

OLD TESTAMENT 2022



Come, Follow Me
with
Living Scriptures
STREAMING

I Am a Child of God

Moses 1; Abraham 3

Objectives:

- Learn about our pre-earth life and understand that we are children of God.

Reinforces Principles of:

- Divine Nature

Reverence Time

Song: I Am a Child of God, Children's Songbook page 2

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/i-am-a-child-of-god>

Scripture: Moses 1:39

"For behold, this is my work and my glory—to bring to pass the immortality and eternal life of man."

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

Lesson

Summary:

Moses saw a vision where the Lord told him that he was a son of God. That knowledge helped him to overcome the temptations of Satan which followed the inspiring revelation. Moses had learned that he could call on the name of the Lord when he needed help.

Abraham saw a vision where he also learned that he was a son of God, and he saw many things the Lord had created. Abraham saw our pre-earth life. The Lord told Abraham that he was chosen before he was born to be one of the "noble and great ones." Abraham was taught that Jesus Christ was chosen to be our Savior, and that the earth was created as a place where we could learn and be tested.

Heavenly Father loves us, and it is His work and glory to help us return to Him.

Quote:

"There is much we can learn from Moses's mighty response to temptation from the adversary. I invite you to respond in the same way when you feel influenced by temptation. Command the enemy of your soul by saying: 'Go away! You have no glory. Do not tempt or lie to me! For I know I am a child of God. And I will always call upon my God for His help.'" Gary E. Stevenson

Questions:

Why is it important to know that we are children of God?

How can we resist the temptations of Satan?

How did we get the books of Moses and Abraham?

Activity Time

Tools to Resist Temptation

Description: Learn about the different tools Heavenly Father gives us to resist Satan's temptations.

What you need:

- A copy of the "Tools to Resist Temptation" activity (artwork included with this lesson), scissors, glue.

Preparation:

1. Print out the artwork.
2. Assemble according to directions*.

Activity:

Ask: What are some of the tools Heavenly Father has given us to resist temptation?

