

LESSON 4


Adam and Eve recorded their experiences with God (4000 BC).

Desired Results: The child will understand that Adam and Eve were historians. The history they recorded showed God's and Christ's influence and direction in their lives. The children should do the same things Adam and Eve did.

Principle: God and Christ lead, direct, and teach each of us. We should record their influence, direction, and teachings. That record becomes our history.

Materials needed:


Scriptures
 Picture of Adam and Eve reading to their children (GAK 119)
 Glue or tape
 Child's journal
 Family book of remembrance or individual journal
 Copy of world map for each child (appendix)
 Copy of pedigree chart (appendix) for each child

 **Song:** "I Lived in Heaven," *Children's Songbook*, p. 4. (Music CD's disc 1, song 2)

Prayer: Ask for the spirit to guide your lesson.

Memorization: Spend three to five minutes memorizing "God is Everywhere" or "Boats Sail on the Rivers" (after unit header).

Timeline Update: Place Adam and Eve on the timeline at 4000 BC.

 **Study:** To introduce Adam and Eve read *Old Testament Stories*, pp. 14-18.

Where in the world are we: Give each child a copy of the world map. Locate and mark Adam-ondi-Ahman. Explain that this is where Adam and Eve lived and that the Garden of Eden was in this area. Mark Adam-ondi-Ahman on the map. Explain that people from Adam and Eve to Noah lived near this area. It is near the place where the garden of Eden was.

Explain: We are now going to read how Adam and Eve kept their history. It was written in what was called a "book of remembrance."

 **Study:** Read Moses 6:5-6, 8, 45-46:

5: And a book of remembrance was kept, in the which was recorded, in the language of Adam, for it was given unto as many as called upon God to write by the spirit of inspiration.

Explain: This book of remembrance helped them keep their language pure. Those

with the spirit of God wrote in the book. The book had in it the experiences and learning of those who were inspired by God.

6: *And by them their children were taught to read and write, having a language which was pure and undefiled.*

Explain: They used this book to teach their children. They learned of God and his ways. They learned how to read and write in their own language.

8: *Now this prophecy Adam spake, as he was moved upon by the Holy Ghost, and a genealogy was kept of the children of God. And this was the book of the generations of Adam, saying: In the day that God created man, in the likeness of God made he him.*

Explain: Adam and his family kept a genealogy of his family in the book.

45: *And death hath come upon our father; nevertheless we knew them, and cannot deny, and even the first of all, we knew, even Adam.*

46: *For a book of remembrance we have written among us, according to the pattern given by the finger of God; and it is given in our own language.*

Explain: Adam's children, grandchildren, and great grandchildren knew of him, that he believed in God. They could read about his dealings with God, what he had learned from God, because he had written it in the book of remembrance.

Think: Discuss:

? If someone asked you to write your history, what would you write about? (When and where you were born, who your parents and grandparents are, where you lived, what you did and what other people you knew did.)

Explain: The scriptures we have are a history of different people. The Book of Mormon is a history of the people who came to America. The Bible is a history of the people who lived in Israel and the old world.

? What do you think the difference is between the history we get in the history books and the history we get from our scriptures? (History books don't tell us about the influence God has on events. The scriptures are written by prophets and show us God's influence and direction on the events that happen. From the scriptures we learn about God, His nature, and how He deals with people. They help us learn what we must do to live with him again. We don't learn that from history books.)

Activity: Bring out a family book of remembrance, a baby book, or a journal. Explain that these books of remembrance are much like the records kept by Adam and Eve. It is through these books of remembrance that we record our history—His story—in our lives. Adam and Eve wanted their children to “remember and know God” by reading the book of remembrance.

Explain that Adam walked with God and wanted his children to know the Lord. He recorded “stories” or his experiences with Heavenly Father so that his children would know them. Adam knew the true purpose of the study of history, that is, to bring men to Christ and to an understanding of His ways. When we study history, we will be looking for God’s influence in the lives of those we study. We will show how Heavenly Father brings to pass His purposes.



Think/ Record: Show the picture of Adam and Eve reading to their children (GAK # 119).

