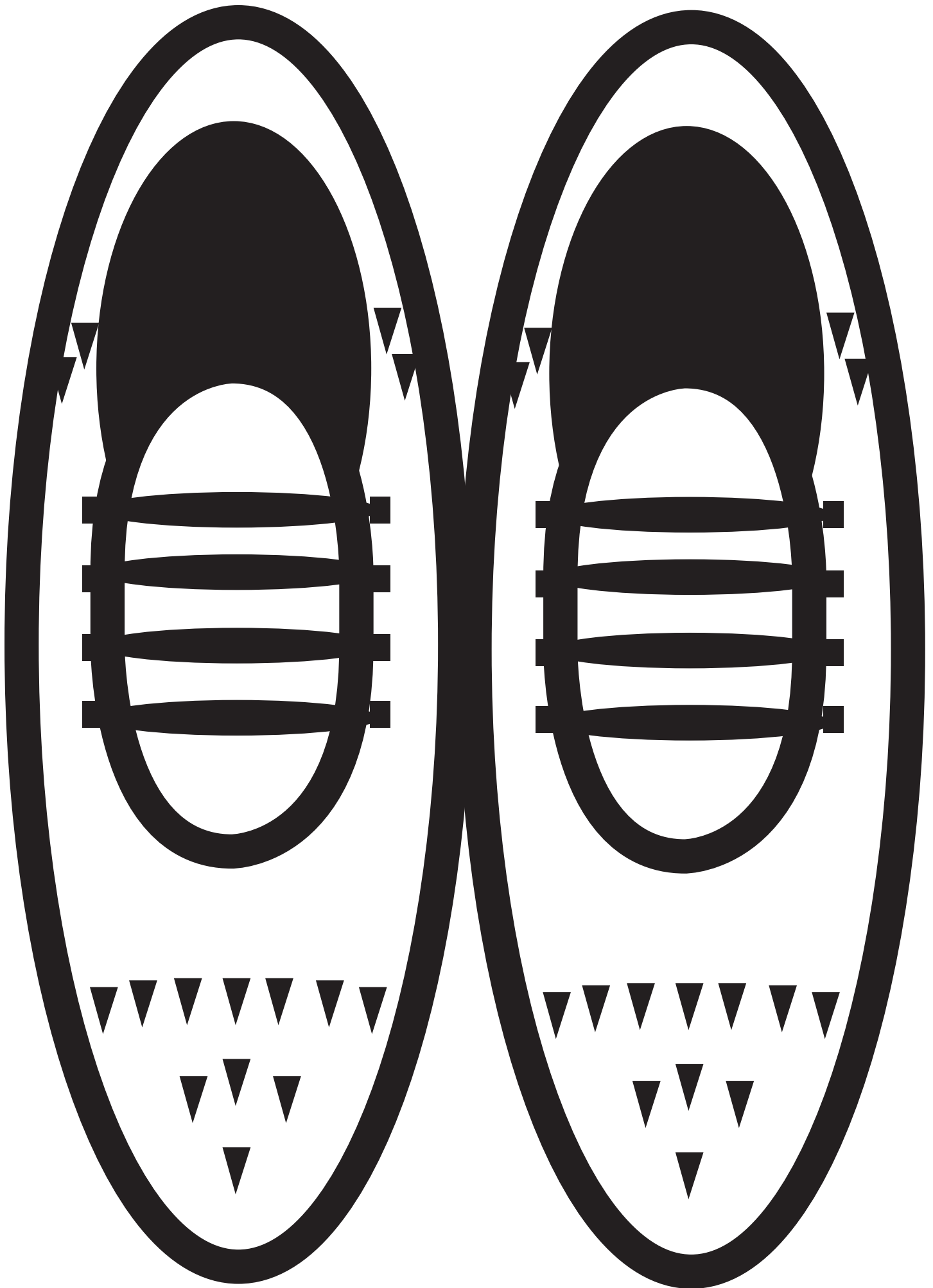
**Explain:** Jesus was filled with compassion when he saw that the people wanted Him to stay. Compassion means that you try to understand how someone else feels and you want to help them. When we try to understand how someone is feeling, we sometimes call it "walking in someone else's shoes". In this activity, we'll try to understand things that are difficult for each other and try to make each other feel better. We can show compassion just like Jesus did.

