

OLD TESTAMENT 2022

Come, Follow Me

with
Living Scriptures
STREAMING

Free to Choose

Genesis 3-4; Moses 4-5

Objectives:

- Learn about Adam and Eve and the importance of agency and making right choices..

Reinforces Principles of:

- Agency

Reverence Time

Song: Choose the Right Way, Children's Songbook page 160

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/choose-the-right-way>

Scripture: Moses 5:10-11

"And in that day Adam blessed God and was filled, and began to prophesy concerning all the families of the earth, saying: Blessed be the name of God, for because of my transgression my eyes are opened, and in this life I shall have joy, and again in the flesh I shall see God. And Eve, his wife, heard all these things and was glad, saying: Were it not for our transgression we never should have had seed, and never should have known good and evil, and the joy of our redemption, and the eternal life which God giveth unto all the obedient."

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

Lesson

Summary:

When Adam and Eve were in the Garden of Eden, they were told that they shouldn't eat of the fruit of one of the trees in the garden. If they did, they would be cast out of the garden. Satan came to Eve to tempt her, telling her that if she ate of the fruit, she would know good and evil. Eve chose to eat the fruit. Adam, knowing Eve would be cast out, decided to eat the fruit also. They hid from the Lord, but He knew what they had done. Satan was cursed because of what he did, and Adam and Eve had to leave the Garden of Eden.

Even though life became much more difficult for Adam and Eve, they could now understand good and evil, joy and pain, and they could have children. Their choice made it possible for us to come to earth. It was part of God's plan.

Adam and Eve's children would also be able to make choices. Some made good choices. Abel listened to the Lord and tried to keep the commandments. He took care of the sheep and offered one of the firstlings of his flock as a sacrifice as the Lord had taught. Some made bad choices. Abel's brother Cain grew crops. Cain offered his crops as a sacrifice, but that wasn't what the Lord had taught. His sacrifice wasn't accepted, and Cain was jealous. He loved Satan more than God. Satan tempted Cain to kill his brother so he could have the flocks. Cain was shut out from the presence of the Lord and cursed.

We have the ability to make choices. We can choose whether or not we follow the commandments of God. Our consequences are based on our choices.

Quote:

"Our agency—our ability to choose and act for ourselves—was an essential element of this plan. Without agency we would be unable to make right choices and progress. Yet with agency we could make wrong choices, commit sin, and lose the opportunity to be with Heavenly Father again. For this reason a Savior would be provided to suffer for our sins and redeem us if we would repent." Robert D. Hales

Questions:

Who tempted Eve to eat the fruit?

What happened when Adam and Eve ate the fruit?

Why is it important for us to be able to make our own choices?

What happens when we make a good choice? What happens when we make a bad choice?

Activity Time

What Should I Wear?

Description: During this activity your children will not only have fun deciding what these cute paper dolls should wear, but they will find that learning to dress appropriately will help them to learn about using their agency and making good decisions throughout their lives.

What you need:

- A copy of the “What Should I Wear” activity (boy or girl paper doll and wardrobe for each child (artwork included with this lesson,) scissors, glue, cardstock and tape. Optional: Laminating sheets.

Preparation:

1. Print out the artwork.
2. Glue boy and girl patterns and stands to cardstock.
3. Optional: Laminate all pages.
4. Cut out.
5. Use double sided tape or pieces of rolled tape to attach clothes to paper dolls.

