

OLD TESTAMENT 2022

Come, Follow Me with *Living Scriptures* STREAMING

Make the Sabbath a Delight

Isaiah 58-66

Objectives:

- Discuss Isaiah's teachings about fasting, Sabbath day observance, and Jesus Christ's coming.

Reinforces Principles of:

- The Sabbath, Fasting

Reverence Time

Song:

Remember the Sabbath Day, Children's Songbook page 155

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/remember-the-sabbath-day>

Scripture: Isaiah 58:13-14

"If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the Lord, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: Then shalt thou delight thyself in the Lord..."

Video:

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

Lesson Time

Make the Sabbath a Delight

Lesson

Summary:

This section of Isaiah begins with a lesson on fasting and keeping the Sabbath day holy. Isaiah scolded the Israelites for complaining and showing how miserable they were when they were fasting. Isaiah taught that the purpose of fasting isn't to make you unhappy, it's to bring blessings to you and others. Fasting should include feeding the poor, praying, and focusing on the Lord and His guidance. Sabbath day worship should also be a delight. Isaiah taught that we should not seek our own ways or our own pleasure on the Sabbath, but to instead delight ourselves in the Lord. It's important to take time to find joy, peace, and gratitude for the Lord on the Sabbath day.

Isaiah also spoke again of the Second Coming of the Messiah. He warned about the destruction of the wicked and rejoiced in the salvation of the Lord's people. He taught about the peace that will exist on the earth after Jesus comes.

Quote:

"How can you ensure that your behavior on the Sabbath will lead to joy and rejoicing? In addition to your going to church, partaking of the sacrament, and being diligent in your specific call to serve, what other activities would help to make the Sabbath a delight for you? What sign will you give to the Lord to show your love for Him?" Russell M. Nelson

Questions:

- How can we improve our fasting?
- How does fasting bless the poor?
- How does fasting bless us?
- How can we make the Sabbath day a delight?
- What do you look forward to at Jesus Christ's Second Coming?

Description: Discuss how we can fast and pray with a grateful, happy heart while you make these praying paper children.

What you need:

- A copy of the “Fasting & Prayer” craft for each child (artwork included with this lesson), scissors, glue, brass fasteners & card stock.

Preparation:

1. Print out the artwork.
2. Cut along black solid lines.
3. Put “Praying Children” together by following assembly instructions included with this activity.

Activity: 1. Why do we kneel to pray?

Help the children understand that we don't always kneel when we pray, but when we do it shows Heavenly Father the utmost respect.

(Fold “Praying Children” at knees. Fan “Prayer Girl's” skirt out into an “A” shape to balance her in a kneeling position.)

2. Why do we fold our arms when we pray?

Help the children understand that moving their hands during the prayer might keep people from listening to the prayer. (Fold “Praying Children's” arms.)

3. Why do we close our eyes when we pray?

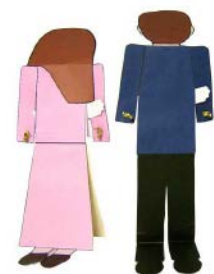
Help the children understand that they are less likely to be distracted by things around them when they close their eyes. They can think of Heavenly Father and what they are saying to him.

(Glue eyelids over “Prayer Children's” eyes to make them closed.)

4. Why do we bow our heads when we pray?

Help the children understand that bowing our heads when we pray shows Heavenly Father that we love, honor, and respect him.

(Bend “Prayer Children's” heads to a bowing position.)

