

OLD TESTAMENT 2022

Come, Follow Me

with

Living Scriptures

STREAMING

I Will Deliver You

Exodus 1-6

Objectives:

- Talk about how the Lord used Moses, even in his weakness to accomplish his plan. Emphasize that the Lord knows His people.

Reinforces Principles of:

- God's Mercy, Obedience

Reverence Time

Song:

Dare to Do Right, Children's Songbook page 158

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/dare-to-do-right>

Scripture:

Exodus 3:10-12

"Come now therefore, and I will send thee unto Pharaoh, that thou mayest bring forth my people the children of Israel out of Egypt. And Moses said unto God, Who am I, that I should go unto Pharaoh, and that I should bring forth the children of Israel out of Egypt? And he said, Certainly I will be with thee; and this shall be a token unto thee, that I have sent thee: When thou hast brought forth the people out of Egypt, ye shall serve God upon this mountain"

Video:

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

Lesson

Summary:

The Israelites (also known as Hebrews) lived in Egypt for many years, but a new pharaoh that didn't know Joseph enslaved them. The pharaoh didn't want the Hebrew people to become too great so he declared that every baby boy should be killed. One Hebrew woman hid her son for three months. When she could no longer hide him, she put him in a basket and put the basket in the river. The pharaoh's daughter found the basket and had compassion on him. She raised the boy as her son and called him Moses.

One day when Moses was grown, he saw an Egyptian beating a Hebrew slave. Moses grew angry and killed the Egyptian. Moses knew he would be punished so he ran away to the land of Midian. There he met the family of Jethro and they took care of him. Moses went to the mountain as he was tending Jethro's sheep. The Lord appeared to him as a burning bush and told him to take off his shoes because it was a holy place. Moses learned from the Lord that he was a son of God and that he would help the Lord deliver his people from the Egyptians. Moses was hesitant. He didn't think he could speak well enough to convince the people to follow him. The Lord promised to help him. He gave Moses power to perform miracles to convince the people to follow him. The Lord also called Aaron, Moses's brother, to speak for him. Moses and Aaron went to the pharaoh and asked him to let the people go.

Quote:

"It is not always easy to be obedient to the voice of the Lord. We may feel inadequate, but we can draw comfort from the conversation Moses had with Jehovah, who called him to lead Israel out of Egypt... 'Now therefore go, and I will be with thy mouth, and teach thee what thou shalt say' (Ex. 4:12). Gordon B. Hinckley

Questions:

- How was Moses' life saved when he was a baby?
- Why did the Lord tell Moses to remove his shoes?
- How can we show reverence for sacred places?
- How did the Lord help Moses prepare for his mission?

Description: Use this Burning Bush activity to review the story of Moses and his calling from the Lord to help deliver the children of Israel from Egypt.

What you need: ■ A copy of the “Burning Bush” activity, scissors, scriptures, tape.

