

OLD TESTAMENT 2022

# Come, Follow Me with *Living Scriptures* STREAMING

## True Strength

Judges 2-4; 6-8; 13-16

### Objectives:

- Explain that true strength comes from keeping covenants, repentance, and remembering the Lord.

### Reinforces Principles of:

- Spiritual Strength, Repentance

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## Reverence Time

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**Song:** Repentance, Children's Songbook page 98

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/repentance>

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**Scripture:** Judges 3:7-9

"And the children of Israel did evil in the sight of the Lord, and forgot the Lord their God... Therefore the anger of the Lord was hot against Israel, and he sold them into the hand of Chushan-rishathaim king of Mesopotamia.... And when the children of Israel cried unto the Lord, the Lord raised up a deliverer to the children of Israel, who delivered 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-strength>

### Lesson

#### Summary:

After Joshua died, the Israelites forgot the Lord. Each time they forgot the Lord, they suffered from wars, captivity, and destruction. Their struggles would often remind them that they needed to turn back to the Lord and they would pray for help. When the people repented, the Lord would send a deliverer or a military leader called a "judge" to help them. Not all of the judges were righteous, but some had great faith and gained strength from the Lord. Some of these righteous judges were Deborah, Gideon, and Samson. Samson was blessed with great strength through his covenants with God. Samson later lost his strength when he broke his covenants. We learn throughout the Book of Judges that when the Israelites remembered the Lord they were blessed with His strength, and when they forget the Lord they were left to their own strength and suffered. True strength comes from the Lord.

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#### Quote:

*"...the Atonement of Jesus Christ is real. And the promise is real that we can become new, changed, and better. And we can become stronger for the tests of life. We then go in the strength of the Lord, a strength developed in His service. He goes with us. And in time we become His tested and strengthened disciples." Henry B. Eyring*

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#### Questions:

What happened to the Israelites when they forgot the Lord?

What happened to the Israelites when they repented and remembered the Lord again?

Were the Israelites stronger on their own or with the help of the Lord?

How can we have the strength of the Lord in our lives?

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## Activity Time

## *Turning Bitter to Sweet*

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**Description:** The Israelites suffered through bitter times when they forgot the Lord, but were blessed with strength when they repented. Use this object lesson to demonstrate the sweetness of repentance.

**What you need:** 2/3 Cup Ice water per person (in a pitcher)  
1/3 Cup Sugar syrup per person (prepared as directed below)  
2 Tablespoons Lemon juice per person (4-6 lemons)  
1 Glass for each person  
1 spoon for stirring (or a spoon for each person)

**Preparation:** Prepare the sugar syrup as directed in the Repent-aid (Lemonade) recipe included in the "Treat Time" section of this lesson.

**Activity:** 1. Pour 2/3 cup water into each glass. Have each person take a sip of water.  
Ask "How does the water taste?" (Pure, clean, refreshing, etc...)  
Explain that the water represents us after we have been baptized.

2. Add 2 Tablespoons Lemon juice into each glass and stir with spoon.  
Have each person take a sip.  
Ask "How does it taste now?" (Bitter, bad, icky, etc..)  
Explain that the lemon juice represents sin.

3. Add 1/3 cup Sugar syrup to each glass and stir with spoon.  
Have each person take a sip.  
Ask "How does it taste now?" (Sweet, good, etc...)  
Explain that the syrup represents repentance.

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## Treat Time

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*Repent-aid*

**Prep Time:** 10 minutes  
**Cool Time:** 15 minutes

**Ingredients:** 1 cup water  
2 cups sugar  
Juice from 4-6 lemons  
4 cups cold water



**Instructions:** Blend 1 cup water and 2 cups sugar in a small saucepan (this amount serves 6). Bring to a boil, stirring frequently, until sugar dissolves completely. Refrigerate for at least 15 minutes to cool. Squeeze the juice from the lemons into a glass or jar. Pour ice water into a pitcher.

During the “Activity Time” section of this lesson combine sugar syrup, juice, and water.