



Come, Follow Me
with
Living Scriptures
STREAMING

Repent and Prepare

Mormon 1-6

Objectives:

- Talk about the ways we can be righteous in the midst of wickedness. Emphasize the importance of repentance.

Reinforces Principles of:

- Repentance
- Righteousness

Reverence Time

Song:

Choose the Right Way, Children's Songbook page 160

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/choose-the-right-way>

Scripture:

Mormon 3:22

"And I would that I could persuade all ye ends of the earth to repent and prepare to stand before the judgment-seat of Christ."

Video:

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

Lesson

Summary:

Mormon grew up in a time when the people were very wicked. Mormon believed in Jesus Christ and he wanted to teach the people, but he was forbidden to preach to them because of their wickedness. When he was just sixteen years old, he was asked to be a leader of one of the Nephite armies. Mormon fought many battles with the Nephites, but the strength of the Lord was not with them.

Ten years went by without a battle, and the Lord told Mormon to cry repentance to the people. The Lord was giving them another chance to repent. But the people would not repent. Soon the Lamanites came to war with the Nephites again. After beating the Lamanites in battle, the Nephites began to boast of their own strength and swore to avenge their fallen brethren. Mormon refused to lead such a wicked group of men. Thousands of Lamanites and Nephites had been killed in battle. Eventually Mormon witnessed the destruction of his people, the Nephites.

Mormon warns us that we must also repent and prepare ourselves. In our day, just like Mormon, we have to live with wickedness around us. Mormon relied on his faith and he prayed often for strength. We can also remain righteous and find peace no matter what is happening around us if we have faith in Jesus Christ and pray for strength and comfort.

Quote:

"The best time to resist temptation is early. The best time to repent is now. The enemy of our souls will place thoughts in our minds to tempt us. We can decide early to exercise faith, to cast out evil thoughts before we act on them. And we can choose quickly to repent when we do sin, before Satan can weaken our faith and bind us. Seeking forgiveness is always better now than later... Decisions now to exercise faith and be steady in obedience will in time produce great faith and assurance. That is the spiritual preparedness we all will need." Henry B. Eyring

Questions: Why didn't the Nephites have the strength of the Lord to help them in battle?

Why did the Lord give the people another chance to repent?

How can we prepare ourselves to resist temptations?

Why is it important to repent quickly?

How can we be righteous even though there is wickedness around us?

Activity Time

Steps of Repentance

Description: We know it's important to repent, but how do we do it? This activity will help your children understand the basic steps of repentance.

What you need:

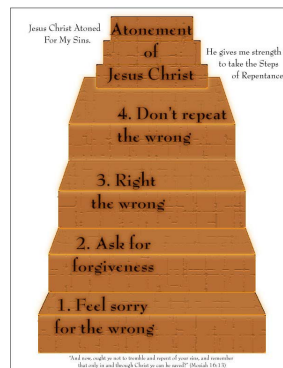
- A copy of the "Steps of Repentance" activity (artwork included with this lesson,) scissors, and glue.

Preparation:

