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September 13-19

## “After Much Tribulation... Cometh the Blessing”

1. Scripture Hop – Follow instructions on page 3 below for a scripture hop for D&C 104:42. Talk about some commandments the Lord has given us and blessings we might receive for obeying them.
2. Count Your Blessings – Time them for one minute to see how high they can count. What’s the biggest number you know? If we could count all of our blessings, would it be a big number? (Yes!). Talk about specific blessings we’ve been given. Explain that some blessings we have just because God loves us! Other blessings come from keeping the commandments (we have good health when we obey the word of wisdom, we are happier when we love others, etc.).
  - Sing “[Count Your Blessings](#)”
3. Zion’s Camp Story – Read and discuss the story on pages 4, 5, and 6 below (created by Crystal from [www.theredcrystal.org](http://www.theredcrystal.org)). Have them listen carefully for blessings these people were given. From the manual: “There are many lessons we can learn from the experiences at Zion’s Camp. One that might be important to the children is that contention and fighting bring difficulties, while unity and peace bring blessings.”  
*Note: I know that there is LOTS more to this story and it goes much deeper than this, but since our kids are young, we’re super simplifying it. If you have older kids, feel free to get deeper with this.*
4. I Can Be a Peacemaker – One thing that God asks us to do is to be a peacemaker. Talk about what this means. Share specific situations when you’ve noticed the kids doing this. Talk about specific times when we can be peacemakers. What kind of blessings might we receive from trying to do this?
  - Scripture: Read D&C 105:38-40. Tell them to listen carefully and hold up a peace sign on their fingers each time they hear the word “peace.”
5. Role-Play Music Walk – Cut apart the pieces on pages 7-8 below and place them in a circle around the room. Play music (such as “[Jesus Said Love Everyone](#)” or “[Count Your Blessings](#)”) while everyone walks around the circle. Stop the music at random times and have them pick up the piece they’re closest to and either role-play how to respond or answer the question.
6. Friend Story – Read “[My Side, Your Side](#)” or “[Saying the Nice Things](#)” story from *The Friend*.
  - Other Friend stories about being peacemakers found [here](#).

7. “Multiplicity of Blessings” Treat – We’re going to use this idea from the manual, but instead of drawing circles, we’ll put M&M’s/Skittles onto a chart. We’re going to use the chart on page 9 below and practice skip counting by 2’s, but if you’d like circles that show how quickly they grow when they double, pages 10-11 could be used.

*Several times in [section 104](#), the Lord promises “a multiplicity of blessings” to those who faithfully obey His commandments. To help the children understand what “multiplicity” means, draw a circle on the board or a piece of paper. Ask the children to help you multiply the number of circles—drawing two, then four, then eight, then sixteen, and so on—until the entire board or paper is full of circles. Each time you add circles, help the children think of a blessing Heavenly Father has given them. Explain that “a multiplicity of blessings” means the Lord will fill our lives with blessings if we obey His commandments.*

## Additional Ideas:

More Great Free Ideas at [www.theredcrystal.org](http://www.theredcrystal.org)

“[Kindness Begins With Me](#)” Tracker from The Friend

“[Hopscotch With Friends](#)”

[Friend Stories About Peacemakers](#)

# SCRIPTURE Hop

(D&C 104:42)

Cut apart the following strips and spread them out far enough in a room so that the kids will need to hop from one strip to another. Make sure to keep them in the correct order. Have them stand by the first one and help them say the top line out loud. Explain what it means. Then have them jump to the next one and do the same thing until they've jumped on each of them, said them out loud, and discussed them one at a time. Then have them start back at the beginning and practice saying the phrases from this verse in order while hopping from strip to strip again. Try going a little faster each time. Repeat as many times as wanted/needed. These can also be used as flash cards, taped onto the wall to practice throughout the week, etc.



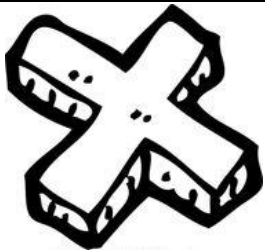
And inasmuch as you are



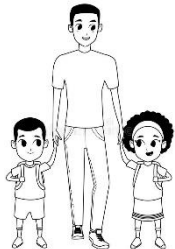
Faithful



In keeping my commandments,



I will multiply blessings



Upon you and your seed.

