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November 14-20

“Seek the Lord, and Ye Shall Live”

1. We Thank Thee, O God, For a Prophet – Discuss how the prophet helps bring the word of the Lord into our lives. Sing/discuss “[We Thank Thee, O God, For a Prophet](#)” and talk about how prophets are messengers of Jesus Christ and Heavenly Father.
 - Watch “[What is a Prophet?](#)” video from Latter Day Kids
2. Message Activity – From the manual: “*Whisper to one of the children a message for the rest of the class (such as asking the children to stand on one foot or turn around in a circle), and ask him or her to share the message with the other children. Repeat this activity, allowing a few other children to be the messenger. Help them understand how the messenger in this activity is like a prophet, who shares God’s message with us. Share a few examples of recent messages from the living prophet that have helped you grow closer to Jesus Christ.*”
3. Foodless Food Search –
 - Ask if anyone would like a snack! Designate an area where they can search for food and tell them they have 1 minute to look for food. They can keep/eat any food that they find! *Make sure there is not actually any food in the designated area. If you’re teaching kids who might be overly sensitive/sad about not finding food, you might just want to talk about what this would feel like rather than actually having them search for food that’s not there.*
 - How does it feel to search for food and not find it? Do our bodies need food? Do our spirits need food? Explain that just like good food can fill our bodies and help them be healthy and strong, the word of the Lord can fill our spirits and help our spirits be strong.
 - Famine: Explain that a famine is a time when there’s not much food. Do we live in a time of famine right now? (No) What do you think a spiritual famine is? Discuss how there was a time after Jesus was on the earth when people couldn’t find the word of the Lord, so it was like their spirits were hungry. Do we live in a time when there is spiritual famine? Discuss how we live in a time when there are many prophets and apostles who share the word of God with us. The word of God is like food for our spirits, and there is lots of it that we can find now! We just have to make the choice to find it and enjoy it.
 - If you’re teaching older kids, you might want to watch “[After the New Testament](#)” video from the church and briefly talk about how Joseph Smith helped bring back many spiritual truths that can help our spirits be healthy and strong.
4. Actions to Verses – From the manual: “[Amos 8:11–12](#) *Children might enjoy making up actions that go with phrases in these verses. When our bodies are hungry or thirsty, what do we do? When our spirits are hungry or thirsty, what do we do?*”
5. Food Search – This time actually have food hidden. We’re going to put snacks in brown paper bags (crackers, cheese sticks, fruit snacks, apples, etc.). After they’ve found all of the bags, ask them how much better it felt to search for food this time compared to when they searched and couldn’t find any. Remind them that there is also lots of spiritual food all around us now!
 - Talk about where we can find “food” for our spirits (general conference, church, primary, scriptures, etc.).
 - Share times when our spirits have felt happy because of spiritual “food” they’ve enjoyed.

6. Feast – Take the paper bags to a table to have a “feast.” Give everyone a placemat (from page 4 below...created by Crystal from www.theredcrystal.org). Choose a talk from [General Conference](#) to watch again. While watching, let them eat their snacks and color their placemats. Have them draw or write things on the plate picture that they learn from the talk. After the talk, let each person share what they learned.
7. Scripture Draw – Do the scripture draw on page 3 below.



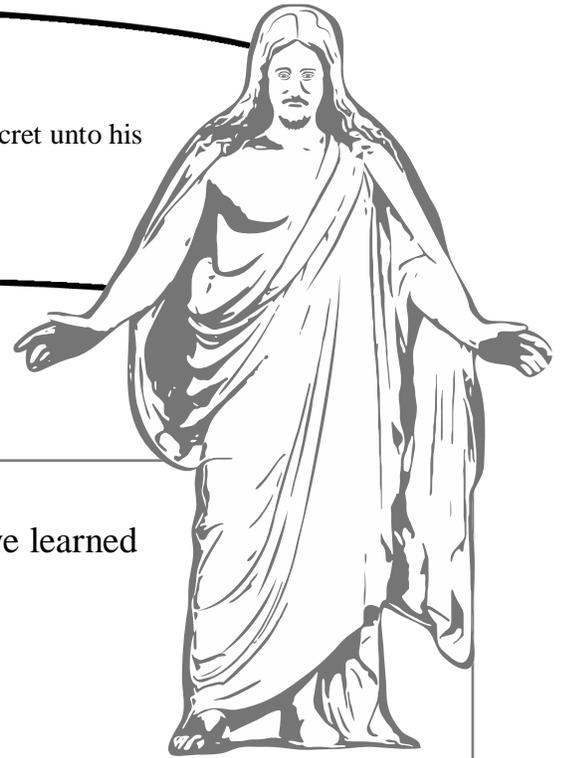
NEW BOOK! We’ve been working hard to create a new book to help make teaching the New Testament easier for you for next year’s Come, Follow Me! My very favorite thing about this is that it will have all of the **activity sheets ready to cut right out of the book so that you don’t have to make your own copies!** There is one lesson with a cut-out activity per week included, and they follow the order of the Come, Follow Me curriculum. It’s available for pre-order right now on [Amazon](#) as well as on [Cedar Fort](#)’s website. **Due to circumstances out of our control, it will be officially available a little later than the original November 8th date, but Cedar Fort has reassured us that they should be ready to send out soon!** We’re really hoping to make life simpler for anyone teaching CFM to their kids next year. 😊

Additional Ideas:

More Great Free Ideas at www.theredcrystal.org
[Old Testament Cartoon Videos from the Church Website](#)
[“The Great Apostasy”](#) 16-minute video from the church

Amos 3:7

Surely the Lord God will do nothing, but he revealeth his secret unto his servants the prophets.



Draw pictures or use words to show something we have learned from prophets.

The word of the Lord can satisfy spiritual hunger and thirst.

