

Come, Follow Me

with

Living Scriptures

STREAMING



His People

Jeremiah 30-33; 36; Lamentations 1; 3

Objectives:

- Learn about the importance of covenants, the blessings of keeping them, and the consequences of not keeping them

Reinforces Principles of:

- Covenants, scriptures

Reverence Time

Song: I Feel My Savior's Love, Children's Songbook page 74

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/i-feel-my-saviors-love>

Scripture: Jeremiah 31:33

"But this shall be the covenant that I will make with the house of Israel; After those days, saith the Lord, I will put my law in their inward parts, and write it in their hearts: and will be their God, and they shall be my people."

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

Lesson

Summary:

Jeremiah was witness to the fulfillment of the Lord's warning that the Israelites would be brought into captivity and Jerusalem would be destroyed if they didn't keep their covenants. Still, Jeremiah taught the people of the Lord's everlasting love for them and His willingness to forgive if they repented. Even though the Israelites wouldn't listen, the Lord promised to again establish His covenant with the house of Israel in the future.

Jeremiah was cast into prison because of the wickedness of the people. Jeremiah asked a scribe named Baruch to write down his prophecies and read them at the temple. However, when the king heard the prophecies, he cut them up and burned them. The Lord told Jeremiah to again have Baruch write down his prophecies to preserve them. Eventually Jerusalem was destroyed and Jeremiah sadly wrote about how he felt about the wickedness of the people and their destruction in the book of Lamentations.

When we make covenants with God we promise to follow His commandments, and He promises us great blessings. When we keep our covenants He always keeps His promises. The Lord warns us of the consequences of breaking our covenants. He always loves us and wants us to repent so we can enjoy the blessings that come with covenant keeping.

Quote:

"Anciently, the Lord blessed Father Abraham with a promise to make his posterity a chosen people. References to this covenant occur throughout the scriptures. Included were promises that the Son of God would come through Abraham's lineage, that certain lands would be inherited, that nations and kindreds of the earth would be blessed through his seed, and more. While some aspects of that covenant have already been fulfilled, the Book of Mormon teaches that this Abrahamic covenant will be fulfilled only in these latter days! It also emphasizes that we are among the covenant people of the Lord. Ours is the privilege to participate personally in the fulfillment of these promises. What an exciting time to live!" Russell M. Nelson

Questions:

What is a covenant?

How can we learn about the covenants and promises God has made? (In the scriptures.)

Does God fulfill all his promises?

How can we be better at keeping our covenants with God?

How does keeping our covenants make us His people?

Activity Time

Written in Our Hearts

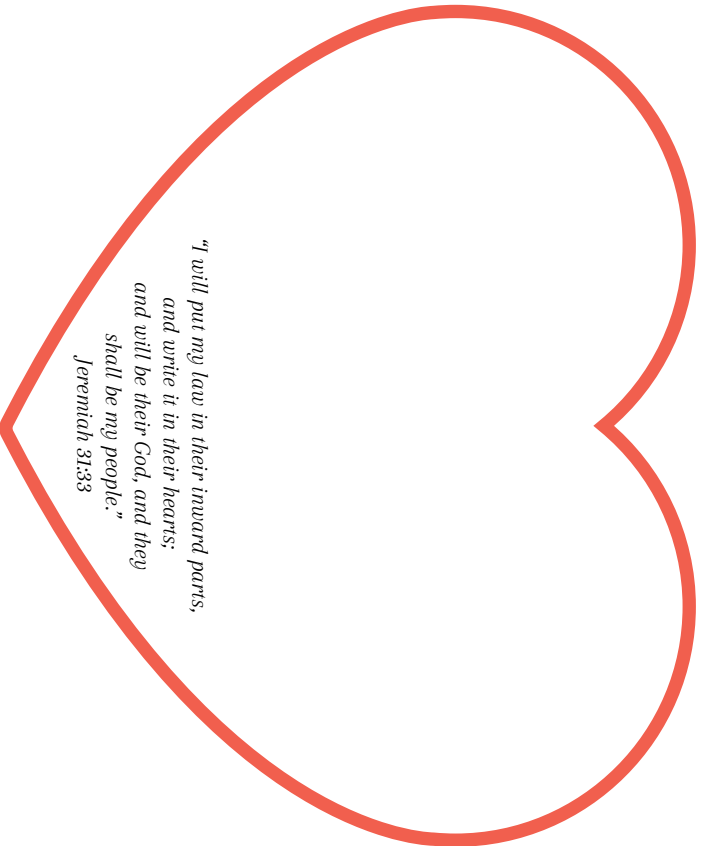
Description: Talk about the importance of covenants and having His law written in our hearts. Have each family member write or draw something in these paper heart frames that shows how they feel about the Savior.

