

## September 30-October 13 Ephesians

# "FOR THE PERFECTING OF THE SAINTS"

- Gathering Activity-** Read/discuss/summarize Ephesians 1:10. The manual says, "Through the latter-day Restoration, God is gathering all things in one, including all the principles and ordinances of the gospel. To demonstrate this idea, you could hide objects or written phrases around your home that represent things that have been restored in our day (like *priesthood keys, temple ordinances, scriptures, and spiritual gifts*). Family members could search for them and 'gather' them together. Why are we thankful to live in the 'dispensation of the fulness of times'?"
  - Explain that we live in a time when lots of good things have been "gathered."
  - Hide the pictures around the room. Have family members look for them to "gather" them together.
  - After they've all been found, have family members take turns explaining how the items they found can help us or why they're grateful for them.
- Jesus is the Chief Cornerstone** –
  - **Scriptures:** Talk about what they think Ephesians 1:10 means when it talks about gathering "together in one all things in Christ." Read/summarize/discuss Ephesians 4:13 and 2 Nephi 30:7-8.
  - **Song:** Show "I Know That My Redeemer Lives" or another song about Jesus <https://www.youtube.com/watch?v=Jx6Y9nxnwos> and review stories they remember about Him. Why is He so important to us?
  - **Foundation Picture:** Show "The Living Christ" foundation picture from *The Friend* below. Have them think about towers they've built (or if time/interest, actually build a tower out of blocks). What happens when the bottom part of the tower is taken away? Ephesians 2:20 says that Jesus Christ is the "chief cornerstone." Point out where the picture of Christ is in the foundation picture (where the chief cornerstone is). What would happen if Christ was taken away? Remind them of how important He is to us and how much He loves us.
- The Church is Founded on Prophets and Apostles** – One thing that has been restored (brought back) is prophets and apostles. Remind them of the cup pyramid activity from the March 11-17 lesson (<https://emiscrafty.files.wordpress.com/2019/03/cfm8.pdf>) . Read/discuss/summarize Ephesians 2:19-22 and Ephesians 4:11-16. Cut out the pictures of The First Presidency and 12 apostles. Glue them onto the foundation page as you discuss. Encourage them to listen carefully to messages from our leaders during conference. Maybe listen to "Follow the Prophet" while gluing pictures on <https://www.youtube.com/watch?v=weE-U3H288> .
- Obey Parents** – Read/discuss/summarize Ephesians 6:1-3. One thing prophets and apostles teach us is to obey parents. Discuss blessings that come from obeying parents.
  - **Puppet Roleplay:** Let kids take turns being either the "Obedient Oscar" or "Disobedient Doug" puppet. Remind them of what obedient and disobedient mean. Give scenarios for them to respond to using both puppets. Help them see the blessings that come from being obedient and remind them that they'll be happier when they are obedient. *Possible scenarios:*
    - Mom asks you to eat your healthy food at dinner before you eat a cookie. How would Obedient Oscar respond? What would Disobedient Doug do?
    - Dad asks you to turn the TV off and do your chores.
    - Mom asks you to kneel down for family prayer.
    - Dad asks you to sit quietly during scripture study time.
    - Mom asks you to share your toys with your sister.
    - Dad asks you to stay off of a busy road near your house.
    - Mom asks you to be kind to your neighbors.
  - Remind them that we are "Dear children" of God (Ephesians 5:1) and encourage them to also be obedient to their Heavenly Father.
- Armor of God** – Read/discuss/summarize Ephesians 6:10-18. Because Heavenly Father and Jesus love us, they want to help us be safe and happy.

- Description cards: Cut out the blue description cards below from *The Friend* and tape them onto either household items to represent pieces of armor or these SUPER cute printable lifesize pieces from <https://www.theredcrystal.org/post/come-follow-me-sept-30-oct-13-for-the-perfecting-of-the-saints>.
  - Armor pieces: If using household items, here's a list of possible items that could be used:
    - *Breastplate: apron or a flat pan*
    - *Shoes: Mom or Dad's boots*
    - *Girdle: a belt*
    - *Sword: a stick*
    - *Shield: muffin tin or a piece of cardboard*
    - *Helmet: a hat, helmet, or pot*
  - Have all items in a pile or in a large bag, and let everyone take turn choosing one piece. As each piece is chosen, read and discuss the card for it and show them how to wear/use that piece of armor.
  - After all of the pieces have been taken out of the bag/pile, discuss: what does the armor of God protect us from? How can we put on these pieces of armor every day?
6. Family Paper Snowball Fight –
- On the shield, write or draw ways we can have faith in Heavenly Father and Jesus.
  - On separate pieces of paper, write ways Satan tries to attack us. Crumple these up to turn them into "snowballs."
  - Use these to have a family paper snowball fight.
  - How can our faith help shield us from Satan's attacks? In what other ways can God arm us against Satan?
7. Cake Batter Snowball Cookies- <https://www.mybakingbliss.com/cake-batter-snowball-cookies/> Before eating, everybody say one thing they'll do to shield themselves from Satan's attacks this week.

