



Youth Sunday School

Come, Follow Me: Old Testament 2022

“I Will Love Them Freely”

November 7-13 • Hosea 1-6; 10-14; Joel

“Seek the Lord, and Ye Shall Live”

November 14-20 • Amos; Obadiah

Each Youth Sunday School packet includes the weeks leading up to the first or third Sunday that Youth Sunday School is taught. The weeks are separate so you can choose which ideas to use. Please use the activities that work best for you in your own circumstances. You may not be able to use all of the graphics and activities and that's okay!

When preparing these lesson helps, we follow the Come, Follow Me lesson manual closely. We will never vary from the doctrine taught in the lesson outline. It is important that you always read through the lesson and all of the suggested scriptures. Then read through the helps we have provided and pray about which activities will be the most beneficial to your class, following the guidance of the Spirit. The thing I love most about the Come, Follow Me format is that it is designed for the youth to take an active role in their learning. We have designed our lesson helps to help facilitate a lesson full of thought and discussion.

See the next page for related resources and information about the people discussed in these chapters.



Click the link to download the files as JPGs. This is a zip file that will automatically download to your computer. Please look in your "downloads" folder if you can't find it. You will need to "unzip" the file to access the printables. The JPGs are a great option if you'd like to send an activity to your children if they aren't able to attend class. The JPGs will be individual files, instead of all in one like the PDFs.



Related Resources

- [Old Testament Timeline](#) (I refer to this often in my own studies!)
- [Come, Follow Me—For Individuals and Families: Old Testament 2022](#) (often includes background information that’s helpful for your Youth Sunday School lessons)
- [“Elder David A. Bednar Discussion,”](#) Evening with a General Authority 2020
- [“Learning the Lessons of the Past,”](#) M. Russell Ballard, April 2009 General Conference
- [“Prophets,”](#) Gospel Topic, topics.churchofjesuschrist.org

When we studied the Old Testament in 2018, there was a feature in the Friend magazine called Old Testament Heroes. It included monthly cards. While these were meant for children, your youth may enjoy them and find them helpful while you learn this year! These would be a great addition to your scripture journals. I’ll add links to the different cards as we move forward this year.

- [Jehovah card](#)
- [Joseph card](#)
- [Elijah card](#)
- [Adam and Eve card](#)
- [Moses card](#)
- [Esther card](#)
- [Abraham and Sarah card](#)
- [Ruth card](#)
- [Daniel card](#)
- [Rebekah card](#)
- [David card](#)

People In These Chapters

With so many people to learn about in the Old Testament, here are links to the [Guide to the Scriptures](#) for the main people discussed in the Sunday School manual.

- [Hosea](#)
- [Joel](#)
- [Amos](#)
- [Obadiah](#)



PRINTING INSTRUCTIONS:

All of our files are on 8.5x11" pages for easy printing. You can print from home or send to a print shop. We suggest opening your PDFs in Adobe Reader and printing from there. It seems to solve many printing issues. Please make sure you have the most updated version. (It is a free download online.) Please use the JPG files included in your download if you have printing issues.

Printing Troubleshoot:

Q. It's only printing part of the image.

A. In your print box, check the box that says "fit" or "fit on page."

Q. I'm getting an "error" message when trying to print from Adobe Reader.

A. In the print screen, click on the "advanced" button and select "print as image." Or try printing from the JPG copy in your file.

Q. It's printing a black or white box behind an image.

A. If this is happening on your printer, then please use the JPG copy in your file. PDFs do weird things sometimes!

ALLOWED:

You are allowed to print as many times as you need to for personal or church use only. Please save your files to your computer once you have downloaded them.

NOT ALLOWED:

Please do not share passwords to your account to others.

Do not share digital files (as these can easily be mailed from person to person to person. We appreciate your honesty.) You are allowed to email individual JPG files if a child was absent from class and you'd like to send them an activity.

You are not allowed to post our products or any form of our products online with the intent of giving it away or selling it. No commercial use is allowed. (All of our products are copyrighted.)

You are not allowed to alter our products in any way without prior written permission.

“I Will Love Them Freely”

November 7-13 • Hosea 1-6; 10-14; Joel

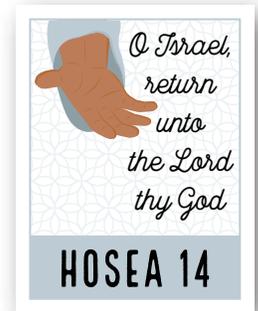
Click on an image to open a JPG.

