

Come, Follow Me

with
Living Scriptures
STREAMING

Hear Ye Him

3 Nephi 8-11

Objectives:

- Talk about Jesus's appearance to the Nephites in the Americas after His death. Emphasize the importance of hearing Him now.

Reinforces Principles of:

- Listening to the Spirit
- Prophecy

Reverence Time

Song:

This Is My Beloved Son, Children's Songbook page 76

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/this-is-my-beloved-son>

Scripture:

3 Nephi 11:7-10

"Behold my Beloved Son, in whom I am well pleased, in whom I have glorified my name—hear ye him. And it came to pass, as they understood they cast their eyes up again towards heaven; and behold, they saw a Man descending out of heaven; and he was clothed in a white robe; and he came down and stood in the midst of them; and the eyes of the whole multitude were turned upon him, and they durst not open their mouths, even one to another, and wist not what it meant, for they thought it was an angel that had appeared unto them. And it came to pass that he stretched forth his hand and spake unto the people, saying: Behold, I am Jesus Christ, whom the prophets testified shall come into the world."

Video:

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

Lesson

Summary:

After the signs of Christ's birth, many people believed in Jesus Christ and there was peace in the land for several years. But in a very short amount of time, again many of the people grew prosperous, prideful, and wicked. At the time of Christ's death, just as Samuel had prophesied, there was great destruction throughout the land. Storms, fires, earthquakes, and floods destroyed cities and changed the face of the land. A thick darkness covered everything for three days.

After three days, people began to gather near the temple in the land of Bountiful. They marveled at the changes and talked about the signs of Christ's death. They heard a small voice from heaven, but they didn't understand it at first. Again they heard the voice, but didn't understand. As they turned to listen, they heard the voice say "Behold my Beloved Son, in whom I am well pleased, in whom I have glorified my name—hear ye him." Jesus then descended from heaven. At first the people didn't know who he was, but He said, Behold, I am Jesus Christ, whom the prophets testified shall come into the world." He told them He had taken upon himself the sins of the world. He invited the people to come and see the nail prints in his hands and feet. Then Jesus taught the people about baptism, showing them how to baptize in His name, so there would be no disputations among them.

Even now in our day, we can turn our hearts towards Jesus Christ, and do our best to hear Him.

Quote:

"What will happen as you more intentionally hear, hearken, and heed what the Savior has said and what He is saying now through His prophets? I promise that you will be blessed with additional power to deal with temptation, struggles, and weakness. I promise miracles in your marriage, family relationships, and daily work. And I promise that your capacity to feel joy will increase even if turbulence increases in your life." Russell M. Nelson

Questions: What might it have been like to be in darkness for three days?

How is Jesus Christ "the light of the world"?

Why didn't the people understand the voice from heaven at first? What did they have to do to understand it?

How can we better understand the voice of the spirit?

Activity Time

Of Whom the Prophets Testified

Description: Prophets in the scriptures testified of Jesus Christ. This fun family scripture activity will highlight some of those prophecies.

What you need:

- A copy of "Scripture" activity for each child (artwork included with this lesson), glue, scissors and cardstock. Optional: A set of scriptures.

Preparation:

1. Print out the artwork.
2. Glue page 12 (books) to card stock.
3. Cut out artwork along dotted lines (set scripture pages aside).
4. Fold along all solid lines.
5. Fold white tabs inward and tape to form boxes (books)

Activity:

The scriptures (The Bible, The Book of Mormon, The Doctrine & Covenants , and The Pearl of Great Price) testify of Christ. They teach that He is the Son of God, that He atoned for our sins, that He died upon the cross and was resurrected. By reading the scriptures we learn of Jesus Christ and what we must do to live with Him, our Heavenly Father and our families for eternity.

Read the scripture pages together and discuss what principle each pair of scripture verses are teaching. Cut the pages in half and place each scripture page in the correct book. (If time permits look up the principle of each pair of verses in your scripture index for additional verses.)

