

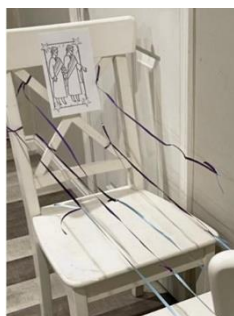


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February 7- 13

“To Be a Greater Follower of Righteousness”

- Abraham and Sarah Video/Story – What are some things you desire(want) in life? Explain that today we get to learn about some amazing people! One of these people is Abraham. The thing that Abraham desired (wanted) in life was to be a “greater follower of righteousness.” Talk in as much depth as you want about how he came from a wicked father and was surrounded by wicked people, but he chose to be righteous anyway. Read/watch discuss one or more of the following to introduce the story of Abraham and Sarah. Tell them to listen carefully for the word “covenant.” Explain that covenants are promises between us and God.
 - [“Abraham and Sarah”](#) story from *The Friend*
 - [“Abraham and Sarah”](#) video from the church
- Keeping Promises – Talk about the importance of keeping promises and why it’s important to do what we say we will do.
 - Assign simple tasks, such as: go wash your hands, go find something red, do 5 jumping jacks, etc.
 - With each task, promise to give them some kind of small reward in return (M&M, Skittle, a sticker, high five, etc.).
 - Ask: How would it feel if you didn’t get what you were promised after doing that task?
 - Explain that when we keep our promises, it helps form a relationship of trust with that person.
 - Can we ALWAYS trust God to do what He says He will? Remind them that God always keeps His promises to us.
- Covenants Bind Us to the Lord – When Abraham made covenants (promises) with the Lord, it helped him have a stronger relationship with Him. President Nelson taught that “Our covenants bind us to [the Lord] and give us godly power.” Talk about what it means to “bind” ourselves to the Lord.
 - Set up two chairs. Tape a picture of Heavenly Father/Jesus on one, and a sign that says “Me” on the other (page 4 below has some signs that could be used for this).
 - Attach strings/ribbons of one color to each chair. Cut them so that they only reach about halfway to the other chair.
 - Talk about specific covenants we might make with God. We are going to focus on baptismal covenants. As each covenant is discussed, connect one of the strings/ribbons from the “Me” chair to one on the “Heavenly Father/Jesus” chair. Explain how these covenants helped connect us to Them.



- This “[A Promise to Try](#)” story from *The Friend* has some great explanations of the promises we make when we’re baptized.
4. [Blessing Stars](#) – Follow directions on page 5 below to talk about blessings we get from making and keeping covenants.
 5. [Friend Story](#) – Read and discuss “[Bikes and Promises](#)” from *The Friend*.
 6. [Song](#) – Listen to/sing/discuss “[I Want to Live the Gospel!](#)” song. Then draw one thing we want to do to become greater followers of righteousness like Abraham on the scripture draw page (page 3 below).
 7. [Peacemaker Treat](#) – When we make covenants, we promise to help love and bless others. One way we can do this is by being a peacemaker.
 From the manual: **Genesis 13:5–12** *What did Abraham do to create peace in his family? Perhaps your family members could practice being a peacemaker like Abraham by role-playing how to resolve conflicts that are likely to arise in your family.*
 After everyone has role-played, give each person a “piece” of pie if they promise to try to be a “piece/peace”-maker.

Additional Ideas:

More Great Free Ideas at www.theredcrystal.org

[Old Testament Cartoon Videos from the Church Website](#)

[Keeping Our Baptismal Covenant Board Game](#) from *The Friend*

“[A Covenant People](#)” article from *The Friend*

[Baptism Covenant matching cards](#) from *The Friend*

“[The Two-Month Wait](#)” story about preparing to be baptized

[Questions and Answers About Baptism](#) from *The Friend*

“[The Day I Really Felt Loved](#)” story from *The Friend* with gift pictures explaining gifts Heavenly Father gives us on the day we are baptized

“[I Can Keep My Covenant](#)” great explanation of the breakdown of baptism covenants

