

Come, Follow Me

with
Living Scriptures
STREAMING

Look and Live

Numbers 11-14; 20-24

Objectives:

- Learn about the struggles of Israel in the wilderness and how gratitude and faith in God can help us in trials.

Reinforces Principles of:

- Faith, gratitude

Reverence Time

Song:

Thanks to Our Father, Children's Songbook page 20

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/thanks-to-our-father>

Scripture: Numbers 21:8

"And the Lord said unto Moses, Make thee a fiery serpent, and set it upon a pole: and it shall come to pass, that every one that is bitten, when he looketh upon it, shall live."

Video:

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

Lesson

Summary:

As the Israelites traveled in the wilderness they murmured and complained to Moses. They were tired of eating manna and wanted to eat meat and other foods they used to have in Egypt. They forgot how the Lord had saved and protected them and only focused on the things they didn't have. The Lord was angry with the people for forgetting Him again, and he sent fires, plagues, pestilences, and even poisonous serpents to remind the people to turn to Him. The Lord told Moses to make a brass serpent and put it on a pole. Any who were bitten by the poisonous serpents could simply look at the pole and they would be healed. Because it was such a simple thing, many people died because they wouldn't look at the pole. Just like looking to the serpent on the pole would heal the people, if we look to Jesus in faith we can be healed through repentance.

The people were so rebellious that the Lord told Moses that none of the adults would be able to enter the promised land. They would wander in the wilderness for 40 years. Even though the Lord was angry with the people, He still loved them. When King Balak wanted to have the Israelites cursed by Balaam, the Lord forbid Balaam to do it. He sent an angel to tell Balaam not to curse the people, because they were blessed. Instead the Lord gives Balaam the words to say, and he blesses the Israelites.

Quote:

"Suffering is universal; how we react to suffering is individual. Suffering can take us one of two ways. It can be a strengthening and purifying experience combined with faith, or it can be a destructive force in our lives if we do not have the faith in the Lord's atoning sacrifice. The purpose of suffering, however, is to build and strengthen us. We learn obedience by the things we suffer." Robert D. Hales

Questions:

Why did the Israelites complain in the wilderness?

Why did their complaining make the Lord angry?

How do you think things might have been different if the Israelites had been grateful?

Why is it important to look to the Lord in faith?

What are some of our blessings from the Lord?

Activity Time

Brass Serpent

Description: Use this activity to talk about ways we can “look upon the Son of God with faith”.

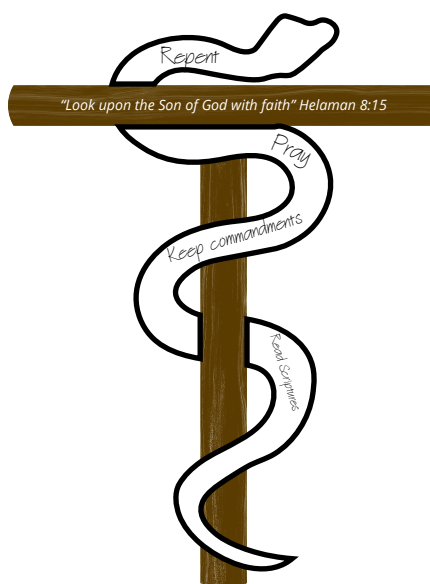
What you need: ■ A copy of the “Brass Serpent” activity (artwork included with this lesson), pencils or pens, cardstock or heavy paper (optional), scissors