Activity:

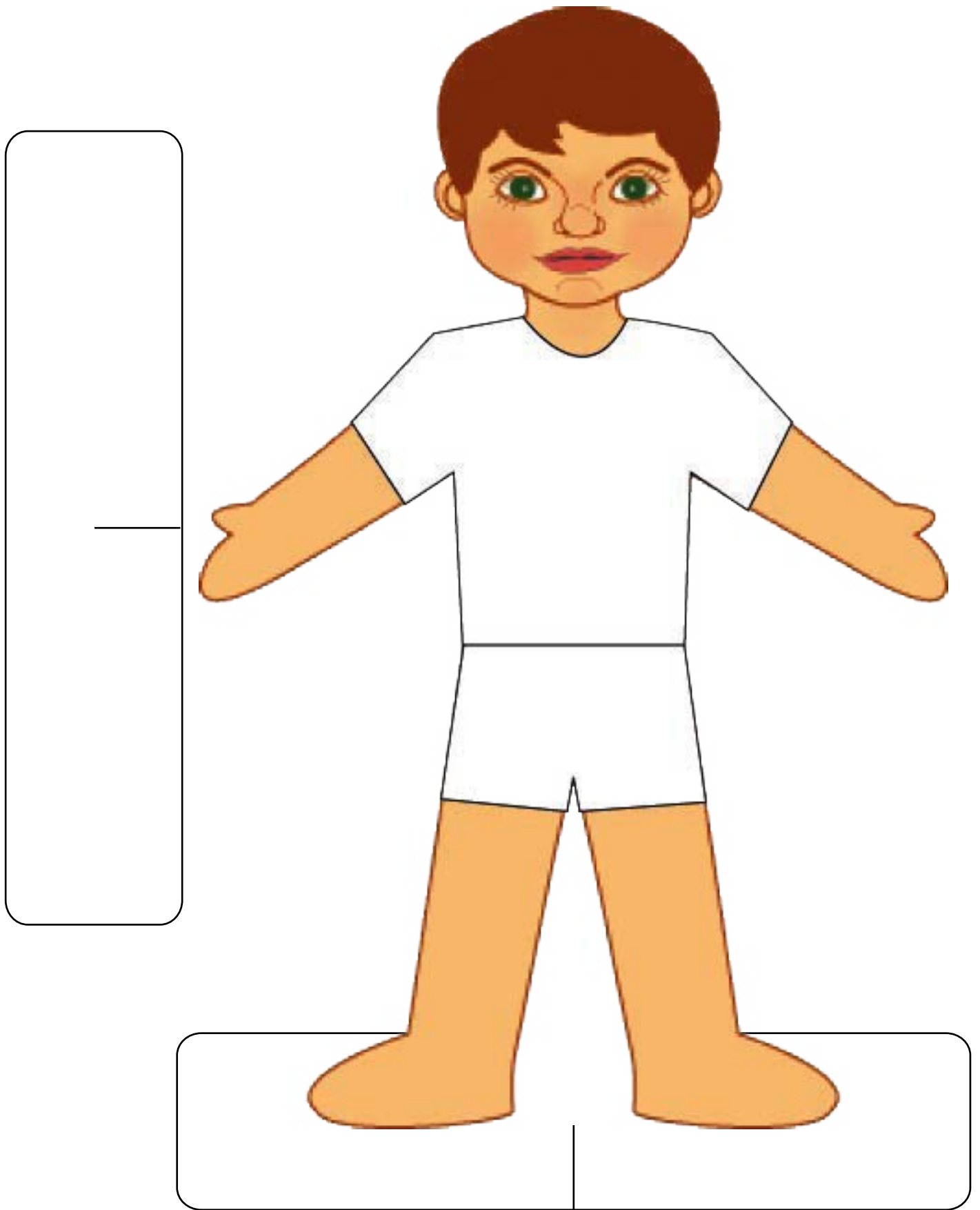
Explain: One of the first decisions that we learn to make is what clothes we are going to wear. This might seem like a simple decision, but like every decision there are consequences. Learning to dress ourselves when we are young helps us to learn how to make good decisions. We can learn how making little decisions will help prepare us for making bigger decisions and using our agency wisely.

