

Come, Follow Me  
with  
*Living Scriptures*  
STREAMING

## Be One

### Doctrine and Covenants 37-40

#### Objectives:

- Learn the importance of unity, faith, and obedience as the early Saints are called to move to Ohio.

#### Reinforces Principles of:

- Unity  
Obedience

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## Reverence Time

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#### Song:

“Love One Another” Children’s Songbook, page 136

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/love-one-another>

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#### Scripture: Doctrine and Covenants 38:24–27

“And let every man esteem his brother as himself, and practice virtue and holiness before me. And again I say unto you, let every man esteem his brother as himself. For what man among you having twelve sons, and is no respecter of them, and they serve him obediently, and he saith unto the one: Be thou clothed in robes and sit thou here; and to the other: Be thou clothed in rags and sit thou there—and looketh upon his sons and saith I am just? Behold, this I have given unto you as a parable, and it is even as I am. I say unto you, be one; and if ye are not one ye are not mine.”

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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-one>

### Lesson

#### Summary:

The Saints in New York were asked to gather together with the Saints in Ohio, over 350 miles away. The Lord warned them in a revelation that they needed to leave to “escape the power of the enemy.” He promised them blessings there, that they “shall be endowed with power from on high.” The Lord also told them to “be one.” He wanted them to take care of each other and love each other. The Lord knew it was important for these early Saints to gather together in unity and love. Doing so would help them to face the many trials that would soon come.

Leaving New York was very difficult for them to do. For many, it meant leaving most of their belongings behind, including their homes and property. Many faithful Saints did what they had to do to make the difficult journey and obey the commandment to gather in Ohio. James Covell was a man who was really excited to join the Church. He covenanted to obey any commandment the Lord gave him. Through Joseph Smith he was given a revelation encouraging him to be baptized and join the other members moving to Ohio. Unfortunately, James let temptations and fear stop him from continuing forward. Sometimes uncertainty or fear of what others may think or do might keep us from keeping the commandments. With faith in the Lord, we can overcome our fears and receive the promised blessings of obedience.

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#### Quote:

*“The unity we seek in our families and in the Church will come as we allow the Holy Ghost to affect what we see when we look at one another—and even when we think of each other. The Spirit sees with the pure love of Christ.” Henry B. Eyring*

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#### Questions:

Why were the early Saints asked to go to Ohio?

What does it mean to “be one”? How can our family be more united?

Why might it be difficult to keep the commandments?

How can we strengthen our faith so we are able to be obedient even when it’s difficult?

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## Activity Time

## *Hearts Knit Together in Unity*

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**Description:** We can be unified as we try to treat others as we would like to be treated. This heart activity will remind your family to be unified in love.