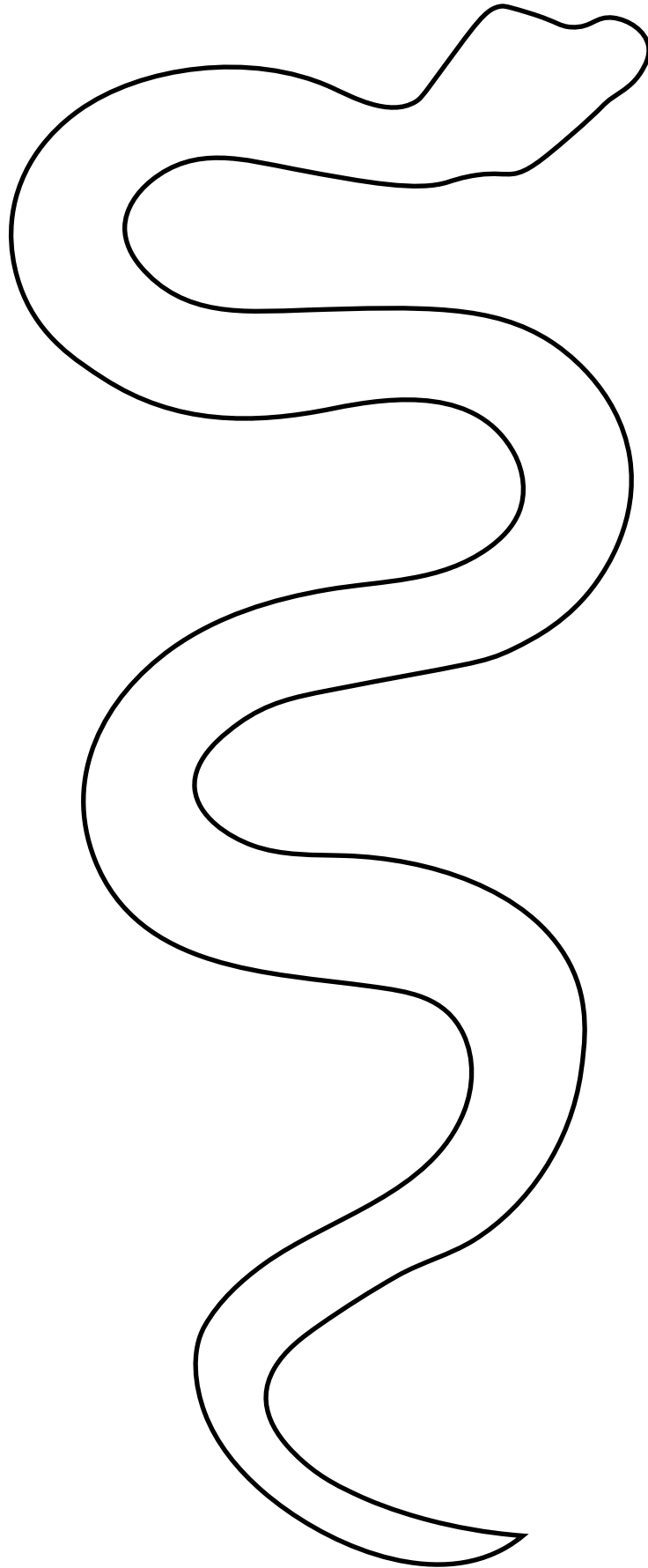
Preparation: 1. Print out the artwork. Print on cardstock or glue heavy paper/cardstock to the back of the printed artwork for stability if desired.
2. Cut out the pole and the serpent

