

November 11-17 Hebrews 7-13

"AN HIGH PRIEST OF GOOD THINGS TO COME"

- 1- Illuminate- Sing "Teach Me to Walk in the Light" <https://www.youtube.com/watch?v=63efzIDEGlg> . Talk about what it means to walk in the light. What does it mean to be "illuminated"? Show illumination pictures below. Hold a tealight/candle. Use this to help explain what our spirits feel like when they're illuminated with truth (it's calming, helps us see things better, etc.).
 - Mom/Dad start by sharing times we've felt "illuminated" with spiritual truth. Share testimonies of what the "illuminating" light of the spirit feels like to us.
 - Let the kids hold the light/candle while sharing things that they've learned that could "illuminate" their spirits.
 - Read/discuss/summarize Hebrews 10:32 and Hebrews 10:35. Talk about how our experiences of feeling "illuminated" can help us "cast not away therefore [our] confidence" when we go through hard things.
 - Elder Jeffrey R. Holland said "...*Opposition turns up almost any place something good has happened...Certainly don't give in to that being who is bent on the destruction of your happiness.*" Discuss ways we can stay strong when Satan tries to weaken us.
 - Read/discuss Hebrews 13:17 and talk about how obeying parents and inspired church leaders can help us feel more light in our lives. Help them brainstorm some things we're asked to do that will keep this light strong (going to primary, reading the scriptures, praying, etc.).
- 2- Faith Acronym Sheet– Print up the acronym sheet below. Tell them the big letters spell "FAITH." Either cut out the sentences and have them match them with the letter they begin with or just color in the big letters as you discuss each fact about faith. These facts are based on information in the Gospel Topics entry for "Faith in Jesus Christ." If you have older kids, it could be beneficial to read through this whole entry. It has lots of great stuff in it: <https://www.churchofjesuschrist.org/study/manual/gospel-topics/faith-in-jesus-christ?lang=eng> .
- 3- Faith Matching Game (Faith Examples in Hebrews 11) – What is faith? Who should we have faith in? Hebrews 12:2 says Jesus is the "author and finisher of our faith." Our faith should be in Him, and He can help complete and perfect our faith.
 - Matching Game: Cut apart the squares and turn upside-down. Take turns finding matches. As each match is found, read and discuss the scripture references and what that person was able to do through faith. When you get to the one that says "ME," talk about many of the things we have done/can do because of faith.
 - Share/summarize/discuss this quote from Elder Joseph B. Wirthlin: "*Truly understood and properly practiced, faith is one of the grand glorious powers of eternity. It is a force powerful beyond our comprehension. 'Through faith...the worlds were framed by the word of God [Hebrews 11:3]. Through faith, waters are parted, the sick healed, the wicked silenced, and salvation made possible. Our faith is the foundation upon which all our spiritual lives rest. It should be the most important resource of our lives.*"
 - How can we be inspired by the faith of these righteous people? What are some good things we can do in our lives because of faith?
- 4- Video – Read Hebrews 11:1 and remind them that faith is believing things we can't see. What are some things that remind us of Jesus and help us remember Him even though we can't see Him?
 - Watch/discuss "Always Remember Him" Video about Sacrament: <https://www.churchofjesuschrist.org/media-library/video/2014-06-001-always-remember-him?lang=eng>
- 5- Heavenly Father and Jesus Christ will Help Us and Never Leave Us- Hebrews 13:5-6 says "...He hath said, I will never leave thee, nor forsake thee...We may boldly say, The Lord is my helper, and I will not fear what man shall do unto me." Sing "I Am a Child of God" and remind them that they love and care for us.

