



Come, Follow Me  
with  
*Living Scriptures*  
STREAMING

## He Who is Faithful

Doctrine and Covenants 71-75

### Objectives:

- Discuss ways we can be faithful, the calling of bishops, and the importance of prayer.

### Reinforces Principles of:

- Prayer, Faithfulness

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## Reverence Time

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**Song:** "I Will Be Valiant" Children's Songbook, page 162

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/i-will-be-valiant>

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**Scripture:** Doctrine and Covenants 75:16

"And he who is faithful shall overcome all things, and shall be lifted up at the last day."

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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-faithful>

### Lesson

#### Summary:

As the Church grew, so did the number of people who opposed it. But the Lord still wanted missionaries to share the gospel. In a revelation to Joseph Smith and Sidney Rigdon, the Lord promised that “no weapon formed against [them] shall prosper.” (D&C 71:9) The Lord would protect His Church and it would continue to grow. Because of the growth of the Church, bishops needed to be called. The first bishop called was Edward Partridge. In section 72, Newell K. Whitney is called to be a bishop. Bishops are called to help the Saints under their stewardship and to care for the poor and needy.

The missionaries, bishops, and the Saints were asked to be faithful. In section 75, the Lord reminds the Church to pray always so the Comforter (the Holy Ghost) can be with them. If they are faithful, they “shall overcome all things.” (D&C 75:16)

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#### Quote:

*“I invite you to remember to be faithful, to turn your life to the Savior and build your foundation on Him. Remember to be prayerful in your journey and serve others along the way.” Elder José A. Teixeira*

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#### Questions:

- How does the Lord protect His Church?
- What are some responsibilities of a bishop?
- How can we be faithful?
- Why is it important to pray always?

**Description:** This activity teaches children how to prepare themselves to pray reverently.

**What you need:**

- A copy of the "Pray Always" activity for each child (artwork included with this lesson), scissors, glue, brass fasteners & card stock.

**Preparation:**

1. Print out the artwork.
2. Cut along black solid lines.
3. Put "Praying Children" together by following assembly instructions included with this activity.

**Activity:**

**1. Why do we kneel to pray?**

Help the children understand that we don't always kneel when we pray, but when we do it shows Heavenly Father the utmost respect.

(Fold "Praying Children" at knees. Fan "Prayer Girl's" skirt out into an "A" shape to balance her in a kneeling position.)

**2. Why do we fold our arms when we pray?**

Help the children understand that moving their hands during the prayer might keep people from listening to the prayer. (Fold "Praying Children's" arms.)

**3. Why do we close our eyes when we pray?**

Help the children understand that they are less likely to be distracted by things around them when they close their eyes. They can think of Heavenly Father and what they are saying to him.

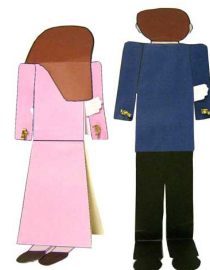
(Glue eyelids over "Prayer Children's" eyes to make them closed.)



**4. Why do we bow our heads when we pray?**

Help the children understand that bowing our heads when we pray shows Heavenly Father that we love, honor, and respect him.

(Bend "Prayer Children's" heads to a bowing position.)



