

BOOK OF MORMON 2020

Come, Follow Me  
with  
*Living Scriptures*  
STREAMING

## An Attitude of Gratitude

Ether 6-11

### Objectives:

- Talk about being grateful in all circumstances.
- Emphasize that Heavenly Father blesses us when we are righteous.

### Reinforces Principles of:

- Gratitude
- Humility

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## Reverence Time

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**Song:** I Thank Thee, Dear Father, Children's Songbook page 7

<https://www.churchofjesuschrist.org/study/manual/childrens-songbook/i-thank-thee-dear-father>

**Scripture:** Ether 6:9

*"And they did sing praises unto the Lord; yea, the brother of Jared did sing praises unto the Lord, and he did thank and praise the Lord all the day long; and when the night came, they did not cease to praise the Lord."*

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

### Lesson

#### Summary:

The barges were ready and the people of Jared loaded everything they needed and got aboard the barges. The Lord caused furious winds to blow the barges toward the promised land. Even though it was probably scary to be tossed across the water in a raging windstorm, the people trusted in God and sang praises. They were grateful for their blessings and knew the Lord would help them get to the promised land. When they arrived in the promised land, they again praised the Lord and gave thanks to Him.

As the people established their new home in the promised land, they chose a king to lead them. When the king was righteous the people were righteous. Sometimes the king was wicked and greedy and the people became wicked. Secret combinations (people who secretly agreed to do wicked things together and hide their wickedness) were built up and there were wars and calamities. The once righteous people of Jared were no longer grateful and peaceful... many of them had become greedy and rebellious.

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#### Quote:

*"It is easy to be grateful for things when life seems to be going our way. But what then of those times when what we wish for seems to be far out of reach? Could I suggest that we see gratitude as a disposition, a way of life that stands independent of our current situation? In other words, I'm suggesting that instead of being thankful for things, we focus on being thankful in our circumstances—whatever they may be." Dieter F. Uchtdorf*

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#### Questions:

Why did the Jaredites sing praises of gratitude, even though they were in a scary and uncomfortable situation?

How were the people blessed when they were humble?

How can we be thankful in all our circumstances?

What happened when the Jaredite kings were righteous? What happened to the people when the king was wicked?

What is a secret combination? Why can secret combinations lead to destruction?

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## Activity Time

## Thankful Turkey

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**Description:** Make these cute squash turkeys and label the feathers with things you're thankful for!

**What you need:**

- A copy of the "Thankful Turkey" activity and a small Butternut squash for each family member, tape, magic markers or paint and scissors.

**Preparation:** Print and cut out the artwork.

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

Give each family member a set of feathers, a headband and a squash.

Draw a face and wings on the squash.

