



Come, Follow Me
with
Living Scriptures
STREAMING

The Powers of Heaven

Doctrine & Covenants 121-123

Objectives:

- Discuss how the Savior can help us through our trials, and what is required to use the powers of heaven (priesthood).

Reinforces Principles of:

- Faith in Trials

Reverence Time

Song: Jesus Once was a Little Child, Children's Songbook page 55

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/jesus-once-was-a-little-child>

Scripture: Doctrine & Covenants 121:7-8

"My son, peace be unto thy soul; thine adversity and thine afflictions shall be but a small moment; And then, if thou endure it well, God shall exalt thee on high; thou shalt triumph over all thy foes."

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

Lesson

Summary:

As Joseph Smith and a few of his brethren sat in the cold, dark basement of Liberty Jail, Joseph prayed for God to help them and the suffering Saints who were being cruelly persecuted. The Lord spoke peace to Joseph, telling him that his afflictions would "be but a small moment." It didn't seem like a small moment at the time, but the Lord sees a bigger picture. He said to Joseph, "all these things shall give thee experience, and shall be for thy good," and reminded him that "the Son of Man hath descended below them all."

The Savior knows our trials and He knows how we feel. He has power to help us endure our trials and help them to be "for our good."

The Lord also taught Joseph about the powers of heaven, or the priesthood power. The priesthood can only be handled in righteousness. Those who use priesthood power must do so in kindness, gentleness, meekness, and love.

Quote:

"In the depths of his anguish in Liberty Jail, the Prophet Joseph Smith cried out: 'O God, where art thou? And where is the pavilion that covereth thy hiding place?' Many of us, in moments of personal anguish, feel that God is far from us. The pavilion that seems to intercept divine aid does not cover God but occasionally covers us. God is never hidden, yet sometimes we are, covered by a pavilion of motivations that draw us away from God and make Him seem distant and inaccessible... Our feelings of separation from God will diminish as we become more childlike before Him. God is close to us and aware of us and never hides from His faithful children." Henry B. Eyring

Questions:

How did Joseph Smith feel while he was in Liberty Jail?
What did the Lord tell him to help him feel peace?
What messages from these scriptures can help us when we face trials?
How should those who use priesthood power act?

Description: Discuss obstacles your family might face. Guide blindfolded family members around paper "obstacles" to demonstrate that because the Lord can "see" the "big picture" better than we can, He can help us know the right way to go.

What you need: ■ A copy of the "Overcoming Obstacles" activity, scissors, a marker, a blindfold

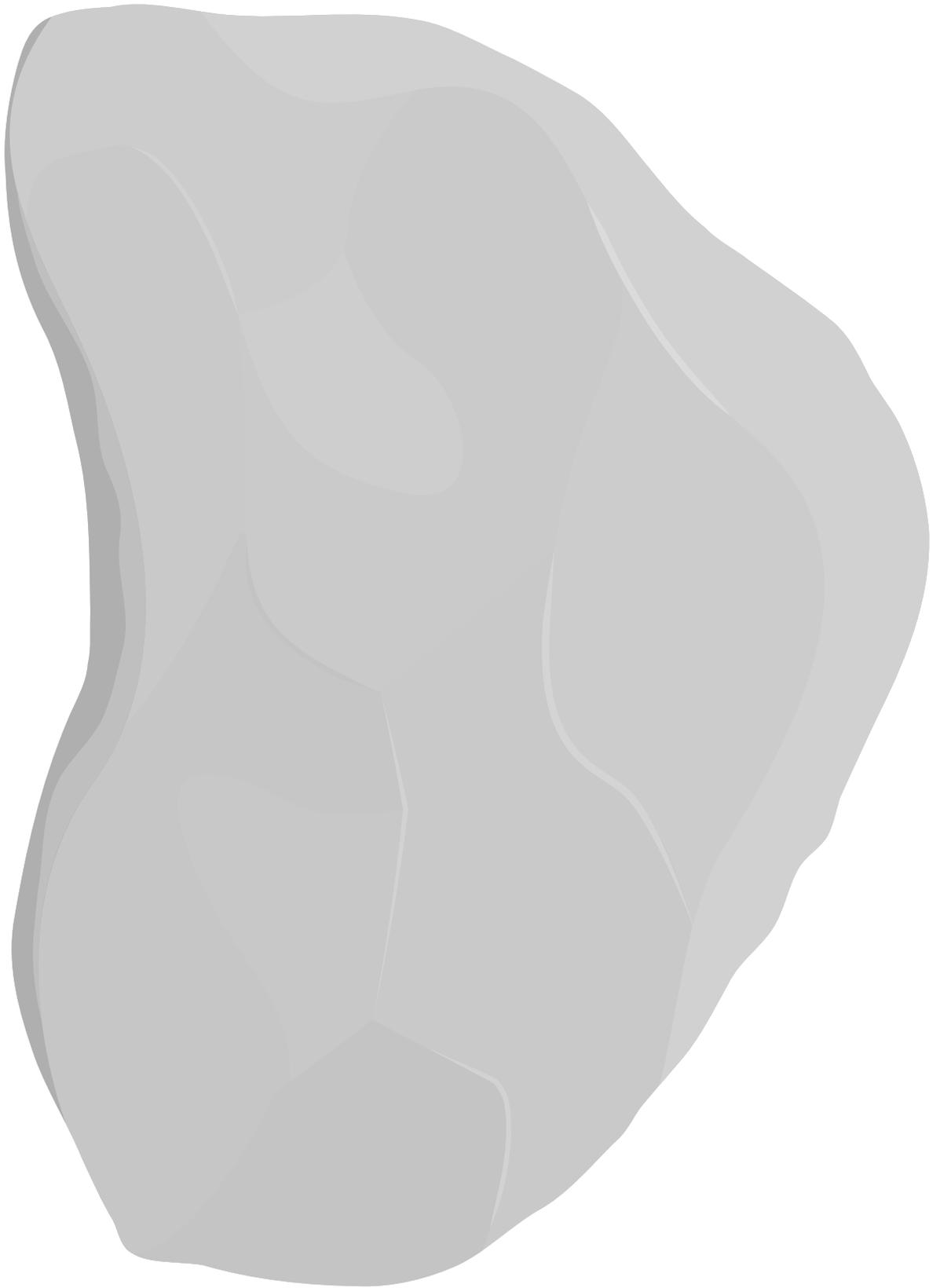
Preparation: 1. Print several of the "rock" pages, at least as many as you have family members.
2. Cut out the rocks if desired.

Activity: **Setting up the Game:** We must face obstacles in this life, but the Lord has promised that He will help us to overcome them. Help each family member come up with something that could be an obstacle they might face, like sickness, sin, bullies, etc. Give each family member a rock paper, and write down what they came up with on the rock paper. If desired, write more ideas on rock papers. (More rocks will help make the game a little more challenging.)

Game Instructions: The rocks will be your obstacles. Spread the rocks across the room. The object is for each family member to cross the room one at a time without touching any of the obstacles while blindfolded. A parent will help to guide the family member from one side of the room to the other. For older children, the parent could give verbal directions. For small children, the parent might hold their hand to guide them. You might also try crossing the room blindfolded without a guide to see how much more difficult it is to avoid obstacles on your own.

Think about it: Just like in the game, we need help to deal with the obstacles we face in our lives. If we trust in the Lord, he can guide us through our trials and help us to overcome them. Our trials and obstacles may not be taken away, but the Lord can support us and help us.





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.