1. Print out the artwork.
2. Cut along all dotted lines.

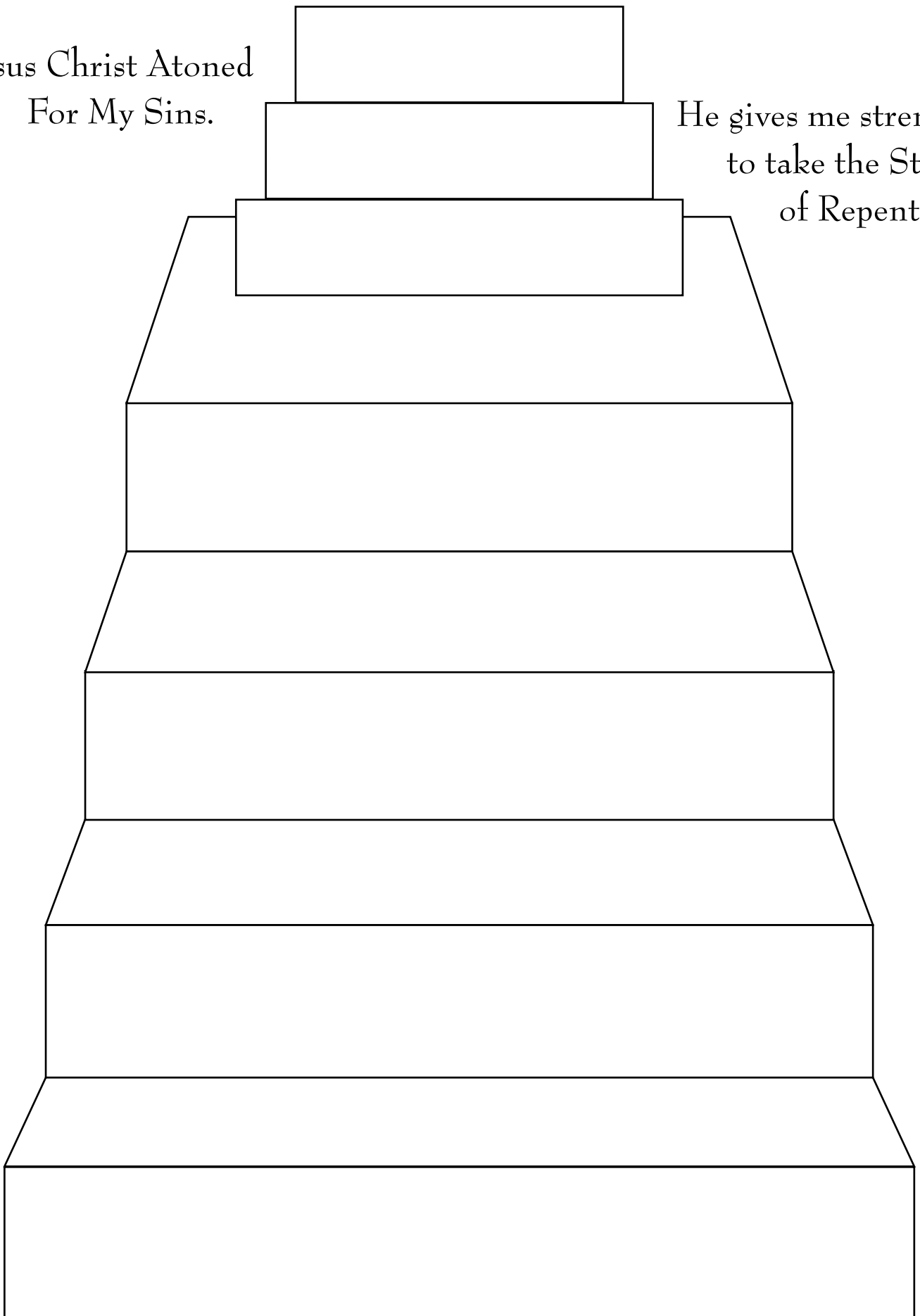
Activity: (Younger children will need help from an older sibling or parent.)

1. Explain: Jesus Christ atoned for our sins. We can accept His gift through repentance. He gives us strength to repent, taking each step as we follow Him. His love helps us to change our hearts and our actions.
2. Discuss each step of repentance while you build the "Steps of Repentance" by gluing the steps in the correct order. Use examples appropriate to your children's age to help them understand each step. Emphasize that repentance is made possible through the atonement of Jesus Christ.



Jesus Christ Atoned
For My Sins.

He gives me strength
to take the Steps
of Repentance.



“Therefore, repent ye, and humble yourselves before him” Mormon 5:24

Atonement
of
Jesus Christ

4. Don't repeat
the wrong

3. Right
the wrong

2. Ask for
forgiveness

1. Feel sorry
for the wrong

Treat Time

"White as Snow" Candy

Prep Time: 3 minutes
Cook Time: 4 minutes



Ingredients: 3-ounces regular cream cheese (softened)
1 pound powdered sugar
3 tablespoons plain yogurt
1/2 cup white chocolate chips
1-pound cinnamon bears (chilled)

Instructions: Combine cream cheese, confectioner's sugar and yogurt in microwavable bowl. Cook in microwave at medium power for 1 1/2 minutes. Remove from microwave and stir. Cook at medium power for an additional 1 1/2 minutes. Remove from microwave and stir white chocolate chips. Cook at medium power for 1 minute. Stir until smooth and creamy.

Treat Time: Stick a toothpick into cinnamon bears. Dip cinnamon bears in mixture until completely coated. Re-stir mixture if it starts to get too thick. Eat immediately or place on waxed paper and chill in refrigerator.

"Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool."
(Isaiah. 1: 18)