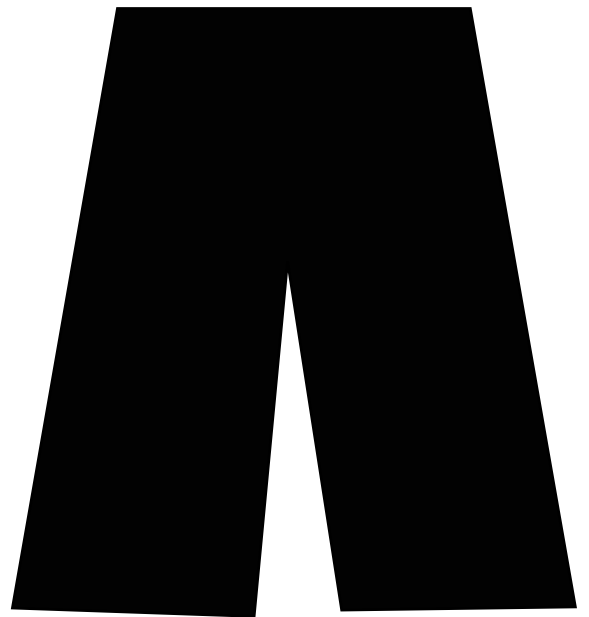
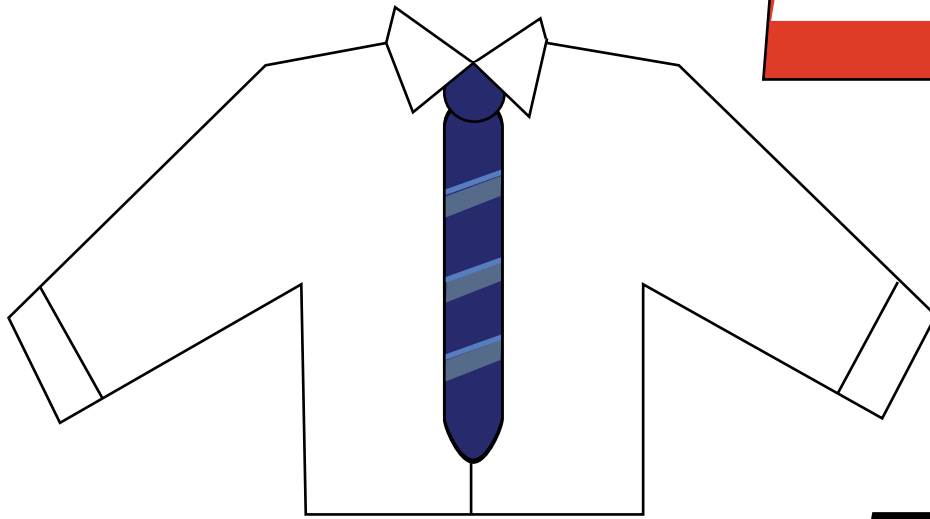
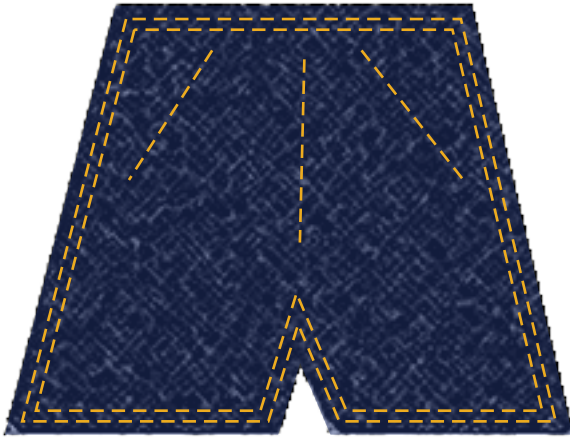
Ask: Why is it important what we choose to wear? (Discuss ideas. Example: Dress appropriately for the occasion and for the weather, dress modestly, dress comfortably, etc.)

