

August 17-23 Helaman 1-6

"THE ROCK OF OUR REDEEMER"

www.comefollowmekid.com

1. Temple Foundation Pictures – When people build temples, what part do they start with? Do they build the walls first? Show pictures on page 3 below of the Layton, Utah temple being built and explain that they start building the bottom part first. Point out that they're putting in rock-hard cement. This is called the foundation. Is it important for the temple to have a strong foundation? What would happen if the foundation wasn't strong? Or if they just tried to build it on the sand? Would the temple be strong enough to stay standing if there were a storm or a lot of wind?
2. Rock vs. Sand Competition – We'll probably take this part outside so we don't make the house too messy. ☺ Set out a small pile of sand in one area, and a rock in another area. Which would be easier to move by blowing on it: the rock or the sand? Let the kids take turns competing to see who can blow the rock or the sand hard enough to get it to move. Help them see that the rock is WAY stronger than the sand.
3. Christ Foundation – Do this part inside of the house, but take a rock for each person inside with you. From the manual: "Read the first few lines of Helaman 5:12, and ask the children to raise their hands when they hear who the "rock" is that should be our foundation."
 - Invite the children to do actions as you read [Helaman 5:12](#). For example, they could wave their arms when you read about the devil's "mighty storm" and stand in one place when you read about the "rock of our Redeemer."
 - Glue a picture of Christ onto each rock and discuss how He can help us be strong when the devil tries to confuse us or hurt us. While gluing, discuss ways the devil might try to get us to fall or become weaker in our lives. Remind them that Christ loves us and wants to help us be strong.Crystal from www.therecrystal.org has made [these](#) printables that would be great to use:



- The "[Spiritual Whirlwinds](#)" [short video](#) from the church would be great to go along with this discussion as well.
4. Song/Video – Watch/sing/discuss [The Wise Man and the Foolish Man](#) quick song/video.
 - If time/interest, Watch/discuss [Douglas Talks "The Firm Foundation"](#) 8 minute video. This isn't from the church, but my kids love these and they have some good information and kid explanations.
 5. Blow That House Down Activity from *The Friend* – The prophet Helaman taught that we need to build our foundation on Jesus Christ. That way when the storms of life come, we can stand strong. (See Helaman 5:12). Build two different kinds of houses, one out of paper or cards and the other with building blocks. Next, blow on both houses as hard as you can. Do both houses stand strong against the wind? How does building your life on Jesus Christ make you strong? (from this month's Friend magazine). Another option could be to use sand/rocks to demonstrate the strong foundation as explained in [this website](#).
 - If time/interest, read and discuss [this article](#) from The Friend as well with specific ideas of how we can build a strong spiritual foundation.

- The manual also has another great way to demonstrate this: *“To help your family visualize what it means to have ‘a sure foundation,’ perhaps you could build a small structure together and place it on different kinds of foundations. You could then create a ‘mighty storm’ by spraying water on it and using a fan or hair dryer to create wind. What happened to the structure when it was on the different foundations? How is Jesus Christ like ‘a sure foundation’ in our lives?”*
6. A Sure Foundation Coloring Activity - Print up the “I Can Build My Foundation on Jesus Christ” sheet on page 3 or 4 below. Remind them that Jesus Christ should be the foundation of our lives. Ask them to share things they can do to follow Jesus Christ. For each thing they list, they can color in one of the stones on the sheet. You can either print up the smaller ones to do individually or print the bigger version and just do one as a family (older family members can write their responses in, younger kids just color a piece while saying their answer out loud).
 - [This foundation activity](#) from this month’s Friend magazine would also be great to do with this.
 7. Treat- Make graham cracker houses using graham crackers and frosting. Why do we build on a foundation of Christ? So we can boast (brag)? No. Read Helaman 5:8 and talk about what it means to lay up for ourselves treasures in heaven. Put candies on graham cracker houses to represent “treasures” while discussing the everlasting sweet blessings that we will receive for building our lives upon Christ.
 - You could also just use the printable houses on page 6 or 7 for this. Print it up and tape/glue the sides together. Set in on top of the “I Can Build My Foundation on Jesus Christ” paper, and put small treats (maybe M&M’s/Skittles) inside of it to represent the sweet spiritual blessings/treasures we’ll receive for building on a foundation of Christ. Remind them that some of these blessings might not be visible to others, but we can feel them ourselves and know that they’re there.