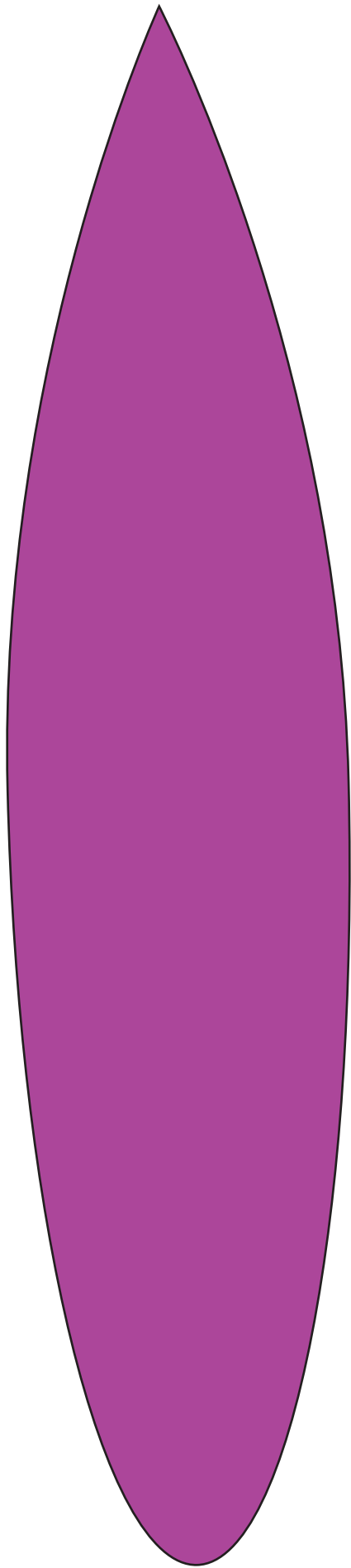
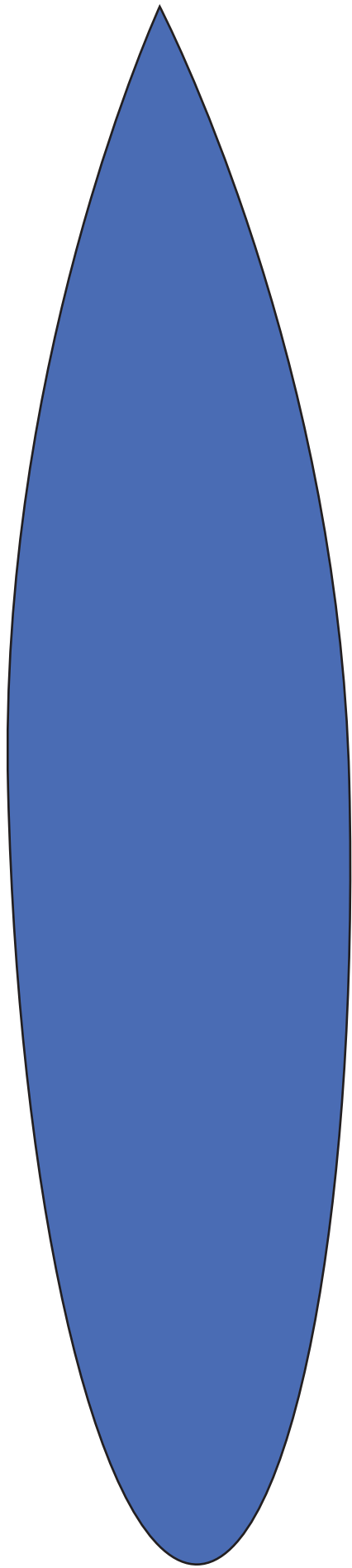
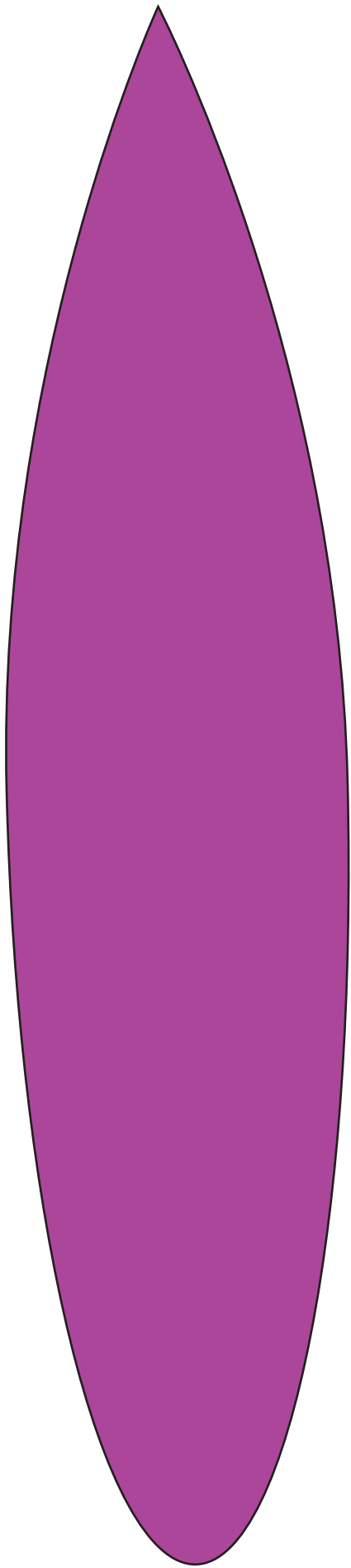
Tape headband on squash.

