

Primary 3

Choose the Right B
Ages 4-7

Primary 3

Choose the Right B

For teaching children ages four through seven

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Helps for the Teacher

Purpose

This manual has been written to help you teach the children that by following Jesus Christ's example, they can choose the right, be baptized, and become members of The Church of Jesus Christ of Latter-day Saints.

**Message to
Primary
Teachers**

Our Father in Heaven has given you the sacred calling to teach children the gospel of Jesus Christ and help them learn to live it. As you serve the children and invite each one to "come unto Christ," you will bless their lives. You can help them begin to understand Heavenly Father's blessings and receive testimonies of his gospel. You will also grow personally and learn from them. Your service in Primary can bring you great joy. By serving Primary children, you are also serving Heavenly Father (see Mosiah 2:17).

As you live the principles of the gospel, study the scriptures, follow the counsel of priesthood leaders, and draw near to Heavenly Father through prayer, you will receive inspiration from the Holy Ghost regarding the children you teach. Bear your testimony often to the children, and let the Holy Ghost work through you in this important calling. As you do so, the Spirit will direct you so that all you do in Primary will be what our Heavenly Father desires for his children.

**Class
Information**

The CTR shield, found in the front of this manual, and the CTR ring are used in several lessons. CTR stands for "Choose the Right." The CTR ring is mentioned in several lessons and enrichment activities and serves as a reminder to its owner to choose the right. If the CTR ring is available in your area, ask the bishop or branch president to provide funds to purchase one for each child.

Class Time**Prayer**

Open and close every class period with prayer. Give each child regular opportunities to say the prayer. Make prayer a meaningful part of the class by giving instructions and suggestions for prayers and by asking the children for ideas to include in the prayer. Focus such suggestions on class needs and the lesson's message.

Teaching the lesson

Prepare each lesson carefully and prayerfully so that the children will understand and enjoy it and so that you will have the guidance of the Spirit. Do not read the lesson to the children. They will respond better if you present it in your own words.

Select from the lesson materials those that are appropriate for your class. Enrichment activities listed at the end of each lesson are meant to be used during the lesson presentation as you see fit. Not all lesson materials or enrichment activities will be appropriate for your class. Select those that your

class will respond to well. If you have younger children in your class, you might want to use songs and finger plays often during the lesson to help keep their attention. You might repeat an action verse several times if the children enjoy it. In place of wordstrips for younger children, you might draw pictures or cut some out of magazines that illustrate the concept taught with the wordstrips.

The manual *Teaching—No Greater Call* (33043) can help you significantly in teaching the lessons.

Bear a brief, personal testimony often so that class members will be more likely to hear and respond to the gospel message with the Spirit.

Music in the classroom

Music can bring the Spirit of the Lord into the classroom. Singing as a class can help the children better remember the lesson concepts and make your lessons more interesting.

The words to songs that are referred to more than once are printed in the back of the manual. The words to songs used only once in the manual are included within the lessons. Music for these songs can be found in the *Children's Songbook* (hardbound, 31246; spiral bound, 33441). Recorded music from the *Children's Songbook* is available on audiocassette (music only, 52505; words and music, 52428) and compact disc (music only, 50505; words and music, 50428).

You need not be a skilled musician to make classroom singing a rewarding experience. Practice and learn the songs at home as part of the lesson preparation. If you need special help, ask the music leader or accompanist for assistance. (For additional help, see "Music in the Classroom," *The How Book for Teaching Children* [31109], pp. 40–42.)

Particularly with younger children, you may wish to use appropriate actions with the songs. You may also say the words rather than sing them.

Articles of Faith

The Articles of Faith are an important part of the Primary curriculum. Encourage each child who is able to memorize all or parts of an article of faith used in a lesson.

Scriptures

Bring your scriptures to class each week, and let the children see you reading and teaching from them. If the children have their own copies of the scriptures, encourage them to bring them to class each week. Help older children find and read passages used in the lesson. Occasionally bear your testimony of the value of the scriptures.

Teaching aids

Pictures. Most of the pictures used in the lessons are numbered and included in a packet with the manual. These pictures should stay with the manual. A library number is listed in the lessons for pictures that may be available in larger sizes in your meetinghouse library. A Gospel Art Picture Kit number is also listed for those pictures included in that kit.

Music. See “Music in the Classroom” above.

Visual aid cutouts. Cut out and use the figures in the appropriate lessons. Keep them with the manual.

Food. Whenever a lesson suggests using food, please check with the parents of the children in advance to ensure that none of the children have allergies or other adverse physical reactions to the food.

Other teaching aids. You will need to make other simple teaching aids that are suggested in the lessons, such as wordstrips, charts, and handouts. Save these aids to use later with other lessons and in following years.

Sharing time presentations

Occasionally your class will give a simple gospel presentation during Primary sharing time. Such presentations should be adapted from the lessons. Look for suitable ideas for sharing time as you prepare and give the lessons. You may also choose a principle from the current children’s sacrament meeting presentation.

Having children teach a gospel principle during sharing time is an effective way to help them learn and share that principle. You may use part of a class period to prepare the presentation.

Make sure the sharing time presentation is simple and doesn’t require much rehearsing. The following suggestions may help you give effective, simple class presentations:

1. Act out a story or situation from a lesson.
2. Show and explain the chart “Becoming a Member of the Church of Jesus Christ” (see lesson 7).
3. Have the children explain their feelings about their coming baptisms. If a child has reached the age of eight and has been baptized, ask him to share his feelings about his baptism.
4. Tell a story from a lesson using pictures, wordstrips, or cutout figures.
5. Repeat and explain an article of faith. You may also wish to sing one of the article of faith songs from the *Children’s Songbook*, pp. 122–33.

For additional help, see the *Primary Sharing Time Resource Manual* (33231).

Sharing with the Children’s Families

Encourage the children to share what they learn in Primary with their families. Invite parents to visit and participate in your class occasionally to enrich the lessons. Be open to ideas from parents that will help make Primary more meaningful for their children.

Preparing for Baptism

If you have seven-year-olds in your class, some of them will be baptized during the year. As their Primary teacher, you can support the children’s families and help class members prepare for their baptisms. Consider the following suggestions to help you do this:

1. If possible, teach some of the lessons on baptism (lessons 11, 13, 21, 32, and 33) before the first child in your class is baptized.
 2. Take a few minutes of class time on the Sunday before each child's baptism to discuss the importance of this ordinance.
 3. If possible, attend each child's baptism with a member of the Primary presidency and any class members who can attend.
 4. Help the children prepare class presentations about baptism for sharing time.
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Understanding the Children

Your calling to teach children the gospel of Jesus Christ is a sacred trust given to you through your bishopric or branch presidency. You can greatly influence these children to follow the Savior throughout their lives. Remember, priesthood leaders have called you by inspiration from Heavenly Father.

Always show to the class a positive attitude and a love for the children. Become acquainted with each child's talents, interests, and abilities. Adapt lesson activities requiring reading and writing to the abilities of the children.

Help all the children build a sense of positive self-worth by listening to them and giving them as much individual attention as possible.

These lessons have been written for classes of either same-age groups or mixed-age groups from four through seven years old. However, you might need to adapt them according to the ages in your particular class. Regardless of how your class is organized, understanding the age characteristics of the children will help you teach more effectively. This can help you know why the children behave as they do and how to teach them in a way that they can best learn. Understanding the children will also help you maintain a positive feeling in the classroom. Review the following characteristics as you prepare your lessons. Remember, however, that each child matures at his or her own rate. These are only general guidelines.

Four-year-olds

Four is the age of finding out. *Why* and *how* are two of the words most frequently used by four-year-olds. Four-year-olds are doers and are very active. The following are general characteristics of four-year-olds:

1. They can run, jump, and climb with more ease and confidence than three-year-olds.
2. They can throw or kick a ball and build a house out of blocks.
3. They are fond of saying such things as "I did that before; I can make something different now."
4. They like to play with other children but are not socially ready for a large group.
5. Although they want and need other children to play with, they play mostly as individuals. They may run or dance to music with the group, but they do not pay much attention to how other children are playing.

6. In addition to asking many questions, they can carry on a conversation with another child or with an adult.
7. Since their experience has been mainly in the home, they talk mostly about home and family. Children this age love to tell the teacher about their family. They would often rather tell their own stories than listen to the stories of other children. They love lessons and activities that focus on the family.
8. They live completely in the here and now. Yesterday and tomorrow mean little. They do, however, show great excitement for coming events, and because they cannot yet grasp the meaning of time, they may ask of some future event, "Is it tomorrow?"
9. They like to listen to stories and nursery rhymes. They want to hear favorite stories over and over again without the slightest change. After hearing the story, they like to dramatize the characters.
10. They can learn to pray with a little help.

Five-year-olds

Five-year-olds are more sure of themselves and are generally dependable. They have learned to do what is expected of them in the household. They play well with other children, but they can also amuse themselves alone in a number of ways, such as skipping about or drawing pictures. The following are normal behavior patterns for five-year-olds:

1. Their large-muscle coordination continues to improve. They can now skip, turn somersaults, and hop—even on one foot. They can pull a sled or wagon with some ease.
2. Their small-muscle coordination now permits them to paste, cut out pictures, and color predrawn pictures, even though it might still be hard for them to stay within the lines. Many can also tie their shoes.
3. They are more reliable and independent than four-year-olds. They often like to help around the house and are happy when they can work along with their parents.
4. They are serious when they ask "What is that for?" or "How does this work?" They want and should receive thoughtful, honest answers, but not in language or detail that they cannot understand.
5. They love their teachers and think it a privilege to sit by them. They are delighted when teachers ask them to help with the lesson by holding a picture or doing something else to help.
6. They like small-group projects and dramatizations about home and family.
7. They love to hear and tell stories, and they ask for the same story over and over again. Repetition is their main way of learning. Often they can tell a story almost word for word as they turn the pages of a book.
8. They are usually friendly, sympathetic, affectionate, and helpful, but when they don't get their own way, they can be very quarrelsome.
9. They like to receive new privileges to show that they are bigger and older.
10. With an attention span from ten to twelve minutes, they change rapidly from one activity to another. They are beginning to think that finger plays are for

the little kids and want more grown-up activities or rest exercises.

11. They will often demand that they have the right to play with something that another child is already playing with. Try to handle such matters carefully; teach the children to take turns.
12. They are not very social and prefer small groups to large ones. They would rather have one best friend than be with a group of ten.
13. They have not yet learned to distinguish between imagination and reality. Therefore, a child may say that his clock is made of gold, that his father is bigger than any other father, and that the fish he caught was extremely long. Adults should realize that this is a normal phase in a child's life and that it takes time to distinguish between what is real and what is not. This phase passes as a child develops.
14. They are eager learners. Since Heavenly Father is very real to them, they are very interested in him and ask many questions about him. Children this age enjoy praying and may be able to pray without help.

Six-year-olds

Six-year-olds have acquired good control over their bodies and have a great deal of energy to expend on learning new skills and perfecting those already gained. For example, they may learn to jump rope, bounce a ball, whistle, turn handsprings, and ride a bike. Six-year-olds may still have some difficulty using their small muscles, but they can learn to print the letters of the alphabet, their own names, and a few other words. The following are general characteristics of six-year-olds:

1. Their attention span is increasing. Even though they can become very restless, they can also concentrate on an activity for fifteen or twenty minutes, depending on their interest.
2. They enjoy whole body movements, such as climbing trees, performing on playground equipment, or running races.
3. They like games and friendly competition.
4. The teacher's opinion is very important to them. They want to sit by the teacher and help with the lesson by holding pictures or carrying materials back to the library.
5. They still like to hear stories; dramatize them and pretend. Many like to dress in grown-up clothes.
6. They are very generous, affectionate, and compatible until they don't get their own way, and then they can be very quarrelsome.
7. They like parties.
8. They may have perfected skipping, galloping, and hopping and like to use these skills in games.
9. They are very concerned with what is good and bad behavior.
10. Their faith in Heavenly Father and Jesus Christ is increasing. Most six-year-old children can pray alone if they have had previous experience at home or in other classes.

Seven-year-olds

At seven, children are still close to their parents and still appreciate their attention, love, and sympathy, but they are beginning to relate more to people and situations outside the home. They have individual tastes and want to be allowed to make some of their own decisions. They are lively, eager, and tremendously interested in life about them. They explore many activities and like to repeat those that give them pleasure. The following are other general characteristics of seven-year-olds:

1. Their large muscles are well controlled, and the children are becoming more graceful, speedy, and agile.
2. Their small-muscle control is developing. They are able to print more easily and more accurately.
3. Many like rough-and-tumble games, playing the same ones over and over.
4. They are full of energy but tire easily. Rest periods are important.
5. They are often restless and fidgety.
6. They like to collect things and talk about them. They also like to talk about things they have made either by themselves or in groups.
7. The attention span of the seven-year-old is growing; children this age can complete a project if it interests them, even though it takes from twenty to twenty-five minutes. They still need to have a change in activity in most lessons.
8. They are beginning to interact less with members of the opposite sex.
9. They are becoming less domineering and less determined to have their own way .
10. They are becoming more independent and more logical in their thinking.
11. They are more aware of right and wrong and are very critical of those who do not do what they think is right.
12. They are looking forward to baptism.
13. They can pray alone and often expect an immediate answer to their prayers.
14. They take pride in the fact that they can fast at least one meal on fast day and that they pay tithing.

Special Guidelines for Including Children with Disabilities

The Savior set the example for us in feeling and showing compassion for people with disabilities. When he visited the Nephites after his resurrection, he said:

”Have ye any that are sick among you? Bring them hither. Have ye any that are lame, or blind, or halt, or maimed, or leprous, or that are withered, or that are deaf, or that are afflicted in any manner? Bring them hither and I will heal them, for I have compassion upon you” (3 Nephi 17:7).

As a Primary teacher, you are in an excellent position to show compassion. Although you may not be trained to give professional assistance, you can understand and nurture children who have disabilities. Concern, understanding, and a desire to include, insofar as possible, each class member in the learning activities are needed.

Children with disabilities can be touched by the Spirit no matter what their level of understanding. Although some children may not be able to attend the entire Primary time, they need to have the opportunity to attend even briefly to feel the Spirit. It may be necessary to have a companion who is sensitive to a child's needs be with the child during Primary in case the child needs time away from the whole group.

Class members with disabilities may be challenged by learning disabilities, intellectual impairments, language or speech problems, vision or hearing loss, behavioral and social problems, mental illness, movement and mobility problems, or chronic health impairments. Some may find the language or cultural setting unfamiliar and difficult. Regardless of individual circumstances, each child shares the same needs to be loved and accepted, to learn the gospel, to feel the Spirit, to participate successfully, and to serve others. The following guidelines can help you teach a child with disabilities.

- Look beyond the disability and get to know the child. Be natural, friendly, and warm.
- Learn about the child's specific strengths and challenges.
- Make every effort to teach and remind each class member of his or her responsibility to respect every class member. Helping a class member with a disability can be a Christlike learning experience for the entire class.
- Find the best methods for teaching the child by talking with parents, with other family members, and, when appropriate, with the child.
- Before calling on a child with disabilities to read, pray, or otherwise participate, ask how he or she feels about participating in class. Emphasize each child's abilities and talents and look for ways each can participate comfortably and successfully.
- Adapt lesson materials and physical surroundings to meet the individual needs of children with disabilities.

Additional materials for teaching children with disabilities are available from Church distribution centers (see "Materials for Those with Disabilities" in the distribution center catalog for your area).

Dealing with Problems of Abuse

As a Primary teacher, you may become aware of children in your class who suffer from emotional or physical abuse. If you become concerned about a child in your class, please counsel with your bishop. As you prepare and present lessons, pray for the Lord's guidance and direction. Help each child in your class feel that he or she is a precious child of Heavenly Father and that Heavenly Father and Jesus Christ love each of us and want us to be happy and safe.