## **“Prayer Boy” Assembly Instructions**

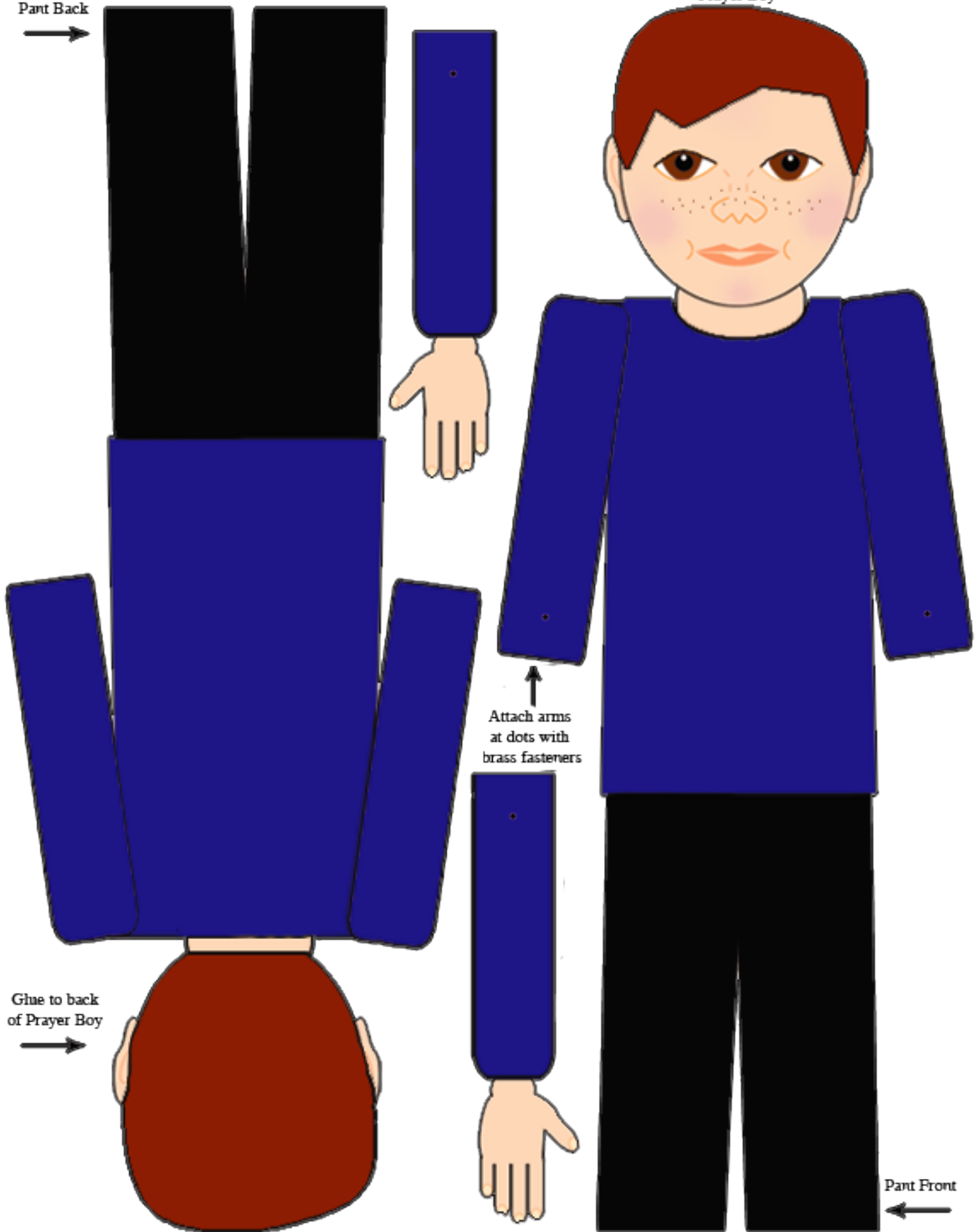
1. Glue Front Legs to Pant Front (line up bottom of pant with black line).
2. Glue Back Legs to Pant Back (line up bottom of pant with black line).
3. Glue card stock Pants to Pant Front.
4. Glue Prayer Boy Front to Prayer Boy Back.
5. Attach arms at black dots with brass fasteners.
6. Glue eyelids over eyes during activity time.

## **“Prayer Girl” Assembly Instructions**

1. Glue Back Legs to Front legs.
2. Glue Legs to Skirt Front (line up bottom of skirt with black line).
3. Glue Prayer Girl Top Front to Top Back, leaving skirt free.
4. Fold card stock skirt at fold line and then glue to inside of Skirt Front and Skirt Back to form an “A” frame.
5. Attach arms at black dots with brass fasteners.
6. Glue eyelids over eyes during activity time.

