

“Blessed Are Ye”

February 18-24 • Matthew 5; Luke 6

“He Taught Them as One Having Authority”

February 25-March 3 • Matthew 6-7

## PREPARATION NOTES

My Impressions:

What scriptures stood out to me?

What doctrines should my students learn from this lesson?

How can I encourage class members to record and act upon the thoughts and impressions they receive?

## “Blessed Are Ye”

Matthew 5; Luke 6

### Preparation

When preparing these lesson helps we follow the lesson outline closely. We will never vary from the doctrine taught in the lesson outline. It is important that you always read through the lesson and all of the suggested scriptures. Then read through the helps we have provided and pray about which activities will be the most beneficial to your class, following the guidance of the Spirit. The thing I love most about the Come, Follow Me format is that it is designed for the youth to take an active role in their learning. We have designed our lesson helps to help facilitate a lesson full of thought and discussion. In your preparation, be sure to leave time for the youth to share ideas, questions, and experiences! I've included a worksheet for you to use as you read through the scriptures for this week.

**Materials:** This lesson plan includes an object lesson from The New Era. To do this object lesson, you'll need a small glass jar, bottle of vegetable oil, a container of clear water, a container of water dyed with food color, a spoon, and a towel.

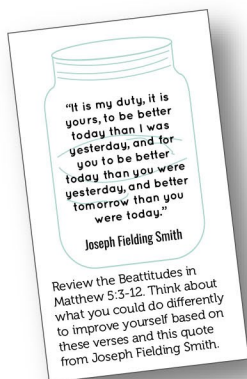
The lesson manual also suggests bringing a flashlight and a basket for one part of the lesson and blocks or cups for another part. If you don't have blocks or cups, I've included a visual aid for that part of the lesson.

### Invite Sharing

Ask your students what stood out to them while reading the Sermon on the Mount. Allow time for them to think and share. When they've shared, read the quote from Joseph Fielding Smith, sharing that you're reading what stood out to him about the Sermon on the Mount. This quote is a great segue into the first section of the lesson under "Teach the Doctrine".



## Teach the Doctrine



### LASTING HAPPINESS OBJECT LESSON AND/OR JOURNAL PROMPT Matthew 5:1-12

As a class, discuss how the Beattitudes, the statements in the Sermon on the Mount help us to know the difference between temporary and lasting happiness. Ask your students to tell you things that bring happiness in their lives. You can do this out loud or make a list on the board. Next, ask them to name things Heavenly Father has blessed them with that bring us closer to Him. Note how some things they mentioned might fit into both categories, while others only provide temporary happiness.

There is an excellent object lesson in the New Era that is a great way to show how we can focus on loving God more than worldly, temporary things.

[www.lds.org/new-era/2014/07/dont-get-mixed-up](http://www.lds.org/new-era/2014/07/dont-get-mixed-up)

If you don't have the materials to do the object lesson, you could explain it or just skip it and move on to the journal prompt.

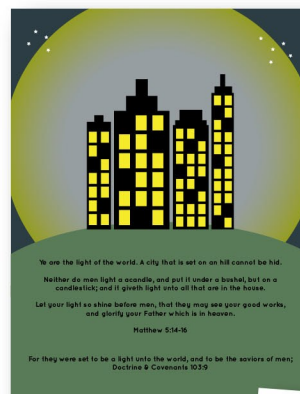
Hand out the jar quote from Joseph Fielding Smith and have your students glue it into their study journals. Have them review the Beattitudes in Matthew 5:3-12 and think about what they could do differently to improve themselves based on these verses.

### THE WORLD NEEDS YOUR LIGHT

#### Matthew 5:14-16

Tell your students that as we choose to follow Jesus Christ and make good decisions, we are lighting the world. Ask them what it means to be "the light of the world" as it says in Matthew 5:14.

