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*Living Scriptures*  
STREAMING

## A Day of Warning

### Doctrine and Covenants 63

#### Objectives:

- Discuss why it is important to keep the commandments, why the Lord chastises us at times, and how we can be humble and repent.

#### Reinforces Principles of:

- Obedience, Repentance

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## Reverence Time

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**Song:** "Keep the Commandments" Children's Songbook, page 146

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/keep-the-commandments>

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**Scripture:** Doctrine and Covenants 63:63

"Wherefore, let the church repent of their sins, and I, the Lord will own them; otherwise they shall be cut off."

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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-warning>

### Lesson

#### Summary:

In section 63, the Lord warns the church of wickedness and rebellion. Some are seeking for signs, some are committing adultery, and some are mocking sacred things, including using the Lord's name in vain. The Lord reminds the church of the blessings that come from keeping the commandments, and warns them of the dangers of not keeping the commandments.

Even though the Lord sometimes chastens us to remind us that we're making poor choices, he offers us the gift of repentance so we can make things right again. It's important to learn to be humble enough to realize when we've sinned and be willing to repent and turn our hearts to the Lord so he can help us get back on the right path.

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#### Quote:

*"What relief! What comfort! What joy! Those laden with transgressions and sorrows and sin may be forgiven and cleansed and purified if they will return to their Lord, learn of him, and keep his commandments" Spencer W. Kimball*

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#### Questions:

Why is it important not to use the Lord's name in vain?

How can we treat sacred things with reverence?

Why is it important to keep the commandments?

How does the Lord chasten us?

What do we need to do to begin the process of repentance?

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## Activity Time

## Turning Bitter to Sweet

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**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:**  
2/3 Cup Ice water per person (in a pitcher)  
1/3 Cup Sugar syrup per person (prepared as directed below)  
2 Tablespoons Lemon juice per person (4-6 lemons)  
1 Glass for each person  
1 spoon for stirring (or a spoon for each person)

**Preparation:** Prepare the sugar syrup as directed in the Repent-aid (Lemonade) recipe included in the "Treat Time" section of this lesson.

**Activity:**

1. Pour 2/3 cup water into each glass. Have each person take a sip of water.  
Ask "How does the water taste?" (Pure, clean, refreshing, etc...)  
Explain that the water represents us after we have been baptized.
2. Add 2 Tablespoons Lemon juice into each glass and stir with spoon.  
Have each person take a sip.  
Ask "How does it taste now?" (Bitter, bad, icky, etc..)  
Explain that the lemon juice represents sin.
3. Add 1/3 cup Sugar syrup to each glass and stir with spoon.  
Have each person take a sip.  
Ask "How does it taste now?" (Sweet, good, etc...)  
Explain that the syrup represents repentance.

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## Treat Time

*Repent-aid*

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**Prep Time:** 10 minutes  
**Cool Time:** 15 minutes

**Ingredients:** 1 cup water  
2 cups sugar  
Juice from 4-6 lemons  
4 cups cold water



**Instructions:** Blend 1 cup water and 2 cups sugar in a small saucepan (this amount serves 6). Bring to a boil, stirring frequently, until sugar dissolves completely. Refrigerate for at least 15 minutes to cool. Squeeze the juice from the lemons into a glass or jar. Pour ice water into a pitcher.

During the “Activity Time” section of this lesson combine sugar syrup, juice, and water.