Prayer Boy

Pant Back



Attach arms  
at dots with  
brass fasteners

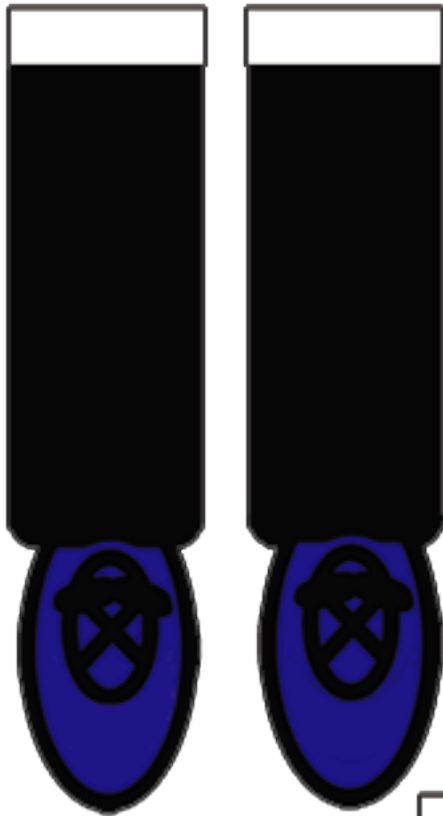
Glue to back  
of Prayer Boy



Pant Front



Glue to bottom  
of Pant Front



Eye Lids



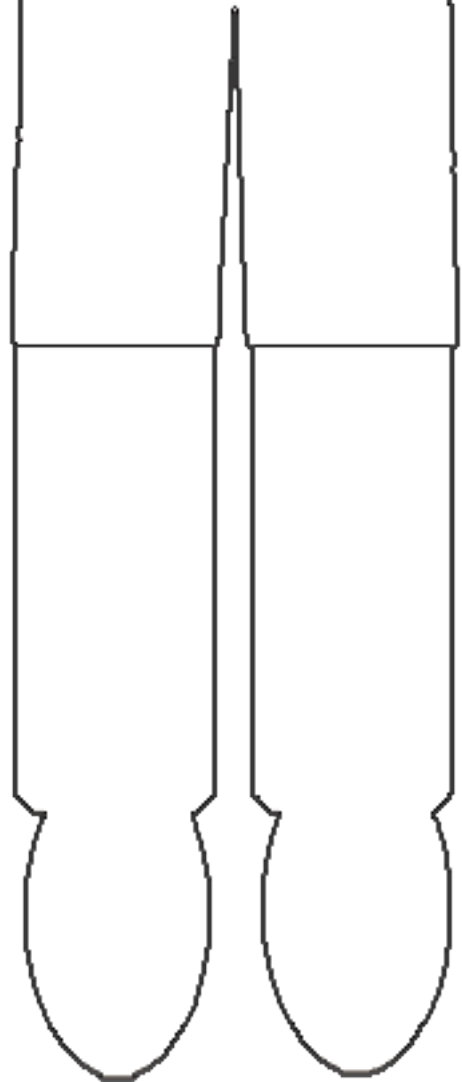
Glue to eyes  
during activity time.

Glue to bottom of  
Pant Back

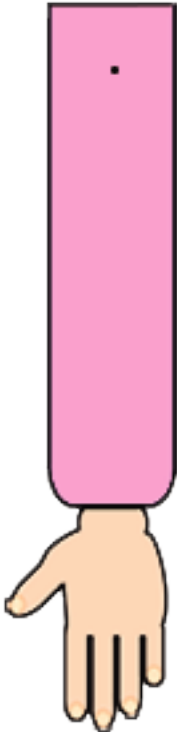
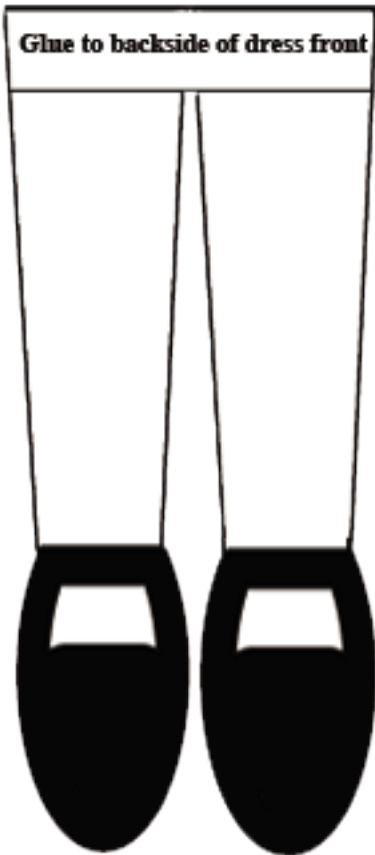


**Pattern**

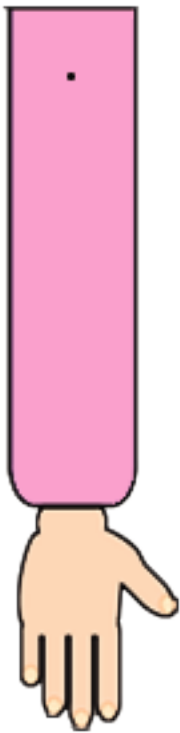
**(Cut out of heavy  
card stock.  
Glue in-between pant  
front and pant back.)**