Additional Ideas:

Support Articles and Activities from *The Ensign* <https://www.churchofjesuschrist.org/study/ensign/2020/08/come-follow-me-book-of-mormon-support-articles-and-activities/helaman-1-6?lang=eng>

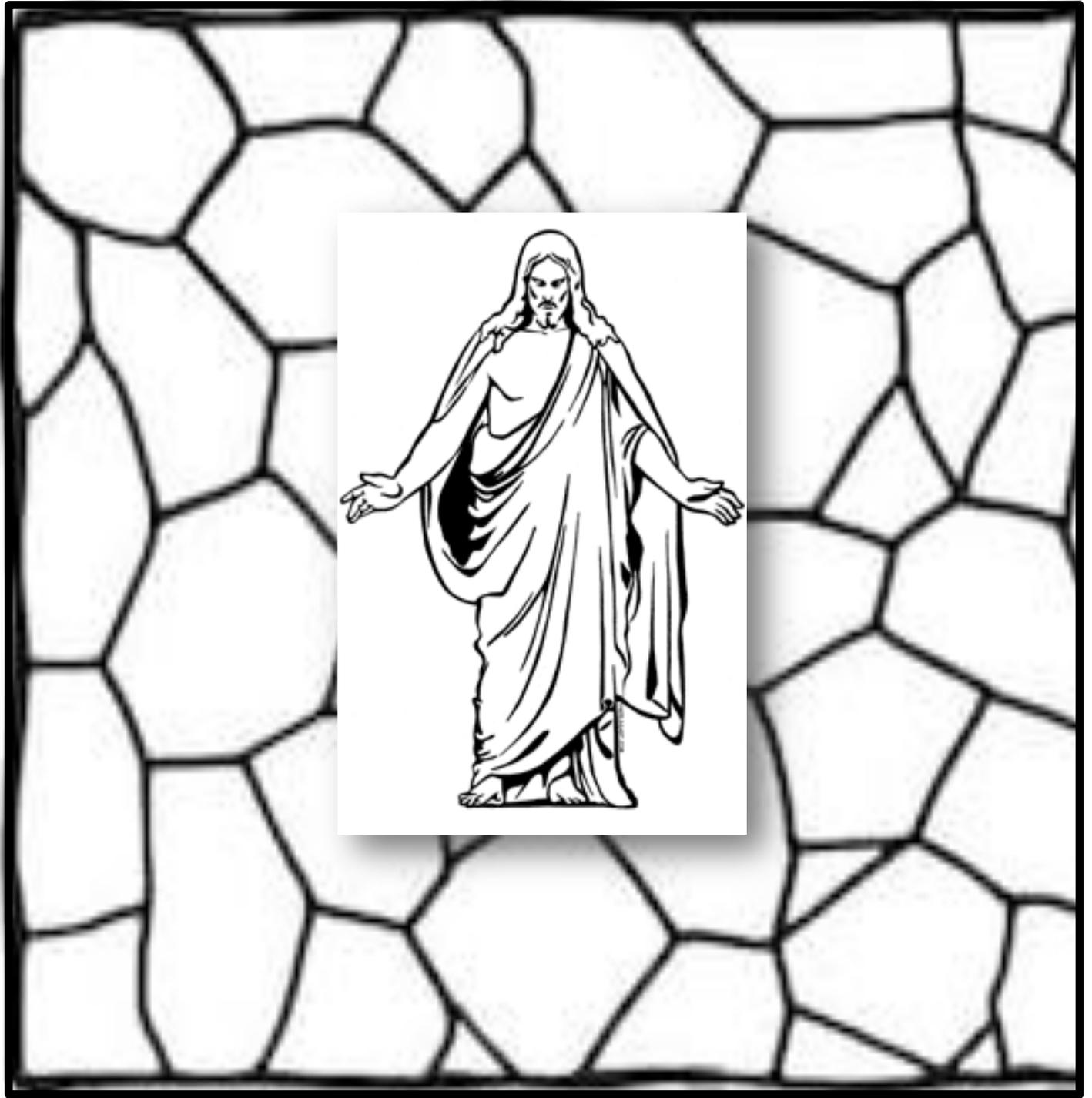
4 Ways to Build a Spiritual Foundation <https://www.churchofjesuschrist.org/study/friend/2011/01/how-do-i-build-a-spiritual-foundation?lang=eng>

