

Come, Follow Me with *Living Scriptures* STREAMING

Keep the Commandments

Exodus 18-20

Objectives:

- Review the ten commandments and discuss the importance of keeping the commandments. Explain how we can help share the burdens of leaders and family members.

Reinforces Principles of:

- Obedience and delegation

Reverence Time

Song:

Keep the Commandments, Children's Songbook page 146

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/keep-the-commandments>

Scripture:

Exodus 20:20

"And Moses said unto the people, Fear not: for God is come to prove you, and that his fear may be before your faces, that ye sin not."

Video:

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

Lesson Time

Keep the Commandments

Lesson

Summary:

Moses' father-in-law, Jethro, brought Moses' wife and sons to see Moses near Mount Sinai. He watched Moses as he busily took care of the needs of the people. Jethro realized that Moses was doing so much that he would wear himself out. Jethro helped Moses delegate some of his tasks to others. How can we delegate tasks to others when we feel overwhelmed, or help share the burdens of others?

The Lord told Moses to prepare his people. They washed their clothes and sanctified themselves to receive the word of the Lord. Moses received ten commandments from the Lord. These commandments would help the people to show love for God and for each other. Keeping the commandments would bring them blessings. The Lord asks us to keep these ten commandments today.

Quote:

"God's commandments are not given to frustrate us or to become obstacles to our happiness. Just the opposite is true. He who created us and who loves us perfectly knows just how we need to live our lives in order to obtain the greatest happiness possible. He has provided us with guidelines which, if we follow them, will see us safely through this often treacherous mortal journey." Thomas S. Monson

Questions:

How did Jethro help Moses?

How can we help our family members and church leaders with their responsibilities?

What are the ten commandments Moses received?

How does keeping the commandments bless us?

Activity Time

Picture Word Puzzles

Description: Figure out these fun word puzzles to decode the "secret messages" that teach us important counsel.

What you need:

- A copy of the "Picture Words" game (artwork included with this lesson), scissors, two pieces of paper, tape, two pens or pencils, and a timer.

Preparation:

1. Print out the artwork and text.
3. Cut along all dotted lines.

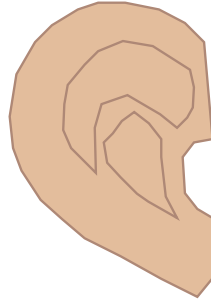
Activity: (Younger children will need help from an older sibling or parent.)
Mix up the words and the pictures. Decode the picture words and then match them to the correct word.

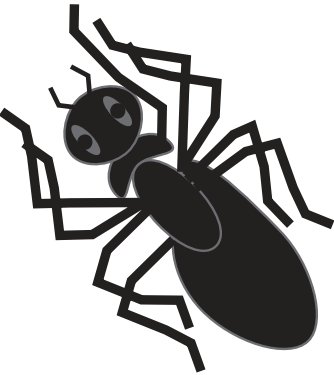
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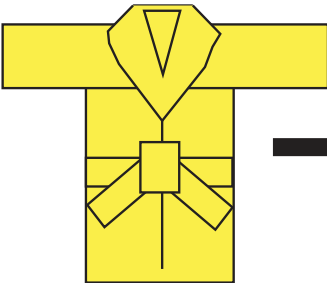
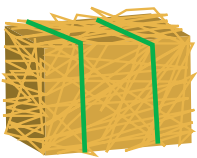
Tape the word to the picture words as you decode them. After all the words are decoded, arrange the words to form the sentences, "Follow the Prophet," "Hear and Obey," and "Keep the Commandments."

Talk about the importance of following the counsel given in each of these sentences.

