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February 21-27

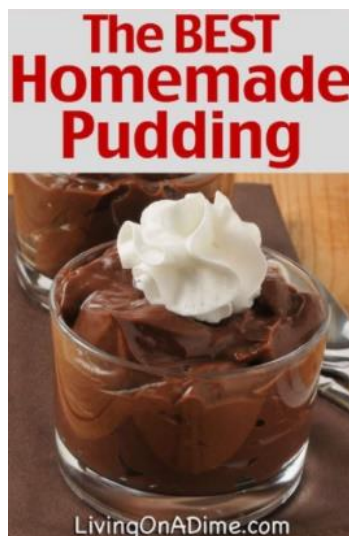
“The Covenant Is Renewed”

1. Rebekah Video – Show picture of Rebekah on page 4 below. She is someone the Bible teaches about, and she was an amazing person! Watch “[Rebekah at the Well](#)” video from Latter Day Kids and discuss.
2. Water for Camels Race – We don’t know for sure how much water Rebekah had to get for the camels, but we do know that one camel can drink 30 gallons of water in just a few minutes! It was so nice of Rebekah to get water for all of them. Not only was she kind, but she was also a hard worker.
 - Follow directions on page 5 below to talk about how hard-working Rebekah was.
 - How can we follow her example of working hard and being kind?
3. Song/Scripture Draw – Listen to/sing “[Choose the Right](#)” while doing the scripture draw on page 3 below. Explain that Rebekah had a choice to make. It wouldn’t have been super bad for her to not help the servant and his camels at the well, but she knew that being a true follower of Christ means we love and help others.
4. Bracelets and Scriptures – The manual suggests, “*Your family could look in these verses for attributes that made Rebekah a worthy eternal companion for Isaac. Encourage family members to pick one of these attributes that they feel they should develop.*”
 - Scriptures: Read [Genesis 24:15–28, 55–60](#) and let each person choose one way they want to be more like Rebekah.
 - Bracelet: Write that attribute on a strip of paper and draw specific things you might do if you have that attribute. Tape/staple the strip to make a bracelet. Wear it to remind you of the story of Rebekah. Bracelet strips that can be used for this are on page 7 below, or you can just cut strips out of construction paper if you don’t want to print anything up for this.
 - *The Friend* also has [step-by-step instructions for drawing camels](#). Our kids are both girls, so they love things like bracelets, but if you want to make this something boys might be more interested in, you could let them draw a camel on a blank piece of paper and write/draw the ways they want to be like Rebekah on that page.
5. Jacob and Esau – When Rebekah was a little older, she had twins! One was named Jacob and one was named Esau. Her and Isaac loved them both, but as we watch the video about Jacob and Esau, pay close attention to an important choice made by Esau. Do you think he could have made a better choice?
 - Watch and discuss “[Jacob and Esau](#)” short video from the church. This is kind of a complicated story, and I don’t feel like young kids need to know all of the details with it, but I do want them to think about how it teaches us to choose things of lasting and eternal importance over quick satisfaction. Talk about it with the kids you teach in as much detail as you feel necessary.

6. What Matters Most to Us Soup – Follow directions on page 6 below to talk about things that are ETERNALLY important. Testify of the blessings we receive from focusing on these things in our lives.
- It could also be fun to make a family poster with pictures of things that are the most eternally important to us.



7. Treat – Do the marshmallow experiment described in “[Continue in Patience](#)” video from the church. Testify of the blessings God has in store for us if we trust in Him. Then make some kind of chocolate porridge/pudding/mousse while reviewing the story of Esau and discussing how we can put emphasis on eternally important things in our lives. Click on pictures below for recipes. And yes, we’re planning on doing two treats with our own kids for this lesson...we love our sweets! 😊

