

OLD TESTAMENT 2022



Come, Follow Me

with

Living Scriptures

STREAMING

Worship the Lord

Exodus 24; 31-34

Objectives:

- Learn about how we can love and worship God and keep the Sabbath day holy.

Reinforces Principles of:

- Worship and Sabbath Day

Reverence Time

Song:

Reverence is Love, Children's Songbook page 31

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/reverence-is-love>

Scripture:

Exodus 31:12-13

"And the Lord spake unto Moses, saying, Speak thou also unto the children of Israel, saying, Verily my sabbaths ye shall keep: for it is a sign between me and you throughout your generations; that ye may know that I am the Lord that doth sanctify you."

Video:

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

Lesson

Summary:

Several of the ten commandments Moses was given helped the people learn to show their love for God. One of those commandments is to keep the Sabbath day holy. The Israelites were told that the way they kept the Sabbath day was a sign to the Lord of their devotion to Him.

The Israelites were also commanded not to make or worship any graven images (idols). This was a common practice in Egypt. Unfortunately, when Moses was gone for 40 days to speak to the Lord on Mount Sinai, the people forgot their commitment to keep this commandment and made a golden calf to worship, instead of worshiping the Lord. They still needed to learn to keep their covenants to love God and others.

We can show our love and devotion to God by keeping the Sabbath day holy and remembering our covenants. By showing reverence in our thoughts and actions, especially on the Sabbath day, we can draw closer to the Lord and feel His love for us.

Quote:

"How can you ensure that your behavior on the Sabbath will lead to joy and rejoicing? In addition to your going to church, partaking of the sacrament, and being diligent in your specific call to serve, what other activities would help to make the Sabbath a delight for you? What sign will you give to the Lord to show your love for Him?"
Russell M. Nelson

Questions:

How can we show our love for the Lord on the Sabbath day?

What does reverence mean?

What does it mean to worship the Lord?

What kinds of idols and distractions might take us away from God?

Activity Time

Sabbath Day Pinwheel

Description: Learn the blessings of keeping the Sabbath day holy, and ways we can devote this special day to the Lord.

What you need: ■ A copy of "Sabbath Day Pinwheel" activity (artwork included with this lesson), scissors, glue/tape, drinking straw, nut and screw or brad.

Preparation:

1. Print out the artwork.
2. Match up and glue parts A & B together and parts C & D together with print side out.
3. Cut out all pieces. Cut along red dotted lines. Use paper punch to make holes in corners (red dotted circles).
4. Punch a hole in the top of the drinking straw. Place brad/bolt through hole in straw.
5. Place brad/bolt into center hole of the pinwheel with scripture side facing up.
6. After reading and discussing each scripture, fold up corner with paper punch inward to center and place through brad or bolt.

Activity:

1. Read scripture #1 (Exodus 31:13). Ask: How does keeping the Sabbath day holy sanctify (or purify) us? What sign can we give to the Lord by our actions on the Sabbath day?
2. Read scripture #2 (Exodus 31:17). Ask: How does keeping the Sabbath day holy refresh us?
3. Read scripture #3 (Exodus 20:10). Ask: How does avoiding our everyday work and activities make the Sabbath day a special day?
4. Read scripture #4 (Exodus 20:11). How is the Sabbath day a blessing?
5. Read scripture #5 (Exodus 20:8, printed on the circle). How does keeping the Sabbath day holy show our love for God?

Discuss ways your family can keep the Sabbath Day holy and show reverence and love for God.