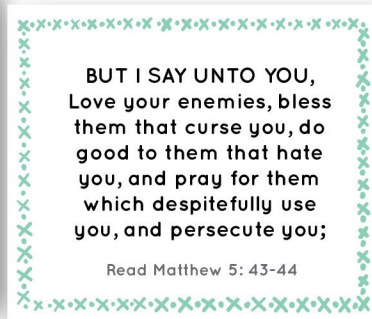
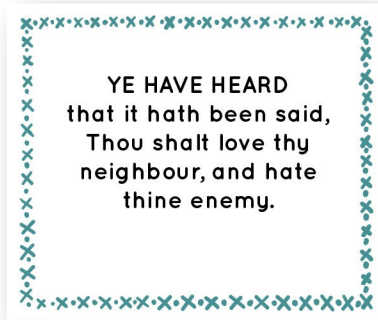
The lesson manual has a great suggestion under the first bullet under "The Savior's disciples are to be the light of the world" with a flashlight and a basket. Our city on a hill picture goes perfectly with this. You can display it on your board and give this handout to your students, challenging them to look for ways they can be a light to the world for the next couple of weeks. Tell them you want them to report back to you when you meet again. This goes well with the last bullet under the last header to set a goal.



## HIGHER LAW MATCHING GAME

### Matthew 5:17–48

Refer back to the quote from Joseph Fielding Smith from the beginning of the lesson. Remind your students that Jesus taught a higher law, which can lead us to perfection. The lesson manual suggests playing a matching game. I've included a printable game for you to use with the manual's directions. I suggest printing this on heavy paper or card stock to make the game easier to play. I've included the verses to review after the match is made to help with your discussion.



## Transition

This week's two lessons go so well together because they both cover the Sermon on the Mount. So, after your matching game, you can move on to Matthew 6-7.





I often think of that which is really a summation:  
“Be ye therefore perfect, even as your Father which is in heaven is perfect.” [Matthew 5:48.]

... I believe the Lord meant just what He said, that we should be perfect, as our Father in heaven is perfect. **That will not come all at once**, but line upon line and precept upon precept, example upon example, and even then not as long as we live in this mortal life, for we will have to go even beyond the grave before we reach that perfection and shall be like God.

But here we lay the foundation. Here is where we are taught these **simple truths of the Gospel of Jesus Christ**, in this probationary state, to prepare us for that perfection. It is my duty, it is yours, to be better today than I was yesterday, and for you to be better today than you were yesterday, and better tomorrow than you were today. Why? Because we are on that road, **if we are keeping the commandments of the Lord, we are on that road to perfection**, and that can only come through obedience and the desire in our hearts to overcome the world. ...

... If we have a failing, if we have a weakness, there is where we should concentrate, with a desire to overcome, until we master and conquer. If a man feels that it is hard for him to pay his tithing, then that is the thing he should do, until he learns to pay his tithing. If it is the Word of Wisdom, that is what he should do, **until he learns to love that commandment.**

Joseph Fielding Smith, In Conference Report, Oct. 1941, 95.



