

# Come, Follow Me

with

*Living Scriptures*  
STREAMING

## Integrity of Heart

Doctrine & Covenants 124

### Objectives:

- Discuss what integrity is and why it is important to have integrity of heart. Discuss the importance of temples.

### Reinforces Principles of:

- Integrity & Temples

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## Reverence Time

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**Song:** I Love to See the Temple, Children's Songbook page 95

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/i-love-to-see-the-temple>

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**Scripture:** Doctrine & Covenants 124:15

"And again, verily I say unto you, blessed is my servant...; for I, the Lord, love him because of the integrity of his heart, and because he loveth that which is right before me, saith the Lord."

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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-integrity>

### Lesson

#### Summary:

After escaping Missouri, the Saints found a place to settle in Illinois. It was a swampy place, but they named it “Nauvoo” which means “beautiful” in Hebrew. They drained the swamps and began to build their city. In a revelation through the prophet Joseph Smith, the Lord told the Saints to build a safe, comfortable boarding house for visitors to the city. Although the Saints had been treated poorly, the Lord encouraged them to welcome others into their city.

The Lord also commanded the Saints to build a new temple in Nauvoo. In the temple the Saints would be able to perform sacred ordinances, such as baptisms for the dead, washings, and anointings.

In this revelation, the Lord also spoke specifically to several individuals, including Hyrum Smith, Joseph’s older brother. The Lord said that He loved them and trusted them because of the integrity of their hearts. He promised them many blessings if they would continue to do the work and receive the counsel of the Lord.

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#### Quote:

*“I love both ancient and modern-day scriptures that use the phrase ‘integrity of heart’ when describing a righteous person’s character. Integrity or the lack of integrity is a fundamental element of one’s character. Men who have ‘integrity of heart’ are men to be trusted—because trust is built on integrity. Being a man of integrity simply means your intentions, as well as your actions, are pure and righteous in all aspects of your life, both in public and in private.” Richard J. Maynes*

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#### Questions:

- What does it mean to have “integrity of heart”?
- How can we show integrity in our lives?
- Why did the Lord ask the Saints to build a boarding house?
- Why did the Lord ask the Saints to build a new temple?
- How can having integrity help us be prepared to enter the temple?

**Description:** The Saints had to prepare themselves to build and enter the new temple. Learn what we can do to be prepared to enter the temple with this activity.

**What you need:** ■ A copy of the “Building Temples” artwork for each child, scissors, tape

**Preparation:**

1. Print out the artwork
2. Cut along dotted lines
3. Fold along solid lines

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

1. Ask: If we will all be resurrected and live again, why do we need to be baptized, keep the commandments, repent and receive temple ordinances? (Discuss ideas.)
2. Ask: Why is it important to live worthily to go to the temple? (Discuss ideas.)  
“Temples of The Church of Jesus Christ of Latter-day Saints are sacred structures... Each is dedicated as a house of the Lord, a place of holiness and peace shut apart from the world. There truths are taught and ordinances are performed that bring knowledge of things eternal and motivate the participants to live with an understanding of our divine inheritance as children of God and an awareness of our potential as eternal beings.” *President Gordon B. Hinckley, Why These Temples?* © Intellectual Reserve, Inc. All rights reserved.
3. Play the “Building Temples” activity: (See instructions on next page.)



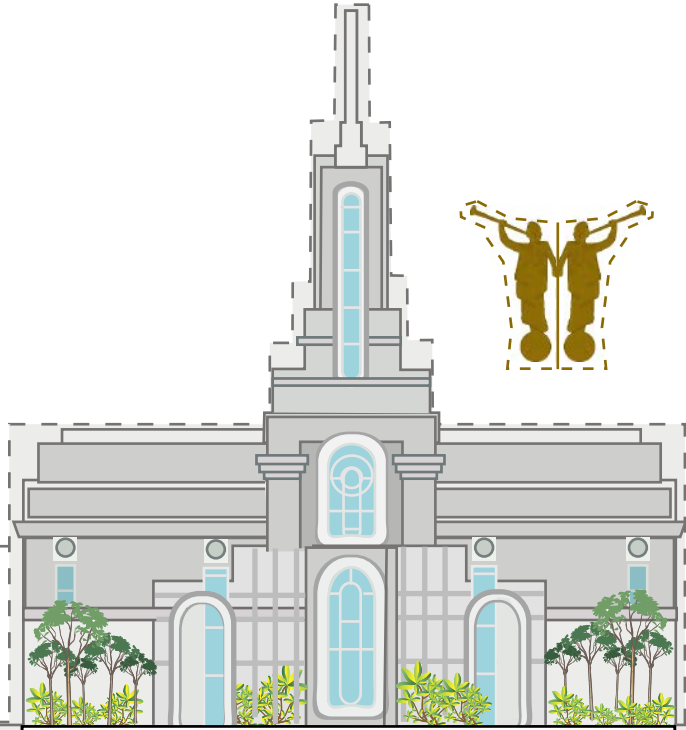
# **“Building a Temple” Activity Instructions**