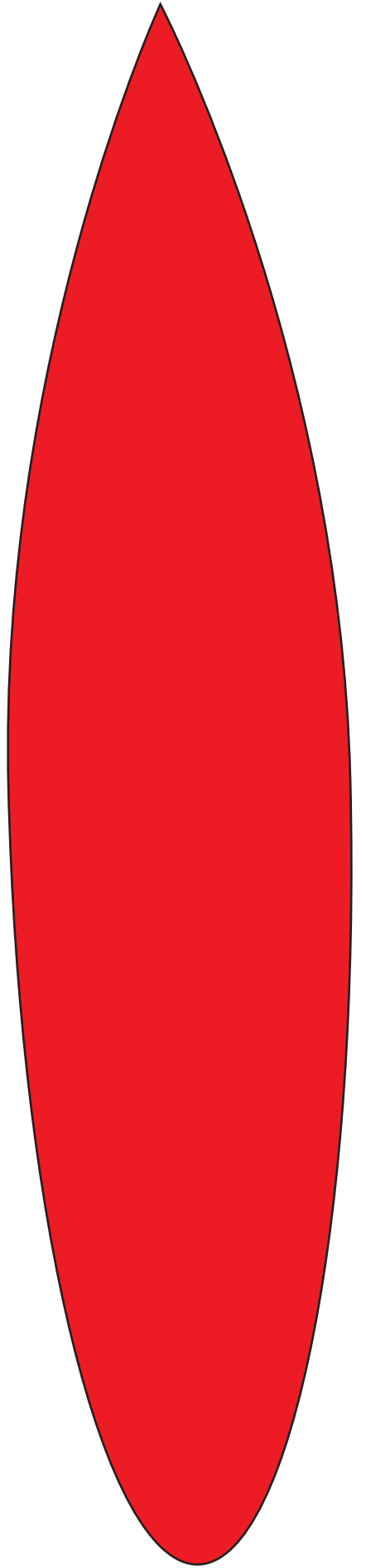
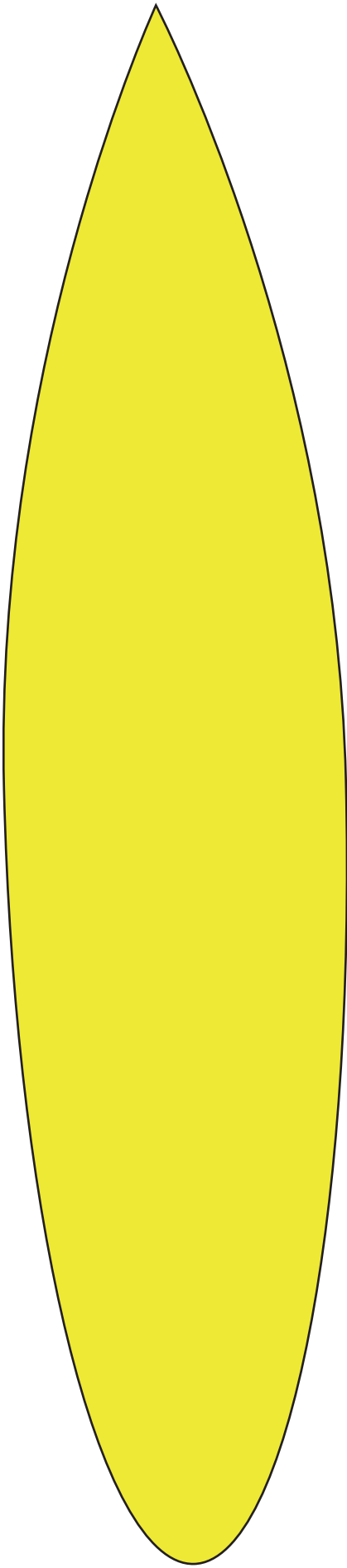
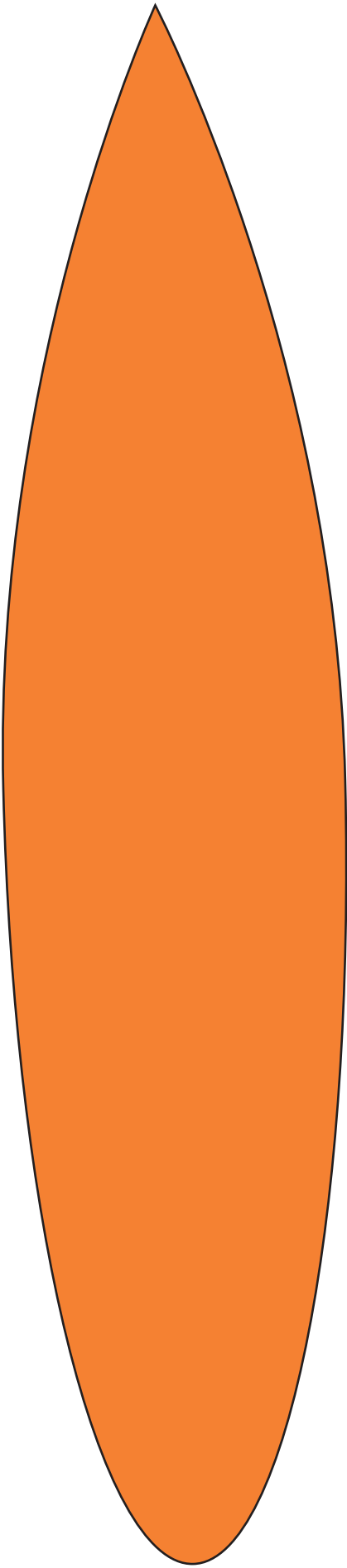
Talk about all the many things you are thankful for. Talk about how there are both material things that make our lives more comfortable and spiritual things that bring true joy to our lives that we can be thankful for, and how all these things are gifts from a loving Heavenly Father.

