

OLD TESTAMENT 2022

# Come, Follow Me with *Living Scriptures* STREAMING

## The Good Shepherd

Psalms 1-2; 8; 19-33; 40; 46

### Objectives:

- Discuss what the book of Psalms is and what we can learn about Jesus Christ by reading it.

### Reinforces Principles of:

- Praise, Righteousness, Trusting the Lord

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## Reverence Time

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**Song:** The Lord is My Shepherd, Hymn #108

<https://www.churchofjesuschrist.org/music/library/hymns/the-lord-is-my-shepherd>

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**Scripture:** Psalm 23: 1-3

"The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake."

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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-shepherd>

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## Lesson Time

## Becoming Better, Not Bitter

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### Lesson

#### Summary:

The Book of Psalms is a collection of 150 songs, prayers, and other compositions. Many of the Psalms in this section remind us of the importance of righteousness, repentance, and redemption through our Savior, Jesus Christ. We learn that “blessed are all they that put their trust in him,” and “he that hath clean hands and a pure heart” shall “stand in his holy place.” Many of these Psalms were written by King David, who had made mistakes and knew about repentance and the importance of the Atonement of Jesus Christ. David wrote many Psalms praising Jesus Christ, and some that prophesied of Jesus Christ and His life in the future.

David wrote, “the Lord is my shepherd.” David knew that Jesus Christ loves us and protects us, just as a shepherd cares for and protects his sheep. We can choose to be part of His fold and follow the Good Shepherd.

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#### Quote:

*“The Good Shepherd—our true shepherd—is always good. Within the fold of God, we experience His watchful, nurturing care and are blessed to feel His redeeming love. He said, ‘I have graven thee upon the palms of my hands; thy walls are continually before me.’ Our Savior has graven upon His palms our sins, pains, afflictions, and all that is unfair in life. All are welcome to receive these blessings, as they ‘are desirous to come’ and choose to be in the fold. The gift of agency is not simply the right to choose; it is the opportunity to choose the right. And the walls of the fold are not a constraint but a source of spiritual safety.” Randy D. Funk*

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#### Questions:

- What are the Psalms?
- Who wrote many of the Psalms?
- What did David write about in his Psalms?
- How is Jesus Christ like a shepherd?

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## Activity Time

## Write Your Own Psalm

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**Description:** Use the provided stationery to write your own psalm and illustrate it. You can write about what you've learned about Jesus Christ in these Psalms and what it means to you. Work together to create a family psalm, or let each family member create their own!

**What you need:** ■ A copy of "My Psalm" stationery (artwork included with this lesson) and pen, pencil or crayons for each family member.

**Preparation:** 1. Print out the artwork.

**Activity:** (Younger children will need help from an older sibling or parent.)

1. Ask: What did you learn about Jesus Christ from Psalms today?
2. Ask: What have you learned about Jesus Christ that is most important to you?
3. Tell your family to think about what they could write to share their gratitude for Jesus Christ, or to teach someone else about Jesus Christ.
4. Give each person a piece of "My Psalm" stationery and a pen, pencil, or crayons and have them write their own psalm. Help younger children with their idea and then let them draw their psalm. Have an older sibling or parent write captions for their pictures.

*My Psalm*



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## Treat Time

## Shortbread Shepherd's Crooks

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**Prep Time:** 10 minutes  
**Bake Time:** 15 minutes

**Ingredients:** 1 cup butter (softened)  
3/4 cups powdered sugar  
1 tsp vanilla  
2 cups flour

**Instructions:** Preheat oven to 325 degrees F. In a stand mixer, combine butter, powdered sugar, vanilla, and flour until well mixed.

Treat Time: Give each family member a 2 inch ball of dough. Let them roll it into a rope shape, and then bend the end to look like a shepherd's crook. Place shaped cookies onto an ungreased cookie sheet. Bake for 15 minutes or until slightly browned on the bottoms.

(If desired, to quickly use remaining cookie dough, use a cookie scoop to place dough onto cookie sheet. Flatten with the bottom of a glass and bake.)