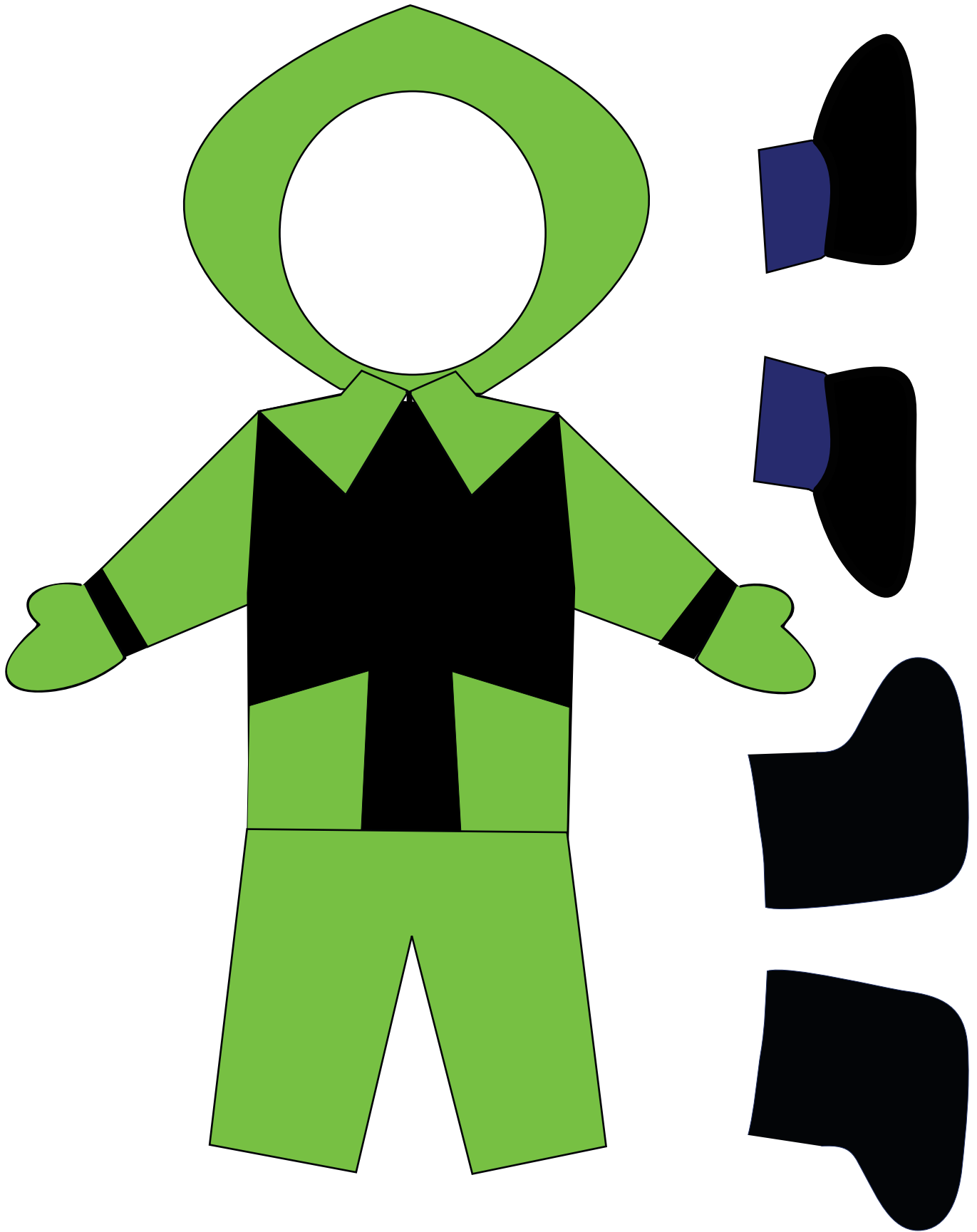
Ask: What are some the consequences that we face when we choose what to wear? (Discuss ideas. Example: Too hot or cold, not showing respect or disappointing Heavenly Father, uncomfortable, etc.)

