



Come, Follow Me  
with  
*Living Scriptures*  
STREAMING

## Be Believing

Mormon 7-9

### Objectives:

- Talk about Mormon and Moroni's messages to us to believe in Jesus Christ. Emphasize the importance of the Book of Mormon.

### Reinforces Principles of:

- Faith

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## Reverence Time

**Song:** Book of Mormon Stories, Children's Songbook page 118

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/book-of-mormon-stories>

**Scripture:** Mormon 9:27

*"O then despise not, and wonder not, but hearken unto the words of the Lord, and ask the Father in the name of Jesus for what things soever ye shall stand in need. Doubt not, but be believing, and begin as in times of old, and come unto the Lord with all your heart, and work out your own salvation with fear and trembling before him."*

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

### Lesson

#### Summary:

Mormon and Moroni are some of the few Nephites left as the Lamanites destroy the remainder of their people. Mormon has abridged the records of his people from the time of Lehi to his own day, and now he adds his final words to the plates. He calls on the future remnant of the Lamanites to believe in Jesus Christ. He then turns the plates over to his son Moroni.

Moroni is the last of the Nephites, and although he is alone, he has a great work to do. He has seen the latter days in a vision, and he adds his message to his father's writings, urging us to repent and be believing. He reminds us that miracles can only happen through faith in Jesus Christ.

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#### Quote:

*"Please, first doubt your doubts before you doubt your faith. We must never allow doubt to hold us prisoner and keep us from the divine love, peace, and gifts that come through faith in the Lord Jesus Christ." Dieter F. Uchtdorf*

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#### Questions:

Why is the Book of Mormon of great worth to us today?

How do you think Moroni felt to be alone?

What great work did Moroni have left to do?

Why is it important to "doubt not, but be believing?"

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## Activity Time

## *Not That One!*

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**Description:** As Mormon's abridged record comes to a close, this fun and silly game will help your family review many of the stories they've learned this year from the Book of Mormon.

**What you need:**

- A copy of "Not That One!" activity game board (artwork included with this lesson,) small treats like marshmallows, chocolate chips, or cereal

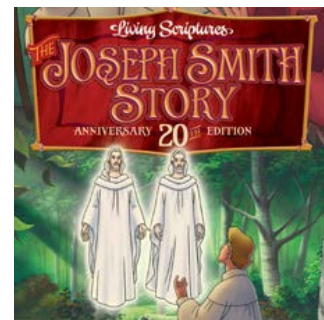
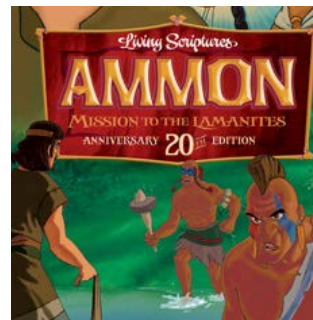
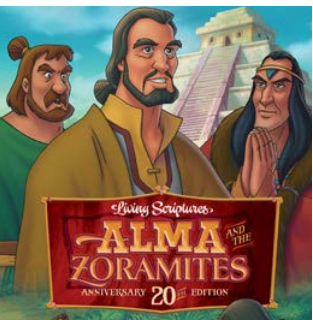
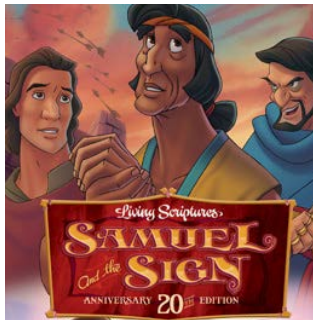
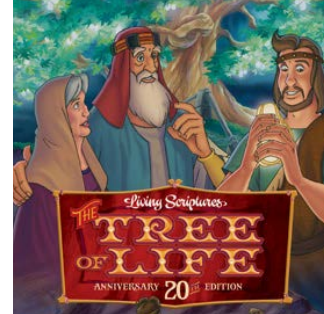
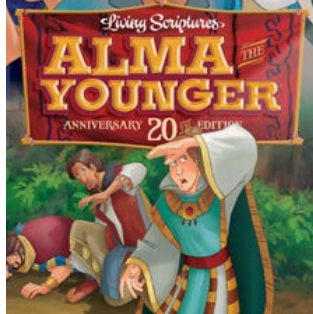
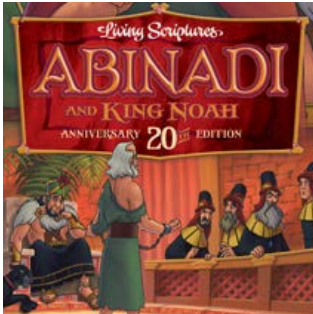
**Preparation:** 1. Print one copy of the game board.

**Activity:** (Younger children will need help from an older sibling or parent.)

Explain: The Book of Mormon contains a record of the Nephites and Lamanites. Mormon abridged (or summarized) the records of his people onto gold plates. Joseph Smith translated that record into the Book of Mormon. We're going to review some of the stories we've learned this year with a game!

Place the game board in the middle of the group. Cover each space/scripture story with one of the small treats. Choose a family member to be "it". "It" goes out of the room while the other family members quietly choose one of the scripture story spaces. "It" is then allowed back in the room. "It" begins eating the treats on the game board one by one. If they touch the treat on the selected space, everyone yells, "Not that one!" "It" then tells the story from the selected space as well as they can (family members can help!) A new person is chosen to be "it" and the spaces are again covered with treats. Play continues until everyone has had a turn.

# Not That One!



**Prep Time:** 10 minutes  
**Bake Time:** 30 minutes



**Ingredients:**

- 1 cup flour
- 1/2 cup sugar
- 2 tablespoons cocoa powder
- 1/2 teaspoon salt
- 1 1/2 teaspoon baking powder
- 1/2 cup milk
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla

- 4 tablespoons cocoa powder
- 2/3 cup sugar
- 1/2 teaspoon salt
- 1 1/2 cups boiling water

**Instructions:** Preheat oven to 350 degrees. In a medium mixing bowl, combine flour, 1/2 cup sugar, 2 tablespoons cocoa powder, 1/2 teaspoon salt, and baking powder. Add milk, oil and vanilla. Stir well with a spoon (batter will be thick). Spread in an 8x8 baking dish.

Combine the remaining 4 tablespoons cocoa powder, 2/3 cup sugar, 1/2 teaspoon salt in a bowl. Stir in boiling water. Pour liquid mixture evenly over batter in baking dish. Bake for 30 minutes. Serve warm with ice cream or whipped topping if desired.

In Mormon 9:20–21, Moroni tells us the "ingredients" needed for miracles to be possible. In this recipe, the right ingredients make a pudding appear on the bottom as a cake layer "miraculously" rises to the top!