



September 19-25

“Comfort Ye My People”

comefollowmekid.com

1. How Firm a Foundation – Sing/watch/listen to “How Firm a Foundation” and talk about how Christ helps us in our lives.
 - The manual suggests, “[Isaiah 41:10](#); [43:2-5](#); [46:4](#).
These verses are reflected in the hymn “How Firm a Foundation” (Hymns, no. 85). Your family might enjoy singing the hymn together and finding phrases in it that are similar to phrases in these verses. What do these phrases teach us about Jesus Christ?”
2. More teachings about Jesus Christ – Print up the Isaiah scriptures on page 4 below. Cut them apart and place them around the room. Play a song, such as “How Firm a Foundation” and stop it at random times. When the music stops, each person will find the scripture that is closest to them and read and discuss it.
3. Keeping the Commandments (Peace Like a River) – Talk about how the scriptures say, “If ye love me, keep my commandments.” How does keeping the commandments show our love for Jesus? What blessings do we get from keeping the commandments? Look at the picture on page 5 below and read and discuss [Isaiah 48:18](#).
 - Display a video of a peaceful river on the TV if possible (click [here](#) for one that could work). Talk about times we’ve felt peace from keeping the commandments and compare these to the peaceful feeling of being by a river. You might want to add in details about how sometimes it’s difficult to keep the commandments, but we can feel inner peace from doing so, even if other hard things are still happening around us.



4K Relaxing River - Ultra HD Nature Video - Water Stream & Birdsong Sounds -

- Print up the commandment cards from [theredcrystal](#) and cut them apart. While the river video is playing still, take turns choosing one of the cards and discussing how keeping that commandment can bring peace to your life. Discuss other commandments that will bring us peace and blessings in our lives (loving others, getting baptized, etc.).



4. **Friend Story** – Read [Life Lessons](#) article from The Friend magazine. Talk about how when we keep the commandments, it keeps us close to Heavenly Father and Jesus, which helps us feel peace in our lives.
 - You can also watch the Latter Day Kids video “[The Brand New Jungle Gym- The Commandments Are a Blessing](#)” to talk about how the commandments help us have good things in our lives.
5. **Jar Activity** – Follow directions for this activity from [The Friend](#). Discuss how keeping the commandments brings us peace. Some labels that can be printed and put on the jars are on page 6 below.

Waves of the Sea



For Isaiah 40–49

Story: Isaiah taught that if we keep the commandments, we will have peace like a river and “righteousness as the waves of the sea” (Isaiah 48:18).

Song: “Keep the Commandments” (*Children’s Songbook*, 146–47)

Activity: Make your own “waves of the sea”! Fill an empty bottle or jar halfway with water and turn it blue with food coloring. Fill the rest with oil. Put the cap on tightly. Then gently tilt the bottle back and forth to watch the waves! How does keeping the commandments help you feel peace?

For Isaiah 40–49

6. **Scripture Draw** – Do the scripture draw on page 3 below.
7. **Waves of the Sea Treat** – Discuss the line from Isaiah 48:18 that says our righteousness can be as the waves of the sea if we keep the commandments. Can the waves of the sea be pretty big and powerful? (Yes) Talk about how each wave is made of a whole bunch of tiny drops of water. When we keep each commandment, it might not feel like a big deal at the time, but all of our efforts to keep the commandments combined together can create powerful righteousness in us like sea waves that can help us in life. Use blue pudding or Jell-o to make a sea treat while discussing. Click on pictures below for some ideas.

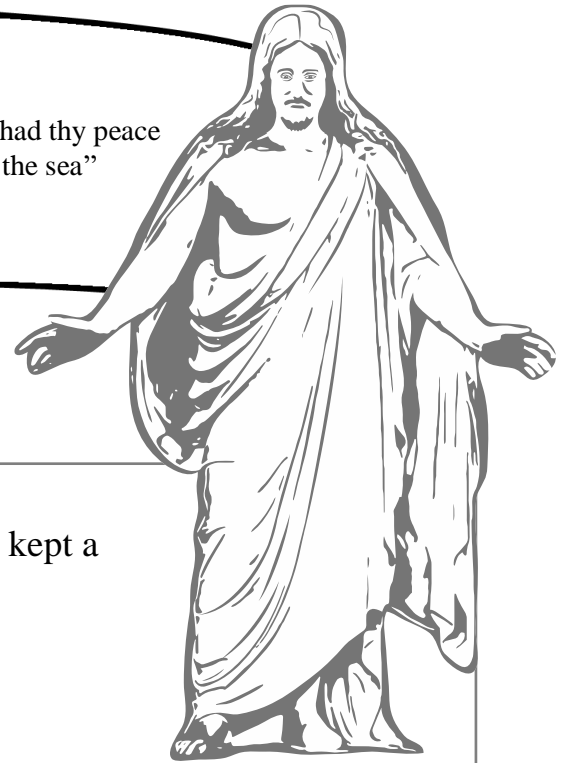


Additional Ideas:

More Great Free Ideas at www.theredcrystal.org
 Old Testament Cartoon Videos from the Church Website

Isaiah 48:18

“O that thou hadst hearkened to my commandments! Then had thy peace been as a river, and thy righteousness as the waves of the sea”



Draw a picture of a time you felt peace because you kept a commandment.

Isaiah 40:11

He shall feed his flock like a shepherd: he shall gather the lambs with his arm, and carry them in his bosom, and gently lead those that are with young.

Isaiah 41:10

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

Isaiah 42:6

I the Lord have called thee in righteousness, and will hold thy hand

Isaiah 43:2

When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.

Isaiah 43:5

Fear not: for I am with thee

Isaiah 44:3

For I will pour water upon him that is thirsty, and floods upon the dry ground: I will pour my spirit upon thy seed, and my blessing upon thine offspring.

Isaiah 49:10

They shall not hunger nor thirst: neither shall the heat nor sun smite them: for he that hath mercy on them shall lead them, even by the springs of water shall he guide them.

Isaiah 49:16

Behold, I have graven thee upon the palms of my hands; thy walls are continually before me.



By obeying the Lord, we can have “peace ... as a river” (Isaiah 48:18).