Hosea 1-3; 14 ⇒ No-prep discussion ⇐

The Lord always invites us to return to Him. - Class Discussion

To begin your lesson this week, it may be helpful to introduce your class briefly to Hosea, Joel, Amos, and Obadiah, who were all prophets in the Old Testament. Consider using the Guide to the Scriptures and the Old Testament Timeline linked at the beginning of this packet. Point out that there is a lot we don't know about some of the prophets we're studying, but we can still learn a lot from their words.

One example of this is how Hosea taught us that the Lord always invites us to return to Him. Put the visual aid on the board and invite the youth to search Hosea 14 for promises the Lord made to the house of Israel if they would return to Him. Ask the youth to write their responses on the board or raise their hand and share out loud when they find one. Help them understand what some of the metaphors could mean. Invite them to share what words or phrases stuck out to them.



Hosea 6:6; Joel 2:12-13 ⇒ Keep Youth engaged! ⇐

Devotion to God must be felt inwardly, not just expressed outwardly. - Class Activity

You'll need a nice looking apple for this part of the lesson. The youth may enjoy if you bring some apples for them to share as a treat, too! Put the apple on the table and ask someone to tell you what it is. This might get a few laughs because it's obviously something everyone is familiar with. Sometimes we may feel like an apple where everyone sees us and knows we're a member of the Church of Jesus Christ of Latter-day Saints.

Ask if anyone has ever cut into an apple to find that it was bruised or wormy. Maybe they couldn't tell from the outside. While it is important to be good examples and have our actions show others that we're disciples of Christ, the Lord says this is not enough. He asks us to be devoted to God inwardly. Hopefully the apple will be a good visual aid for the youth to make this connection.

Next, follow the instructions in the manual. Read Hosea 6:6 and Joel 2:12-13 out loud as a class. Split your class into two groups and assign each group a passage from Matthew. Give each group time to teach the other what they learned. Ask the questions from the manual to have a discussion as a class.

MATTHEW 9:10-13

MATTHEW 12:1-8



“I will pour out my spirit upon all flesh.” - Scripture Journal Prompt

As a class, read Joseph Smith—History 1:41 and share that this is what Moroni told Joseph Smith about the prophesy made in Joel 2.

Then, use the scripture journal prompt to do one of the following:

- 1 - Give your youth time to work individually and record their thoughts in their scripture journals.
- 2 - Have your class work in pairs or small groups, using the prompt as a guide.
- 3 - Read the scriptures and discuss the question as a class.



If you gave the class time to write in their journals or work in small groups, consider leaving time for them to share their thoughts and/or experiences with the whole class.

End this activity by reading the quote from Elder Bednar in the Additional Resources section of the manual. Give the youth time to comment or record any other thoughts this may bring to mind related to the questions asked on the journal prompt.





*O Israel,
return
unto
the Lord
thy God*

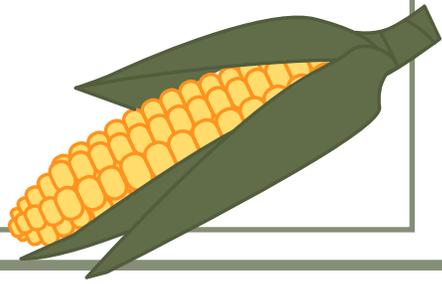
HOSEA 14



*O Israel,
return
unto
the Lord
thy God*

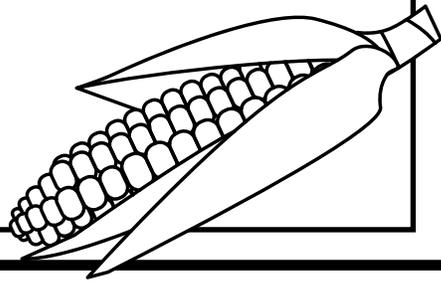
HOSEA 14

MATTHEW 9:10-13



MATTHEW 12:1-8

MATTHEW 9:10-13



MATTHEW 12:1-8



**“I WILL POUR OUT
MY SPIRIT
UPON ALL FLESH.”**

Read Joel 2:28–32. What prophecies do you see being fulfilled in our day? What does it mean to you, personally, to feel an outpouring of the Holy Ghost in your daily life. What can we do if we feel like we aren't receiving that outpouring?