**We build temples for:**

- 1. Fold in tab A & B. Tape together to build walls. (Always apply tape to both sides.)**  
**The endowment ordinance (gift): In the temple we receive our own endowment (gift) from our Heavenly Father that helps prepare us for eternal life with Him.**
- 2. Fold in tab C & D. Tape together to build walls.**  
**The sealing ordinance: In the temple, sealing ordinances are performed to help us be together forever as families. If a couple is married in the temple, all of their future children are also sealed to them. Families who have not yet been sealed should prepare to go to the temple. To be a family forever is a blessing given to those who are sealed in the temple and keep the promises they make there.**
- 3. Fold in tab E. Tape part G to top to build roof.**  
**Baptisms for the dead: In the temple we can be vicariously (done by somebody as a substitute for someone else) baptized for people who have died and were not able to receive this ordinance while they lived on earth.**
- 4. Fold in tab F. Tape part G to top to build roof.**  
**Endowment for the Dead: In the temple we can also be endowed vicariously for people who have died and were not able to receive this ordinance while they lived on the earth.**
- 5. Fold and tape the Angel Moroni together to form a pocket. Slide onto steeple.**  
**Sealing for the Dead: In the temple we can also be sealed vicariously for families who have died and were not able to receive this ordinance while they lived on the earth.**

**Preparing to go to the temple:**

**Explain to your children that obeying these commandments will help them be worthy to go to the temple when they are older. (Read and discuss the words on the cards together. If time permits let children draw an illustration on the back of each card. Put cards into your temples with a promise to prepare and keep yourself worthy to go to the temple.**



**A. Endowment.**  
Fold in.

**B. Endowment.**  
Fold in.

**F. Endowment for the Dead.**  
Fold in and then tape part "H" on top.

**E. Baptisms for the dead.**  
Fold in and then tape part "G" on top.

**D. Sealing.**  
Fold in.

**C. Sealing.**  
Fold in.

**H. Tape on top of tab "F".**

**G. Tape on top of tab "E".**

And verily, verily,  
I say unto you,  
that whatsoever  
you seal on earth  
shall be sealed  
in heaven;  
and whatsoever

you bind on earth,  
in my name and  
by my word, saith  
the Lord, it shall be  
eternally bound  
in the heavens;...  
(D&C 77:46)

**PRAY**

**OBEY  
PARENTS**

**LOVE  
ONE  
ANOTHER**

**GO TO  
CHURCH**

**PAY  
TITHING**

**KEEP  
THE  
WORD  
OF  
WISDOM**

BE  
HONEST

BE  
CHASTE

SERVE  
OTHERS

READ  
SCRIPTURES

GAIN  
AND  
SHARE  
TESTIMONY

HONOR  
YOUR  
CHURCH  
LEADERS

**Prep Time:** 10 minutes  
**Bake Time:** 25-30 minutes

**Ingredients:** Heart mixture:  
1/2 cup butter  
1 teaspoon sugar  
1/2 teaspoon salt  
1 cup flour

Cream Filling:  
2 cups Whipped Topping–thawed  
1 teaspoon almond extract  
4 large eggs

Raspberry Filling:  
1 (21 oz.) can Raspberry Pie Filling

**Instructions:** Preheat oven to 375 degrees. Bring butter, sugar, salt and 1 cup of water to a boil in a saucepan. Stir in flour, and cook over medium-high heat, stirring constantly, for three minutes. Cool for 1 minute. Add eggs one at a time to the butter mixture, beating after each egg until smooth. Flatten dough to 2–3 inches thick. Cut into heart shapes. Bake on an ungreased baking sheet until golden brown. Approximately for 25-30 minutes. Let cool. Slice each puff in half horizontally.

Treat Time: Give each family member a heart to fill with whipped cream and raspberries. Sprinkle tops with powdered sugar.

