

NEW TESTAMENT 2023

Come, Follow Me

with
Living Scriptures
STREAMING

Upon the Rock

Mathew 6-7

Objectives:

- Teach about living the gospel and building a strong testimony. Discuss the importance of prayer.

Reinforces Principles of:

- Faith, testimony

Reverence Time

Song:

The Wise Man and the Foolish Man, Children's Songbook page 281

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/the-wise-man-and-the-foolish-man>

Scripture: Matthew 7:24-27

"Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock. And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it."

Video:

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

Lesson Summary:

After Jesus taught the Sermon on the Mount, He taught that those who heard the things He taught and did them were like wise men building a house upon a rock. By doing the things Jesus teaches us, we are building our testimonies and our own family on a strong foundation.

What are some things Jesus teaches us to do in His Sermon on the Mount? One thing He taught the people was how to pray. He reminded the people not to pray using “vain repetitions”, and gave them an example of a prayer, which has become known as The Lord’s Prayer. (See Matthew 6:9-16)

He taught the people not to judge unrighteously. He compared a person judging someone else unrighteously to someone who has a beam stuck in their eye, while they’re trying to get a tiny mote out of someone else’s eye. (See Matthew 7:1-5)

Jesus also taught us that we should seek first the kingdom of God (Matthew 6:33). As we do these things, we build strong testimonies of the gospel of Jesus Christ that will help our family withstand the storms of life, just like the house built by the wise man upon a rock is able to withstand the rain, wind and floods.

Quote:

“If you make your home a house of prayer and fasting, faith, learning and glory, and order, it can become a house of God. If you build your homes on the foundation rock of Jesus Christ, our Redeemer and the gospel, they can be sanctuaries where your families can be sheltered from the raging storms of life.” Joseph B. Wirthlin

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- Questions:**
- What does it mean to build your testimony upon the rock of Jesus Christ?
 - What can we learn about prayer from the way the Savior prayed?
 - How can we use His prayer as a model to improve our own prayers?
 - What guidance has the Lord given us in making judgments? (See Matthew 7:2-5)
 - How can we individually “first seek the kingdom of God”? How can we do this as a family?

Activity Time

The Mote & the Beam / House Built on a Rock

Description: Use these object lessons about the mote & the beam and the houses built upon the rock and the sand to reinforce the lessons Jesus taught in the Sermon on the Mount.

What you need:

- A copy of the "Mote and the Beam" activity, a copy of the "Built Upon the Rock" activity, scissors, tape, rock, sand, washtub or pan

Preparation:

1. Print out the artwork.
2. Place the paper "mote" in the boy's eye with a small piece of rolled tape.
3. Follow directions to put the beam together.
4. Cut out the house artwork.

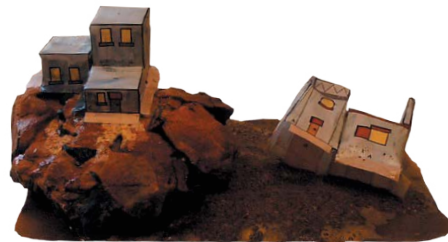
Activity 1:

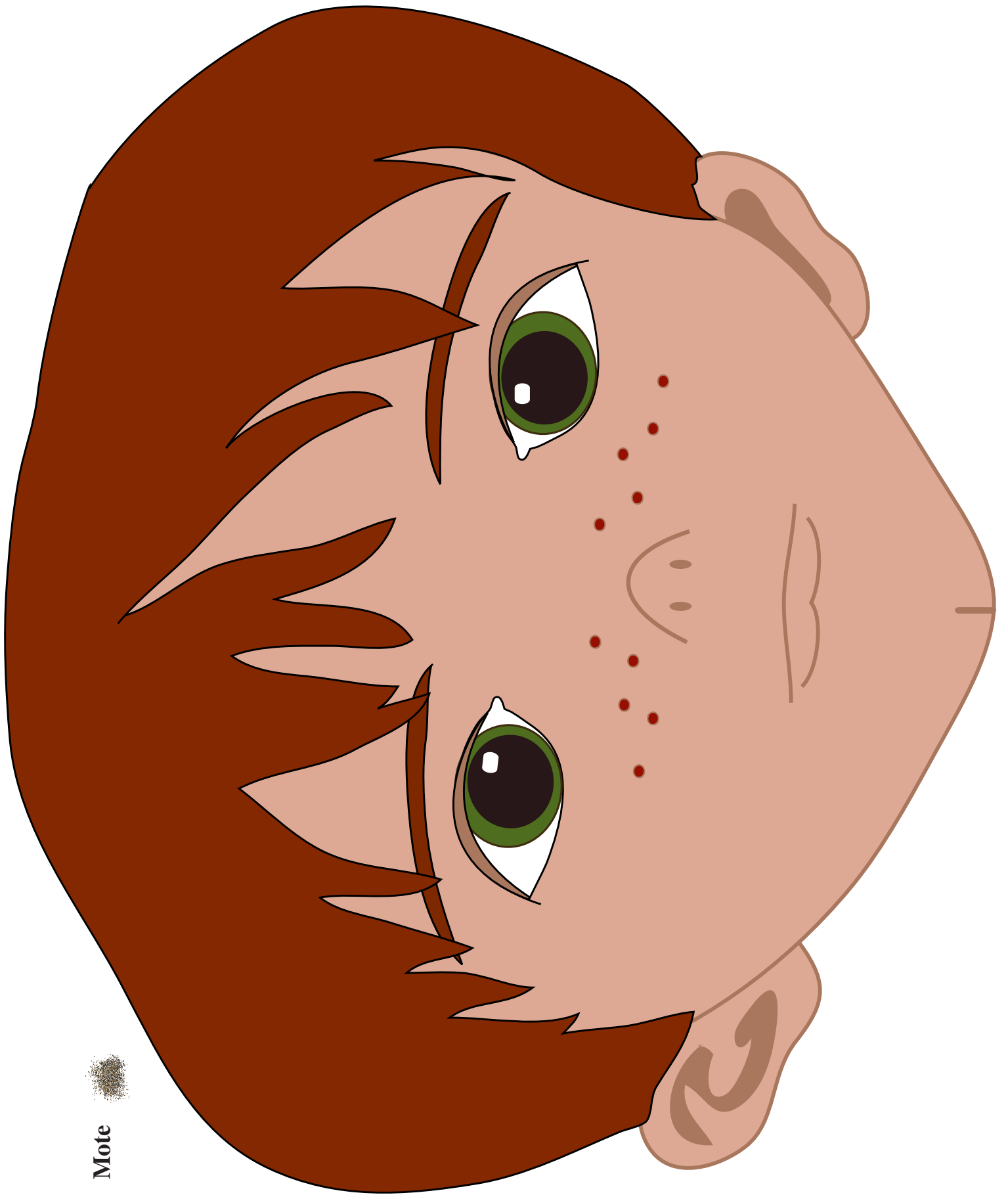
1. Read: Matt 7:3-5
2. Ask: What is a mote? (a tiny piece of something). A mote in someone's eye is like a fault in a person that is less serious than the fault in someone else who is judging the unrighteously.
3. Ask: What is a beam? (a long sturdy piece of wood) A beam in someone's eye is like a fault that is greater in oneself than in the person they are finding fault with.
4. Ask: Have you ever gotten a small piece of dust in your eye? Did it need to be removed?
5. Explain: Jesus knew that sometimes we need help and sometimes we need to help others overcome faults, just like the dust needed to be removed from our eye. (Remove the paper "mote" from the boy's eye.)
6. Ask: If we have a beam in our own eye (hold the paper beam up to your eye) can we remove the mote? (Tape the face on the wall. Tape the paper "mote" back in his eye. Without standing sideways, have each family member try to pull the paper "mote" out of the eye while holding the paper "beam" up to their eye.
7. Ask: Did we look foolish trying to take the mote out of the boy's eye while having the beam in our own eye?
8. Explain: It is foolish to judge other's faults unrighteously while attempting to cover up or hide our own faults. Instead, be humble and recognize and work on overcoming our own faults. Then, with love and compassion, we can help others.



Activity 1:

1. Explain: We are going to build two houses. Before we can build a house, we need to know where we are going to build it.
2. Ask: Where would be some good places to build a house? Where would you NOT want to build a house?
3. Divide the family into two groups and let them each construct a house. The wise man's house is built out of sections 1, 2 and 3, and the foolish man's house is built out of sections 4, 5 and 6.
4. Place the rock and sand in the pan for the foundations. When the houses are complete, tape the wise man's house to the rock and the foolish man's house to the sand.
5. Pour water over the rock and the sand to imitate a flood until the foolish man's house is washed away. Explain that the Gospel of Jesus Christ is the rock and our testimonies are the houses. We want our testimonies to be built upon the rock so they will be like the wise man's house and withstand the storms of life.