**“I WILL POUR OUT
MY SPIRIT
UPON ALL FLESH.”**

Read Joel 2:28–32. What prophecies do you see being fulfilled in our day? What does it mean to you, personally, to feel an outpouring of the Holy Ghost in your daily life. What can we do if we feel like we aren't receiving that outpouring?



**“I WILL POUR OUT
MY SPIRIT
UPON ALL FLESH.”**

Read Joel 2:28–32. What prophecies do you see being fulfilled in our day? What does it mean to you, personally, to feel an outpouring of the Holy Ghost in your daily life. What can we do if we feel like we aren't receiving that outpouring?



**“I WILL POUR OUT
MY SPIRIT
UPON ALL FLESH.”**

Read Joel 2:28–32. What prophecies do you see being fulfilled in our day? What does it mean to you, personally, to feel an outpouring of the Holy Ghost in your daily life. What can we do if we feel like we aren't receiving that outpouring?



**“I WILL POUR OUT
MY SPIRIT
UPON ALL FLESH.”**

Read Joel 2:28–32. What prophecies do you see being fulfilled in our day? What does it mean to you, personally, to feel an outpouring of the Holy Ghost in your daily life. What can we do if we feel like we aren't receiving that outpouring?



**“I WILL POUR OUT
MY SPIRIT
UPON ALL FLESH.”**

Read Joel 2:28–32. What prophecies do you see being fulfilled in our day? What does it mean to you, personally, to feel an outpouring of the Holy Ghost in your daily life. What can we do if we feel like we aren't receiving that outpouring?



**“I WILL POUR OUT
MY SPIRIT
UPON ALL FLESH.”**

Read Joel 2:28–32. What prophecies do you see being fulfilled in our day? What does it mean to you, personally, to feel an outpouring of the Holy Ghost in your daily life. What can we do if we feel like we aren't receiving that outpouring?



**“I WILL POUR OUT
MY SPIRIT
UPON ALL FLESH.”**

Read Joel 2:28–32. What prophecies do you see being fulfilled in our day? What does it mean to you, personally, to feel an outpouring of the Holy Ghost in your daily life. What can we do if we feel like we aren't receiving that outpouring?



**“I WILL POUR OUT
MY SPIRIT
UPON ALL FLESH.”**

Read Joel 2:28–32. What prophecies do you see being fulfilled in our day? What does it mean to you, personally, to feel an outpouring of the Holy Ghost in your daily life. What can we do if we feel like we aren't receiving that outpouring?



**“I WILL POUR OUT
MY SPIRIT
UPON ALL FLESH.”**

Read Joel 2:28–32. What prophecies do you see being fulfilled in our day? What does it mean to you, personally, to feel an outpouring of the Holy Ghost in your daily life. What can we do if we feel like we aren't receiving that outpouring?



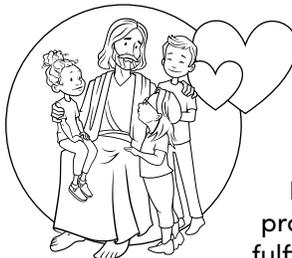
**“I WILL POUR OUT
MY SPIRIT
UPON ALL FLESH.”**

Read Joel 2:28–32. What prophecies do you see being fulfilled in our day? What does it mean to you, personally, to feel an outpouring of the Holy Ghost in your daily life. What can we do if we feel like we aren't receiving that outpouring?



**“I WILL POUR OUT
MY SPIRIT
UPON ALL FLESH.”**

Read Joel 2:28–32. What prophecies do you see being fulfilled in our day? What does it mean to you, personally, to feel an outpouring of the Holy Ghost in your daily life. What can we do if we feel like we aren't receiving that outpouring?



**“I WILL POUR OUT
MY SPIRIT
UPON ALL FLESH.”**

Read Joel 2:28–32. What prophecies do you see being fulfilled in our day? What does it mean to you, personally, to feel an outpouring of the Holy Ghost in your daily life. What can we do if we feel like we aren't receiving that outpouring?



**“I WILL POUR OUT
MY SPIRIT
UPON ALL FLESH.”**

Read Joel 2:28–32. What prophecies do you see being fulfilled in our day? What does it mean to you, personally, to feel an outpouring of the Holy Ghost in your daily life. What can we do if we feel like we aren't receiving that outpouring?