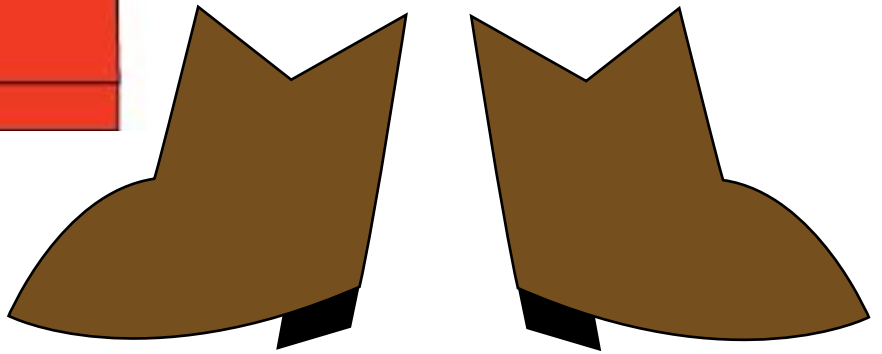
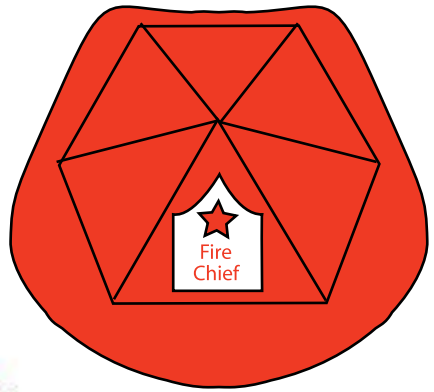
Give each child a paper doll and set of clothes. Give examples and then have your children dress their paper dolls appropriately and inappropriately.

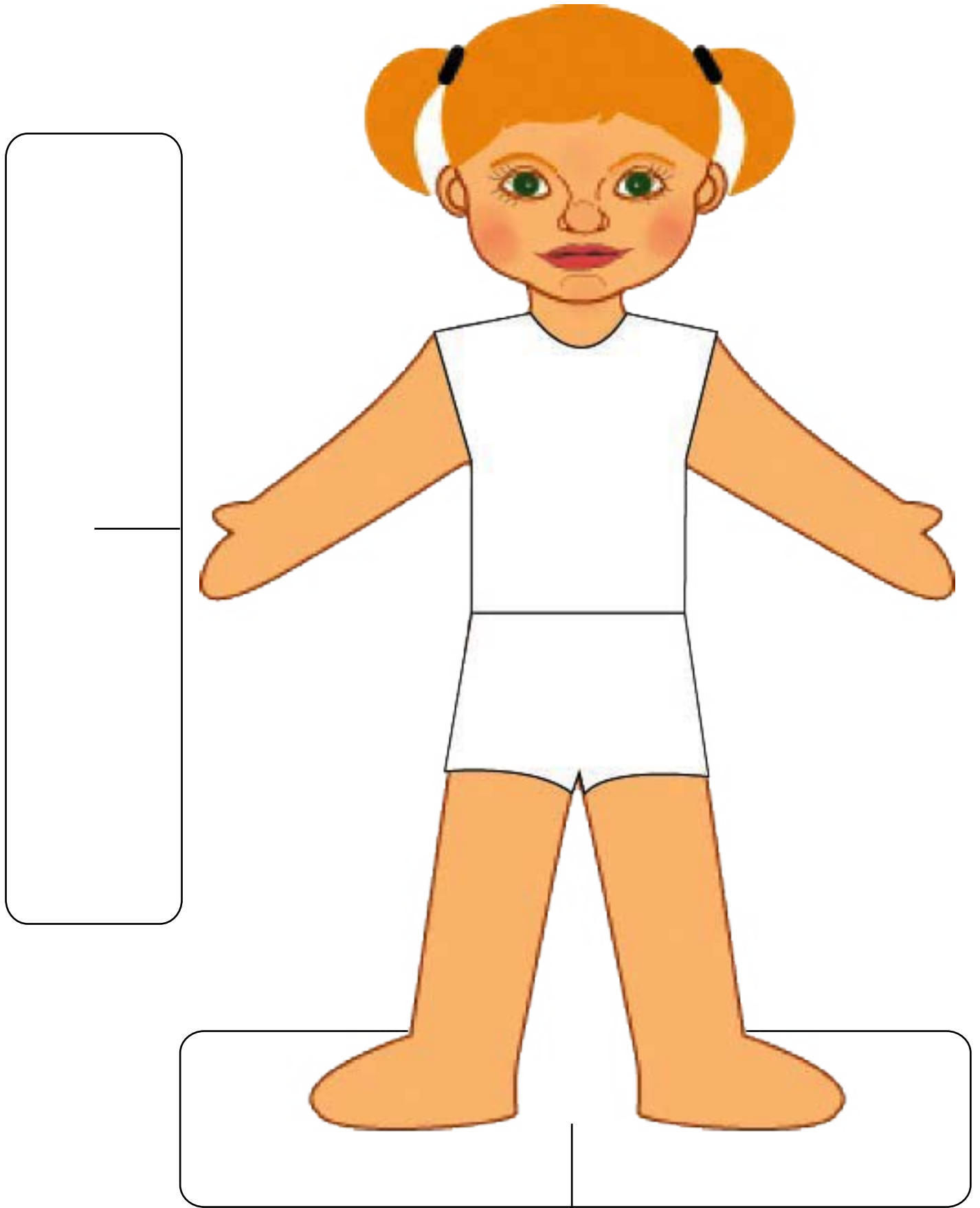
Example: What would you wear to church? What wouldn't you wear to church? Discuss reasons and consequences.