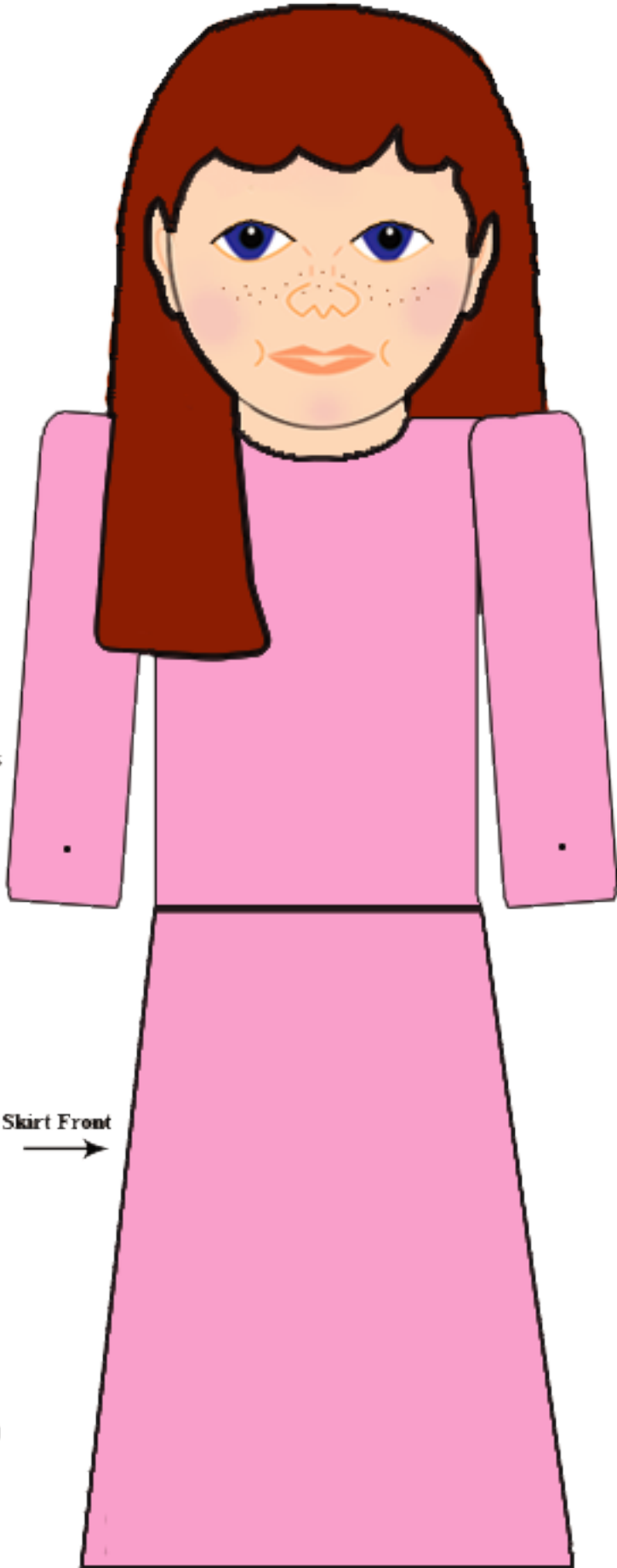
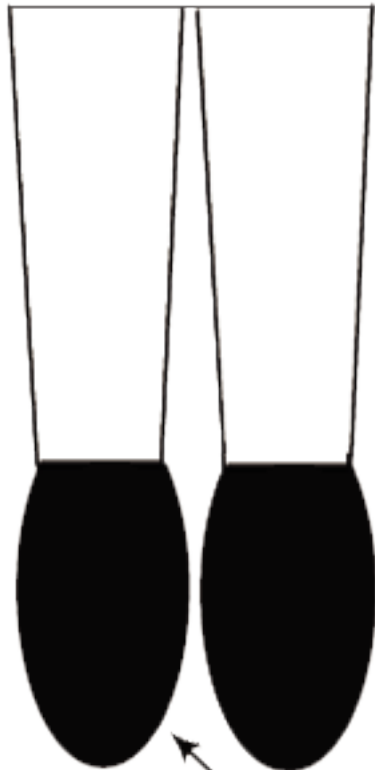
Prayer Girl

