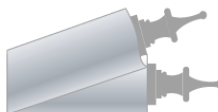




CHURCH EDUCATION

The Holy Bible
The Book of Mormon



'...and they shall become one in thine hand.' Ezekiel 37.17

LESSON TITLE

Righteousness

TEACHER NOTES

UNIT 2 – Love, Kinship, Worship

45- Minute lesson.

Teacher may decide to divide the lesson into two sessions. t

GRADES 7–9

THE HOLY BIBLE

Matthew 5:6, “Blessed are they which do hunger and thirst after righteousness: for they shall be filled.”

Q = Teacher asks question

THE BOOK OF MORMON

3 Nephi 12:6, “And blessed are all they who do hunger and thirst after righteousness, for they shall be filled with the Holy Ghost.”

Read The Quorum of Twelve Apostles (Q12) letter 11/2007 to the Church to prepare to teach the lesson.

OBJECTIVES

The participant will be able to:

- Discuss the benefits of righteous living.
- Identify righteous acts.

ESSENTIAL QUESTIONS

- Can you give an example of how we can make God the center of our life?
- What are some benefits to centering our life around God?
- What promises/blessings does God have for those who love and serve Him?

MATERIALS

Holy Bible and The Book of Mormon

White Board and marker

Resource: [Q12 “Righteousness” Letter 11/2007](#)

Copies of Terms and Definitions, page 3 - 1 per student. Pencils.

Task 1: Copies of pages 4-8 - 1 per pair/team. Scissors

Task 2: Copies of page 9 - 1 per student

PROCEDURE

Motivation/Introduction (3-5 minutes)

1. Engage students in a brief discussion on why consequences exist for breaking laws and relate to choices.

Q: Why might someone choose to break a law?

Q: Why do you think there are consequences for breaking a law? Do you think people would choose to do good if no punishment existed for breaking a law?

Q: Why do you think God gives people the freedom to choose to do good or do evil?

Q: What relationship exists between choice and personal responsibility?

Q: How does our behavior affect our relationship with God? Affect our relationship with family or friends?

Goals: Discuss the benefits of righteous living. Identify righteous and unrighteous acts.

Lesson Development (35-40 minutes)

1. Hand students the sheets of paper with the terms and definitions. Read aloud and discuss the definitions for hunger and thirst.

Q: What similarities exist between the definitions of hunger and thirst?

Q: How might we apply 'hunger' and 'thirst' to choosing to do good/live righteously?

Q: Can we hunger and thirst to:

- Be upright (honest, just, and true)?
- Love, be kind, or helpful?
- Learn God's word?

2. Engage students in a discussion on the benefits of choosing to live righteously.

Q: What rewards might we experience if we desire or crave to do good?

- a. Tell students to read the definitions for righteousness aloud from their papers.
- b. Tell students to identify any words that they do not know the meanings of. Write these words on the board.
- c. Tell students to look up the meaning of the words written on the board and write the definitions on the board.
- d. Tell students to define righteousness in their own words.
- e. Read and discuss 3 Nephi 12:6, 2 Nephi 2:27.

Q: Can you identify one reward of choosing to be righteous?

Q: Can you identify one consequence of choosing to be unrighteous?

Q: On a scale of 1-10, with 10 being most important, how important is it to you to choose to be righteous? (students write their number on their paper. They can keep it private.)

Q: What are some reasons you choose the number you chose? What did you consider? (write students' responses on the board. E.g. My relationship with God. My image/identity. My relationship with my parents, etc.)

Talking Points: Because God has given each of us the freedom to choose good or evil, we choose to love God or not. We ultimately choose our eternal happiness and life or our eternal misery and death. It's important for us to know this and think about our choices. By choosing good, we choose to center our life around God. A life centered around God has many rewards.

2. Task: Righteous Acts, pages 4-8.

Through the lens of the scriptures, students identify righteous acts.

- a. Pair up students or into breakout groups of 3-4.
- b. Print lists "Righteous Acts" for each pair/group..
- c. Print sheets of supporting scriptures for each pair/group and tell them to cut the scriptures apart.
- d. Tell students to work together to match the scripture to the category that it describes: Righteous Acts.
- e. Verses may apply to more than one category.

Q: Look at the "Righteous Acts" list. Which of these acts do you already do? Which would you choose to add to your life? (Inaudible response is appropriate)

3. Task: God's Promises to the Righteous, page 9.

Students read aloud a few scriptures and identify God's promises to the righteous.

Q: What is promised to the righteous?

- a. Psalm 1:1-3
- b. 1 Nephi 22:26
- c. John 4:13-14
- d. John 6:48-51

4. Discuss Essential Questions

Q: Can you give an example of how we can make God the center of our life?

Q: What are some benefits to centering our life around God?

Q: What promises/blessings does God have for those who love and serve Him?

Key Words: Love, kinship, worship, God, righteous

Terms and Definitions

- **Hunger** – a strong or compelling desire or craving for food
- **Thirst** –strong, eager desire, longing, or craving for liquid
- **Righteousness** (source: Apostles' letter) - virtuous; doing what is right; acting in a just, upright manner; acting in accord with divine or moral law; free from guilt or sin.
- **Righteousness** (source: Dictionary) - characterized by uprightness or morality; morally right or justifiable; acting in an upright, moral way; virtuous, the result of righteous actions
- **3 Nephi 12:6**, “And blessed are all they who do hunger and thirst after righteousness, for they shall be filled with the Holy Ghost.”
- **2 Nephi 2:27**, Wherefore, men are free according to the flesh; and all things are given them which are expedient unto man. And they are free to choose liberty and eternal life, through the great Mediator of all men, or to choose captivity and death, according to the captivity and power of the devil; for he seeketh that all men might be miserable like unto himself.