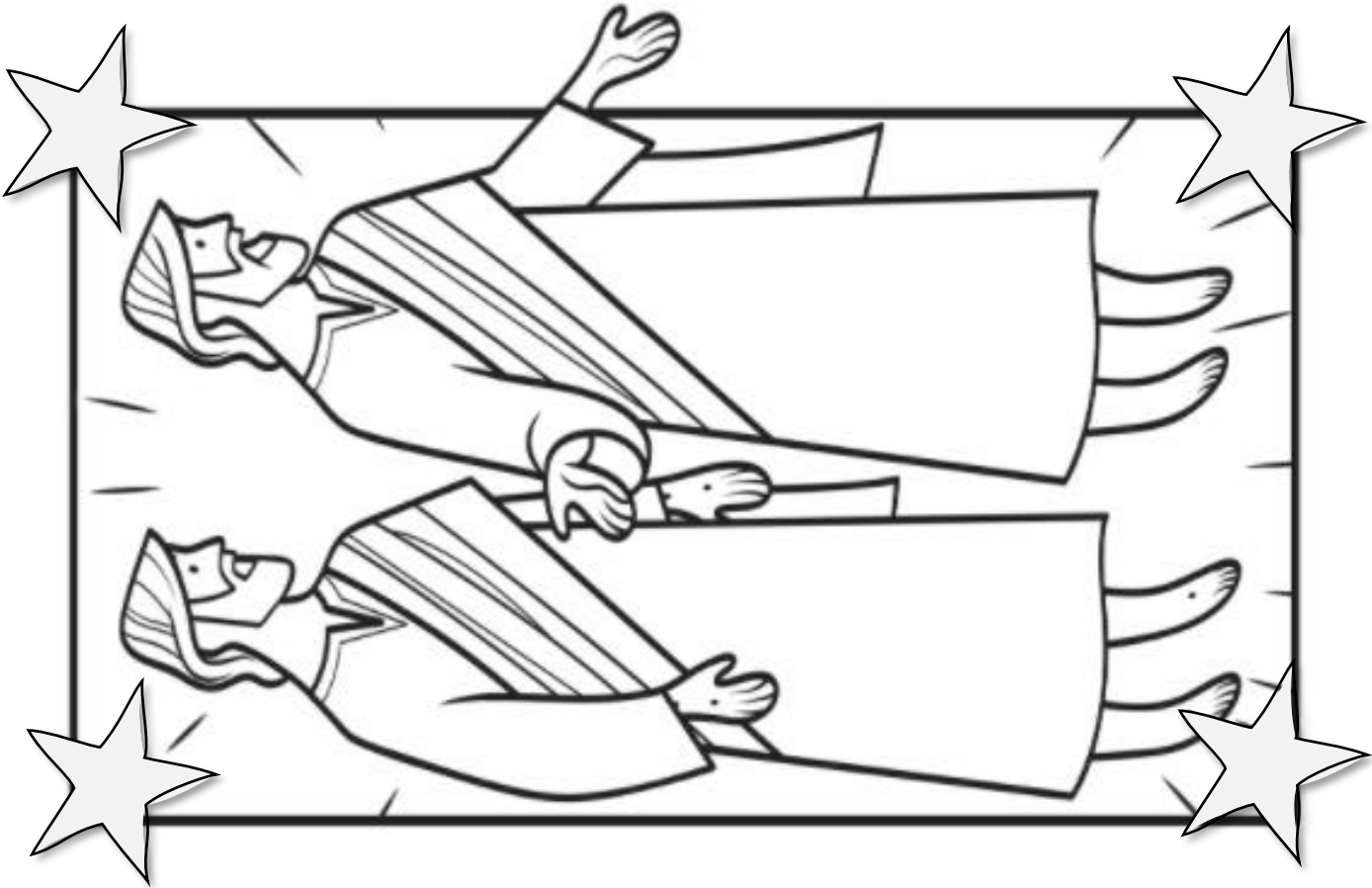
“[Cracking the Code](#)” article from *The Friend* (Mom spies on them being covenant keepers CK 24/7)