Choose the Right

Lesson

1

Purpose	To help the children learn that choosing the right can help them follow Jesus Christ.
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Preparation	<ol style="list-style-type: none">1. Prepare a blank name tag or badge for each child and one for yourself. Print your name on a name tag, but do not print anything on the others.2. Be prepared to sing or read “Choose the Right Way” (<i>Children’s Songbook</i>, p. 160); the words are included in the back of the manual.3. Materials needed:<ol style="list-style-type: none">a. A Bible.b. A crayon or pencil for each child.c. A piece of tape or a pin for each child.d. A CTR shield for each child to color; the shield is included at the front of the manual.e. A CTR ring for each child who has not received one in a prior year.f. Picture 3-1, John the Baptist Baptizing Jesus (62133; Gospel Art Picture Kit 208).4. Make the necessary preparations for any enrichment activities that you will be using.
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**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Honoring My Name

Attention activity

Introduce yourself to the children. Tell them your name, and show them your name tag.

Give each child a name tag and a pencil or crayon, and have each write his or her name on the tag. Help those who cannot write their names. Attach the tags to the children’s clothing with tape or pins.

- Why are names important? (Help the children understand that a name identifies a person to others.)

Say aloud the names of several people whom the children know and respect, such as the names of their parents, the bishop, a missionary, and the President of the Church. Ask them what they think about when they hear certain names and how they feel about the people with those names. Help the children understand that a name identifies a person to others; when a child knows someone’s name, he can hear the name and think of what that person looks and acts like.

Let each child say his or her name aloud to the class.

- What would you like people to think when they hear your name?

- How can you make your name represent good things?

Have the children suggest several ways they can honor or feel good about their names, such as doing their share of work, showing love, being polite, being honest, obeying their parents, obeying the commandments, and obeying laws and rules. Tell the children that we feel good about ourselves when we choose the right, and people will think of good things when they hear our names.

Choosing the Right Helps Me Feel Good about My Name

Activity

Show the CTR shield from the front of the manual.

- What does *CTR* stand for? (Choose the right.)

Explain that by choosing the right, the children will feel good about their own names. Have them repeat the words *choose the right* with you.

Story

Tell the following story about a boy who had a very important choice to make:

Randy and his friend David were playing in their neighbors' yard. The neighbor family was not home, and the two boys were having fun playing with some of the children's toys. As they pushed each other in the swing, it broke and fell to the ground. Randy and David did not know what to do, so they ran away. They hoped that no one saw them there.

Randy felt bad that he and David had broken the swing. He thought about it often during the rest of the day but could not decide what to do. The next morning when he woke up, Randy remembered what *CTR* meant. Randy spoke the words that he had learned in Primary, "Choose the right"; then Randy thought about the neighbors' swing.

He dressed quickly and went to the neighbors' house. He stood outside for a while because he was a little afraid to knock on their door. Finally he knocked.

When the mother came to the door, he told her what had happened. While he told the story of the broken swing, she listened. When he finished, she put her hand gently on his shoulder and asked him his name. He told her that his name was Randy. She looked him in the eyes and said, "Randy, whenever I see you or think of your name, I'll think of someone who is honest."

- What did Randy choose to do?
- What helped Randy make that decision?

Show the CTR shield to the children.

- How did choosing the right help Randy have a good name?

Song

Sing with the children or read aloud the words to "Choose the Right Way."

Jesus Christ Wants Me to Choose the Right

Discussion

Explain to the children that you are thinking of another name. It is the name of someone who wants them to choose the right. Have the children guess whom you are thinking of while you give them such clues as—

1. He loves us.
2. He taught us how to choose the right.

Tell the children that the person you are thinking of is Jesus Christ. He taught us to always choose the right. He also taught us to be baptized the same way he was baptized.

- What do you remember about how Jesus was baptized?

Picture discussion Show picture 3-1, John the Baptist Baptizing Jesus. Read the first half of Matthew 3:16 aloud, ending after the words *out of the water*. Explain that Jesus was baptized by immersion, which means that he was placed under the water.

- How would Heavenly Father and Jesus want you to be baptized? (By immersion, just as Jesus was.)

Ask the children how old they are. Point out that when the children become eight years old, they will be old enough to be baptized. They will also be responsible for their own choices. By being baptized and obeying the commandments, they will be choosing the right.

- Why is it important to be baptized?
- How does being baptized show that you've chosen the right way?

Explain that when they choose to be baptized, they choose to become members of the Church of Jesus Christ and take on his name. They promise to make their own names represent him. They promise to try to be like him and to do the things that he would do. Help the children understand that by choosing the right, they will feel good about their own names and will honor Jesus Christ's name and the name of his church.

Teacher testimony Bear your testimony to the children of the importance of always choosing the right.

Song and ring Help the children sing the class song, "Choose the Right Way." Then give a CTR ring to each child who has not received one in a previous year.

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see "Class Time" in "Helps for the Teacher."

1. Invite each child to tell of a time when he or she chose the right and to explain how he or she felt after making that choice.
2. Have each child color a copy of the CTR shield found at the front of the manual.
3. Have the children draw pictures of ways they can choose the right.
4. Have the children take turns pretending they are doing a daily chore that their parents have given them and then explain how this is choosing the right.

Heavenly Father Trusts Us to Follow His Plan

Purpose

To help each child understand that Heavenly Father trusts him or her to make right choices.

Preparation

1. Study Abraham 3:22–28.
2. Make a badge for each child and one for yourself as shown:



In the center of your badge, write the letters *CTR*.

3. Be prepared to teach the second verse of “Choose the Right Way” (*Children’s Songbook*, p. 160); the words are included at the back of this manual.
 4. Materials needed:
 - a. A crayon or pencil for each child.
 - b. A pin or a piece of tape for each badge.
 - c. The CTR shield at the front of the manual.
 - d. Chalk, chalkboard, and eraser (or some other writing surface).
 - e. Picture 3-2, Heavenly Father Gave Us His Plan.
 5. Make the necessary preparations for any enrichment activities that you will be using.
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**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

We Are Children of a Great King

- Attention activity Tell the following story about the son of a great king:
- Once there was a king whose son, the prince, was captured and taken far away from his home.
- His captors tried to force the prince to do wrong. They tried to teach him to be unkind to the people around him. They used bad language and tried to make him swear. They tried to force him to lie, cheat, and steal. They even tried to force him to take foods and drink that weren't good for his health. But not once did the prince do any of these bad things. Finally, after six months of this terrible treatment, the captors asked the prince, "Why won't you do what we want you to do?"
- He answered, "I cannot do what you ask, because I am the son of a king, and my father has taught me to do what is right. I was born to be a king."
- Discussion Explain that the prince knew he was the son of a king and was expected to be a king himself when he grew up.
- Tell the children that the child of a king is in the classroom today.
- Poem Ask the children to listen to a poem to discover who this great king's child is. Read or help one of the children read the following poem:
- "I am a child of royal birth.
My Father is King of heaven and earth.
My spirit was born in the courts on high.
A child beloved, a princess (or prince) am I."
(Anna Johnson, "I Am a Child of Royal Birth," *Children's Friend*, Oct. 1959, p. 29)
- Who is the royal child? (Each of us.)
 - Who is the king? (Heavenly Father.)
- Help the children understand that each person in the class is a prince or princess. We are all children of the greatest of all kings, our loving Heavenly Father. He wants us to do what is right, just as the prince in the story did.

Heavenly Father Trusts Us

- Chalkboard activity Print the word *trust* on the chalkboard.
- What does *trust* mean?
- Allow the children to respond.
- Story • Have you ever been where it is very dark?
- Tell the following story:
- When Susan was nine years old, her father took her to explore a cave near their home. As they entered the cave, Susan was frightened because it was dark and strange. Her father helped calm her fears by taking her hand and talking with her as they walked inside. He taught her to feel the walls with her hands and slide her feet along the uneven ground.
- Slowly they inched their way through the cave in the darkness. Susan was frightened and at times wanted to turn back, but her father was always close by and encouraged her to go on.

Soon Susan saw a light up ahead. It was an opening at the other end of the cave. Filled with courage, she stepped quickly to the opening and felt great pride about what she had done. Her father smiled. Then he asked Susan whether she thought she could make the trip back through the cave alone. Susan was a little frightened at the idea of going alone but was willing to go. Susan's father told her that she would be safe in the tunnel and expressed great confidence in her ability to make it alone. He also assured her that he would be waiting at the other end of the tunnel for her.

Susan moved back inside the cave with slow cautious steps, feeling the walls with her hands and the ground with her feet, just as her father had taught her. Susan felt new excitement as she slowly moved closer to the other end of the cave. She was very happy when she walked out the other end of the cave into the sunlight and her father's waiting arms.

Tell the children that just as Susan's father taught her how to find her way through the cave, our Heavenly Father teaches us how to find our way through life and return to him. When Susan's father sent her back through the cave alone, he trusted her to feel the walls and the ground in order to find her way out. Our Father in Heaven trusts us to make right choices so that we can find our way back to him. He is waiting for us to come back to him.

Discussion

- Where were we before we came to earth? (We lived with our Heavenly Father; see Abraham 3:22–23.)

Explain that we loved Heavenly Father, and we knew that he loved us. We were happy there. Heavenly Father told us that he wanted us to become like him and that he had a plan that would help us accomplish this goal.

Picture

Show picture 3-2, Heavenly Father Gave Us His Plan, and point out that Jesus was there with us. We were all there together.

Heavenly Father's plan included the creation of an earth for us. On earth we would learn the difference between right and wrong and choose for ourselves what we would do. Our Heavenly Father knew that we would make mistakes. But he would send Jesus Christ to help us overcome them. (See Abraham 3:24–27.)

Explain that Heavenly Father chose Jesus to help us because he was obedient and wanted to follow Heavenly Father's plan. Heavenly Father also chose him to create this earth for us.

We had another brother named Lucifer. He wanted us to follow him instead of Heavenly Father. But following Lucifer would not have been good for us. Heavenly Father knew that and chose Jesus to carry out his plan. That made Lucifer very angry. (See Abraham 3:27–28.)

- What did Lucifer do? (He convinced many people to follow him instead of Heavenly Father.)
- Whom did we choose to follow? (Heavenly Father and Jesus. Explain that only those who chose to follow Heavenly Father and Jesus receive bodies. Those who chose to follow Lucifer do not get bodies.)
- What happened to Lucifer? (He was cast out of heaven and is known as Satan or the devil. He tries to tempt us to do wrong. Explain that he is still trying to get us to follow him instead of Heavenly Father and Jesus, just as he was when we all lived with Heavenly Father.)

Tell the children that choosing to follow Heavenly Father and Jesus was the right choice and that Heavenly Father and Jesus were pleased with our decision. Heavenly Father wants us to choose to follow his plan here on earth so we can return to live with him.

We Can Follow Heavenly Father's Plan by Choosing the Right

Game

Explain to the children that there are many ways to choose the right every day. Help them play the game "What Would Heavenly Father Want Me to Do?"

Give each child a turn to answer one of the following questions. Add more questions if needed so that each child has the opportunity to choose what he or she would do. Make the questions appropriate for your class.

1. What would Heavenly Father want me to do if I were so tired one night that I wanted to go to sleep without saying my prayers?
2. What would Heavenly Father want me to do if I promised my mother I would help her, but a friend came by and asked me to play instead?
3. What would Heavenly Father want me to do if I found something that belonged to someone else?
4. What would Heavenly Father want me to do if I accidentally broke my friend's favorite toy?
5. What would Heavenly Father want me to do if I promised my mother I would be home at a certain time?

Song and discussion

Tell the children that the second verse of "Choose the Right Way" explains some ways we can choose the right and show that we are worthy of Heavenly Father's trust in us. Have them listen as you repeat the words to the second verse.

- What does the song tell us we can do to choose the right? (Pray, have faith, repent, and obey.)

Print these words on the chalkboard. For younger children, say the words aloud and have them repeat the words with you. Ask the children what these words mean. Enlarge on their ideas as needed:

1. *Pray* means to talk to Heavenly Father. Thank him for all his blessings to you, and ask him to help you choose the right.
2. *Have faith* means to believe that Heavenly Father and Jesus Christ love you and will help you.
3. *Repent* is to feel sorry for anything you have done wrong, ask Heavenly Father to forgive you, and not do it again.
4. *Obey* means to do what Heavenly Father has asked us to do.

- What does the song say will happen if we live the teachings of Jesus? (We will be happy.)

Help the children learn the words by repeating them several times. Then sing the song through with the children. You might want to erase the words on the chalkboard as the children learn them.

Summary

Badge

Give each child a paper badge and a crayon or pencil if they can write. Read aloud the words “My Heavenly Father Trusts Me to—”.

- What does Heavenly Father trust us to do? (Choose the right.)

Help the children understand that when they are eight years old, they can choose to be baptized because they are old enough to know right from wrong. Heavenly Father trusts them to choose the right.

Show the children the CTR shield found in the front of the manual. You might also want to remind them of the letters *CTR* on their rings.

Have an older child write on the chalkboard the letters that stand for “choose the right.” Let the children see your badge with the letters in the center. Have them write the letters on their own badges if they can and help them pin the badges on their clothing.

Testimony

Bear testimony that all of the children in the class are children of Heavenly Father. He is more powerful than any king on earth. Heavenly Father trusts each one of them to do what is right so they can return to live with him again.

Suggest that the child giving the closing prayer give thanks for a loving Heavenly Father who trusts us to do right.

Enrichment activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Tell the children that you are going to step out of the room for a moment, but before you do, you will whisper some instructions in each child’s ear. Let the children know that these instructions will tell them something that will please their Heavenly Father. Tell them that if they should need you, you will be close by. Explain that you will be happy if they follow your instructions.

Whisper the same instructions to each child, “Fold your arms, close your eyes, and think about Heavenly Father and Jesus Christ.”

Leave the room and stand by the door. Remain there a few seconds. As you reenter the room, thank the children who followed your instructions. Explain that our Heavenly Father and Jesus have given us instructions, and they want us to follow them. If we do, we will return safely to them someday.

2. Have each child draw and color a picture of something they could do to follow Heavenly Father’s plan.

The Commandments Help Us Choose the Right

Lesson

3

Purpose To help each child understand that Heavenly Father gave us commandments to help us make right choices.

Preparation

1. Prayerfully study Mosiah 2:22.
2. Make a copy of the handout, "Commandment Road Signs," for each child (printed at the end of the lesson). Make an additional copy and mount it on a piece of cardboard. Read the scriptures listed on the handout and be prepared to explain any difficult words they contain.
3. Design a simple treasure hunt that allows the children to follow clues, signs, or small pieces of paper that point the way to a treasure. The treasure might be a copy of the Book of Mormon, a picture, or a CTR ring.
4. Prepare to sing "Choose the Right Way" (*Children's Songbook*, p. 160); the words are included at the back of this manual. Also prepare to sing "Keep the Commandments" (*Children's Songbook*, p. 146).
5. Materials needed:
 - a. A copy of the Book of Mormon for each child who can read. Have children in your class who can read help with this lesson.
 - b. Chalkboard, chalk, and eraser (or some other writing surface).
 - c. Picture 3-3, Pre-earth Life; picture 3-4, A Boy and His Soccer Ball.
6. Make the necessary preparations for any enrichment activities that you will be using.

Suggested Lesson Development

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

The Commandments Help Us Choose the Right

Attention activity Allow the children to find the treasure using the clues that you have prepared.

Teacher presentation Have the children imagine that you are sending them to someone's house to pick up some important papers to bring back to you. Explain that the person lives far away and that no one can go with the children to help them find the way.