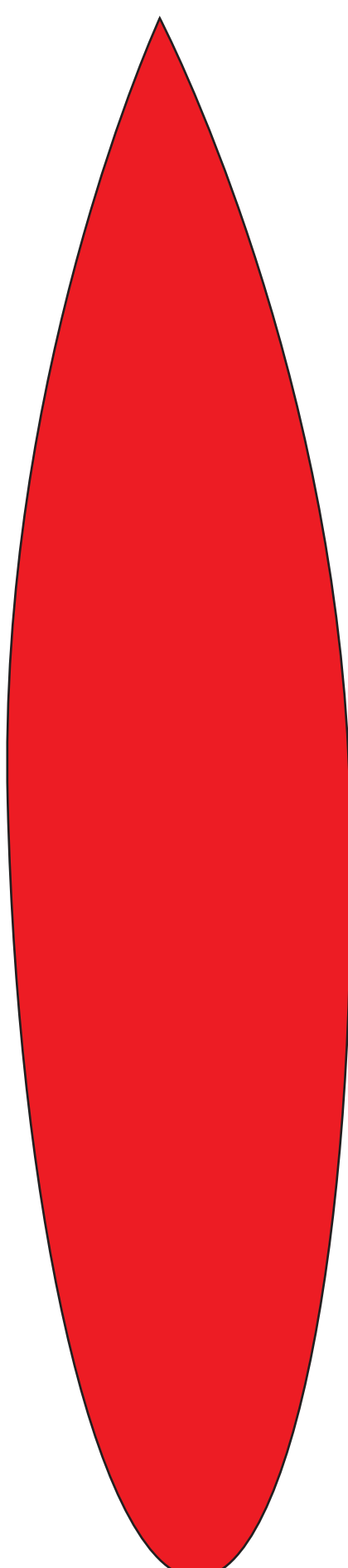
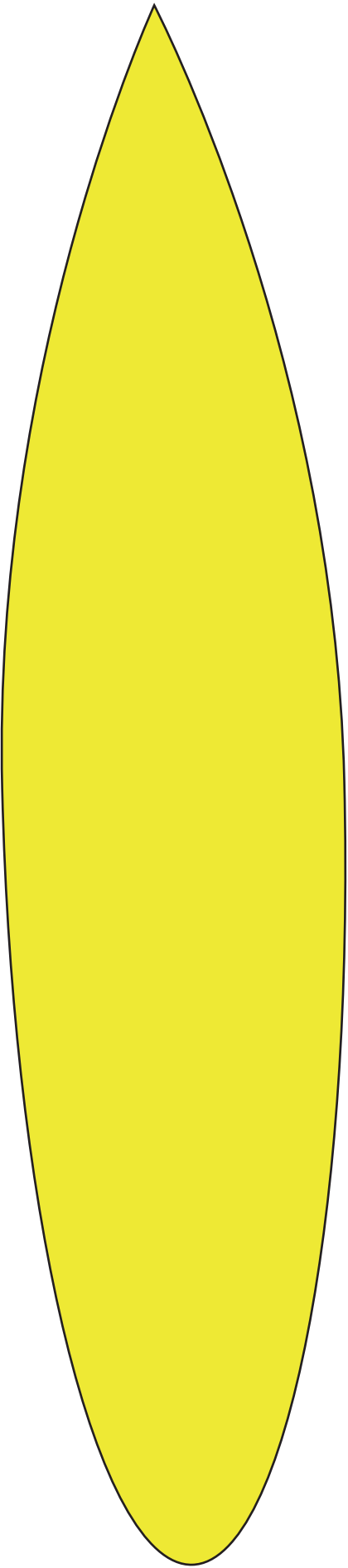
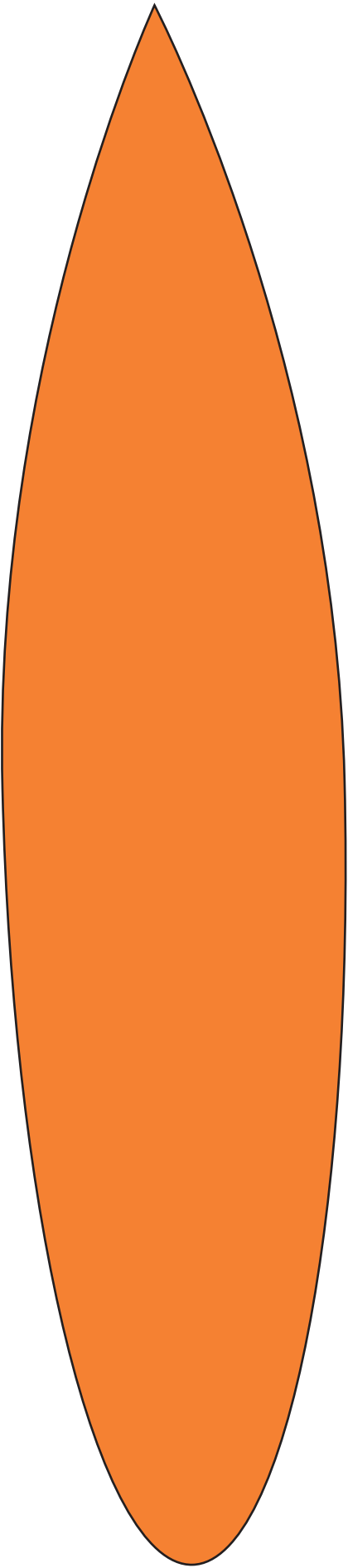
Have each person write one thing on each of their feather that they are especially thankful for this year.

Tape feathers to squash to make a turkey tail.









I Am Thankful For

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## Treat Time

## Turkey Cupcakes

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**Prep Time:** 10 minutes  
plus cupcake bake time if  
making homemade cupcakes

**Ingredients:** 1 cupcake per person (can use store bought)  
Chocolate Frosting  
1 bag Candy Corn  
1 Nabisco Nutter Butter® cookie per person  
1 Almond per person with one tip cut off.  
Peanut Butter



**Instructions:** Remove cupcake from paper cup or pan. Frost the entire cupcake. Place the cupcake on a plate on its side. Cut a wedge in the center bottom of the cupcake where the head will go.

**Treat Time:** Let children put the cookie in the wedge with a dab of frosting to help hold it in place. Cut the tips off 2 candy corns and use peanut butter to stick the tips onto the sides of the cookie for the turkey's eyes. Use a toothpick to dab a bit of chocolate frosting on the eyes for pupils. Use peanut butter to stick almond onto the cookie for the beak. Then with each candy corn you stick into the cupcake to make turkey feathers say one thing you are thankful for. (Since there are more things to be thankful for than you can name be sure to say different things than you did when making your squash turkey.)