Step 4

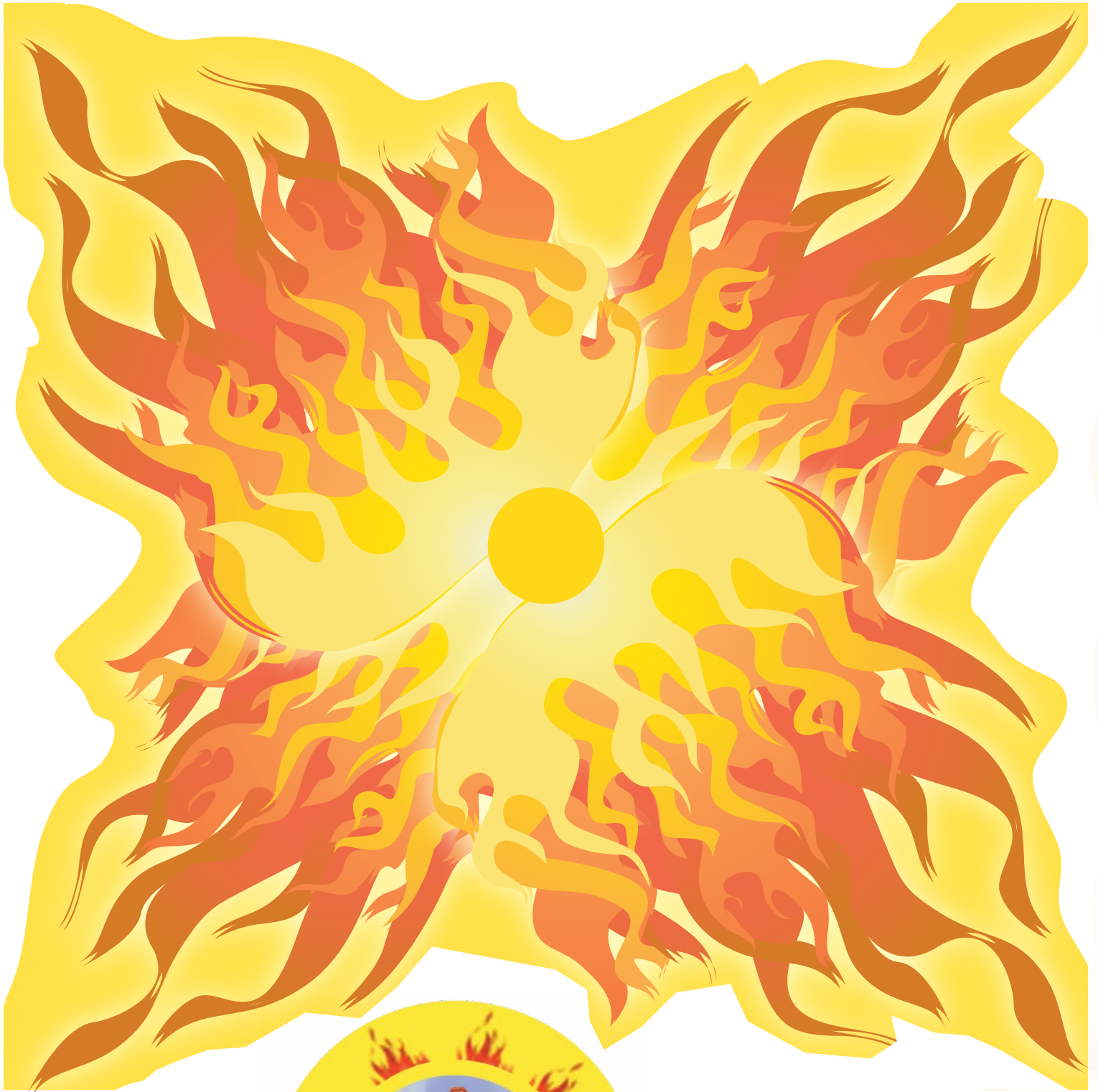


Step 5



Step 6





"It is a sign between me and the children
of Israel for ever: for in six days
the Lord made heaven and earth,
and on the seventh day he rested,
and was refreshed."
Exodus 31:17

"Verily my sabbaths ye shall keep:
for it is a sign between me and
you throughout your generations;
that ye may know that I am
the Lord that doth sanctify you."
Exodus 31:13

"But the seventh day is the sabbath
of the Lord thy God: in it thou shalt
not do any work, thou, nor thy son,
nor thy daughter, thy manservant,
nor thy maidservant,
nor thy cattle, nor thy stranger
that is within thy gates."
Exodus 20:10

"Wherefore the Lord
blessed the sabbath day,
and hallowed it."
Exodus 20:11

"Remember the
sabbath day, to keep
it holy."
Exodus 20:8

Prep Time: 10 minutes
Cook Time: 10 minutes
Chill Time: 15 minutes

Ingredients: **Crust**

3 ounces cream cheese, softened
1/2 cup butter, softened
1 cup all-purpose flour
15 drops yellow food coloring

Filling

1 (14 ounce) can sweetened condensed milk
1/3 cup lemon juice
2 (10 ounce) container frozen whipped topping, softened
20 drops yellow food coloring



Instructions: Crust: Preheat oven to 325 degrees F. Blend with electric mixer, cream cheese with the butter. Stir in flour just until mixed well. Chill for 15 minutes. Dough can be made ahead and chilled for up to 24 hours.

Treat Time: Divide dough into 12 balls. Give each family member one ball. Press or roll into a four inch circle. Pinch around edges into points to make sun rays. Press into muffin cups. Pierce bottoms and sides of crusts with fork. Bake for 10 minutes, or until light brown. Prepare filling while crusts bake.

Filling: Mix together until smooth the sweetened condensed milk, lemon juice and 15 ounces whipped topping. Reserve 5 ounces of whipped topping for garnish. Pour into baked shells. If you are not going to eat immediately, cool crust before adding filling. Top your suns with clouds if desired (the reserved 5 ounces of whipped topping).