Note: We changed the word "He" in this verse to "You." The whole verse says, "And inasmuch as he is faithful in keeping my commandments, which I have given unto him, I will multiply blessings upon him and his seed after him, even a multiplicity of blessings."

# ZION'S CAMP

D&C 105:38-40

Words by [comefollowmeKid.com](http://comefollowmeKid.com)  
art by [theredcrystal.org](http://theredcrystal.org)



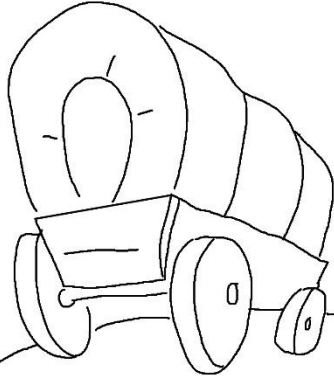
In 1834, a revelation to Joseph Smith called on the Saints to march to Missouri. Some people were not being kind to the Saints that lived there. They were trying to make these Saints leave the land that they lived on. They needed help!

A small band made of men, as well as some women and children, was formed. This band was called the Camp of Israel, later known as Zion's Camp. They wanted to keep the Saints in Missouri safe from their enemies and restore them to their land.



As they marched toward their friends, they faced many problems, such as crossing large rivers and having difficulties finding clean water and good food. They marched for many miles, and it took them over one month to get there!

One night, because of wagon problems, they had to stop for the night on a hill close to Fishing River. As they pitched their tents, some strangers with weapons came and told them that there were 300 men on their way to kill them.



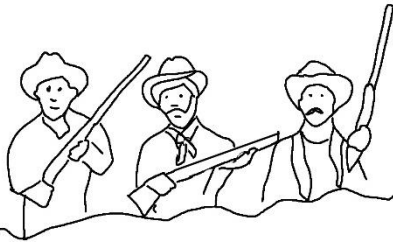
staple book together here



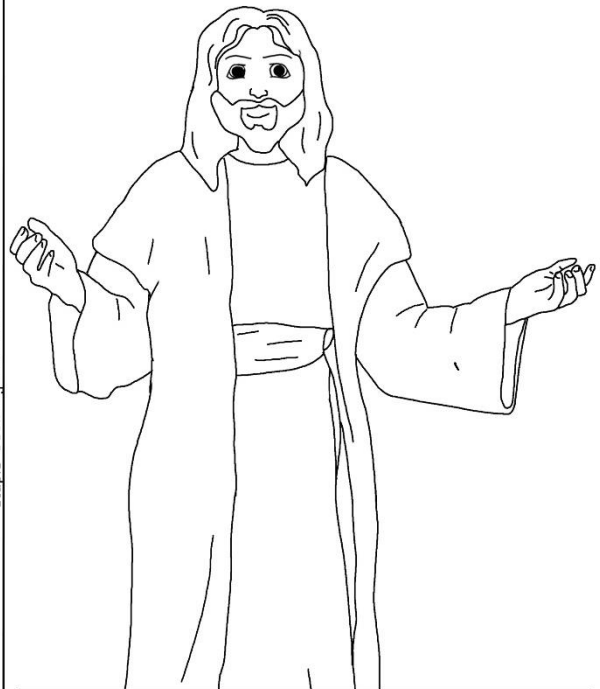
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The camp of Israel was frightened of the mob that was about to attack them. Joseph Smith instructed them not to fear but to "stand still and see the salvation of God." Soon a strong storm with heavy rains, bright lightning, and whipping winds hit the area. The Saints sang hymns through the night as the storm raged on.

Because of the storm, the rivers got so swollen that their enemies were cut off from their camp. Heavenly Father had helped keep them safe from their enemies in a peaceful way!



staple book together here



staple book together here

After this, the Lord told the Saints that they would need to wait to redeem Zion, but that he was pleased with those who had marched in the Camp of Israel.

One lesson this story teaches us is that the Lord wants us to be peaceful and work together instead of arguing and fighting.

