

OLD TESTAMENT 2022

Come, Follow Me with *Living Scriptures* STREAMING

Overcoming Temptation

2 Samuel 5-7; 11-12; 1 Kings 3 ;8; 11

Objectives:

- Talk about King David and King Solomon who were righteous and faithful but later succumbed to temptation. Discuss ways we can resist temptations and discern right from wrong.

Reinforces Principles of:

- Resisting Temptation

Reverence Time

Song:

Choose the Right Way, Children's Songbook page 160

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/choose-the-right-way>

Scripture: 1 Kings 3:9

"Give therefore thy servant an understanding heart to judge thy people, that I may discern between good and bad"

Video:

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

Lesson

Summary:

David grew up to be righteous and kind king in Israel. With the help of the Lord, he was successful in many battles and united Israel into one nation. However, David was tempted by the beauty of Bathsheba, wife of Uriah, and he broke his covenants with God to be with her. Instead of repenting he tried to cover his sin by having her husband sent to the battlefield to be killed so David could marry her. When Nathan the prophet confronted him about his sins, David was very sorrowful and repented.

Later David's son Solomon became king. Solomon prayed to the Lord for wisdom to discern good from evil as he judged the people. The Lord blessed him and Solomon became a righteous king. Solomon built a beautiful temple and led his people in wisdom. However, Solomon had many wives who were not Israelites that worshiped false gods. Solomon let his heart be turned away from the Lord by his wives and he forgot the Lord.

Even though David and Solomon started as righteous kings, they each let temptation into their lives. Their sins caused them to lose great blessings. We can pray for help to resist temptation, and because of the Atonement of Jesus Christ, we can repent when needed.

Quote:

"The Lord knows how to rescue us from the power of temptation, and since the devil has this great ability to tempt and entice us, it is necessary that we know the way of deliverance and of escape from his power... As Jesus has helped us, so should we help one another. How should we deal with temptation? Avoid it, resist it, and pray for help from God, through the grace of Christ, to overcome it."
Robert J. Matthews

Questions:

- What choices did David make that led him to sin?
- What did Solomon do that led him away from the Lord?
- What could David and Solomon have done differently?
- What temptations might we face?
- What choices could we make to resist and overcome temptation?
- How can we discern right from wrong?

Activity Time

Tools to Resist Temptation

Description: Learn about the different tools Heavenly Father gives us to resist Satan's temptations.

What you need:

- A copy of the "Tools to Resist Temptation" activity (artwork included with this lesson), scissors, glue.

Preparation:

1. Print out the artwork.
2. Assemble according to directions*.

Activity: Ask: What are some of the tools Heavenly Father has given us to resist temptation?