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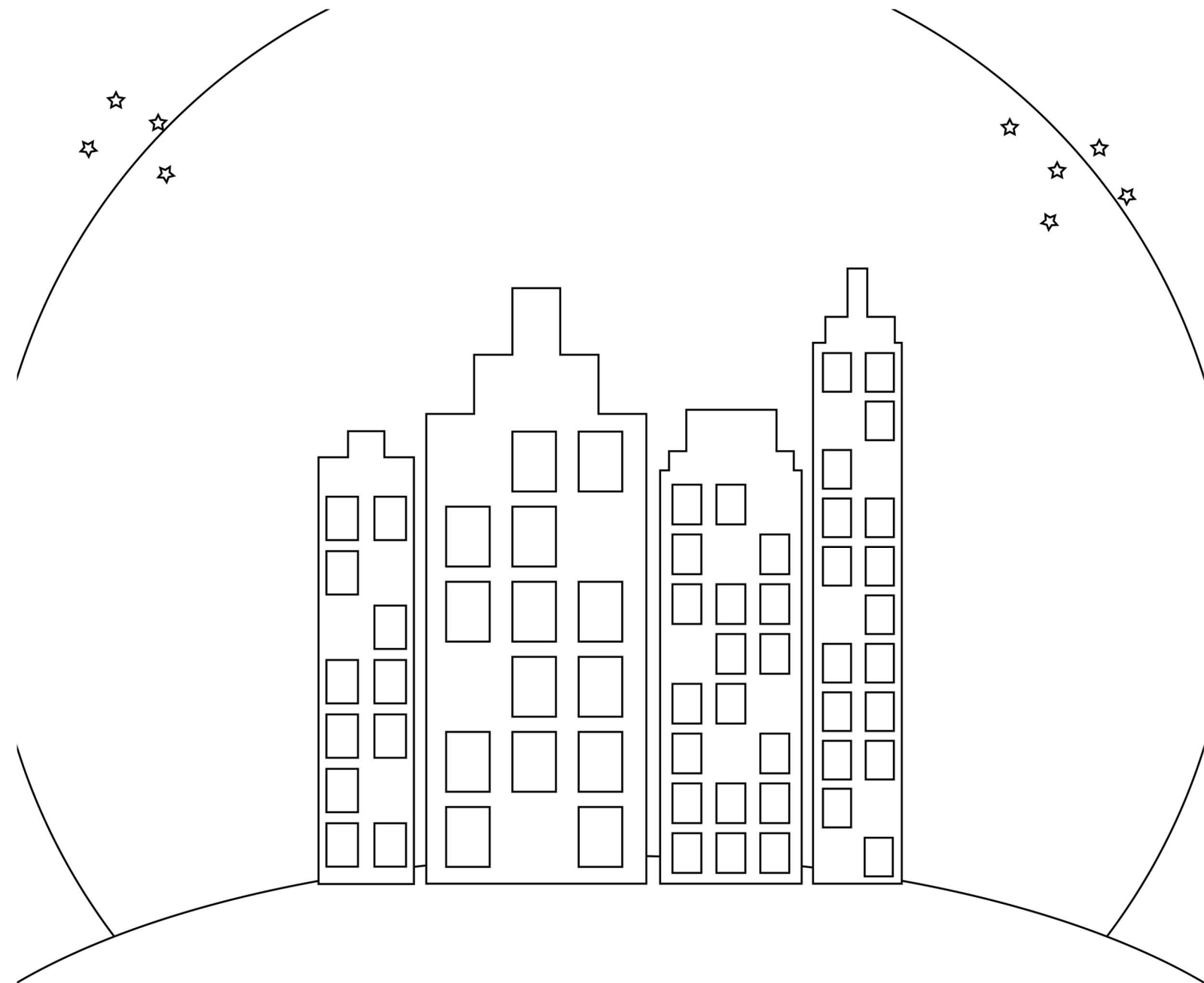
Ye are the light of the world. A city that is set on an hill cannot be hid.

Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

Matthew 5:14-16

For they were set to be a light unto the world, and to be the saviors of men;  
Doctrine & Covenants 103:9



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BUT I SAY UNTO YOU,  
That whosoever is angry  
with his brother without a  
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Read Matthew 5: 21-26

YE HAVE HEARD  
that it was said by them  
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BUT I SAY UNTO YOU,  
That whosoever looketh  
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Thou shalt not forswear  
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BUT I SAY UNTO YOU,  
Swear not at all; neither  
by heaven; for it is God's  
throne: Nor by the earth;  
for it is his footstool:  
neither by Jerusalem;  
for it is the city of the  
great King.

Read Matthew 5: 33-37

YE HAVE HEARD  
An eye for an eye, and a  
tooth for a tooth:

BUT I SAY UNTO YOU,  
That ye resist not evil: but  
whosoever shall smite  
thee on thy right cheek,  
turn to him the other also.

Read Matthew 5: 38-42

YE HAVE HEARD  
that it hath been said,  
Thou shalt love thy  
neighbour, and hate  
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BUT I SAY UNTO YOU,  
Love your enemies, bless  
them that curse you, do  
good to them that hate  
you, and pray for them  
which despitefully use  
you, and persecute you;

