

# Come, Follow Me

with

## *Living Scriptures*

STREAMING

## Know That I Am the Lord

Exodus 7-13

### Objectives:

- Talk about the plagues of Egypt and the symbolism of the Passover.

### Reinforces Principles of:

- God's Power

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## Reverence Time

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**Song:** He Sent His Son, Children's Songbook page 34

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/he-sent-his-son>

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**Scripture:** Exodus 7:5

"And the Egyptians shall know that I am the Lord when I stretch forth mine hand upon Egypt, and bring out the children of Israel from among them."

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

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## Lesson Time

## Know That I Am the Lord

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### Lesson

#### Summary:

When Moses and Aaron went to Pharaoh to ask him to let the Israelites go, he hardened his heart and told them, "No." The Lord told Moses to ask Pharaoh again and warn him that if he did not let the people go, He would smite the Egyptians with plagues to show His power to the Egyptians and the Israelites. After each plague, Moses again asked Pharaoh to let the people go.

First the Lord turned the water to blood and all the fish died. After seven days, the Lord sent frogs to cover the land. Pharaoh told Moses that he would let the people go if he got rid of the frogs, so Moses prayed to the Lord and the frogs died. When Pharaoh saw the frogs were gone, he changed his mind and refused to let the people go. Then the Lord sent lice, then flies, and then all the Egyptians' cattle died. Pharaoh still would not let the people go. Next the Lord caused boils to come upon the Egyptians and their animals, and then a sent terrible storm of hail and fire. The hail destroyed the crops. Still Pharaoh hardened his heart and would not let the people go. Then a plague of locusts was sent, and then thick darkness covered the land. Pharaoh's servants begged him to let the people go. He told Moses he would let them go if he got rid of the locusts, but once they were gone Pharaoh hardened his heart again.

When the first nine plagues didn't soften Pharaoh's heart, God sent one last plague. The firstborn of each Egyptian household, including Pharaoh's son died. In his grief, Pharaoh sent the Israelites out of Egypt.

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#### Quote:

*"I witness that this easiness and willingness to believe will come from doing those seemingly insignificant things taught to us repeatedly since our youth. Obedience will bring soft hearts and an easiness to believe in the word of God. I bear witness that an easiness to believe will bring an outpouring of the Spirit." Michael T. Ringwood*

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#### Questions:

Why wouldn't Pharaoh let the Israelites go?

What does it mean to have a hardened heart?

Why didn't Pharaoh believe even after Moses showed him so many signs?

How does the final plague symbolize Jesus Christ?

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## Activity Time

## Old Pharaoh

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**Description:** Play this game (similar to Old Maid) to review the plagues of Egypt.

**What you need:** ■ A copy of the “Old Pharaoh” game cards, scissors, cardstock or heavy paper (optional)

**Preparation:** Print out the cards on heavy paper, or mount on heavy paper after printing. Cut out.

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

The goal of this game is to set down matching pairs of cards and not to be left with the odd card (the Old Pharaoh) at the end.

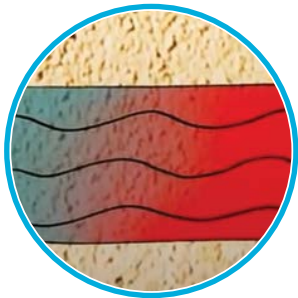
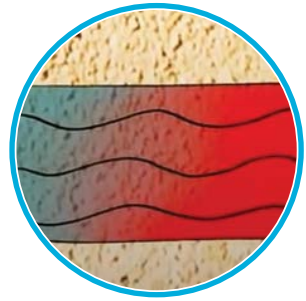
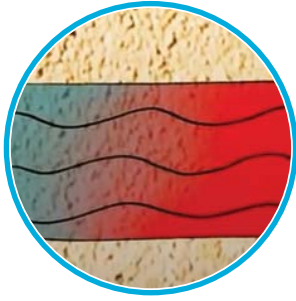
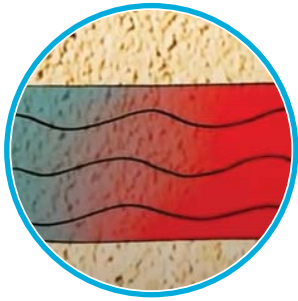
To Play:

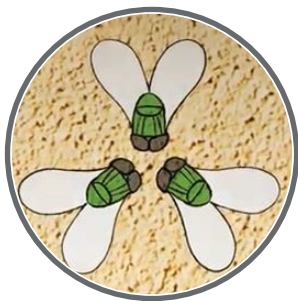
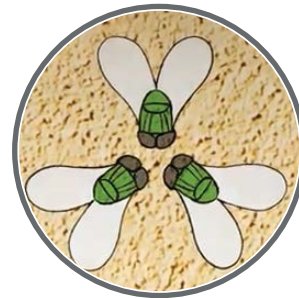
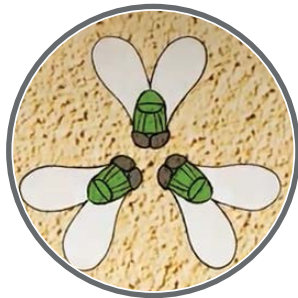
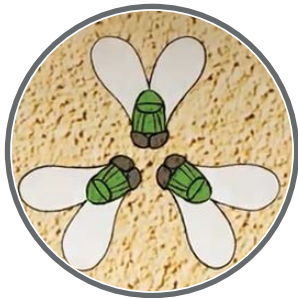
Shuffle the card deck. Deal out the cards to each player until they have all been handed out. Players do not need an equal number of cards.

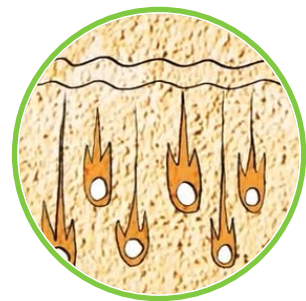
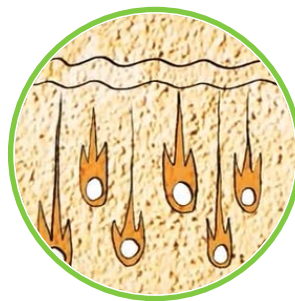
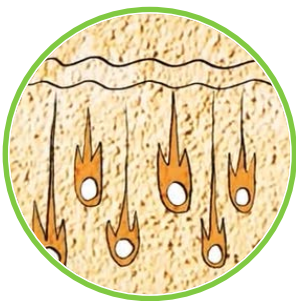
Each player removes any pairs from their hand and places them face up. The dealer then offers the rest of their cards, face down, to the player on the left, who draws one card from it. This player places any pairs face up in front of them and then offers the remaining cards face down to the player on their left.

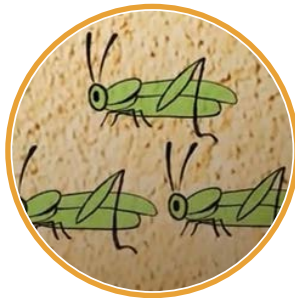
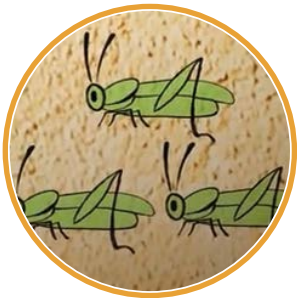
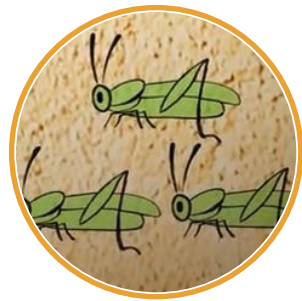
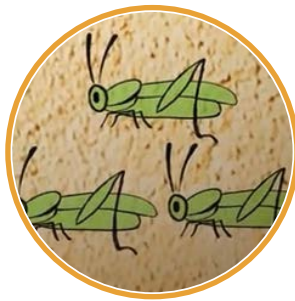
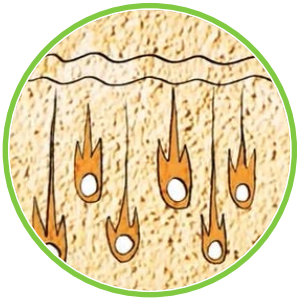
Play continues this way until all cards have been paired but one - the Old Pharaoh!













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## Treat Time

## Soft Heart Cream Puffs

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**Prep Time:** 10 minutes  
**Bake Time:** 25-30 minutes



**Ingredients:**

Heart mixture:  
1/2 cup butter  
1 teaspoon sugar  
1/2 teaspoon salt  
1 cup flour  
4 large eggs

Cream Filling:  
2 cups Whipped Topping-thawed  
1 teaspoon almond extract

Raspberry Filling:  
1 (21 oz.) can Raspberry Pie Filling

**Instructions:** Preheat oven to 375 degrees. Bring butter, sugar, salt and 1 cup of water to a boil in a saucepan. Stir in flour, and cook over medium-high heat, stirring constantly, for three minutes. Cool for 1 minute. Add eggs one at a time to the butter mixture, beating after each egg until smooth. Flatten dough to 2-3 inches thick. Cut into heart shapes. Bake on an ungreased baking sheet until golden brown, approximately for 25-30 minutes. Let cool. Slice each puff in half horizontally.

Treat Time: Give each family member a heart to fill with whipped cream and raspberries. Sprinkle tops with powdered sugar.