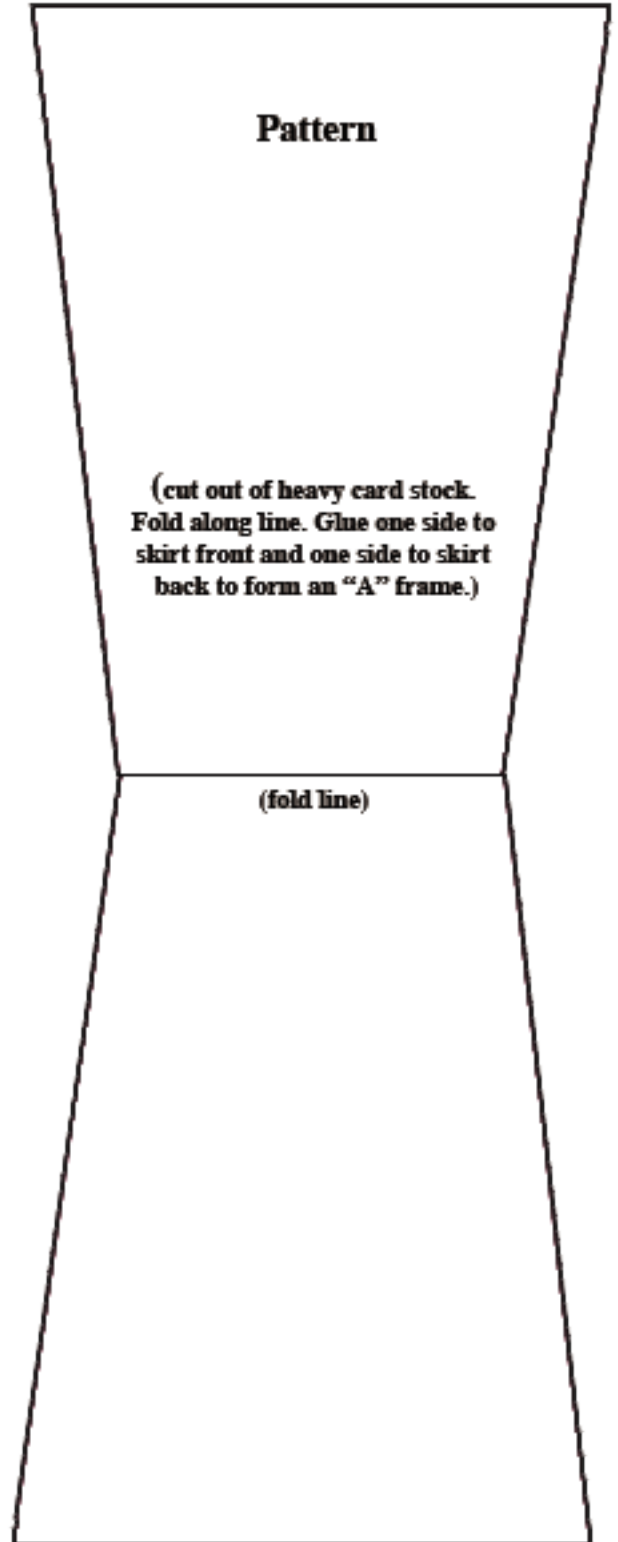
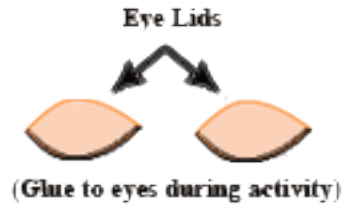
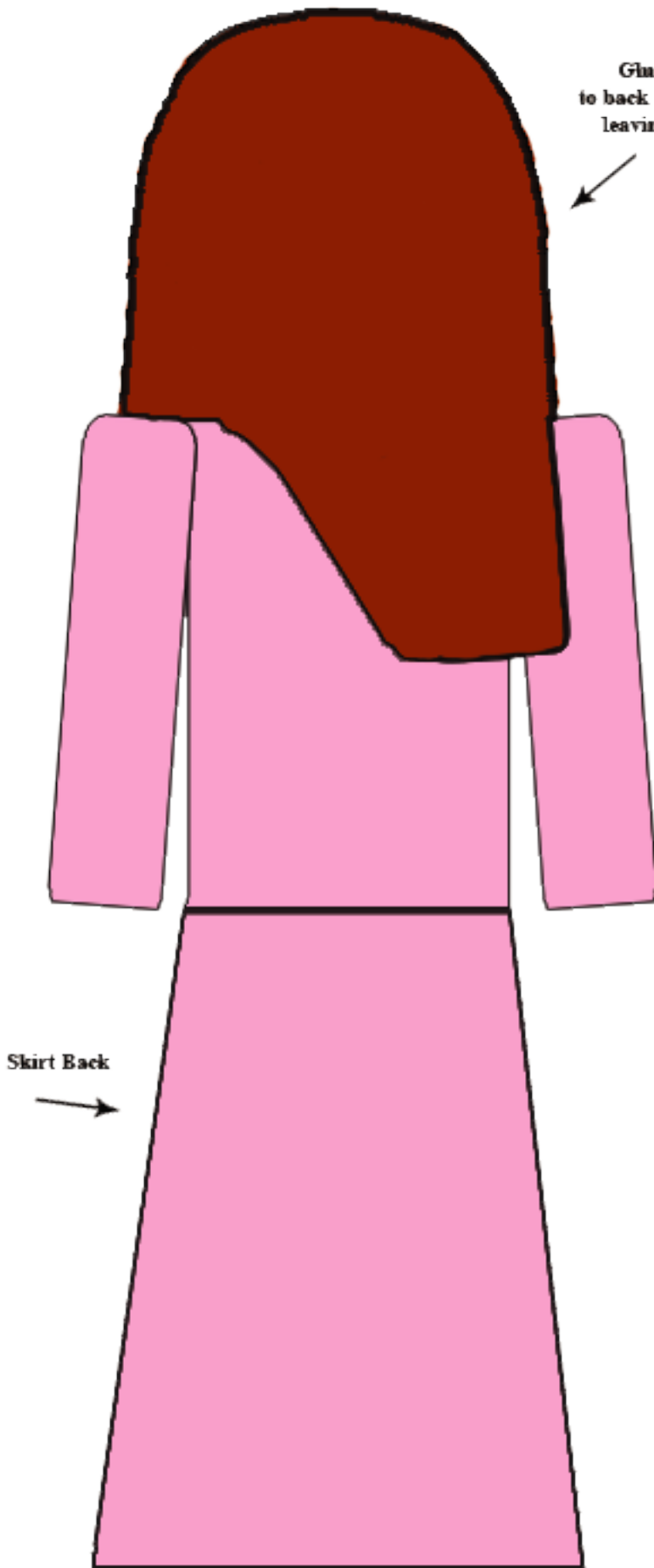