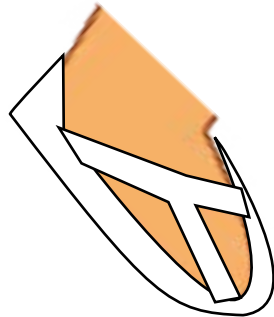
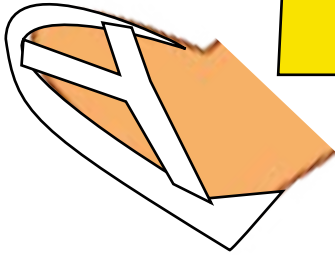
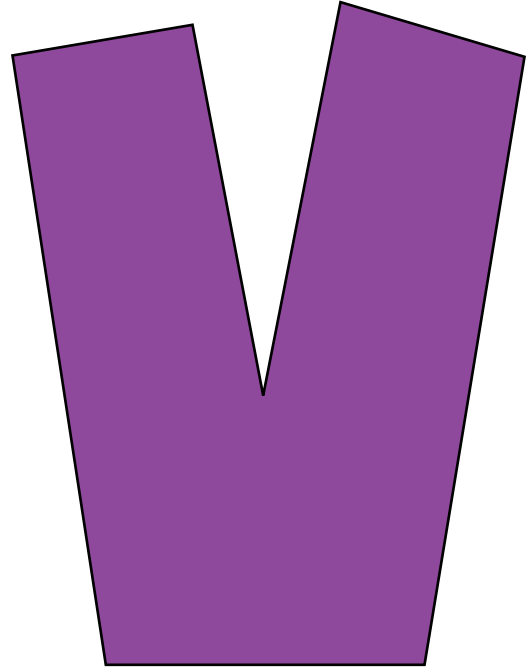
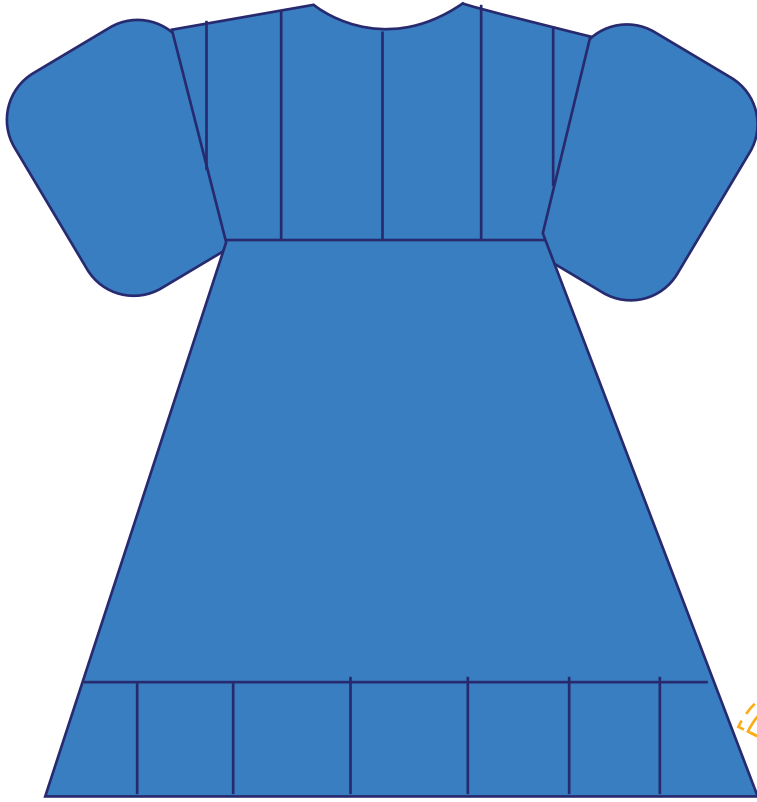