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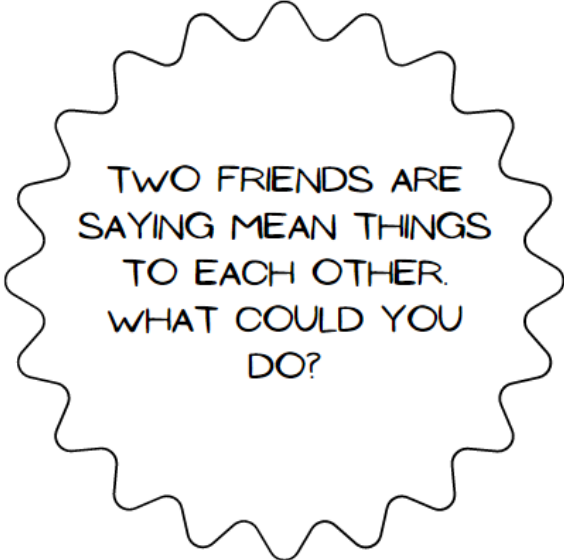
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Draw a picture of one way you can be a peacemaker.

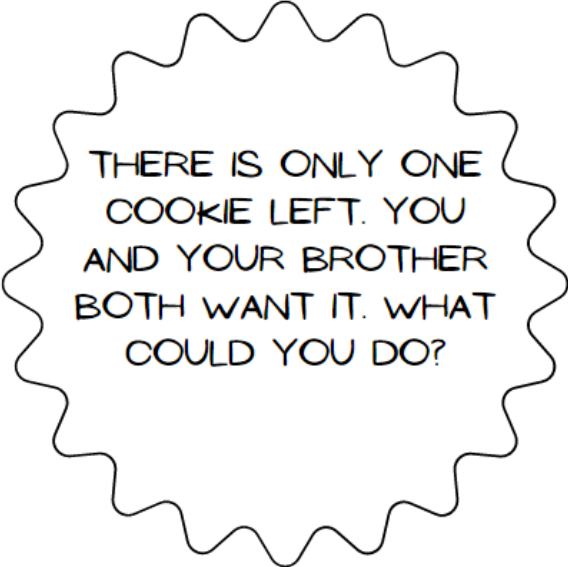
*\*Words and story based on The Saints and CFM Manual*

# Role-Play Music Walk

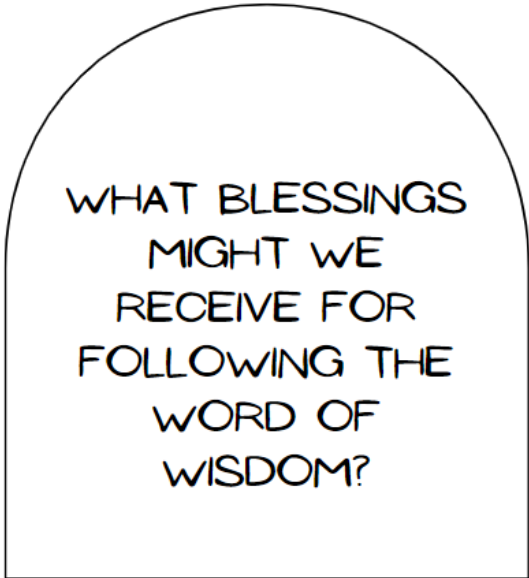
Cut apart the pieces and place them in a circle around the room. Play music (such as "[Jesus Said Love Everyone](#)" or "[Count Your Blessings](#)") while everyone walks around the circle. Stop the music at random times and have each person pick up the piece they're closest to. They will either role-play how to respond to the situation or answer the question that is on their piece.



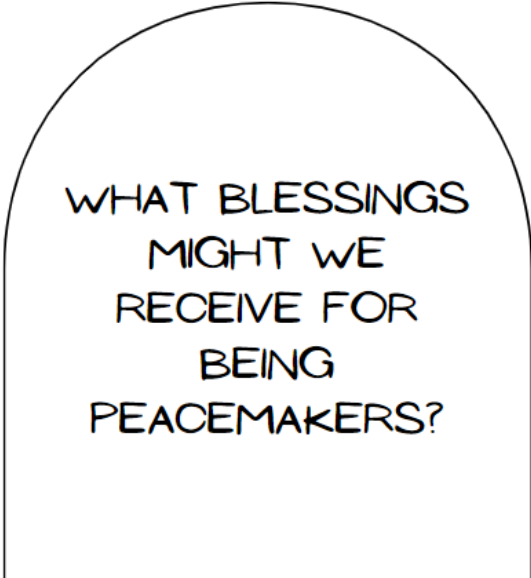
TWO FRIENDS ARE  
SAYING MEAN THINGS  
TO EACH OTHER.  
WHAT COULD YOU  
DO?



THERE IS ONLY ONE  
COOKIE LEFT. YOU  
AND YOUR BROTHER  
BOTH WANT IT. WHAT  
COULD YOU DO?



