

OLD TESTAMENT 2022

# Come, Follow Me with *Living Scriptures* STREAMING

## A New Heart

Ezekiel 1-3; 33-34; 36-37; 47

### Objectives:

- Learn about repentance, resurrection, and gathering the flock of the Lord from the prophecies and visions of Ezekiel

### Reinforces Principles of:

- Repentance, hope

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## Reverence Time

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### Song:

Jesus Wants Me for a Sunbeam, Children's Songbook page 60

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/jesus-wants-me-for-a-sunbeam>

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### Scripture: Ezekiel 36:26-27

"A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh. And I will put my spirit within you, and cause you to walk in my statutes, and ye shall keep my judgements, and do them."

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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-newheart>

### Lesson

#### Summary:

Ezekiel was a prophet who had been captured and sent to Babylon before Jerusalem was destroyed. Ezekiel was shown a scroll in a vision and the Lord asked him to eat it, symbolically eating and filling himself with God's word. Then the Lord told him to speak to the people, warning them of the consequences of their wickedness and teaching them that they could still repent and be changed. Those who had done wickedly could turn from their wickedness and become righteous and be saved.

Ezekiel was also told to warn Israel that they needed to be as shepherds and seek out the Lord's lost flock and feed His sheep. In the last days the Lord will gather the lost sheep of Israel. We can help to gather the flock and be shepherds feeding His sheep, or in other words, gathering scattered Israel by sharing the gospel. The Lord says He will give Israel a new heart and a new spirit. We can also receive a new heart and new spirit as we learn to love the Lord, keep His commandments, and strive to follow the promptings of the Holy Ghost.

Ezekiel saw another vision of a valley of dry bones. The Lord told Ezekiel to say to the bones that the Lord would cause breath to enter into them and sinews and skin would cover them, and they would live. Ezekiel obeyed, and the bones were connected, covered, and came to life. With this vision the Lord taught Ezekiel about the resurrection, and also taught him about the restoration of the House of Israel. We can also learn that the Lord can bring new life and hope into us even when we are feeling spiritually or emotionally "dead" if we turn to Him.

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#### Quote:

*"As disciples of Christ, we can in our day rise above those ancient Israelites who moaned, 'Our bones are dried, and our hope is lost.' Indeed, if we finally lose hope, we lose our last sustaining possession. So, when our backs are to the wall and, as the hymn says, 'other helpers fail and comforts flee,' among our most indispensable virtues will be this precious gift of hope linked inextricably to our faith in God and our charity to others."*

*Jeffrey R. Holland*

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#### Questions:

How can we fill ourselves with God's word?

How can we be like shepherds and "feed His sheep?"

How does repentance bring us hope, a new heart, a new spirit, and new life?

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## Activity Time

## "Feed My Sheep" Relay

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**Description:** 1. As a family write down ways you can "feed His sheep".  
2. Have a relay race to see which team can feed the sheep fastest!

**What you need:** ■ A copy of the "Feed His Sheep" activity (artwork included with this lesson), scissors, tape, pencils, two buckets, baskets or large bowls.

**Preparation:** 1. Print out the artwork.  
2. Cut apart "I can feed His sheep by..." slips. Cut out sheep.  
3. Tape sheep to buckets, baskets or large bowls.

**Activity:** 1. Ask: In Doctrine & Covenants 35:27, the Savior calls the members of the Church his "little flock." How are we part of the Savior's flock? In the scriptures, the Savior says, "feed my sheep." What does it mean to "feed His sheep?" Give each family member 2 slips to write down ways they can feed His sheep.

2. Talk about the things you wrote down. (Help small children write down their ideas.)

3. Crumple slips into balls (sheep food). 4. Divide family members into two teams. Put the sheep bucket/basket/bowl on the other side of the room, one across from each team.

5. One at a time, a person from each team runs to place a crumpled ball (sheep food) in the sheep bucket to "feed the sheep", and then runs back to tag the next person on their team. The tagged person now runs to "feed the sheep". The race continues until all members on the team have "fed the sheep" twice. The first team to finish wins!