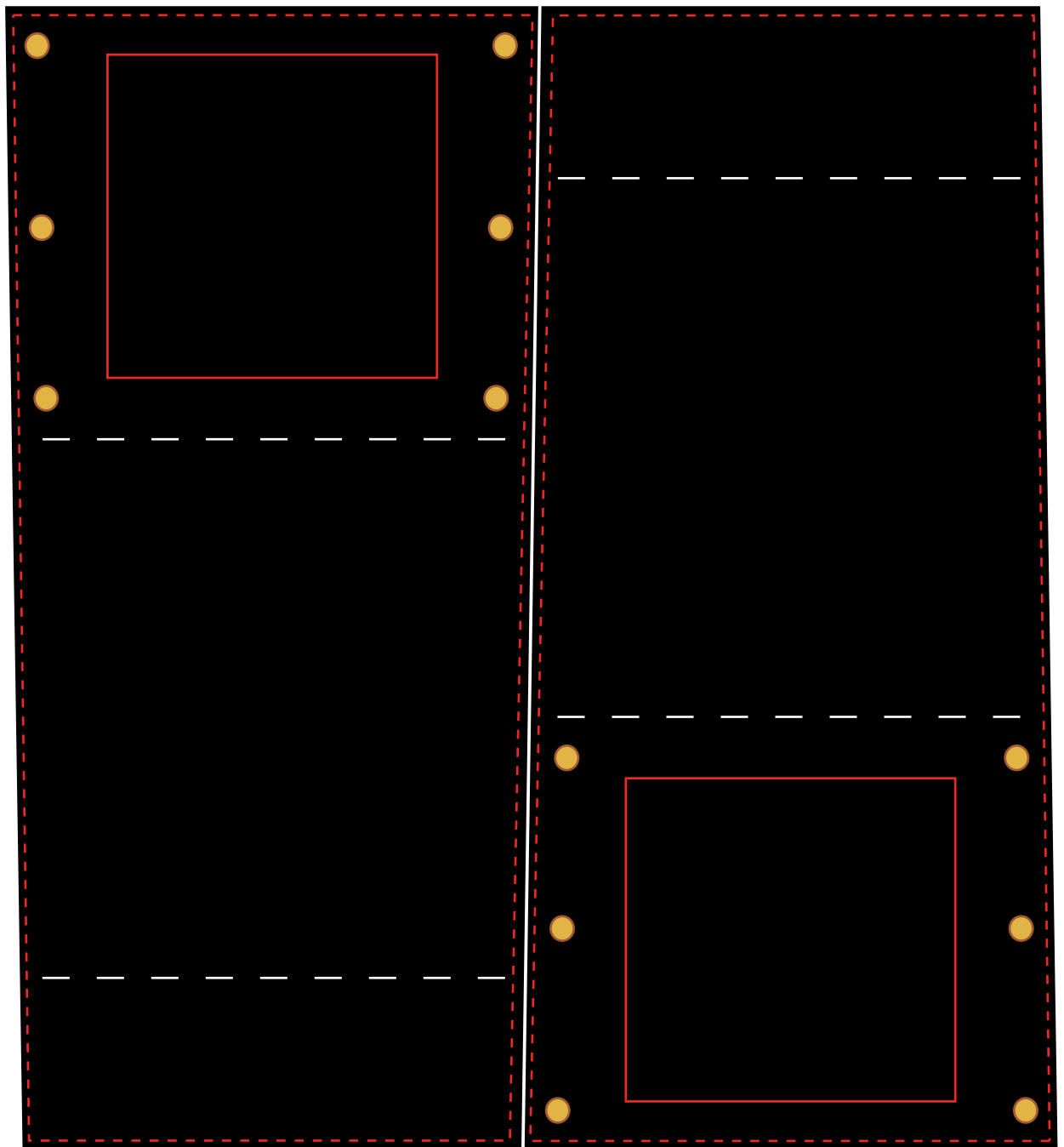
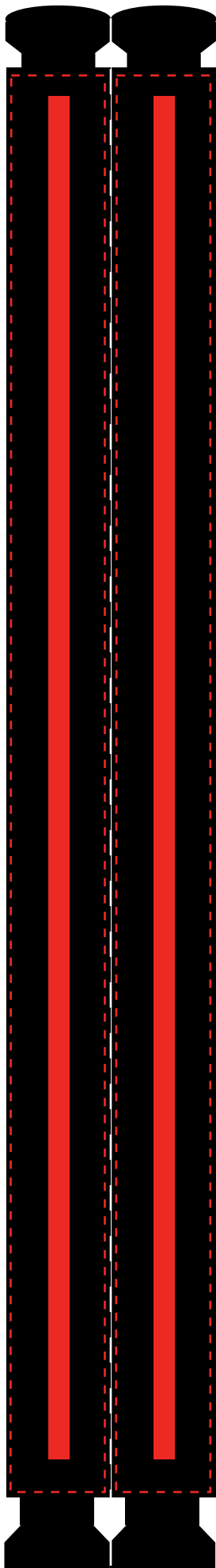
Hand out the tools to family members. Let each family member take turns reading the caption of a tool and placing it in the tool belt. Ask: How will this help us to resist temptation?

