

## October 28-November 3 1 and 2 Timothy; Titus; Philemon

# "BE THOU AN EXAMPLE OF THE BELIEVERS"

- 1. Guess Who? Game** – For this week’s lesson, we’re going to study parts of letters Paul wrote to three different people. Set out pictures of Timothy, Titus, and Philemon. Read facts about them and have the kids point to the picture of who they think each fact is about to see how many they can guess correctly. Or if you want them to move around more, set the pictures around the room and have them walk over to stand by the picture of the person they think goes with each fact. Spend a little bit of time talking about some of the facts after you’ve told them who it was (Why is it important to read scriptures, even while we’re children? How are we happier when we forgive people? Etc.). Explain that you don’t expect them to already know the answers to these. This is just a fun way for us to get to know these people a little bit.
  - He started reading scriptures when he was a child. (Timothy) *2 Timothy 3:15*
  - He was in charge of taking care of a branch of the church (a small group of church members) in a place called Crete even though some people were against it. (Titus) *Titus 1:5, 10-11*
  - He let a church congregation meet in his house. (Philemon) *Philemon 1:2,5*
  - He learned faith in Jesus through the examples of his mom and grandma. (Timothy) *2 Timothy 1:5*
  - He had owned a slave named Onesimus who escaped slavery. Paul asked him to forgive Onesimus. (Philemon) *Philemon 1:16*
  - He had served with Paul on some of his missionary journeys. (Timothy and Titus. *We’ll count it right if they guess either one*)
  - He was called as a church leader in Ephesus. (Timothy)
  - He was young when he was called to be a church leader. (Timothy)
  - He had been converted to the gospel by Paul. (Philemon)
  - He helped get donations to give to poor people in Jerusalem. (Titus)
  - He loved Jesus and had a testimony of Him. (all of them!)
- 2. Spirit of Power, Gospel Provides Spiritual Safety**- All three of these men as well as Paul (the guy who wrote the letters) loved Jesus and His gospel. Why do you think they loved Jesus and His gospel so much? Why do you love Jesus and His gospel? Remind them that Christ can bring us peace and safety.
  - **Scriptures:** Read/discuss/summarize the following scriptures that explain some good things we can have in our lives because of Jesus and the Gospel:
    - 2 Timothy 1:7 (“God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”)
    - 2 Timothy 3 (the Lord can deliver us out of scary things and give us safety from spiritual dangers)
  - **Song:** Listen to “Peace in Christ” <https://www.youtube.com/watch?v=Waitmz6C100> . Remind them of the peace that can come to us through Christ and His gospel.
  - **The Friend:** These links from *The Friend* have some additional tips on what you can do if you’re worried or afraid:
    - <http://media.ldscdn.org/pdf/magazines/friend-may-2017/2017-05-20-worried-or-afraid-heres-help-eng.pdf>
    - <http://media.ldscdn.org/pdf/magazines/friend-march-2016/2016-03-09-how-can-i-not-worry-so-much-eng.pdf>
  - Can also do the candle/fan object lesson from the March 25-31 lesson if you haven’t already done it. (found here: <https://emiscrafty.files.wordpress.com/2019/03/cfm10.pdf>)
- 3. Being an Example of Believers** – In his letter to Timothy, Paul told him to be an example even though he was young. What does it mean to be an example? Who can we lead others to if we’re good examples? (the Savior). Read 1 Timothy 4: 12 and tell them to listen carefully to hear ways we can be examples to others (in word, conversation, charity, spirit, faith, purity). Spend a little time talking about what each of these mean and remind them that when we do these things, we’re being like Jesus.