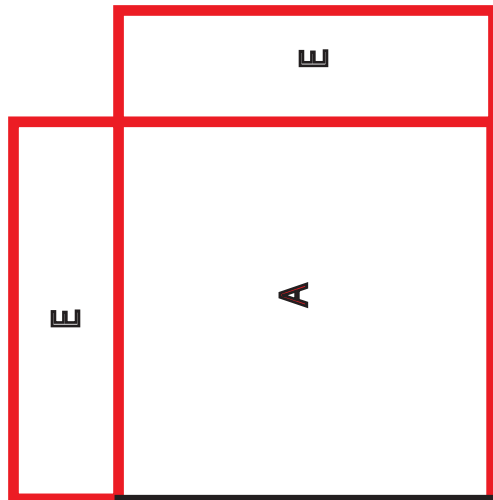
Mote

Cut on dotted lines.
Fold on solid lines.
Tape sections together.

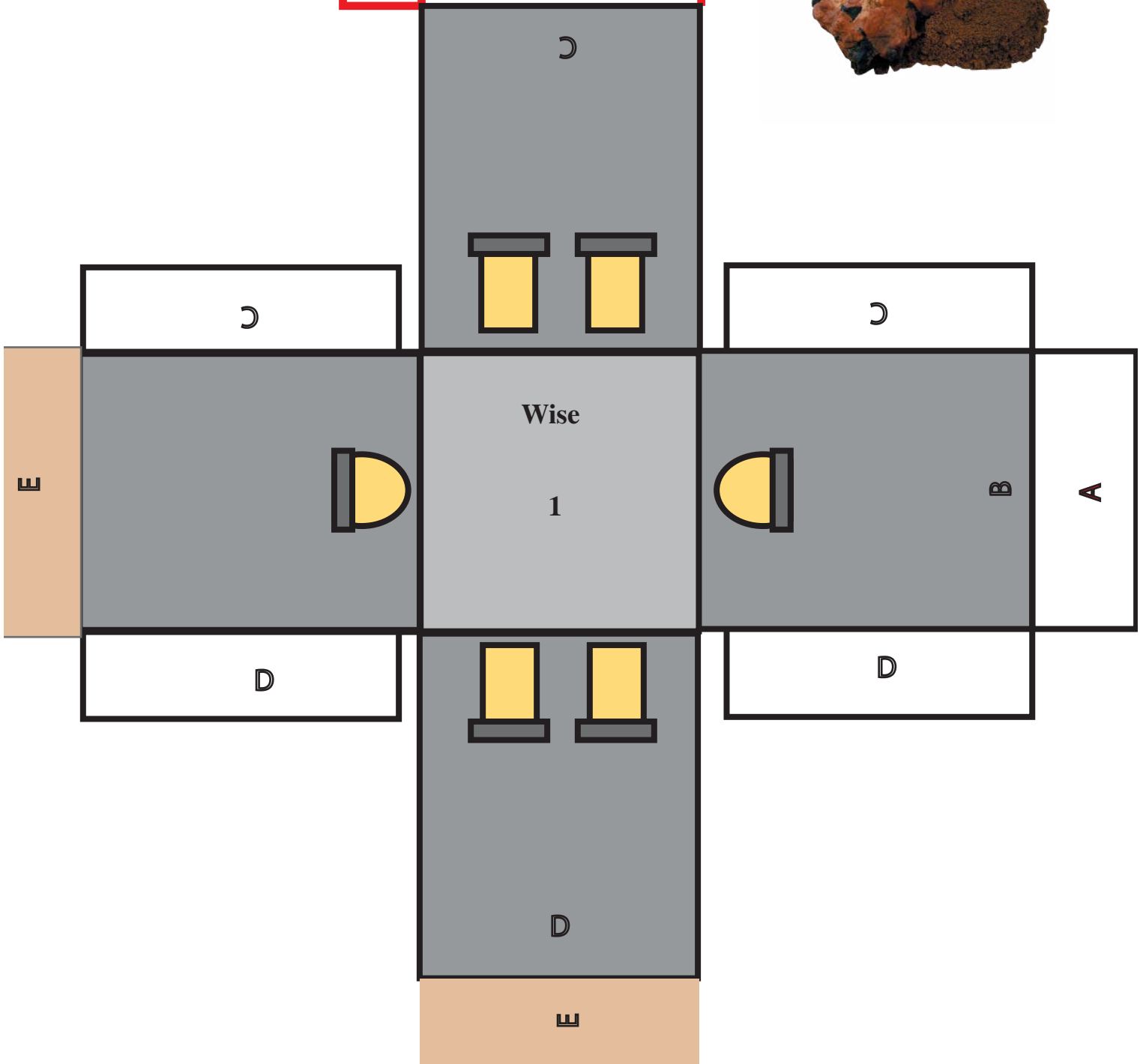