- What would help you find your way to the house?
- If the path was marked with signs or arrows, could you find your way? Tell the children that when Heavenly Father sent us to earth, he sent us on an important errand. He wants us to find our way back to him.

Picture Show picture 3-3, Pre-earth Life, to the class.

- Where did we live before we were born? (With Heavenly Father.)
- Why did we leave Heavenly Father to come to earth?

Explain to the children that we left Heavenly Father so we could receive bodies, have experiences, and learn to choose the right.

Teacher presentation

Explain that when Heavenly Father planned for us to leave him and live on this earth, he wanted all of us to return and live with him again. He knew that we would have to make right choices in order to return to him and that choosing the right would make us happy.

He gave us commandments to help us make the right choices.

- What are commandments? (Things Heavenly Father has told us to do.)
- What are some of the commandments?

Explain that the commandments are like road signs to help us find our way. They show us the right path to follow to return to Heavenly Father.

Song

Sing or say the words to “Keep the Commandments”:

Keep the commandments; keep the commandments!
 In this there is safety; in this there is peace.
 He will send blessings; He will send blessings.
 Words of a prophet: Keep the commandments.
 In this there is safety and peace.

Activity

Display the chart “Commandment Road Signs” that you have prepared. Briefly read or tell something about each of the scriptures or illustrations on the road signs. Explain that you will describe a situation and then the children are to decide which commandment on a road sign will help them choose the right. Explain any words that are difficult for the children to understand. Let the children take turns pointing to the different commandments that show the right way.

The following are suggested situations:

1. You are walking home from a friend's house when another friend sees you. He asks you to come to his house to play. But your mother had asked you to come straight home, and you promised you would. Your friend tells you that it won't hurt to be a little late getting home. What commandment would help you choose the right?
2. You have been earning money to buy a ball by doing extra chores for your parents. The store has the ball on sale, but you still don't have enough money unless you borrow from your tithing. Which commandment would help you choose the right?
3. It's late and your family has just returned home. You are tired and want to go to bed. Then you remember that your family forgot to pray before everyone went off to bed. What commandment will help you choose the right?
4. Your best friend invites you to go to a movie on Sunday. You have wanted to see that movie for a long time. What commandment would help you choose the right?
5. You are playing with your friends. A boy who has called you names comes along and wants to play too. What commandment would help you choose the right?

6. You are with some friends and some of them want you to take a drink of some alcohol that one of them brought from home. Your parents have taught you that drinking alcohol is wrong. What commandment would help you choose the right?

Compliment the children for their good answers.

When We Choose the Right, We Feel Good

Discussion

Tell the children that choosing the right can give them a good feeling.

Review these situations by asking more questions. For example, the following questions and discussions could come from the first two situations.

1. How do you think you would feel if you went home as your mother asked instead of going to play with your friend?

You might have fun playing with your friend. But even while you were playing, you might have an unhappy feeling about having broken your promise to your mother. Even if it is hard to choose the right and to do what Jesus Christ has asked you to do, if you do it anyway, you will feel good inside. You will feel good about yourself for the choice you make.

2. How do you think you would feel if you bought a new ball by using some of your tithing money? Would you feel good when you were playing with the ball?

You might have fun playing with your friends, but you would not feel good about yourself because you did not choose to pay your tithing as Heavenly Father commanded.

Review the other situations in the same way. Emphasize the good feeling the children have inside when they obey a commandment of the Lord—especially when it seems hard to do. Explain that that good feeling is the Holy Ghost telling them that Heavenly Father is pleased with their actions.

Remind the children of the feeling they have when they make a wrong choice. It is usually an empty, unhappy feeling. This feeling could also be the Holy Ghost telling us to repent and make the right choice.

Picture and story

Show picture 3-4, A Boy and His Soccer Ball.

Have the children listen to the story to see how choosing the right made Julio feel:

When Julio's Aunt María gave him a soccer ball, he could hardly believe it was his. He knew that his Aunt María didn't have much money. But Julio knew that she would feel badly if he didn't take the ball.

"Thank you," he said softly. "But why are you giving it to me?"

"Because you help me so much," Aunt María said. "You run errands for me and help me clean my yard. All I ask is that you always remember why it is yours. Now go play."

As Julio kicked the ball down the sidewalk in front of himself, he wondered about what Aunt María had said. "Remember why it is yours," she had said.

Julio loved to play soccer, and he was good. Someday he hoped to play for the national team of Brazil. *Aunt María knows that, he thought. Maybe that's why she gave me the ball.*

Soon, Antonio came out to play with Julio. Before long, other boys joined them, and soon there were enough to start a soccer game.

Julio saw a younger boy watching the soccer game from the sidewalk. "Oh, no," Antonio whispered to Julio. "Paulo is coming. Don't let him play! He always messes up the game. We'll lose if he plays!"

It was true that Paulo was not a good player. But Julio knew how much Paulo liked to play.

"Can I play?" Paulo asked hopefully.

- What would you say?

Julio didn't answer right away. He looked for a second at Aunt María's window, and he could see her there watching him. She looked concerned as she waited for Julio's answer.

"Remember why it is yours." Her words came to Julio's mind. Once more he looked at Aunt María. He had shared his time and efforts to help her, and he wondered if she were trying to tell him to keep sharing.

Julio looked away from Aunt María to Paulo and said, "Sure, you can play." Then he added, "Antonio here is a good player, and he'll help you learn more about the game."

Antonio looked at Julio and smiled. "Sure, I'd be happy to! We'll all teach you to be a great soccer player," he said to Paulo. "All of us would be glad to help you learn."

All of the boys began to play again. Julio looked up at Aunt María's window. Aunt María was smiling. Then Julio knew why his aunt had given him a new soccer ball. (Adapted from Sherrie Johnson, "The Soccer Ball," *Friend*, June 1973, pp. 10–12.)

Discussion

- How did Julio feel after he chose to share? (He felt happy and good inside.)
- What might have happened if he had not shared? (He might have felt bad for turning Paulo away; Paulo would have felt bad too.)
- Did Julio do what Heavenly Father and Jesus Christ wanted him to do?

Explain that we will make many choices during our lifetimes. These choices will make us feel either good or bad. Choosing to obey the commandments will always make us feel good.

Summary

CTR shield and ring

Show the children the CTR shield. Remind them that their CTR ring can help them remember to choose the right.

Handout and discussion

Give a copy of the "Commandment Road Signs" to each child. Read together the commandments listed on the road signs. (For younger children, explain the signs and what they mean.)

Tell the children that making the right choices isn't always easy and that sometimes we may go the wrong way. Heavenly Father's commandments can help us find the right way to go and give us a good feeling so that we know we are making right choices. They will help us to return to our Heavenly Father. We will be glad about our choices if we choose the right.

Suggest that the children take their paper home and read the Book of Mormon scriptures with their families. They may want to keep their paper to remind them of some of the commandments.

Teacher testimony Bear your testimony of how important it is to read the Book of Mormon. Studying it will help the children to always choose the right.

Song Sing “Choose the Right Way” with the children.

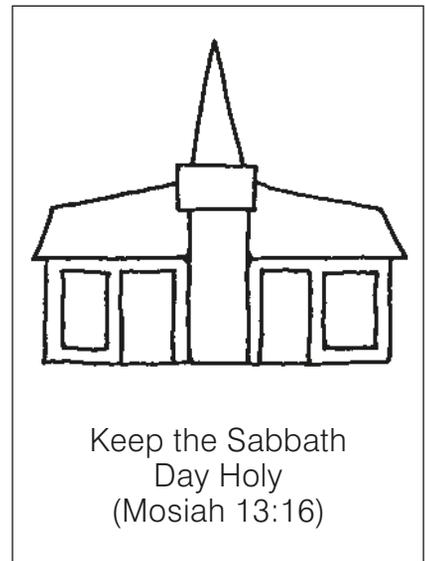
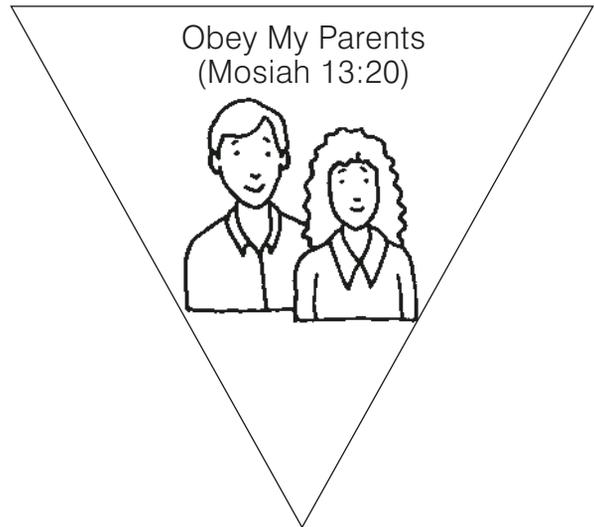
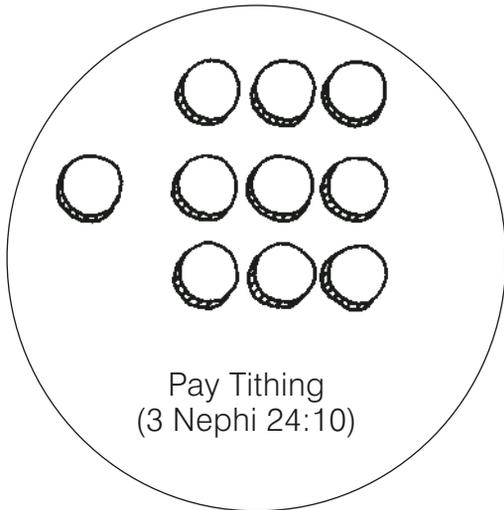
Invite a child to give the closing prayer and thank Heavenly Father for giving us commandments to help us make right choices.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Tie a cord, string, or rope between two objects in your classroom (the door and a chair across the room, for example). Allow the children to take turns using the cord to help them find their way across the room with their eyes closed. You might have some reward for each child at the end of the cord. Explain that just as this cord leads us across the room, the commandments lead us back to Heavenly Father.
2. Briefly tell the story of Lehi’s dream as recorded in 1 Nephi 8–11 (see especially 1 Nephi 8:9–30; 11:1–25). Explain that the iron rod represents the word of God. Explain that the tree of life represents the love of God, and discuss how God’s commandments help us to feel his love.
3. Prepare a sheet of paper that is large enough to cover picture 3-5, Adam and Eve Teaching Their Children. Cut the paper into nine equal pieces and then tape each piece in place to cover the picture. Explain that hidden behind the papers is a very important message. Each time the children name a commandment that they can obey because their parents or another adult has taught them, they can remove a piece of paper and try to discover the message. When all of the pieces have been removed, discuss how parents, teachers, and other leaders can help children learn to obey the commandments.

Commandment Road Signs



Joseph Smith's Childhood

Lesson

4

Purpose To encourage each child to follow the example of Joseph Smith in being a good family member and following Jesus.

Preparation

1. Study Joseph Smith—History 1:1–12.
2. Prepare a piece of paper large enough to cover the picture of Joseph Smith. Cut the paper into several pieces, enough for one piece of the puzzle for every child. Place the cut paper over the picture of Joseph Smith until the picture cannot be seen. (For older children, write a fact about Joseph Smith on the back of each piece.)
3. Prepare the following wordstrips:

Obey

Serve

Love

Read scriptures

Pray

4. Prepare to sing “Love at Home” (*Hymns*, no. 294).
5. Prepare the following materials:
 - a. Tape.
 - b. Picture 3-6, The Prophet Joseph Smith (62002; Gospel Art Picture Kit 401); picture 3-7, The Joseph Smith Family; picture 3-8, Joseph Smith Seeks Wisdom in the Bible (Gospel Art Picture Kit 402); and picture 3-9, Jesus the Christ (62572; Gospel Art Picture Kit 240).
6. Make the necessary preparations for any enrichment activities that you will be using.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the last week.

Joseph Smith Had a Good Family

Attention activity

Show the children the covered picture of Joseph Smith. Tell them that the picture under the paper is of someone who loved Heavenly Father and followed

the teachings of Jesus Christ. Tell the children one of the following facts, and ask a child to remove one piece of paper from the covered picture. Repeat this process until all the pieces have been removed and the children can see the picture. (For a class of older children, you might want to write these facts on the back of the pieces of paper and have the children take turns removing a piece of paper and reading aloud the information on the back.)

Facts about Joseph Smith:

- He liked to play games.
- He had blue eyes.
- He was born on 23 December.
- His mother's name was Lucy.
- His family members were not rich, but they were happy.
- He was a hard worker.
- He was named after his father.
- He was honest.
- He was visited by angels.
- His wife's name was Emma.
- He was a strong man.

Then ask the children:

- Who is this?
- What else do you know about Joseph Smith?

If the children have questions about Joseph Smith, discuss them briefly. Explain that he was the first prophet and President of The Church of Jesus Christ of Latter-day Saints. He was a very kind and loving person. Explain that the children will learn more about Joseph Smith in a future lesson.

Picture and story

Show the children picture 3-7, The Joseph Smith Family, and tell them the following about Joseph's childhood:

In the picture, Joseph Smith is the boy on the right in the white shirt. He had blue eyes and light brown hair. He had many brothers and sisters. Joseph was a cheerful, happy boy who liked to laugh, play ball, wrestle, slide on the ice, and play games.

When Joseph was young, his family held school at home because no school was located nearby. Later, Joseph and his brothers and sisters went to school, where they learned more about reading, writing, and mathematics.

Joseph's family cleared part of the land that they were buying and built a small log home south of Palmyra, New York. The log home had small glass windows and a wood plank floor. The rooms were heated by a large, stone fireplace located in the kitchen. The Smiths used light from a tin candlestick with a tall dip in it because there was no electricity. They planted wheat, corn, beans, and flax. Lucy Smith and her daughters used the flax to produce linen cloth. The men cleared the trees off of their land and set them aside to dry so they could burn them and sell the ashes to make soap. The Smiths made split-

wood chairs and baskets. Lucy said that they were able to build a comfortable though humble home that was “neatly furnished by [their] own industry.” (See Donald L. Enders, “A Snug Log House,” *Ensign*, Aug. 1985, pp. 14–22 and Dale L. Berge, “Archaeological Work at the Smith Log House,” *Ensign*, Aug. 1985, pp. 24–26.)

- How is your home like Joseph Smith’s?
- How is your home different from Joseph Smith’s?

Joseph Smith’s father did many things to make a living, including farming. Joseph worked hard with his father to grow grain, fruits, and vegetables. The family also raised cattle, hogs, and poultry. They made barrels, buckets, and brooms. Joseph’s mother and sisters worked hard cooking, sewing, cleaning, tending the younger children, making cheese and butter, and tending the kitchen, garden, and milk cows. One year the Smith family won a prize for producing the best quality maple syrup in the county.

- What kind of work does your family do together?
- What could you do to help your family?

When Joseph Smith was young, few hospitals and medicines were available. Doctors traveled to the homes of sick people to help them.

When Joseph Smith was a boy, he became very ill. Joseph’s leg became infected and swollen. It was very painful. The pain was worse when the doctor had to cut the leg open to clean out the infection. No hospital was nearby, so the operation had to be done in Joseph’s home. Joseph had no medicine to stop the pain during the operation, so he felt great pain.

The infection came back, and Joseph’s leg remained painful and swollen. Finally, the doctor decided that the leg was not going to heal; he thought that he would have to cut it off so that the infection would not spread to the rest of Joseph’s body and kill him. Of course, Joseph’s family was very worried. His mother prayed that something could be done to save the leg. Then she asked the doctor to try once more to cut out the infected area of the leg. The doctor agreed.