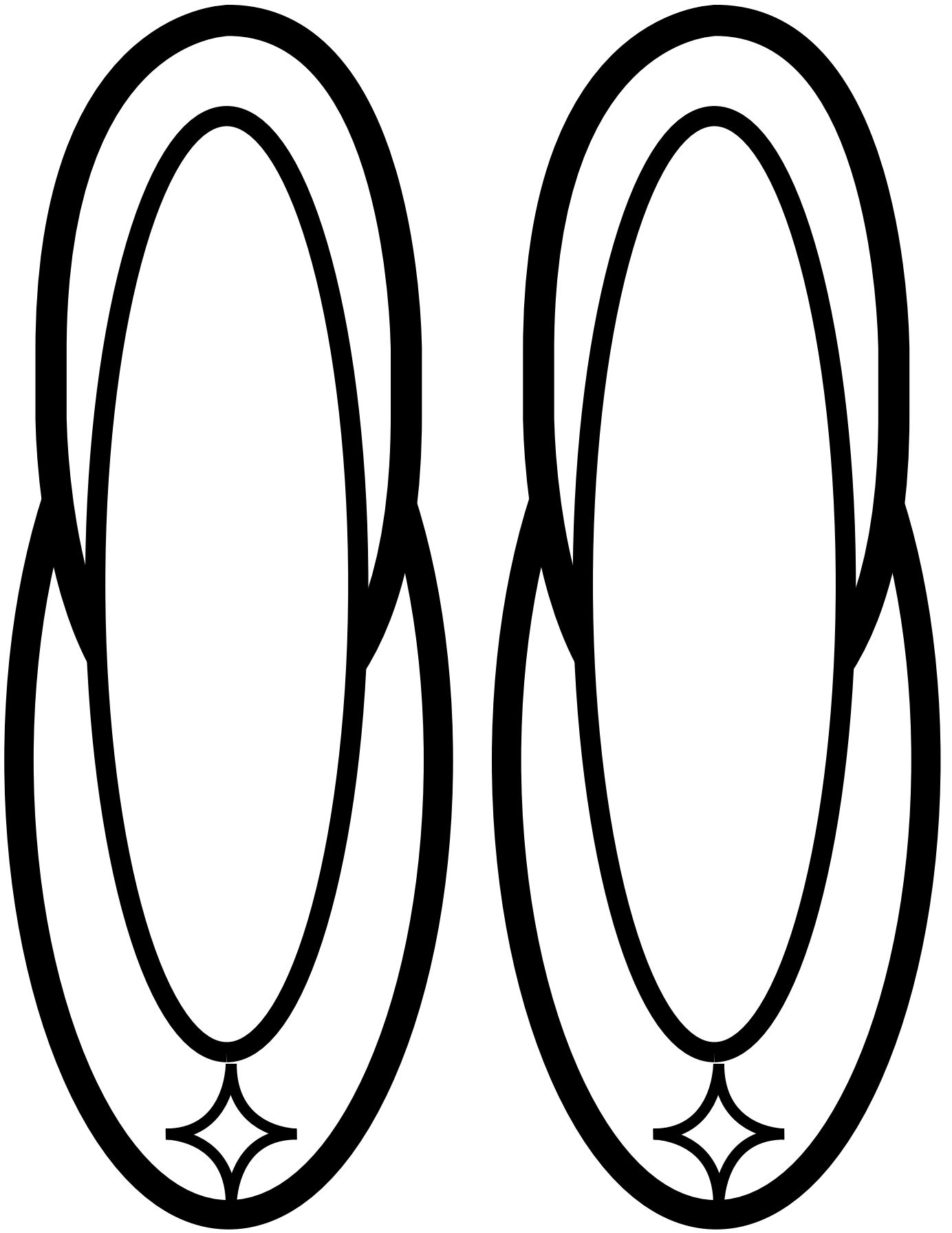
**Step 1:** Give each person a shoe (or two if there are enough). Let each person write something they are worried about, something that is difficult, or something they need on their shoe(s). (Small children will need help from an adult or older sibling.)