Abraham 1:2

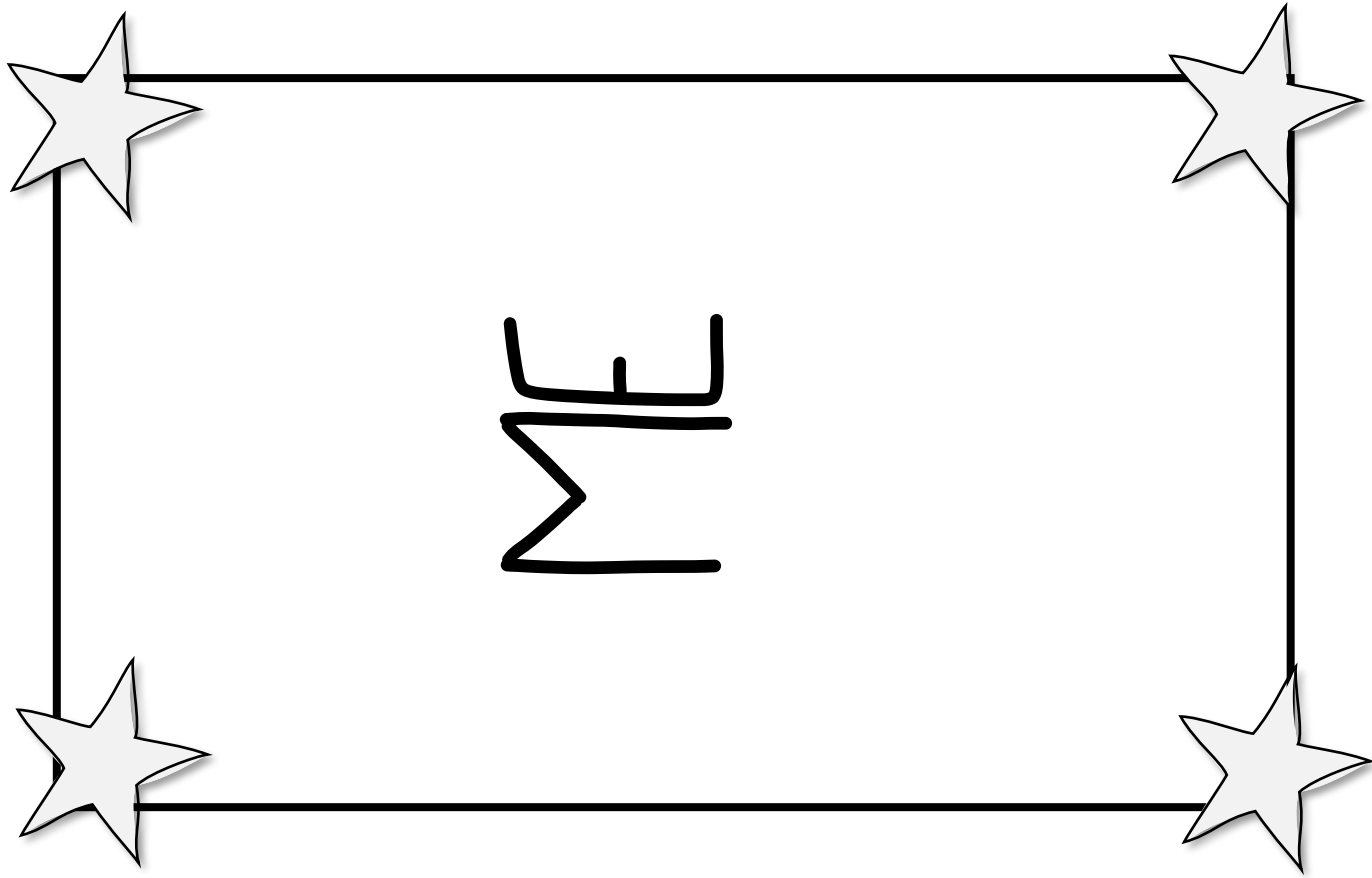
Abraham desired to be a “greater follower of righteousness.”



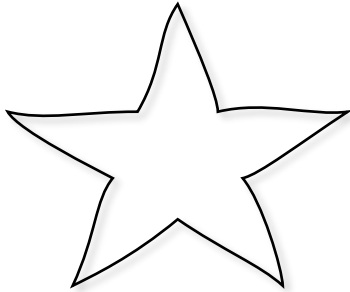
One thing I will do to become a greater follower of righteousness:



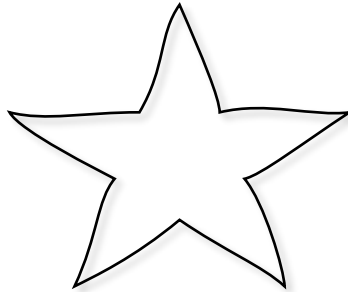
ME



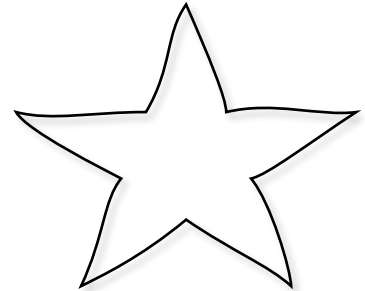
Blessing Stars: Put these in a pile upside-down and take turns pulling one out of the pile. Read each one and discuss in as much depth as wanted. Tape them onto the "Me" chair and emphasize how blessed we are when we make and keep covenants. You could also hide these around the room and take turns finding them and discussing as they're found. The first four quotes come from the New Era "Bound to the Savior through Covenants" article.



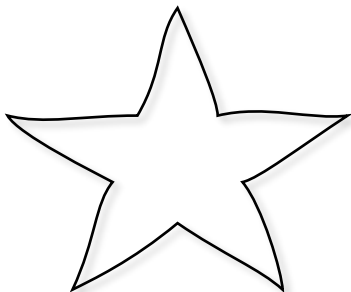
"BECAUSE FAITHFULLY HONORING SACRED COVENANTS BINDS US SECURELY TO THE SAVIOR, HE BECOMES THE ULTIMATE SOURCE OF SPIRITUAL DIRECTION AND STRENGTH IN OUR LIVES."



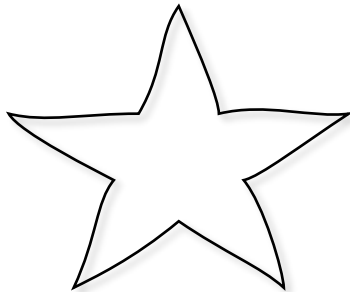
"COVENANT PROMISES WOULD NOT BE POSSIBLE WITHOUT OUR SAVIOR, JESUS CHRIST. HE INVITES US TO LOOK TO HIM, COME TO HIM, LEARN OF HIM, AND BIND OURSELVES TO HIM."



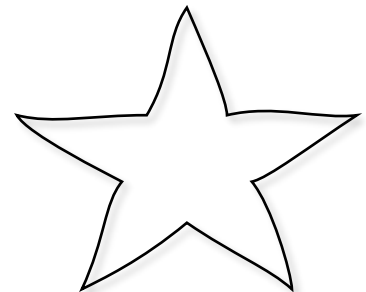
"ENTERING INTO AND KEEPING SACRED COVENANTS YOKES US TO AND BINDS US WITH THE LORD...OUR BEST EFFORTS CANNOT BE COMPARED WITH HIS."



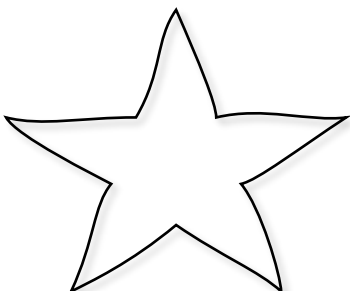
"ANOTHER GRAND PROMISE AND BLESSING OF BINDING OURSELVES TO THE SAVIOR THROUGH COVENANTS IS THAT WE ARE NOT, AND NEVER NEED BE, ALONE. WE CAN PRESS FORWARD JOYFULLY IN OUR DAILY LIVES WITH HEAVENLY HELP."



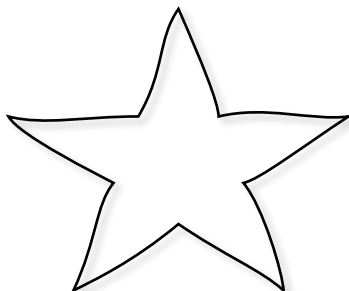
WHEN WE ARE BAPTIZED, JESUS CHRIST MAKES US COMPLETELY CLEAN.



AFTER WE ARE BAPTIZED, WE RECEIVE THE GIFT OF THE HOLY GHOST TO GUIDE AND COMFORT US.



WHEN WE ARE BAPTIZED, WE BECOME AN OFFICIAL MEMBER OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS.



WHEN WE MAKE AND KEEP COVENANTS, GOD CAN LEAD US BY HIS HAND (ABRAHAM 1:18).