

Teacher's Supplement - Following God... or Not?

PROCEDURE

Motivation/Introduction (5-7 minutes)

Section 1, Part 1

Merits of Bible and Book of Mormon:

- The Lord communicates through these books.
- They teach about Jesus Christ, His great love and care for each of us.
- They inform of God's great plan for our lives.
- They reveal how very important we are to the Lord, and how much He wants to have a relationship with us.
- They teach discernment between good and evil.
- They reveal how to be redeemed from sin.
- They reveal God's promises.
- _____

Lesson Development (20-30 minutes)

1. How to Follow God Through the Scriptures

Activity: Holding Tightly (5-7 minutes)

- Ask a volunteer to stand at one end of the masking tape on the floor.
 - Explain: The masking tape is the path of righteousness that leads to joy and eternal life. Notice that it is straight and very narrow.
 - When I say 'Go', close your eyes, and walk on the tape. (Stand nearby to ensure safety.)
 - After student takes a few steps tell him/her to open his/her eyes. (Notice if they've veered off the tape.)
- Tell student to stand at one end of the tape and repeat the activity, but this time, stand in front of the student and place one end of a stick in student's hands while holding onto the other end.
- Stand on the line facing student and tell student to hold tightly to the stick, close his/her eyes, and walk on the line. Use stick to guide student to stay on the tape.
- After student takes a few steps, ask him/her and/or the class to share observations.

Q: In which experience was it easier to stay on the line? Which was safer?

- If time and interest warrants, have other children participate.

The stick in this activity represents the 'rod of iron' which symbolizes the word of God (Bible and Book of Mormon) which we learn from Lehi's vision.

2. Lehi's Vision of the Rod of Iron and Tree of Life, 1 Nephi 8:4-28

One day, Lehi called his sons to him and said, I saw a vision of a tree with fruit that was desirable and would make someone happy. I went and tasted the fruit, and it was the sweetest and most delicious thing above anything I had ever tasted. The fruit was white, whiter than anything I had ever seen before. As I ate the fruit, it filled my soul with great joy, and I wanted my family to try it also.

Q: Can someone tell us what the white fruit represented? (God's love, 1 Nephi 11:23).

Lehi noticed a rod of iron that extended along the bank of a river and led to the tree where he stood. A straight and narrow path ran along the rod of iron. There were millions and millions of people out in the distance, pressing forward, trying to reach the path that led to the tree where Lehi stood. However, as they came near the path a dangerous mist of darkness came which caused them to lose their way and wander off the path. Some people grabbed onto the end of the rod of iron and followed it along the path. As long as they clung to the rod, they made it all the way down the path until they reached the tree.

Q: Who remembers what the rod of iron represents? (God's word, 1 Nephi 11:25)

Can someone explain what the straight and narrow path represents? (Way to life eternal, Matthew 7:14)

What do you think the dangerous mist of darkness represents? (Temptations of the devil, 1 Nephi 12:17.)

How were some people able to make it to the tree?

What does it mean to cling to the rod of iron? What are some examples of clinging to the rod of iron? How can we apply this personally?

Section 1, Part 2 (20-30 minutes)

How to Follow God Through Prayer

- Read aloud Luke 18:1, "Men ought always to pray and not to faint."

Q: Why is it important to pray? What is prayer?

2. Read aloud and discuss the meaning of 1 Thessalonians 5:1, "Pray without ceasing."

Q: How often does the Lord want to converse with us? Can you give some examples of what you have learned through prayer? How might we learn of God's love through prayer?

What might we want to know about life? What questions do you have about life? How might we learn about God's thoughts for our lives?

How can we develop a friendship with the Lord through prayer? Think of a best friend. How often do you see this person? What knowledge do you share? What should spending time together and sharing thoughts do for a relationship?

3. Students read aloud and discuss Alma 37:35-37:

V35. O, remember, my son, and learn wisdom in thy youth; yea, learn in thy youth to keep the commandments of God. V36. Yea, and cry unto God for all thy support; yea, let all thy doings be unto the Lord, and whithersoever thou goest let it be in the Lord; yea, let all thy thoughts be directed unto the Lord; yea, let the affections of thy heart be placed upon the Lord forever.

V37. Counsel with the Lord in all thy doings, and he will direct thee for good; yea, when thou liest down at night lie down unto the Lord, that he may watch over you in your sleep; and when thou risest in the morning let thy heart be full of thanks unto God; and if ye do these things, ye shall be lifted up at the last day.

