

January 27-February 2 1 Nephi 16-22

"I WILL PREPARE THE WAY BEFORE YOU"

1. I Have Graven Thee Upon the Palms of My Hands – Review who Nephi was. Explain that Nephi shared a scripture about Jesus's hands. Show picture of the mark in His hands after He was crucified (below). Read 1 Nephi 21:15-16. To help them visualize that we are graven on the palms of Christ's hands, have each person write their names on the hand in the picture below. You can either give each person their own small picture or print up the big one for everyone to write on together. Remind them that Heavenly Father and Jesus love us, remember us, and want to help us in life. They want to lead us to good things.
2. Liahona Video/Picture - (the Lord Guides Me Through Small and Simple Means) – When Lehi and his family were getting ready to travel more into the wilderness, the Lord gave them something really cool to help them know where to go. Watch "The Lord Provides the Liahona" video from the church's new Book of Mormon videos and tell them to pay attention to what Lehi found by his tent door:
<https://www.youtube.com/watch?v=KFdE5SUBqjA&app=desktop>.
 - Discuss what the manual says: "*When God led Lehi's family into the wilderness, He did not provide them with a detailed travel plan to the promised land. But He did give Lehi the Liahona to guide his family daily toward their destination. What has Heavenly Father given you to provide guidance and direction? What do you think it means that "by small means the Lord can bring about great things"? (1 Nephi 16:29).*"
 - Picture: Show picture of Lehi with the Liahona (below) and discuss the questions underneath it.
 - The lesson for July 20-26 gets more in depth with comparing the Liahona to the word of God, so even though there are TONS of fun things we could do with this, for now, our family is just going to keep it to a basic story of what the Liahona is and understanding that God guides us when we keep the commandments. Here is a fun Liahona craft that could be done with this: <http://hollyshome-hollyshome.blogspot.com/2017/11/book-of-mormon-liahona-activity-and.html>
3. Liahona in Our Home – Imagine that there is a Liahona in our home. Mom/Dad read the following statements. If it's something that would make the Liahona work, have the kids make a thumbs up sign. If it would stop the Liahona from working, make a thumbs down sign. Talk about additional ways we can keep the commandments and feel the Lord's spirit and guidance in our home even though we don't have an actual Liahona.
 - *You hurt your brother/sister.*
 - *You disobey your mom/dad.*
 - *You share your candy with your brother/sister.*
 - *You tell your family members that you love them.*
 - *You help your brother/sister clean up their toys.*
 - *You give a family member a hug to help them feel better when they get hurt.*
 - *You listen to songs with bad words.*
 - *You pray reverently.*
 - *You try to be like Jesus.*
4. Nephi Boat Friend Story – One way the Lord guided Nephi was teaching him how to build a boat. Sing "Nephi's Courage" and talk about the words to the second verse about Nephi building a boat
<https://www.youtube.com/watch?v=7le6qc1cuc8>. Read/discuss "Building a Ship" story from *The Friend* <https://www.churchofjesuschrist.org/study/friend/1989/10/building-the-ship?lang=eng> or show the video from the church's website <https://www.churchofjesuschrist.org/children/videos/scripture-stories/book-of-mormon/7-building-the-ship?lang=eng>
5. Acting Out Nephi's Responses to Challenges – When we keep the commandments, that doesn't mean our lives will be easy. What were some challenges Nephi and his family faced? Use the figurines from *The Friend* (below) to act out how Nephi and other family members responded to the challenges they faced with the broken bow (1 Nephi 16:14-32) and being commanded to build a boat (1 Nephi 17:7-19).

