

*Powerfully Teaching
Your Children
Gospel Principles*

Lesson Plan: “Come, Follow Me”

Objectives:

- Talk about how following Jesus Christ’s example will lead us back to our Heavenly Father.
- Emphasize that we follow not to earn Salvation, but in loving response to His freely offered gift.

Reinforces Principles of:

- Eternal Life
- Following Christ

Each lesson contains 5 timed activities:

(Choose the activities that fit your family’s schedule.
Additional resources are provided as extra time may be available.)

Reverence Time: Song, prayer, scripture and video clip

Lesson Time: Lesson summary and points to ponder

Story Time: Story

Activity Time: Object lesson or activity

Treat Time: Prayer, theme related recipe & music video

LDS Family Fun



ReverenceTime

Approximate Time: 5 minutes

Sing Together:

Hymn #116 “Come, Follow Me.”

If you wish to print sheet music or have an online music file to accompany you visit:
<http://www.lds.org/churchmusic>

(Note: Navigate to the *Interactive Church Music Player* where you can listen to and print Church hymns and children’s songs.)

Prayer:

Scripture Time: Luke 18:22

22. Now when Jesus heard these things, he said unto him, Yet lackest thou one thing: sell all that thou hast, and distribute unto the poor, and thou shalt have treasure in heaven: and come, follow me.

Video Clip:

Watch chapter 5 from *The Animated New Testament Complete Learning System, Treasures in Heaven DVD*. (Video clip is also provided for viewing online.)

LDS Family Fun



LessonTime

Approximate Time: 10-15 minutes

Lesson Summary:

What trapped the rich young man who claimed that he had obeyed all the commandments from his youth? (Discuss ideas.)

“Jesus said unto him, If thou wilt be perfect, go and sell that thou hast, and give to the poor, and thou shalt have treasure in heaven: and come and follow me. But when the young man heard that saying, he went away sorrowful: for he had great possessions.” (Matt. 19:21–22)

What would you do if Jesus asked you to follow Him? (Discuss ideas.)

“And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me.” (Luke 9:23)

What was the young man giving up for wealth? (Discuss ideas.)

“Tragically, millions in the world today still prize and choose ‘the riches of the earth’ over the ‘riches of eternity’ (D&C 38:39), not knowing or fully understanding that ‘he that hath eternal life is rich’ (D&C 6:7), and that eternal life is God’s greatest gift to man (see D&C 14:7).” *John M. Madsen, Liahona, Jul 2002 © Intellectual Reserve, Inc. All rights reserved.*

What is this great treasure in heaven—eternal life? (Discuss ideas.)

“Because of the Savior, we will live forever. Immortality means that we will never die, but eternal life means to live forever in exalted spheres in companionship with those we cherish, encompassed about by profound love, exquisite joy, and glory. ... Eternal life is a gift from a loving Heavenly Father, offered freely and liberally to all who heed the call of the Man of Galilee, ‘Follow me’ (Matt. 4:19).” *Joseph B. Wirthlin, Ensign, May 2002 © Intellectual Reserve, Inc. All rights reserved.*

How can we follow the admonition to “Come, follow me”? (Discuss ideas.)

“Jesus both taught and exemplified many personal qualities which we should consider as we try to follow Him. These qualities include love, meekness, humility, compassion, thirsting after righteousness, being prayerful, merciful, and pure in heart. ... He especially cautioned us to lay up treasures in heaven rather than treasures on earth. (See Matt. 5–7.) The admonition to ‘Come, follow me’ and the question ‘What would Jesus do?’ provide powerful guidelines for living—paying more attention to these guidelines will help all of us become more Christlike in our thoughts and actions.” *William W. Parmley, Liahona, Nov 2003 © Intellectual Reserve, Inc. All rights reserved.*

**Points to
Ponder:**

What does it mean to follow Jesus? (Discuss ideas.)

Following Jesus Christ means being willing to do what He has asked us to do. “If ye love me, keep my commandments.” (John 14:15). We follow Him when we choose the right and follow His example in everything we do.

What are some of the things that might trap us today and keep us from following the Savior? (Discuss ideas.)