- We can feel His love fan: Make fan from this link and follow directions on it to show how we can't see Heavenly Father and Jesus right now, but we can feel their love:
https://static.wixstatic.com/ugd/e5a618_5bbaaf3004d3477fb4e55b5ffb5902b2.pdf .
 - Share/summarize "Keeping the Orphans Warm" story from *The Friend* and how Heavenly Father and Jesus helped these people because of George's faith:
<https://www.churchofjesuschrist.org/study/friend/2019/05/keeping-the-orphans-warm?lang=eng> .
 - Testify that Heavenly Father and Jesus always love us and want to help us.
- 6- Priesthood- One thing Heavenly Father and Jesus give us to help us is the Priesthood. Hebrews 6 and 7 talk about the priesthood. Remind them that the priesthood is the power of God and review ways it can help us. Read/discuss/summarize D & C 121:36-46. The Gospel Topics entry also has some good specific details about the Melchizedek priesthood that could be beneficial for older kids:
<https://www.churchofjesuschrist.org/study/manual/gospel-topics/melchizedek-priesthood?lang=eng> .
- Read and discuss the following story ("Blessed by the Priesthood") from *The Ensign*
<https://www.churchofjesuschrist.org/study/ensign/2011/06/latter-day-saint-voices/blessed-by-the-priesthood?lang=eng> .
 - Since both of our kids are girls, we might briefly share/discuss the following quotes from the Prophet in the Women's Session of conference:
 - "Those who are endowed in the house of the Lord receive a gift of God's priesthood power by virtue of their covenant, along with a gift of knowledge to know how to draw upon that power. The heavens are just as open to *women* who are endowed with God's power flowing from their priesthood covenants as they are to men who bear the priesthood. I pray that truth will register upon each of your hearts because I believe it will change your life."
 - "Now, in closing, I would like to leave a blessing upon you, that you may understand the priesthood power with which you have been endowed and that you will augment that power by exercising your faith in the Lord and in His power." (President Russell M. Nelson during Women's Conference "Spiritual Treasures")
- 7- Treat – Make heart-shaped Rice Krispies treats to remind them that Heavenly Father and Jesus love us and want to help us.

Additional Ideas:

Faith to Choose the Right Door Hanger <https://www.churchofjesuschrist.org/study/liahona/2002/10/sharing-time-faith-helps-us-choose-the-right?lang=eng>

Faith in Christ Mobile <https://www.churchofjesuschrist.org/study/liahona/2005/06/sharing-time-ill-follow-him-in-faith?lang=eng>

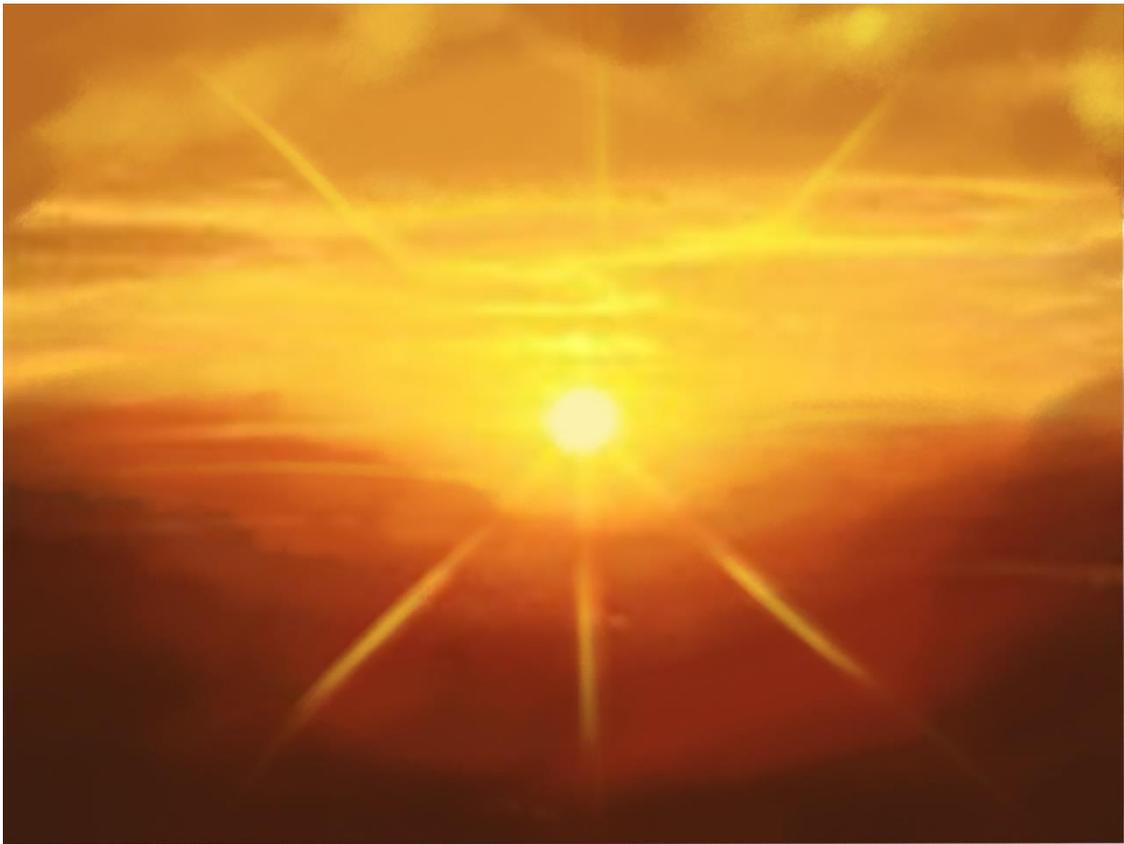
Fun video about the symbolism of animal sacrifice <https://www.churchofjesuschrist.org/media-library/video/2011-03-050-sacrifice-and-sacrament?lang=eng>