What you need: ■ A copy of the “Written in Our Hearts” artwork for each child, scissors, pencils or crayons

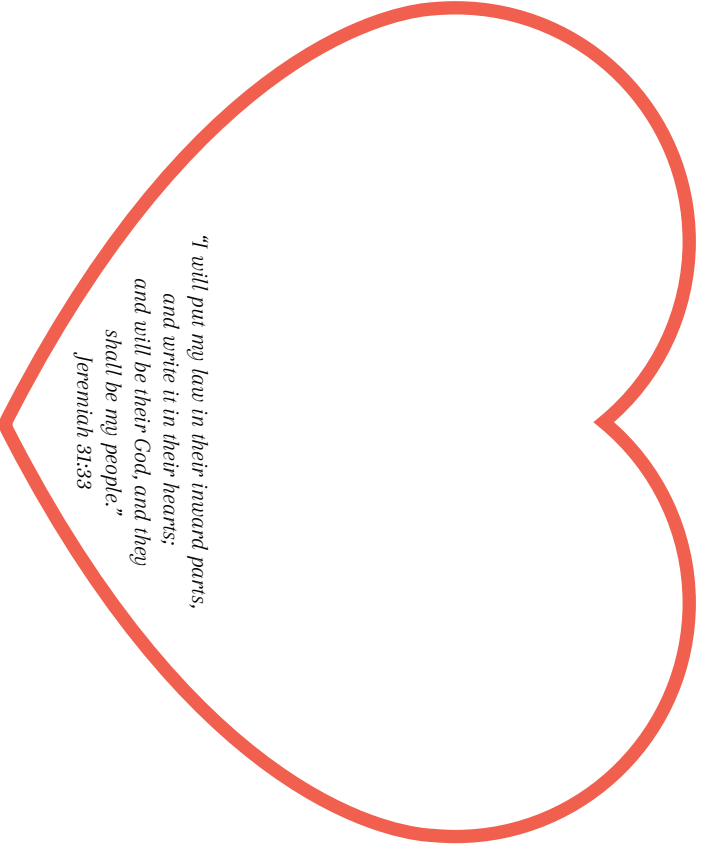
Preparation: Print out artwork and cut out hearts.

Activity: Read Jeremiah 31:31-34 and Jeremiah 32:38-41. Talk about the promises the Lord makes when we make covenants with Him. What laws do we promise to keep when we make covenants? What does it mean to have His law written in our hearts?

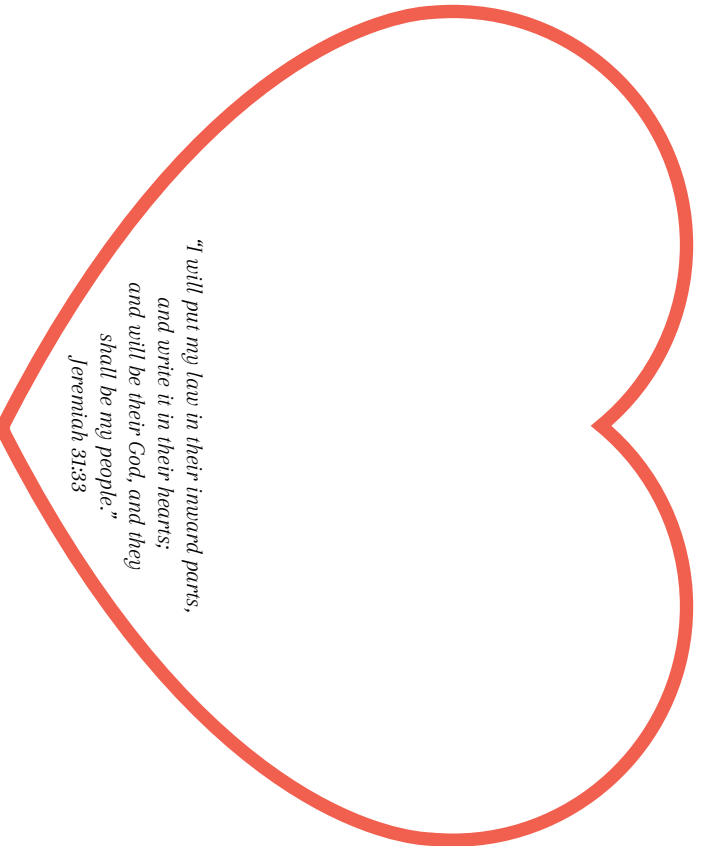
Have each family member write or draw something that shows how they feel about the savior inside of the paper hearts. Display the paper hearts this week where you will see them often.