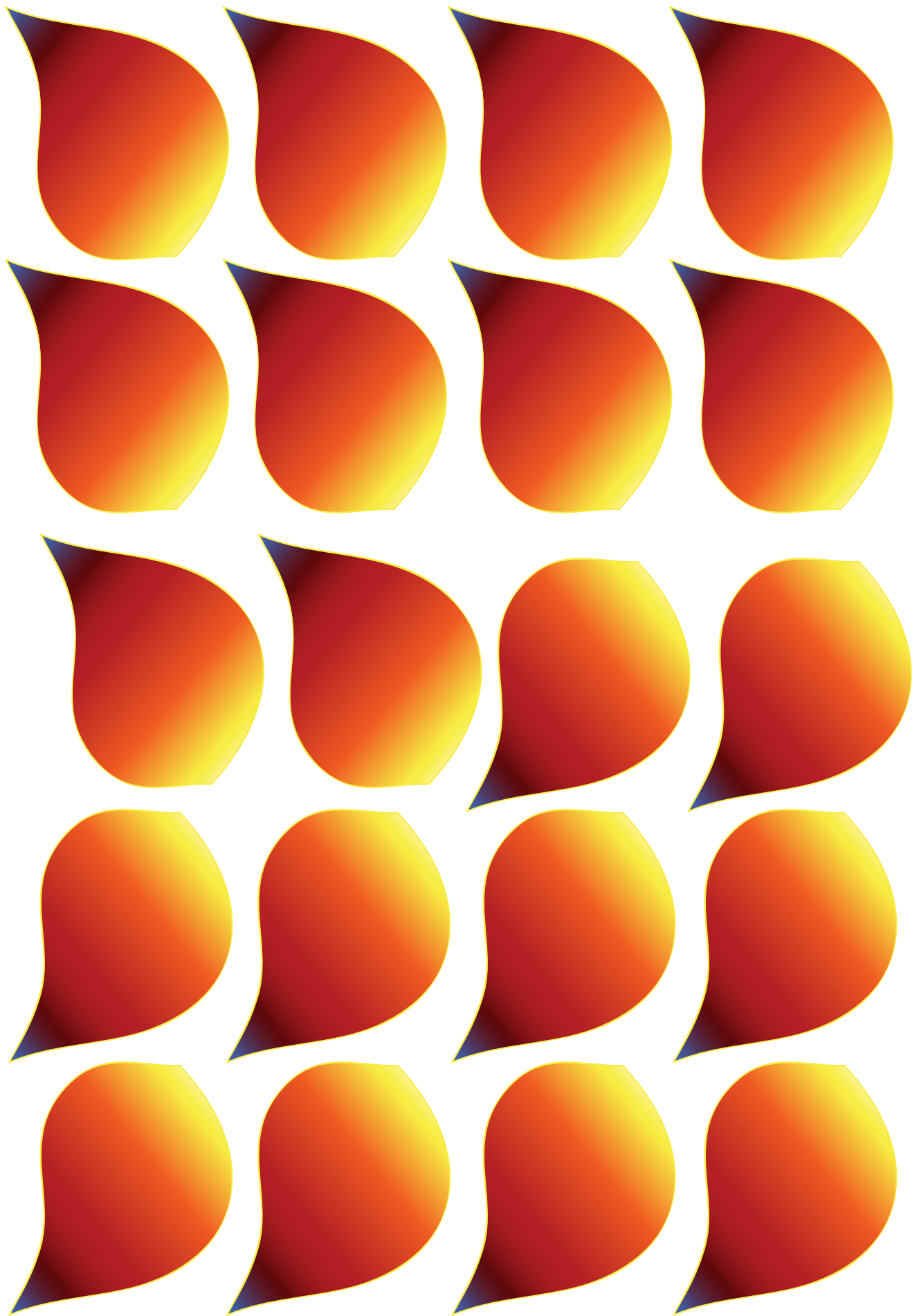
Preparation: Print out the artwork. Cut out. Tape the four sections of the bush together by overlapping edges to match.

Activity: (Younger children will need help from an older sibling or parent.)

1. Ask: How did the Lord appear to Moses? (“In a flame of fire out of the midst of a bush” [Ex. 3:2])
2. Ask: What was the first thing the Lord said to Moses? (He called him by name. “Moses, Moses.” [Exodus 3:4])
3. Read this quote: *“Through this experience Moses learned of his relationship to God and heard the words ‘Behold, thou art my son.’ (Moses 1:4) Imagine the shock and amazement that Moses, this man raised in the pagan’ environment of Pharaoh’s court, must have experienced when he learned from God Himself that he was a son of God.” Richard C. Edgley*
4. Ask: Do you think the Lord knows your name? (Discuss ideas. Emphasize that the Lord knows and loves each of His children. [John 10:3])
5. Explain: When the Lord told Moses that he was to go to Egypt and free the children of Israel, Moses expressed his feelings of inadequacy. He told the Lord that he was “slow of speech...” [Ex. 4:10]
6. Ask: How did the Lord respond to Moses’ fears? (Discuss ideas. See Ex. 4:11-16)
7. Explain: Like Moses, the Lord loves us and will be with us to help us accomplish the things that He calls us to do.
8. (Show bush illustration without flames.) Ask: What is missing from this “burning bush”? (Flames.)
9. Take turns answering questions. Tape a flame on the bush for each question answered correctly