- ? What are Adam and Eve doing? (They are teaching their children from a book.)
- ? Where do you think Adam and Eve got that book? (They wrote it under the “spirit of inspiration.”)
- ? What do you think is in the book? (The story of their life and what they did. Emphasize that the story told how Heavenly Father blessed and guided them.)
- ? Why would they want their children to read it? (So they would believe in God and Christ.)



Activity: Have the children title a lined piece of notebook paper “Adam and Eve: Recorders of His Story.” (You may wish to make a color copy of the picture of Adam and Eve one-fourth of the original size for each child to glue on a sheet of paper for your notebook. You could also print a copy from www.lds.org.)



Record: Make a list under the caption of what you have learned about Adam and Eve as historians: (Young children may want to write only the words in **bold** type.)

1. A **book of remembrance** was kept, in which they recorded what happened.
2. They wrote by **inspiration**.
3. They used the record to **teach reading and writing**.
4. They kept a **genealogy** (list of ancestors) on a record.
5. They followed the **Lord’s pattern**.
6. They **wrote down** what they had learned.

Put your completed paper in your notebook.



Apply: What things should you be recording in your journal? (What I have learned, how Heavenly Father has helped me, how I have done the right things, what I have learned from doing the wrong things, what happens when we do the right and wrong things.)



Apply: How can keeping a journal help you? (Learn to read, write, remember what God has done for me, listen to the spirit, record my thoughts.)



Apply/ Record: Write in a journal or a special section of your notebook every day for a week, following the pattern Adam set: put a pedigree chart or family tree (appendix) in the front of your journal; pray before you write; write what you feel Heavenly

Father would want you to “remember” about that day—His influences and direction.

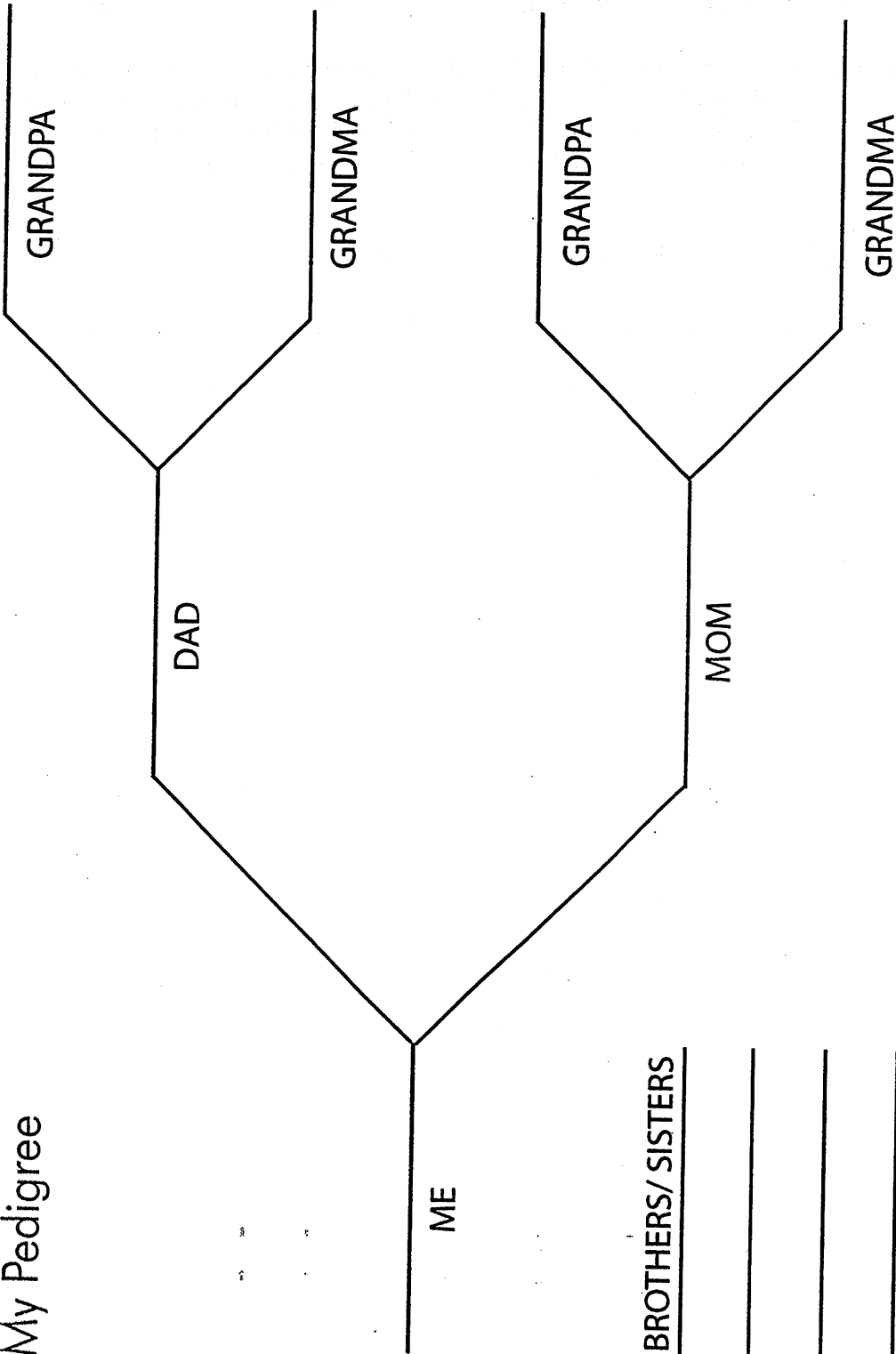
Note to parents: This activity should help children learn to look at their lives in order to see how Heavenly Father has blessed and guided them; how he has providentially arranged their lives. Their journal entries should not be simply a list of the day’s activities. You may need to help them see their experiences in this light. You may want to ask them questions like the following:

- ? How has Heavenly Father blessed you this day?
- ? How might Heavenly Father see [name an experience the child had]?
- ? What did He want you to learn from that experience?
- ? How well have you used the opportunities Heavenly Father gave you today?
- ? Have you felt His Spirit today? When?
- ? What have you learned today that could help you be a better person?

Enrichment:

1. Discuss ways in which things were recorded and passed on in history: metal plates, animal skins, pressed leaves, etc. Have the children “try” writing in these ways to see how difficult it is. Write on mason jar lids with a nail; write with a pen on a fake piece of leather or on a large leaf.
2. Give each child a copy of the blank Timeline of Adam’s Genealogy (appendix). Using the information from *Lectures on Faith* and the teacher’s guide (appendix), help the children fill in the blanks on the timeline. Point out how many of the people from Adam to Noah knew Adam and were taught by him. As you study Adam and Eve, Enoch, and Noah, refer to the timeline to help the children understand when each lived.

My Pedigree



BROTHERS/ SISTERS

From Lectures on Faith, no. 2

37. First, Adam was 130 years old when Seth was born. Genesis v. 3. And the days of Adam, after he had begotten Seth, were 800 years, making him 930 years old when he died. Genesis v. 4, 5. Seth was 105 when Enos was born (verse 6); Enos was 90 when Cainan was born (verse 9); Cainan was 70 when Mahalaleel was born (verse 12); Mahalaleel was 65 when Jared was born (verse 15); Jared was 162 when Enoch was born (verse 18); Enoch was 65 when Methuselah was born (verse 21); Methuselah was 187 when Lamech was born (verse 25); Lamech was 182 when Noah was born (verse 28).

38. From this account it appears that Lamech, the 9th from Adam, and the father of Noah, was 56 years old when Adam died; Methuselah, 243, Enoch, 308; Jared, 470; Mahalaleel, 535; Cainan, 605; Enos, 695; and Seth, 800.

39. So that Lamech the father of Noah, Methuselah, Enoch, Jared, Mahalaleel, Cainan, Enos, Seth, and Adam, were all living at the same time, and beyond all controversy, were all preachers of righteousness.

40. Moses further informs us that Seth lived after he begat Enos, 807 years, making him 912 years old at his death. Genesis v. 7, 8. And Enos lived after he begat Cainan, 815 years, making him 905 years old when he died (verses 10, 11). And Cainan lived after he begat Mahalaleel, 840 years, making him 910 years old at his death (verses 13, 14). And Mahalaleel lived after he begat Jared, 830 years, making 895 years old when he died (verses 16, 17). And Jared lived after he begat Enoch, 800 years, making him 962 years old at his death (verses 19, 20). And Enoch walked with God after he begat Methuselah 300 years, making him 365 years old when he was translated (verses 22, 23). And Methuselah lived after he begat Lamech, 782 years, making him 969 years old when he died (verses 26, 27). Lamech lived after he begat Noah, 595 years, making him 777 years old when he died (verses 30, 31).