More Great Ideas <https://www.theredcrystal.org/post/come-follow-me-2020-august-17-23-helaman-1-6-lds-free-primary-lesson-helps>

Pictures of Layton Temple being built from <https://www.facebook.com/LaytonLDSTemple>



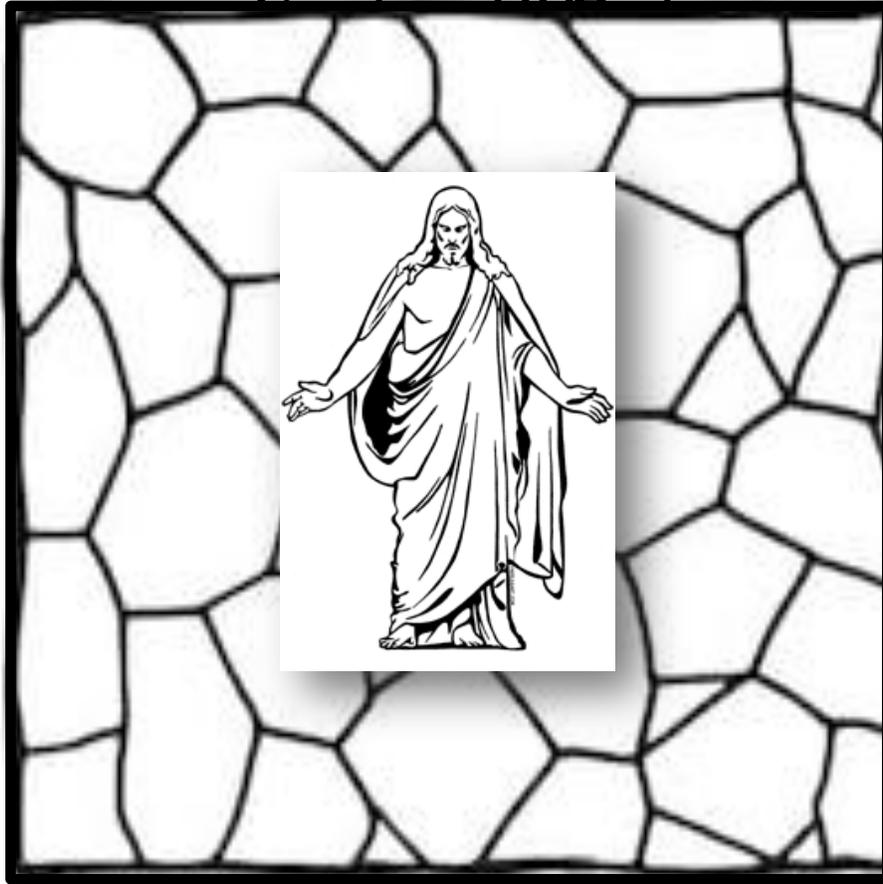
I Can Build My Foundation on JESUS CHRIST