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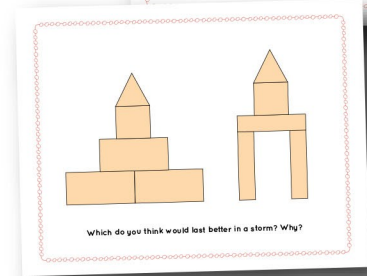
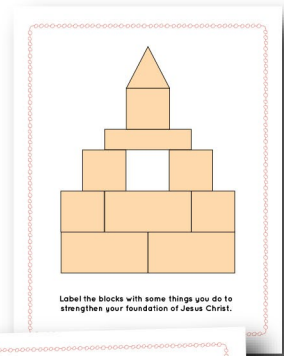


# Teach the Doctrine

## FIRM FOUNDATION

### Matthew 7:24–27

After playing your higher law matching game, read Matthew 7:24-27 together as a class. The lesson manual suggests having your students build with cups or blocks. Follow the instructions in the manual to do this. If you don't have access to either of these items, I've included a visual aid so you can still label parts and talk about building a firm foundation. Use the one with two block towers first and ask them the question on the page.



## BOARD ACTIVITY: THE LORD'S PRAYER

### Matthew 6:9–13

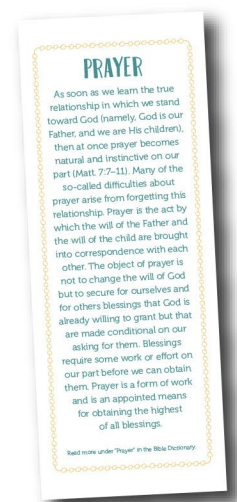
Tell your students that during the Sermon on the Mount, the Savior also taught us how to pray. Read the Lord's Prayer in Matthew 6:9-13. Put the word cards up on the board in order as you read. Have your students put each phrase into their own words and write that next to each word card on the board. The lesson manual has an example.

## HANDOUT

### Bible Dictionary: Prayer

Tell your class that there are other places in the scriptures where we learn more about prayer. The Bible Dictionary is full of references. You can read the entire entry if there is time. If not, read the excerpt on the handout and pass copies to your class. This would be a great time to share a personal experience with prayer, as the manual suggests. You can ask your class members to share one, too. You can make this a study journal activity if you'd like.

\*This is a time you may need to wait. Make sure to read what the manual says about silence at the very end of the lesson under "Improving Our Teaching."



## ASK, SEEK, KNOCK WORKSHEET

### Matthew 7:7–11

Ask your students if they would ask their parents a question and walk away without an answer.

Just as your earthly parents would give you an answer, Heavenly Father answers our prayers. Hand out the worksheet. Have your students read the scriptures provided and record what they learn about receiving answers to prayers. Leave time to share and discuss their thoughts and findings.