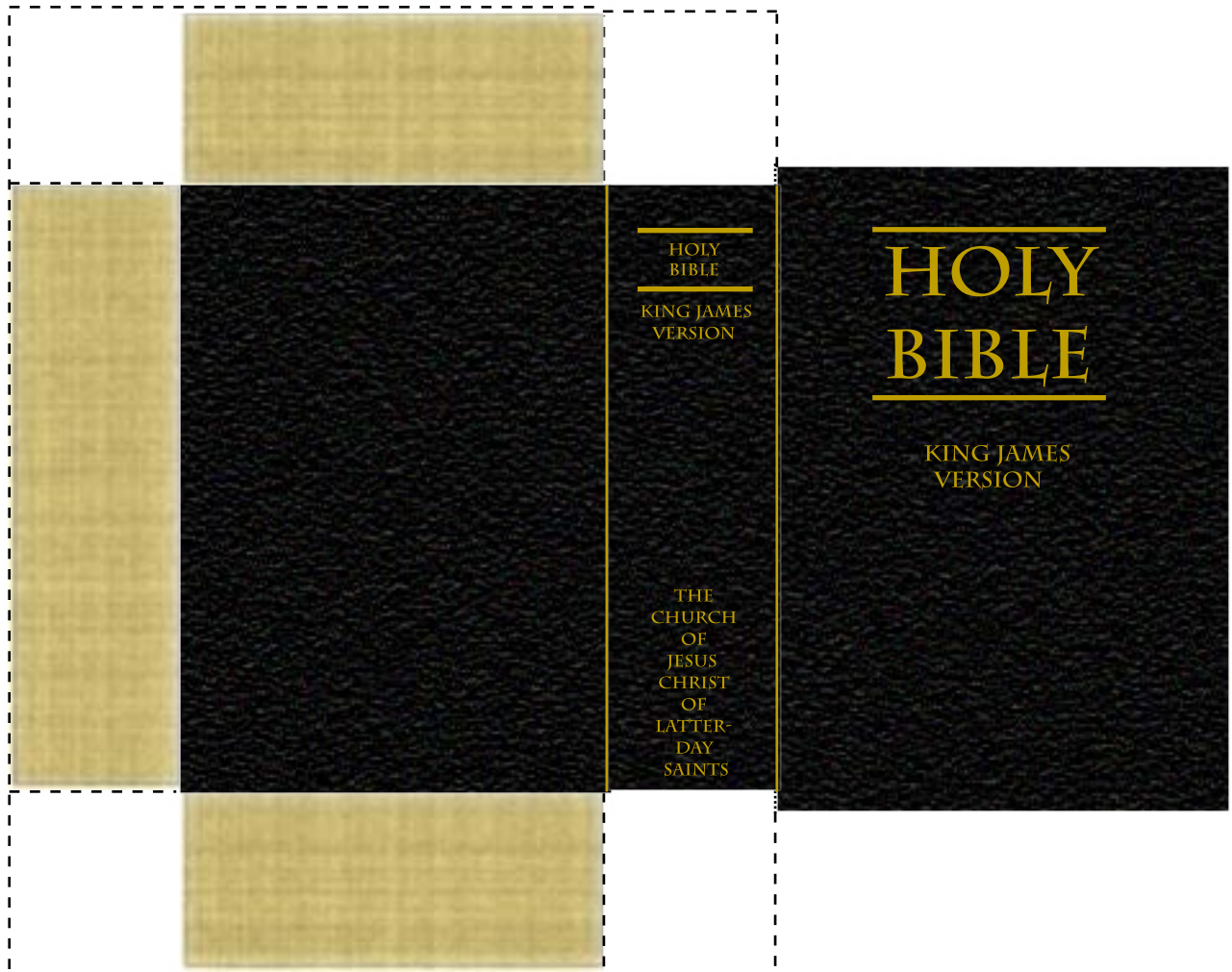


<p>3 Ne. 15: 9.</p> <p>9 Behold, I am the law, and the light. Look unto me, and endure to the end, and ye shall live; for unto him that endureth to the end will I give eternal life.</p>	<p>John 11:25</p> <p>25 Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live:</p>	<p>Acts 14: 23</p> <p>23 And when they had ordained the elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed.</p>	<p>Moroni. 3: 4</p> <p>4 And after this manner did they ordain priests and teachers, according to the gifts and callings of God unto men; and they ordained them by the power of the Holy Ghost, which was in them.</p>
<p>Doctrine and Covenants 42:17</p> <p>17 For, behold, the Comforter knoweth all things, and beareth record of the Father and of the Son.</p>	<p>John 15:26</p> <p>26 But when the Comforter is come, whom I will send unto you from the Father, even the Spirit of truth, which proceedeth from the Father, he shall testify of me:</p>	<p>Moses 1:13</p> <p>13 And it came to pass that Moses looked upon Satan and said: Who art thou? For behold, I am a son of God, in the similitude of his Only Begotten...</p>	<p>Romans 8:16</p> <p>16 The Spirit itself beareth witness with our spirit, that we are the children of God:</p>

<p>Matt. 4: 17</p> <p>17 From that time Jesus began to preach, and to say, Repent: for the kingdom of heaven is at hand.</p>	<p>3 Nephi 12: 19</p> <p>19 And behold, I have given you the law and the commandments of my Father, that ye shall believe in me, and that ye shall repent of your sins, and come unto me with a broken heart and a contrite spirit. Behold, ye have the commandments before you, and the law is fulfilled.</p>	<p>John 3: 22</p> <p>22 After these things came Jesus and his disciples into the land of Judaea; and there he tarried with them, and baptized.</p>	<p>3 Ne. 26: 17</p> <p>17 And it came to pass that the disciples whom Jesus had chosen began from that time forth to baptize and to teach as many as did come unto them; and as many as were baptized in the name of Jesus were filled with the Holy Ghost.</p>
<p>3 Ne. 11: 10</p> <p>10 Behold, I am Jesus Christ, whom the prophet testified shall come into the world.</p>	<p>1 John 5:20</p> <p>20 And we know that the Son of God is come, and hath given us an understanding, that we may know him that is true, and we are in him that is true, even in his Son Jesus Christ. This is the true God, and eternal life.</p>	<p>Acts 8: 17</p> <p>17 Then laid they their hands on them, and they received the holy Ghost.</p>	<p>3 Ne. 28: 18</p> <p>18 But this much I know, according to the record which hath been given—they did go forth upon the face of the land, and did minister unto all the people, uniting many to the church as would believe in their preaching; baptizing them, and as many as were baptized did receive the Holy Ghost.</p>

