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March 21-27

# "I Have Remembered My Covenant"

- Knowing the Lord** – After Jacob’s descendants (family born after Jacob) had lived in Egypt for hundreds of years, a new pharaoh came to power. He was not nice to them. He made them be slaves. This pharaoh said, “I know not the Lord” (Exodus 5:2). When we know the Lord, do we treat others more kindly?
  - What are some things we can do to “know the Lord” in our lives?
  - Set out a picture of Jesus Christ and take turns sharing things we know about Him.
  - Remind them that Heavenly Father and Jesus know each of us and love us lots! As we learn more about Them, we feel peace from Them and become more like Them.
- Jesus Christ is Our Deliverer** – Jesus Christ is sometimes called Jehovah and “I AM.” He is also known as our “Deliverer.” What does it mean to deliver? Talk about how He has power to save us from sin and death. He also had a plan to deliver the Israelites from the people who were being mean to them. Moses would play an important role in helping The Lord do this. Read/summarize/watch one or both of the following videos from the church’s website.
  - [“Baby Moses”](#)
  - [“Moses the Prophet”](#)
  - Future lessons after this one get more into the details of the people actually being delivered. This week’s lesson is more focused on just setting the stage for learning about those details later.
- Reverence Helps Us Know the Lord** –
  - **Discuss (from the manual): [Exodus 3:1–6](#)** *When Moses approached the burning bush, the Lord told him to remove his shoes as a sign of reverence. How can we show reverence for sacred places? For example, what can we do to make our home a sacred place where the Lord’s Spirit can dwell? How can we show more reverence in other sacred places?*
  - Listen to [“Reverence is Love”](#). What does the song say we can know in our heart when we’re reverent? Talk about how being reverent at appropriate times helps us know Heavenly Father and Jesus better and feel their presence in our lives.
- Reverence Game** – Crystal from [theredcrystal](#) created a GREAT reverence game to help get kids moving while discussing times when we need to be reverent. Go to her website to print up the pieces for this. 😊
  - *If you don’t want to print anything for this, you can just put a picture of Christ on one side of the room to represent the reverent side. Say the different places out loud and have them go to either the reverent side or the opposite side of the room.*

1. Put pictures on different sides of the room.  
 2. Have the children draw with the words on the other piece out of a bowl.  
 3. Have them choose which picture to stand next to.  
 4. Explain that there are situations where we should be reverent and some where we don't need to be reverent.



Birthday Party!	Picnic	Blessing the food.	Playing soccer.
Taking the Sacrament	Going to the temple.	Baby blessing.	Jumping on the trampoline.
Riding bikes with friends.	Saying a prayer.	Going to the Park.	Singing a primary song or Hymn.
Sacrament meeting.	Building a tower with blocks.	Watching someone get baptized.	

Put these in a bowl of water. Have children draw them out. Have them choose which picture to stand next to. Explain that there are situations where we should be reverent and some where we don't need to be reverent.

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5. Scripture Draw – Use the scripture draw sheet on page 3 below to draw pictures of ways we can be reverent in different places.
  
6. Women Who Knew the Lord Wall of Fame – Print up pages 4-5 below to talk about some of the amazing women involved in this story. Thanks to Crystal from [theredcrystal](http://theredcrystal.org) for making these look so cute for us! SO grateful for her artistic talents and willingness to help make things to go along with lessons. She has lots of great stuff on her website, so check it out if you haven't already ([theredcrystal.org](http://theredcrystal.org)).
  - This idea was inspired by this section of the manual: *Several women played critical roles in God's plan to raise up a deliverer for the Israelites. As a family, you could read about the midwives Shiphrah and Puah ([Exodus 1:15–20](#)); Moses's mother, Jochebed, and his sister, Miriam ([Exodus 2:2–9](#); [Numbers 26:59](#)); Pharaoh's daughter ([Exodus 2:5–6, 10](#)); and Moses's wife Zipporah ([Exodus 2:16–21](#)). How did these women further God's plan? How do their experiences remind us of Jesus Christ's mission? You could also gather pictures of female relatives and ancestors and share stories about them. How have we been blessed by righteous women? President Russell M. Nelson's message "[A Plea to My Sisters](#)" (*Ensign or Liahona*, Nov. 2015, 95–98) could add to your discussion.*
  - Since both of our kids are girls, we plan on really focusing on how important women are to God's work. There are some great quotes in the prophet's talk "[A Plea to My Sisters](#)." We'll probably share/summarize this one:
 

***We, your brethren, need your strength, your conversion, your conviction, your ability to lead, your wisdom, and your voices. The kingdom of God is not and cannot be complete without women who make sacred covenants and then keep them, women who can speak with the power and authority of God!***
  
7. Baby Moses Treat – Use blue Jello and whatever other materials you can think of to make a baby Moses treat while reviewing the story and lessons we can learn from it. Some pictures of ideas are below. Click on each picture to see the website it came from.