Ways the Priesthood Helps People

<https://www.churchofjesuschrist.org/bc/content/shared/content/images/magazines/friend/2012/10/fr12oct41-000-the-priesthood-helps-people-bringing-primary-home.pdf>

Explanation of Priesthood Keys <https://www.churchofjesuschrist.org/study/friend/2017/02/what-are-priesthood-keys?lang=eng>

More great ideas <https://www.theredcrystal.org/post/come-follow-me-november-11-17-an-high-priest-of-good-things-to-come>



F A I T H

Faith is like a muscle. If exercised, it grows strong.

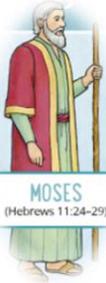
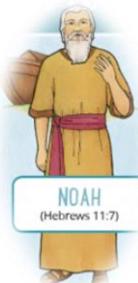
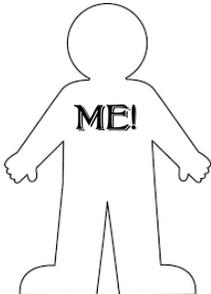
Alma taught: "If ye have faith ye hope for things which are not seen, which are true."

I can receive peace, courage, strength, and healing through faith in Jesus.

Trusting the Lord means I believe in His teachings and try to follow His perfect example.

Heavenly Father can help me have more faith if I pray to Him.

Faith Matching Game: Cut apart and turn upside-down. Take turns finding matches. As each match is found, read and discuss the scripture references and what that person was able to do through faith. When you get to the one that says "ME," talk about many of the things we have done/can do because of faith. Older kids can use the blank squares to write/draw about other people they know or people from the scriptures who did great things through faith.

<p>1</p>  <p>MOSES (Hebrews 11:24-29)</p>	<p>2</p>  <p>NOAH (Hebrews 11:7)</p>	<p>2</p> <p>God told me to build an ark. Because I obeyed, my family and I were saved from the flood.</p>	<p>1</p> <p>God told me to lead the slaves out of Egypt. We crossed the Red Sea on dry ground.</p>
<p>3</p>  <p>ABRAHAM (Hebrews 11:8-9)</p>	<p>4</p>  <p>SARA (Hebrews 11:11-12)</p>	<p>4</p> <p>God told me I would be a mother. Even though I was too old to have children, I had a baby! Now my family is as numberless as the stars in the sky or sands on the seashore.</p>	<p>3</p> <p>God told me to travel to a new land. I obeyed, even though I didn't know where I was going. I was led to a promised land where I could raise a family.</p>
<p>5</p> <p>JOSEPH SMITH</p> 	<p>6</p> 	<p>5</p> <p>When I prayed in faith, God gave me a wonderful answer. This was the beginning of the Restoration.</p>	<p>6</p> <p>I can do lots of things through faith!</p>
<p>7</p>  <p>JOSHUA</p>		<p>7</p> <p>By faith, the walls of Jericho fell down (Hebrews 11:30, Joshua 6)</p>	

Images and descriptions for the first four people came from *The Friend*

<https://www.churchofjesuschrist.org/study/friend/2019/11/having-faith-trusting-god?lang=eng>