Section 2 (20-30 minutes)

Overcoming Distraction, Deception, or Temptation

1. Read Matthew 22:37,38 and have students explain its meaning in their own words.

Matthew 22:37, 38, "... Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment."

2. Write headings on the board: **Distracted**, **Deceived**, and **Tempted**.
3. Introduce and define terms...

Distracted -> unable to concentrate because one's mind is preoccupied

Deceived -> cause to believe something that is not true

Tempted -> entice or attempt to entice (someone) to do or acquire something that they find attractive but know to be wrong or not beneficial.

4. Students explain how terms are in opposition to the text in Matthew 22:37.
5. Students list personal examples of distractions, deceptions, and temptations and brainstorm how to recognize and resist undesirable behaviors/situations. (Sample discussion questions below)

Q: What are some examples of being **distracted** from following the Lord? Can you give some reasons why we are distracted? How can we ensure to give God first place in our hearts and mind?

Q: What are some ways we can be **deceived**? What might cause us to believe a lie?

1. Relate the story of Sherem, Jacob 7: 1-22.

Story of Sherem

*About 550 years before Jesus was born a man named Sherem visited the people of Nephi. He preached and convince many people that there would be no Christ. He approached Jacob to shake him from his faith. He argued with Jacob, a prophet of God who believed in Christ - who **read about Christ in the scriptures, who was taught by angels, who had heard the Lord's voice speak to him, and who had revelations by the Holy Ghost.** Sherem demanded a sign to prove the Holy Ghost was with Jacob. There was a sign given! **Jacob prayed** if it be God's will to strike Sherem down. Sherem fell to the ground, and died a few days later. But before he died, he confessed that he was deceived by the power of the devil, and he confessed that Jesus is the Christ. When the people saw what had happened to Sherem, they **searched the scriptures** and stopped believing the words of Sherem.*

Q: What has God given to us to ensure we are following truth and not lies?

Read **Moroni 7:16,17**, "For behold, the Spirit of Christ is given to every man, that he may know good from evil; wherefore, I show unto you the way to judge; for every thing which inviteth to do good, and to persuade to believe in Christ, is sent forth by the power and gift of Christ; wherefore ye may know with a perfect knowledge it is of God.

V17. But whatsoever thing persuadeth men to do evil, and believe not in Christ, and deny him, and serve not God, then ye may know with a perfect knowledge it is of the devil; for after this manner doth the devil work, for he persuadeth no man to do good, no, not one; neither do his angels; neither do they who subject themselves unto him.

Q: Can you give some examples of situation where we might be **tempted** to do something wrong? How can we recognize

and avoid these situations? How can we remember to be loyal to God?

Activity: Concentration

Read **Psalm 32:8**, “I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye.”

1. Ask a volunteer to stand and tell him/her to follow your eyes to find an object that you have placed across the room.
2. Guide the student step-by-step. That is, look at several places before looking directly at the object.
3. After he/she identifies the object ask the class:

Q: How was ____ able to discover where the object was located? How can we relate this to being guided by the Lord?

Follow-up/Take-Home Activity (5-10 minutes)

Option 1: Assignment: Scripture Analogies (Located on pages below)

Option 2: Assignment: Memorize names of Scriptural Books: (Charts located on pages below)

NOTE: A first step in hiding God’s word in our hearts is becoming comfortable “moving around” in the Scriptures. In addition to memorizing verses, memorizing the Books of the Old Testament, New Testament, and Book of Mormon will provide a foundation for children to use the Scriptures in their daily lives. This memorization activity may be continued and practiced for several weeks, until all Bible and Book of Mormon books are learned.

If time allows, introduce the first 5 books of the Bible, and assign to memorize. As a memory aid, you may wish to have the children sing the five books to the tune of “Did you Ever See a Lassie” (Lyrics located on pages below).

Suggestions/Scriptures for Further Study/ Exploration/ Extension of Topic

Parable of Sower and Seeds, Matthew 13:3-23

Q: How is God’s word like a seed?

Paraphrase Matthew 13:3-7 or use text below.

Jesus spoke many things in parables to the multitude saying, Behold, a sower went forth to sow; And when he sowed, some seeds fell by the wayside, and the fowls came and devoured them up.

Some fell upon stony places, where they had not much earth; and soon they sprung up, because they had no deepness of earth: And when the sun was up, they had no root, they withered away. And some fell among thorns, and the thorns sprung up, and choked them, and the seed yielded no fruit.

Q: What did Jesus mean when he said that some seed fell by the wayside?