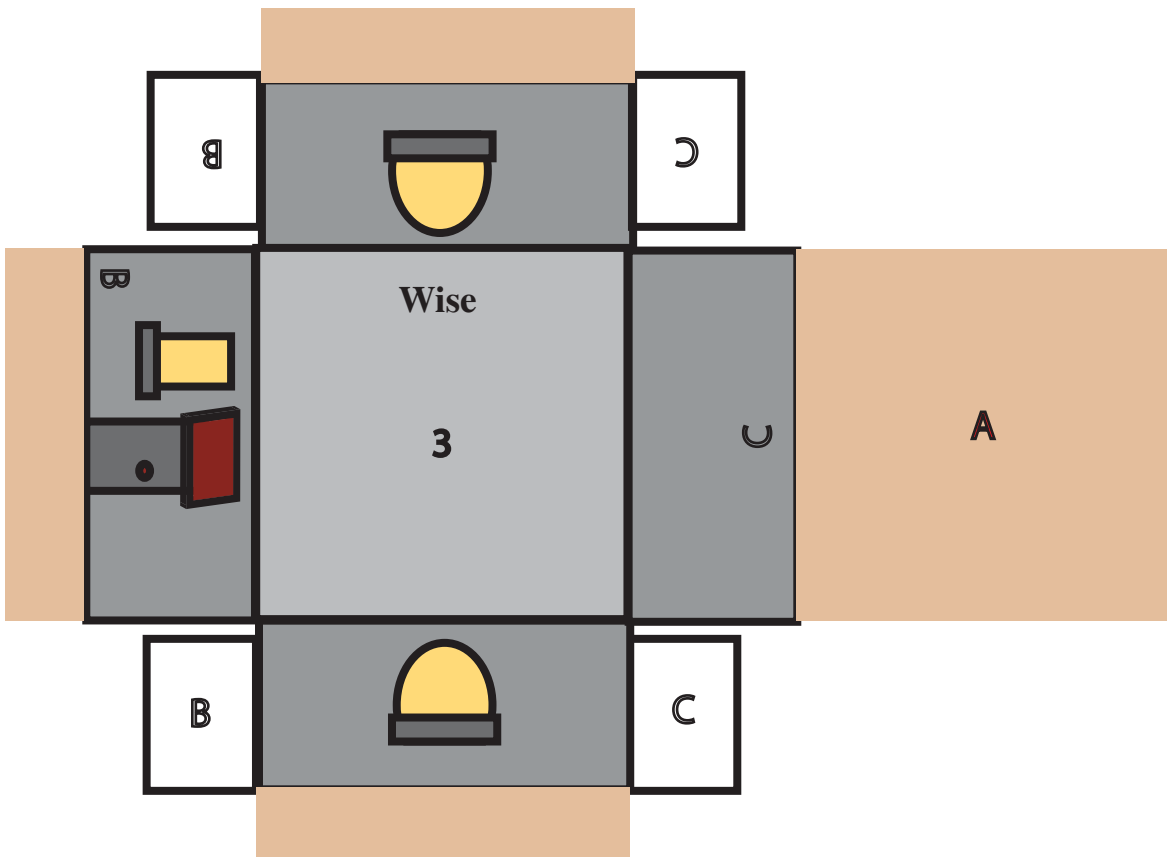
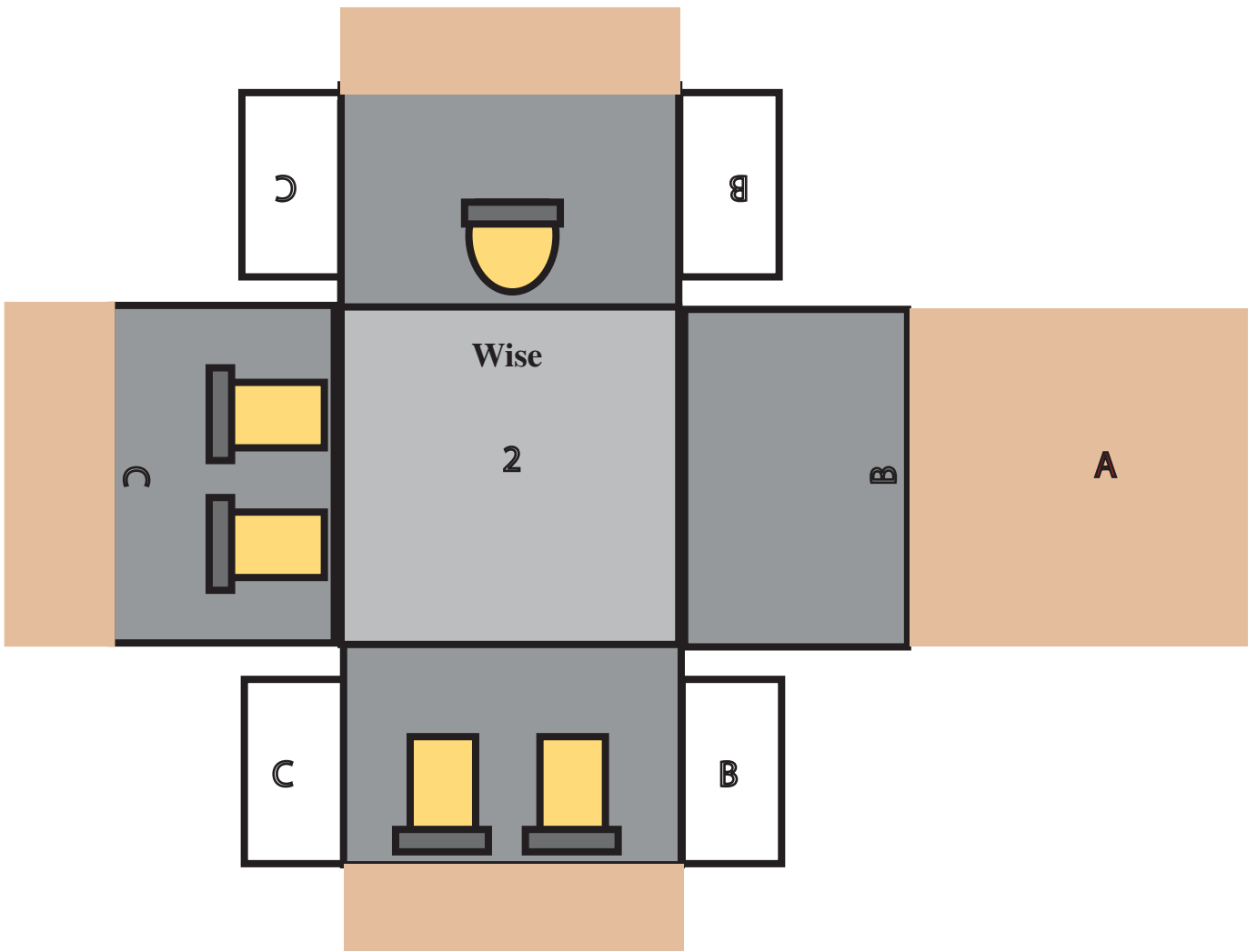
Mote & Beam