## GOOD FRUIT

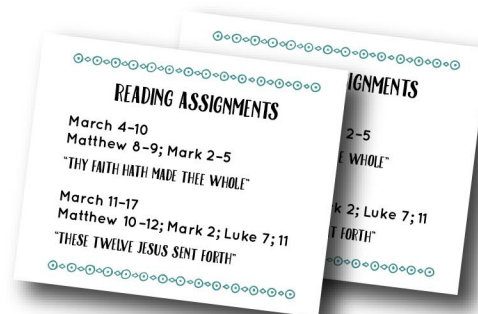
### Matthew 7:15–20

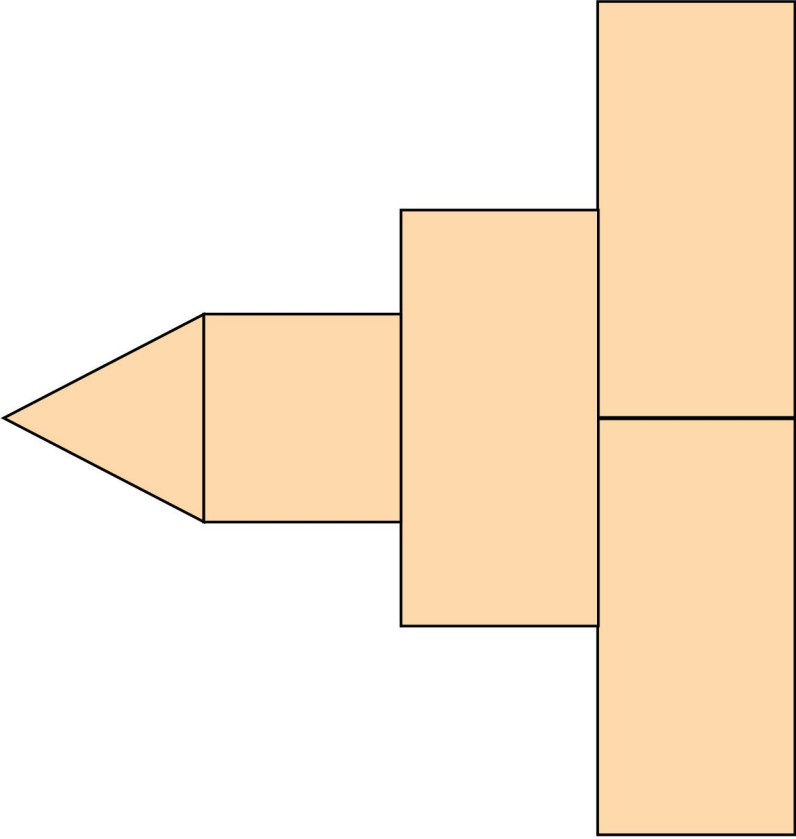
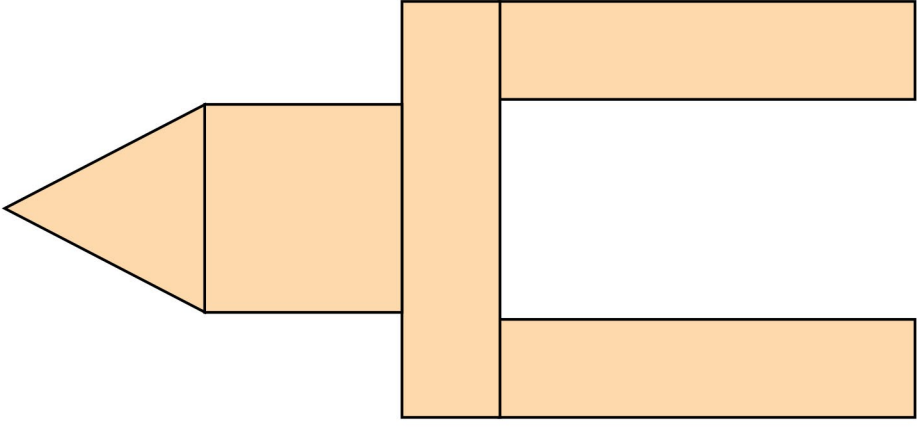
As Jesus concluded the Sermon on the Mount, he warned of false prophets. The lesson manual has a visualization suggestion for this section. There's also a great "mormonad" in the New Era you can share with your class. You can find it here: [www.lds.org/new-era/2018/08/mormonad-buy-their-fruit](http://www.lds.org/new-era/2018/08/mormonad-buy-their-fruit)

Ask your class if they have ever had an experience where someone was criticizing the prophet or apostles of the Lord? How did it make them feel? Now ask them how they feel when they watch General Conference and hear talks given by general authorities. Remind them that they will run into false prophets in many forms in their life. As they learn how to feel the spirit and keep the companionship of the Holy Ghost, they will be able to know the difference between true and false prophets.