- ✓ Have students visualize the steps to plant a seed and contrast this with a seed that carelessly falls onto the soil, but is not planted; have them discuss what will happen with the seeds in both situations; then paraphrase Jesus explanation. (Matthew 13:19).

Q: What did Jesus mean regarding the seed falling on stony ground? (Paraphrase Matthew 13:20)
Can you think of some real life examples for this?

What could be some ways that the word is crowded out by thorns? (Paraphrase Matthew 13:22)

Jesus said that some of the seed fell on good ground. What did He mean? (Paraphrase Matthew 13:23)

Read and discuss how this text relates “...**Seek ye first the Kingdom of God and His righteousness; and all these things shall be added unto you.**” (Matthew 6:33)

CHURCH EDUCATION LESSONS:

- Abinadi Teaches God’s Commandments
- Righteousness

SCRIPTURE ANALOGIES - Assignment

Ask 1 or 2 people to share their ideas about the following questions. Have them write their answers. Write **your** ideas, too!

How are the Bible and Book of Mormon like...

the Rod of Iron in Lehi's and Nephi's dream?

the seed in the Parable of the Sower and the Seed?

soap?

a map?

a flashlight?

a compass (the Liahona)?

**FOLLOW GOD THROUGH THE
OLD TESTAMENT**

I. Books of Moses	II. Books of History	III. Books of Poetry	IV. Major Prophets	V. Minor Prophets
Genesis	Joshua	Job	Isaiah	Hosea
Exodus	Judges	Psalms	Jeremiah	Joel
Leviticus	Ruth	Proverbs	Lamentations	Amos
Numbers	1 Samuel	Ecclesiastes	Ezekiel	Obadiah
Deuteronomy	2 Samuel	Song of Solomon	Daniel	Jonah
	1 Kings			Micah
	2 Kings			Nahum
	1 Chronicles			Habakkuk
	2 Chronicles			Zephaniah
	Ezra			Haggai
	Nehemiah			Zechariah
	Esther			Malachi

FOLLOW GOD THROUGH THE NEW TESTAMENT

I. Gospels	II. Epistles of Paul	III. General Epistles	IV. Revelation
Matthew	Romans	Hebrews	Revelation
Mark	1 Corinthians	James	
Luke	2 Corinthians	1 Peter	
John	Galatians	2 Peter	
(Acts)	Ephesians	1 John	
	Philippians	2 John	
	Colossians	3 John	
	1 Thessalonians	Jude	
	2 Thessalonians		
	1 Timothy		
	2 Timothy		
	Titus		
	Philemon		

FOLLOW GOD THROUGH THE BOOK OF MORMON

Small Plates of Nephi	Contributions of Mormon	Contributions of Moroni
1 Nephi	Words of Mormon	Ether
2 Nephi	* Mosiah	Moroni
Jacob	* Alma	
Jarom	* Helaman	
Omni	* 3 Nephi	
	* 4 Nephi	
	**Book of Mormon	

- * The starred books are Mormon’s abridgment of the Large Plates of Nephi.
- ** Moroni completed his father’s (Mormon’s) record after Mormon’s death.
See Book of Mormon, Chapters 8 and 9.

Books of the Old Testament

Sing to the Tune, "Did You Ever See a Lassie?"

(Lyrics by unknown author)

Let us sing the Books of Moses, of Moses, of Moses,
Let us sing the Books of Moses, for he wrote the Law.
There's Genesis and Exodus, Leviticus, and Numbers,
Then there's Deuteronomy, the last of them all.

Let us sing the Books of History, of History, of History,
Let us sing the Books of History that tell of the Jews.
There's Joshua and Judges, First and Second Samuel,
First and Second Kings, First and Second Chronicles
That tell of His people, Ezra, Nehemiah, and Esther the queen.

Let us sing the Books of Poetry, of Poetry, of Poetry,
Let us sing the Books of Poetry, the songs the Jews sang.
There's Jo-ob the patient, Psa-alm's of David, Proverbs of a wise man,
Then Ecclesiastes and the Song of So-lo-mon.

Let us sing the Major Prophets, Major Prophets, Major Prophets,
Let us sing the Major Prophets; these men wrote large books.
Isaiah, Jeremiah, Lamentations, Ezekiel, and then the prophet Daniel,
These men wrote large books.

Let us sing the Minor Prophets, Minor Prophets, Minor Prophets,
Let us sing the Minor Prophets, these men wrote small books.
Hosea, Joel, Amos; Obadiah, Jonah, Micah,
Nahum, Habakkuk, Zephaniah,
Haggai, Zachariah, Malachi.