**“I WILL POUR OUT
MY SPIRIT
UPON ALL FLESH.”**

Read Joel 2:28–32. What prophecies do you see being fulfilled in our day? What does it mean to you, personally, to feel an outpouring of the Holy Ghost in your daily life. What can we do if we feel like we aren't receiving that outpouring?



**“I WILL POUR OUT
MY SPIRIT
UPON ALL FLESH.”**

Read Joel 2:28–32. What prophecies do you see being fulfilled in our day? What does it mean to you, personally, to feel an outpouring of the Holy Ghost in your daily life. What can we do if we feel like we aren't receiving that outpouring?

“Seek the Lord, and Ye Shall Live”

November 14–20 • Amos; Obadiah



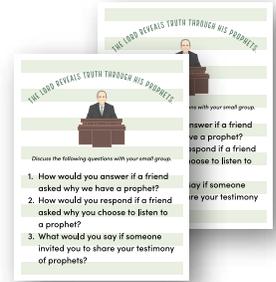
Amos 3:7–8; 7:10–15

⇒ No-prep discussion ⇐

The Lord reveals truth through His prophets. - Small Group Discussions

Begin by doing as the manual suggests and ask the youth to share truths about prophets that they found in their study of Amos 3 and 7 this week. Make a list on the board. Next, separate your class into small groups of 2 or 3. Give each group a conversation card and give them time to discuss their thoughts with each other.

Invite everyone back together and ask if anyone would like to share what they discussed in their small groups. End by leaving time for the youth to share their testimonies of prophets.



Amos 5; 8:11–12

⇒ No-prep activity ⇐

Apostasy is like a famine of hearing the words of the Lord. - Activity Sheet

Use the activity sheet to help your class learn more about apostasy. The youth can work individually or in pairs to learn more from Amos. After you've given them time to work on the activity sheets, invite them to share what they learned. End by reading the full quote from M. Russell Ballard from the Additional Resources section of the manual (part of the quote is on the activity sheet). Share your testimony of God's constant love for all of His children.



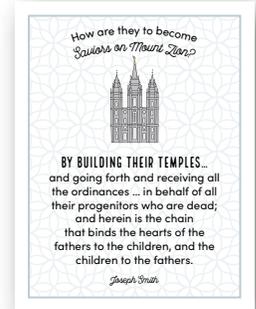
“Saviours shall come up on Mount Zion.” – Object Lesson and Handout

Invite one of your youth to help you with an object lesson. You’ll need to find someone wearing shoes that have laces. Ask your volunteer to untie one of his shoes. Now tell him he can’t move again, but needs to retie his shoes before you can move on with the lesson. See if the class has any suggestions of how your volunteer can have tied shoes.

Hopefully someone will volunteer to do it for him. Thank your volunteer(s) and read Obadiah 1:21 out loud to the class. Ask if anyone has heard the term “saviors on Mount Zion” before. Ask what it means. (temple and family history work) Ask why this is a good term for temple and family history work.

Refer back to the object lesson. Point out that your volunteer could not tie his own shoes, but someone else could do it for him. Just like our Savior, through the Atonement, has done something we could not do for ourselves, we can also be “saviors on Mount Zion” by doing family history and temple work for those who cannot partake in these ordinances themselves.

Display the poster and invite someone to read the quote from Joseph Smith. Ask the youth to share any recent experiences they’ve had in the temple or doing family history work. Send them home with a handout and encourage them to look for ways they can do more to help their ancestors.



Click for
full page
JPG.



Click for
4x6 JPG.



THE LORD REVEALS TRUTH THROUGH HIS PROPHETS.



Discuss the following questions with your small group.

1. How would you answer if a friend asked why we have a prophet?
2. How would you respond if a friend asked why you choose to listen to a prophet?
3. What would you say if someone invited you to share your testimony of prophets?

THE LORD REVEALS TRUTH THROUGH HIS PROPHETS.



Discuss the following questions with your small group.

1. How would you answer if a friend asked why we have a prophet?
2. How would you respond if a friend asked why you choose to listen to a prophet?
3. What would you say if someone invited you to share your testimony of prophets?

THE LORD REVEALS TRUTH THROUGH HIS PROPHETS.