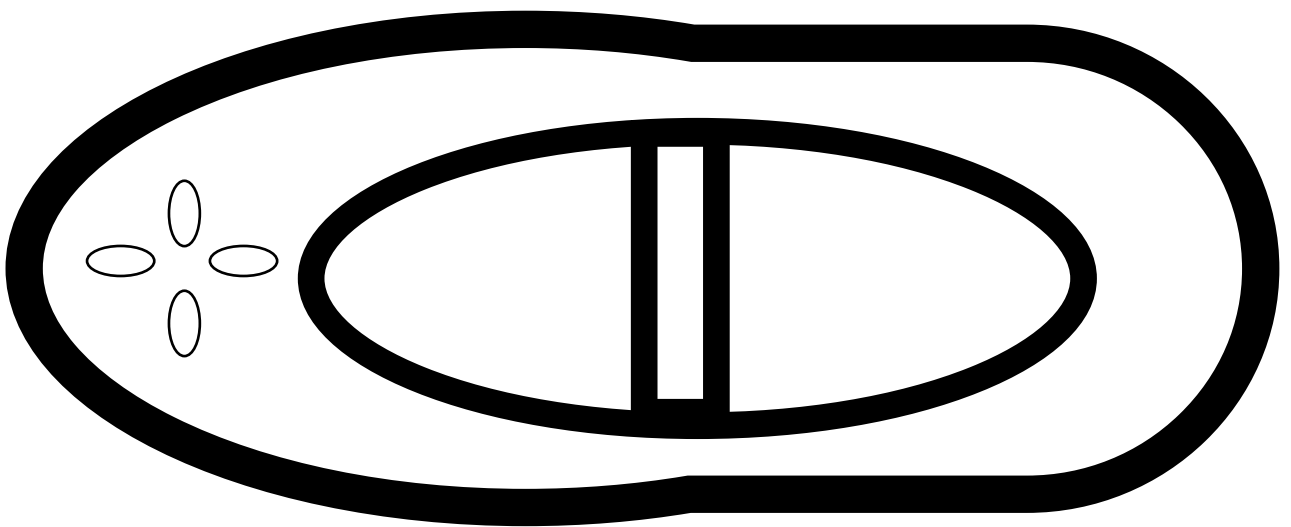
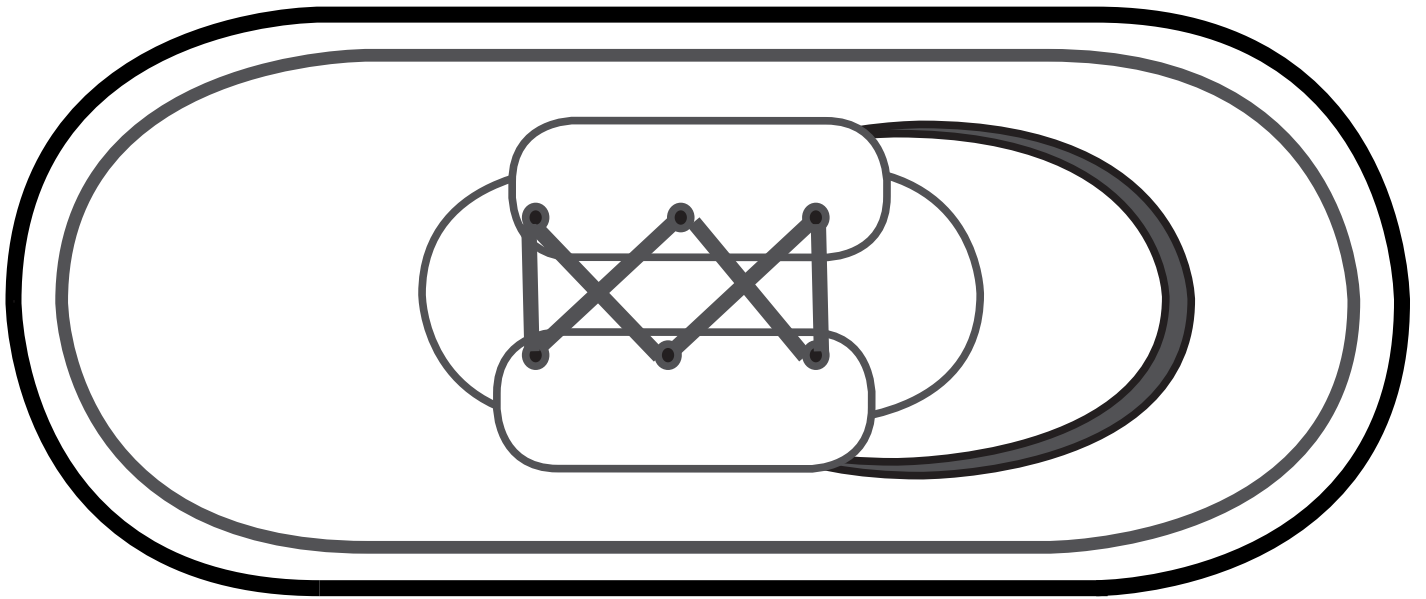
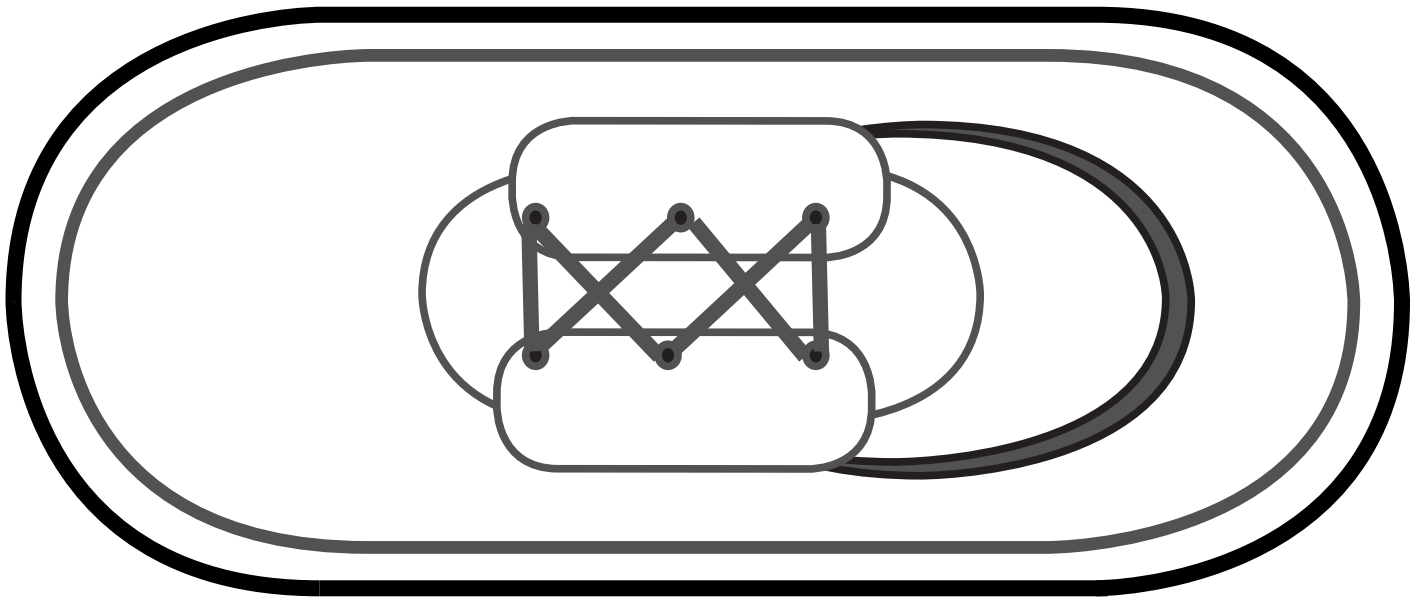
**Step 2:** Place the shoes in the middle of the room. Let each person choose a shoe that is not their own. Take turns reading what is on the shoe. Ask each person as they read how they would feel if that problem was their own. Then ask how they can help the person to feel better. Continue until all shoes have been chosen.