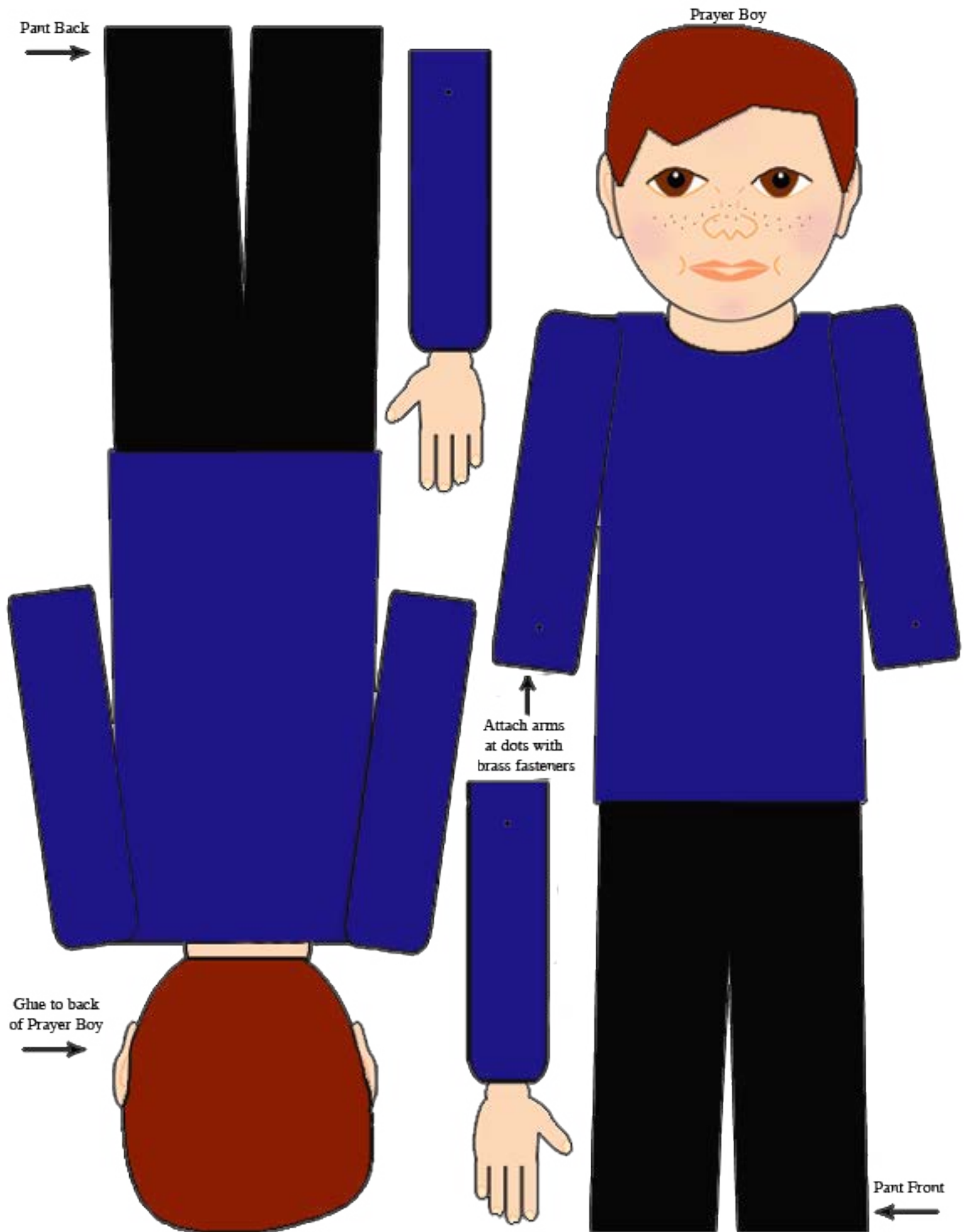


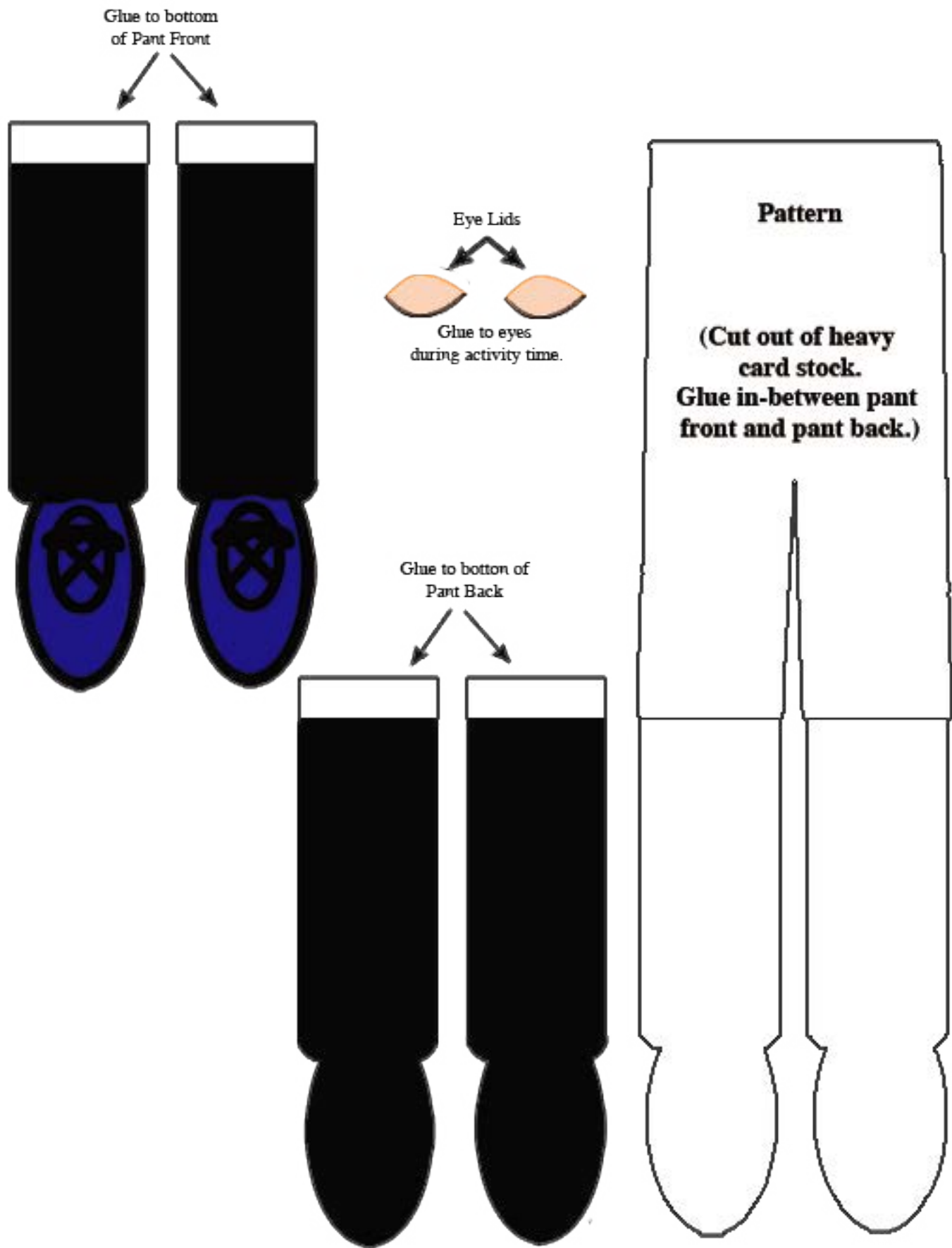
“Prayer Boy” Assembly Instructions

1. Glue Front Legs to Pant Front (line up bottom of pant with black line).
2. Glue Back Legs to Pant Back (line up bottom of pant with black line).
3. Glue card stock Pants to Pant Front.
4. Glue Prayer Boy Front to Prayer Boy Back.
5. Attach arms at black dots with brass fasteners.
6. Glue eyelids over eyes during activity time.

