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January 24-30

# "The Lord Called His People Zion"

1. Zion Video – Watch "[Enoch the Prophet](#)" short video from the church. We watched it last week, but this time ask them what they remember about Enoch and tell them to listen carefully for the word "Zion" while they're watching it.
  - Summarize that Enoch and his people built a city called Zion. The people in Zion were righteous and "were of one heart and one mind" (Moses 7:18). That means they loved and cared for each other. They didn't fight or hurt each other.
  - These "[Enoch Builds Zion](#)" flannel board figures from *The Friend* could also be used to retell the story.
2. Heart Puzzle – Follow directions on page 4 below (idea from manual). You could also use this idea with primary classes (just write the names of each class member on heart pieces).
3. What Makes God Happy/Sad, Happy Heart Activity – Talk about things that make us happy and things that make us sad. What do you think makes God happy? What makes Him sad? Do you think He ever cries? Explain that in Moses 7:33, it says that God wept because the people didn't love each other and were "without affection." Remind them of how much He loves all of us and wants us all to be kind to each other.
  - Song: Listen to/watch "[Love One Another](#)" and pay attention to all of the ways people showed kindness to others in the video. How do we feel when we're kind to others? How does it make God feel?
  - Scripture: Explain that when we are kind to others, it also makes us happy. Read/discuss/summarize 4 Nephi 1:15-18. The people described in this chapter were some of the happiest people to ever live because they loved others and didn't fight with each other.
  - Happy Heart Activity: Follow instructions on page 5 below.
4. Minute to Win It Building Zion With Candy – Give each person some candy conversation hearts. Read [Moses 7:19–21](#) and talk about how we've been asked to help build Zion in our days. Set a timer for one minute. Have everyone stack up as many candy hearts as they can before the time's up. Then talk about what it means to build up Zion. Does it mean we're actually building a tower or city? How can we have pure hearts and show kindness to others? Work together to use the hearts to spell out "ZION" while talking about specific ways we can be one with others and work together in our family and other situations.



5. The King of Zion (Jesus Christ) – In Moses 7:53, Jesus says that He is “The King of Zion.” His power can help build Zion much bigger than we can do on our own. He can help us have pure hearts and be one with others. Talk about what it means to have Jesus Christ as our King. Explain that one day, He will come back to the earth (Moses 7:60). How will we feel? How will He treat us? (with love and kindness) We need to be prepared and be loving and kind to others as well, and this will be a happy time for many!
6. Scripture Draw/Service Project – Do scripture draw on page 3 below. It would also be a great idea to choose a service project to do to help poor/needy people.
7. Treat – Make conversation heart cookies with kind sayings on them to share with others. [This website](#) has instructions for how you can do this.

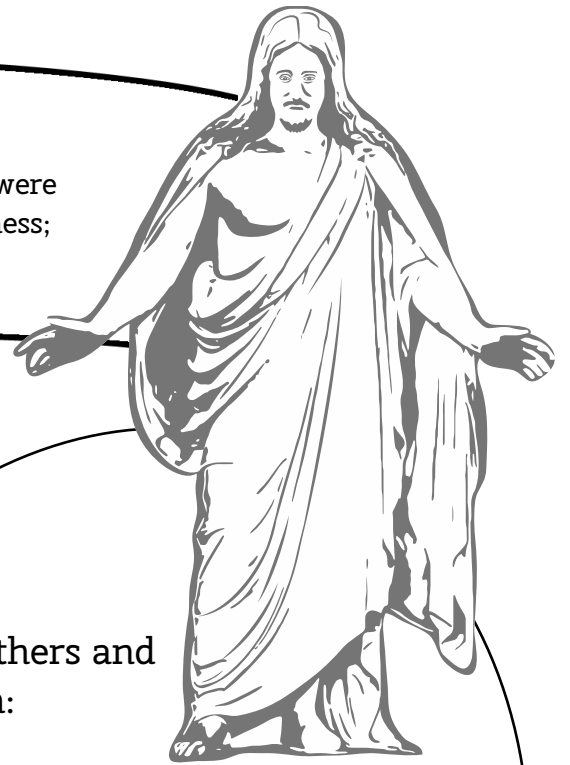


## Additional Ideas:

More Great Free Ideas at [www.theredcrystal.org](http://www.theredcrystal.org)  
[Old Testament Cartoon Videos from the Church Website](#)  
[Super Cute Heart Banner](#) in the Manual