- Circle Game: Sit in a circle and take turns naming one specific thing you could do to be an example to others. See how long we can keep it going until we run out of ideas. If you have older kids, you could make it more challenging by doing different rounds for each way we could be examples (Round one: How can we be examples in word and conversation? Round 2: How could we be examples in charity? Etc). This talk by President Thomas S. Monson has some great specific details of how we can be examples in each of these categories: <https://www.churchofjesuschrist.org/study/general-conference/2015/10/be-an-example-and-a-light?lang=eng> .
4. Being a Good Example Means We Do Good Works- Titus 1:16 says that some people SAY that they believe in God but “in works they deny Him.” Spend some time explaining what this means. Review some of the good works that Timothy, Titus, and Philemon did (helped poor people, forgave people, let church members meet in their house, etc.). They didn’t just BELIEVE, they also DID good things.
    - If time/interest, do one or both of the following:
      - Kindness cards (read scenarios and have them put a thumbs up or down to say if each thing was an act of kindness or not) <https://www.teacherspayteachers.com/FreeDownload/Kindness-Scenarios-FREEBIE-4344560>
      - These ones also have some good questions to help develop empathy by asking how kids would feel in different scenarios and gets them thinking about what they could do to help others: <https://www.teacherspayteachers.com/FreeDownload/KindnessRules-Empathy-Task-Cards-Journal-FREEBIE-3011698>
  5. Good Works Fashion Show The family Come Follow Me manual had a super fun idea for a good works fashion show that we’re going to use. Our girls LOVE dressing up, so here’s how we’re planning on doing it:
    - Explain that 1 Timothy 2:9-10 tells us we should “adorn [ourselves]...with good works.” Summarize what this means. How are we better examples to people when we do good works?
    - Set out a pile of fun clothing/jewelry/sunglasses.
    - Cut up the scenario pieces below and place them in a bowl or bag. Take turns drawing pieces out of the bowl/bag.
    - When the piece is pulled out, read it and ask: Is this a good/beautiful thing to do? If the answer is YES, then they can choose an item from the pile, tape the good work paper onto it, and wear that item.
    - Continue until all of the pieces have been talked about. After this, to earn any remaining items in the pile, family members can take turns stating additional good works they could do.
    - Wrap it up by reading D & C 25:15 and tell them to listen carefully for what kind of item we will receive if we follow the Lord and keep His commandments (a crown of righteousness). 2 Timothy 4:8 also mentions a “crown of righteousness.”
  6. Example Letters to Kids - Mom/Dad write notes to each of the kids telling them what they’ve done to be good examples to us. Give it to them with some kind of bright yellow treat (butterscotch disks, lemonheads, yellow M & M’s, Sixlets, Starbursts, yellow cookies, etc.). Before reading the note to them, share the following quote from President Thomas S. Monson:
 

*“My brothers and sisters, our opportunities to shine surround us each day, in whatever circumstance we find ourselves. As we follow the example of the Savior, ours will be the opportunity to be a light in the lives of others, whether they be our own family members and friends, our co-workers, mere acquaintances, or total strangers.”*
  7. Example Light Letters - Talk about people in our lives who have been lights in our lives and have inspired us to follow Christ (could include a brief discussion on bishops and all the work they do). Choose some of these people to write notes to (use “Examples of Light” notes below). Attach “Examples of Light” treat tags (below) onto bright yellow candies/cookies to give to these people with the notes.
 

*If you’d like to see an example of what these could look like, feel free to head over to our new Instagram account @comefollowmekid. We’ll be posting weekly pictures of a few of the ideas from these lessons there for easy, quick reference in the future.*