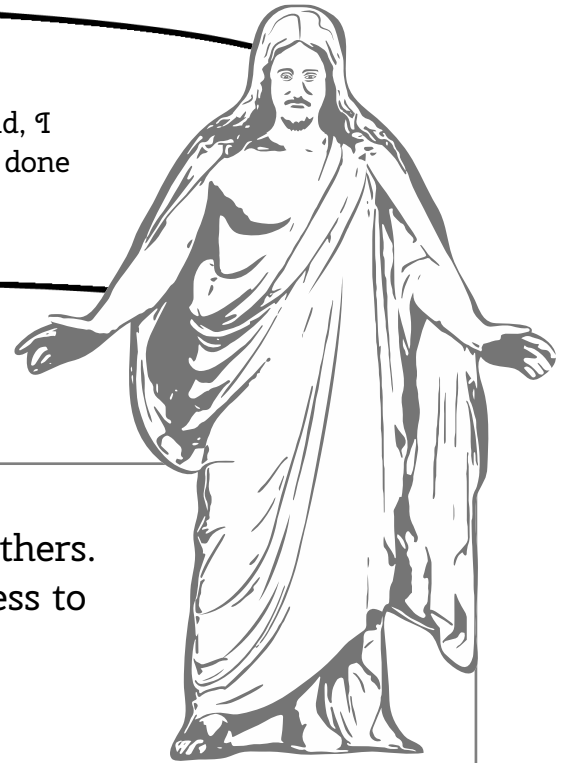


Additional Ideas:

More Great Free Ideas at www.theredcrystal.org
[Old Testament Cartoon Videos from the Church Website](#)

Genesis 24:19

“And when she had done giving him drink, she said, ¶
I will draw water for thy camels also, until they have done
drinking.”



Rebekah was kind and worked hard to help others.
Write or draw one way you will show kindness to
others this week:

