

Come, Follow Me

with
Living Scriptures
STREAMING

The Creation

Genesis 1-2; Moses 2-3; Abraham 4-5

Objectives:

- Learn about how our earth was created and why.

Reinforces Principles of:

- Creation

Reverence Time

Song: My Heavenly Father Loves Me, Children's Songbook page 228

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/my-heavenly-father-loves-me>

Scripture: Moses 2:1

"And it came to pass that the Lord spake unto Moses, saying: Behold, I reveal unto you concerning this heaven, and this earth; write the words which I speak. I am the Beginning and the End, the Almighty God; by mine Only Begotten I created these things; yea, in the beginning I created the heaven, and the earth upon which thou standest."

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

Lesson

Summary:

Part of Heavenly Father's plan for us was to create an earth where we could learn, grow, and progress. There we would gain physical bodies. Through Jesus Christ, the earth was created.

On the first day, the darkness was divided from the light. On the second day, the heavens were divided from the earth. On the third day, the dry land was divided from the sea and plants were planted in the earth. On the fourth day, the sun, moon, and stars were placed. On the fifth day, animals were placed on the earth. On the sixth day, man was placed on the earth. God beheld that all of these creations were very good. Adam and Eve were the first people to live on the earth. They were created in the image of God.

On the seventh day, the Lord rested from His labors and blessed the seventh day. The seventh day of each week is the Sabbath day and we have been commanded to keep it holy as a day when we can rest and remember God.

Quote:

"The Lord took great care in explaining to Moses the order in which He created the earth. First, He started by dividing the light from the darkness, then water from dry land. He added plant life and animals before introducing to the newly formed planet His greatest creation: humankind, beginning with Adam and Eve.... The Lord was pleased. And He rested on the seventh day. The sequential order in which the earth was created gives us a glimpse not only of what is most important to God but also why and for whom He created the earth." Vaiangina Sikahema

Questions:

Why was the earth created?

Who created the earth?

What was created on each "day" of the creation?

Why is it important to know that we are created in God's image?

Why is the Sabbath day a special day? What should we do on the Sabbath day?

Activity Time

Salt Dough Creations

Description: Let family members create animals, plants, rocks, rivers, and more with this salt dough as they remember all of God's creations.

What you need:

- A copy of the recipe for "Salt Dough Creations" (included with this lesson), flour, salt, water

Preparation: 1. Mix 2 cups of flour, 1 cup of salt, and 3/4 cups of water. Knead until smooth. Add up to 1/4 cup additional water one tablespoon at a time if needed to create a smooth dough.

Activity:

Ask: What are some of the things that Heavenly Father and Jesus Christ created for us?

Encourage family members to choose one or two of Heavenly Father's creations to shape out of dough. Dough creations can be left to dry, or dough can be placed into an air-tight container for later use. Dispose of dough after 1 week if not dried. Dried dough creations can be painted if desired.



Prep Time: 10 minutes
Cook Time: 10 minutes
Chill Time: 15 minutes



Ingredients: **Crust**

3 ounces cream cheese, softened
1/2 cup butter, softened
1 cup all-purpose flour
15 drops yellow food coloring

Filling

1 (14 ounce) can sweetened condensed milk
1/3 cup lemon juice
2 (10 ounce) container frozen whipped topping, softened
20 drops yellow food coloring

Instructions: Crust: Preheat oven to 325 degrees F. Blend with electric mixer, cream cheese with the butter. Stir in flour just until mixed well. Chill for 15 minutes. Dough can be made ahead and chilled for up to 24 hours.

Treat Time: Divide dough into 12 balls. Give each family member one ball. Press or roll into a four inch circle. Pinch around edges into points to make sun rays. Press into muffin cups. Pierce bottoms and sides of crusts with fork. Bake for 10 minutes, or until light brown. Prepare filling while crusts bake.

Filling: Mix together until smooth the sweetened condensed milk, lemon juice and 15 ounces whipped topping. Reserve 5 ounces of whipped topping for garnish. Pour into baked shells. If you are not going to eat immediately, cool crust before adding filling. Top your suns with clouds if desired (the reserved 5 ounces of whipped topping).