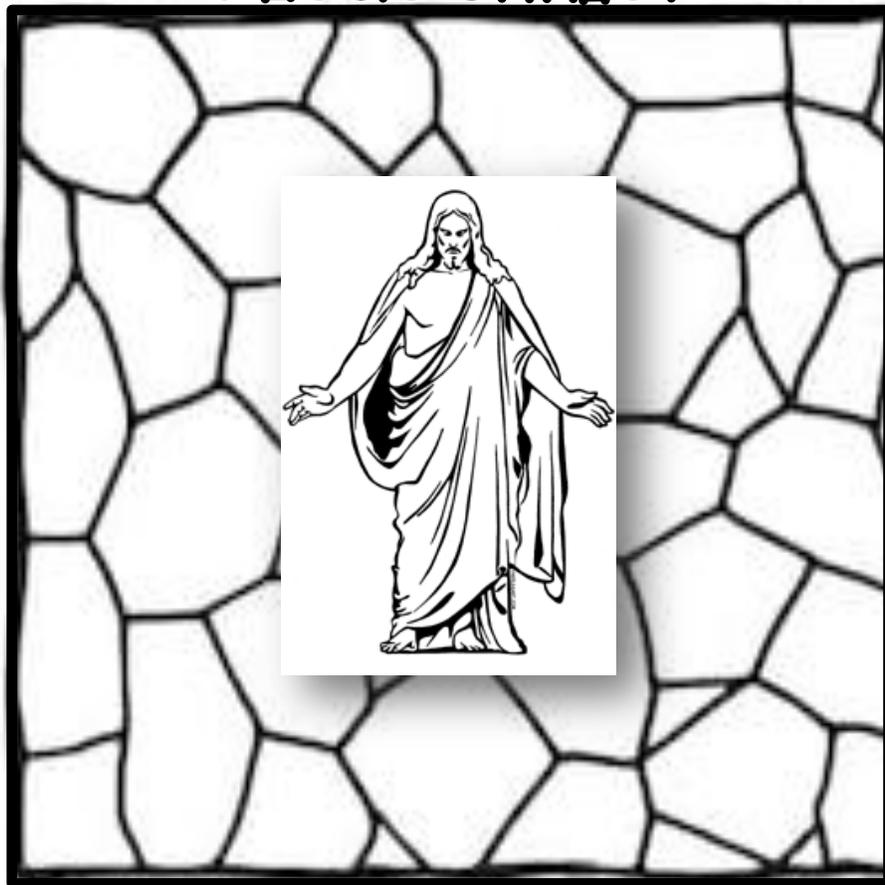
Instructions: Jesus Christ should be the foundation of our lives. Ask each person to share things they can do to follow Jesus Christ. For each thing they list, they can color in one of the stones on the sheet (older family members can write their responses in, younger kids just color a piece while saying their answer out loud).