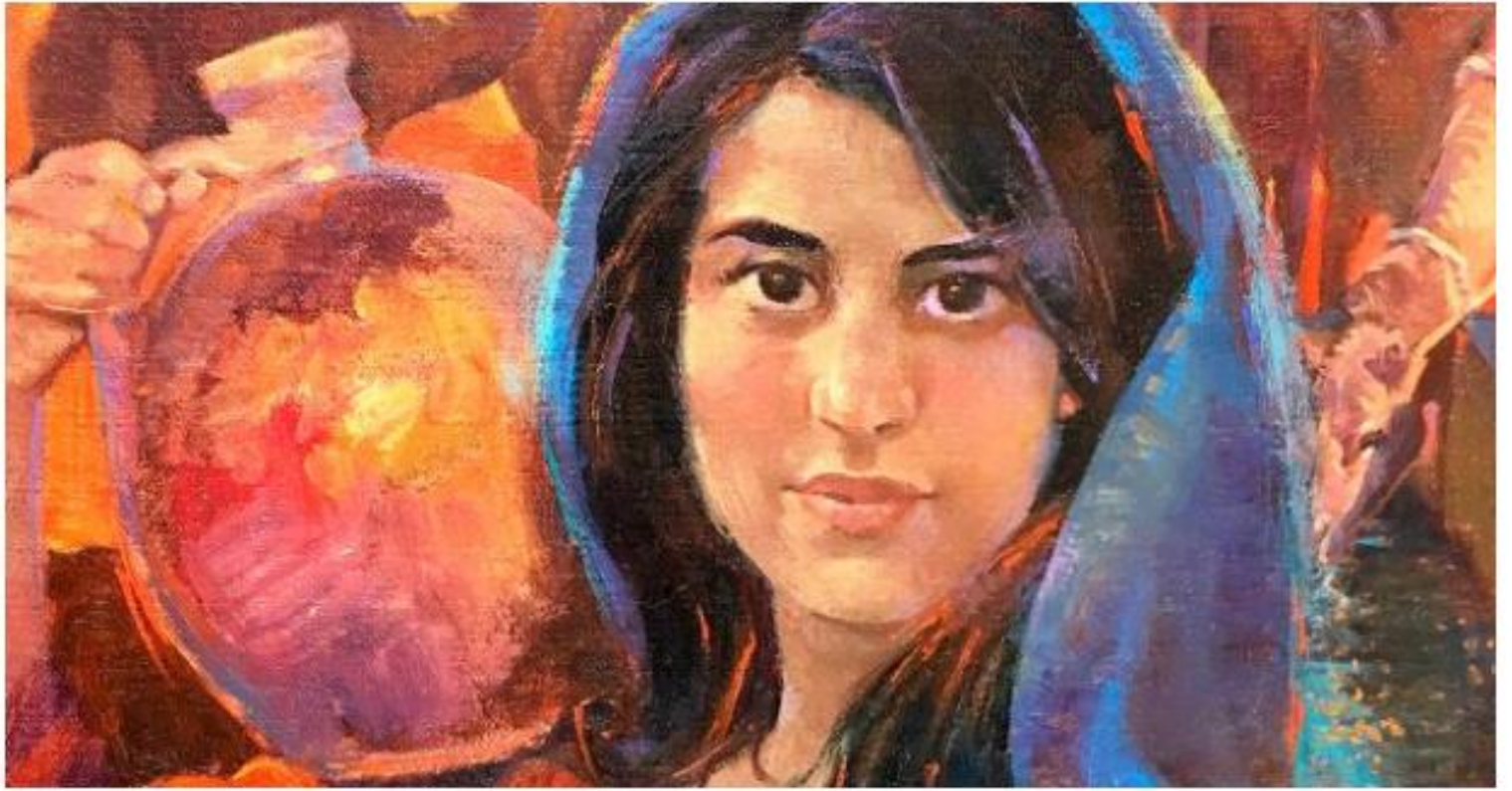
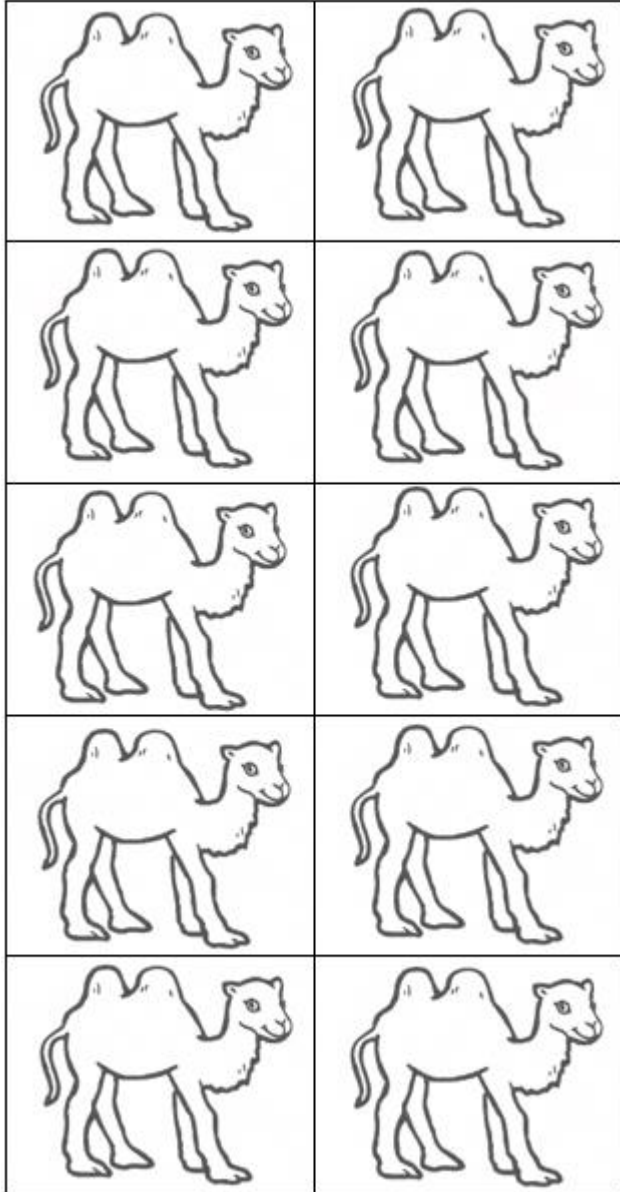


Illustration of Rebekah by Dilleen Marsh

Water for Camels Race!