“It can be our work, our hobbies, our pleasures, and, above all else, our temptations and sins. In short, anything that pulls us away from our relationship with our Heavenly Father or from His restored Church. Let me give you a modern example: A computer can be a useful and indispensable tool, but if we allow it to devour our time with vain, unproductive, and sometimes destructive pursuits, it becomes an entangling net.” *Joseph B. Wirthlin, Liahona, Jul 2002 © Intellectual Reserve, Inc. All rights reserved.*

Are you willing to follow Jesus in order to have treasure in heaven?

“Let us follow the Son of God in all ways and in all walks of life. Let us make him our exemplar and our guide. We should at every opportunity ask ourselves, “What would Jesus do?” and then be more courageous to act upon the answer. We must follow Christ, in the best sense of that word—we must be about his work as he was about his Father’s.” *Howard W. Hunter, Ensign, Sep 1994 © Intellectual Reserve, Inc. All rights reserved.*

Quote:

“To follow Christ is to become more like Him. It is to learn from His character. As spirit children of our Heavenly Father, we do have the potential to incorporate Christlike attributes into our life and character. This process is very complex and very simple at the same time—Ancient and modern prophets described it with three words: ‘Keep the commandments’—nothing more, nothing less.” *Dieter F. Uchtdorf, Ensign, October 2008 © Intellectual Reserve, Inc. All rights reserved.*



(Approximate Time: 3 minutes)

“Sell all that thou hast, and distribute unto the poor, and thou shalt have treasure in heaven: and come, follow me,” Chase repeated the scripture they had memorized in Primary.

Chase followed the imaginary footsteps down the sidewalk. “One, two, three, four...” he counted.

“What would it be like to *really* walk in Jesus’ footsteps?” he thought. “Would I be willing to give up everything?” he wondered, wincing at the thought of giving up his new bike. “How, could I give it up? I had to mow twenty-five lawns to earn enough money to buy it!”

On Saturday, Chase had appointments to mow three more lawns.

“Chase,” Mother said, “I’m really proud of you. You’ve become a good little business man. But don’t forget our deal! You still need to do your regular chores.”

“But, Mom,” Chase complained, “By the time I get done mowing lawns the day will be shot and I won’t have any time to play!”

“You could give one of your mowing jobs to Kenny,” Mother reasoned. “He could use the extra money and that would give you an extra hour of free time. By the way, it’s your turn to mow *our* lawn.”

Chase thought about his friend Kenny. His dad was out of work and the family was barely getting by. Kenny had even sold his bike so his dad could buy a new suit to wear for job interviews. “Kenny could use the money,” he thought, “But, I worked hard to build up a clientele. Why should I give one of my customers to Kenny?”

“Kenny already has a job delivering papers,” Chase reasoned. “I’ll mow our lawn after I’m done with all the others.”

Mother looked at Chase and smiled. “It was just a thought,” she said.

Chase rushed out to the shed for the lawn mower. “I think if I mow Mr. Brown’s lawn first, then the Jensen’s and then ours before mowing Bradley’s, it’ll save time,” he planned. “I might get some time to play after all.”

On his way to the Browns, Chase passed Kenny walking along his route with the heavy newspaper bags draped across his shoulders.

“Kenny’ll be too tired to mow a lawn anyway,” he tried to convince himself.

After all four lawns were mowed, Chase turned on the hose and let the cool water wash across his face before walking over to Kenny’s house to see if he could play.

“One, two, three, four,” Chase was counting his steps when he heard, “Come, follow me.”

Startled, he turned, but there was no one there.

Then Sister Hall’s words, “What would Jesus do?” echoed through his mind.

“What *would* Jesus do?” Chase asked himself. Chase quickly turned and headed for home.

“Mom. Dad,” Chase called.

“We’re in the kitchen, Son,” Father answered.

Chase hurried into the kitchen. “I’m going to follow Jesus,” he said before catching his breath. “Like Kenny is!”

Father and Mother looked puzzled.

“My bike. I’m going to give my bike to Kenny. *He* needs it more than I do!”

by Margie Nauta Lee © 2009 Living Scriptures, Inc.

LDS Family Fun

ActivityTime

What you need: A copy of “Treasure in Heaven” activity (artwork included with this lesson), scissors, glue, tape and laminating sheets or cardstock.

