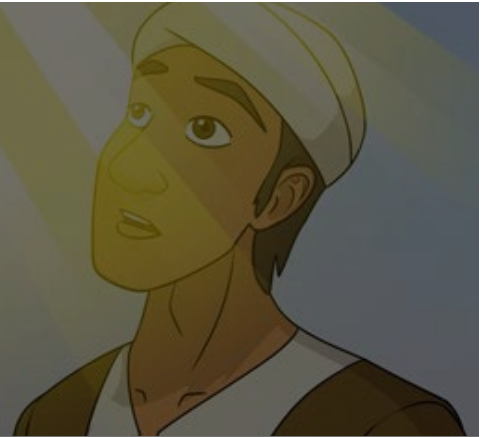


Come, Follow Me with *Living Scriptures* STREAMING



I Am Known

Jeremiah 1-3; 7; 16-18; 20

Objectives:

- Learn about Jeremiah, his foreordination to be a prophet, and the importance of following the prophet.

Reinforces Principles of:

- Foreordination, Prophets

Reverence Time

Song: I Lived in Heaven, Children's Songbook page 4

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/i-lived-in-heaven>

Scripture: Jeremiah 1:5

"Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations."

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

Lesson

Summary:

When Jeremiah was called as a prophet, he was nervous and unsure if he could be a good prophet. But the Lord comforted him saying, "Before I formed thee in the belly I knew thee." The Lord had foreordained Jeremiah to become a prophet even before he was born. The Lord also helped Jeremiah by giving him the words he should speak.

The Lord also knew each of us before we were born and prepared us to do His work. He will continue to help us along our journey. He has given us prophets to guide and direct us. If we soften our hearts and let the Lord help to shape our lives we will be able to do great things and gain many blessings.

Quote:

"We were foreordained in the premortal existence and born into mortality to fulfill the covenant and promise God made to Abraham. We are here upon the earth at this time to magnify the priesthood and to preach the gospel. That is who we are, and that is why we are here—today and always." David A. Bednar

Questions:

How do you think Jeremiah felt to know that the Lord knew him before he was born and had prepared him to be a prophet?

How can knowing that the Lord knew us before we were born help us?

Why is it important to listen to our latter-day prophets?

Activity Time

Potter and Clay

Description: Let children shape homemade clay into pots as you talk about the Lord's message to Jeremiah at the potter's house. (Jeremiah 18:1-6) How can we let the Lord help mold our lives as the potter molded the clay?

What you need: ■ Flour, salt, water

Preparation: 1. Mix 2 cups of flour, 1 cup of salt, and 3/4 cups of water. Knead until smooth. Add up to 1/4 cup additional water one tablespoon at a time if needed to create a smooth clay.

Activity: Read Jeremiah 18:1-6. Using a ball of clay, demonstrate how to shape it into a pot. Give each family member a ball of clay and let them make pots. Discuss how easy it is to mold the clay and shape it into different shapes.

Talk about what it means to be clay in the Lord's hands. Ask: How can we soften our hearts and follow the Lord?

Clay creations can be left to dry, or dough can be placed into an air-tight container for later use. Dispose of dough after 1 week if not dried. Dried clay creations can be painted if desired.



Treat Time

"Steps to Follow the Prophet" Cookies

Prep Time: 15 minutes
Chill Time: 15 minutes
Bake Time: 25-35 minutes

Ingredients: 1 C. butter
2/3 C. sugar
Pinch of salt
2 1/2 C. all-purpose flour



Instructions: Preheat oven to 350 F. Line a large baking sheet with parchment paper. Cream the butter until softened, then add sugar and salt. Fold in flour and mix to make a stiff dough. Knead gently on a lightly floured board for 2 minutes.

Wrap dough in plastic wrap or wax paper and chill in refrigerator for 15 minutes.

On lightly floured board roll dough out to a thickness of 3/8 to 1/2 inch. Let children help cut into shoe shapes. Place cookies two inches apart on baking sheet and place in oven.

Immediately REDUCE HEAT TO 325 F.

Bake until lightly browned (25 to 35 minutes). Reduce heat if cookies are browning too quickly. Cool cookies on a rack.

Let children decorate a pair of "Follow the Prophet" shoe cookies with frosting.