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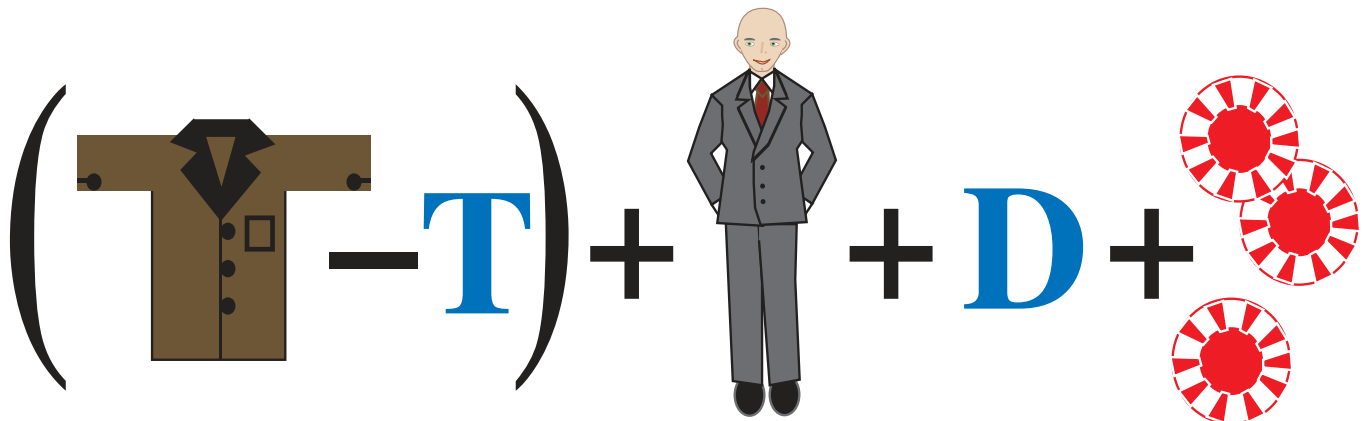
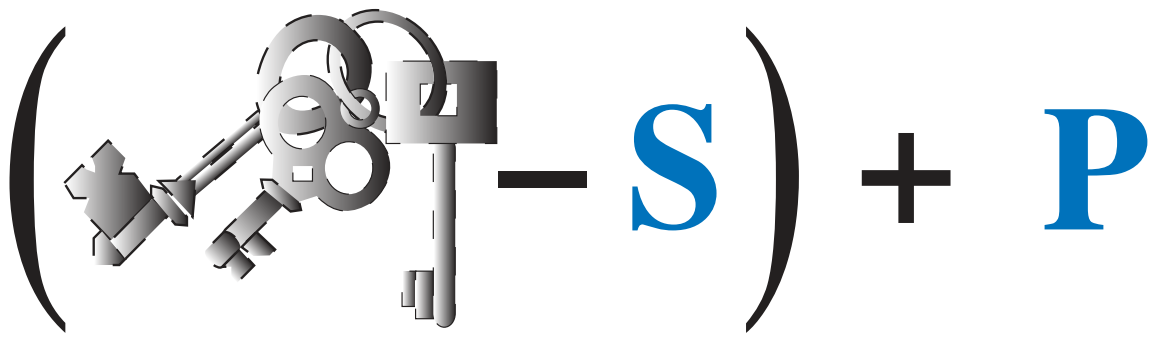
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HEAR

AND

OBEY



KEEP

THE

COMMANDMENTS

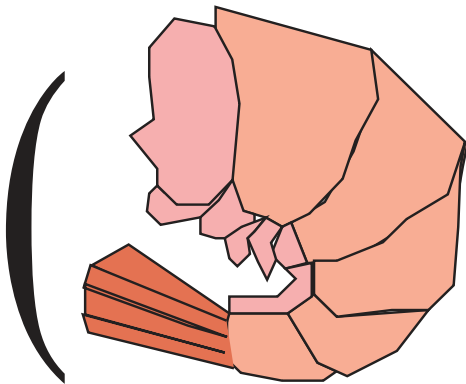


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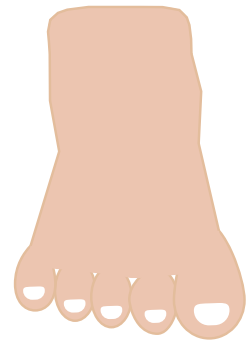


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Prawn

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Follow

The

Prophet

Treat Time

H"ear" and Obey Cookies

Prep Time: 10 minutes
Chill Time: 10-20 minutes
Bake Time: 8-10 minutes

Ingredients: 1 cup butter
1 1/2 cups sugar
1 large egg
2 Tbsp. dark corn syrup or molasses
1 Tbsp. water
3 1/4 cups flour
2 tsp. baking soda
2 tsp. cinnamon
1 tsp. ground ginger
1/2 tsp. ground cloves

Instructions: Cream the butter and sugar until light and fluffy. Add the egg, corn syrup, and water, blending well. Sift the dry ingredients together and add to the butter mixture. Chill the dough for approximately 10-20 minutes.

Treat time: Give each child two 1-inch balls of dough. Roll balls of dough in sugar and then form into ear shapes (see diagram below). Bake on ungreased cookie sheet in a preheated 350 degree F. oven for 8 to 10 minutes.