<p>Why did the Lord tell Moses to take off his shoes?</p> <p>“And he said, Draw not nigh hither: put off thy shoes from off thy feet, for the place whereon thou standest is holy ground.” (Exodus 3:5)</p>	<p>Where did the Lord want Moses to go?</p> <p>“Come now therefore, and I will send thee unto Pharaoh, that thou mayest bring forth my people the children of Israel out of Egypt.” (Exodus 3:10)</p>
<p>Where can we go that we need to take off our shoes because it is holy ground? (The temple.)</p>	<p>Tell about a time when the Lord has helped you.</p>
<p>Who did the Lord say would talk to the children of Israel for Moses? (“And he [Aaron, thy brother] shall be thy spokesman unto the people:” [Exodus 3:14-16])</p>	<p>True or False? The Lord told Moses to tell the children of Israel that “I Am” sent him to them.</p> <p>“ And God said unto Moses, I AM THAT I AM: and he said, Thus shalt thou say unto the children of Israel, I AM hath sent me unto you.” (Exodus 3:14)</p>
<p>Who did the Heavenly Father send to earth to help us return to Him?</p> <p>(“Thus saith the Lord; for I am God, and have sent mine Only Begotten Son [Jesus Christ] into the world for the redemption of the world, and have decreed that he that receiveth him shall be saved...” [D&C 49:5])</p>	<p>The Lord told Moses His name was “I Am” [Exodus 3:14] Give another name He is known by.</p> <p>(“One of the roles of the Book of Mormon is to add to the Old Testament many precious insights into the great plan, particularly concerning [Jesus] Christ, who is Jehovah, the God of the Old Testament (see 1 Ne. 17:30).” <i>Gary J. Coleman, Ensign, Jan 2002</i> © <i>Intellectual Reserve, Inc. All rights reserved.</i></p>
<p>True or False? The Lord came down to help His people build better cities for Pharaoh.</p> <p>“And I am come down to deliver them out of the hand of the Egyptians, and to bring them up out of that land unto a good land and a large, unto a land flowing with milk and honey; unto the place of the Canaanites, and the Hittites, and the Amorites, and the Perizzites, and the Hivites, and the Jebusites.”(Exodus 3:8)</p>	<p>The Lord spoke to Moses “in a flame of fire out of the midst of a bush.” (Exodus 3:2.) What is one way that the Lord speaks to us?</p> <p>(Accept any appropriate answer such as; prophets, scriptures, Holy Ghost, patriarchal blessings, etc.)</p>

<p>What did the Lord tell Moses to cast on the ground?</p> <p>(“And the Lord said unto him, What is that in thine hand? And he said, A rod. And he said, Cast it on the ground. And he cast it on the ground.” [Exodus 4:2–3])</p>	<p>What did the rod Moses cast on the ground turn into?</p> <p>(“... and it became a serpent,” [Exodus 4:3])</p>
<p>True or False? When Moses took his hand out of his shirt it was black as coal.</p> <p>(“And the Lord said furthermore unto him, Put now thine hand into thy bosom. And he put his hand into his bosom: and when he took it out, behold, his hand was leprous as snow.” [Exodus 4:6])</p>	<p>What should you do if the Lord calls you to do something that you aren’t good at?</p> <p>(“I am a child of God... Like Moses, I can do this with the Lord’s help.” <i>Richard C. Edgley, Ensign, Jan 2006</i> © <i>Intellectual Reserve, Inc. All rights reserved.</i>)</p>
<p>True or False? When Moses picked up the serpent it bit him.</p> <p>(“And the Lord said unto Moses, Put forth thine hand, and take it by the tail. And he put forth his hand, and caught it, and it became a rod in his hand:” [Exodus 4:4])</p>	<p>Why was Moses saved from Pharaoh’s orders to kill all baby boys?</p> <p>(“Come now therefore, and I will send thee unto Pharaoh, that thou mayest bring forth my people the children of Israel out of Egypt.” [Exodus 3:10])</p>
<p>True or False? All baptized members of the church have been called to take upon ourselves the name of Jesus Christ and to keep His commandments</p> <p>(“...that they are willing to take upon them the name of thy Son, and always remember him, and keep his commandments... [Moro. 4:3].)</p>	<p>True or False? The Lord told Moses the water in the river would turn to blood.</p> <p>(“and the water which thou takest out of the river shall become blood upon the dry land.” [Exodus 4:9])</p>
<p>Whose afflictions and cries did the Lord tell Moses he had seen?</p> <p>(“And the Lord said, I have surely seen the affliction of my people [children of Israel] which are in Egypt...” [Exodus 3:10])</p>	<p>The Lord knew that the children of Israel were suffering and sent Moses to help them. Do you think the Lord knows and cares when we are suffering and He will help us?</p> <p>(“Christ suffered all that any of us will ever have to suffer that He might know how to succor us.” [Alma 7:11–12.] <i>Keith R. Edwards, Liahona, Nov 2006</i> © <i>Intellectual Reserve, Inc. All rights reserved.</i>)</p>





"God called
unto him out of
the midst of
the bush,..."
(Exodus 3:2)







Treat Time

No Bake Burning Bush Cookies

Prep Time: 3 minutes
Bake Time: 2 minutes

Ingredients: 1/2 cup milk
2 cups sugar
1 cube butter or margarine
1/4 cup baking cocoa
1 t. vanilla
3 cups chow mein noodles
1 cup candy corn



Instructions: Combine milk, sugar, butter and cocoa in medium sauce pan. Cook on medium until mixture boils; stirring continually. Continue stirring while mixture boils for two minutes. Remove from heat. Add vanilla. Stir in chow mein noodles until completely covered with chocolate mixture. Drop tablespoonsful of the mixture onto large sheet of wax paper to form chocolate bushes.

Treat Time: Give each family member a chocolate bush. Press leaf flames (candy corn) onto your bushes to create your Burning Bush cookie.