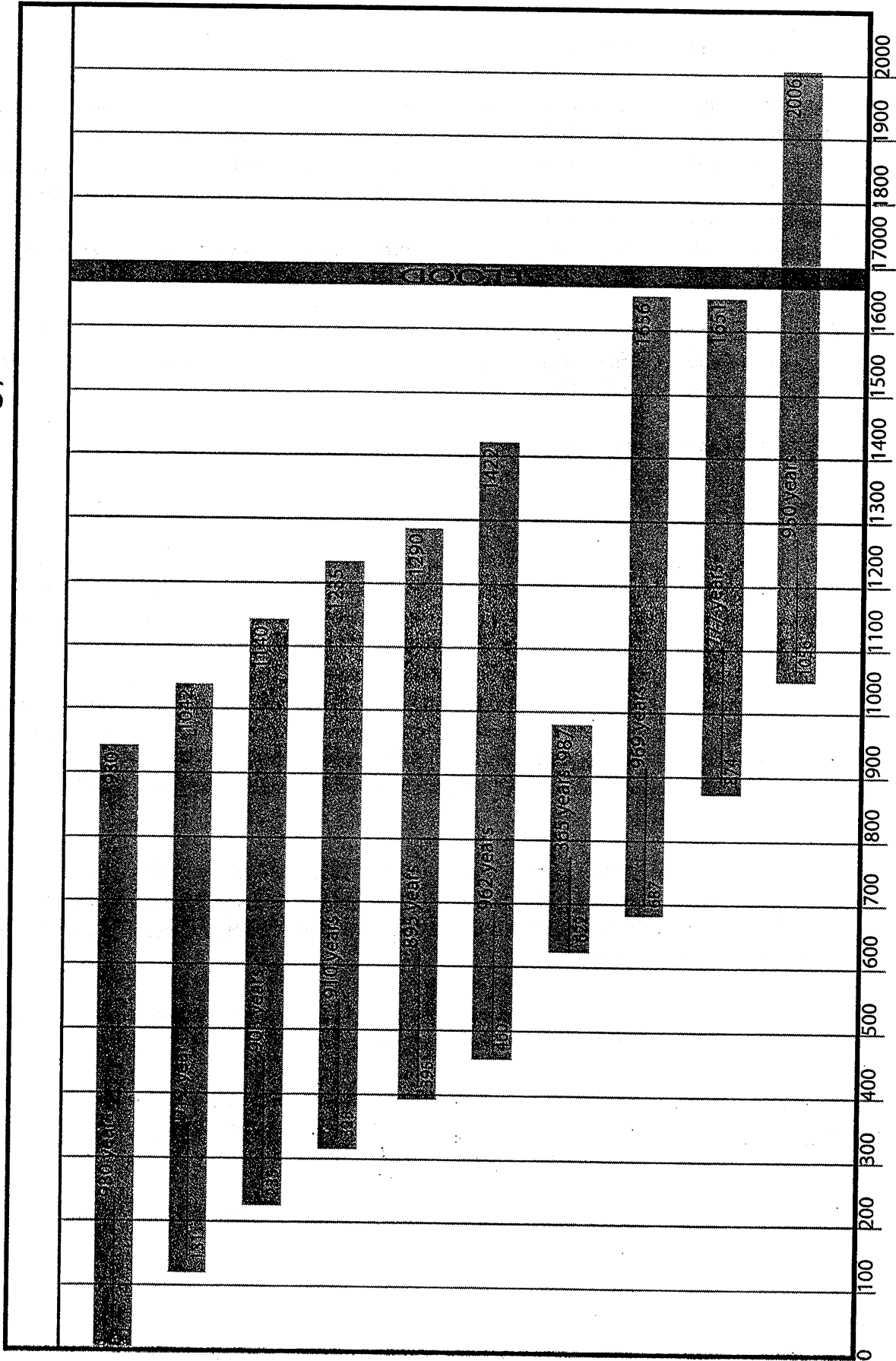
41. Agreeable to this account, Adam died in the 930th year of the world; Enoch was translated in the 987th, * Seth died in the 1042nd; Enos in the 1140th; Cainan in the 1235th; Mahalaleel in the 1290th; Jared in the 1422nd; Lamech in the 1651st; and Methuselah in the 1656th, it being the same year in which the flood came.

