



# Come, Follow Me with *Living Scriptures* STREAMING

## Follow the Prophet

Exodus 14-17

### Objectives:

- Discuss how Moses led the Israelites out of Egypt and how they relied on Moses' guidance and direction from the Lord.

### Reinforces Principles of:

- Following the prophet

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## Reverence Time

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### Song:

Follow the Prophet, verse 5, Children's Songbook page 110

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/follow-the-prophet>

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### Scripture: Exodus 14:31

"And Israel saw that great work which the Lord did upon the Egyptians: and the people feared the Lord, and believed the Lord, and his servant Moses"

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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-follow>

### Lesson

#### Summary:

After the Pharaoh let the Israelites go, he changed his mind and sent his armies to pursue them. Guided by a cloud the Lord provided to show them the way, the Israelites tried to escape. Soon they came to the edge of the sea and could go no further. The Lord told Moses to stretch forth his hands and he would part the sea so the Israelites could cross on dry ground. After they crossed, Pharaoh's army tried to follow them through the sea. The sea returned to normal and the army was drowned. The Israelites were safe. They sang songs praising God and celebrating their deliverance.

They had been traveling a while and were thirsty and hungry. The only water they had was bad. They complained to Moses and he asked the Lord what to do. The Lord told Moses to use a certain tree to make the waters sweet. The Lord also sent manna and quail to feed the Israelites. Moses taught the people how the Lord wanted them to gather the manna. If they obeyed they would continue to be blessed with enough food to eat.

As they traveled they met Amalek and his people. Amalek wanted to fight the Israelites. When Moses lifted his arms, his people prevailed. When he lowered his arms, Amalek prevailed. Aaron and Hur helped sustain Moses and lifted his arms for him until the Israelites won the battle.

We can learn to follow our prophet and sustain our leaders. The Lord will bless us if we are willing to follow His chosen prophet.

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#### Quote:

*"We have a living prophet on the face of the earth again... The prophets speak to us in the name of the Lord and in divine plainness. It is our responsibility not only to listen but also to act upon His word that we may claim the blessings of the ordinances and covenants of the restored gospel." Dieter F. Uchtdorf*

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#### Questions:

What does a prophet do?

Who is the Lord's prophet on the earth today?

Where can we find the words of the prophets? (Discuss ideas. Examples: Conference, Church magazines, etc.)

Why is it important to listen to and follow the prophet?

## Activity Time

## Moses Crosses the Red Sea

**Description:** Help Moses cross the Red Sea by answering questions about Moses and the Israelites.

**What you need:** ■ A copy of the “Moses Crosses the Red Sea” activity, scissors, glue

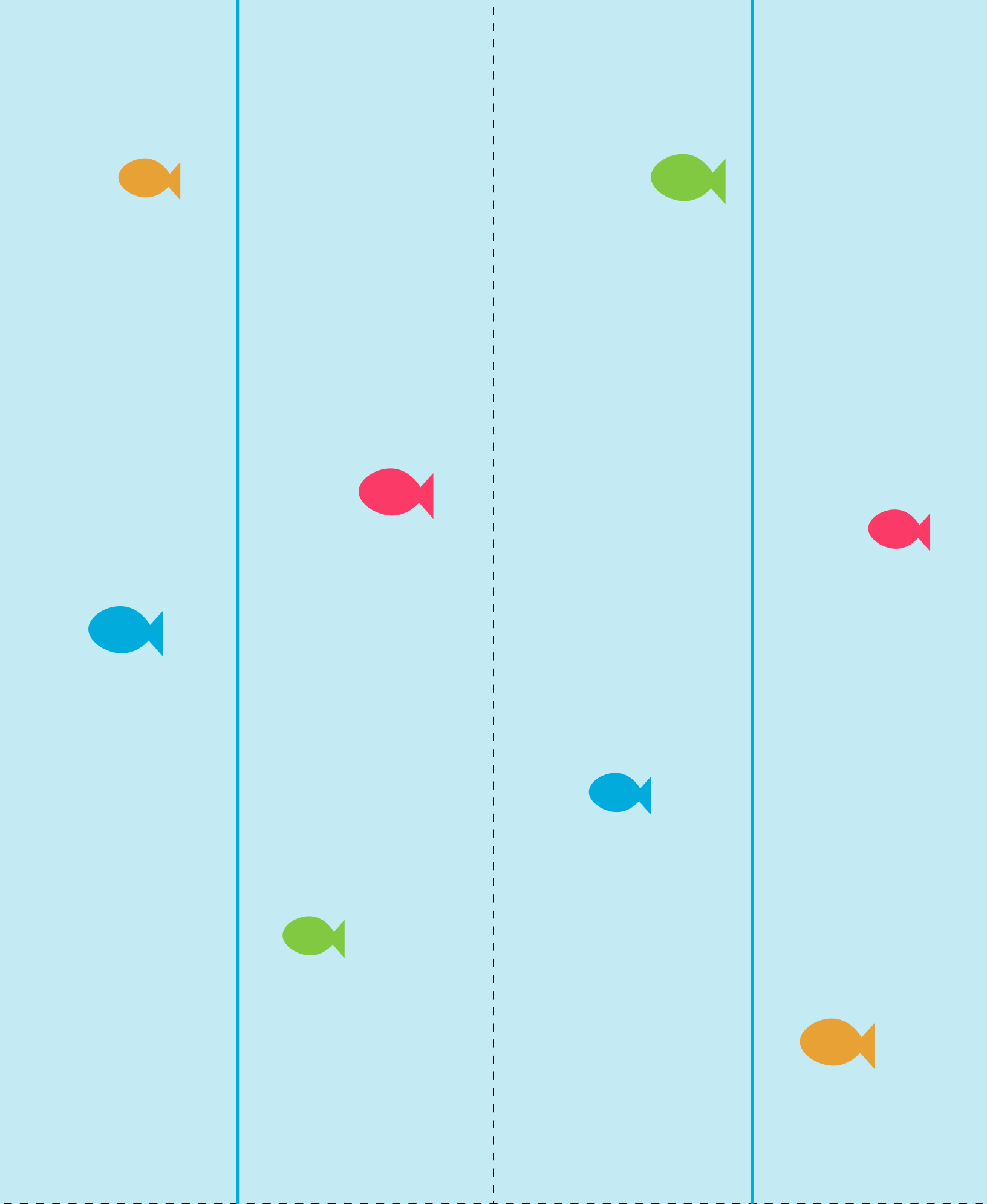
**Preparation:** Print out the activity artwork. Cut on dotted lines. Fold on solid lines. Glue the “sea” to the “dry land” where indicated. Attach stands to Moses & Israelites