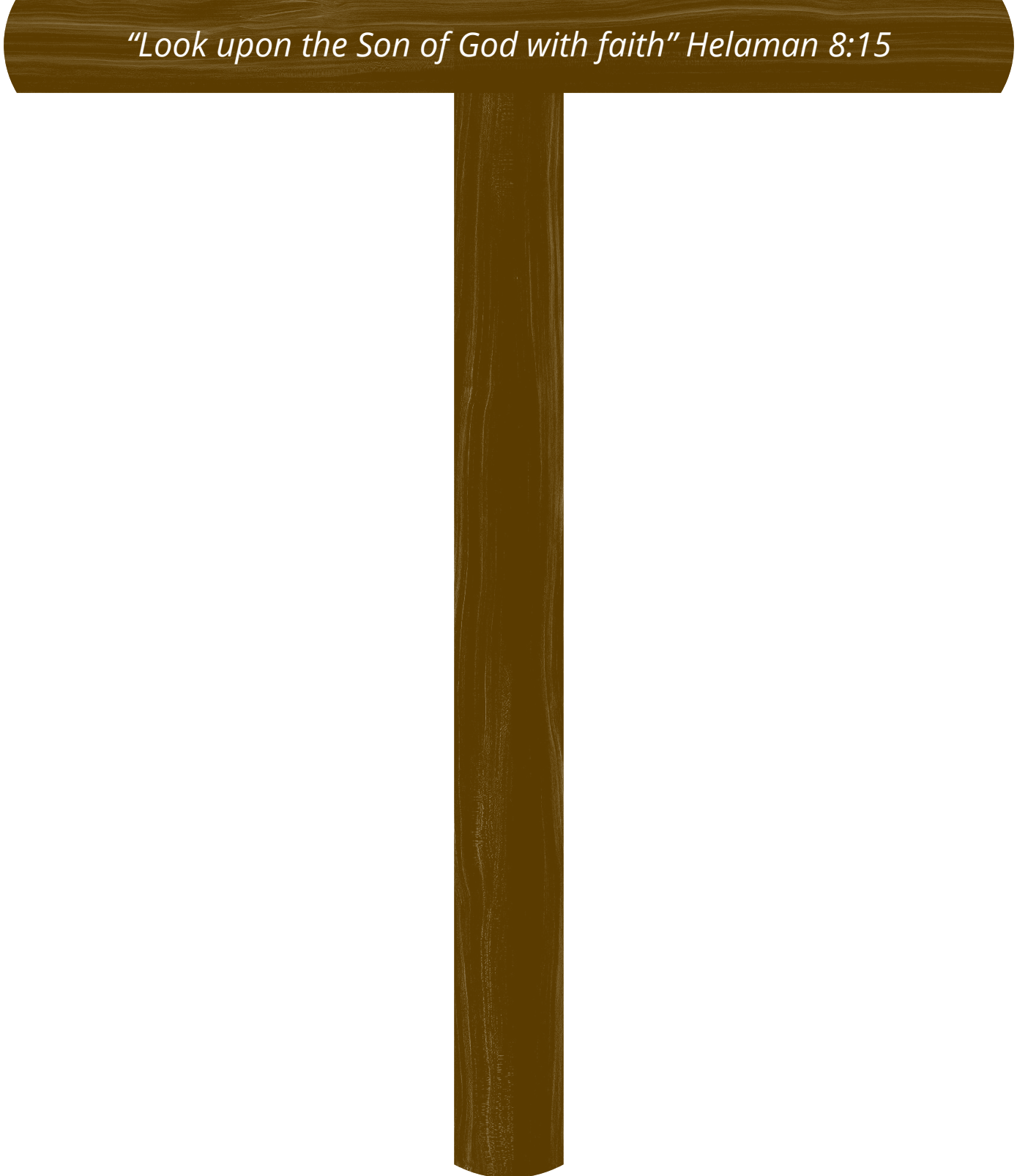
Activity: Read the verses in Numbers 21:4-9 or summarize them for your family, telling them about the fiery (poisonous) serpents that were sent to afflict the rebellious Israelites and the brass serpent Moses made and God’s promise to heal them if they would look at it.

Read Helaman 8:13-15 and talk about how the brass serpent on the pole represents Jesus Christ.

Discuss ways your family can “look upon the Son of God with faith.” Write down your ideas on the paper serpent. If desired, hang the serpent on the pole and display in your home this week to remind you of the simple ways your family can show their faith in God.







"Look upon the Son of God with faith" Helaman 8:15

Prep Time: 15 minutes

Bake Time: 15 minutes

Ingredients: 2 large egg whites
1/2 teaspoon pure vanilla extract
3 tablespoons vegetable oil
8 tablespoons all-purpose flour
1 1/2 teaspoons cornstarch
1/4 teaspoon salt
8 tablespoons granulated sugar
3 teaspoons water



Instructions: Print out and cut the blessing papers on the next page. Preheat oven to 300 degrees F. In a medium bowl, lightly beat the egg white, vanilla extract and vegetable oil until frothy, but not stiff. Sift the flour, cornstarch, salt and sugar into a separate bowl. Stir the water into the flour mixture. Add the flour mixture into the egg white mixture and stir until you have a smooth batter.

Place level tablespoons of batter onto a greased cookie sheet, spacing them at least 3 inches apart. Gently tilt the baking sheet back and forth and from side to side so that each tablespoon of batter forms into a four inch circle.

Bake 14 - 15 minutes, until the outer 1/2-inch of the cookies turn golden brown and they are easy to remove from the baking sheet with a spatula. Working quickly place a blessing paper in the middle of each cookie and then fold the edges together to form a half circle. Then gently fold the cookie into a half moon shape, with the seam side facing out. Place finished cookies in the cups of a muffin tin until they cool, so they will keep their shape.

Treat Time: Give each family member a Blessing Cookie. Read them out loud and discuss the blessings the Lord has given you.

Blessing Papers:

Print out and cut apart the blessing papers below for the blessing cookies.

How have you been able to help others?
What miracles have you seen?
Do you have friends and family you're grateful for?
How has God helped you?
How does repentance bless you?
How do gospel truths bless you?
How has God comforted you?
How do you feel God's love?