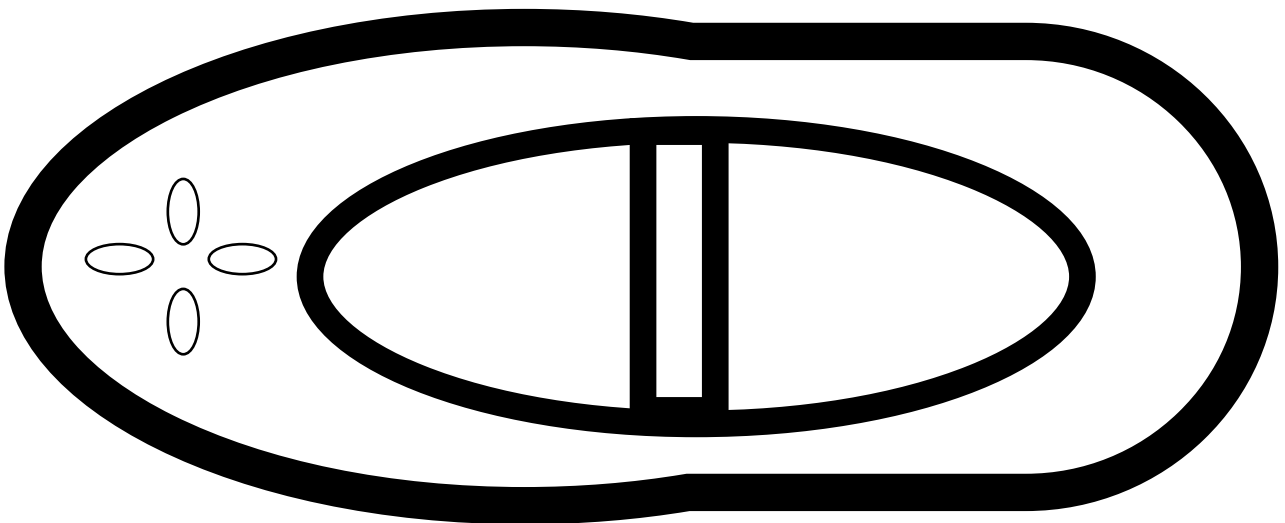
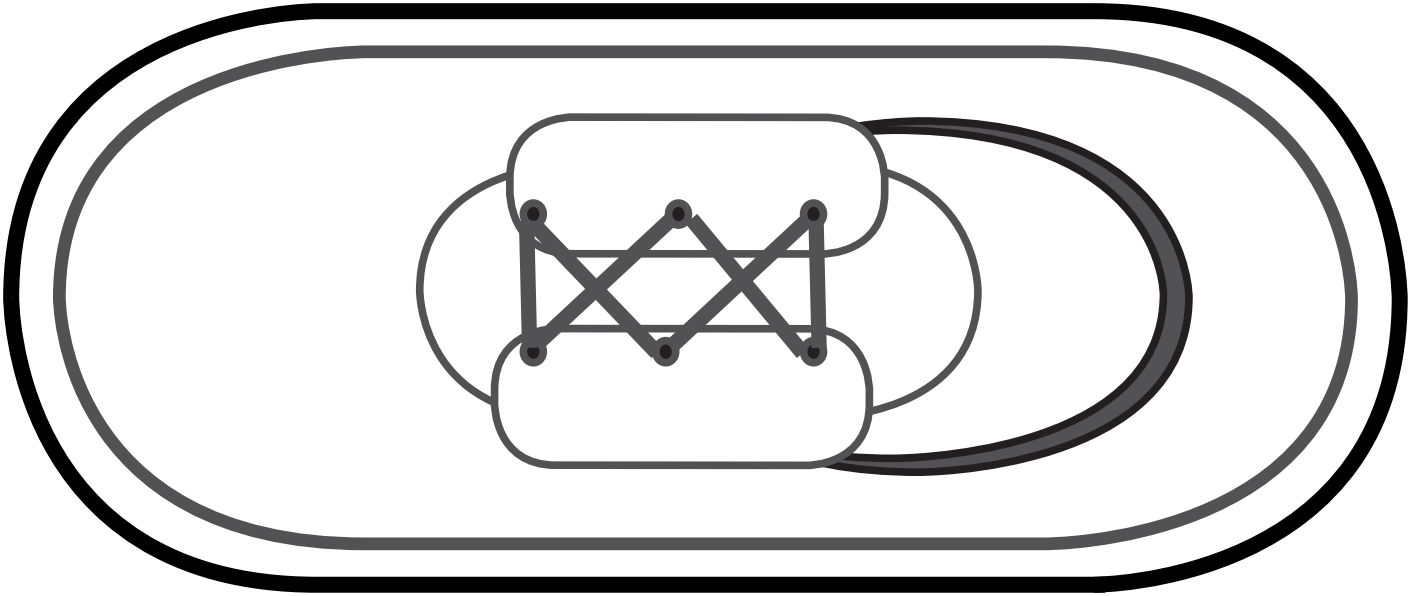
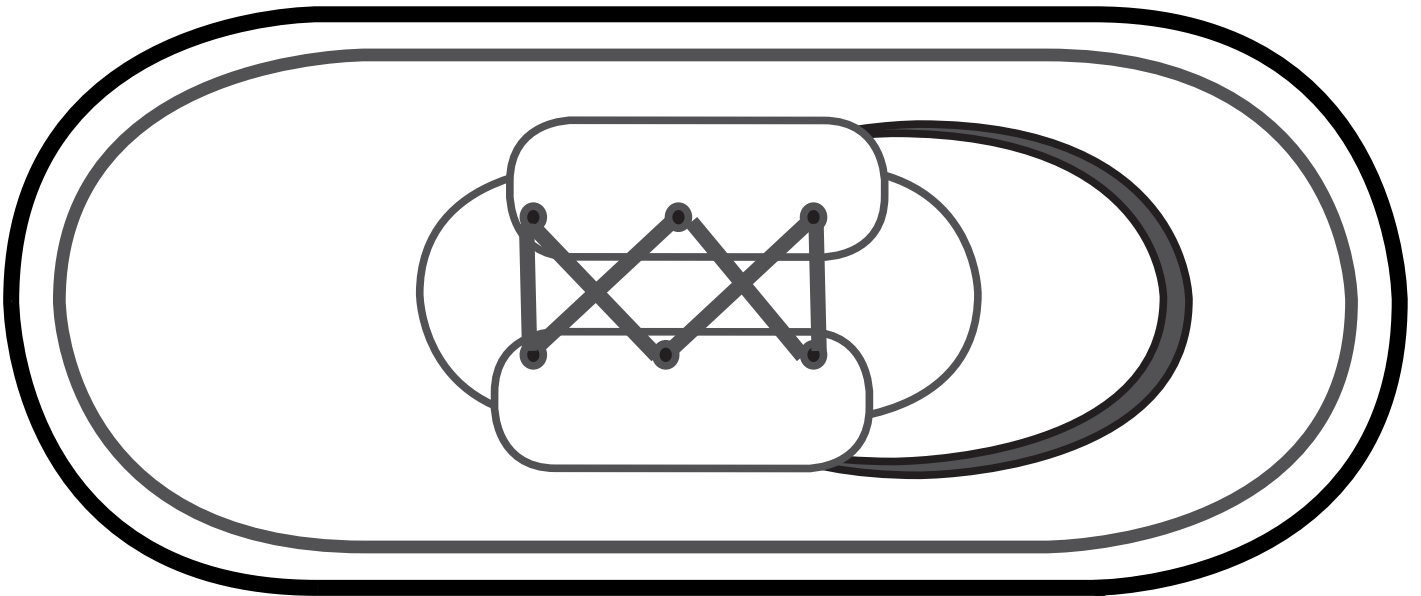
**Step 3:** Challenge family members to do the things they thought would help other family members feel better. Encourage them to watch for other ways they can "walk in someone else's shoes" and serve those who need help.