With no medicines to stop the pain, the doctor wanted Joseph to drink liquor to help him bear the pain. But Joseph would not drink it. The doctor wanted to tie Joseph to the bed so he wouldn’t kick during the operation. But Joseph chose not to be tied down. Instead, he chose to have his father hold him in his arms. Joseph asked his mother to go outside during the operation so she wouldn’t have to watch. He knew it would be hard on her and didn’t want to upset her.

During the long and painful operation, Joseph’s father held him tightly. When it was over, Joseph was weak and tired, but all the infection was gone. Joseph’s leg was saved.

- How did Joseph Smith show his family that he loved them? How did they show their love for him?
- How is your family like Joseph Smith’s?
- In what ways do you want to be like Joseph Smith?

Joseph Smith Obeyed Jesus Christ's Teachings

Wordstrip activity

Joseph Smith's family was probably like your family in many ways. They often prayed together. They often sang, went to church, and read the Bible together. They tried to obey Jesus' teachings.

Lay the wordstrips face up on the table or on the floor. Ask an older child to choose a wordstrip and say the word aloud or tape it on the chalkboard. Explain to the children that the wordstrips describe ways in which Joseph Smith followed Jesus' teachings. As each wordstrip is chosen, tell the children what Joseph did to follow that teaching and discuss how they can also follow Jesus Christ.

Obey. Joseph knew the Bible said, "Honour thy father and thy mother" (Exodus 20:12). Joseph honored his parents by being loving and obedient.

- What are some things we can do to show that we love and obey our parents?

Serve. Jesus taught that we should serve others. Joseph Smith was a good worker and always tried to do his share of the work without complaining. He served his family by being helpful and working hard.

- How have you served your family members this week?

Love. One of Joseph's best friends was his brother Hyrum, who was six years older than he was. All the brothers and sisters in Joseph's family played together often. They tried to show love for one another.

Sing or say the words to "Love at Home":

There is beauty all around
When there's love at home;
There is joy in ev'ry sound
When there's love at home.
Peace and plenty here abide,
Smiling sweet on ev'ry side.
Time doth softly, sweetly glide
When there's love at home.

- When did you last tell your parents that you love them? Your brothers and sisters?
- How do you show love to your family members?

Read scriptures. Joseph knew that the teachings of Jesus Christ are important. He often thought about Heavenly Father and Jesus. He wanted to learn more about them, so he often read in the Bible and prayed. Show picture 3-8, Joseph Smith Seeks Wisdom in the Bible.

- Why is reading the scriptures important?

Pray. When Joseph Smith was sick, his mother prayed to Heavenly Father for help. Heavenly Father answered her prayer and helped Joseph get well.

- What can you ask Heavenly Father to help you do?
- What else can you pray to Heavenly Father about?

Summary

Pictures	Show the children picture 3-6, The Prophet Joseph Smith. Also show them the CTR shield and remind them of their CTR rings. Tell the children that Joseph Smith is a good example of choosing the right. He was good to his family and obeyed the teachings of Jesus. Show picture 3-9, Jesus the Christ. When we choose the right we follow Jesus, just as Joseph Smith did.
Teacher testimony	Bear testimony that Joseph Smith loved his family and was a great prophet. He chose the right and served Heavenly Father. Invite a child to offer the closing prayer. Ask him or her to thank Heavenly Father for Joseph Smith's good example and to ask for help in remembering to follow that example this week.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see "Class Time" in "Helps for the Teacher."

1. Have the children choose one way they can follow Joseph Smith's example this week. As they are deciding, pass out pencils and paper. Have the children write their names and their choices at the top of the paper. Help them as needed. (For example, "I will be kind this week.") Then have them write or draw a picture showing what they have chosen to do to follow Joseph Smith's example.

Encourage the children to take their papers home to show their parents and to keep them in a place where they will see them often during the week.
2. Sing together "Choose the Right Way"; the words are included at the back of this manual.

Purpose	To help each child know that Joseph Smith saw Heavenly Father and Jesus Christ.
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Preparation	<ol style="list-style-type: none"> 1. Prayerfully study James 1:5 and Joseph Smith—History 1:7–20. 2. If available, prepare to show <i>The First Vision</i> (15 minutes), on videocassette <i>Moments from Church History</i> (53145). 3. Prepare to sing or say the words to “Joseph Smith’s First Prayer” (<i>Hymns</i>, no. 26); the words are included at the back of this manual. 4. Materials needed: <ol style="list-style-type: none"> a. A Bible and a Pearl of Great Price. b. Crayons and paper. c. Picture 3-8, Joseph Smith Seeks Wisdom in the Bible (Gospel Art Picture Kit 402); and picture 3-10, The First Vision (62470; Gospel Art Picture Kit 403). 5. Make the necessary preparations for any enrichment activities that you will be using.
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**Suggested
Lesson
Development**

Joseph Smith Saw Heavenly Father and Jesus Christ

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Attention activity

Display picture 3-8, Joseph Smith Seeks Wisdom in the Bible.

- Who is this? (Joseph Smith.)
- What is he doing?
- Why do you think he is reading the Bible?

Explain to the children that when Joseph Smith was fourteen years old, he lived with his family on a farm. At that time the people living nearby were interested in religion. The ministers of the different churches held many meetings to explain their beliefs. Each minister said that his church was the right one and tried to get people to join. Because Joseph Smith wanted to know which church really was true, he went to several meetings of different religions. He found that each minister had different ideas about God and the scriptures.

- How do you think Joseph Smith felt about all these different beliefs? (Confused.)

Scripture discussion

If a child who can read is in the class, help him or her to read Joseph Smith—History 1:10 or read it aloud yourself. Begin with the words “I often said to myself. . .”

Emphasize that the many ideas and opinions confused Joseph. He wondered which of these churches was right or if they were all wrong. Joseph’s mother, two of his brothers, and a sister joined the Presbyterian Church, but Joseph did not join any of the churches.

Show the children a Bible and explain that Joseph often read the Bible. One day he read a scripture that impressed him very much.

Have an older child read James 1:5 aloud or read it aloud yourself.

- What do you think it means to lack wisdom? (Make sure the children know that to lack wisdom means to not know or understand something.)
- What does it mean to ask of God? (Pray to Heavenly Father.)

Reread the scripture. Explain that this scripture means that we can pray to Heavenly Father and ask him to help us understand and learn about something.

Joseph knew that he lacked wisdom. He was confused. He didn’t know which church was true, so he decided to do what the Bible says—pray to Heavenly Father.

Videocassette or scripture story

Show *The First Vision*, or relate the following:

Early one spring morning, Joseph walked to a grove of trees near his home. After looking around to make sure that he was alone, Joseph knelt down to pray.

As he was praying, he saw a very bright light in the air above his head. Joseph described what he saw in this way: “When the light rested upon me I saw two Personages, whose brightness and glory defy all description, standing above me in the air” (Joseph Smith—History 1:17).

Picture and discussion

Show picture 3-10, The First Vision.

One of the personages called Joseph by name and, pointing to the other, said, “*This is My Beloved Son. Hear Him!*” (Joseph Smith—History 1:17).

- Who were these two personages? (Heavenly Father and Jesus.)

Joseph asked Heavenly Father and Jesus which church was right and which he should join. He was told that he should not join any of the churches because they were all wrong. Joseph learned that Jesus’ true Church was no longer on the earth.

The place where Joseph Smith saw Heavenly Father and Jesus is now called the Sacred Grove.

- How do you think Joseph Smith felt after having seen Heavenly Father and Jesus?

Joseph Smith Learned Many Things from His Vision

Ask the children what Joseph Smith learned from his vision. Bring out the following points:

1. Joseph saw Heavenly Father and Jesus. He learned that they have bodies of flesh and bone.
2. He learned that Jesus' true Church was no longer on earth.
3. He learned that he was not to join any of the churches. Emphasize that none of the churches was true. (You might tell the children that the next lesson will explain how Joseph Smith helped bring Jesus' true Church back to the earth.)
4. He learned that Heavenly Father and Jesus care about us and answer prayers.

Song Sing or say the words to "Joseph Smith's First Prayer." Or you might invite a guest to sing this song for the children.

Article of faith Joseph Smith once wrote a letter to a man and explained what the Church taught. Part of that letter became known as the Articles of Faith.
Help the children repeat the first article of faith, which states that we believe in Heavenly Father, Jesus Christ, and the Holy Ghost.

Summary

Testimony Bear your testimony that Joseph Smith saw the Father and the Son, and express your gratitude for Joseph Smith.

Testify that Joseph learned that the promise in James 1:5 is true. If we lack wisdom, we can ask Heavenly Father and receive an answer.

Testify that Heavenly Father and Jesus love all of us. They will help us find answers to our questions just as they helped Joseph Smith. Angels might not appear to us; but if we ask sincerely, Heavenly Father will answer our prayers in the way that is best for us.

Invite a child to give the closing prayer. Ask him or her to thank Heavenly Father for Joseph Smith and for his vision of Heavenly Father and Jesus.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see "Class Time" in "Helps for the Teacher."

1. Have the children close their eyes while you read the words to the song "The Sacred Grove" (*Children's Songbook*, p. 87). Ask them to think carefully about Joseph's experience so they can draw a picture of it.

The Sacred Grove was green and fresh,
The morning sun shone bright around,
As Joseph knelt in fervent prayer,
As Joseph knelt in fervent prayer
Upon that sacred ground.

The Father and the Son appeared.
They spoke to him as with one voice.
Their message answered all his fears,
Their message answered all his fears
And made his heart rejoice.

Have each child draw a picture of Joseph Smith in the Sacred Grove and label it “Joseph Smith in the Sacred Grove.”

2. Reread James 1:5 aloud to the children and explain how this teaches us to find answers to our problems. Give the children situations in which they might “lack wisdom” and need to “ask of God.” Help them think of ways that Heavenly Father could help them with problems if they will ask him. You might use situations such as the following:

- You are sad because you and your best friend have been fighting lately. You don’t know how to make things better.
- You feel lonely and scared in your bed at night.
- Your mother is sick and she seems sad. You would like to help her feel happy again.

Be sure to emphasize that Heavenly Father and Jesus usually answer prayers by giving us a peaceful feeling, which the children will learn more about in another lesson. The children should not expect Heavenly Father and Jesus to appear to them to answer their prayers.

Jesus Christ's Church Has Been Restored

Purpose

To help each child understand that the true Church of Jesus Christ has been restored.

Preparation

1. Study Amos 3:7.
2. If it is available in your area, arrange to show *Joseph Smith: The Man* (9 minutes), on the videocassette *Moments from Church History* (53145).
3. Prepare to sing or say the words to "The Priesthood Is Restored" (*Children's Songbook*, p. 89); the words are included at the back of this manual.
4. Materials needed:
 - a. A Doctrine and Covenants and a Bible.
 - b. An attractive object or picture, such as a flower, a seashell, or nice picture from the meetinghouse library.
 - c. Chalk, chalkboard, and eraser.
 - d. Sheets of paper to be rolled into trumpets.
 - e. Picture 3-10, The First Vision (62470; Gospel Art Picture Kit 403); picture 3-11, John the Baptist Conferring the Aaronic Priesthood (62013; Gospel Art Picture Kit 407); picture 3-12, Melchizedek Priesthood Restoration (62371; Gospel Art Picture Kit 408); picture 3-13, Boy Being Baptized (62018); and picture 3-14, Girl Being Confirmed (62020).
5. Make the necessary preparations for any enrichment activities that you will be using.

Suggested
Lesson
Development

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

The True Church Was Restored
Attention activity

Read Revelation 14:6–7 to the children. Explain that the angel in this scripture is the angel Moroni, who appeared to Joseph Smith and announced that the gospel would be restored. Have the children roll up sheets of paper into "trumpets." Let each child have a turn pretending to be an angel announcing that the Church has been restored.

Picture and discussion

Show picture 3-13, Boy Being Baptized.

- What would happen if no one could be baptized? (No one could join Jesus Christ's Church.)

Tell the children that when Jesus lived on the earth, he wanted the people to learn and obey his teachings. These teachings would help the people learn

what they must do to return and live with him and Heavenly Father again. Jesus organized his Church to help the people learn to live his teachings. After Jesus and his Apostles died, the people did not live by what Jesus taught. People changed his teachings so that the true Church was lost. Jesus took his priesthood from the people on the earth. This meant that people could no longer be baptized with the proper authority. Also, without that priesthood authority, people could not receive the gift of the Holy Ghost, be sealed in the temple as a family, or have a prophet to speak for Heavenly Father and Jesus Christ on earth.

Picture and discussion

Display picture 3-10, The First Vision.

- Who is in this picture? (Heavenly Father, Jesus, and Joseph Smith.)
- What happened when Joseph Smith prayed to find out which church was true? (Heavenly Father and Jesus appeared to him. Jesus told him not to join any of the churches because none of them were true.)

Explain to the children that the true Church was not on the earth at that time. Jesus wanted his teachings and his Church restored to the earth.

Object lesson

- What does the word *restore* mean? (To bring something back the same as it was before.)

After the children respond, give the following example:

Display the object or picture that you brought. Discuss why you feel this item is attractive and worth having, and ask the children to share their feelings. Then invite a child to take the item and hold it where the other children cannot see it.

- Do you wish that we could have this beautiful object or picture back where we can look at it?

Have the child bring the object back into view and display it for the class once again. Explain that the object has been *restored* to its former place. Point out that *restore* means to make something the same as it used to be. Remind the children that even though Jesus had organized his Church the way he wanted, people had taken truths away after Jesus and his Apostles died. Jesus wanted his teachings, his Church, and his authority to baptize people restored just as he had them when he was on earth.

Discussion

Tell the children that Heavenly Father and Jesus Christ chose a young man who was obedient and could be trusted to help him restore his Church.

- Who was this young man? (Joseph Smith.)

Point to the picture of the First Vision again, and explain that whenever the true Church is on earth, the Lord chooses a prophet to lead it. Jesus chose Joseph Smith to become the first modern-day prophet.

Videocassette and discussion

If it is available, show *Joseph Smith: The Man*.

- What is a prophet?

Explain that a prophet is a person to whom Jesus gives instructions for his Church.

Scripture discussion

Help an older child read aloud Amos 3:7 or read it yourself. Explain that “revealeth his secret” means to give his prophet instructions through visions, dreams, or other revelation.

- To whom does Jesus Christ give his instructions? (To the living prophet.)

Explain that the prophet tells the people what Jesus wants them to do. The prophet helps us choose the right so we can return to live with Heavenly Father and Jesus.

Show the children a copy of the Doctrine and Covenants.

Explain that Jesus gave to Joseph Smith many of the words written in this book. Some of these words told Joseph about Jesus' true Church. From these scriptures, we can learn that Jesus restored the true Church through Joseph Smith.

Joseph Smith Received the Priesthood

Discussion

Explain to the children that before Joseph Smith could help restore the Church, he had to be given special power—the right to act for Jesus.

- Do you know what this power is called? (The priesthood.)

Picture and story

Tell the following story of how Joseph Smith received the priesthood:

Joseph Smith and his friend Oliver Cowdery learned about baptism while translating the Book of Mormon. They wanted to be baptized into the true Church. They knelt down and prayed to Heavenly Father. Soon a messenger from heaven appeared to them.

Show picture 3-11, John the Baptist Conferring the Atonic Priesthood.

Explain that the messenger was John the Baptist, the same person who baptized Jesus. When he appeared to Joseph and Oliver, he taught them about baptism. He gave them the power to baptize. This power is called the Atonic Priesthood. Next, John the Baptist told them to baptize each other in the same way he had baptized Jesus. First, Joseph baptized Oliver in a nearby river, and then Oliver baptized Joseph.