42. So that Noah was 84 years old when Enos died, 176 when Cainan died, 234 when Mahalaleel died, 366 when Jared died, 595 when Lamech died, and 600 when Methuselah died.

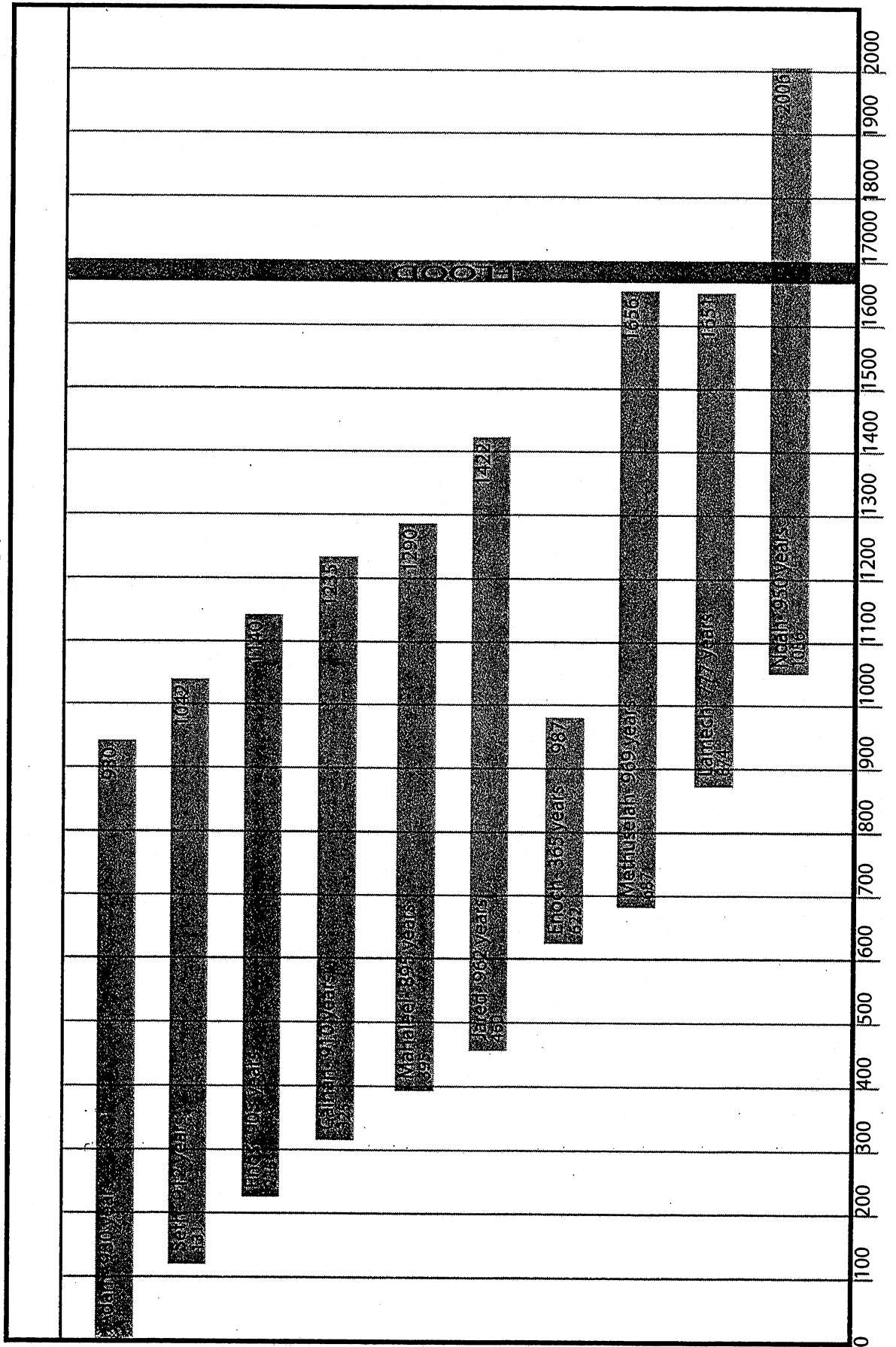
43. We can see from this that Enos, Cainan, Mahalaleel, Jared, Methuselah, Lamech, and Noah, all lived on the earth at the same time; and that Enos, Cainan, Mahalaleel, Jared, Methuselah, and Lamech, were all acquainted with both Adam and Noah.