Attach arms at black dots with brass fasteners



Skirt Front







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## Treat Time

## Praying Arms Pretzels

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**Prep Time:** 15 minutes  
**Rise Time:** 1 Hour  
**Bake Time:** 5-8 minutes



**Ingredients:** 2 teaspoons active dry yeast  
1 teaspoon white sugar  
3/4 cups warm water  
2 1/2 cups flour  
1/3 cup sugar  
1 teaspoons salt  
2 tablespoon vegetable oil  
1/4 cup baking soda  
2 cups boiling water  
Melted butter & course salt

**Instructions:** In a small bowl, dissolve yeast and 1 teaspoon sugar in warm water. Let stand for 10 minutes. In large bowl, mix together flour, 1/2 cup sugar, and salt. Make a well in the center; add the oil and yeast mixture. Mix until blended, then knead for 5 minutes. Place the dough into a large oiled bowl. Turn the dough until lightly coated with oil. Cover with plastic wrap and let rise for 1 hour in a warm place. Preheat oven to 450 degrees F. In a large bowl, dissolve baking soda in boiling water.

Treat Time: Divide dough into 6-8 equal parts. Give each family member a piece of dough. Roll each piece into a rope and twist into praying arm shapes (see diagram).

Dip each pretzel into the boiling baking soda water for about a minute to a minute and a half. Remove with slotted spoon and place on a greased cookie sheet. Bake in preheated oven for five to eight minutes. Remove from oven and coat tops with melted butter and sprinkle with coarse salt.

(A pretzel is a treat that is twisted into a knot-like shape to resemble two arms folded for prayer.)