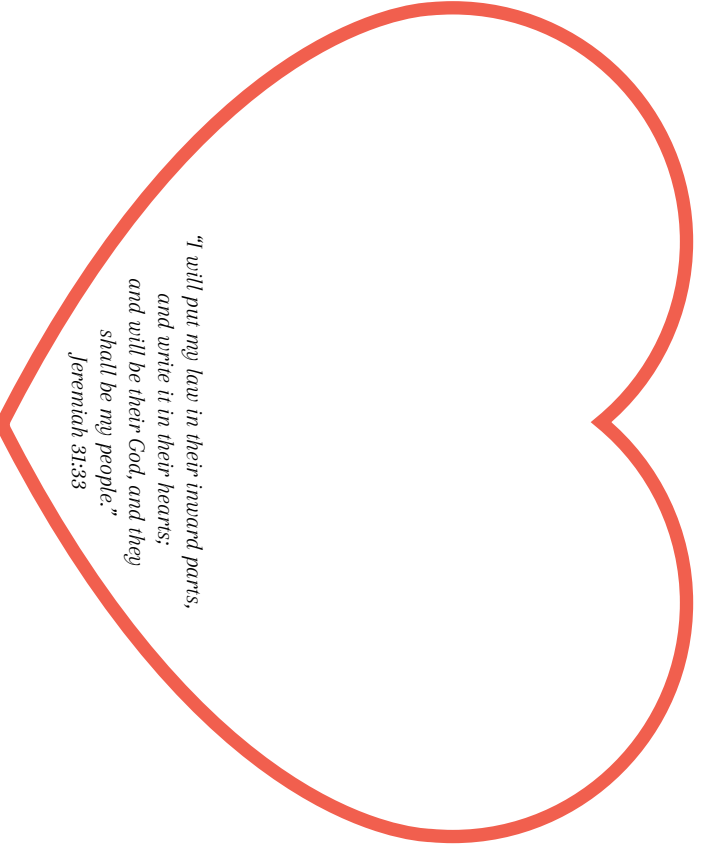
*"I will put my law in their inward parts,
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and will be their God, and they
shall be my people."
Jeremiah 31:33*



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Treat Time

Filled Hearts

Prep Time: 10 minutes
Bake Time: 25-30 minutes

Ingredients:

Heart mixture:
1/2 cup butter
1 teaspoon sugar
1/2 teaspoon salt
1 cup flour

Cream Filling:
2 cups Whipped Topping-thawed
1 teaspoon almond extract
4 large eggs

Raspberry Filling:
1 (21 oz.) can Raspberry Pie Filling



Instructions: Preheat oven to 375 degrees. Bring butter, sugar, salt and 1 cup of water to a boil in a saucepan. Stir in flour, and cook over medium-high heat, stirring constantly, for three minutes. Cool for 1 minute. Add eggs one at a time to the butter mixture, beating after each egg until smooth. Flatten dough to 2-3 inches thick. Cut into heart shapes. Bake on an ungreased baking sheet until golden brown. Approximately for 25-30 minutes. Let cool. Slice each puff in half horizontally.

Treat Time: Give each family member a heart to fill with whipped cream and raspberries. Sprinkle tops with powdered sugar.