- Share/summarize the first paragraph of the manual: *“As Lehi’s family journeyed toward the promised land, the Lord made them this promise: “I will prepare the way before you, if it so be that ye shall keep my commandments” (1 Nephi 17:13). Clearly, that promise did not mean that the journey would be easy—family members still disagreed, bows broke, and people struggled and died, and they still had to build a ship from raw materials. However, when the family faced adversity or seemingly impossible tasks, Nephi recognized that the Lord was never far away. He knew that God “doth nourish [the faithful], and strengthen them, and provide means whereby they can accomplish the thing which he has commanded them” (1 Nephi 17:3). If you ever wonder why bad things happen to good people like Nephi and his family, you may find insights in these chapters. But perhaps more important, you will see what good people do when bad things happen.”*
6. Nametag Attitude Activity – (My attitude and choices can have a good influence on my family) – The manual states, *“Perhaps your family could contrast Nephi’s account of traveling in the wilderness (see 1 Nephi 17:1-6) with his brothers’ account (1 Nephi 17:17-22). Why do you think they saw the same events differently? What can we learn from Nephi about having a faithful perspective?”*
- Nametag Activity: After studying/summarizing challenges that Nephi’s family faced in 1 Nephi 16-18 (a broken bow, the death of Ishmael, building a ship, and family arguments), discuss how Nephi’s responses differed from the responses of some of his family members. To help kids liken this to themselves, print up the “Nametag Attitude Activity” sheet below. Let them take turns wearing the 2 different nametags and reacting to different situations according to how a faithful person like Nephi would or a less faithful person with a more “grumpy” attitude. Discuss which way of reacting brings more blessings.
 - It could be a good idea to talk about/summarize the following quotes to go along with this:
 Elder Neal A. Maxwell: *“Nephi’s broken bow doubtless brought to him some irritation, but not immobilizing bitterness. After all, he was just trying to feed the extended family, so why should he have to contend as well with a broken bow? Yet out of that episode came a great teaching moment. Irritation often precedes instruction.”*
 Elder Richard G. Scott: *“Just when all seems to be going right, challenges often come in multiple doses applied simultaneously. When those trials are not consequences of your disobedience, they are evidence that the Lord feels you are prepared to grow more. He therefore gives you experiences that stimulate growth, understanding, and compassion which polish you for your everlasting benefit. To get you from where you are to where He wants you to be requires a lot of stretching, and that generally entails discomfort and pain.”*
7. Banana Boat Treat- (idea from *The Friend*) – These are the instructions from *The Friend* (I don’t know who wrote them to give them credit, but it’s in this month’s magazine): *“Cut unpeeled bananas lengthwise about 1 inch deep, leaving ½ inch uncut at each of the ends. Stuff the slit bananas with mini marshmallows and chocolate chips. Then wrap in foil and place them on a baking sheet. Bake at 350 degrees Fahrenheit for about 10 minutes.”* Review ways we can have faithful attitudes like Nephi’s while making/eating.

Additional Ideas:

Support Articles and Activities from *The Ensign*: <https://www.churchofjesuschrist.org/study/ensign/2020/01/come-follow-me-book-of-mormon-support-articles-and-activities/1-nephi-16-22?lang=eng>

Links to full new Book of Mormon videos: <https://www.churchofjesuschrist.org/study/come-follow-me/individuals-and-families/book-of-mormon-2020/book-of-mormon-videos?lang=eng>

More great ideas: <https://www.theredcrystal.org/post/come-follow-me-2020-jan-27-feb-2-1-nephi-16-22-i-will-prepare-the-way-before-you>

Colored figurines to tell the story of Nephi building a ship (from *The Friend*) <http://media.ldscdn.org/pdf/lds-magazines/friend-february-2012/2012-02-31-book-of-mormon-scripture-figures-eng.pdf>

I Have Graven Thee Upon the Palms of My Hands: Read 1 Nephi 21:15-16. To help them visualize that we are graven on the palms of Christ's hands, have each person write their names on Christ's hand in the picture below. You can either give each person their own or print up the big one for everyone to write on together. Remind them that Heavenly Father and Jesus love us, remember us, and want to help us in life. They want to lead us to good things.

"Behold, I have graven thee upon the palms of my hands; thy walls are continually before me."

1 Nephi 21:16



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"Behold, I have graven thee upon the palms of my hands; thy walls are continually before me."

1 Nephi 21:16



*“Behold, I have graven thee upon
the palms of my hands;
thy walls are continually before me.”*

1 Nephi 21:16



“And thus we see that by small means the Lord can bring about great things.”