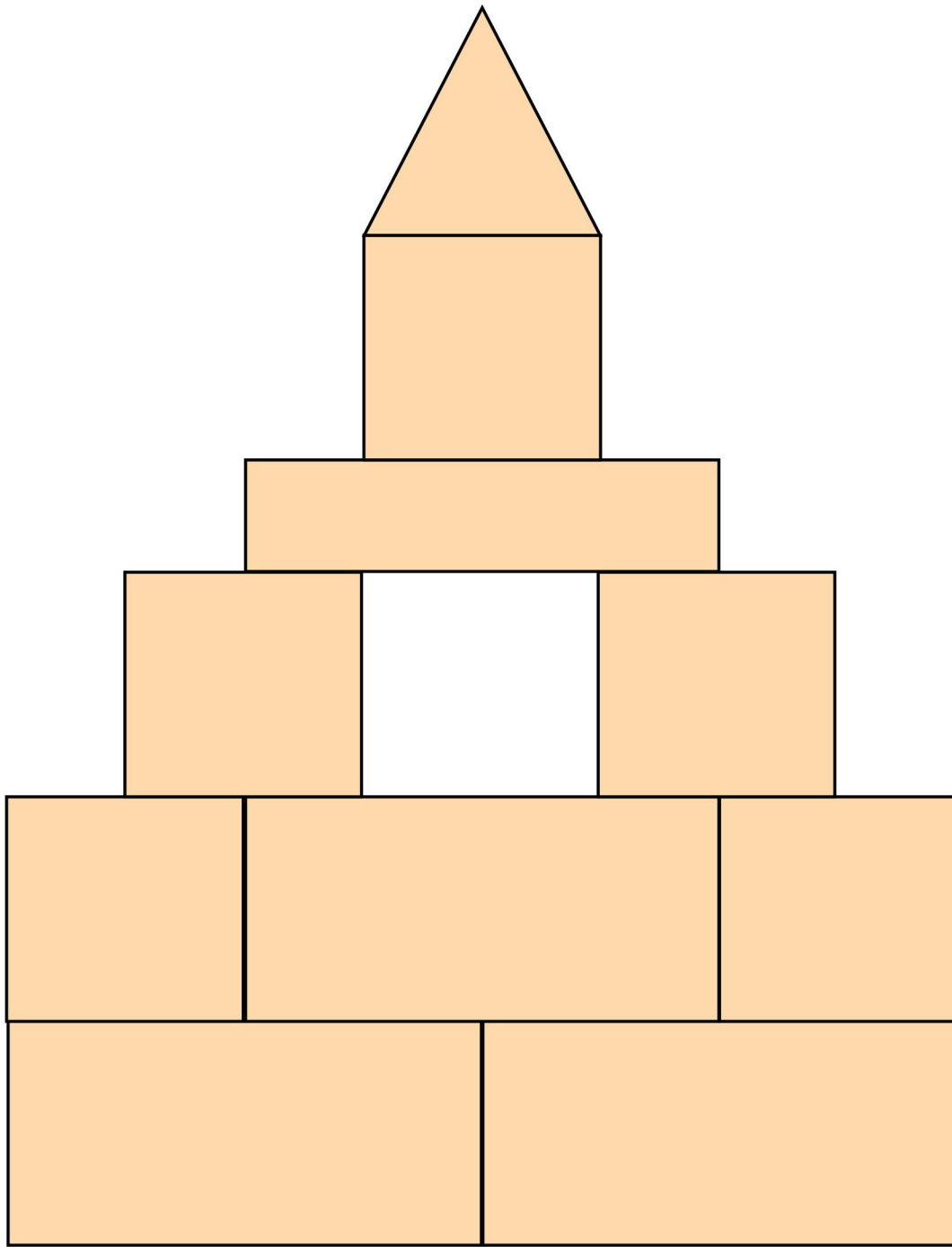
## Closing

Close your lesson by testifying of the doctrines you taught. (Refer back to your preparation notes or the bolded headings in the manual.) Encourage your students to read the assigned lessons at home. I've included printable reminders for upcoming lessons.