“Prayer Girl” Assembly Instructions

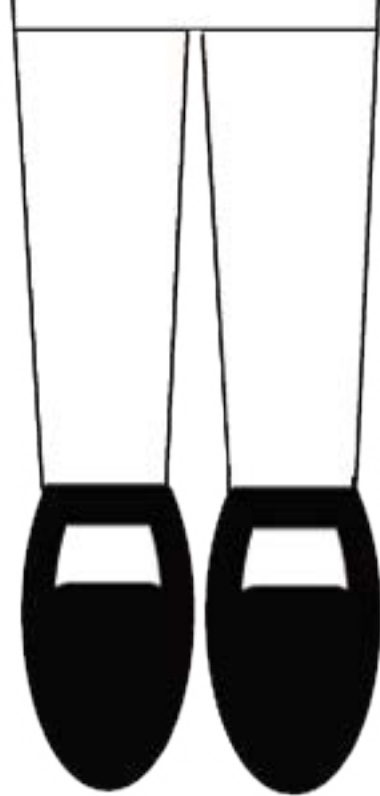
1. Glue Back Legs to Front legs.
2. Glue Legs to Skirt Front (line up bottom of skirt with black line).
3. Glue Prayer Girl Top Front to Top Back, leaving skirt free.
4. Fold card stock skirt at fold line and then glue to inside of Skirt Front and Skirt Back to form an “A” frame.
5. Attach arms at black dots with brass fasteners.
6. Glue eyelids over eyes during activity time.