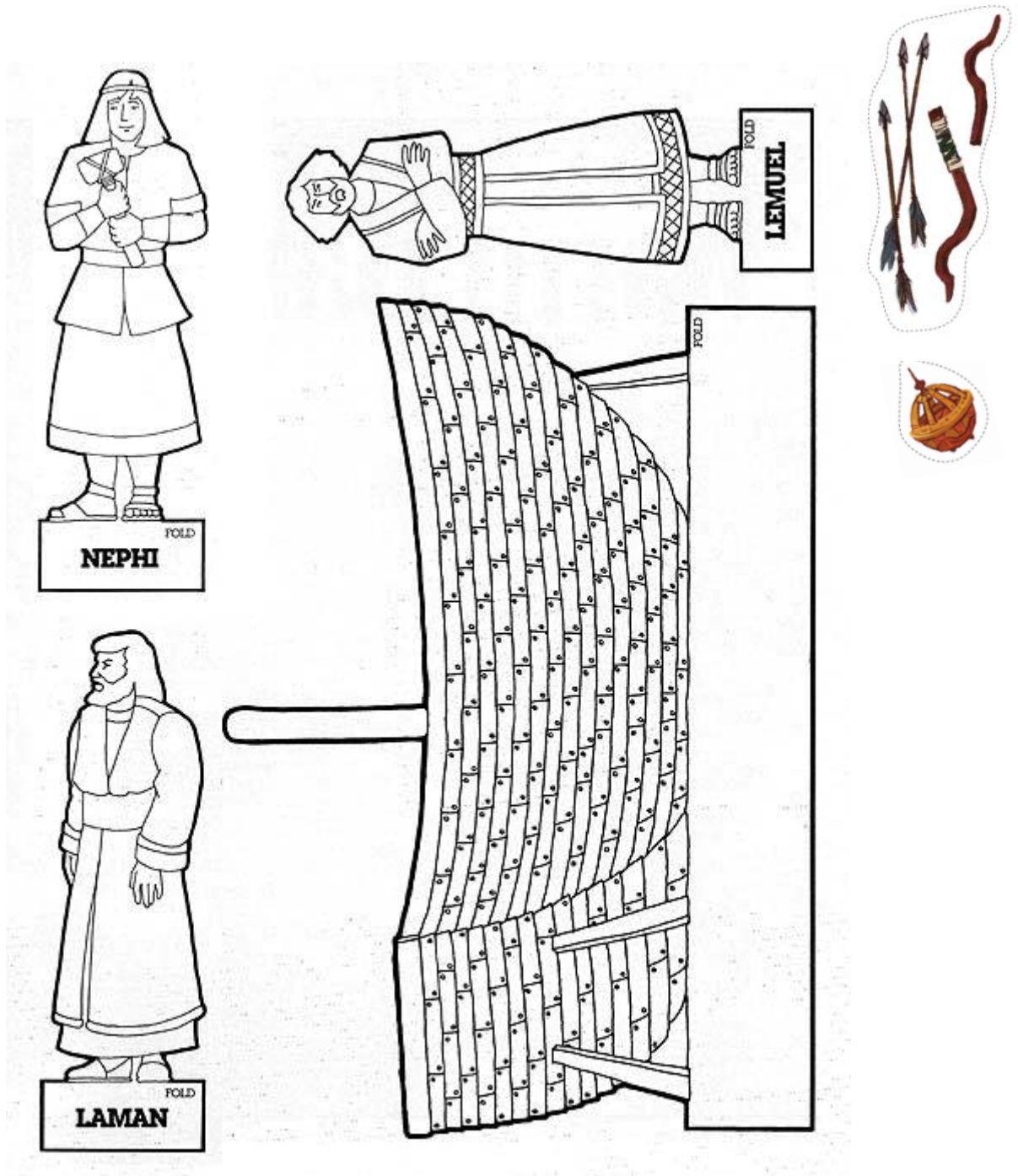
1 Nephi 16:29



Lehi and the Liahona, by Joseph Brickey

The Liahona only worked when Lehi's family members were being faithful. Read/summarize/discuss 1 Nephi 17: 13-15. The Lord said, "And I will also be your light in the wilderness; and I will prepare the way before you, if it so be that ye shall keep my commandments; wherefore, inasmuch as ye shall keep my commandments ye shall be led towards the promised land; and ye shall know that it is by me that ye are led." What do we need to do in order to be led? (Keep the commandments). What great things can happen when we keep even small commandments?

Acting Out Nephi's Responses to Challenges: Use these figurines from *The Friend* to act out how Nephi and other family members responded to the challenges they faced with the broken bow (1 Nephi 16:14-32) and being commanded to build a boat.



From *The Friend* <https://www.churchofjesuschrist.org/study/liahona/1992/03/sharing-time-nephi-builds-a-ship?lang=eng>

What Do Good People DO When Bad Things Happen?

Even if we're good people, sometimes bad things happen. How can we respond to those things?

Cut out the following scenarios. Pull them out of a pile one at a time. Assign one kid to wear the "grumpy" nametag and another kid the "faithful" nametag. Let them take turns wearing the 2 different nametags and reacting to different situations according to how a faithful person like Nephi or a less faithful person with a more "grumpy" attitude would. Help them see the difference they can make when they react to situations with an attitude like Nephi would have.

<i>Your brother/sister breaks your favorite toy.</i>
<i>Your parents tell you that you'll be moving to a new home.</i>
<i>The living room is a mess and your mom asks you to help clean it.</i>
<i>Your pet goldfish dies.</i>
<i>There's a big storm and your house loses power. Your sibling starts to cry because they're afraid of the dark.</i>
<i>Someone at school says something mean to you.</i>
<i>You accidentally break the lamp in your living room.</i>
<i>Your brother/sister falls down on their bike and starts to cry.</i>
<i>Your neighbor makes fun of you for believing in Jesus.</i>
<i>Your friend's puppy ran away and she's sad and worried.</i>