The true method of baptism had been restored to the earth, exactly as Jesus had taught it.

Pictures and discussion

Show picture 3-12, Melchizedek Priesthood Restoration.

Explain that a few weeks later, three other heavenly messengers appeared to Joseph and Oliver. These men were three of Jesus' Apostles when he lived on the earth and were named Peter, James, and John. They placed their hands on Joseph and Oliver's heads and gave them the Melchizedek Priesthood. This priesthood is greater than the Atonic Priesthood and gives men the authority to do many wonderful things in the name of Jesus Christ, such as give blessings to sick people, give father's blessings to children, and perform temple ordinances.

Priesthood power allows us to be baptized and confirmed members of the Church and be given the gift of the Holy Ghost. Show again picture 3-13, Boy Being Baptized, and picture 3-14, Girl Being Confirmed. This power can also be used to heal those who are sick and to seal families in the temple so they can remain as families forever if they live right.

Song

Sing or say the words to the song, "The Priesthood Is Restored."

Bear witness to the children that the priesthood is on the earth again. The power to act for Jesus was restored through Joseph Smith. Joseph used this power to organize Jesus' true Church. This priesthood has remained with the true Church ever since.

- What is the true Church of Jesus Christ called? (The Church of Jesus Christ of Latter-day Saints.)

Have the children repeat the name of the Church. Explain that it is called The Church of Jesus Christ of Latter-day Saints because it is Jesus' true Church that he has restored in the latter days. *Latter days* means now, or the times in which we are now living.

Summary

Article of faith	<p>Explain that we have the privilege of becoming members of the same Church that Jesus organized when he was on the earth. Sometimes we call the Church that Jesus organized then the "Primitive Church" (see Articles of Faith 1:6).</p> <p>State the sixth article of faith, and have the children repeat it with you. Encourage those who are able to memorize all or part of it.</p>
Chalkboard discussion	<p>Ask the children to think of some special reasons why they want to become members of the only true Church on the earth. List their responses, such as the following, on the chalkboard:</p> <ol style="list-style-type: none"> 1. To obey Heavenly Father. 2. To have Jesus' teachings to guide us. 3. To be forgiven for our sins. 4. To receive the gift of the Holy Ghost. 5. To return and live with Heavenly Father and Jesus. 6. To be a member of God's kingdom on earth.
Testimony	<p>Express your testimony to the children about why you feel it is a privilege to be a member of Jesus' true Church. Describe for the children the happiness the Church has brought into your life and your gratitude that you belong to the Church.</p> <p>Invite a child to give the closing prayer.</p>

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see "Class Time" in "Helps for the Teacher."

1. Tell the children that since Jesus' true Church has been restored to the earth, we can learn the same things Jesus taught when he was on earth. We all have the privilege of being a member of his Church.

Tell the following story in your own words, or have the children role-play it:

"My name is Ila Marie Goodey. I am fourteen years old and I have had polio for eleven years. . . . I'm staying in the Primary Children's Hospital in Salt Lake City. . . ."

“Ever since I can remember, my parents have instilled the thought in my mind that the most important thing in my life is my Church and my Heavenly Father. . . . I have learned to love [the] Church with all my heart. . . .

“My parents taught me how important baptism is, so I looked forward eagerly to my own baptism. When I finally turned eight, I was in the hospital and it was the doctor’s opinion that I couldn’t leave the hospital even long enough to be baptized. I was heartbroken and I begged Dad to have me baptized while I was still eight. But it looked as though I would have to wait until I was well enough to get out, and no one knew when that would be.

“Then, [before my ninth birthday], my parents . . . and other relatives and friends came to the hospital, and I was baptized . . . in the [water] tank of our physical therapy room. I was confirmed a member of the Church I loved. . . .

“Now, six years later, I have been asked to write this story to show others how very important being baptized was to me.

“ . . . I would like . . . to tell all of you how thankful I am to be a member of The Church of Jesus Christ of Latter-day Saints” (Ila Marie Goodey, “I Was Baptized in a Hubbard Tank,” *Children’s Friend*, Jan. 1963, p. 30).

2. Have the children tell about a baptism that they have seen, such as that of an older brother or sister.
3. Allow the children to draw and color something that will remind them of the restoration of the Church, such as a trumpet to announce the restoration or Joseph Smith praying in a grove of trees.

Faith in Jesus Christ

Lesson

7

Purpose

To help each child understand that developing faith in Jesus Christ is the first principle of the gospel.

Preparation

1. Prayerfully study and be prepared to present and explain to the children the following scriptures: Mark 10:46–52; Matthew 3:13–17; 3 Nephi 11:8–17; and Doctrine and Covenants 76:19–23.
2. Invite someone with a strong testimony of Jesus Christ to visit your class for a few minutes at the beginning of the lesson to share his or her testimony and feelings about the Savior. Be sure to get the approval of the bishop or branch president before inviting someone, and also inform the Primary president.
3. Follow the instructions below to make a chart entitled “Becoming a Member of the Church of Jesus Christ.” (An example is included at the end of the lesson.) This chart will be used in the next four lessons, so you may want to mount it on heavy paper and color it. Make the chart large enough to be seen easily by all members of your class. (You might also want to use the chart sometime for sharing time.)
 - a. Make the following wordstrips:

Gift of the Holy Ghost

Baptism

Faith in Jesus Christ

Repentance

- b. Tape the wordstrips over the steps as indicated in the lesson. This lesson uses only the “Faith in Jesus Christ” step.
4. Print “Ask me what I learned about becoming a member of the Church of Jesus Christ” on a small piece of paper for each child.
 5. Before class, place a copy of the standard works where the children can see them.
 6. Prepare to sing or say the words to the song, “I Feel My Savior’s Love” (*Children’s Songbook*, p. 74); the words are included at the back of this manual.
 7. Help those children who can to memorize as much as possible of the fourth article of faith.

8. Materials needed:
 - a. A Bible, a Book of Mormon, a Doctrine and Covenants, and a Pearl of Great Price.
 - b. Picture 3-9, Jesus the Christ (62572; Gospel Art Picture Kit 240); picture 3-16, Healing the Blind (62145; Gospel Art Picture Kit 213); picture 3-1, John the Baptist Baptizing Jesus (62133; Gospel Art Picture Kit 208); picture 3-17, Jesus Teaching in the Western Hemisphere (62380; Gospel Art Picture Kit 316); picture 3-10, The First Vision (62470; Gospel Art Picture Kit 403); and picture 3-18, President Lorenzo Snow.
9. Make the necessary preparations for any enrichment activities that you will be using.

Suggested Lesson Development

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Understanding Faith

Attention activity

Display picture 3-9, Jesus the Christ. Keep the picture on display during the entire lesson.

- Who is this?

Visitor's testimony

Introduce your visitor and tell the children that you have invited this person to tell them briefly how he feels about Jesus Christ. Explain that part of each person's testimony includes his feelings about Jesus. Thank your guest as soon as he is finished and invite him to leave. After he has left, ask the following questions:

- Who was our visitor today?
- How do you know the visitor was here?

Think of a child or some other person who is not present and ask the following questions using the child's name in the blank:

- Did _____ see our visitor in class today?
- How could _____ know that we had a visitor in class today?

Teacher presentation

Help the children understand that the person not present did not see the visitor here. However, if the class explained that the visitor came, the person would probably believe it. To believe in something that is real and true even though we have not seen it ourselves is to have faith.

Chart

Display the chart "Becoming a Member of the Church of Jesus Christ." Read the title of the chart with the children. Have younger children repeat it aloud with you.

Explain that having faith or believing in Jesus Christ is the first step in becoming a member of the Church of Jesus Christ. Put the first wordstrip, "Faith in Jesus Christ," over the first step of the chart. (For younger children, you might display a picture of Jesus with the wordstrip to remind them of what it says.) Have the older children read the words with you. Tell the children that during this lesson they will learn about faith in Jesus Christ.

The Bible and Book of Mormon Testify of Jesus Christ

- Teacher presentation • Even though we may not have seen Jesus, how can we believe or have faith that he lives and loves us? (Other people have seen Jesus and can tell us about him.)

Point to the books on the table and explain that these books are called scriptures. The scriptures tell of many people who have seen or talked with Jesus.

Hold up the Bible. Point out that part of the Bible tells about the time when Jesus lived on the earth, gave the people his teachings, and organized his Church. The Bible tells about the people who saw and knew Jesus and about the way he helped many of them.

Picture and scripture story

Display picture 3-16, Healing the Blind. Tell the children the story of Bartimæus, a blind man who lived during the time of Jesus (see Mark 10:46–52).

Explain that when Bartimæus heard that Jesus was coming, he cried out for Jesus to have mercy on him. Many people told Bartimæus not to bother Jesus and to be quiet. But Jesus heard Bartimæus and asked to have Bartimæus brought to him. Bartimæus asked Jesus to heal him so that he could see.

Ask the children to listen as you read Mark 10:52 to discover what happened to Bartimæus.

- What happened to Bartimæus? (Jesus healed him. Bartimæus could see.)

Jesus said that Bartimæus was healed because he had faith. Bartimæus believed that Jesus could heal him.

- What does the story of Bartimæus help us know about Jesus? (Jesus loves us and will help us if we have faith in him.)

Picture and scripture discussion

Place picture 3-1, John the Baptist Baptizing Jesus, over the picture of Bartimæus.

- What is happening in this picture? (John the Baptist is baptizing Jesus.)

Read Matthew 3:17.

- When Jesus was baptized, who spoke from heaven and said, “This is my beloved Son, in whom I am well pleased”? (Heavenly Father.)
- What do we learn about Jesus from what Heavenly Father said? (Jesus is his Son.)

Explain that Heavenly Father was bearing testimony that Jesus is his Son.

Hold up the Book of Mormon. Explain that in this book of scripture called the Book of Mormon, we can read of a large group of Nephite people in America who saw Jesus and heard him speak after he was resurrected from the dead.

Read 3 Nephi 11:8. Place picture 3-17, Jesus Teaching in the Western Hemisphere, over the picture of Jesus’ baptism. Read 3 Nephi 11:9–10. Explain that Jesus told the people that he was Jesus Christ, the Savior that the prophets had said would come.

Help the children understand how happy the Nephite people must have felt to know that Jesus had come as he said he would. Jesus asked the people to touch his hands and feet so they would know that he had died and had been resurrected.

- What can we learn about Jesus from his appearance to the Nephite people? (He died and was resurrected. He lives.)

Modern-Day Prophets Testify of Jesus Christ

Picture and discussion

Hold up a copy of the Pearl of Great Price. Explain that the account of Joseph Smith's first vision is written in this book. Ask the children to tell as much as they can about Joseph's first vision. (Be prepared to explain the story of the First Vision if the children do not know it; see Joseph Smith—History 1:7–19.)

Place picture 3-10, The First Vision over the previous picture. Emphasize that Joseph Smith saw Jesus hundreds of years after Jesus was resurrected.

Picture and story

Display picture 3-18, President Lorenzo Snow. Explain that while he was President of the Church, he had a personal visit from Jesus Christ in the Salt Lake Temple.

One day when President Lorenzo Snow was walking in the temple with his granddaughter, he told her about the experience. She told the following about their conversation:

“After we left his room and while we were still in the large corridor [hallway], leading into the Celestial room, I was walking several steps ahead of Grandpa when he stopped me, saying, ‘Wait a moment, Allie, I want to tell you something. It was right here that the Lord Jesus Christ appeared to me at the time of the death of President Woodruff. . . .’

“Then grandpa came a step nearer and held out his left hand and said, ‘He stood right here, about three feet above the floor. It looked as though He stood on a plate of solid gold.’

“Grandpa told me what a glorious personage the Savior is and described His hands, feet, countenance and beautiful white robes, all of which were of such a glory of whiteness and brightness that he could hardly gaze upon Him.

“Then grandpa came another step nearer me and put his right hand on my head and said: ‘Now, granddaughter, I want you to remember that this is the testimony of your grandfather, that he told you with his own lips that he actually saw the Savior here in the Temple, and talked with Him face to face’ ” (Allie Young Pond, quoted by Ivan J. Barrett, in “He Lives! For We Saw Him,” *Ensign*, Aug. 1975, p. 20; also in Le Roi C. Snow’s “Remarkable Manifestation to Lorenzo Snow,” in *Church News*, 2 Apr. 1938, p. 8).

- What does President Snow’s testimony help you know about Jesus? (He lives, he has a body, and he speaks to people in our time.)

We Can Have Faith in Jesus Christ

Discussion

Ask several children the following questions:

- Have you seen Jesus?
- How do you know that Jesus is real and lives?

Allow the children to express their faith in Jesus as a result of the teachings of their parents, their Primary teachers, and the scriptures.

Help the children understand that we can have faith that Jesus lives and loves us because of the scriptures and the testimonies of truthful people. From the testimonies of others, we know that—

1. Jesus is the Son of God.
2. Jesus loves us and wants to help us.
3. Jesus wants us to have faith in him.
4. Jesus was resurrected and lives again.
5. Jesus has a body and speaks to people.

Remind the children that having faith in Jesus Christ is the first step in becoming a member of the true Church.

Song Sing or say the words to the song, “I Feel My Savior’s Love.”

Summary

Teacher testimony You may want to select a picture from those used in the lesson and briefly tell about your faith in Jesus because of the testimony or experience related in the picture.

For example, show picture 3-17, Jesus Teaching in the Western Hemisphere. Explain that because Jesus appeared to the Nephite people after he was resurrected and let them touch his hands and feet, you know that he loves all people.

Take home Give each child a small piece of paper with the statement “Ask me what I learned about becoming a member of the Church of Jesus Christ” printed on it. Encourage them to give this paper to their parents and share what they know about faith in Jesus Christ with their family.

Have the children repeat the following: “We believe in God, the Eternal Father, and in His Son, Jesus Christ” (Articles of Faith 1:1). Then help those who are able to memorize as much of the fourth article of faith as possible.

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Hold up the Doctrine and Covenants. Explain that it tells about another time when Joseph Smith saw Jesus. As Joseph and Sidney Rigdon were studying and thinking about Jesus and his teachings, Jesus appeared to them.

Have the children listen as you read Joseph Smith’s testimony. Read Doctrine and Covenants 76:22 and the words “For we saw him” from verse 23.

- What can you learn about Jesus from Joseph Smith’s testimony? (That Jesus lives.)

Explain that reading from the scriptures and learning about people who have seen Jesus helps us to have faith in Jesus. Even though we may not have seen Jesus with our own eyes, we can have faith that he lives and loves us because of the testimonies of those who have seen him and have told us about him in the scriptures. We can know in our hearts that Jesus is our Savior when we ask our Heavenly Father in our prayers.