Adam and Eve were the first flesh on the earth. They were commanded to multiply and replenish the earth, thus providing bodies for Heavenly Father's spirit children.

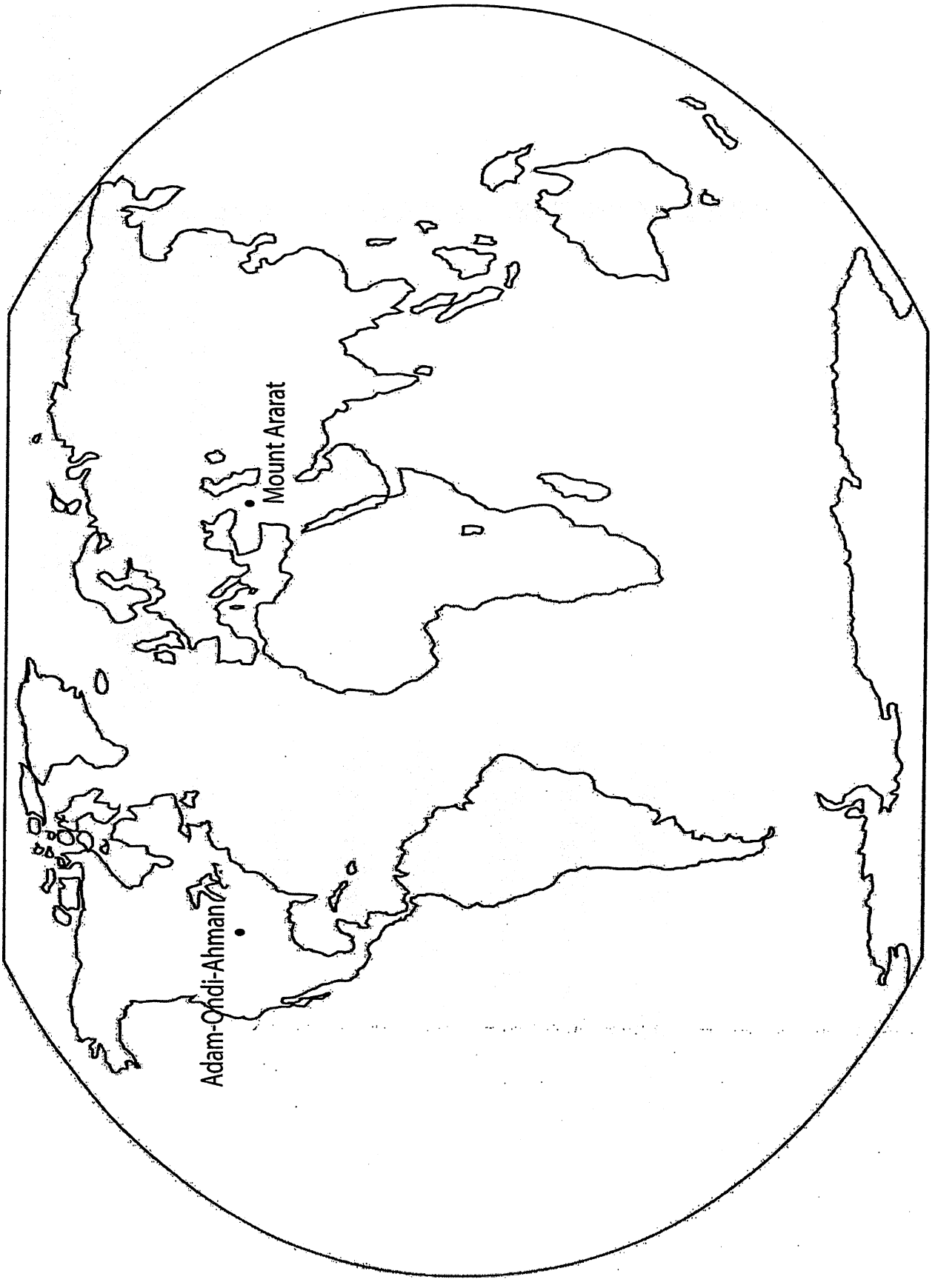
Timeline of Adam's Genealogy



