



Come, Follow Me
with
Living Scriptures
STREAMING

Be of Good Cheer

Doctrine and Covenants 60-62

Objectives:

- Discuss why and how we can be cheerful in spite of our trials.

Reinforces Principles of:

- Faithfulness, Happiness

Reverence Time

Song: "I Feel My Savior's Love" Children's Songbook, page 74

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/i-feel-my-saviors-love>

Scripture: Doctrine and Covenants 61:36

"And now, verily I say unto you, and what I say unto one I say unto all, be of good cheer, little children; for I am in your midst, and I have not forsaken you;"

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

Lesson

Summary:

A group of elders had traveled from Kirtland, Ohio to Jackson County, Missouri to help dedicate a place for a temple there. The Lord had asked them to preach along the way as they traveled, but some were hesitant. As they traveled back to Ohio, the Lord let them know that He was displeased that they didn't preach as they were asked to. He reminded them that He would protect them if they were faithful. As they traveled, they faced many dangers traveling on the river. The Lord told them that they should not travel by water, and again He reminded them that He is in control and if they were faithful, they would be protected.

As we face challenges and struggles in our own lives, we can take comfort knowing that the Lord is with us and He will help us if we are faithful. The Lord tells us to "be of good cheer" for He is in our midst.

Quote:

"On a personal basis, each of us struggles individually with some of the many adversities of mortality, such as poverty, racism, ill health, job losses or disappointments, wayward children, bad marriages or no marriages, and the effects of sin—our own or others'. Yet, in the midst of all of this, we have that heavenly counsel to be of good cheer and to find joy in the principles and promises of the gospel and the fruits of our labors. That counsel has always been so, for prophets and for all of us." Dallin H. Oaks

Questions:

What are some things we can do to be faithful?

How do we know the Lord is with us, even when we face trials?

How can we be of good cheer, even when things are difficult?

Activity Time

Turn That Frown Upside Down

Description: We can be happy knowing the Lord is with us even when times are tough. Learn to find happiness in hard situations and blessings in trials.

What you need: ■ A copy of the “Turn That Frown Upside Down” activity (artwork included with this lesson) scissors, glue and cardstock

Preparation:

1. Print out the artwork.
2. Glue artwork onto cardstock.
3. Cut out

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

1. Explain: When Elder Joseph B. Wirthlin was a young boy his mother taught him to endure adversity well. “Joseph,” she said, “come what may, and love it.”

2. Explain: Elder Wirthlin’s mother was not trying to teach him to suppress his sorrow or to hide his pain, but to handle adversity without anger or resentment.

3. Explain: Those who learn from difficult times become stronger, wiser and happier.

Elder Wirthlin taught us four things in October 2008 conference that can help us through difficult times:

a. Learn to Laugh. Instead of getting angry or depressed, look for the humor in the situation.

b. Seek for the Eternal. Ask yourself: What is Heavenly Father trying to teach me from this experience?

c. The Principle of Compensation. Remember that the Lord compensates the faithful for every loss.

d. Trust in the Father and the Son. Handle your burden the best you can and then leave the rest to them.

4. Sing Children’s Songbook #267, “Smiles.”

5. Ask: How can smiling make the world a better place and make difficult times better? (Discuss ideas.)

6. Play the “Turn That Frown Upside Down” activity

Turn That Frown Upside Down

One person is chosen to be the orator. The first player holds the smiling/frowning face with the frown showing. The orator reads one of the adverse situations in the list or make up your own that can make you feel sad, mad, angry, etc. Example: Someone tripped you in the hall.

The player then turns the frown upside down and gives a positive reaction to the situation that will bring them happiness. Example: I can be happy because I didn't knock out a tooth when I fell.

Then give an example of what Heavenly Father is teaching you. Example: I am learning how not to treat others.

There is an example for each incident in parenthesis if you need help.

1. You were playing a game with friend and you lost. (I can be happy because I know I didn't cheat. I am learning how to be happy for others when they win.)

2. Your Grandma broke her hip and now she can't take you to the zoo.
(I can be happy spending time with Grandma and doing things for her that she can't do while she's recuperating. I am learning to serve others.)

3. A group of kids have been teasing you because you're a member of the church.
(I can be happy that I'm living my religion. I am learning to not persecute others for their religion.)

4. You can't go to the movies with my friends because you have to baby sit your sister.
(I can be happy because I am helping my parents. I am learning to honor my parents.)

5. The boy who sits behind you in class is always pulling your hair.
(I can be happy because I have hair. I am learning to treat others the way I would want to be treated.)

6. You don't want to wear your new glasses because you think they make you look nerdy.
(I can be happy because I will now be able to see the questions on the board. I am learning to not be vain.)