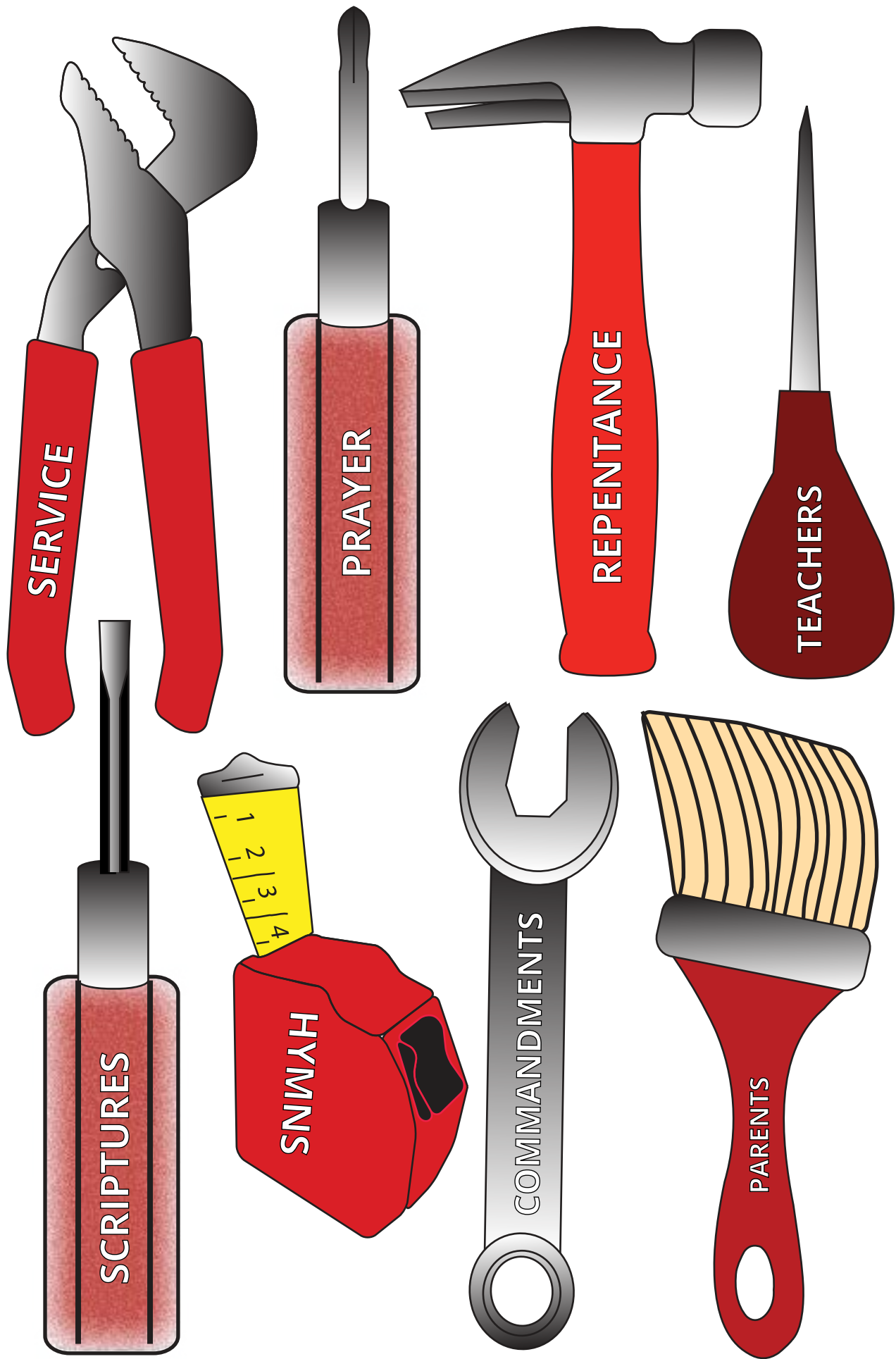
Explain that people often keep tools in a tool belt so they are easily accessible. Ask: How can we make sure these tools are easily accessible to us when we need them?

*Toolbelt Assembly Directions

1. Fold along white dotted lines with printed sides facing out.
2. Glue belt together. Set aside.
3. Place a thin line of glue along top edge of the two large pockets and the small hammer ring, leaving sides open so belt can slide through.
4. Place a thin line of glue along the sides and bottom of the small pockets. Following the red guide, glue to large pockets.
5. Place a thin line of glue along the sides of the large pockets and glue together.
6. Place a thin line of glue along the edges of the hammer ring and glue together.
7. Cut along the solid white line on the hammer ring.
8. Assemble tool belt during step number nine of the activity, by sliding the belt through a pocket, then through the hammer ring and then through another pocket. Slide a finger along the bottom edges of the pockets to make them slightly curl so that your tool belt will stand up.







Treat Time

Cream Puff Hearts

Prep Time: 10 minutes
Bake Time: 25-30 minutes

Ingredients:

Heart mixture:
1/2 cup butter
1 teaspoon sugar
1/2 teaspoon salt
1 cup flour

Cream Filling:
2 cups Whipped Topping-thawed
1 teaspoon almond extract
4 large eggs

Raspberry Filling:
1 (21 oz.) can Raspberry Pie Filling



Instructions: Preheat oven to 375 degrees. Bring butter, sugar, salt and 1 cup of water to a boil in a saucepan. Stir in flour, and cook over medium-high heat, stirring constantly, for three minutes. Cool for 1 minute. Add eggs one at a time to the butter mixture, beating after each egg until smooth. Flatten dough to 2-3 inches thick. Cut into heart shapes. Bake on an ungreased baking sheet until golden brown. Approximately for 25-30 minutes. Let cool. Slice each puff in half horizontally.

Treat Time: Give each family member a heart to fill with whipped cream and raspberries. Sprinkle tops with powdered sugar.