6. Discuss: How can we help each other to "feed His sheep"?



*I can feed His sheep by...*

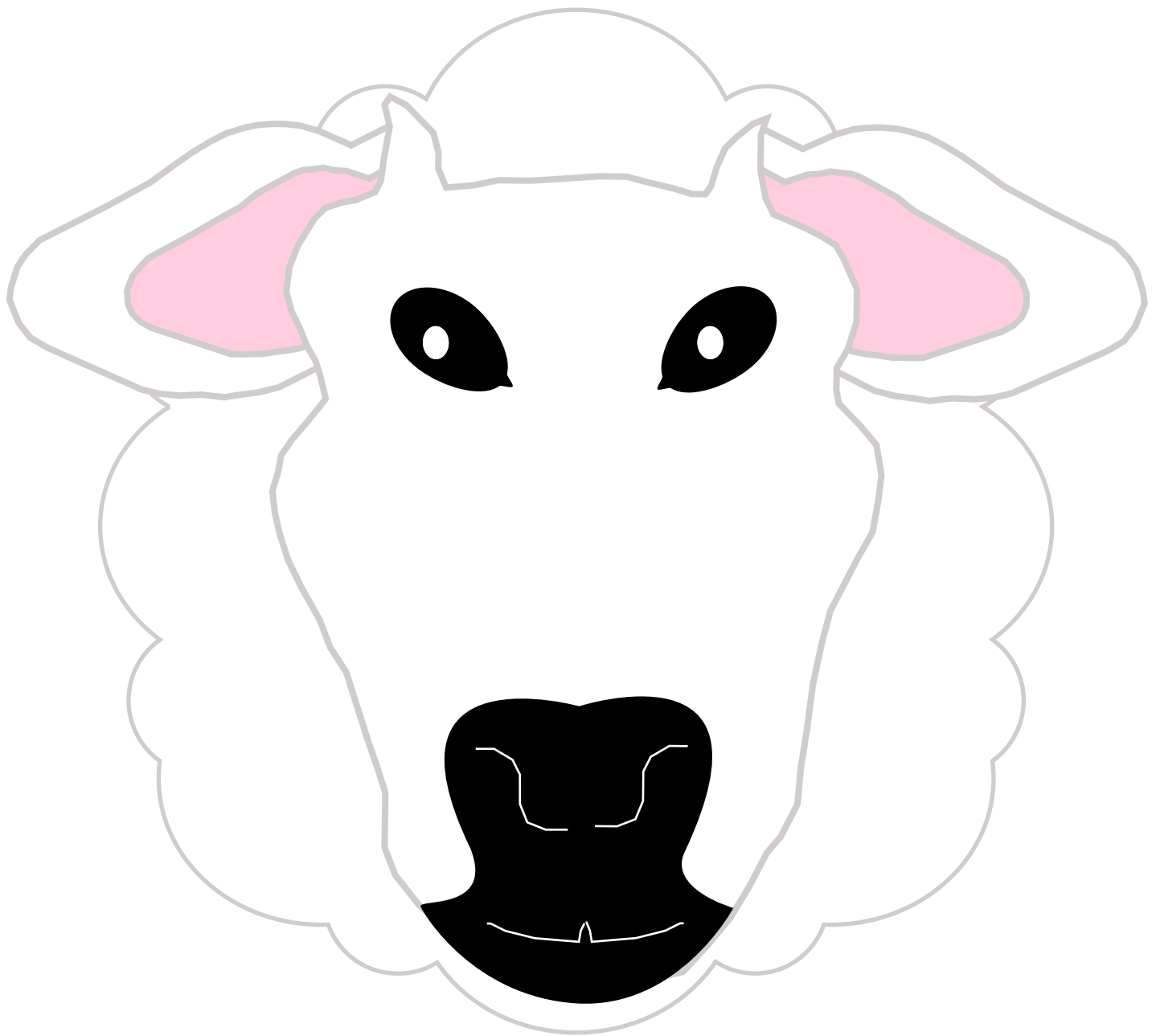
*I can feed His sheep by...*

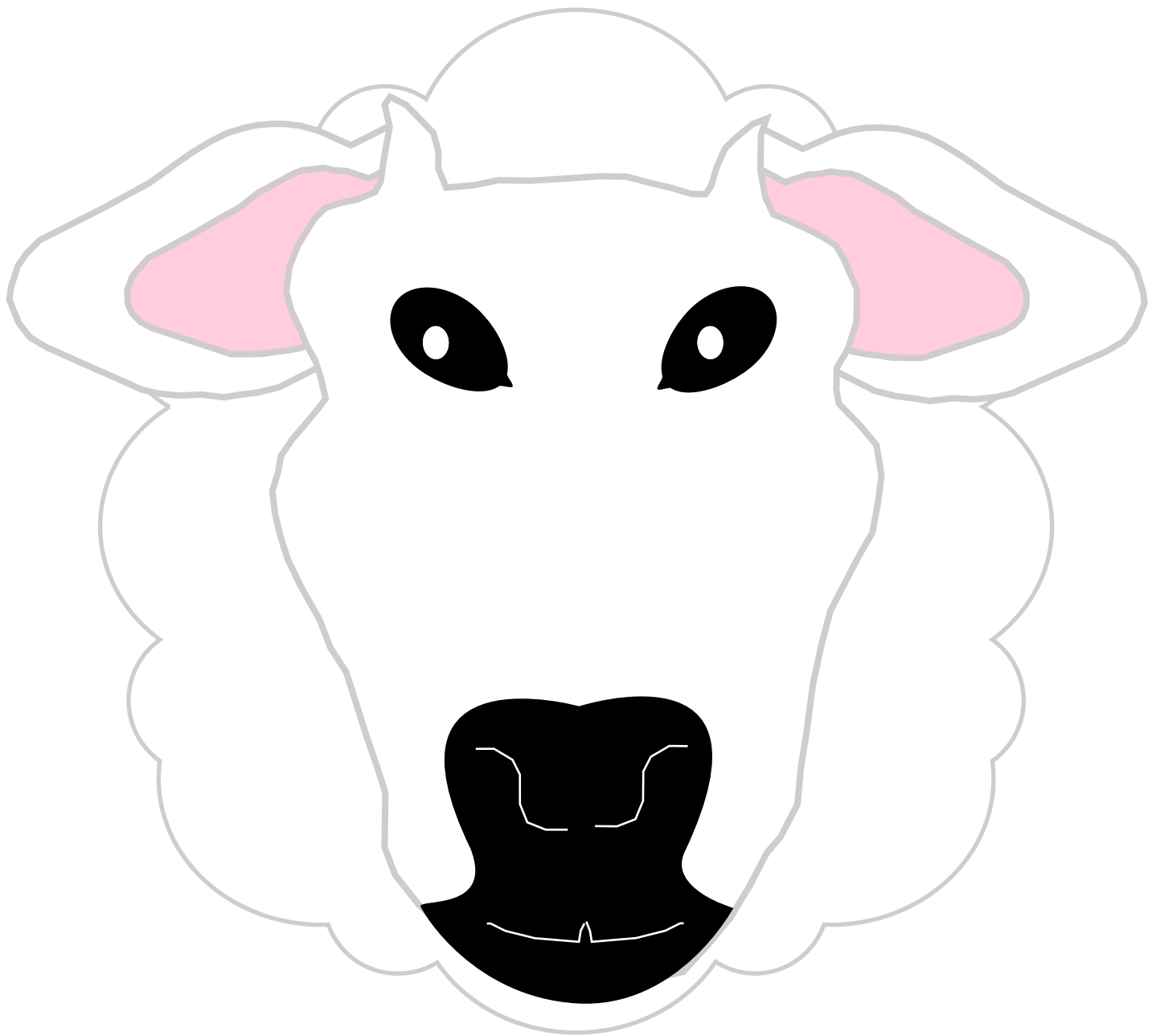
*I can feed His sheep by...*

*I can feed His sheep by...*

*I can feed His sheep by...*

*I can feed His sheep by...*





**Prep Time:** 15 minutes

**Chill Time:** 15 minutes

**Bake Time:** 30 minutes



**Ingredients:** Cake:  
3/4 cup all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
2 teaspoons cinnamon  
1 1/2 teaspoons pumpkin pie spice  
3 eggs  
1 cup granulated sugar  
3/4 cup canned pumpkin  
1 teaspoon vanilla extract

Filling:  
8 ounces cream cheese  
6 tablespoons butter  
1 teaspoon vanilla extract  
1 cup powdered sugar  
Decorating:  
Chocolate "licorice" twists  
Extra powdered sugar  
Food coloring

**Instructions:** Prepare Cake: Sift together flour, baking powder, salt, cinnamon and pumpkin pie spice. Beat eggs and vanilla until foamy. Beat in sugar. Mix in pumpkin. Fold in dry ingredients. Bake in a greased jelly roll pan lined with wax paper that has been greased and floured. Bake at 375 degrees F for 15 minutes.

Sift some powdered sugar onto a slightly damp dishtowel. Turn cake onto towel. Peel off wax paper and roll up in towel. Chill in refrigerator until cool.

Prepare Filling: Beat all ingredients together until smooth and creamy. Unroll cake and cut into 6 large or 12 small rectangles (see diagram).

Treat Time: Give each family member a rectangle on a piece of wax paper. Spread filling evenly over each rectangle. Roll into a scroll and tie with a chocolate "licorice" twist. Sprinkle with powdered sugar. Eat!

