

OLD TESTAMENT 2022

# Come, Follow Me with *Living Scriptures* STREAMING

## Fear Not, I Am With Thee

Isaiah 40-49

### Objectives:

- Emphasize Isaiah's message to "fear not" and trust in the Lord and His power.

### Reinforces Principles of:

- Faith and Trust in God

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## Reverence Time

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**Song:** How Firm A Foundation, verse 3, Hymn #85

<https://www.churchofjesuschrist.org/music/library/hymns/how-firm-a-foundation>

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**Scripture:** Isaiah 41:10

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness."

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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-fearnot>

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## Lesson Time

## *Fear Not, I Am With Thee*

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### Lesson

#### Summary:

In these chapters, Isaiah teaches us about the power, majesty, and love of God. He shares words of comfort, reminding Israel that God is the Creator of everything and that He has all power. Because He loves us, God will help those who will follow Him, just as a shepherd cares for his lambs.

Isaiah also warns against worshipping idols, saying that idols have no power and they are not worth anything. Only the Lord can help us and redeem us. Isaiah prophesies of the coming of the Lord and praises Him, saying, "Sing unto the Lord a new song, and his praise from the end of the earth." (Isaiah 42:10) Isaiah also prophesies again of the gathering of Israel in the last days and that the Messiah will also be a light unto the Gentiles.

Many times in these chapters the Lord says, "Fear not". He is with us, He has redeemed us, He has called us, and He will help us. We can trust in Him.

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#### Quote:

*"Your foundation of faith must be firmly centered on Jesus Christ. Having that kind of faith means you rely on Him, you trust in Him, and even though you do not understand all things, you know that He does. You also know that you are a daughter of God, that He knows you by name, that He hears your prayers, and that He will help you accomplish your earthly mission." Elaine S. Dalton*

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#### Questions:

Where can we see God's power in our lives?

How do we know God loves us?

How can trusting God's power and love help us to "fear not?"

What kinds of "idols" might be keeping us from focusing on God?

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## Activity Time

## *Turn That Frown Upside Down*

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**Description:** We can be have faith and overcome fear knowing the Lord is with us even when times are tough. Learn to find happiness in hard situations and blessings in trials.

**What you need:** ■ A copy of the “Turn That Frown Upside Down” activity (artwork included with this lesson) scissors, glue and cardstock

**Preparation:**

1. Print out the artwork.
2. Glue artwork onto cardstock.
3. Cut out

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

1. Explain: When Elder Joseph B. Wirthlin was a young boy his mother taught him to endure adversity well. “Joseph,” she said, “come what may, and love it.”

2. Explain: Elder Wirthlin’s mother was not trying to teach him to suppress his sorrow or to hide his pain, but to handle adversity without anger or resentment.

3. Explain: Those who learn from difficult times become stronger, wiser and happier.

Elder Wirthlin taught us four things in October 2008 conference that can help us through difficult times:

a. Learn to Laugh. Instead of getting angry or depressed, look for the humor in the situation.

b. Seek for the Eternal. Ask yourself: What is Heavenly Father trying to teach me from this experience?

c. The Principle of Compensation. Remember that the Lord compensates the faithful for every loss.

d. Trust in the Father and the Son. Handle your burden the best you can and then leave the rest to them.

4. Sing Children’s Songbook #267, “Smiles.”

5. Ask: How can smiling make the world a better place and make difficult times better? (Discuss ideas.)

6. Play the “Turn That Frown Upside Down” activity

## Turn That Frown Upside Down

One person is chosen to be the orator. The first player holds the smiling/frowning face with the frown showing. The orator reads one of the adverse situations in the list or make up your own that can make you feel sad, mad, angry, etc. Example: Someone tripped you in the hall.

The player then turns the frown upside down and gives a positive reaction to the situation that will bring them happiness. Example: I can be happy because I didn't knock out a tooth when I fell.

Then give an example of what Heavenly Father is teaching you. Example: I am learning how not to treat others.

There is an example for each incident in parenthesis if you need help.

**1. You were playing a game with friend and you lost.** (I can be happy because I know I didn't cheat. I am learning how to be happy for others when they win.)

**2. Your Grandma broke her hip and now she can't take you to the zoo.**  
(I can be happy spending time with Grandma and doing things for her that she can't do while she's recuperating. I am learning to serve others.)

**3. A group of kids have been teasing you because you're a member of the church.**  
(I can be happy that I'm living my religion. I am learning to not persecute others for their religion.)

**4. You can't go to the movies with my friends because you have to baby sit your sister.**  
(I can be happy because I am helping my parents. I am learning to honor my parents.)

**5. The boy who sits behind you in class is always pulling your hair.**  
(I can be happy because I have hair. I am learning to treat others the way I would want to be treated.)

**6. You don't want to wear your new glasses because you think they make you look nerdy.**  
(I can be happy because I will now be able to see the questions on the board. I am learning to not be vain.)