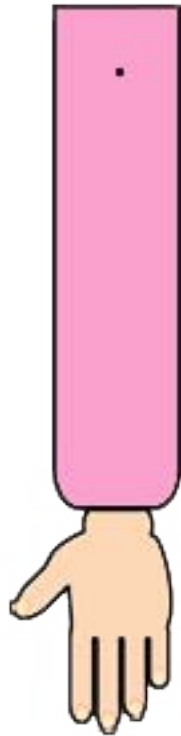


Prayer Girl

Glue to backside of dress front



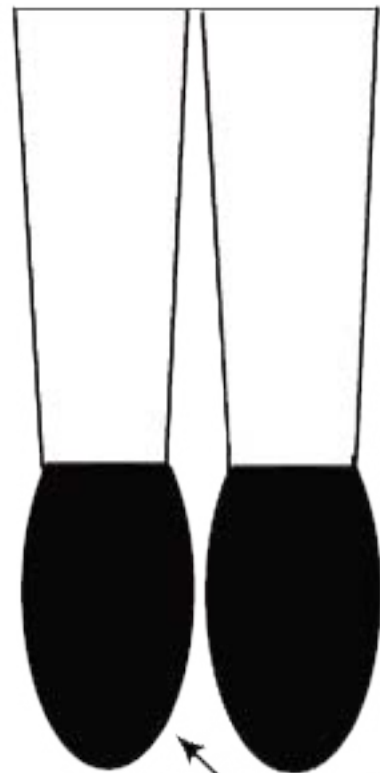
Front Legs



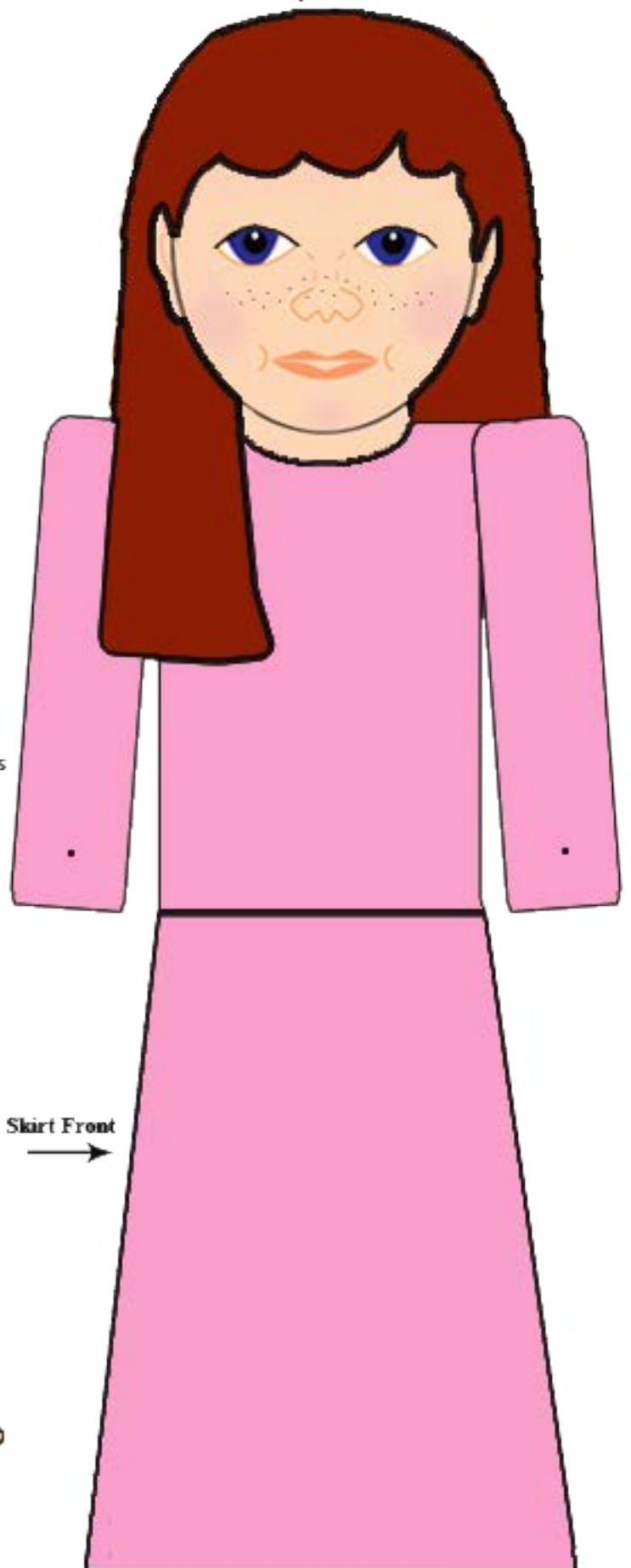
Attach arms at black dots with brass fasteners