Preparation

1. **Print** out the artwork.
2. Laminate artwork or glue to cardstock.
3. **Cut** along dotted lines. **Fold** along solid lines.
4. Glue in place and secure with tape to form chest and lid.
5. Place lid on chest by inserting hinges on lid into slits on back of chest. Tape to secure.
6. Make necklaces by making a hole in top of jewel with a paper punch. Thread a length of yarn through holes and tie a knot in the end. Make rings and bracelets by taping the bands to back of jewels.
7. Place jewels in treasure chest and footsteps on floor leading to treasure chest.
8. Write down three situations for each child in which they could follow Jesus.
Example: Mother asked you to pick up your toys before going out to play, but your friend won't wait for you. What will you do to follow Jesus?

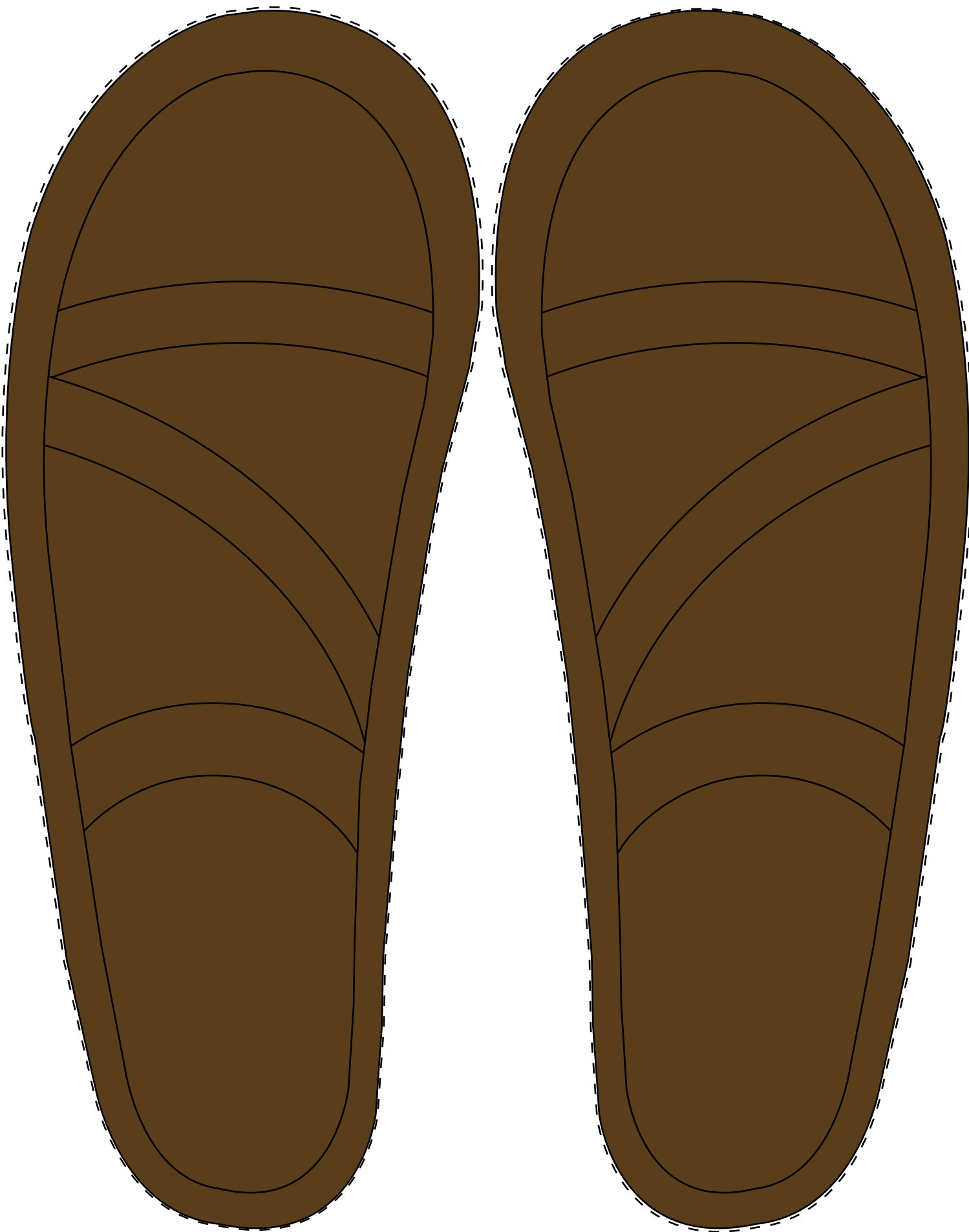


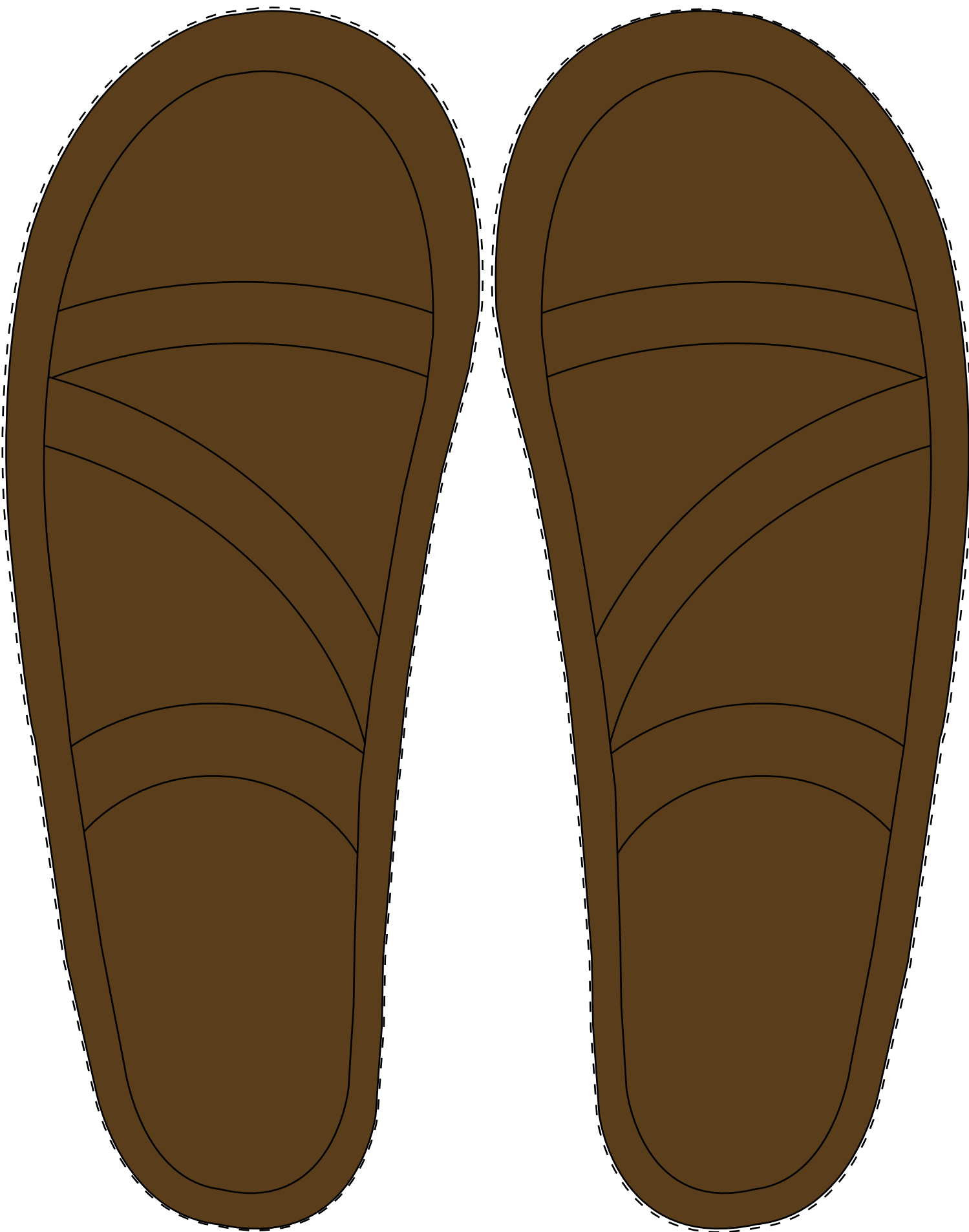
Activity:

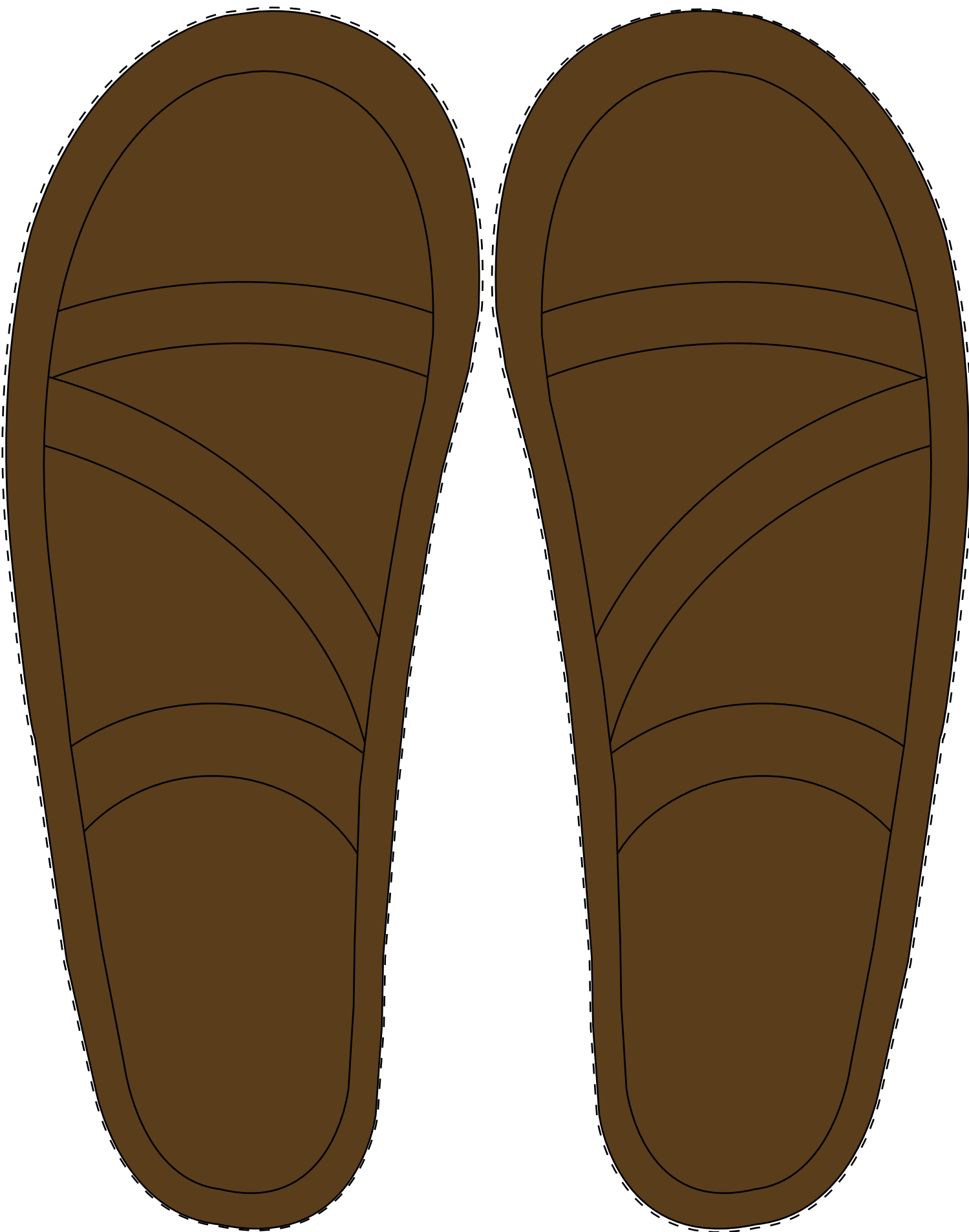
(Younger children will need help from an older sibling or parent.)