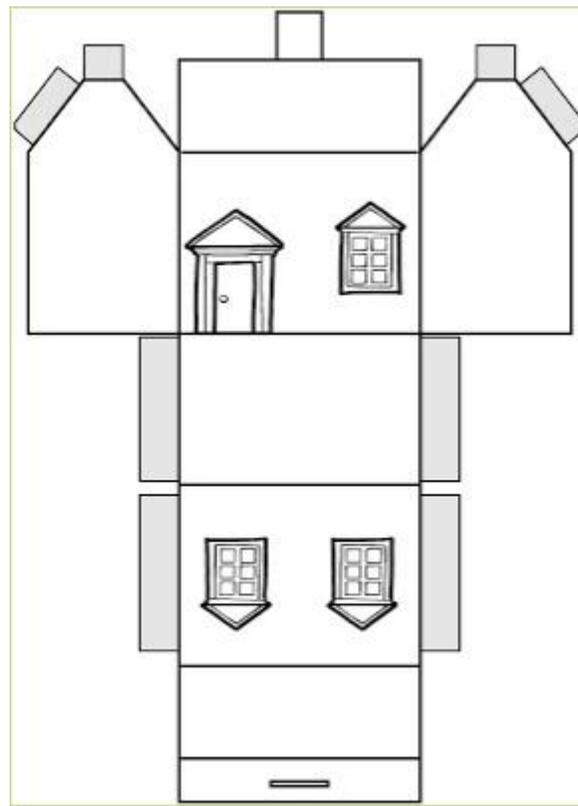
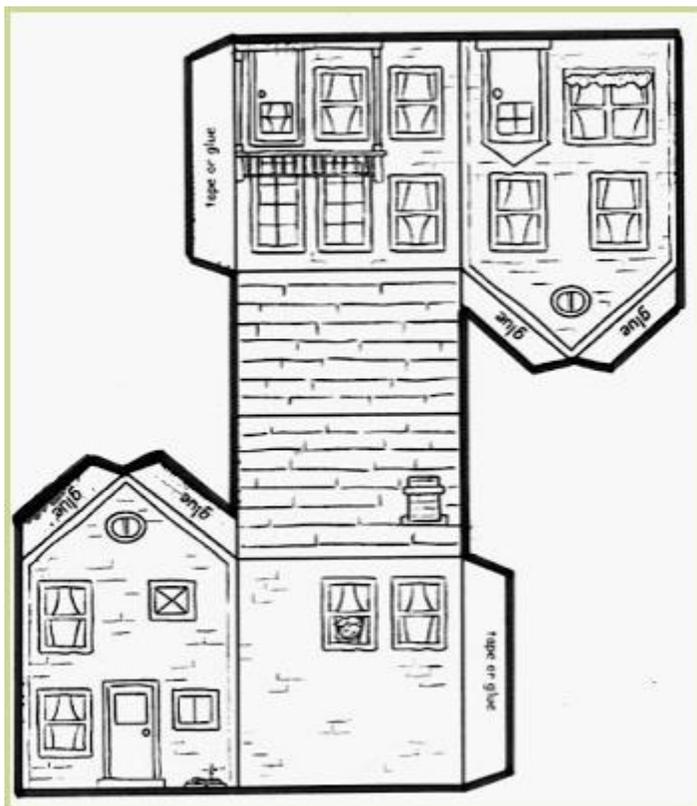
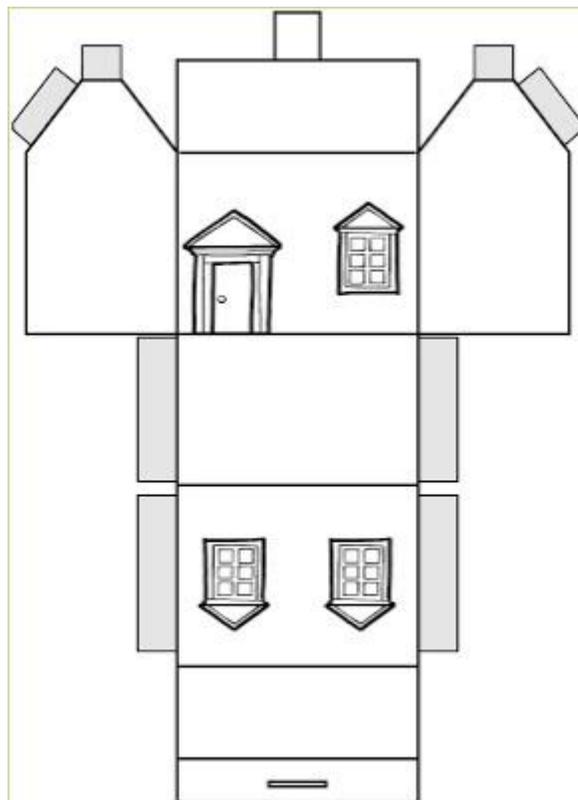
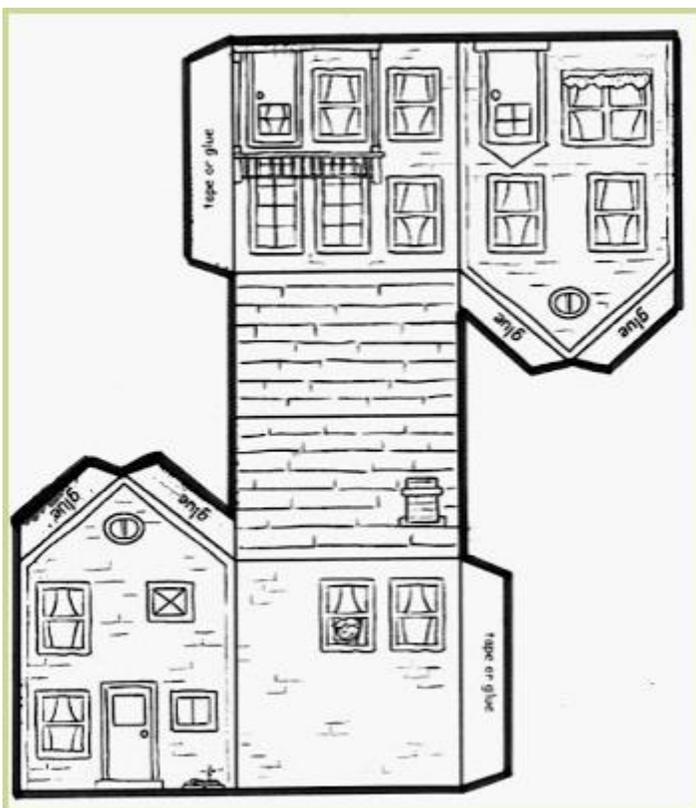
www.comefollowmekid.com