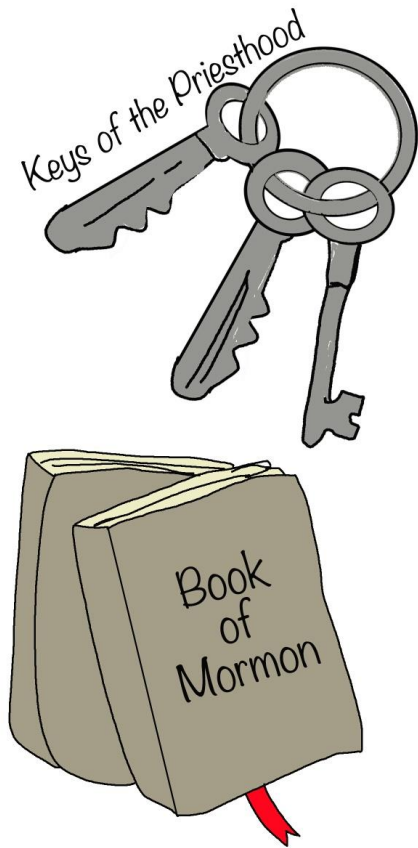
Additional Ideas:

Armor of God pieces that could be colored, cut, and glued onto pictures of the kids:

<https://hubpages.com/religion-philosophy/Armor-of-God>

More great ideas: <https://www.theredcrystal.org/post/come-follow-me-sept-30-oct-13-for-the-perfecting-of-the-saints>

Gathering Activity: Read/discuss/summarize Ephesians 1:10. Explain that we live in a time when lots of good things have been “gathered” into the gospel. Hide the pictures around the room. Have family members look for the pictures and “gather” them together. After they’ve all been found, talk about them and have family members take turns explaining how the items they found can help us or why they’re grateful for them. (keys= priesthood keys, present= spiritual gifts)



# The **LIVING** Christ



The prophets and apostles wrote "The Living Christ" to tell the world about Jesus Christ. Read part of it each month and memorize the line in green.

"We declare in words of solemnity that His priesthood and His Church have been restored upon the earth—built upon the foundation of . . . apostles and prophets, Jesus Christ himself being the chief corner stone" (Ephesians 2:20)."

**solemnly**  
with awe and reverence

Write the names of the First Presidency and the Quorum of the Twelve Apostles on the foundation stones.




How does following Jesus Christ and His prophets and apostles keep you strong?

## THE STRONG FOUNDATION OF THE CHURCH

The foundation of a building keeps it strong. The most important foundation stone is called the cornerstone. The prophets and apostles are like the foundation of The Church of Jesus Christ of Latter-day Saints. Jesus Christ is like the most important stone, the cornerstone.

# CORNERSTONE

September 2019

### Foundation Page:

Read/discuss/summarize Ephesians 2:19-22 and Ephesians 4:11-16. Cut out the pictures of The First Presidency and 12 apostles. Glue them onto the foundation page as you discuss.