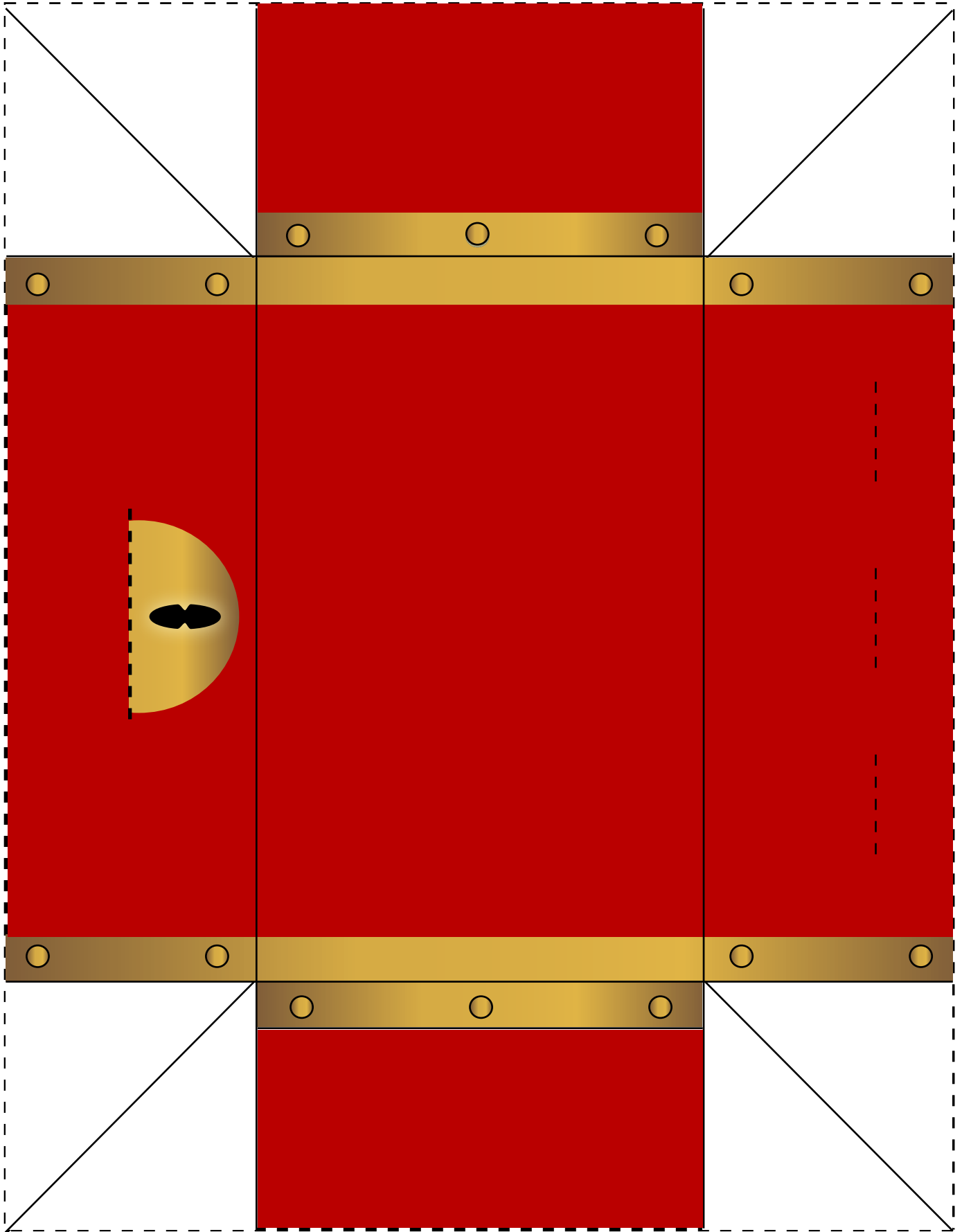
1. **Read:** “Then Jesus beholding him loved him, and said unto him, One thing thou lackest: go thy way, sell whatsoever thou hast, and give to the poor, and thou shalt have treasure in heaven: and come, take up the cross, and follow me.” (Mark 10:21)
2. **Ask:** What does it mean to follow Jesus? (Discuss ideas.)
3. **Ask:** Why is life better for us when we follow Jesus? (Discuss ideas.)
4. **Ask:** Why does Jesus want us to follow Him? (Because He loves and wants to save us all.)
5. Have each child answer the questions you have prepared for them. Have child step on a set of footprints after answering each question. When they reach the last set of footprints let them choose something out of the treasure chest.
6. **Ask:** What is the treasure in Heaven that we can have if we follow Jesus? (Eternal Life.)
7. Bear testimony that if we follow Jesus, He will lead us back to live with our Heavenly Father again.

