

April 27-May 3 Mosiah 7-10

"IN THE STRENGTH OF THE LORD"

1. Manna Phrase Activity – Cut out the numbered manna pieces (on page 3 below). Either hide them and have the kids find all of them or just set them in a pile. Have the kids put them in order from 1-11, and then read the phrase that it spells out (God helped people in the scriptures, and He can help me). Tell them that this is what we'll be talking about with this week's lesson, and there are some cool stories we're going to learn about. One of the stories is about water and one is about a bread called manna.
2. Old Testament Videos (God Helped People in the Scriptures) – In Mosiah 7, Limhi reminds his people of times when God helped people in the scriptures. Watch/discuss the following videos.
 - Watch Chapter 17 (Moses Parting the Red Sea) <https://www.churchofjesuschrist.org/study/manual/old-testament-stories/chapter-17-the-passover?lang=eng>
 - Chapter 18 (Manna, water coming out of rock) <https://www.churchofjesuschrist.org/study/manual/old-testament-stories/chapter-18-the-israelites-in-the-wilderness?lang=eng>
 - Acting - Act out the 2 different stories. Get a stick for Moses and whatever other simple fun props you can find. Could use 2 blankets for the Red Sea, and "part" them by pulling them to separate sides of the room. Remind them that God helped these people because He loves them. Use the manna pieces from the introduction activity to act out the manna story. If you want to have a little extra fun while acting out the manna story, [this link](#) also has a fun idea for putting Rice Krispies out on brown craft paper for the kids to collect. You could also lay them out on a plastic tablecloth.
3. Mom/Dad/Family Stories- The family manual asks, "What stories from our lives or our ancestors' lives can we share to inspire greater trust in God?" Share stories of times God has helped us, other family members, and other people we know. Show pictures if possible. Help younger kids see times God has helped them (He helps our scrapes go away when we fall and get hurt, He helps us be brave when we're scared, etc.)
4. God Can Help Me – Sing "I Am a Child of God" and remind them that Heavenly Father and Jesus love us and want to help us. If time/interest, they could also color this [coloring page](#) from The Friend to remind them that Heavenly Father hears our prayers.
5. Paper Chain of Deliverance –
 - Family members each write or draw a trial or challenge that can make us feel like we're in bondage on separate strips of paper.
 - Connect the strips to make a paper chain.
 - Bind someone's wrists with the paper chain.
 - Read Mosiah 7:33 aloud. As you discuss ways we can turn to the Lord, trust Him, and serve Him, break the chain to represent how the Lord can deliver us.
 - Discussion: In what ways can we rely on "the strength of the Lord" to help us in our lives? How can Christ increase our capacity and strength to bear afflictions when they're not taken away immediately?
 - This could be a good time to talk about the coronavirus and how the Lord has the power to help us, and He will help us. However, we have to trust in His timing, and sometimes we have to be patient. Sometimes waiting for His miracles can help our faith grow stronger.

6. God Will Help Me Be Strong- This week's "Come, Follow Me for Little Ones" in The Friend has a great idea. It says, "Read Mosiah 7:33 together and help your little ones say, 'God will help me be strong.' Set out objects of different weights and have your children try to lift each one. Then show them that with your help, they can lift so much more! Testify that God will help us be strong enough to do hard things when we trust Him."
 - Talk about things we're going through that are hard right now and remind them that God can help us through them.

7. Manna Treat- Have some pretend manna while reminding them of how loving as well as powerful Heavenly Father and Jesus are. Could use powdered donuts, [Rhode's roll scones](#) with cinnamon and sugar on them, cake, Twinkies, etc.

Additional Ideas:

- More manna activity ideas: https://sermons4kids.com/dinner_on_the_ground_group_activities.htm
- More Great Ideas: <https://www.theredcrystal.org/post/come-follow-me-2020-april-27-may-3-mosiah-7-10-in-the-strength-of-the-lord-primary-lesson-helps>
- God Has Given Us Prophets, Seers, and Revelators (Mosiah 8:12-19)- Another way God helps us is through prophets. From the manual: "Make paper footprints, and draw on them pictures of things that prophets have counseled us to do. Place these footprints in a path around the room, and describe the pictures. Let the children take turns acting as a prophet and guiding the other children in following these footprints."

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