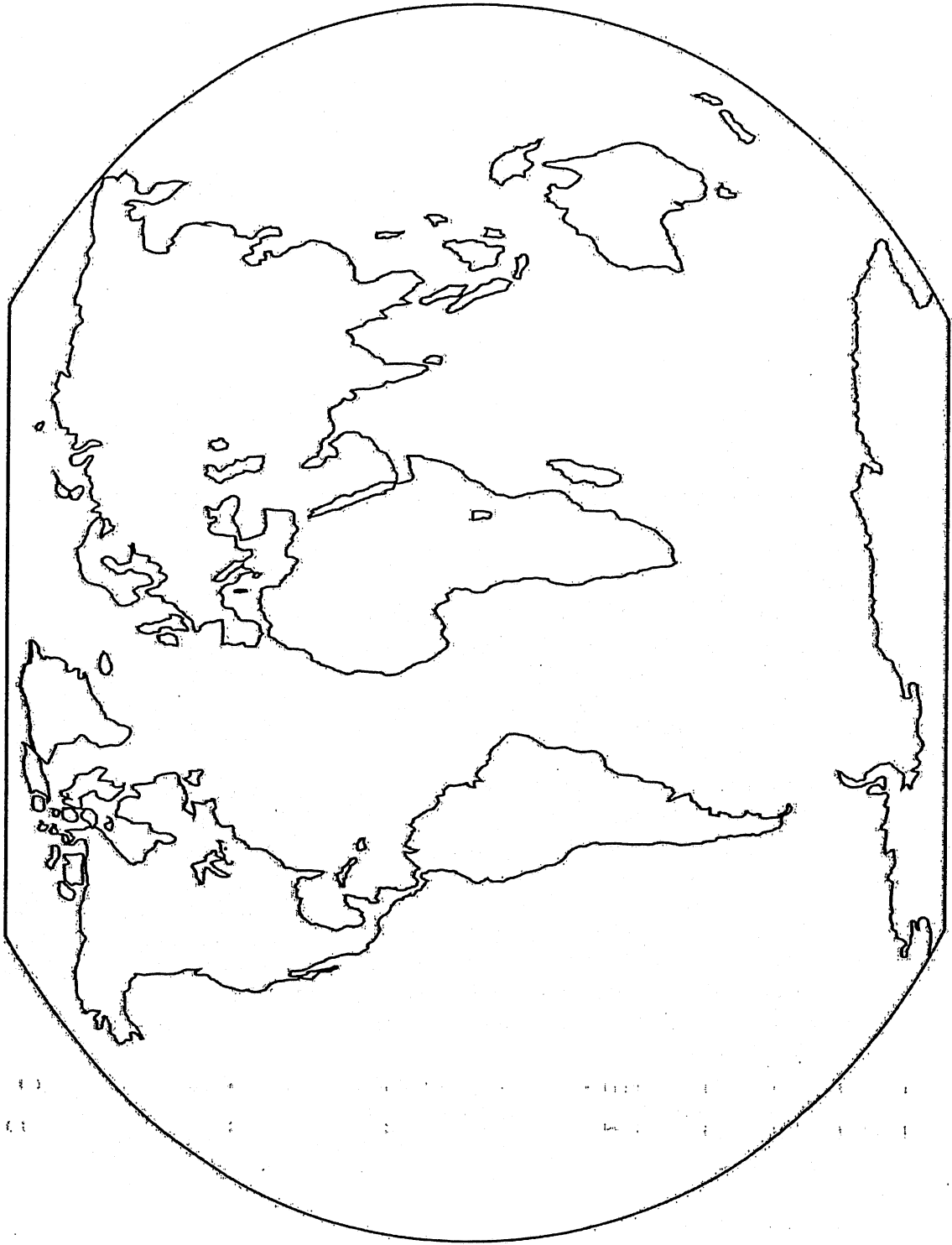
Timeline of Adam's Genealogy— Parent Answers



World Map-Parents



World Map-Child



ADDITIONAL LESSON 4A

Adam and Eve provided bodies for Heavenly Father's spirit children—us. Each living creation brings forth fruits after its kind.