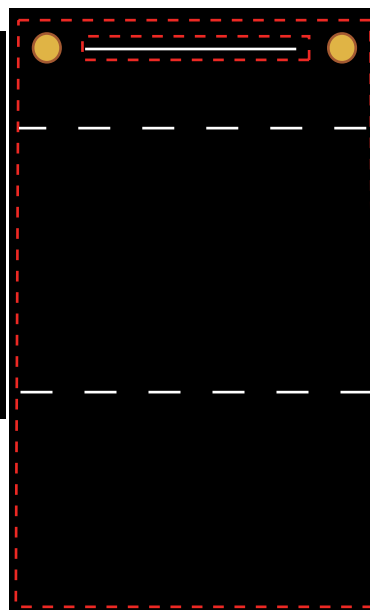
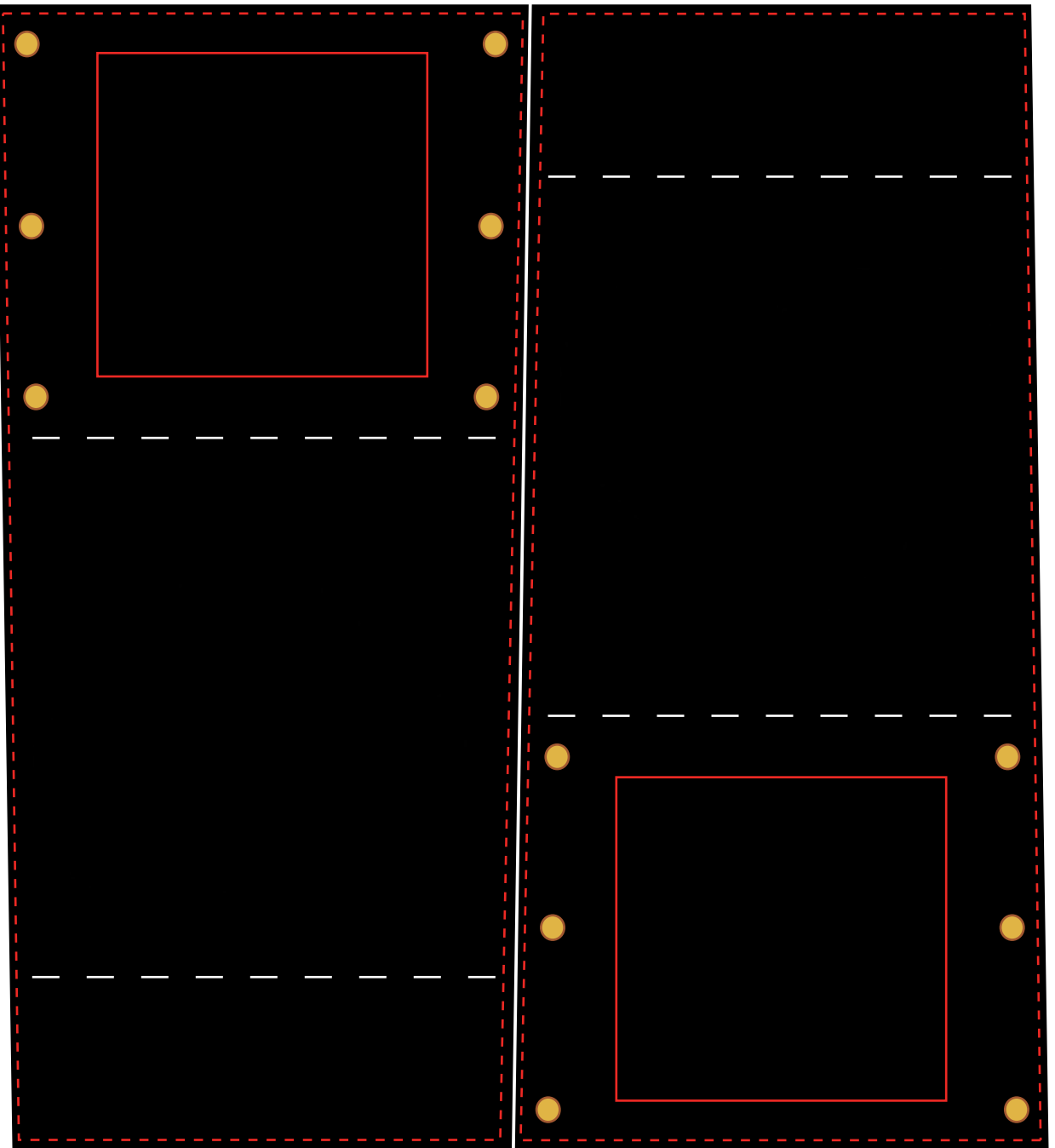
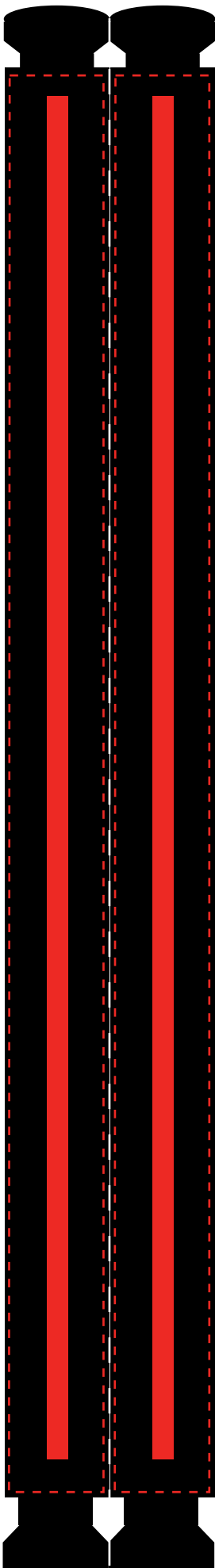
Hand out the tools to family members. Let each family member take turns reading the caption of a tool and placing it in the tool belt. Ask: How will this help us to resist temptation?