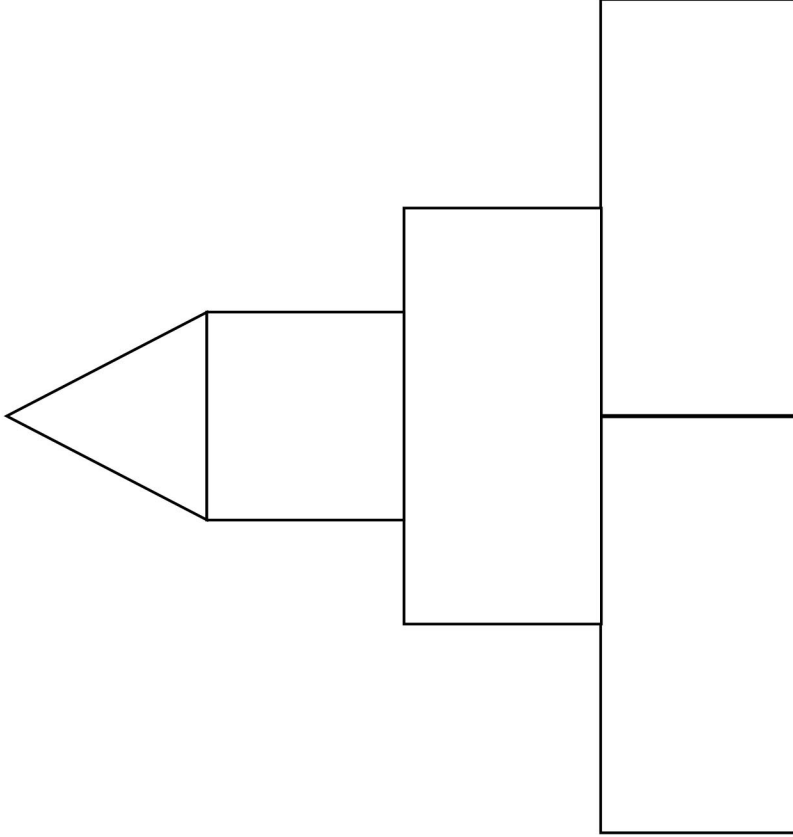
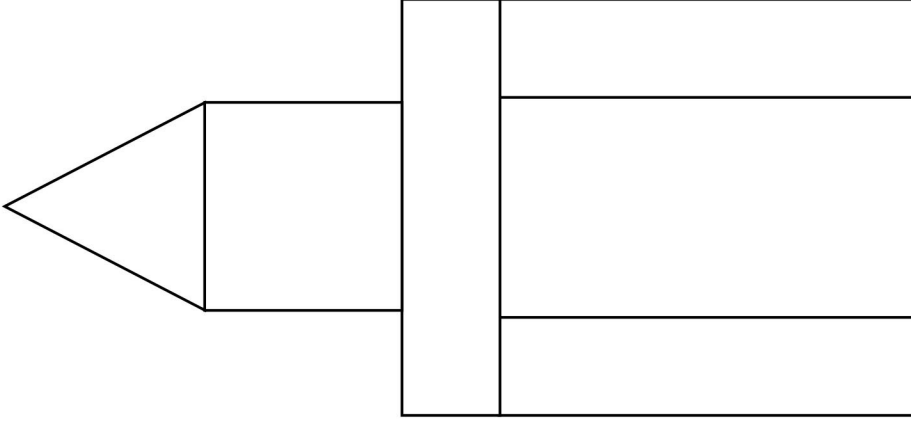


Which do you think would last better in a storm? Why?