Desired Result: The children will understand the principle of parents' having offspring like themselves, and they will recognize that they are descendants of Adam and Eve.

Principle: Heavenly Father provided an orderly way for the earth to be inhabited.

Materials needed:

Old Testament Stories
Scriptures



Song: "Follow the Prophet," *Children's Songbook*, p. 110, verse about Adam (Music CD's disc 3, song 5)



Study: Read Moses 3:7-9, 21-27 and Abraham 5:7-8. Read *Old Testament Stories*, p. 15-18.

Moses 3:7-9; 21-24—

- 7: And I, the Lord God, formed man from the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul, the first flesh upon the earth, the first man also; nevertheless, all things were before created; but spiritually were they created and made according to my word.
- 8: And I, the Lord God, planted a garden eastward in Eden, and there I put the man whom I had formed.
- 9: And out of the ground made I, the Lord God, to grow every tree, naturally, that is pleasant to the sight of man; and man could behold it. And it became also a living soul. For it was spiritual in the day that I created it; for it remaineth in the sphere in which I, God, created it, yea, even all things which I prepared for the use of man; and man saw that it was good for food. And I, the Lord God, planted the tree of life also in the midst of the garden, and also the tree of knowledge of good and evil.
- 21: And I, the Lord God, caused a deep sleep to fall upon Adam; and he slept, and I took one of his ribs and closed up the flesh in the stead thereof;
- 22: And the rib which I, the Lord God, had taken from man, made I a woman, and brought her unto the man.
- 23: And Adam said: This I know now is bone of my bones, and flesh of my flesh; she shall be called *Woman*, because she was taken out of man.
- 24: Therefore shall a man leave his father and his mother, and shall cleave unto his wife; and they shall be one flesh.

Abraham 5:7-8—

- 7: And the Gods formed man from the dust of the ground, and took his spirit (that is, the man's spirit), and put it into him; and breathed into his nostrils the breath of life, and man became a living soul.
- 8: And the Gods planted a garden, eastward in Eden, and there they put the man, whose

spirit they had put into the body which they had formed.



Think/Record: List the gospel principles you learn from the reading:

- 1 Adam was the first flesh upon the earth.
- 2 Adam was the first man.
- 3 He was created in the image of God.
- 4 Adam's spirit was put into his body. (Recall our pre-earth life. Who were these spirits? The ones who chose to follow Heavenly Father and His plan and were therefore allowed to receive a body and be sent to earth.)
- 5 Adam and all his posterity are Heavenly Father's spirit children.



Apply: Points 3-5 above tell us much about who we are.

- ? What do these truths teach us about ourselves? (We are created in the image of God; we are Heavenly Father's spirit children.)
- ? How are we like Adam and Eve? (We are created in the image of God; we, too, are Heavenly Father's children.)



Study/Think: Read Moses 2:21-25.

- ? What do the words "after his kind" mean? (The offspring of each creature will be like its parent.)
- ? How many times are those words repeated? (7)
- ? Why do you think this is so? (So we would not be swayed by modern philosophies that say we are descended from lower life forms.)

Moses 2:21-25—

- 21: *And I, God, created great whales, and every living creature that moveth, which the water brought forth abundantly, after their kind, and every winged fowl after his kind; and I, God, saw that all things which I had created were good.*
- 22: *And I, God, blessed them, saying: Be fruitful, and multiply, and fill the waters in the sea; and let fowl multiply in the earth;*
- 23: *And the evening and the morning were the fifth day.*
- 24: *And I, God, said: Let the earth bring forth the living creature after his kind, cattle, and creeping things, and beasts of the earth after their kind, and it was so;*
- 25: *And I, God, made the beasts of the earth after their kind, and cattle after their kind, and everything which creepeth upon the earth after his kind; and I, God, saw that all these things were good.*



Study: Look up "flesh" in the Bible Dictionary. (For further explanation, see "Fall of Adam" in the Bible Dictionary.)

- ? What do the words "first flesh" mean? (Adam was the first mortal on the earth. Everything else was created in a nonmortal condition and became mortal through the fall of Adam.)