

BOOK OF MORMON 2020

Come, Follow Me with *Living Scriptures* STREAMING

Great Strength in Unity

3 Nephi 1-7

Objectives:

- Talk about the believers among the Nephites and how they prepared to face the Gadianton robbers.
- Emphasize the importance of being unified as disciples of Jesus Christ.

Reinforces Principles of:

- Unity
- Discipleship

Reverence Time

Song: The Church of Jesus Christ, Children's Songbook page 77

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/the-church-of-jesus-christ>

Scripture: 3 Nephi 3:25

"And they did fortify themselves against their enemies; and they did dwell in one land, and in one body, and they did fear the words which had been spoken by Lachoneus, insomuch that they did repent of all their sins; and they did put up their prayers unto the Lord their God, that he would deliver them in the time that their enemies should come down against them to battle."

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

Lesson

Summary:

Those who believed in Jesus Christ were excited to see the signs of His birth, but being believers didn't make life easy. They were persecuted and attacked by unbelievers. The Gadianton robbers were a group of unbelievers who made plans to attack the Nephites. The Nephite governor Lachoneus told the people to repent and pray. They gathered themselves together with all their supplies. Being unified helped to make them strong as they faced the Gadiantons, but their faith in Jesus Christ allowed them to have His protection and strength. Ultimately the Gadianton robbers were defeated.

In our day, the Lord is gathering His people. He wants us to be unified in love. As we become better disciples of Jesus Christ through repentance and prayer, and as we become unified as families, as a church, and as followers of Christ, we will be strengthened in these last days to defeat temptations and evil in the world around us.

Quote:

"This great unity is the hallmark of the true church of Christ. It is felt among our people throughout the world. As we are one, we are his... We pray for one another that we may go on in unity and strength. If we do so, no power beneath the heavens can stop the onward progress of this great kingdom." Gordon B. Hinckley

Questions:

What did the Nephites do to protect themselves from their enemies?

How can we become more unified as a family?

What did Lachoneus ask the people to do as they prepared to fight the Gadianton robbers? (Pray and repent.)

What can we do to prepare ourselves to fight spiritual battles?

How can we become better disciples of Jesus Christ?

Why is unity important?

Activity Time

Hearts Knit Together in Unity

Description: The Nephites gathered together in one body to strengthen themselves against the Lamanites. They also repented and became disciples of Jesus Christ. This heart activity will remind your family that being unified in love helps us become better disciples of Jesus.

What you need:

- A copy of the “Hearts Woven in Unity” printables for each child (artwork included with this lesson), scissors, and tape. Optional: cardstock, lace, and ribbon.

Preparation:

1. Print out the artwork. (Optional: print on cardstock for added durability).
3. Cut along all dotted lines. (Don't cut through solid red lines!)