**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!)

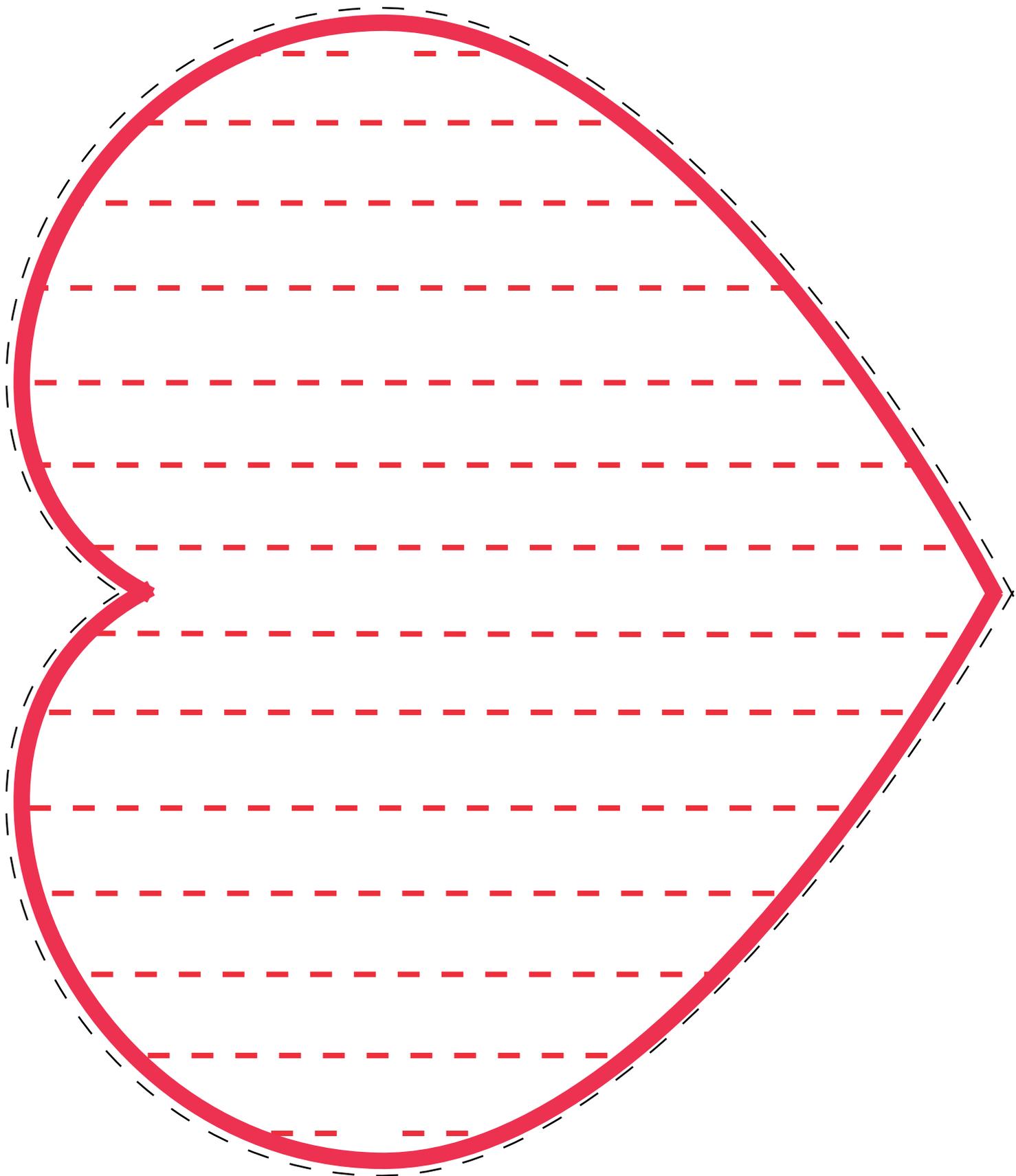
**Activity:**

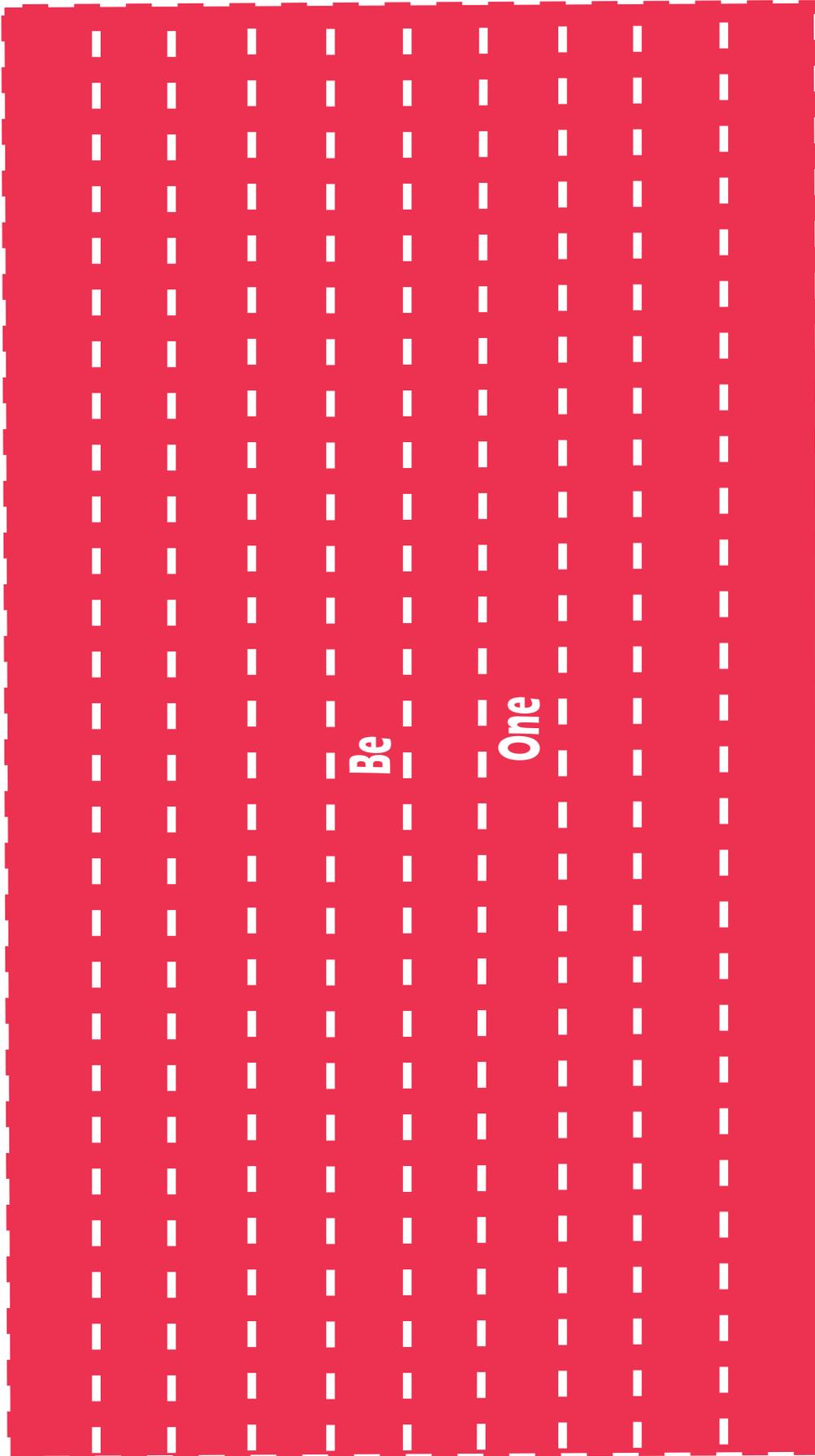
Help each family member weave a red strip through the white slots. Weave the strips with words written on them every other time to complete the phrase, “Be One”.

As you weave, read Doctrine and Covenants 38:24–27 and discuss ways you can be one and “esteem [your] brother as [yourself]”. 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.)







**Be**

**One**

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## Treat Time

## Unity Heart Treats

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**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.