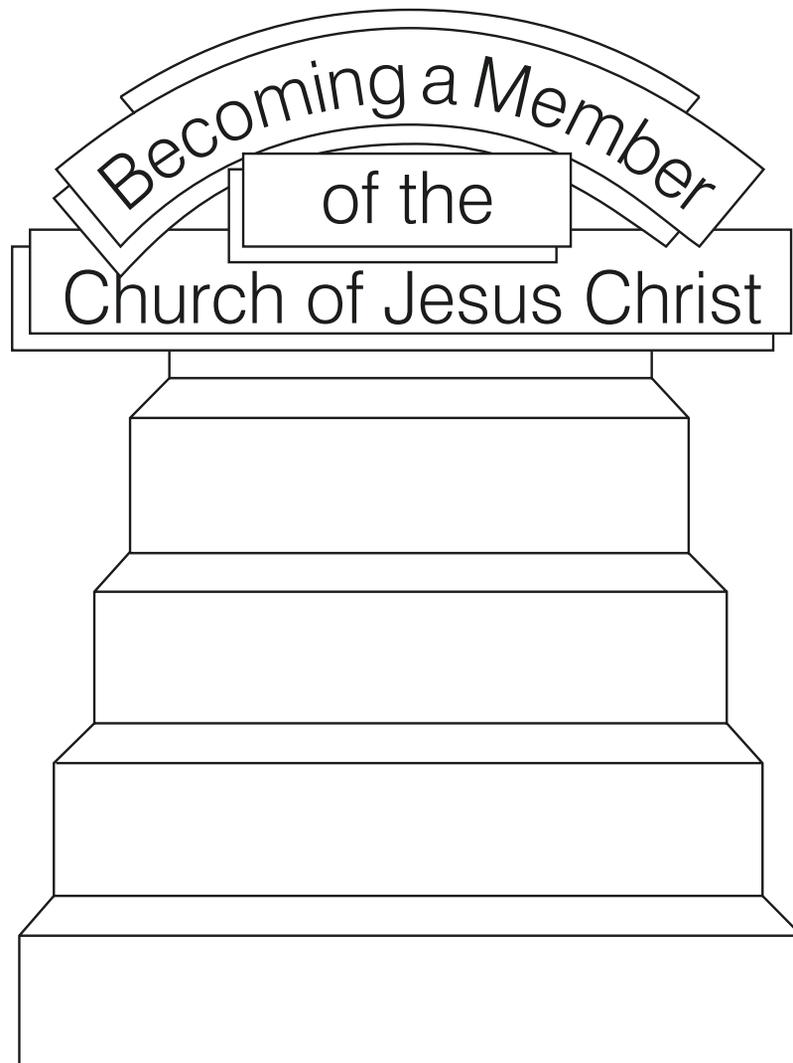
2. Ask if any of the children would like to tell how they feel about Jesus. They could choose a picture and tell how the scene shown in the picture has strengthened their faith. Each picture could be used more than once.

After each child has had an opportunity to share how he or she feels about Jesus, explain that they are making an important step in preparing for baptism.

- What is this step? (Developing faith in Jesus Christ.)

Point to the chart and have the children read or repeat with you the words "Faith in Jesus Christ."

3. Have the children draw a picture of one of the scripture stories they learned about today.



Gift of the Holy Ghost	Faith in Jesus Christ
Baptism	Repentance

The Church of Jesus Christ Has Prophets to Teach Us

Lesson

8

Purpose To help the children understand the importance of listening to and obeying the teachings of the prophets.

Preparation

1. Prayerfully study Luke 1:70.
2. Ask a Melchizedek Priesthood holder from your ward or branch to come to class and tell the children that he is pretending to be King Benjamin. (He may want to wear a bathrobe or something similar over his clothes to symbolize a king's robes.) Ask him to introduce himself as King Benjamin. Have him explain to the children that he was a righteous king who worked with his own hands to support himself so he wouldn't be a burden to his people. Ask him to briefly explain that he had a tower built and that the people came from near and far to hear his message. Ask him to briefly teach the children one of the principles that King Benjamin taught (see Mosiah 2–5).
3. Print each of the following teachings from the prophets and Presidents of the Church on separate pieces of paper or have a picture representing each one. Place the papers in a container (or place the pictures face down on a table). Add more teachings if needed so that each child can have a turn.

“Have family home evening.”

“Study the scriptures.”

“Go to church every Sunday.”

“Pray daily.”

“Don't take things that belong to others.”

“Honor your parents by helping them at home.”

“Pay tithing.”

“Love one another.”
4. Display a copy of a Church magazine that contains a message from the prophet on a table or somewhere in front of the class. Before class, hide pieces of paper with clues written on them around the room, such as under a chair, in the window, and on the chalkboard. Each clue should tell the children where to look for the next clue. The final clue should lead them back to the magazine on display. In the magazine, underline or mark in some way a short message from the prophet that the children can understand.
5. Materials needed:
 - a. A Bible.
 - b. A picture of the current prophet.
 - c. Picture 3-19, President David O. McKay.
6. Make the necessary preparations for any enrichment activities that you will be using.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Jesus Christ's Church Is Led by a Prophet

Attention activity

Tell the children that they have an important visitor in class today. Ask them to listen closely to his message because he will tell them about a righteous king and prophet. After your visitor has finished talking, invite the children to shake hands with him and thank him for coming.

Scripture discussion

Ask the children to listen to a scripture and see if they can learn something about prophets. Read Luke 1:70. Help them understand that sometimes the Lord teaches us by telling his prophets what we need to know, and the Church always has a prophet leading it.

- Who was the first prophet on this earth? (Adam.)
- Who was the first latter-day prophet? (Joseph Smith.)
- Who is our prophet and President of the Church now? (Show his picture and have the children practice saying his name.)
- What Bible and Book of Mormon prophets can you name?
- Can anyone choose to be a prophet? (See John 15:16.)

Explain that not everyone is called to be a prophet. Jesus Christ himself chooses who his prophet will be. When Jesus Christ chooses a prophet, he gives him all the authority he will need to preside over the Church. This prophet is also the President of the Church.

Heavenly Father Has Given Us Prophets to Lead and Bless Us

Activity

Ask the children to listen carefully to the following statements. If they agree with the statement, they should stand up. If they disagree, they should sit down. Take time to explain any statements the children do not understand. (Since all the answers to the following statements are "agree," have the children sit down between each statement. The activity is designed to give movement and large muscle activity in the classroom.)

1. We receive messages from our prophet at general conference. (Agree. Explain that the prophet's counselors and the twelve Apostles are also prophets.)
2. Our prophet will never tell us the wrong things to do. (Agree. Explain that we believe that what the prophet tells us will always be the right thing to do.)
3. President (name the current prophet) is the prophet and President of the Church. (Agree.)
4. Our prophet tells us the things that Heavenly Father and Jesus Christ want us to do so that we will be happy and be able to live with them again. (Agree.)

Teacher presentation

Explain that the prophet gives us messages in the Church magazines, speaks in meetings, and directs and teaches other Church leaders.

Explain that Jesus Christ was the greatest prophet who has lived on the earth. He taught the gospel and performed many miracles.

Picture and story

Tell the children that you are going to tell them a story about President David O. McKay, one of the latter-day prophets. Explain that latter-day prophets are those who have lived since Joseph Smith, or close to the time that we live. Show picture 3-19, President David O. McKay, as you tell the following story.

When President David O. McKay was the prophet, he traveled throughout much of the world to meet and lead the members of the Church. Once when he was in Germany, he heard about a mother who was paralyzed (she could not move parts of her body) and could not come to the conference to hear him speak.

This mother had two children, and she wanted them to go to the conference and see and hear the living prophet. With great faith she said, "I know if I send my children to shake hands with President McKay, and then they come home and take my hand—if I can hold their little hands in mine—I know that I shall get better."

Arrangements were made so that her two children were able to go to the conference. The children were thrilled and excited as they traveled to see the prophet.

At the end of the conference, President McKay shook hands with many people who were there. He knew that these two children were coming, and when he saw them, he shook hands with them and said, "Will you take this handkerchief to your mother with my blessing?"

The children took the handkerchief back to their mother. She was very happy and thanked the Lord every day for the handkerchief and the blessing which President McKay sent through her two children. Immediately after the children came home, she began to get better, and she was soon able to move her body and take care of her children. (See *Cherished Experiences from the Writings of President David O. McKay*, comp. Clare Middlemiss [Salt Lake City: Deseret Book Co., 1955], pp. 149–51.)

We Can Follow the Prophet

Treasure hunt

Have a simple progressive treasure hunt. Begin by stating: "Somewhere in this room is a message from the prophet of the Church to the members of this class. See if you can find it." Then tell the children the first clue. As each clue is found, either read it aloud or have a child who can read do so. The last clue could state something like, "It is printed on paper. It is with other pages of paper. It has a colorful cover." When the children discover the magazine, read or have a child read from the magazine the marked message from the prophet. Then explain what a treasure the words of a prophet are. Prophets can tell us how to live so that we can return to Heavenly Father.

Summary

Bear your testimony of the blessings that have come to you through studying the teachings of the prophets in the scriptures and obeying the living prophet. You might want to share a personal experience of how a teaching from a prophet has influenced your life.

Invite a child to give the closing prayer.

**Enrichment
Activities**

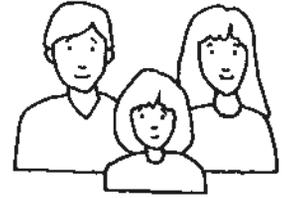
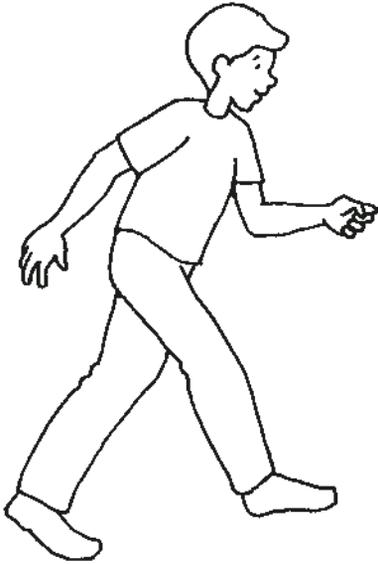
Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Have the children stand in a line and march quietly around the room while saying or singing the words to the chorus of “Follow the Prophet” (*Children’s Songbook*, pp. 110–11). After finishing the chorus each time, the child at the front of the line should tell how he or she will follow the teachings of the prophet and then go to the end of the line. Be sure each child gets a turn to be at the front of the line.

Follow the prophet, follow the prophet,
Follow the prophet; don’t go astray.
Follow the prophet, follow the prophet,
Follow the prophet; he knows the way.

2. Explain that when we follow the prophet by doing what he asks us to do, we will be blessed and be able to return to live with Heavenly Father and Jesus Christ. Pass out a copy of the maze (located on the next page) to each child and ask them to color the right path to get back to Heavenly Father and Jesus. The children who can’t read may need some help.
3. Share facts and stories about the current prophet as you show his picture.
4. Help the children learn as much of the fifth article of faith as possible.

Follow the Prophet



Hold family home evening

Be honest

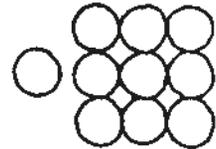


Obey the commandments

Be a missionary



Pay your tithing

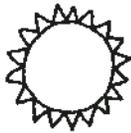


Honor your father and mother

Study the scriptures



Attend church



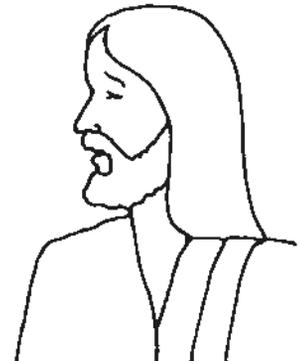
Pray daily



Tell the truth



Love one another



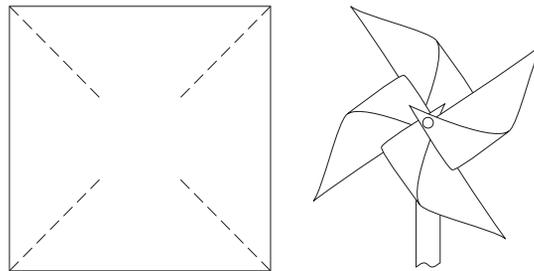
Priesthood Blessings and Ordinances

Purpose

To help each child understand the importance of priesthood blessings and ordinances.

Preparation

1. Prayerfully study James 5:14–15 and Doctrine and Covenants 42:44, 48–52. Although these scriptures are not used in the lesson, they will give you a scriptural background for teaching this principle.
2. Prepare a paper windmill for use in the attention activity. To make a paper windmill, prepare a square piece of paper as shown below. Cut on the dotted lines, and fold alternate points in to the center. Then put a pin through the points at the center, and push the pin into a pencil or stick.



3. Prepare to help the children sing or say the words to the song, “The Priesthood Is Restored” (*Children’s Songbook*, p. 89); the words are included at the back of this manual.
4. If you are able, prepare a copy of the following letter for each child to take home. Have or help each child fill in the blank as appropriate for that child (such as “Mother and Father”). Be sensitive to those children who do not have both parents in the home.

Dear _____,

Have I ever had a priesthood blessing? Please tell me about it.

Love,
5. Materials needed:
 - a. A bottle of consecrated oil.
 - b. Crayons or pencils for children to sign letters.
 - c. Picture 3-11, John the Baptist Conferring the Aaronic Priesthood (62013; Gospel Art Picture Kit 407); picture 3-12, Melchizedek Priesthood Restoration (62371; Gospel Art Picture Kit 408); picture 3-20, Father Preparing to Bless His Sick Child; picture 3-21, Father Blessing His Baby.
6. Make the necessary preparations for any enrichment activities that you will be using.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Priesthood Ordinances Have Been Restored

Attention activity

Show the children the paper windmill that you have made (you might make the windmill in class to show them how it is done if you feel it is appropriate for your class). Have each child come to the front of the class and blow on the windmill to make it turn.

- What makes the windmill turn? (The power of the wind.)
- What would happen if there were no wind?

Explain that wind can be a powerful force. It can draw water up from the ground, or it can give power to large machines. Tell the children that today they will learn about a power much stronger than the wind. Remind them about their recent lesson on the restoration of Jesus Christ's true Church (see lesson 6). An important reason for the restoration of the gospel was to restore the priesthood to the earth.

- Why is the priesthood so important? (Help the children understand that it is the power to act for Heavenly Father and Jesus Christ.)
- What does it mean to act for Heavenly Father and Jesus? (To do the things that they would do.)
- What are some of the good things Jesus Christ did on earth? (He was baptized, healed the sick, made the blind see, blessed the children, prepared the sacrament for the first time, and so on.)
- Can these things be done today? (Yes, they can and are done today. Help the children understand that such things can be done only through the righteous use of the priesthood and our own faith.)
- What then is the priesthood? What can someone who righteously honors his priesthood do? (Explain to the children that we need to receive certain ordinances to return to our Father in Heaven. These ordinances can be performed only by the authority and power of the priesthood.)
- What are some of these priesthood ordinances? (The sacrament, baptism, confirmation, ordination to the priesthood, sealings in the temple, and so on. If necessary, provide hints such as, "What can happen when you turn eight years old?")

Other ordinances give us blessings to help us during this life.

- What blessings can we receive from those who hold the priesthood? (Answers might include administration to the sick, father's blessings, and naming and blessing of babies. You might need to provide hints.)

Explain that these ordinances and blessings are available to us through our faith, prayers, and proper priesthood authority.

Pictures Display picture 3-11, John the Baptist Conferring the Aaronic Priesthood, and picture 3-12, Melchizedek Priesthood Restoration. Express thankfulness to Heavenly Father and Jesus Christ for allowing these blessings to be restored through the Prophet Joseph Smith. Tell the children that they will have more lessons on baptism, confirmation, the sacrament, and temples this year. Assure the children that Heavenly Father has planned for them to be with a loving family forever, and that through these ordinances, they can return to him.

The Priesthood Can Bless Everyone

Discussion

- Has your father or another priesthood holder ever put his hands upon your head and given you a blessing? (Encourage the children to share their experiences. Find out who gave them the blessing and what the blessing was for.)

Discuss with the children the following points about blessings:

1. A blessing is given by someone who bears the Melchizedek Priesthood. A person who holds the priesthood has the power to act for Jesus Christ. This person might be your father, your brother, your grandfather, the bishop or branch president, the missionaries, your home teachers, or any worthy Melchizedek Priesthood bearer.
2. All blessings given by the authority of the priesthood are to help us.
3. There are different kinds of blessings.

Tell the children that next they are going to learn about two kinds of special priesthood blessings.