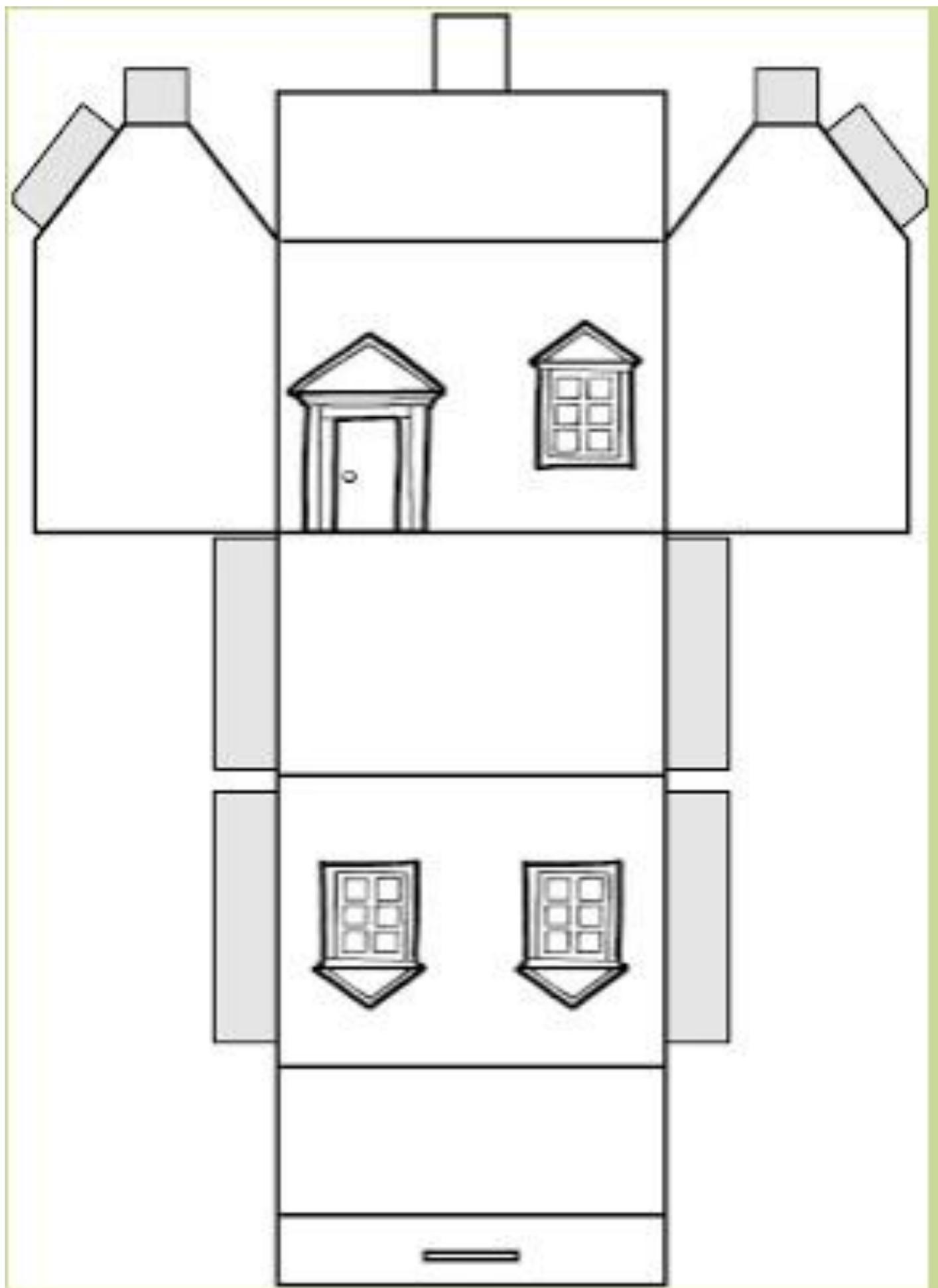
I Can Build My Foundation on
JESUS CHRIST