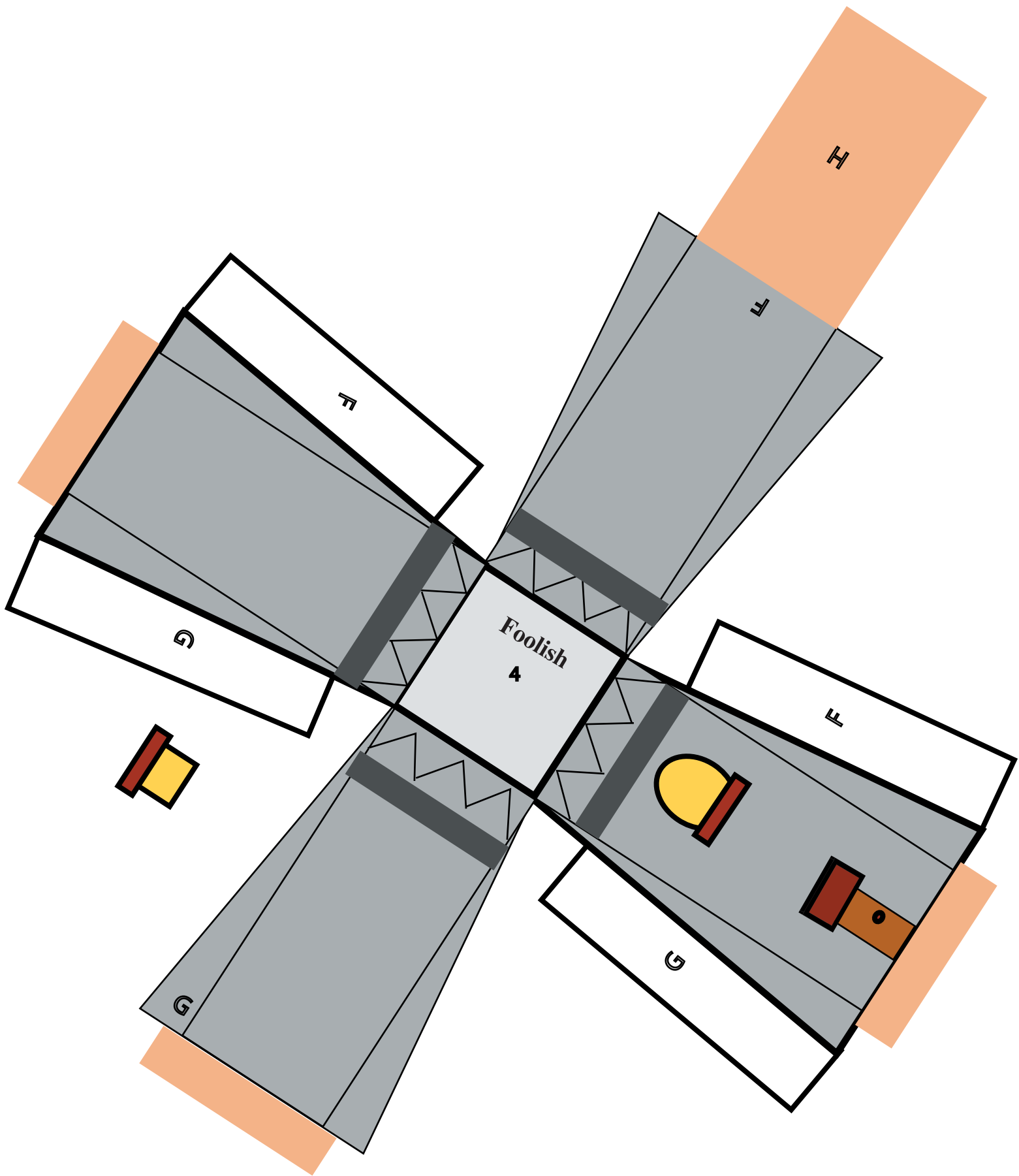
Houses: Fold heavy black lines inside (toward the blank side).
 Fold all tan tabs out (toward printed side). Leave red lines flat.