Priesthood Bearers Can Bless and Name Babies

Picture Display picture 3-21, Father Blessing His Baby.

- What is happening in this picture? (A baby is being blessed and given a name.)
Ask the children to think about the last time they saw a baby being blessed.
- How did you feel while the baby was being blessed? (Encourage the children to share their experiences and feelings.)

Priesthood Bearers Can Administer to the Sick

Article of faith Tell the children that as members of The Church of Jesus Christ of Latter-day Saints, we believe in another type of blessing called administering to the sick. Explain that to administer a blessing is to give a blessing. Read aloud the seventh article of faith and help the children repeat the phrase, "We believe in the gift of healing." Remind the children that healings can take place following such a blessing when it is the will of Heavenly Father.

Picture Display picture 3-20, Father Preparing to Bless His Sick Child. Explain that whenever someone is sick, priesthood holders can give him or her a special blessing. It is a good thing to ask for a blessing when we are sick. Explain the following about blessings for the sick:

1. If you were sick and needed a blessing, you could tell your parents. If your father held the Melchizedek Priesthood, he would probably ask another

worthy Melchizedek Priesthood bearer in the Church to help him give you a blessing. If your father did not hold the Melchizedek Priesthood, you could ask your home teachers, grandfather, uncle, the bishop or branch president, or the missionaries for a blessing.

2. Those who administer to the sick, or give the blessing, use pure olive oil that has been consecrated (given a special blessing) by two members of the Melchizedek Priesthood. Show the children the bottle of consecrated oil.
3. There are two parts to an administration to the sick: First, one of the priesthood bearers would put a small amount of oil on the top of the sick person's head and say a brief prayer. Second, the two priesthood holders would then lay their hands on the sick person's head, and one would seal the anointing by saying another special prayer, giving with it a blessing inspired by Heavenly Father.

Explain to the children that when we have faith and receive a priesthood blessing, Heavenly Father will bless us if it is according to his will. He will always do what is best for our lives.

Teacher experience Share a personal experience you have had or know about when a sick person has been healed after receiving a blessing. Tell the children how grateful you are for the priesthood and for the gift of healing.

A Father's Blessing

Story Tell the children about another special kind of priesthood blessing by telling the following story (in telling the story and then discussing the principle involved, be sensitive to those children who do not have a father who could give them a priesthood blessing):

Melissa was worried about starting school, even though she had looked forward to it for a long time. Melissa had never been to school before, and she did not know what it would be like. She did not know her teacher, and she did not know who the other children would be.

The night before school was to start, Melissa laid out the clothes she was going to wear and then got ready for bed. Soon she came out into the living room, rubbing her tummy. She said, "I don't feel very well. I think I'm sick." Melissa's parents told her they wanted to help her feel better. Her mother gave her a hug. Her father told her that he understood that she was worried about going to school.

He told her that there was something he could give her that would help her have a happy experience at school. He explained that he could give her a special father's blessing by the power of the priesthood.

Melissa said she would like him to give her a father's blessing. So Melissa's father put his hands on her head and gave her a blessing. He blessed her that she would make many friends and that she would have a kind teacher who would love her and help her to learn.

After the blessing, Melissa put her arms around her father and thanked him for giving her a father's blessing. She said that she already felt better.

- What problems have you needed help with?
- Can any of you tell about a time you received a father's blessing?

Encourage the children to ask their father for a father's blessing whenever they have a special need. Explain that if their father does not hold the priesthood, any worthy Melchizedek Priesthood holder, such as home teachers, the bishop or branch president, the missionaries, or other relatives like uncles or grandfathers who hold the priesthood could give them a special blessing when they have a need. (Be very sensitive to those children who come from homes where the priesthood may not be welcomed.)

Song Sing or say the words to the song, "The Priesthood Is Restored."

Summary

Letters Pass out the letters you have prepared. Tell the children what the letters say. Help each child to appropriately address it and sign his or her name at the bottom of the letter. Encourage the children to talk to their parents about the priesthood blessings they have received and about the blessings they have learned about in Primary.

Teacher testimony Bear your testimony to the children that the priesthood with its power has been restored on earth and is a special gift from Heavenly Father to bless our lives. Through priesthood authority and power, we can receive the ordinances and blessings necessary to live again with Heavenly Father and live better lives here on earth.

Invite the child giving the closing prayer to thank Heavenly Father for special priesthood blessings.

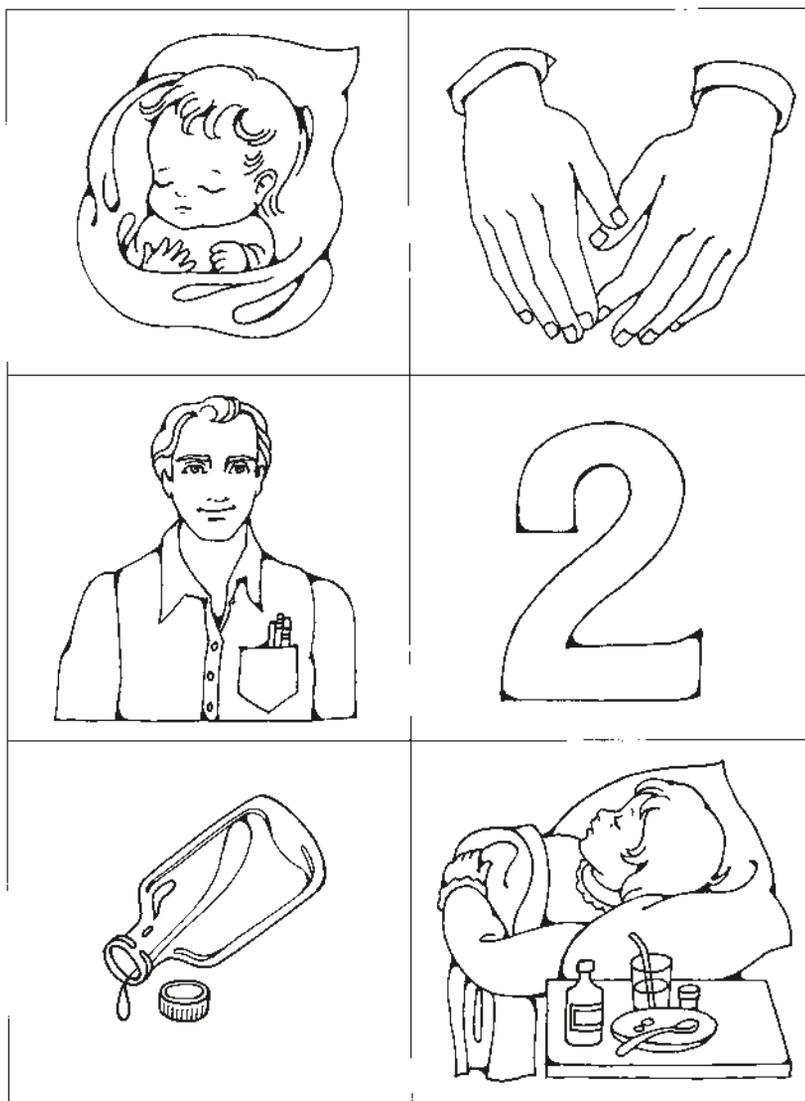
Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see "Class Time" in "Helps for the Teacher."

1. Allow the children to trace around their hands with a crayon on a piece of paper. Remind them that when we are sick, a priesthood holder can place his loving hands on our heads to give us a blessing. When else are hands placed on our heads? (Older children might want to write on each of the fingers of the traced hand an answer such as confirmation, priesthood ordinations, and father's blessings. For younger children, simply talk about these other blessings.)
2. Arrange for a father and his new baby to come to the class to talk with the children. Have the father tell about the baby's blessing; then ask the following questions:
 - Was the baby's full name used in the blessing? What is it?
 - Who blessed the baby, and what authority did he hold?
 - Who helped with the blessing, and how did they help?
 - Why was this a special day for the baby?
 - What special blessings did the baby receive? (Discuss this only as appropriate.)
3. Make and cut apart simple drawings, such as those on the next page, representing the answers to the following riddles. Pass out the drawings you have made. Have each child hold up his drawing and tell what it represents.

Explain that you are going to read some riddles, and the children are to decide which drawing answers the riddle. Have the child holding the answer to the riddle place it by the appropriate blessing picture. (Some drawings can go with more than one blessing.)

- a. I am used when someone who is sick is given a blessing. The priesthood holder puts a small amount of me on the sick person's head. What am I? (Consecrated oil.)
- b. I can't walk. I can't talk. I am very young. I need to be given a name and a blessing. What am I? (A baby.)
- c. I need a special blessing. I have a high fever. I asked my father to give me a blessing to help me feel better. What am I? (A sick child.)
- d. I have been given a special power called the priesthood. I have children. I can give my children a father's blessing. What am I? (A father.)
- e. When a sick person asks for a blessing, at least a certain number of men who hold the Melchizedek Priesthood are called in to give the blessing. I am that number. What am I? (The number 2.)
- f. When the men holding the priesthood bless a baby, bless the sick, or give a father's blessing, they use me. They put me on the person's head or use me to hold the baby. What am I? (Hands.)



Purpose

To help the children understand the principle of repentance and why it is important in their lives.

Preparation

1. Prayerfully study and be prepared to discuss Doctrine and Covenants 58:42 and 3 Nephi 9:22.
2. Use the chart “Becoming a Member of the Church of Jesus Christ” prepared in lesson 7, with the wordstrip “Faith in Jesus Christ” in place. Also have the wordstrip “Repentance” ready to use during this lesson. (It may be well to prepare to review the fourth article of faith with the children and help those children who can to memorize all or part of it as you discuss the principles during the lesson.)
3. Prepare the following wordstrips (keep them so you can use them again in lesson 22):

Feel sorry

Ask forgiveness

Right the wrong

Don't repeat the wrong

4. Prepare to help the children sing or say the words to the second verse of the song, “Help Me, Dear Father” (*Children’s Songbook*, p. 99); the words are included at the back of this manual.
5. Remember that children under the age of eight are not accountable; none of the children should be made to feel guilty.
6. Materials needed:
 - a. A Bible, a Book of Mormon, and a Doctrine and Covenants.
 - b. Tape.
 - c. A bandage.
7. Make the necessary preparations for any enrichment activities that you will be using.

Suggested**Lesson****Development**

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

We Should Repent When We Make Wrong Choices

Attention activity

Show a bandage to the children.

- Have any of you ever had a cut?
- How did it feel?
- What should we do when we get a cut? (Clean and bandage it.)
- Why should we clean and bandage a cut? (To help it heal faster.)

When we do something wrong, it is like having a cut. It hurts inside and makes us sad because we know we have done wrong. Repentance can help us when we have made a mistake. It is a way of cleaning and healing a spiritual hurt.

Post the wordstrip "Repentance."

Story

Tell in your own words the following story:

Ricardo was at the store to get some thread for his mother. He saw some candy for sale on the counter. He wanted some but did not have enough money. While the storekeeper went to find the thread, Ricardo put some candy in his pocket. When the storekeeper returned, Ricardo paid for the thread. He ate the candy on his way home. Later Ricardo began thinking about something his parents had taught him.

Have an older child read Exodus 20:15 or read it aloud yourself.

- How do you think Ricardo felt? (Unhappy.)
- What has Ricardo done wrong? (He stole some candy.)
- What can Ricardo do to get rid of this unhappy feeling? (Repent.)

Have a child post the wordstrip "Feel sorry" under the wordstrip "Repentance."

Explain that when we realize that we have done something wrong, we should admit that we've done wrong and feel sorry that we did it. This feeling is Heavenly Father's way of helping us to know we have done something wrong.

Explain that the next thing Ricardo has to do is to ask forgiveness for what he has done. Have another child post the wordstrip "Ask forgiveness."

- Of whom does Ricardo need to ask forgiveness? (Heavenly Father and the storekeeper.)

Point out that when we repent of our wrong choices, we must ask our Heavenly Father and the person we have wronged to forgive us. We need to admit that we have made a wrong choice and then ask to be forgiven for what we have done.

- How do we ask Heavenly Father to forgive us? (We ask in prayer.)

Explain that the third thing Ricardo has to do is to try to right the wrong. Have another child post the wordstrip "Right the wrong" beneath the other wordstrips. Help them understand that we need to try to correct any problems we have caused because of our wrong choice. Sometimes we cannot correct the problems (such as replacing something that we ruined), but we need to do the best we can.

- How could Ricardo make right his wrong? (Return to the store and pay for the candy or do some work for the storekeeper without pay.)

Remind the class that another thing Ricardo must do is to decide not to make that wrong choice again. Have another child post the wordstrip “Don’t repeat the wrong” beneath the other wordstrips. Conclude that Ricardo has to decide never to make that wrong choice again. He will know he has truly repented if he feels sorry for doing wrong and is willing to admit it, asks to be forgiven, tries to right the wrong, and decides never to make that wrong choice again. As you say each step of repentance, point to the appropriate wordstrip.

Song

Sing or say the words to the second verse of the song, “Help Me, Dear Father.”

Repentance Is a Step in Becoming a Member of the True Church

Chart and discussion

Explain that Jesus Christ wants us to know how to repent so that when we become members of his Church, we can repent of our mistakes.

Display the chart “Becoming a Member of the Church of Jesus Christ” from lesson 7.

Remind the class that in a previous lesson they learned about one step in becoming a member of the true Church. That step is faith in Jesus Christ. Remove the wordstrip “Repentance” from the display area and place it on the chart above the wordstrip “Faith in Jesus Christ.”

Have the children say aloud these two steps that are necessary to become members of the true Church—faith and repentance.

Explain that after we are baptized we should repent throughout our lives whenever we make a wrong choice. The Savior promised us that whenever we truly repent, he will forgive us and he will remember our sins no more.

Read Doctrine and Covenants 58:42 to the children.

- What is the great promise that Jesus gives to us if we repent?

Teacher presentation

Explain that repentance should be an important part of our lives. After we reach eight years old, we are responsible for the choices we make. Jesus knows we will not always make the right choices. He loves us and has given us a way to overcome our wrong choices. He has told us that we must repent so we can return to live with him and Heavenly Father.

Summary

Scripture explanation

Read aloud or have an older child read the first sentence of 3 Nephi 9:22.

Explain that repentance is a very important blessing that can help us prepare to live with Heavenly Father again. Also, explain that even after we have done all we can to correct our wrongs, Heavenly Father will forgive us only because of the atonement of Jesus Christ (see 2 Nephi 25:23).

Teacher testimony

Bear testimony of the principle of repentance, and invite the children to ask their parents to explain repentance to them again at home. Express your gratitude that Heavenly Father and Jesus Christ have made it possible to correct our mistakes so that we can enjoy life here on earth and eventually return to live with them forever.

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Prepare the following sheet for each child. Have the children write the four steps used in repentance. For younger children, draw circles for the two faces and have the children draw the faces in the circles themselves. Suggest that the children place this paper in their homes where they can easily see it to remind them how to repent and change their sad feelings to happy feelings.

I Feel Happy After I Repent



- 1.
- 2.
- 3.
- 4.



2. Have the children act out feeling sorry and asking someone for forgiveness for some wrong they have done. Emphasize that sincerity is important when asking for forgiveness. This sincerity often shows in their tone of voice. Demonstrate for them how to ask for forgiveness both insincerely and sincerely, and have them practice asking with the right tone of voice and posture.
3. In your own words, tell the story of the repentance of Alma the Younger and the four sons of Mosiah (see Mosiah 27). As you tell the story, refer to each step of repentance.