We don't know for sure how much water Rebekah had to get for the camels, but we do know that one camel can drink 30 gallons of water in just a few minutes! It was so nice of Rebekah to get water for all of the camels. Not only was she kind, but she was also a hard worker!

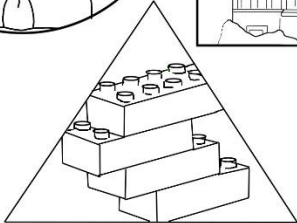
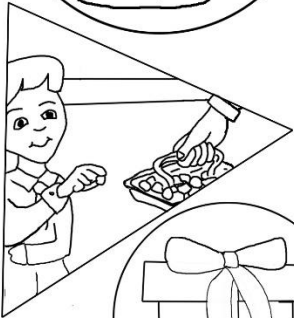
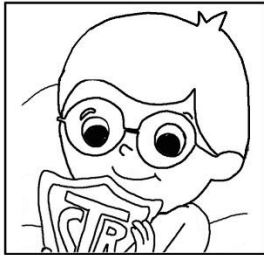
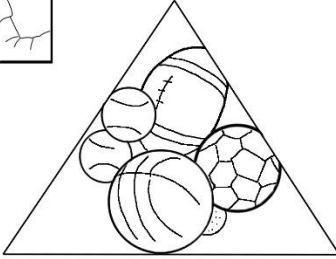
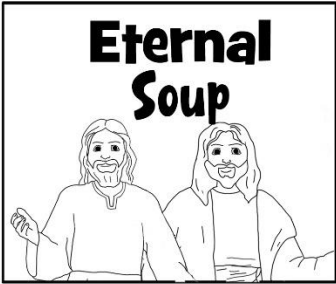
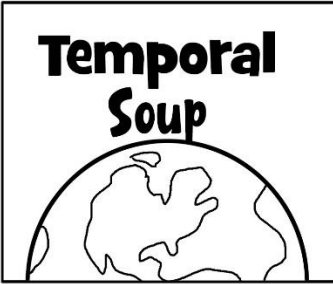


- Place a picture of a camel in front of each person. Explain that we are going to race to see how long it takes each person to feed their camel 30 “gallons” of water.
- Give each person a small measuring cup/water bottle lid/tablespoon/etc. to represent a gallon. You might want to compare this to a gallon of milk to help them see how big a gallon actually is and explain that we’re just doing mini versions of gallons for our mini camels.
- Place an empty bucket in the middle of everyone to represent a trough that they can put their “gallons” of water into.
- Have another bucket filled with water to represent the well of water. You’ll probably want to make sure this is done outdoors or on a towel so you don’t have a huge water mess when it’s done!
- At the same time, have everyone start dipping into the well to transfer scoops of water from the well into the trough.
- Race to see who can get 30 measures of water into the trough the quickest.
- When everyone’s done, talk about how long it would take to do that for all 10 camels.
- Do you think Rebekah had to work hard to get enough water for all ten camels? Would you have been willing to do that?

What Matters Most to Us Soup Activity

Tape "Temporal Soup" and "Eternal Soup" labels onto the sides of two different bowls. Place the other pictures in an upside-down pile. Have each person take turns choosing one and putting it into the bowl that best represents it. With each picture, ask, "Is this something that will help us return to live with Heavenly Father again? Is it ETERNALLY important?" Testify of the blessings we receive from focusing on the things that are eternally important in our lives.

Cut out and put on two bowls.



Christlike Attribute Bracelets

Rebekah was an amazing person with many Christlike attributes. Choose one way you want to be like Rebekah. On one of the strips below, draw pictures of things you might do if you had that attribute. Tape/staple it around your wrist like a bracelet, and wear it to remind you of Rebekah.