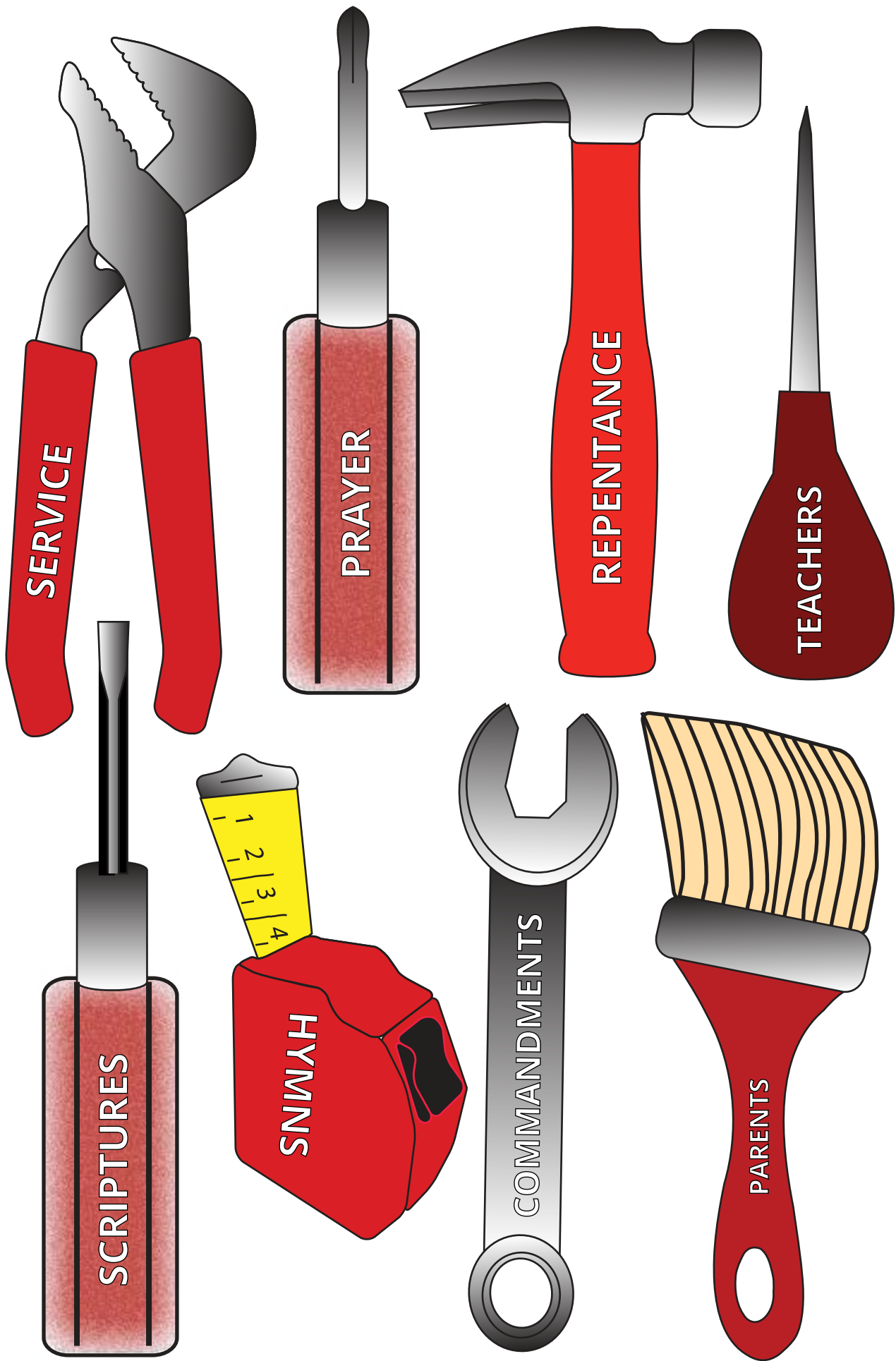
Explain that people often keep tools in a tool belt so they are easily accessible. Ask: How can we make sure these tools are easily accessible to us when we need them?

***Toolbelt Assembly Directions**

1. Fold along white dotted lines with printed sides facing out.
2. Glue belt together. Set aside.
3. Place a thin line of glue along top edge of the two large pockets and the small hammer ring, leaving sides open so belt can slide through.
4. Place a thin line of glue along the sides and bottom of the small pockets. Following the red guide, glue to large pockets.
5. Place a thin line of glue along the sides of the large pockets and glue together.
6. Place a thin line of glue along the edges of the hammer ring and glue together.
7. Cut along the solid white line on the hammer ring.
8. Assemble tool belt during step number nine of the activity, by sliding the belt through a pocket, then through the hammer ring and then through another pocket. Slide a finger along the bottom edges of the pockets to make them slightly curl so that your tool belt will stand up.







Prep Time: 15 minutes
Rise Time: 30 minutes
Bake Time: 7-10 minutes
Cool Time: 15 minutes



Ingredients: 2 cups all-purpose flour
1/4 teaspoon baking powder
1/4 teaspoon salt
1 cup butter (softened)
1/2 cup powdered sugar
1/2 teaspoon vanilla extract
Icing and small candies to decorate

Instructions: Preheat oven to 350 degrees F. Sift the flour, baking powder, and salt into a bowl and set aside. In a mixing bowl cream the butter until light and fluffy. Add the powdered sugar and continue to beat. Scrape down the sides of the mixing bowl once or twice while you are mixing. Beat in the vanilla extract. Slowly add the flour mixture. Mix on low until everything comes together into a thick dough. Turn the dough out onto a floured surface. Press the dough out into a flat patty an inch thick. Wrap in plastic and chill completely in the refrigerator for about thirty minutes. After the dough is chilled, roll the dough out to 1/2-inch thick. Cut the dough into small bite size shapes with cookie cutters or a knife. Place on a parchment lined baking sheet. Bake for 7 to 10 minutes, or until the bottoms of the cookies are barely golden (watch carefully; cookies burn easily). Place pan on wire rack and cool completely.

Treat Time: Have family members decorate the shortbread children to look like themselves with icing and small candies.