**Moses 7:18**

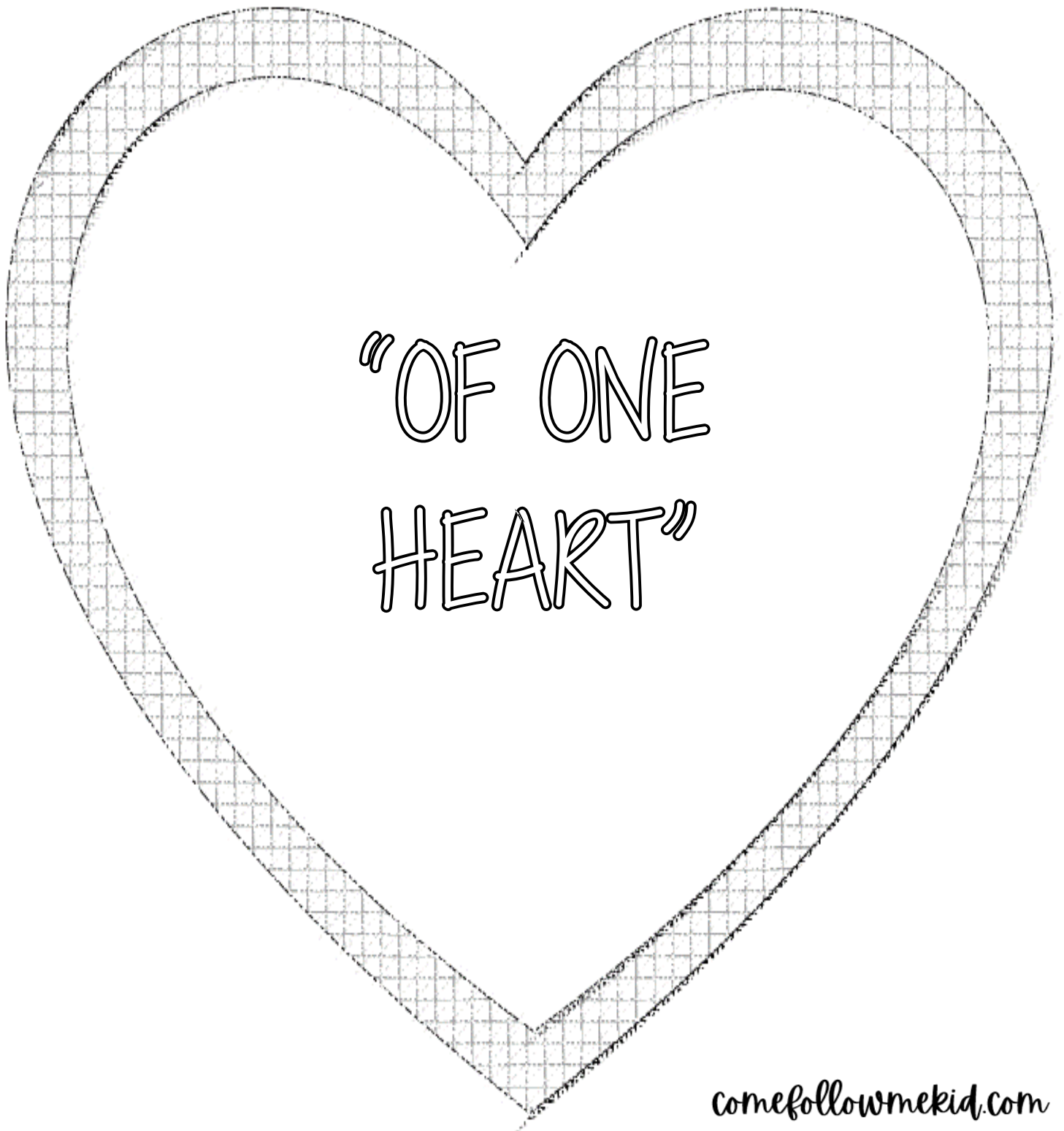
And the Lord called his people Zion, because they were of one heart and one mind, and dwelt in righteousness; and there was no poor among them.



Write or draw one thing you will do to love others and be “of one heart and mind” with them:

# HEART PUZZLE

*To help family members visualize what it means to be “of one heart,” maybe you could make a paper heart and cut it into puzzle pieces, enough for each family member to have one piece. Family members could write their name on their piece and then work with each other to put the heart together. While completing the puzzle you might talk about things you love about each family member. (From the CFM Manual)*



# Happy Hearts

Cut the hearts apart and place them in a pile upside-down. Take turns choosing one heart. If the heart says something that is a kind, loving thing, color a smiley face on it and place it by a picture of Jesus. If it's not a loving thing, rip it up or throw it away. Remind them that when we show love for others, we help make them happy, Heavenly Father and Jesus happy, and ourselves happy.

 <p><b>Feeding the hungry</b></p>	 <p><b>Stealing things from others</b></p>	 <p><b>Sharing your money with someone</b></p>	 <p><b>Helping someone with chores</b></p>
 <p><b>Saying kind words about others</b></p>	 <p><b>Hurting someone</b></p>	 <p><b>Sharing your toys</b></p>	 <p><b>Helping someone who's hurt</b></p>
 <p><b>Surprising your sibling by making their bed</b></p>	 <p><b>Saying Sorry</b></p>	 <p><b>Saying mean things to others</b></p>	 <p><b>Making fun of someone</b></p>
 <p><b>Opening someone's door for them</b></p>	 <p><b>Helping someone who's sad</b></p>	 <p><b>Ignoring people around you</b></p>	 <p><b>Telling someone you love them</b></p>