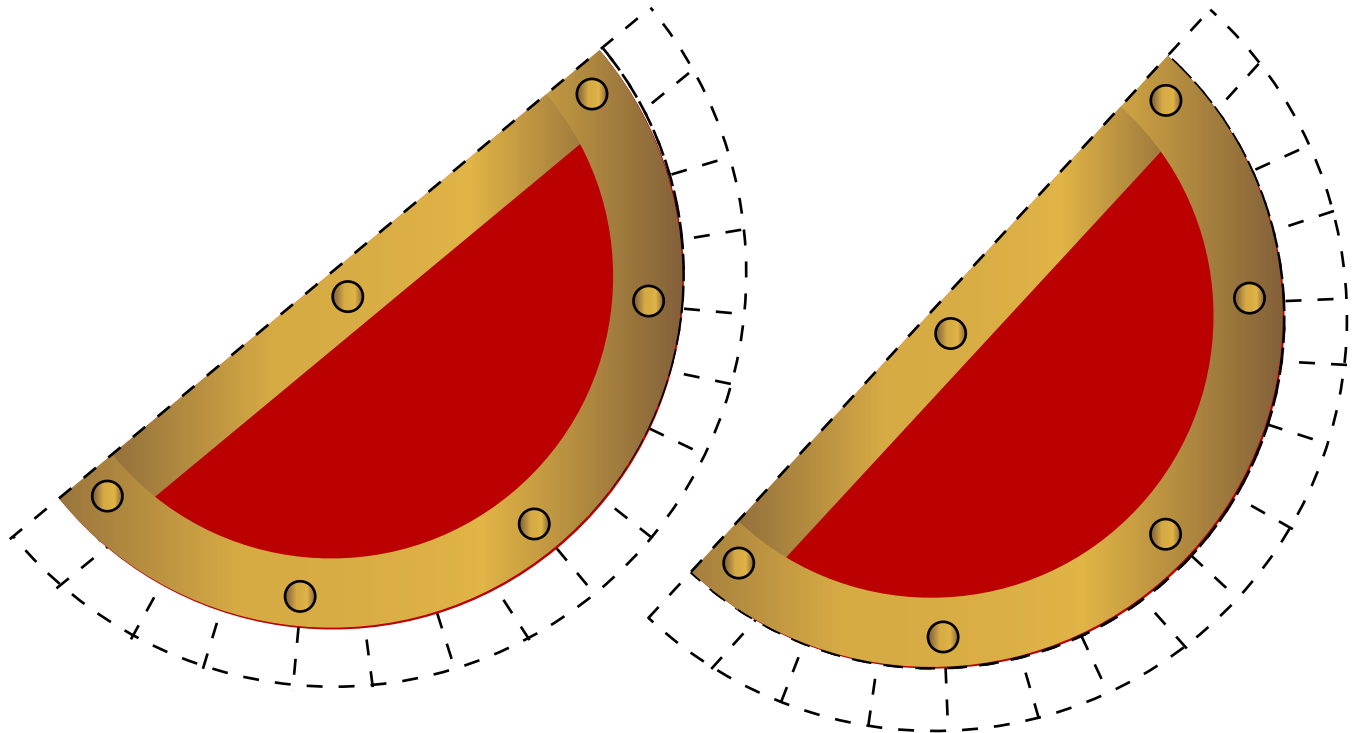


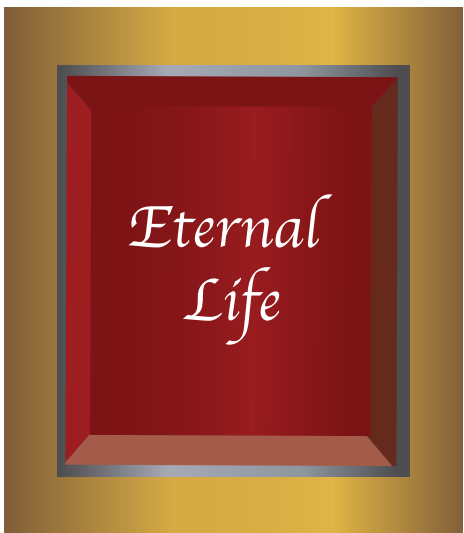
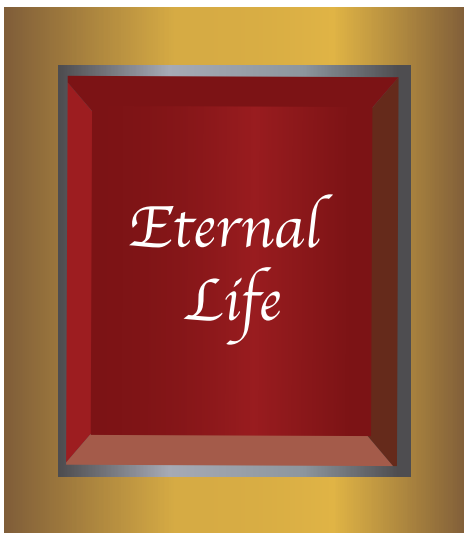
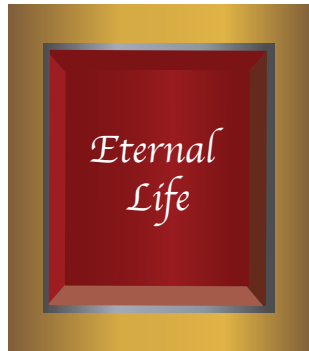
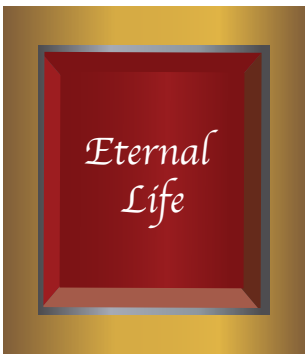
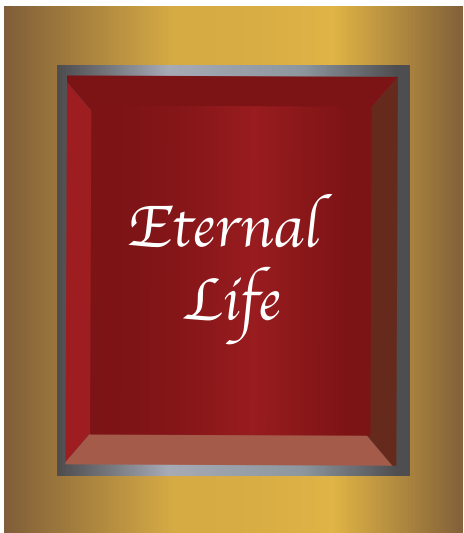
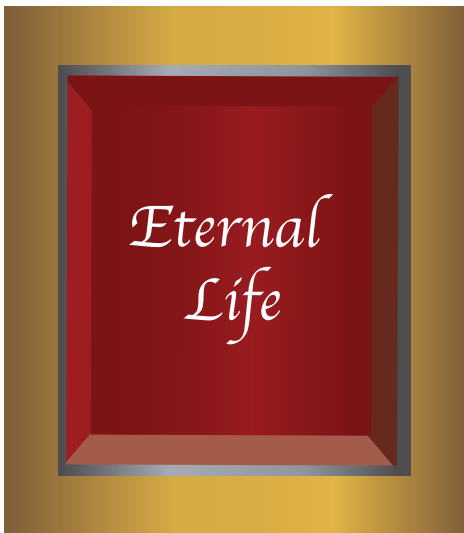












LDS Family Fun

TreatTime

Approximate Time: 65 minutes

Prep Time: 30 minutes

Chill Time: 15 minutes

Bake Time: 10–15 minutes



Peanut Butter Footsteps

Cookie Dough

1 cup butter
1 cup brown sugar
1 cup granulated sugar
2 eggs
2/3 cup peanut butter
1 tsp. vanilla
2 cups flour
1 tsp. baking soda
1/2 tsp. salt

Peanut Butter Frosting

1/4 cup peanut butter
1 Tbs. butter
3/4 cup powdered sugar
2-4 Tbs. milk.

Chocolate Frosting

1 Tbs. butter
1/8 cup unsweetened cocoa powder
3/4 cup powdered sugar
2-4 Tbs milk.

Preheat oven to 350 degrees. Cream together butter, brown sugar and granulated sugar. **Add** eggs, peanut butter & vanilla. Mix until smooth. Add flour, baking soda, salt, and oatmeal. Mix until blended. Roll dough on lightly floured surface to 1/4-1/2 inch thickness. Cut out with foot-shaped cookie cutter. Bake on lightly greased cookie sheet for 10-15 minutes. Optional: Remove from oven and immediately cover each cookie with (8) chocolate chips. Allow chips to melt, then spread evenly over cookie. Cool in refrigerator until chips harden (this will be the sole). Frost other side of cookie with Peanut Butter Frosting.

Treat Time: Help children decorate cookies with chocolate frosting to look like sandals Jesus might have worn.

Closing Prayer and blessing on the food.