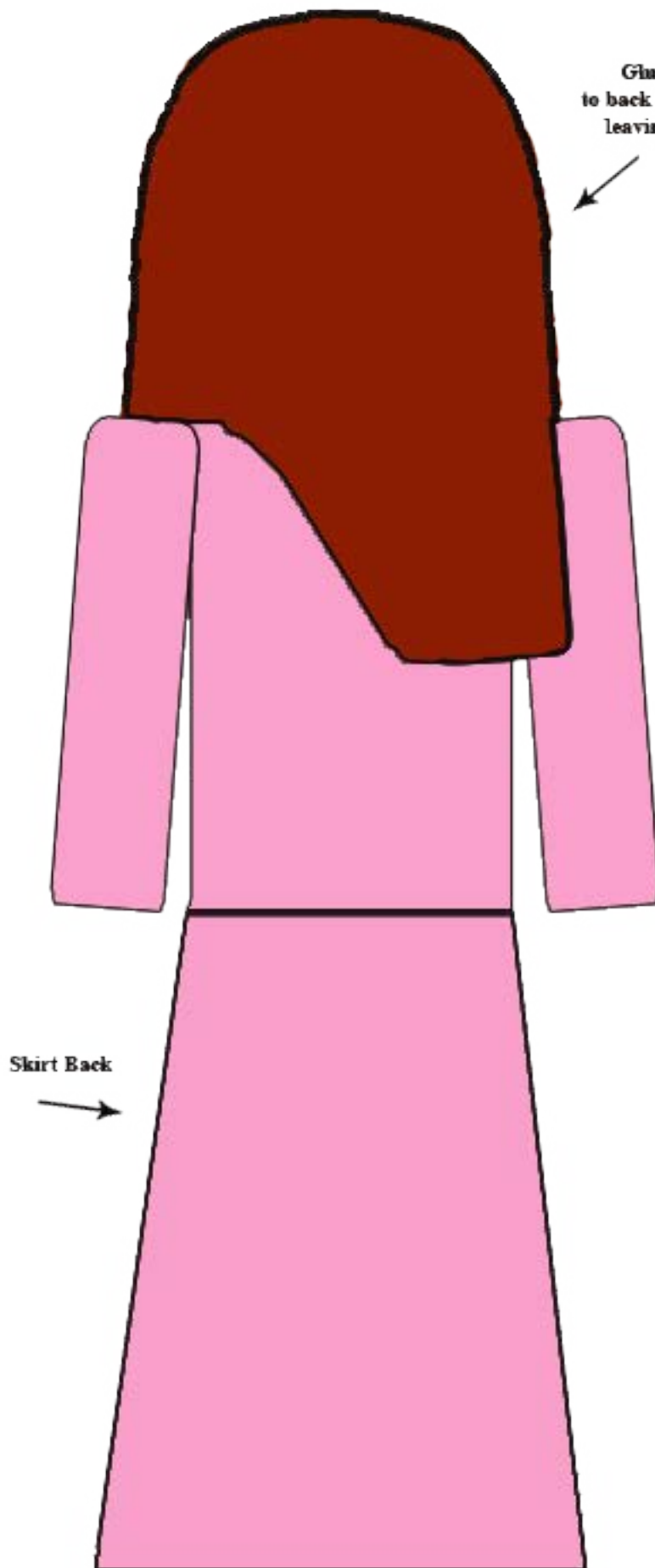


Skirt Front

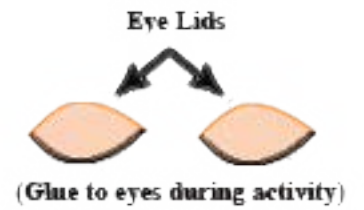


Glue to back of front legs





Glue top half
to back of prayer girl,
leaving skirt free.



Pattern

(cut out of heavy card stock.
Fold along line. Glue one side to
skirt front and one side to skirt
back to form an "A" frame.)

(fold line)

Treat Time

"Sun"day Tarts

Prep Time: 10 minutes
Cook Time: 10 minutes
Chill Time: 15 minutes



Ingredients: **Crust**

3 ounces cream cheese, softened
1/2 cup butter, softened
1 cup all-purpose flour
15 drops yellow food coloring

Filling

1 (14 ounce) can sweetened condensed milk
1/3 cup lemon juice
2 (10 ounce) container frozen whipped topping, softened
20 drops yellow food coloring

Instructions: Crust: Preheat oven to 325 degrees F. Blend with electric mixer, cream cheese with the butter. Stir in flour just until mixed well. Chill for 15 minutes. Dough can be made ahead and chilled for up to 24 hours.

Treat Time: Divide dough into 12 balls. Give each family member one ball. Press or roll into a four inch circle. Pinch around edges into points to make sun rays. Press into muffin cups. Pierce bottoms and sides of crusts with fork. Bake for 10 minutes, or until light brown. Prepare filling while crusts bake.

Filling: Mix together until smooth the sweetened condensed milk, lemon juice and 15 ounces whipped topping. Reserve 5 ounces of whipped topping for garnish. Pour into baked shells. If you are not going to eat immediately, cool crust before adding filling. Top your suns with clouds if desired (the reserved 5 ounces of whipped topping).