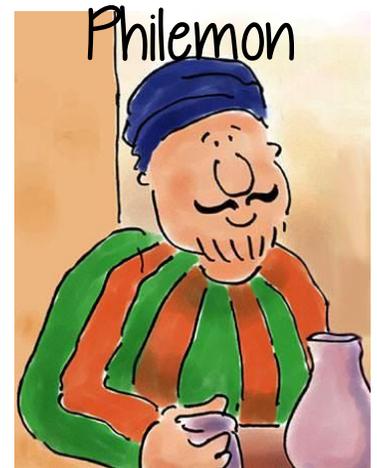
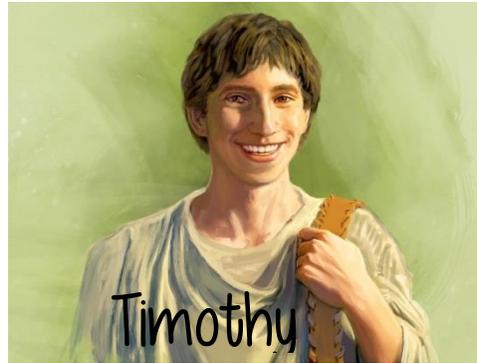
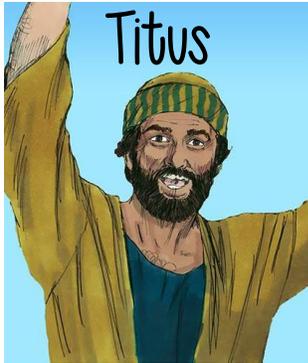
Additional Ideas:

Fear resources in *The Friend* <https://www.churchofjesuschrist.org/children/resources/topics/fear?lang=eng> .

More great ideas [https://www.theredcrystal.org/post/come-follow-me-oct-28-nov-3-be-thou-an-example-of-the-believers?fbclid=IwAR1bUA8ngVKFOxrEv5bNGXAYDeqUb1Ld\\_uxo-2mJd9mGdpDUcS9kC4nc\\_Yo](https://www.theredcrystal.org/post/come-follow-me-oct-28-nov-3-be-thou-an-example-of-the-believers?fbclid=IwAR1bUA8ngVKFOxrEv5bNGXAYDeqUb1Ld_uxo-2mJd9mGdpDUcS9kC4nc_Yo)

Guess Who? Game:

Read facts about Timothy, Titus, and Philemon and have the kids point to the picture of who they think each fact is about to see how many they can guess correctly. If you want the kids to move around more, you can set the pictures around the room and have them walk over to stand by the picture of the person they think goes with each fact. *(see first page of lesson plan above for facts)*



Good Works Fashion Show: 1 Timothy 2:9-10 tells us we should “adorn [ourselves]...with good works.” Set out a pile of fun clothing/jewelry/sunglasses. Cut up the scenario pieces below and place them in a bowl or bag. Take turns drawing pieces out of the bowl/bag. When the piece is pulled out, read it and ask: Is this a good/beautiful thing to do? If the answer is YES, then they can choose an item from the pile, tape the good work paper onto it, and wear that item.

*You tell your primary teacher thanks for teaching you.*

*A member of your primary class is sad and lonely, and you laugh at them.*

*Your primary teacher asks you to color a picture of Jesus, and you reverently do as you're asked.*

*A neighborhood friend wants to throw mushy fruit at a house, and you agree.*

*An older neighbor needs help raking leaves, and you help her out.*

*Your mom is having a hard day. You clean your room to help her have a better day.*

*Your dad asks you to do the dishes. You ignore him and play.*

*You make a yummy treat and share it with your sister.*

*You say a prayer for someone who's having a hard time.*

*You give your friend a hard shove for using a toy that belongs to you.*

*You remind mom and dad to read scriptures and pray every night.*

*You saw someone who was sad and cheered them up.*

Example of Light Notes:

Dear \_\_\_\_\_,

You are a great example



of Light

to me because...

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love, \_\_\_\_\_

Dear \_\_\_\_\_,

You are a great example



of Light

to me because...

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love, \_\_\_\_\_

Dear \_\_\_\_\_,

You are a great example



of Light

to me because...

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love, \_\_\_\_\_

Dear \_\_\_\_\_,

You are a great example



of Light

to me because...

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love, \_\_\_\_\_

Example of Light Treat Tags: Attach tags to bags or plates of some kind of bright yellow treat (butterscotch disks, lemonheads, yellow M & M's, Sixlets, Starbursts, yellow cookies, etc.). Give the treats and notes to people who have been good examples to you.