WHAT BLESSINGS  
MIGHT WE  
RECEIVE FOR  
FOLLOWING THE  
WORD OF  
WISDOM?



WHAT BLESSINGS  
MIGHT WE  
RECEIVE FOR  
BEING  
PEACEMAKERS?

YOUR SISTER  
INTERRUPTED YOU  
WHILE YOU WERE  
TALKING AND IT MADE  
YOU REALLY UPSET.  
WHAT COULD YOU  
DO?

A SIBLING TORE UP A  
PAPER THIS WAS  
SPECIAL TO YOU.  
WHAT COULD YOU  
DO?

WHAT BLESSINGS  
MIGHT WE  
RECEIVE FOR  
STUDYING THE  
SCRIPTURES?

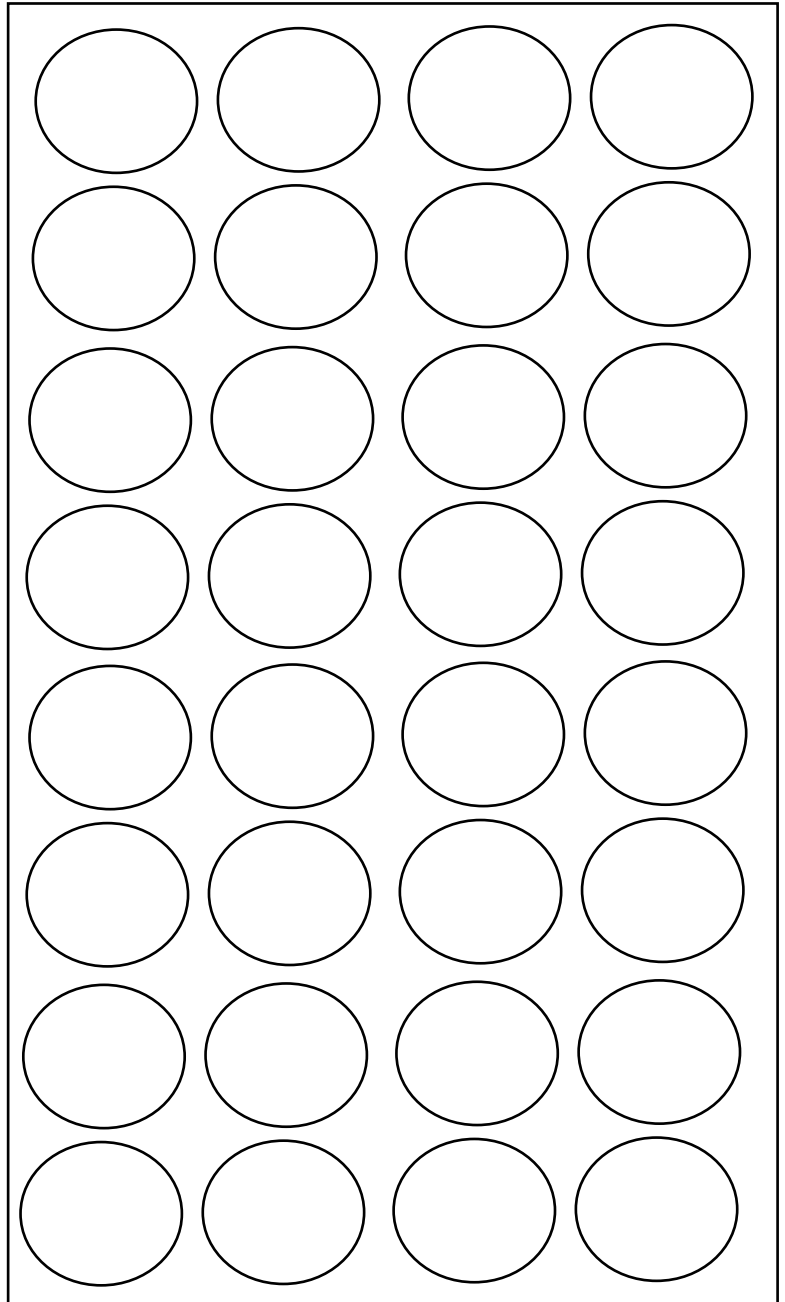
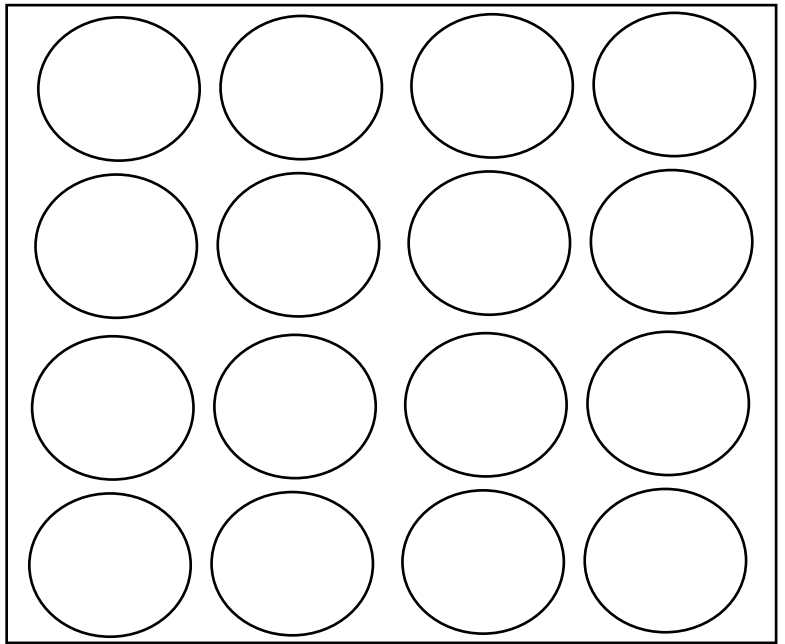
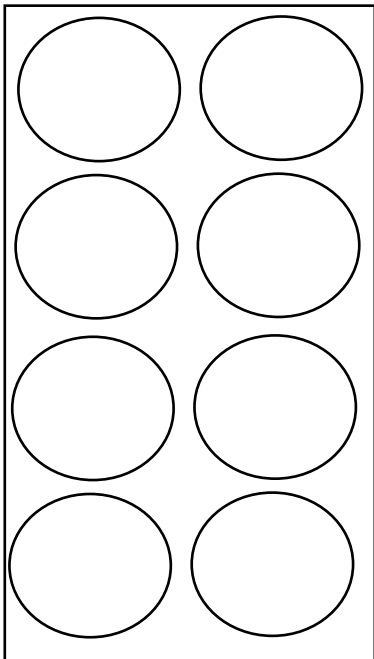
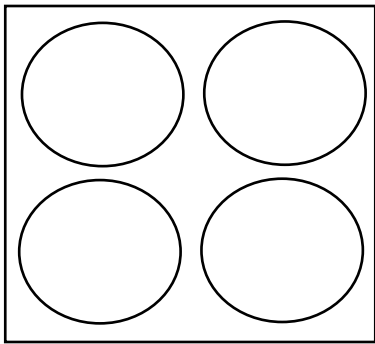
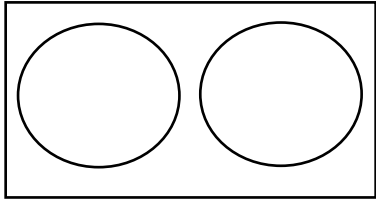
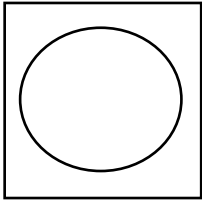
WHAT BLESSINGS  
MIGHT WE  
RECEIVE FOR  
GOING TO  
CHURCH?

A STUDENT AT  
SCHOOL IS MAKING  
FUN OF ANOTHER  
STUDENT FOR  
ANSWERING A  
QUESTION WRONG.  
WHAT COULD YOU  
DO?

YOU'RE PLAYING WITH  
FRIENDS. ANOTHER  
GIRLS ASKS IF SHE  
CAN PLAY WITH YOU,  
AND YOUR FRIEND  
TELLS HER TO GO  
AWAY. WHAT COULD  
YOU DO?



2	22	42	62	82
4	24	44	64	84
6	26	46	66	86
8	28	48	68	88
10	30	50	70	90
12	32	52	72	92
14	34	54	74	94
16	36	56	76	96
18	38	58	78	98
20	40	60	80	100



THE LORD PROMISES

**“A MULTIPLICITY OF BLESSINGS”**

TO THOSE WHO FAITHFULLY OBEY HIS COMMANDMENTS.

(D&C 104)

A large rectangular grid containing 56 empty circles arranged in 8 rows and 7 columns. The circles are intended for students to write their names in.