

OLD TESTAMENT 2022

# Come, Follow Me with *Living Scriptures* STREAMING

## Make a Joyful Noise

Psalms 49-86

### Objectives:

- Discuss how messages from Psalms, hymns, and other sacred music inspire and help us.

### Reinforces Principles of:

- Music, Praising God, Inspiration

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## Reverence Time

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**Song:** Lift Up Your Voice and Sing, Children's Songbook page 252

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/lift-up-your-voice-and-sing>

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**Scripture:** Psalm 66:1-2

"Make a joyful noise unto God, all ye lands; Sing forth the honour of his name: make his praise glorious."

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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-joyful>

### Lesson

#### Summary:

Many of the Psalms in this week's lesson have a note in the heading that says, "to the chief musician." They were meant to share testimony and inspire others. Some of these inspiring messages are found in our hymns today. Here are just a few inspiring lines:

- "Cast thy burden upon the Lord, and he shall sustain thee" (Psalm 55:22)
- "From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I." (Psalm 61:2-3)
- "O God, thou hast taught me from my youth: and hitherto have I declared they wondrous works." (Psalm 71:17)
- "And blessed be his glorious name for ever: and let the whole earth be filled with his glory: Amen, and Amen." (Psalm 72:19)

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#### Quote:

*"Sacred music has a unique capacity to communicate our feelings of love for the Lord. This kind of communication is a wonderful aid to our worship. Many have difficulty expressing worshipful feelings in words, but all can join in communicating such feelings through the inspired words of our hymns." Dallin H. Oaks*

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#### Questions:

How do hymns and primary songs help us?

What does it mean to "cast [our] burden on the Lord?"

How is Jesus Christ like a rock?

What things have we been taught in our youth about God?

How can we share our testimonies and help "the whole earth be filled with his glory?"

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## Activity Time

## *Name That Tune*

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**Description:** Have fun with familiar Primary songs from the Children's Songbook. We've provided a few notes for you to play. Guess the name of the songs with your family!

**What you need:**

- A copy of the "Name that Tune" song choices, scissors, a piano keyboard, (can also use a smartphone or laptop) and a hat, bowl or bag to choose songs from.

**Preparation:**

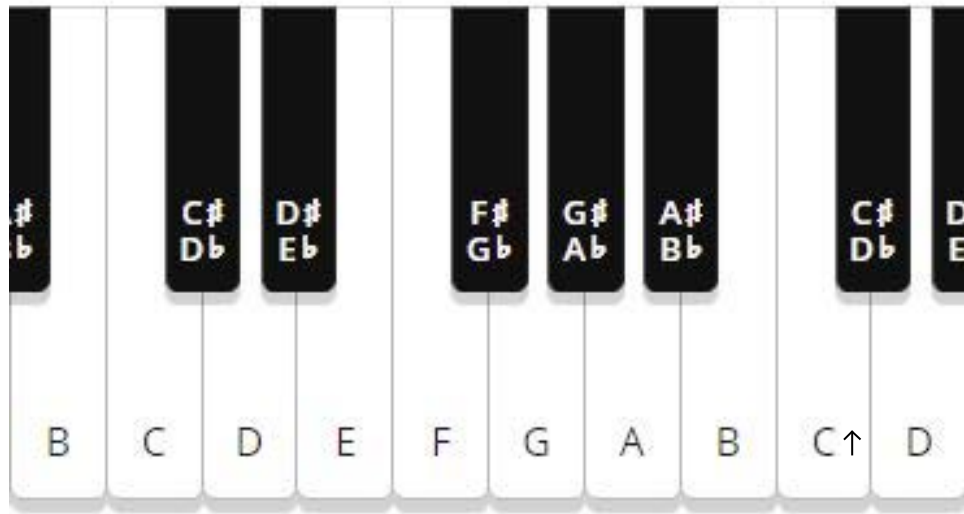
1. Print out the song choices sheet.
2. Cut off the piano reference guide and set aside. Cut song choices into strips along lines. Put strips in a hat, bowl or bag.
3. If you don't have a piano, you can use an online piano to play the notes. (We found one at [musicca.com/piano](https://musicca.com/piano).)

**Activity:**

To play this game select a family member to choose a song slip from the hat, bowl, or bag. The family member can then play the notes indicated on the song slip on your keyboard or device. (Use the labeled guide to help you know which notes to play if needed. Younger family members will need help.) The other family members try to guess the song that is played. The person that guesses correctly can choose the next song.

If you'd like, you can try to guess in 4 notes, repeating those notes a few times to see if anyone can guess. If no one guesses, try guessing in 6 notes, then 8 notes, etc.

You can also play by splitting into two teams and compete to see which team can guess the song with fewer notes.



\*C↑ denotes C above middle C

I Am a Child of God

E E E F G E G C↑C↑B A G

Love One Another

F G A C C D E F D D

Book of Mormon Stories

B G F♯ G E E E F♯ E

The Golden Plates

G E G A B A G E G A E E E D♯ D♯ E

Keep the Commandments

A G F F E E C↑B♭ A A G G

He Sent His Son

C C F F A A G G C C E E G G F

Jesus Wants Me for a Sunbeam

C D E F D F E C↑D C B♭ A G A

Popcorn Popping

C C C C C D E F G A D G G G A G F E C D C

I Love to See the Temple

C A B♭ C↑F F E C F G A C D

Families Can Be Together Forever

A G F G B B C↑G G G A A B♭ F

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## Treat Time

## Licorice Music Notes

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**Prep Time:** 10 minutes  
**Cook Time:** 30 minutes  
**Cool Time:** 60 minutes



**Ingredients:** 1 C. butter  
2 C. sugar  
1 (14 oz.) can sweetened condensed milk  
1 C. corn syrup  
1/8 tsp. salt  
1 tsp. anise extract (if your family doesn't like black licorice substitute vanilla extract.)  
1/2 tsp. black food coloring paste (purchase at craft store in the cake decorating section.)

**Instructions:** Line a 9x9 inch square baking pan with foil, extending foil over edges of the pan. Butter the foil and set aside. In a heavy 3 quart saucepan, melt the butter over low heat. Add the sugar, sweetened condensed milk, corn syrup, and salt. Mix well. Cook over medium heat, stirring frequently until mixture comes to a boil. Clip a candy thermometer to side of the pan. Continue to cook without stirring until candy thermometer reaches 244 degrees F. (firm-ball stage). Reaching firm-ball stage should take 15 to 20 minutes. Remove from heat and remove candy thermometer from saucepan. Stir in anise extract and food coloring, without scraping sides or bottom of pan. Quickly pour candy, without scraping the sides or bottom of the pan, into the buttered-foil-lined pan. Cool until easy to handle (approximately 1 hour).

Treat Time: Turn out of pan and remove foil. Cut with a buttered knife into 36 pieces. Give each child a piece of wax paper to work on and one or two pieces of candy. Help the children shape their candy into musical note shapes. Wipe hands on paper towel if they become too buttery. Wrap extra pieces (after they cool completely) in a square of wax paper and twist ends to seal.

Optional: Listen to church hymns or songs from the Childrens Songbook, while shaping the candy into notes.