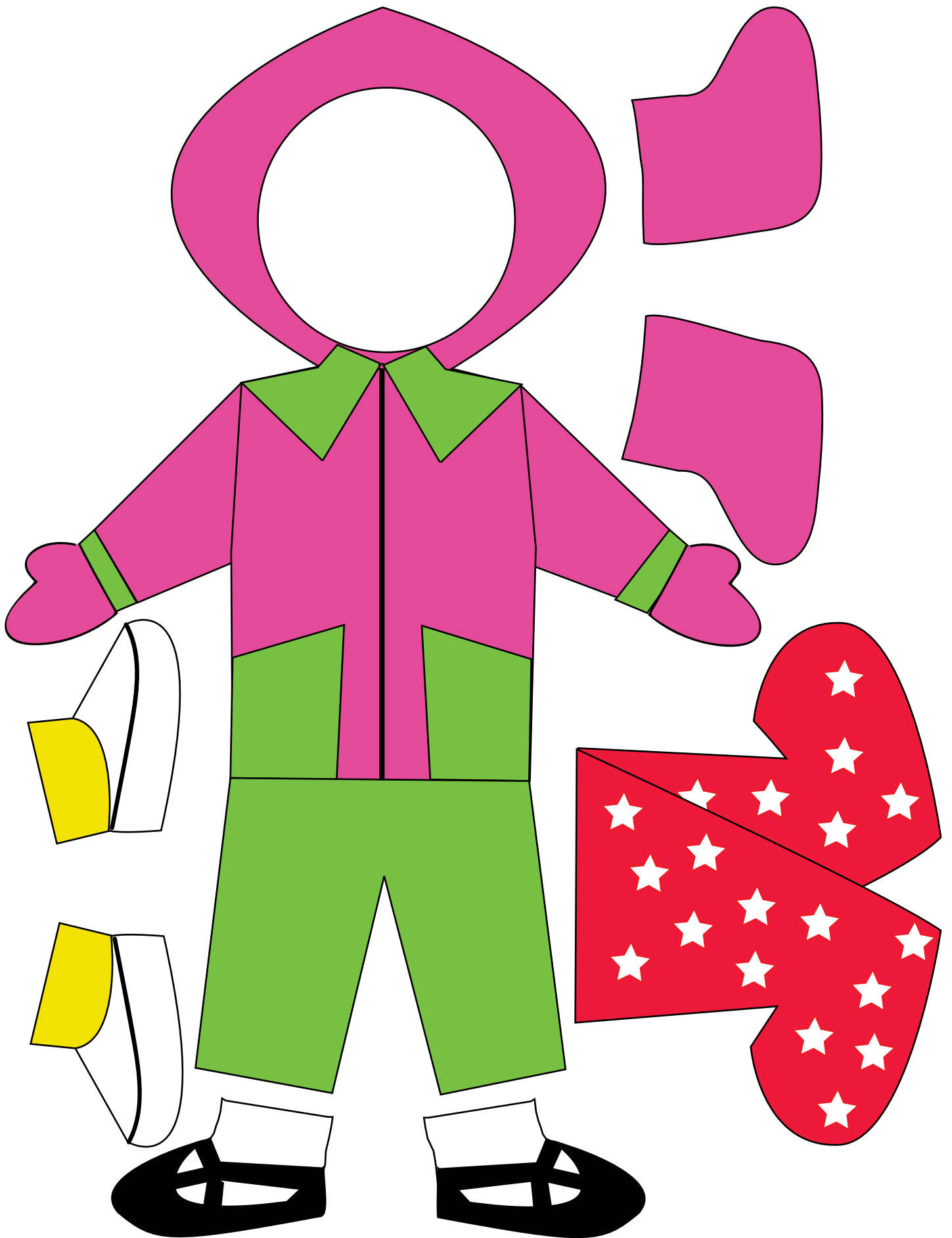












Treat Time

Choose the Right Stuffed Crepes

Prep Time: 10 minutes
Cook Time: 1-2 minutes per crepe



Ingredients: Crepe Batter
1 1/2 c. milk
3 eggs
1/2 tsp. salt
2/3 c. flour

Chicken Filling & Sauce
(13 oz.) canned chicken breast
(or 1 c. shredded chicken)
(4 oz.) cream cheese
2 Tbs. finely diced onion
1 c. shredded cheese
(10.75 oz.) Cream of Mushroom soup
1/2 c. sour cream

Fruit Filling & Topping
(21 oz.) Pie filling
1/4 c. powdered sugar
Whipped cream topping

Instructions: **Crepe batter:** Beat milk, eggs and salt until foamy. Add flour and beat until smooth. Put in refrigerator while you prepare chicken filling.

Chicken Filling and Sauce: Mix chicken, softened cream cheese and onion together. Heat in microwave for 1 min. Mix in 1/3 cup cheese. Cover with foil and place in a warm oven (250 degrees). Make sauce by combining soup and sour cream in a small sauce pan. Heat on medium until bubbly. Cover and reduce heat to low while you cook the crepes.

Crepes: Heat 8 inch skillet on medium heat. Coat pan with cooking spray or butter. Pour 1/8 c. batter into center of pan. Tilt the pan with a circular motion so that the batter coats the surface evenly. Cook until the edges start to brown and curl (about 1 minute). Loosen with a spatula and turn. Cook until golden (30-45 sec.) Stack the finished crepes on a plate. Keep covered with a dry cloth until ready to eat.

Treat Time: Put crepes, chicken filling, pie filling, powdered sugar, remaining cheese, whipped topping and cheese on table. Give each family member two crepes. "Choose the right" stuff for each crepe. (Chicken sauce and cheese or pie filling, powdered sugar and whipped topping.)

Explain: You can assemble them several ways, but some ingredients taste better together than others. This is like the guidance God gives us to help us make good choices. Encourage children to use their own ideas to put their crepes together.