7. You ran a marathon race and came in last.
(I can be happy because I finished the race. I am learning humility.)

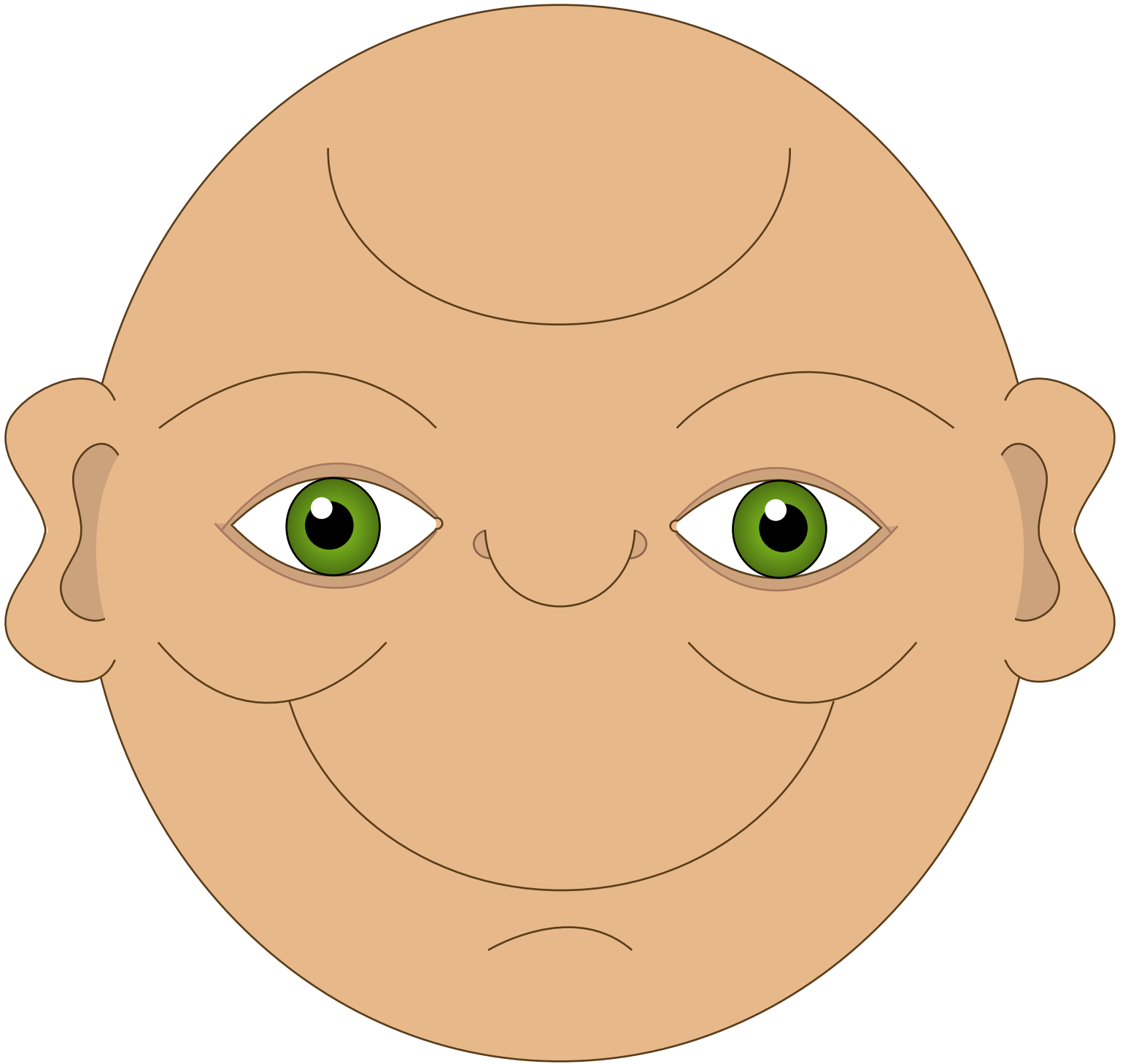
8. You were late to your recital because your mom followed the wrong directions.
(I can be happy because I still got to perform my number and we aren't lost any more. I am learning patience.)

9. Someone you love passed away.
(I can be happy [after I am done mourning] because I know families can be together forever. I am learning to live worthy so that I can live with them and Heavenly Father again someday.)

10. You hit your head on the cupboard door that you left open.
(I can be happy because I controlled my tongue. I am learning to not leave the cupboard door open.)

11. We missed our exit because another car cut us off.
(I can be happy we didn't get in a wreck. I am learning to be understanding when others make mistakes.)

12. Your Dad lost his job because the company he worked for went out of business.
(I can be happy because my parents listened to the prophets and although we will have to make sacrifices we are prepared for hard times. I am learning to listen to the prophet.)



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Treat Time

Peanut Butter Smiles

Prep Time: 5 minutes
Cook Time: 8 minutes

Ingredients: 1 cup peanut butter
1 cup white sugar
1 egg



Instructions: Preheat oven to 350 degrees F. Combine ingredients until smooth.

Treat Time: Let children roll dough into 1 inch balls and put on ungreased baking sheets. Lightly flatten each ball with the bottom of a glass. Use a toothpick or skewer to draw a smiley face on each cookie. Bake for 8 minutes.