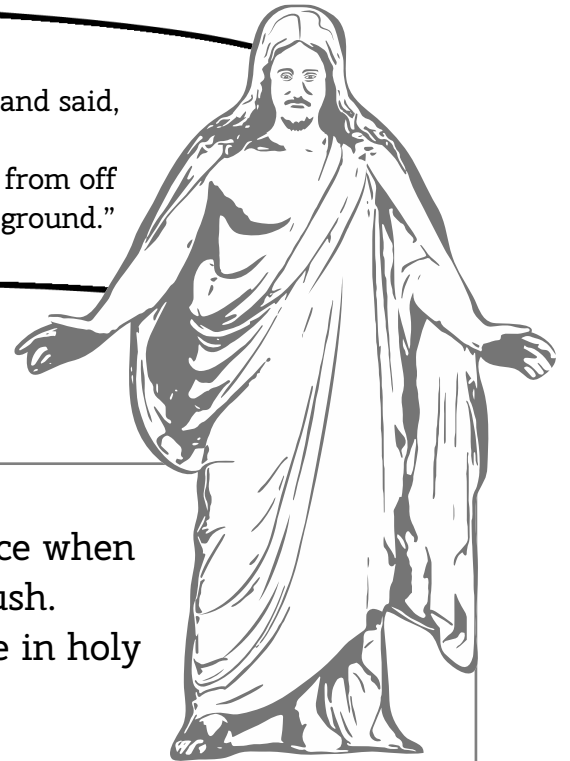


## Additional Ideas:

More Great Free Ideas at [www.theredcrystal.org](http://www.theredcrystal.org)  
 Old Testament Cartoon Videos from the Church Website  
 "[Make a Basket for Baby Moses](#)" from *The Friend*  
 "[He is There](#)" song from *The Friend*

### Exodus 3:4-5

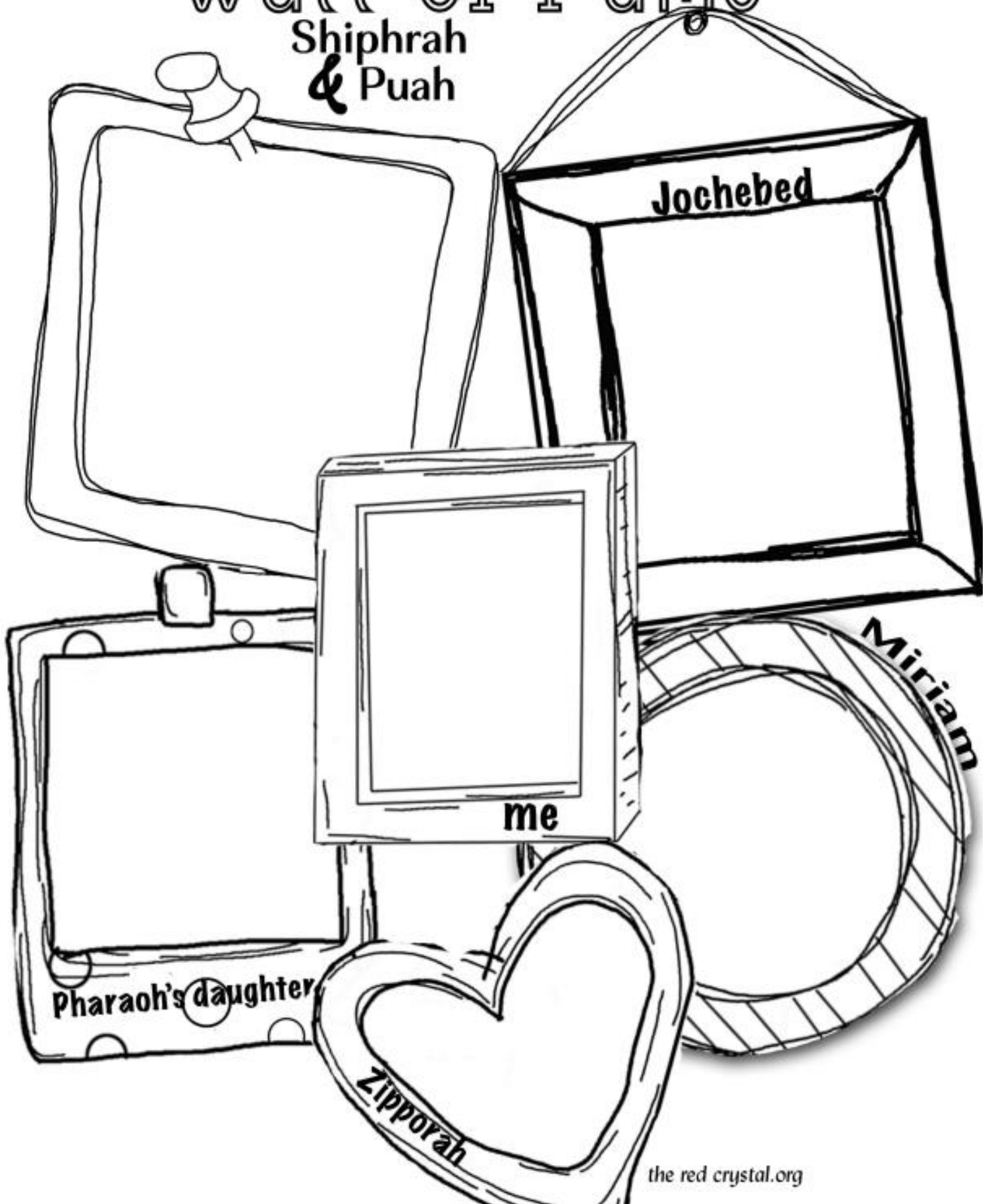
“...God called unto him out of the midst of the bush, and said,  
Moses, Moses. And he said, Here am I.  
And he said, Draw not nigh hither: put off thy shoes from off  
thy feet, for the place whereon thou standest is holy ground.”