Optional: Color the shoes if desired.









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## Treat Time

## Cinnamon "Praying Arms" Pretzels

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**Prep Time:** 15 minutes  
**Rise Time:** 1 hour  
**Bake Time:** 5-8 minutes



**Ingredients:** 2 teaspoons active dry yeast  
1 teaspoon white sugar  
3/4 cups warm water  
2 1/2 cups flour  
1/3 cup sugar  
1 teaspoons salt  
2 tablespoon vegetable oil  
  
1/4 cup baking soda  
2 cups boiling water  
Melted butter & cinnamon sugar for topping

**Instructions:** In a small bowl, dissolve yeast and 1 teaspoon sugar in warm water. Let stand for 10 minutes. In a large bowl, mix together flour, 1/2 cup sugar, and salt. Make a well in the center; add the oil and yeast mixture. Mix until blended, then knead for 5 minutes. Place the dough into a large oiled bowl. Turn the dough until lightly coated with oil. Cover with plastic wrap and let rise for 1 hour in a warm place. Preheat oven to 450 degrees F. In a large bowl, dissolve baking soda in boiling water.

Treat Time: Divide dough into 6-8 equal parts. Give each family member a piece of dough. Roll each piece into a rope and twist into praying arm shapes (see diagram).

Dip each pretzel into the boiling baking soda water for about a minute to a minute and a half. Remove with slotted spoon and place on a greased cookie sheet. Bake in preheated oven for five to eight minutes. Remove from oven and coat tops with melted butter and sprinkle with cinnamon sugar.