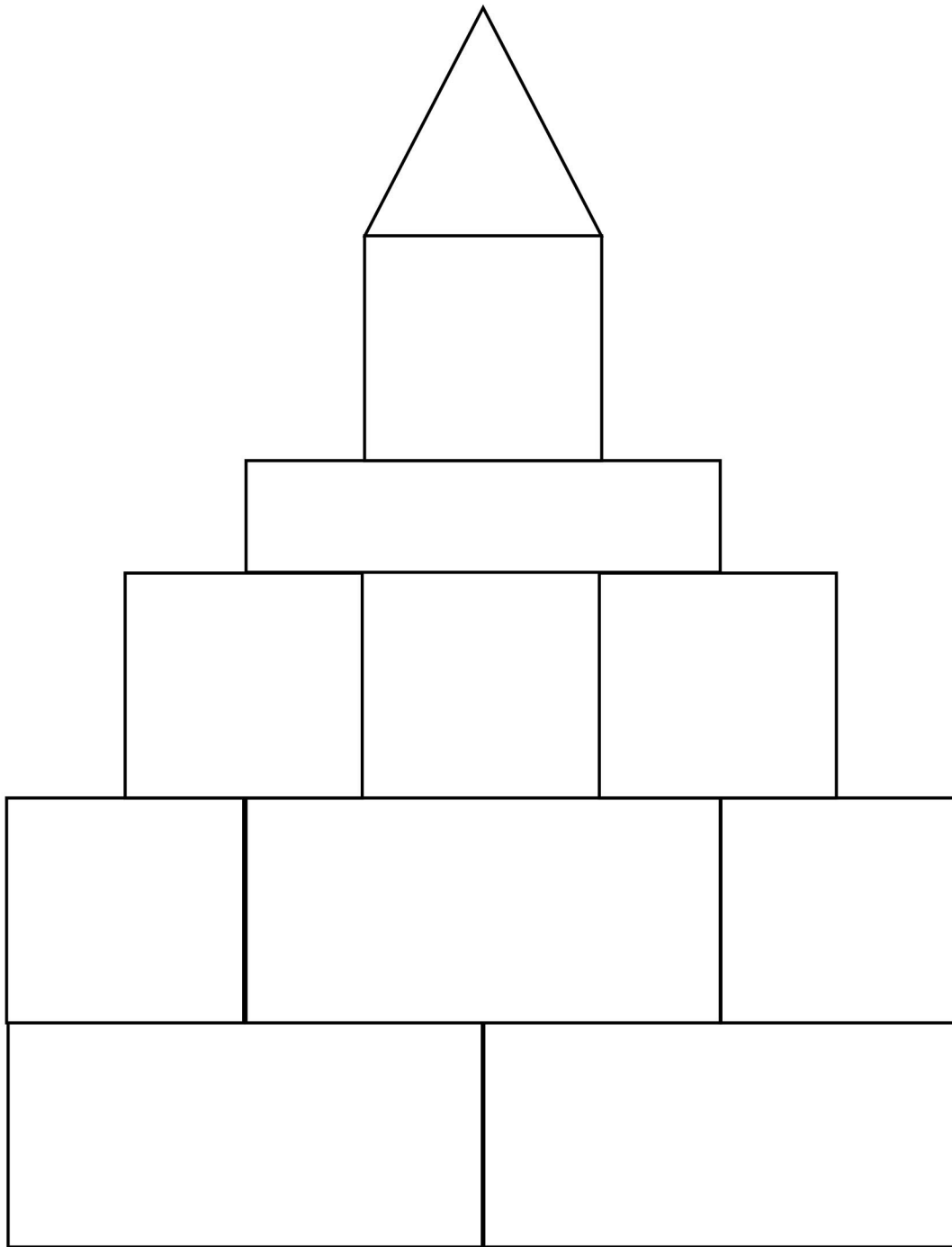


**Label the blocks with some things you do to strengthen your foundation of Jesus Christ.**





**Which do you think would last better in a storm? Why?**



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**HALLOWED BE THY NAME**



**THY WILL BE DONE IN EARTH,  
AS IT IS IN HEAVEN.**



**GIVE US THIS DAY  
OUR DAILY BREAD.**



**AND FORGIVE US OUR DEBTS,  
AS WE FORGIVE OUR DEBTORS.**



**LEAD US NOT INTO TEMPTATION,  
BUT DELIVER US FROM EVIL:**





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# PRAYER

As soon as we learn the true relationship in which we stand toward God (namely, God is our Father, and we are His children), then at once prayer becomes natural and instinctive on our part (Matt. 7:7–11). Many of the so-called difficulties about prayer arise from forgetting this relationship. Prayer is the act by which the will of the Father and the will of the child are brought into correspondence with each other. The object of prayer is not to change the will of God but to secure for ourselves and for others blessings that God is already willing to grant but that are made conditional on our asking for them. Blessings require some work or effort on our part before we can obtain them. Prayer is a form of work and is an appointed means for obtaining the highest of all blessings.

Read more under "Prayer" in the Bible Dictionary.

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Matthew 7:7 says,

**“ASK, AND IT SHALL BE GIVEN YOU; SEEK, AND YE SHALL FIND; KNOCK, AND IT SHALL BE OPENED UNTO YOU.”**

Read the following scriptures and record what you learn from each one about receiving answers to prayers.

**1 Nephi 11:1**

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**Ether 2:18–3:6**

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**Joseph Smith—History 1:11-17**

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**Joseph Smith—History 1:11-17**

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## READING ASSIGNMENTS

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Matthew 8-9; Mark 2-5  
"THY FAITH HATH MADE THEE WHOLE"

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