



October 3-9

“The Redeemer Shall Come to Zion”

comefollowmekid.com

1. **Lights On/Off** – From the manual: “As you read [Isaiah 60:1–3](#), family members could turn on a light when the verses mention light and turn it off when the verses mention darkness. How is the gospel of Jesus Christ like a light to us? What did Isaiah foresee would happen as God’s people share the light of the gospel? (see [Isaiah 60:3–5](#)).”
2. **Tea Light Activity** – Get some lights, like these [tea light battery-powered candles from Amazon](#) (they also sell them at the Dollar Tree right now in sets of two).
 - Watch “[Shine Your Light So Others May See](#)” short video from the church.
 - Share/summarize/discuss the following from “[That They May See](#)” talk by Bonnie H. Cordon:
*By virtue of the Restoration of His gospel, we can be filled with the light of our Savior. However, that light is not meant for you and me alone. Jesus Christ has called upon us to “let your light so shine before this people, that they may see your good works and glorify your Father who is in heaven.”¹ I have come to love the phrase “that they may see.” It is an earnest invitation from the Lord to be more intentional about helping others see the path and thereby come unto Christ...
The Lord’s invitation to let our light so shine is not just about randomly waving a beam of light and making the world generally brighter. It is about focusing our light so others may see the way to Christ. It is gathering Israel on this side of the veil—helping others see the next step forward in making and keeping sacred covenants with God.²
The Savior testified, “Behold I am the light; I have set an example for you.”³*
 - Christ Picture: Set out a picture of Jesus Christ. Use the tea lights to make a path toward/around the picture of Jesus.
 - Talk about ways Jesus brings light into our own lives and ways we can help others see Christ as well.
3. **The Lord is My Light** – Look at the picture on page 4 below while reviewing what kinds of light Christ can bring to our lives. Listen to/sing “[The Lord is My Light](#)”. Remind them of the light and happiness He will bring at His Second Coming. Some other songs about light that our kids enjoy are “[I Feel God’s Light Shining in Me](#)” and “[With All Your Light](#).”
4. **Sabbath Day** – One way we can feel additional light in our own lives from Heavenly Father and Jesus is on the Sabbath Day. Watch one or more of the following videos.
 - [The Sabbath is a Delight](#) video from the church
 - [The Sabbath is a Delight](#) video from Latter day Kids
5. **The Sabbath Can Be a Delight** – Make this ice cream craft from [theredcrystal](#) while discussing ways the Sabbath can be a delight to us (click picture below for link). Then do the scripture draw on page 3 below.



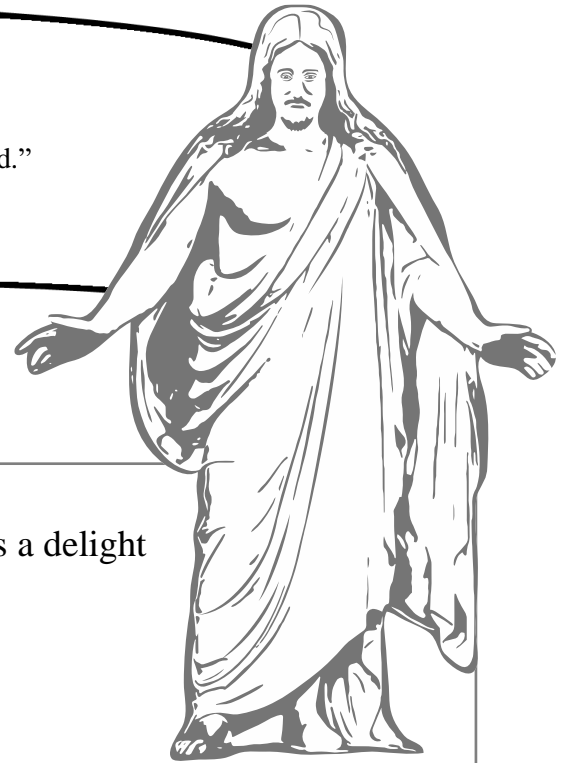
6. **Fasting** – Talk about fasting and Fast Sunday in as much depth as you feel your kids need.
- **From the manual:** [Isaiah 58:3–11](#). Family members might better understand Isaiah’s message about fasting if they act out the type of fasting described in [Isaiah 58:3–5](#) and the type of fasting described in [Isaiah 58:6–8](#). How can we make our fasts more like “the fast that [God has] chosen”? What blessings have we seen from fasting?
 - Latter Day Kids has this “[Fasting and Prayer](#)” video that could be used in this discussion as well.
 - President Eyring’s talk “[Is Not This the Fast That I Have Chosen?](#)” also discusses some of the blessings of fasting.
 - **From the manual:**
*Why do we fast? and How do we fast? Invite the children to write possible answers on the board. Encourage them to review “[Fast, Fasting](#)” in Guide to the Scriptures (scriptures.ChurchofJesusChrist.org) and [Isaiah 58:6–11](#) to find additional answers. How might [Isaiah 58:6–11](#) help us when fasting is difficult? Share with the children a personal experience with fasting, or share a story from a Church magazine about fasting. Emphasize the blessings that come from fasting with a spiritual purpose. Help them understand what it means to fast with a sincere purpose and a prayerful heart.
Read together [Isaiah 58:6–7](#), and explain that one way we “deal [our] bread to the hungry” when we fast is by donating the money we would have spent on food as a fast offering. Show the children a donation slip for tithing and fast offerings, and explain how to fill it out. Invite the children to read [Isaiah 58:8–10](#), looking for the blessings we are promised when we fast. How can fasting bless us and those in need?*
7. **Ice Cream Treat** – Talk about how, just like ice cream brings us joy (it is a “delight” to us), we can find joy in keeping the Sabbath Day holy. Eat ice cream while coming up with a plan for specific ways we’ll make our future Sabbath days “a delight.” It could be fun to put extra ice cream toppings on your treat with each additional idea that is listed.

Additional Ideas:

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

Isaiah 58:13

“Call the Sabbath a delight, the holy of the Lord.”



Draw pictures or use words to show why the Sabbath is a delight to you.



"Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee" (Isaiah 60:1). *Light and Life*, by Mark Mabry