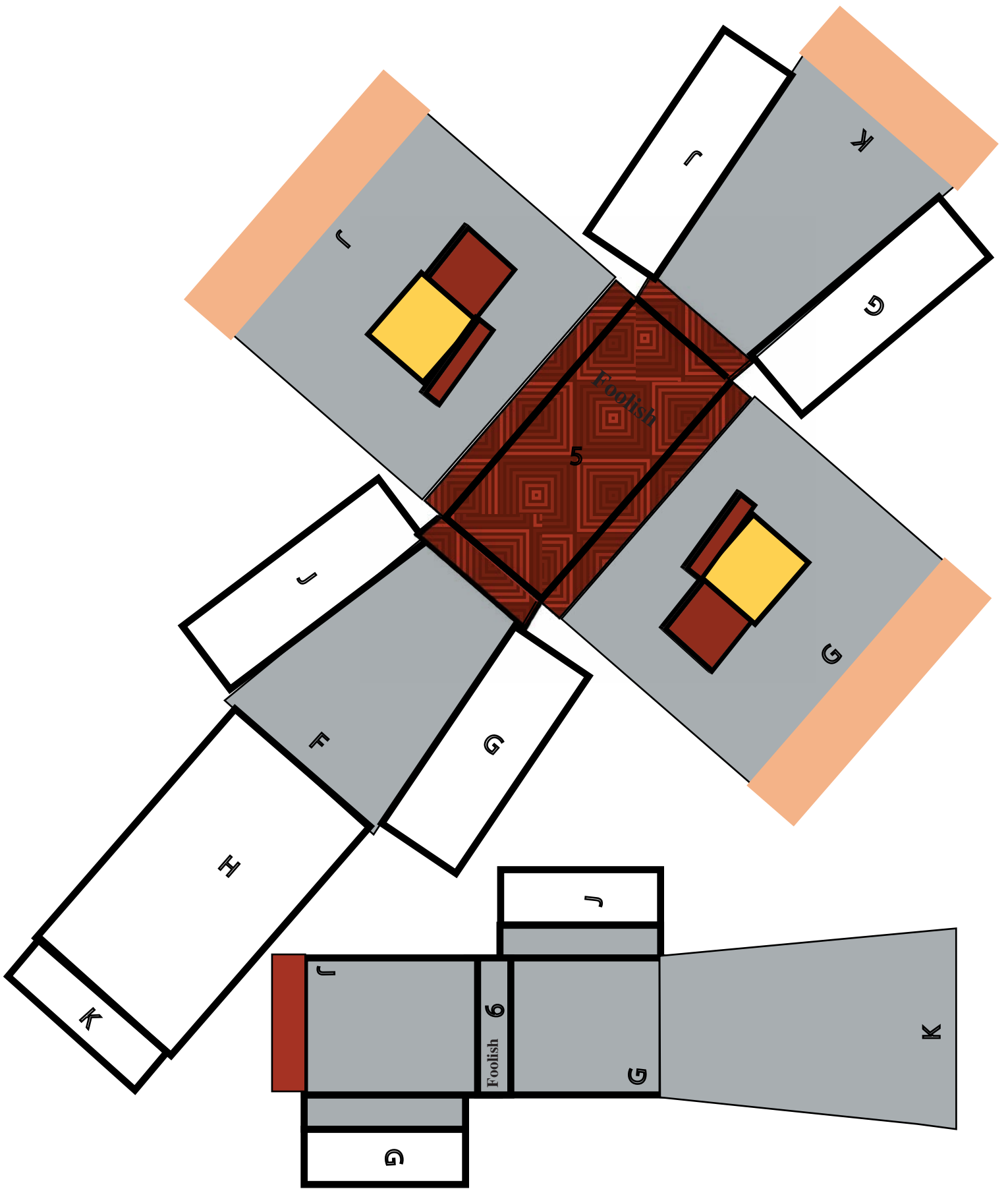
Built Upon a Rock



Built Upon a Rock



Built Upon a Rock



Built Upon a Rock

Treat Time

Praying Arms Pretzels

Prep Time: 15 minutes
Rise Time: 1 Hour
Bake Time: 5-8 minutes



Ingredients: 2 teaspoons active dry yeast
1 teaspoon white sugar
3/4 cups warm water
2 1/2 cups flour
1/3 cup sugar
1 teaspoons salt
2 tablespoon vegetable oil
1/4 cup baking soda
2 cups boiling water
Melted butter & course salt

Instructions: In a small bowl, dissolve yeast and 1 teaspoon sugar in warm water. Let stand for 10 minutes. In large bowl, mix together flour, 1/2 cup sugar, and salt. Make a well in the center; add the oil and yeast mixture. Mix until blended, then knead for 5 minutes. Place the dough into a large oiled bowl. Turn the dough until lightly coated with oil. Cover with plastic wrap and let rise for 1 hour in a warm place. Preheat oven to 450 degrees F. In a large bowl, dissolve baking soda in boiling water.

Treat Time: Divide dough into 6-8 equal parts. Give each family member a piece of dough. Roll each piece into a rope and twist into praying arm shapes (see diagram).

Dip each pretzel into the boiling baking soda water for about a minute to a minute and a half. Remove with slotted spoon and place on a greased cookie sheet. Bake in preheated oven for five to eight minutes. Remove from oven and coat tops with melted butter and sprinkle with coarse salt.

(A pretzel is a treat that is twisted into a knot-like shape to resemble two arms folded for prayer.)