Discuss the following questions with your small group.

1. How would you answer if a friend asked why we have a prophet?
2. How would you respond if a friend asked why you choose to listen to a prophet?
3. What would you say if someone invited you to share your testimony of prophets?

THE LORD REVEALS TRUTH THROUGH HIS PROPHETS.



Discuss the following questions with your small group.

1. How would you answer if a friend asked why we have a prophet?
2. How would you respond if a friend asked why you choose to listen to a prophet?
3. What would you say if someone invited you to share your testimony of prophets?

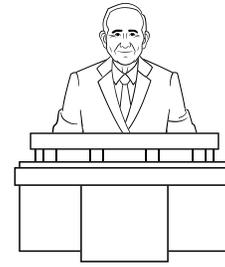
THE LORD REVEALS TRUTH THROUGH HIS PROPHETS.



Discuss the following questions with your small group.

1. How would you answer if a friend asked why we have a prophet?
2. How would you respond if a friend asked why you choose to listen to a prophet?
3. What would you say if someone invited you to share your testimony of prophets?

THE LORD REVEALS TRUTH THROUGH HIS PROPHETS.



Discuss the following questions with your small group.

1. How would you answer if a friend asked why we have a prophet?
2. How would you respond if a friend asked why you choose to listen to a prophet?
3. What would you say if someone invited you to share your testimony of prophets?

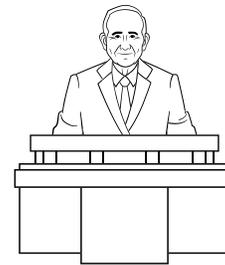
THE LORD REVEALS TRUTH THROUGH HIS PROPHETS.



Discuss the following questions with your small group.

1. How would you answer if a friend asked why we have a prophet?
2. How would you respond if a friend asked why you choose to listen to a prophet?
3. What would you say if someone invited you to share your testimony of prophets?

THE LORD REVEALS TRUTH THROUGH HIS PROPHETS.



Discuss the following questions with your small group.

1. How would you answer if a friend asked why we have a prophet?
2. How would you respond if a friend asked why you choose to listen to a prophet?
3. What would you say if someone invited you to share your testimony of prophets?

APOSTASY is like a famine of hearing the words of the Lord.

Apostasy:

A turning away
from the truth by
individuals, the
Church, or entire
nations.

AMOS 2:6-8; 5:11-12

How had the Israelites turned away from the Lord?

Why is it helpful to know about their downfall?

AMOS 8:11-12

Why are the words “famine” and “thirst” good ways to describe the condition of those who turn away from the Lord?

AMOS 5:4, 11-12, 14-15, 25-26

How can we avoid apostasy in our lives?

“Our Heavenly Father
loves all of His
children, and He wants
them all to have the
blessings of the gospel
in their lives. Spiritual
light is not lost
because God turns His
back on His children.
Rather, spiritual
darkness results when
His children turn
their collective backs
on Him.”

- M. Russell Ballard

APOSTASY is like a famine of hearing the words of the Lord.

Apostasy:

A turning away
from the truth by
individuals, the
Church, or entire
nations.

AMOS 2:6-8; 5:11-12

How had the Israelites turned away from the Lord?

Why is it helpful to know about their downfall?

AMOS 8:11-12

Why are the words “famine” and “thirst” good ways to describe the condition of those who turn away from the Lord?

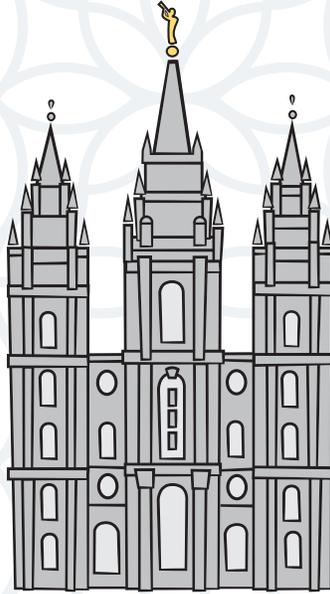
AMOS 5:4, 11-12, 14-15, 25-26

How can we avoid apostasy in our lives?

“Our Heavenly Father
loves all of His
children, and He wants
them all to have the
blessings of the gospel
in their lives. Spiritual
light is not lost
because God turns His
back on His children.
Rather, spiritual
darkness results when
His children turn
their collective backs
on Him.”