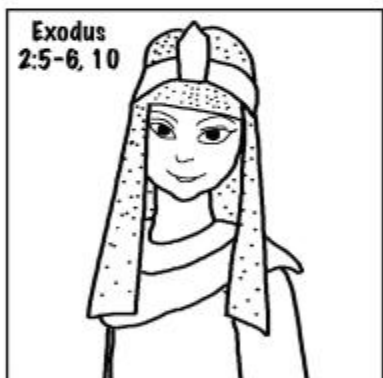
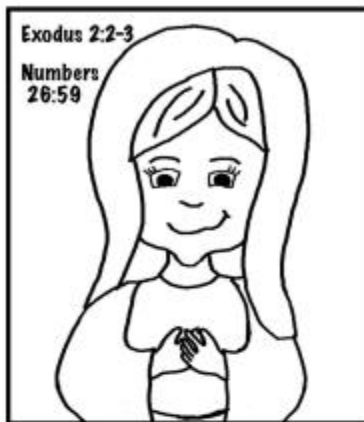
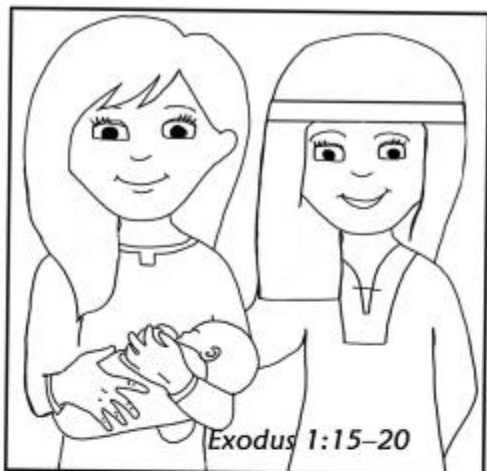
Moses removed his shoes as a sign of reverence when  
the Lord appeared to him in a burning bush.  
Draw pictures of ways you can show reverence in holy  
places.

# Wall of Fame

Shiphrah  
& Puah



Women Who Knew the Lord Wall of Fame: Tape the "Wall of Fame" sheet onto the wall. Cut the picture cards apart. Place them in a pile upside-down and take turns pulling one out of the pile. When each is chosen, read the scripture reference for that woman and then glue her picture onto the wall of fame. Then have them draw a picture of themselves in the middle while talking about why they are also important to Heavenly Father and Jesus.



**Attach the pictures to the "Wall of Fame" after you talked about them. For older children, have them look up the scripture to help them match up the names with the pictures.**

