



Come, Follow Me  
with  
*Living Scriptures*  
STREAMING

## The Light & Love of Christ

Moroni 7-9

### Objectives:

- Talk about the nature of God and Jesus Christ.
- Discuss how we can choose between good and evil and how we can have faith, hope, and charity.

### Reinforces Principles of:

- Good choices
- Charity

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## Reverence Time

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**Song:** I Will Follow God's Plan, Children's Songbook page 164

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/i-will-follow-gods-plan>

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### Scripture:

Moroni 7:16

"For behold, the Spirit of Christ is given to every man, that he may know good from evil; wherefore, I show unto you the way to judge; for every thing which inviteth to do good, and to persuade to believe in Christ, is sent forth by the power and gift of Christ; wherefore ye may know with a perfect knowledge it is of God."

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### Video:

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

### Lesson

#### Summary:

As Moroni finishes the record, he includes letters from his father, Mormon. These letters teach us many things about the nature of Jesus Christ and how we should follow Him. Mormon explains how to judge good from evil and he encourages us to cling to that which is good. Mormon teaches about the light of Christ, which is given to every man to help them to know good from evil. Good things invite us to do good and believe in Jesus Christ. He again reminds us that we must have faith, hope, and charity. Charity is the pure love of Christ.

In his letters, Mormon teaches us that little children don't need to be baptized until they are old enough to be accountable. He also teaches us a lot about the nature of God and Jesus Christ. God is unchangeable and impartial. He loves all of His children and He is merciful.

In Mormon's final letter in the Book of Mormon, he records his feelings about the terrible destruction of the Nephites. Although he is sad, he encourages his son Moroni to be faithful and look to Jesus Christ for peace. We can always find peace in Jesus Christ.

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#### Quote:

*"We are challenged to move through a process of conversion toward that status and condition called eternal life. This is achieved not just by doing what is right, but by doing it for the right reason—for the pure love of Christ." Dallin H. Oaks*

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**Questions:** How can we know if something is good or evil?

What is the light of Christ?

What is charity?

What are some of the attributes of God?

How can we find peace in Jesus Christ?

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## Activity Time

## *Fill Your Heart With Love*

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**Description:** Make a heart shaped pocket and fill it with ways you can show love and have charity for others. Throughout the month, draw from the pocket and perform the acts of service you chose.

**What you need:** A copy of the heart artwork, a sheet of paper, scissors, pens or pencils, and a stapler, tape, or glue

**Preparation:**

1. Print and cut out the artwork. Cut the sheet of paper into strips.
2. Staple the hearts together around the edges to form a pocket, leaving the top open.

**Activity:**

Explain: In Moroni [ ] Mormon explains that charity is the pure love of Christ. Charity is kind, selfless, patient, pure, and true. Jesus was all of these things.

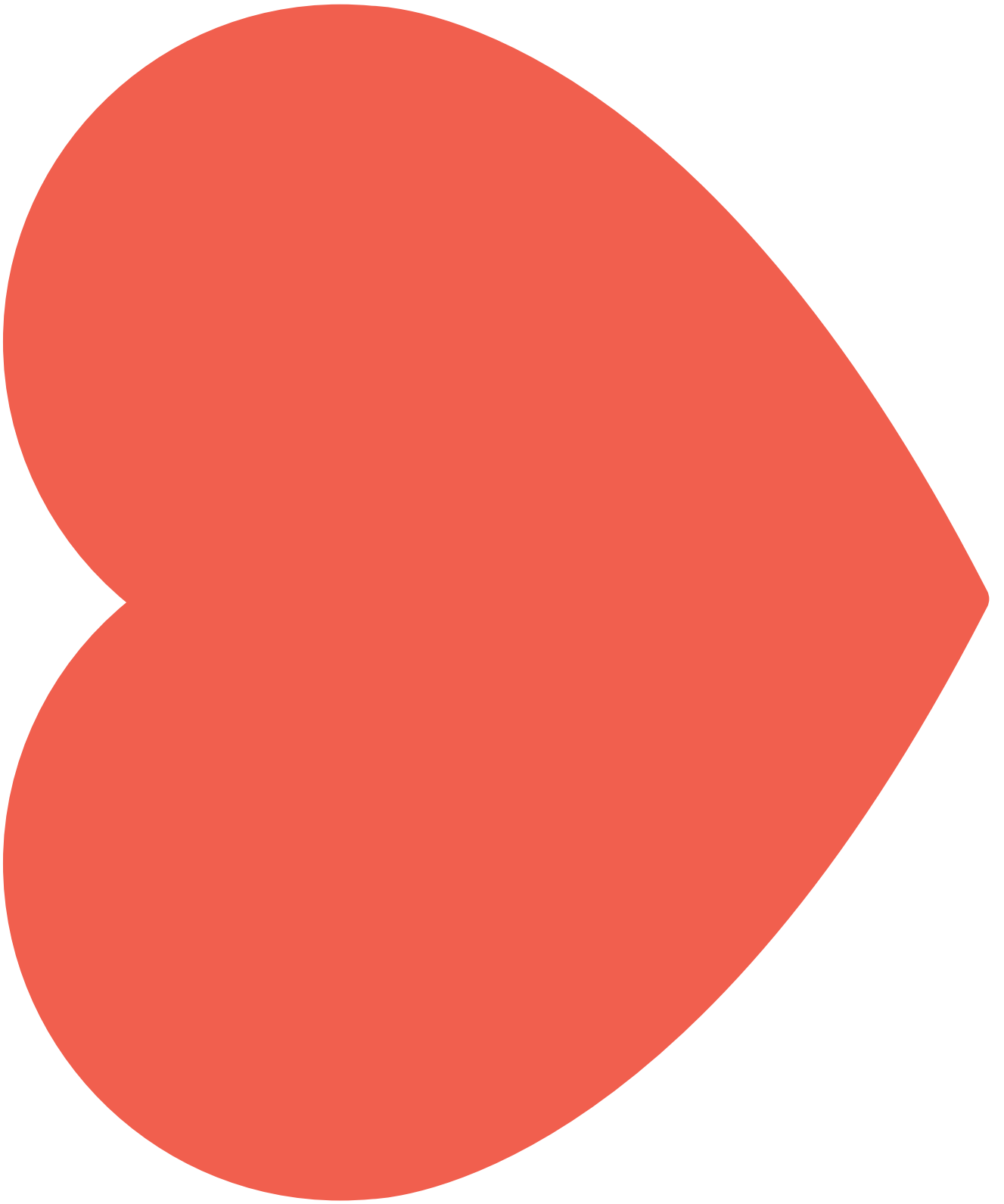
Discuss with your family: What things can we do for others that can help us be like Jesus? Who can we do them for?

Activity: Write your ideas on the strips of paper. Fill the heart pocket with your completed strips of paper. Use the strips of paper daily throughout the month to show love and charity for others. You might want to start right away by choosing one for your family to do together, or have each family member choose their own idea from the pocket.





Fill Your Heart  
with Love



**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.