- M. Russell Ballard

How are they to become
Saviors on Mount Zion?



BY BUILDING THEIR TEMPLES...
and going forth and receiving all
the ordinances ... in behalf of all
their progenitors who are dead;
and herein is the chain
that binds the hearts of the
fathers to the children, and the
children to the fathers.

Joseph Smith

How are they to become
Saviors on Mount Zion?



BY BUILDING THEIR TEMPLES...

and going forth and receiving all
the ordinances ... in behalf of all
their progenitors who are dead;
and herein is the chain
that binds the hearts of the
fathers to the children, and the
children to the fathers.

Joseph Smith

How are they to become
Saviors on Mount Zion?



BY BUILDING THEIR TEMPLES...

and going forth and receiving all
the ordinances ... in behalf of all
their progenitors who are dead;
and herein is the chain
that binds the hearts of the
fathers to the children, and the
children to the fathers.

Joseph Smith

How are they to become
Saviors on Mount Zion?



BY BUILDING THEIR TEMPLES...

and going forth and receiving all
the ordinances ... in behalf of all
their progenitors who are dead;
and herein is the chain
that binds the hearts of the
fathers to the children, and the
children to the fathers.

Joseph Smith

How are they to become
Saviors on Mount Zion?

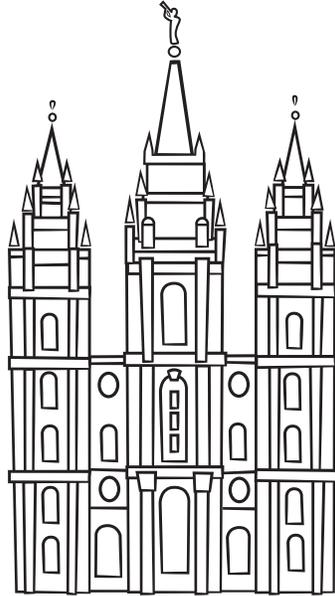


BY BUILDING THEIR TEMPLES...

and going forth and receiving all
the ordinances ... in behalf of all
their progenitors who are dead;
and herein is the chain
that binds the hearts of the
fathers to the children, and the
children to the fathers.

Joseph Smith

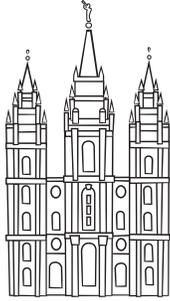
How are they to become
Saviors on Mount Zion?



BY BUILDING THEIR TEMPLES...
and going forth and receiving all
the ordinances ... in behalf of all
their progenitors who are dead;
and herein is the chain
that binds the hearts of the
fathers to the children, and the
children to the fathers.

Joseph Smith

How are they to become
Saviors on Mount Zion?

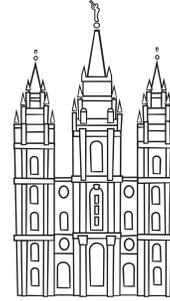


BY BUILDING THEIR TEMPLES...

and going forth and receiving all
the ordinances ... in behalf of all
their progenitors who are dead;
and herein is the chain
that binds the hearts of the
fathers to the children, and the
children to the fathers.

Joseph Smith

How are they to become
Saviors on Mount Zion?

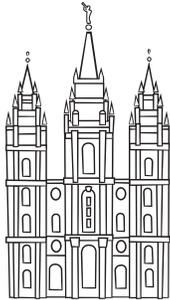


BY BUILDING THEIR TEMPLES...

and going forth and receiving all
the ordinances ... in behalf of all
their progenitors who are dead;
and herein is the chain
that binds the hearts of the
fathers to the children, and the
children to the fathers.

Joseph Smith

How are they to become
Saviors on Mount Zion?



BY BUILDING THEIR TEMPLES...

and going forth and receiving all
the ordinances ... in behalf of all
their progenitors who are dead;
and herein is the chain
that binds the hearts of the
fathers to the children, and the
children to the fathers.

Joseph Smith

How are they to become
Saviors on Mount Zion?



BY BUILDING THEIR TEMPLES...

and going forth and receiving all
the ordinances ... in behalf of all
their progenitors who are dead;
and herein is the chain
that binds the hearts of the
fathers to the children, and the
children to the fathers.

Joseph Smith