**7. You ran a marathon race and came in last.**  
(I can be happy because I finished the race. I am learning humility.)

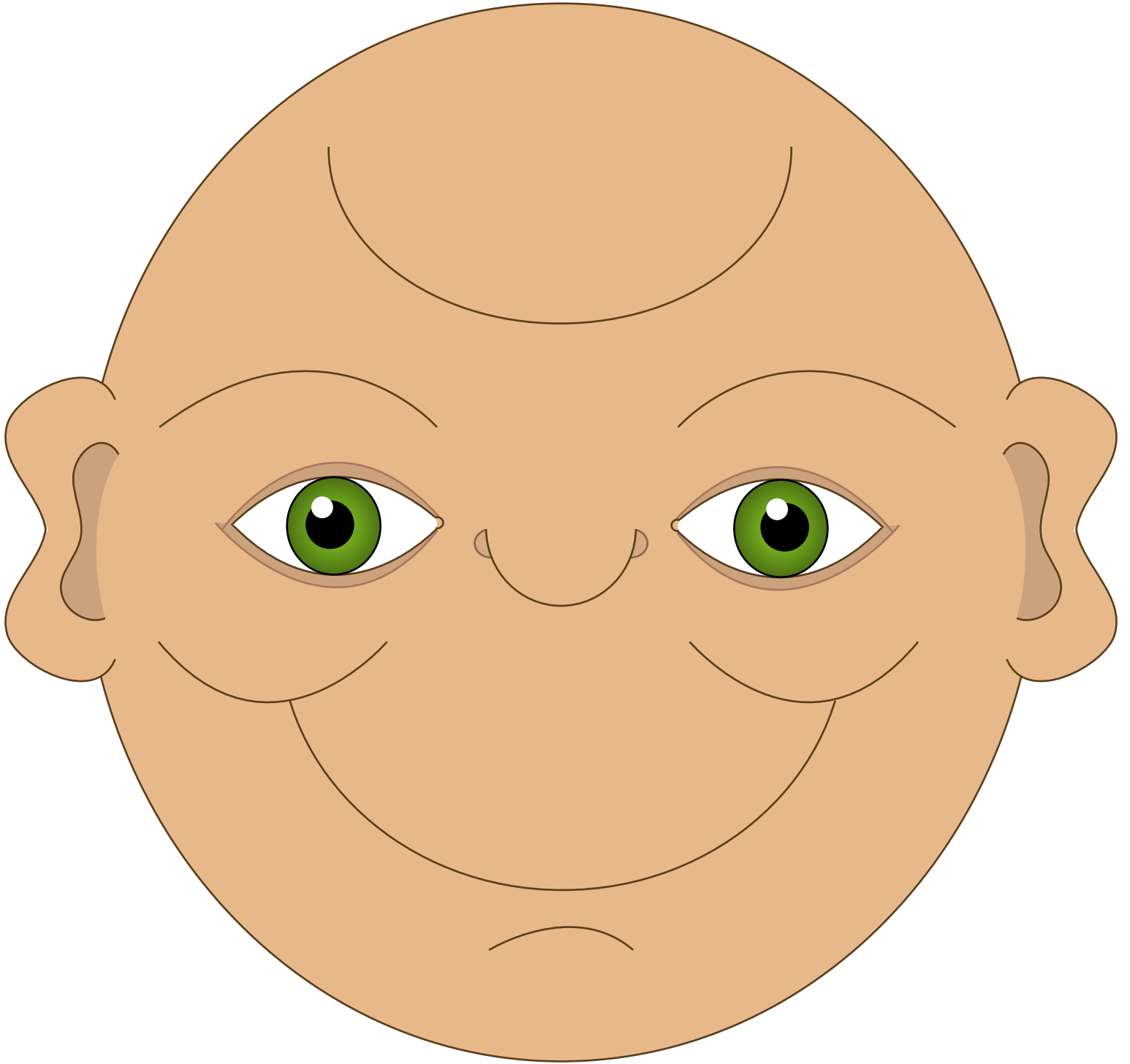
**8. You were late to your recital because your mom followed the wrong directions.**  
(I can be happy because I still got to perform my number and we aren't lost any more. I am learning patience.)

**9. Someone you love passed away.**  
(I can be happy [after I am done mourning] because I know families can be together forever. I am learning to live worthy so that I can live with them and Heavenly Father again someday.)

**10. You hit your head on the cupboard door that you left open.**  
(I can be happy because I controlled my tongue. I am learning to not leave the cupboard door open.)

**11. We missed our exit because another car cut us off.**  
(I can be happy we didn't get in a wreck. I am learning to be understanding when others make mistakes.)

**12. Your Dad lost his job because the company he worked for went out of business.**  
(I can be happy because my parents listened to the prophets and although we will have to make sacrifices we are prepared for hard times. I am learning to listen to the prophet.)



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## Treat Time

## Cherry Chocolate Chip Hearts

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**Prep Time:** 5 minutes  
**Bake Time:** 30-35 minutes  
**Cooling Time:** 5 minutes



**Ingredients:** 2-3/4 cups all-purpose flour  
2 teaspoons baking powder  
1/4 teaspoon baking soda  
1/2 teaspoon salt  
1-3/4 cups sugar  
1/2 cup butter (melted)  
3 eggs  
1 teaspoon vanilla  
3/4 cup milk  
3/4 cup sour cream  
2 cups maraschino cherries (well drained)  
1 cup chocolate chips  
Cherry Juju Hearts or candy of your choice  
Frosting of your choice

**Instructions:** Preheat oven to 400 degrees F. Mix all the dry ingredients in a large bowl. Add melted butter and mix until crumbly. In a separate bowl, whisk together, eggs, vanilla, milk and sour cream. Fold liquid into dry mixture. Gently stir in maraschino cherries and chocolate chips (batter will be lumpy). Spoon into a prepared (greased and floured) jelly roll pan. Bake for 5 minutes at 400 degrees F. Turn oven temperature to 350 degrees F and bake an additional 25 minutes or until the center springs back on touch. Cool in pan for 10–15 minutes.

Treat Time: Let children cut into heart shapes with cookie cutters. Frost with your choice of icing (works best if slightly warmed) and top with cherry Juju hearts or candy of your choice.