Task 1: Righteous Acts

Desire to make God number “1” in your life

Desire to Read and Study God’s Word

Take time to Pray and Fast

Desire to Fellowship with other Saints

Desires to Keep God's Commandments

Desires to Do God's Will

Desires to Praise God

Rejects Sin, Receives God's Salvation

Righteous Acts Supporting Scriptures

Matthew 6:24: “No *man* can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and Mammon.”

----- Cut all scriptures apart -----

Alma 38:9: “And now, my son, I have told you this that ye may learn wisdom, that ye may learn of me that there is no other way or means whereby man can be saved, only in and through Christ. Behold, he is the life and the light of the world. Behold, he is the word of truth and righteousness.”

John 4:13-14: “...whosoever drinketh of this water shall thirst again: But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.”

John 6:48-51, “...I am that bread of life.

[49] Your fathers did eat manna in the wilderness, and are dead. This is the bread which cometh down from heaven, that a man may eat thereof, and not die. I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.”

Matthew 6:5-8, “And when thou prayest, thou shalt not be as hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. But when ye pray, use not vain repetitions as the heathens do: for they think that they shall be heard for their much speaking. Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.

Matthew 6:16-18, “Moreover when ye fast, be not as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.”

Moroni 6:5-6, “And the church did meet together oft, to fast and to pray, and to speak one with another concerning the welfare of their souls. And they did meet together oft to partake of bread and wine, in remembrance of the Lord Jesus.”

-----Cut all scriptures apart -----

Matthew 5:19-20, “Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven. For I say unto you, That except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven.”

Matthew 7:21, “Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven.”

Psalms 106:1-3, “Praise ye the Lord. O give thanks unto the Lord; for *he is* good: for his mercy endureth forever. Who can utter the might acts of the Lord? Who can shew forth all his praise? Blessed are they that keep judgment, and *he* that doeth righteousness at all times.”

Ether 6:9, “And they did sing praises unto the Lord; yea the brother of Jared did sing praises unto the Lord, and he did thank and praise the Lord all the day long; and when the night came, they did not cease to praise the Lord.”

Alma 38:9, “And now, my son, I have told you this that ye may learn wisdom, that ye may learn of me that there is no other way or means whereby man can be saved, only in and through Christ. Behold, He is the life and the light of the world. Behold, He is the word of truth and righteousness.”

Righteous Acts – Key (Possible Answers)

Desire to make God number “1” in your life

Matthew 6:24; “No *man* can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and Mammon.”

Alma 38:9; “And now, my son, I have told you this that ye may learn wisdom, that ye may learn of me that there is no other way or means whereby man can be saved, only in and through Christ. Behold, he is the life and the light of the world. Behold, he is the word of truth and righteousness.”

Desire to Read and Study God’s Word

John 4:13-14; [13] “...whosoever drinketh of this water shall thirst again: [14] But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.”

John 6:48-51; [48] “...I am that bread of life. [49] Your fathers did eat manna in the wilderness, and are dead. [50] This is the bread which cometh down from heaven, that a man may eat thereof, and not die. [51] I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.”

Take time to Pray and Fast

Matthew 6:5-8; [5] “And when thou prayest, thou shalt not be as hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. [6] But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. [7] But when ye pray, use not vain repetitions as the heathens do: for they think that they shall be heard for their much speaking. [8] Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.

Matthew 6:16-18; [16] Moreover when ye fast, be not as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. [17] But thou, when thou fastest, anoint thine head and wash thy face; [18] That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

Desire to Fellowship with other Saints

Moroni 6:5-6; [5] And the church did meet together oft, to fast and to pray, and to speak one with another concerning the welfare of their souls. [6] And they did meet together oft to partake of bread and wine, in remembrance of the Lord Jesus.

Desire to Keep God’s Commandments

Matthew 5:19-20; [19] Whosoever therefore shall break on of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven. [20] For I say unto you, That except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven.

Desire to Do God’s Will

Matthew 7:21; “Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven.”

Desire to Praise God

Psalms 106:1-3; [1] Praise ye the Lord. O give thanks unto the Lord; for *he is* good: for his mercy endureth forever. [2] Who can utter the might acts of the Lord? Who can shew forth all his praise? [3] Blessed are they that keep judgment, and *he* that doeth righteousness at all times.”

Ether 6:9; “And they did sing praises unto the Lord; yea the brother of Jared did sing praises unto the Lord, and he did thank and praise the Lord all the day long; and when the night came, they did not cease to praise the Lord.”

Reject Sin, Receive God’s Salvation

Alma 38:9; “And now, my son, I have told you this that ye may learn wisdom, that ye may learn of me that there is no other way or means whereby man can be saved, only in and through Christ. Behold, He is the life and the light of the world. Behold, He is the word of truth and righteousness.”

Task 2: God's Promises to the Righteous

- a. **Psalm 1:1-3:** 1Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. 2But his delight is in the law of the LORD; and in his law doth he meditate day and night. (Bold print added for emphasis) 3And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.
- b. **1 Nephi 22:26:** And because of the righteousness of His people, Satan has no power; wherefore, he cannot be loosed for the space of many years; for he hath no power over the hearts of the people, for they dwell in righteousness, and the Holy One of Israel reigneth.
- c. **John 4:13-14:** ...whosoever drinketh of this water shall thirst again: But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.
- d. **John 6:48-51:** I am that bread of life. Your fathers did eat manna in the wilderness, and are dead. This is the bread which cometh down from heaven, that a man may eat thereof, and not die. I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.