First Presidency



Henry B. Eyring



Russell M. Nelson



Dallin H. Oaks

Quorum of the Twelve Apostles



D. Todd Christofferson



Ulisses Soares



Quentin L. Cook



Gerrit W. Gong



David A. Bednar



Dale C. Renlund



Dieter F. Uchtdorf



Cary E. Stevenson



Jeffrey R. Holland



Ronald A. Rasband



M. Russell Ballard

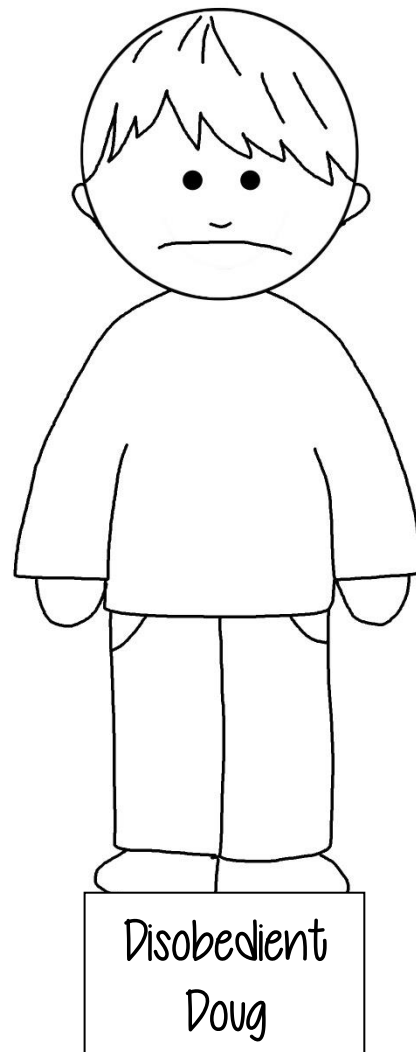
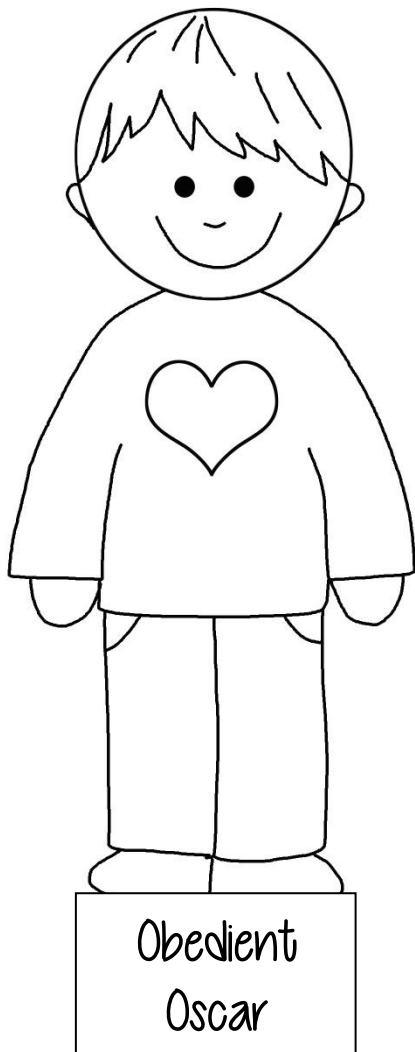


Neil L. Andersen

Obeying Parents Puppet Roleplay: Read/discuss/summarize Ephesians 6:1-3. Let kids take turns being either the “Obedient Oscar” or “Disobedient Doug” puppet. Give scenarios for them to respond to using both puppets. Help them see the blessings that come from being obedient and remind them that they’ll be happier when they are obedient.

*Possible scenarios:*

- Mom asks you to eat your healthy food at dinner before you eat a cookie. How would Obedient Oscar respond? What would Disobedient Doug do?
- Dad asks you to turn the TV off and do your chores.
- Mom asks you to kneel down for family prayer.
- Dad asks you to sit quietly during scripture study time.
- Mom asks you to share your toys with your sister.
- Dad asks you to stay off of a busy road near your house.
- Mom asks you to be kind to your neighbors.





Armor of God Description Cards – Read/discuss/summarize Ephesians 6:10-18. Have the following description cards cut out and taped onto either the household items to represent the armor or printable pieces from <https://www.theredcrystal.org/post/come-follow-me-sept-30-oct-13-for-the-perfecting-of-the-saints> . Have all items in a pile or in a large bag, and let everyone take turn choosing one piece. As each piece is chosen, read and discuss the card for it and show them how to wear/use that piece of armor.

Household Items for Armor:

*Breastplate: apron or a flat pan*

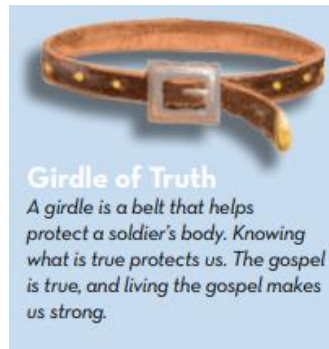
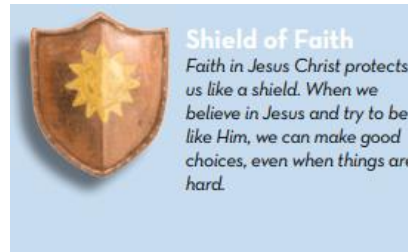
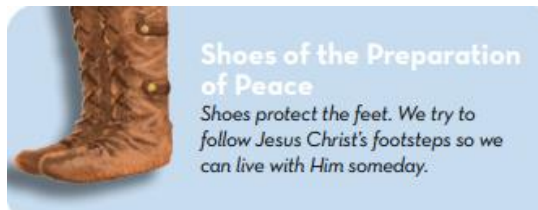
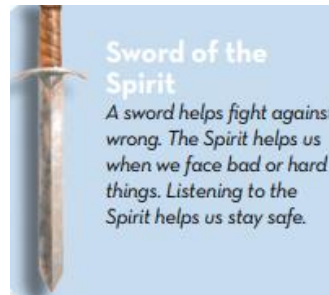
*Shoes: Mom or Dad's boots*

*Girdle: a belt*

*Sword: a stick*

*Shield: muffin tin or a piece of cardboard*

*Helmet: a hat, helmet, or pot*



Descriptions from *The Friend*

[https://www.churchofjesuschrist.org/bc/content/shared/content/images/magazines/friend/2016/06/june-2016-friend-magazine-mormon\\_1733605.pdf](https://www.churchofjesuschrist.org/bc/content/shared/content/images/magazines/friend/2016/06/june-2016-friend-magazine-mormon_1733605.pdf)