<p>Isaiah 7: 14</p> <p>14 Therefore the Lord himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call his name Immanuel.</p>	<p>Alma 7: 10</p> <p>10 And behold, he shall be born of Mary, at Jerusalem which is the land of our forefathers, she being a virgin, a precious and chosen vessel, who shall be overshadowed and conceive by the power of the Holy Ghost, and bring forth a son, yea, even the Son of God.</p>	<p>James 1: 5</p> <p>5 If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.</p>	<p>Moroni 10: 4</p> <p>4 And when ye shall receive these things, I would exhort you that ye would ask God, the Eternal Father, in the name of Christ, if these things are not true; and if ye shall ask with a sincere heart, with real intent, having faith in Christ, he will manifest the truth of it unto you,</p>
<p>D&C 45: 16</p> <p>16 And I will show it plainly as I showed it unto my disciples as I stood before them in the flesh, and spake unto them, saying: As ye have asked of me concerning the signs of my coming, in the day when I shall come in my glory in the clouds of heaven, to fulfil the promises that I have made unto your fathers,</p>	<p>Matthew 24: 30</p> <p>30 And then shall appear the sign of the Son of man in heaven: and then shall all the tribes of the earth mourn, and they shall see the Son of man coming in the clouds of heaven with power and great glory.</p>	<p>2 Tim. 3: 15</p> <p>16 All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:</p>	<p>2 Ne. 4: 15</p> <p>15 And upon these I write the things of my soul, and many of the scriptures which are engraven upon the plates of brass. For my soul delighteth in the scriptures, and my heart pondereth them, and writeth them for the learning and the profit of my children.</p>

<p>Doctrine and Covenants 27:6</p> <p>6 And also with Elias, to whom I have committed the keys of bringing to pass the restoration of all things spoken by the mouth of all the holy prophets since the world began, concerning the last days;</p>	<p>Malachi 4:5-6</p> <p>5 Behold, I will send you Elijah the prophet before the coming of the great and dreadful day of the LORD: 6 And he shall turn the heart of the fathers to the children, and the heart of the children to their fathers, lest I come and smite the earth with a curse.</p>	<p>3 Nephi 11: 7</p> <p>7 Behold my Beloved Son, in whom I am well pleased, in whom I have glorified my name—hearken ye him.</p>	<p>2 Peter 1: 17</p> <p>17 For he received from God the Father honour and glory, when there came such a voice to him from the excellent glory, This is my beloved Son, in whom I am well pleased.</p>
<p>Pearl of Great Price The Articles of Faith</p> <p>9 We believe all that God has revealed, all that He does now reveal, and we believe that He will yet reveal many great and important things pertaining to the Kingdom of God.</p>	<p>Amos 3: 7</p> <p>7 Surely the Lord GOD will do nothing, but he will reveal his secret unto his servants the prophets.</p>	<p>John 3: 16</p> <p>16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.</p>	<p>D&C 20: 21</p> <p>21 Wherefore, the Almighty God gave his Only Begotten Son, as it is written in those scriptures which have been given of him.</p>



Treat Time

"The Sun" Treats (Lemon Chiffon Cream Tarts)

Prep Time: 10 minutes
Cook Time: 10 minutes
Chill Time: 15 minutes



Ingredients: **Crust**
3 ounces cream cheese, softened
1/2 cup butter, softened
1 cup all-purpose flour
15 drops yellow food coloring

Filling
1 (14 ounce) can sweetened condensed milk
1/3 cup lemon juice
2 (10 ounce) container frozen whipped topping, softened
20 drops yellow food coloring

Instructions: **Crust:** Preheat oven to 325 degrees F. Blend with electric mixer, cream cheese with the butter. Stir in flour just until mixed well. Chill for 15 minutes. Dough can be made ahead and chilled for up to 24 hours.

Treat Time: Divide dough into 12 balls. Give each family member one ball. Press or roll into a four inch circle. Pinch around edges into points to make sun rays. Press into muffin cups. Pierce bottoms and sides of crusts with fork. Bake for 10 minutes, or until light brown. Prepare filling while crusts bake.

Filling: Mix together until smooth the sweetened condensed milk, lemon juice, 15 ounces whipped topping, and 20 drops of yellow food coloring. Reserve 5 ounces of whipped topping. Pour into baked shells. If you are not going to eat immediately, cool crust before adding filling. If desired, top your suns with clouds (the reserved 5 ounces of whipped topping).