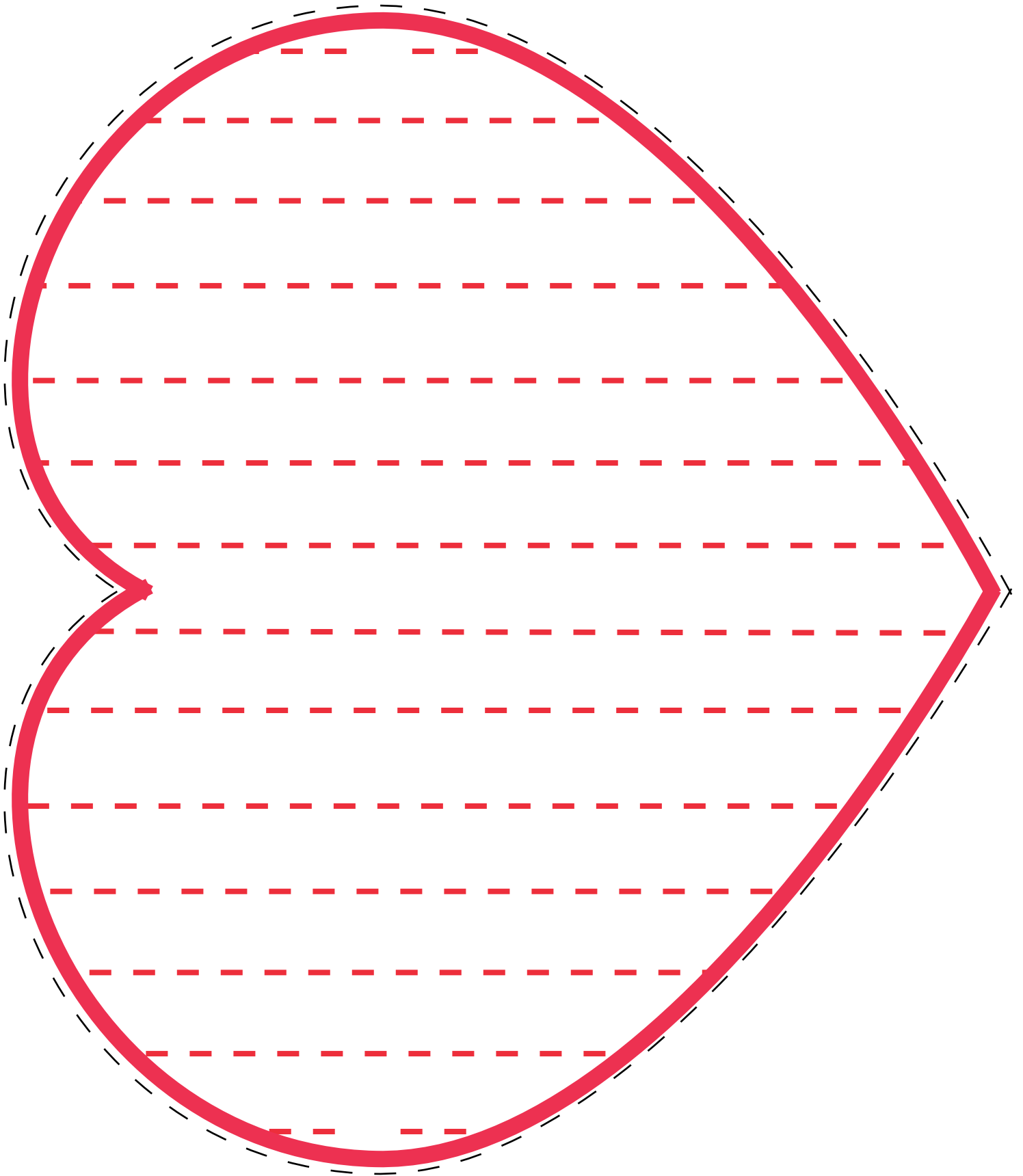
Activity:

Help each family member weave a red strip (starting with the “I” strip) through the white slots. Weave the strips with words written on them every other time to complete the phrase, “I will be Jesus' disciple”.

As you weave, read 3 Nephi 5:13 and discuss ways you can be Jesus' disciple. Remind your family that we can be disciples of Jesus Christ by showing love. Love helps us to be knit together in unity. (See Mosiah 18:21)

Tape the back side of strips to secure and then trim even with the edge of the heart. (Optional: decorate with ribbon and lace.)





I

Will

Be

Jesus'

Disciple

Treat Time

Unity Heart Treats

Prep Time: 15 minutes

Cooling Time: 10 minutes



Ingredients: 3 T butter
6 oz marshmallows (1/2 bag)
dash of salt
1 tsp. vanilla
3 cups crisp rice cereal
Sprinkles (optional)

Instructions: Lightly coat a sheet of wax paper with cooking spray and set aside. Lightly coat a heart shaped cookie cutter with cooking spray also and set aside. Melt butter in a large saucepan. Add marshmallows and a dash of salt and stir until marshmallows are melted. Remove from heat and stir in vanilla. Add cereal and stir until coated. Drop a large spoonful of cereal mixture on the prepared wax paper and place the cookie cutter around it. Firmly press cereal mixture into cookie cutter to shape into a heart. Remove any excess. Continue with remaining cereal mixture. Makes 6-8 hearts depending on size of cookie cutter.

Treat Time: Let children decorate hearts with sprinkles if desired.