

1st Nephi

Chapter 7

7:1	Wilderness Lehi Jesus Lehi's Family Wives for Sons	7:7	Laman & Lemuel Jerusalem		Jeremiah Prison
7:2	Jesus Lehi Nephi & Brothers Jerusalem Ishmael & Family	7:8	Nephi Laman & Lemuel	7:15	Nephi & Brothers
7:3	Nephi & Brothers Jerusalem	7:9	Jesus Nephi Laman & Lemuel	7:16	Nephi & Brothers Cords Wild Beasts
7:4	Nephi & Brothers Ishmael's House Jesus	7:10	Nephi Laman & Lemuel Angel	7:17	Nephi Jesus Cords
7:5	Jesus Ishmael & Family Wilderness	7:11	Nephi Laman & Lemuel Jesus Laban Brass Plates	7:18	Nephi & Brothers
7:6	Laman & Lemuel 2 Daughters of Ishmael Rest of People in previous verses	7:12	Nephi Laman & Lemuel Jesus	7:19	Nephi & Brothers Daughters of Ishmael Wife of Ishmael Son of Ishmael
		7:13	Nephi & Brothers Jesus Jerusalem	7:20	Laman & Lemuel Nephi
		7:14	Jesus Wicked People Lehi	7:21	Nephi & Brothers Jesus
				7:22	Nephi & Brothers Ishmael & Family Lehi & Family Tent Jesus Burnt Offerings

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Chapter 7:

Section 1: verses 1-5

1: Why did the Lord ask Lehi to go back to the city?

To get wives for the brothers to marry, so they can have children.

2: Why did the Lord choose Ishmael and his family?

Because they had daughters, and he knew their family will listen and obey the Lord.

To Sum Up:

The Lord told Lehi that they needed to go back to Jerusalem to get Ishmael and his family, because they had daughters the brothers could marry. Nephi went up to the city again with his brothers and talked to Ishmael. Ishmael and his family listened and decided to go to the wilderness with the brothers.

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Chapter 7:

Section 2: verses 6-11

6: What did Laman and Lemuel start doing again?

Rebelling and murmuring

7: Why were they rebelling?

Because they wanted to go back and live in Jerusalem

8-11: What did Nephi say to his brothers and the others rebelling?

Why do you keep doing this? This is what the Lord wants us to do. Don't you remember how you saw an angel? Don't you remember how the Lord delivered Laban into our hands so we can get the plates?

To Sum Up:

Laman and Lemuel and some of Ishmael's family members rebel because they want to go back to Jerusalem. Nephi talks to them about having faith in the Lord and what he asks them to do.

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Chapter 7:

Section 3: verses 12-16

12: What did Nephi want his brothers to have?

Faith in the Lord

14: What reasons did Nephi give to them why they should not go back?

The people in the city were wicked, they threw the prophet in jail, and wanted to kill Lehi. The Lord was getting ready to destroy the city.

16: How did they respond to Nephi?

They bound him with chords and wanted to leave him in the wilderness to be eaten by animals.

To Sum Up:

Nephi asks his brothers to have faith, and gave them reasons not to go back to Jerusalem. They were very upset with Nephi and tied him up, they wanted to leave him in the wilderness so animals would eat him.

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Chapter 7:

Section 4: verses 17-22

17: What did Nephi do after he was all tied up?

He prayed to Heavenly Father.

18: What happened after he prayed?

The Lord gave him strength to break the chords.

20: How did the people who rebelled feel afterwards?

Sad, they asked Nephi to forgive him

21: Did Nephi forgive them?

Yes

22: What did they do when they reached Lehi and Sariah in the wilderness?

Gave thanks, offered Heavenly Father a burnt offering

Prayer Pretzels

The folded bread in pretzels can remind us of how we fold our arms in prayer. Make some soft pretzels! There is a great recipe at the end of the chapter for Soft pretzels and a yummy homemade cheese sauce! Prepare everything ahead of time and do the last little bit during scripture time! You don't necessarily have to use cheese, if you do scripture time in the morning use cinnamon and sugar instead and you can make that your breakfast.

To Sum Up:

Nephi prayed and asked that Heavenly Father would give him strength to break the chords. Nephi was able to get free. They tried to get Nephi again but the others pleaded with them not to. They felt sorry and asked Nephi for forgiveness. Nephi forgave them and they continued on their way. When they reached Lehi and Sariah in the wilderness they offered up a burnt offering to the Lord in thanks.

Soft Pretzel Recipe

Recipe found on foodnetwork.com

Ingredients:

- 1 cup milk
- 1 package dry active yeast
- 3 tablespoons packed light brown sugar
- 2 ¼ cup all purpose flour, plus more for kneading
- 10 tablespoons of unsalted butter
- 1 teaspoon fine salt
- 1/3 cup baking soda
- 2 tablespoons coarse salt

Directions:

Prep:

Warm the milk in a saucepan until it is about 110 degrees; pour milk into a medium bowl and sprinkle with yeast. Let yeast soften, about 2 minutes.

Stir in brown sugar and 1 cup of the flour. It is best to use a wooden spoon.

Dice 2 tablespoons of butter and soften. Add to the mix.

Stir in remaining flour and fine salt - makes dough sticky.

Turn dough out onto a lightly floured surface and knead, add more flour if needed. Dough should be smooth but slightly tacky. Knead for about 10 minutes.

Wait Time:

Shape into a ball and place in a lightly greased bowl. Cover with plastic wrap and let rise. The dough needs to double in size. About 1 hour.

Prep:

Preheat oven to 450 degrees. You can grease the cooking sheet, or use parchment paper.

Punch the dough to deflate it, and turn out onto a lightly floured surface.

Divide into six pieces. Roll and stretch each piece with palms of hands into a 30 inch rope, holding the ends and slapping the middle of the rope on the counter as you stretch. Form rope into a pretzel shape.

Dissolve baking soda in 3 cups of warm water in a shallow baking dish. Gently dip each pretzel in the solution, then arrange on the baking sheet. Sprinkle with coarse salt.

Bake:

Bake pretzels for 10-12 minutes until golden brown. Most of the top of the dough needs to be golden otherwise will end up being doughy.

Prep:

Melt the remaining 8 tablespoons of butter and brush onto the pretzels after they come out of the oven. Place on a wire rack to let extra butter drip off and cool. While cooking and cooling you can work on the sauce.

Homemade Cheese Sauce Recipe

Recipe from a friend, not sure where she got it.

Ingredients:

2 tablespoons of butter

4 tablespoons of all-purpose flour

2 cups milk

½ teaspoon of salt

¼ pound of mild cheddar cheese (shredded or cut into very small pieces)

Makes about 2 cups of sauce (Probably more than you will use - perfect size if you double pretzel recipe)

Directions:

In a sauce pan melt the butter on low heat.

Whisk in flour and salt.

Whisk in milk.

Turn the heat to medium and stir continually until the mixture thickens.

Reduce the heat to medium low and add the cheese a little at a time, stirring continuously until the sauce is smooth and creamy.

Sauce will thicken more if you let it chill a little. Best used when it is still warm!