**Activity:** Show your family the “sea” with the flaps folded down. Explain that your family is going to help Moses cross the sea on dry ground.

Fold up the flaps to show the “rocks” on the “sea floor”. Read the questions together as a family. After you discuss each question, move Moses and his people to that “rock” on the sea floor. Continue answering questions and moving Moses and his people until all questions have been answered and Moses and his people have safely crossed.

If desired, have family members take turns answering the questions instead of answering them together.





Why was it important for the people to follow Moses?

What did the Lord provide that led the Israelites by day and by night?

What did Moses do when the Israelites were trapped by Pharaoh's army next to the sea?

How would you have felt if you saw the Lord part the sea?

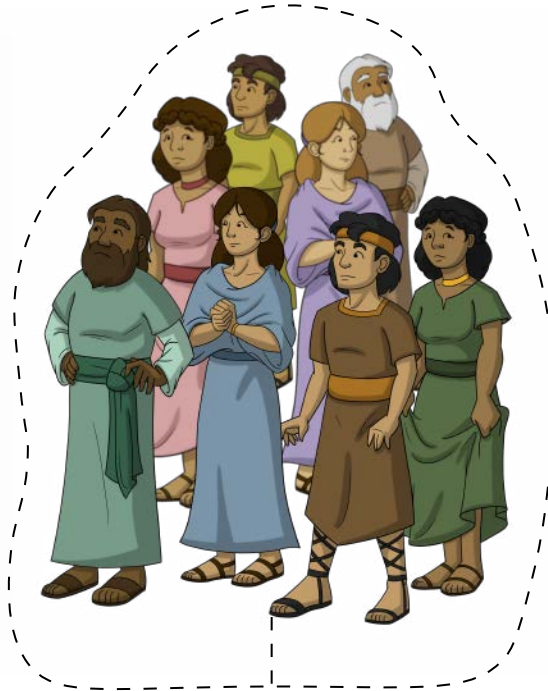
What did the Israelites do after they crossed the sea to celebrate their deliverance?

What did the Lord send the Israelites when they were hungry?

How did Aaron and Hur help Moses during the battle with Amalek's people?



Moses



Israelites



**Prep Time:** 10 minutes  
**Bake Time:** 8 minutes



**Ingredients:** 1/2 cup softened butter  
1/2 teaspoon vanilla  
2 tablespoons honey  
1 cup sugar  
1 1/2 teaspoon baking powder  
2 eggs  
2 cups flour  
1/4 teaspoon salt  
1/2 teaspoon coriander (optional)

**Instructions:** Preheat oven to 400 degrees. Cream butter and sugar. Add eggs and mix thoroughly. Mix in honey, salt and vanilla. Add flour and baking powder and mix well. Drop by spoonfuls onto a greased cookie sheet. Bake for 8 minutes or until edges are lightly browned. Cool and enjoy.