

OLD TESTAMENT 2022

Come, Follow Me with *Living Scriptures* STREAMING

Building Zion

Moses 7

Objectives:

- Learn about Enoch and the city of Zion and the importance of unity and love.

Reinforces Principles of:

- Unity

Reverence Time

Song:

Love One Another, Children's Songbook page 136

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/love-one-another>

Scripture: Moses 7:18

"And the Lord called his people ZION, because they were of one heart and one mind, and dwelt in righteousness; and there was no poor among them."

Video:

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

Lesson

Summary:

Enoch continued to call on the people to repent. His faith was so great that mountains moved and rivers changed course. The who listened to Enoch and followed the Lord were called Zion because they were of one heart and one mind and lived righteously. The city of Enoch became so righteous that the Lord took the city up into heaven.

Many of the people around them were very wicked. Enoch spoke with the Lord and saw a vision of what would happen to them. They were so wicked that the Lord would send a flood upon the earth, and only Noah and his family would be saved. The Lord wept because of the wickedness of the people.

Heavenly Father loves us. He wants us to love each other and love Him. He is saddened when we forget Him and hurt each other. One way Latter-Day Saints can build Zion is to be unified as families and as a Church. We can love and lift each other as we strive to follow Jesus Christ.

Quote:

"The building up of Zion is a cause that has interested the people of God in every age; it is a theme upon which prophets, priests and kings have dwelt with peculiar delight; they have looked forward with joyful anticipation to the day in which we live; and fired with heavenly and joyful anticipations they have sung and written and prophesied of this our day; but they died without the sight; ... it is left for us to see, participate in and help to roll forward the Latter-day glory." Joseph Smith

Questions:

What does it mean to be of one heart and one mind?

How can we be righteous even if there is wickedness around us?

How does Heavenly Father feel when people act wickedly?

What can we do to be more unified as a family?

Activity Time

Hearts Woven in Unity

Description: The people of Enoch were of one heart and one mind. They repented and followed God. This heart activity will remind your family that being unified in love helps us become better followers of God.

What you need:

- A copy of the “Hearts Woven in Unity” printables for each child (artwork included with this lesson), scissors, and tape. Optional: cardstock, lace, and ribbon.

Preparation:

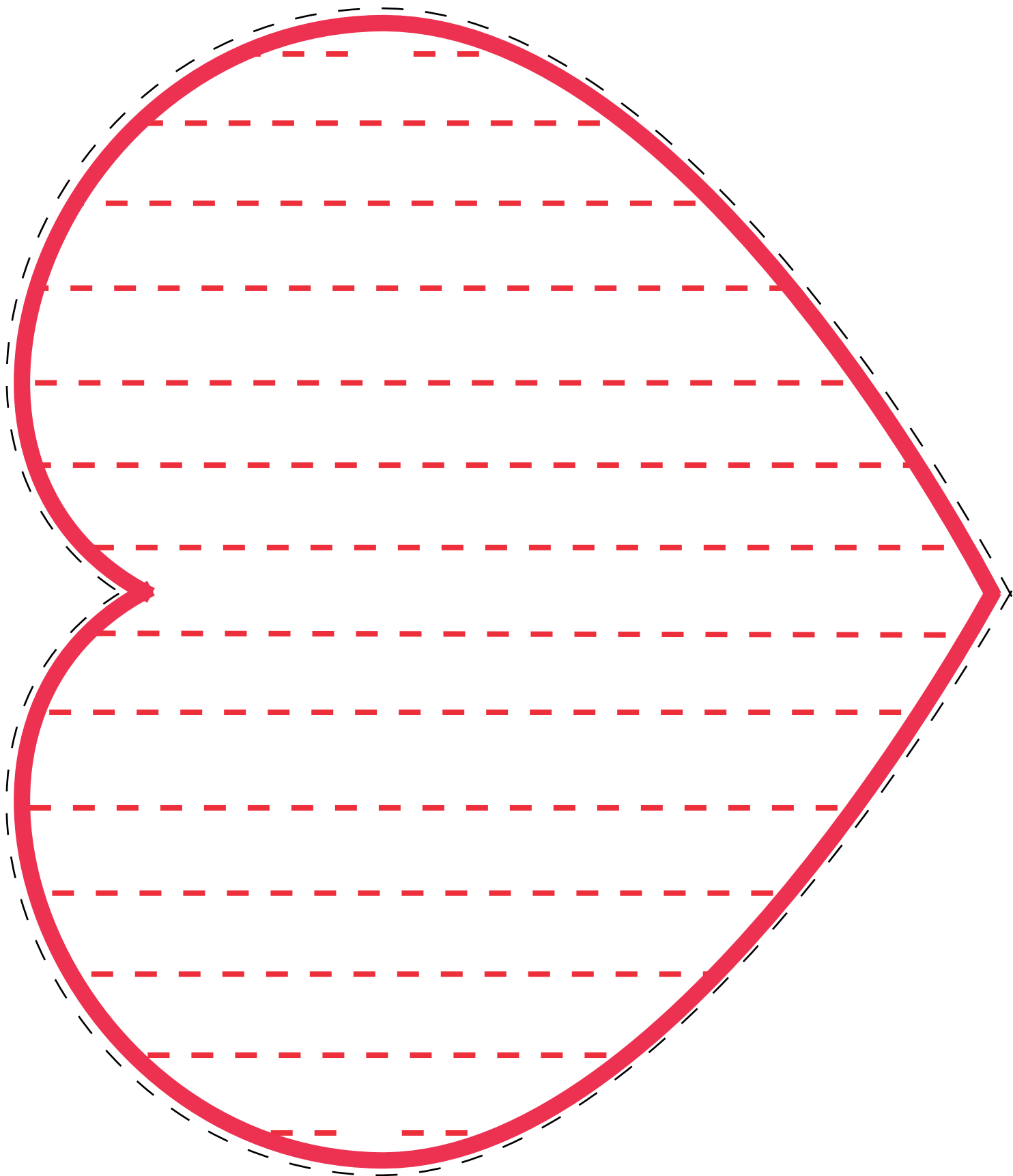
1. Print out the artwork. (Optional: print on cardstock for added durability).
3. Cut along all dotted lines. (Don’t cut through solid red lines!)

Activity: Help each family member weave a red strip (starting with the “One” strip) through the white slots. Weave the strips with words written on them every other time to complete the phrase, “One heart and one mind”.

As you weave, read Moses 7:16-19 and discuss ways we can build Zion in the latter-days. Remind your family that we can build Zion by showing love for God and others. Love helps us to be woven together in unity.

Tape the back side of strips to secure and then trim even with the edge of the heart. (Optional: decorate with ribbon and lace.)





One

Heart

and

One

Mind

Treat Time

One Heart Treats

Prep Time: 15 minutes
Cooling Time: 10 minutes



Ingredients: 3 T butter
6 oz marshmallows (1/2 bag)
dash of salt
1 tsp. vanilla
3 cups crisp rice cereal
Sprinkles (optional)

Instructions: Lightly coat a sheet of wax paper with cooking spray and set aside. Lightly coat a heart shaped cookie cutter with cooking spray also and set aside. Melt butter in a large saucepan. Add marshmallows and a dash of salt and stir until marshmallows are melted. Remove from heat and stir in vanilla. Add cereal and stir until coated. Drop a large spoonful of cereal mixture on the prepared wax paper and place the cookie cutter around it. Firmly press cereal mixture into cookie cutter to shape into a heart. Remove any excess. Continue with remaining cereal mixture. Makes 6-8 hearts depending on size of cookie cutter.

Treat Time: Let children decorate hearts with sprinkles if desired.