I Can Build My Foundation on
JESUS CHRIST







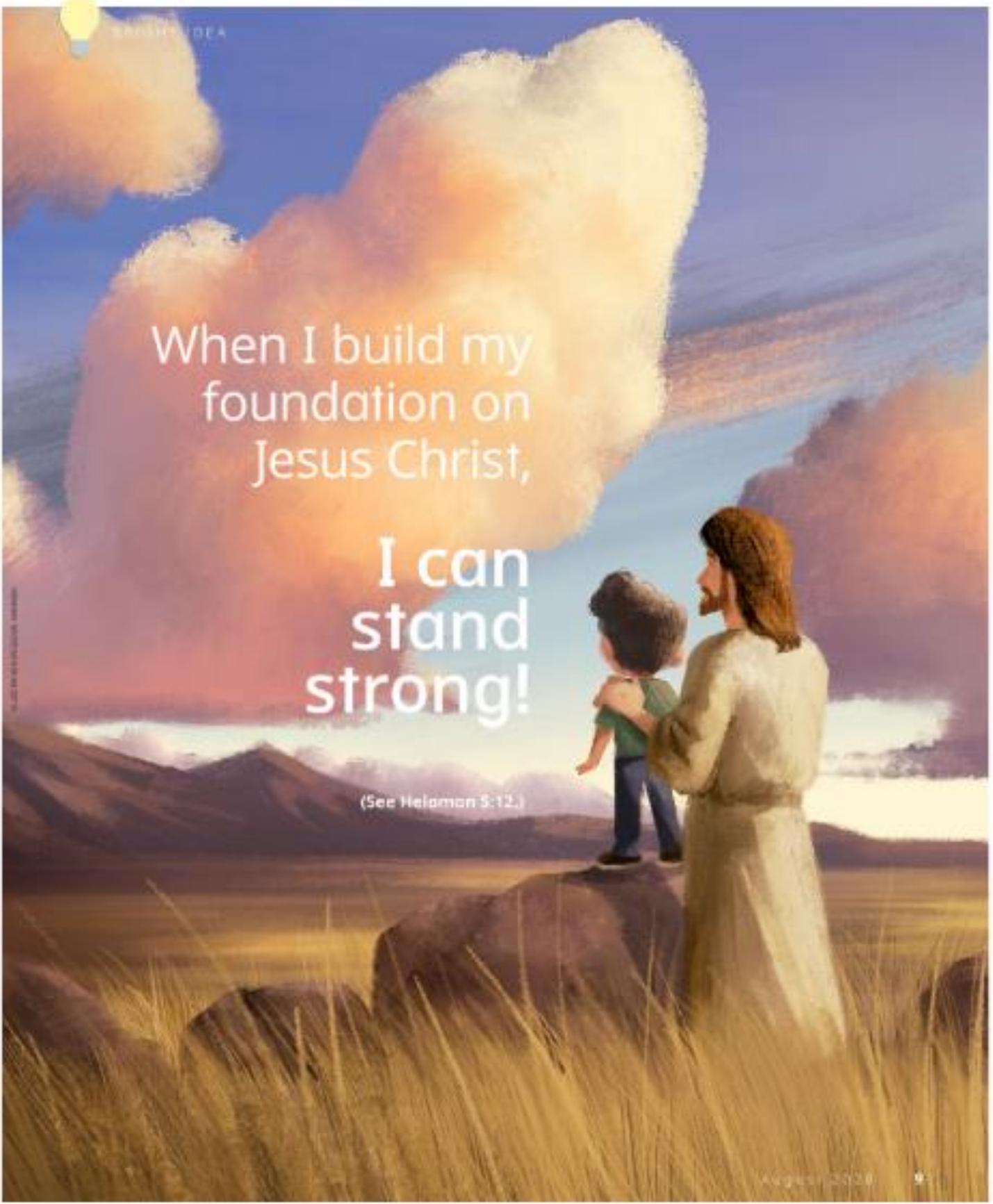


BRIGHT IDEA

When I build my
foundation on
Jesus Christ,

I can
stand
strong!

(See Helaman 5:12.)



August 2020