Purpose	To help each child better understand the importance of baptism.
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Preparation	<ol style="list-style-type: none"> 1. Prayerfully study Matthew 3:13–17; 2 Nephi 9:23; and Doctrine and Covenants 20:73–74. 2. Prepare to sing or read the words to the song “I Like My Birthdays” (<i>Children’s Songbook</i>, p. 104). 3. Bring the chart “Becoming a Member of the Church of Jesus Christ,” first used in lesson 7. Have the wordstrips “Faith in Jesus Christ” and “Repentance” in place on the chart. Have the wordstrip “Baptism” ready to be placed on the chart during the lesson. 4. A soft ball or small stuffed toy animal. 5. Materials needed: <ol style="list-style-type: none"> a. A Bible, a Book of Mormon, and a Doctrine and Covenants. b. Picture 3-13, Boy Being Baptized (62018); and picture 3-1, John the Baptist Baptizing Jesus (62133; Gospel Art Picture Kit 208). 6. Make the necessary preparations for any enrichment activities that you will be using. <p><i>Note:</i> Adapt this lesson as needed if any of the children have already been baptized.</p>
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Suggested Lesson Development

Development	<p>Invite a child to give the opening prayer.</p> <p>Follow up with the children if you encouraged them to do something during the week.</p>
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We Can Be Baptized at Age Eight

Chart	Display the chart “Becoming a Member of the Church of Jesus Christ.” Have a child place the wordstrip “Baptism” on the third step. Tell the children that baptism is the third step in becoming a member of the Church of Jesus Christ.
Attention activity	<p>Explain that before the children can be baptized, something important must happen. Tell them to listen as you sing or say the words to a song about baptism. Explain that you will leave out one word. That word is also a number. Ask the children to listen and see if they can tell what the missing word is. They are to raise their hands when they know what word you left out.</p> <p>I like my birthdays, ev’ry one; Each brings a greater joy to me. But I can’t wait until I’m _____, For then I’ll be baptized, you see.</p>

- What is the missing word? (Eight.)

Explain that we look forward to all of our birthdays, but our eighth birthday has special meaning because it means that we are old enough to be baptized.

Jesus Christ Obeyed the Commandment to Be Baptized

Teacher presentation

Remind the children that Heavenly Father has commanded everyone to be baptized. Jesus Christ wanted to obey all of Heavenly Father's commandments.

Scripture

Read aloud 2 Nephi 9:23. Explain that the Holy One of Israel is another name for Jesus Christ.

Explain that this scripture tells us that we are commanded to be baptized. The scripture also tells us that if we are not baptized, we cannot be saved in the kingdom of God; in other words, we must be baptized to live again with Heavenly Father and Jesus.

Picture and discussion

Display picture 3-1, John the Baptist Baptizing Jesus, and tell the story (see Matthew 3:13–17). Read as much of this scripture to the children as they can understand.

- Who baptized Jesus? (John the Baptist.)

Point out that Jesus came to John the Baptist to be baptized because John had the priesthood authority to baptize.

To baptize Jesus, John the Baptist took him down into the waters of the Jordan River. After saying the baptismal prayer, John placed him completely under the water. Then John brought him out of the water.

Explain that to be baptized by being completely covered by water and coming back up out of the water is called baptism by immersion. Have the children repeat the words *baptism by immersion*.

We Can Be Baptized Just As Jesus Christ Was

Song

Have the children listen as you sing or say the words to the second verse of "I Like My Birthdays." Then have them sing or repeat the words with you.

To be baptized as Jesus was
By one who holds the priesthood true
And thus obey God's holy laws
Is just the thing I want to do.

- What is "the thing I want to do," according to this song? (Be baptized, "as Jesus was.")
- How will we be baptized if we are baptized the same way Jesus was? (By immersion and by someone with priesthood authority.)

Picture and discussion

Place picture 3-13, Boy Being Baptized, next to the picture of John the Baptist baptizing Jesus.

Explain that when Jesus Christ was baptized, he was immersed or completely covered with water. Today, baptisms usually take place in a meetinghouse in a special pool of water called a baptismal font. If there isn't a baptismal font nearby, streams or other pools of water are used.

- What authority did John the Baptist have to baptize? (The Aaronic Priesthood.)
- What authority must the person who is baptizing us have to baptize? (He must be a priest in the Aaronic Priesthood or hold the Melchizedek Priesthood.)
- Do you know anyone who has the priesthood and can baptize?

Teacher presentation

Remind the children that when Joseph Smith was translating the Book of Mormon with Oliver Cowdery, John the Baptist came to them and taught them the correct way to baptize. He gave them the priesthood so that they had the authority to baptize others. The priesthood has been given to other people so that we can have the privilege of being baptized by someone with the proper authority.

Article of faith

Explain to the children that the person who baptizes each of them will have the same priesthood that John the Baptist had. The fifth article of faith tells us how a man receives this authority.

Read aloud and have the children repeat the following:

“We believe that a man must be called of God . . . by those who are in authority.”

The Ordinance of Baptism

Picture and explanation

On picture 3-13, Boy Being Baptized, point to the position of the hands. Explain to the children the following guidelines: when you are baptized, you and the man baptizing you will go down into the baptismal font. The man baptizing you holds your right arm with his left hand. You can hold your nose with your right hand and with your left hand hold on to the left arm of the man baptizing you. The man baptizing you will then raise his right hand and say the words of the baptismal prayer.

Scripture

Tell the children that the baptismal prayer is found in the scriptures. Have them listen as you read them the words of the prayer.

Read Doctrine and Covenants 20:73, starting with the words “Having been commissioned.”

Explain that *commissioned* means “given authority to represent.” Help the children understand that true baptism is performed only by someone who has been given the authority to represent Jesus Christ in performing the baptism. Their baptism will have the same value as if Jesus himself had baptized them.

Explain that after saying the prayer, the man who is baptizing puts his right hand on the person’s back and gently lowers him into the water until the water completely covers him. Then he lifts the person up out of the water.

Help the children understand that they will be under the water for a very short time, and the man baptizing them will hold them firmly. They will hold his arm and will be able to hold their noses so they won’t breathe or swallow any water.

Personal experience

If you desire, you could tell about your baptism. Or if any of the children in your class have already been baptized, invite them to tell about their baptisms.

Let the children ask questions and share their feelings about baptism. Help them understand that baptism can be a wonderful experience for them.

We Are Happy When We Are Baptized

Tell the children that you have some questions that you would like to ask them in order to review what they have learned about the important step of baptism. Toss the ball or small toy animal to a child and ask one of the following questions. Be sure that each child gets a turn to catch the toy and answer a question.

- How old are we when we may be baptized? (Eight.)
- Why should we be baptized? (It is a commandment.)
- Where will we be baptized? (In a baptismal font or other pool of water.)
- What must a man have to be able to baptize? (The priesthood.)
- How will we be baptized? (By immersion.)
- Why do you think you will feel happy when you are baptized?

Let the children respond and share their feelings. You might emphasize that they will be happy to be members of Jesus Christ's Church, they will be happy to know they are following his example, and they will be happy to obey his commandment.

Story

Tell the following story of a girl who wanted to be baptized:

"When Alice's mother and sisters decided to become members of The Church of Jesus Christ of Latter-day Saints, Alice was only six and too young to be baptized with the rest of her family. . . . Because they often talked of the wonderful experience of baptism and the joy their membership in the Church had brought them, Alice could hardly wait to be eight so she could be baptized too.

"Alice planned and dreamed how she would be baptized on her birthday. 'Not sometime after,' she insisted, 'but on that very day.'

"However, three days before Alice turned eight, she awoke with a severe headache, and the next day she was too ill to go to school.

"The doctor who was called said she would have to stay home and in bed for at least a week. Alice's big eyes filled with tears of disappointment.

"The next day Alice was even more miserable, and her temperature was higher despite the medicine the doctor had prescribed. Mother was puzzled and concerned, but Alice felt worse about not being baptized on the very day of her birthday than she did about all her aches and pains and fever.

"The afternoon before Alice's birthday, her mother started into the sickroom. But she stopped at the door when she saw Alice kneeling in fervent prayer on her bed. This little girl was pleading with Heavenly Father for fulfillment of her great desire to become a member of The Church of Jesus Christ of Latter-day Saints.

"On the morning of her birthday, Alice got up, dressed, and prepared for baptism. Her fever was gone and she felt well and happy. Some hours later her mother checked Alice's temperature again and it still registered normal.

"[Heavenly Father] had answered Alice's sincere prayer. That evening she was baptized!" ("A Birthday Baptism," *Friend*, Oct. 1974, p. 33).

- How would you have felt if you had been Alice?

Help the children understand that they might not be baptized exactly on their birthday but rather on a day soon after their eighth birthday; usually there is

one baptismal date each month for all children in a ward or stake. Tell them that they will be interviewed by the bishop or branch president before they are baptized. Tell them when baptisms usually take place in your area. Express your hope that the children will have the same happy feeling that Alice had when they are baptized.

Summary

Remind the children that their eighth birthday can be special because they will be old enough to be baptized.

Sing or say the words to the song “I Like My Birthdays.”

Point to the steps on the chart, and read them. Explain that after the children have been baptized, they will be ready to take the final step in becoming a member of the Church.

Invite a child to give the closing prayer.

Enrichment Activities

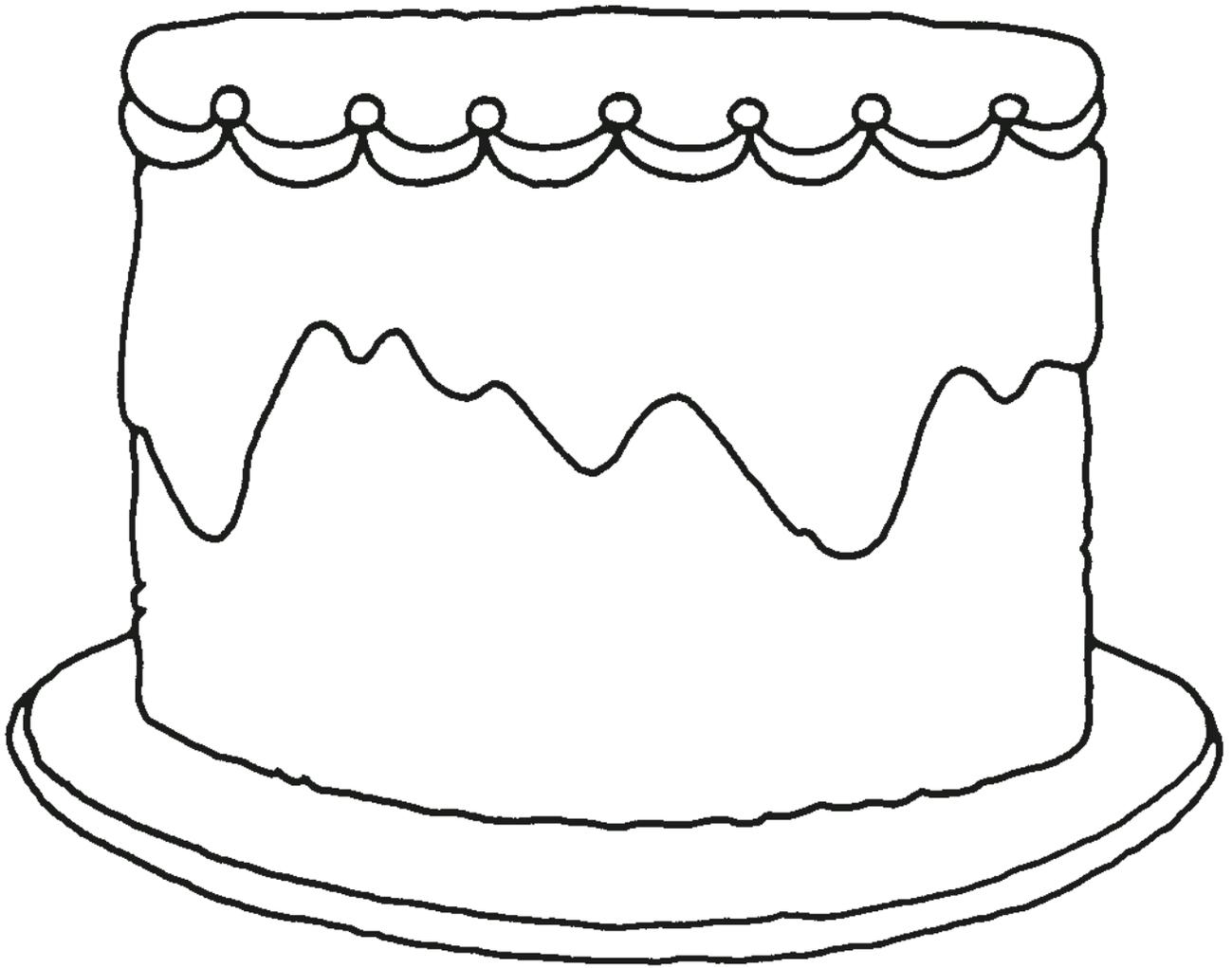
Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Copy or trace a picture of the birthday cake for each child. Have the children draw eight candles on the cake and then color it. Label the picture, “I can’t wait until I’m eight.”

If your class is not familiar with the tradition of birthday cakes, explain that in many countries, when children have a birthday, a birthday cake is made for them. A candle is put on the cake for each year since they were born. When the children turn eight, they have eight candles on their cake.

2. Discuss steps that the children need to take to prepare for baptism. As each of the following ideas is mentioned, lay a cutout of a footstep on the floor. Have the footsteps lead to picture 3-13, Boy Being Baptized.
 - Attend Primary and sacrament meeting each week.
 - Learn about the scriptures.
 - Be honest.
 - Pray daily.
 - Pay tithing.
 - Be kind to family and friends.
 - Follow Jesus Christ’s example.
 - Be eight years old.
 - Be interviewed by the bishop or branch president.
3. Invite a man who holds the Melchizedek Priesthood to come to class and tell the children what will take place at their baptism. Have him practice with them the correct position for their hands and the motions of baptism.
4. Show to the children *Baptism—A Promise to Follow Jesus* (9 min.) on *Primary Video Collection* (53179).

I Can't Wait Until I'm Eight



Purpose

To help the children appreciate the privilege of receiving the gift of the Holy Ghost when they are confirmed members of The Church of Jesus Christ of Latter-day Saints.

Preparation

1. Study John 14:16–17, 26.
2. Have the chart ready from lesson 7, “Becoming a Member of the Church of Jesus Christ.” Before class, place the wordstrips “Faith in Jesus Christ,” “Repentance,” and “Baptism” on the proper steps of the chart. Have the wordstrip “Gift of the Holy Ghost” ready to use during the lesson.
3. Place picture 3-14, Girl Being Confirmed (62020) in a box. If possible, wrap the box to look like a gift.
4. Prepare to help the children sing or say the words to the song, “The Holy Ghost” (*Children’s Songbook*, p. 105); the words are included at the back of this manual.
5. Materials needed:
 - a. A Bible.
 - b. Picture 3-14, Girl Being Confirmed (62020); picture 3-22, The Last Supper (62174; Gospel Art Picture Kit 225); and picture 3-10, The First Vision (62470; Gospel Art Picture Kit 403).
6. Make the necessary preparations for any enrichment activities that you will be using.

Suggested Lesson Development

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

We Can Receive the Gift of the Holy Ghost

Attention activity

Show the “gift” box and ask the following questions:

- Why do we give each other gifts?
- How do you feel when someone gives you a gift?

Teacher presentation

Explain that the day we become members of The Church of Jesus Christ of Latter-day Saints is one of the most important days of our lives. On that wonderful occasion, Heavenly Father and Jesus Christ give us a precious gift.

Clues

Tell the children that you will give them some clues that will help them discover what the gift is. Invite them to listen quietly until you have given them all of the clues.

1. The gift Heavenly Father and Jesus Christ give us can't be purchased with money.
2. We can't hold this gift in our hands and look at it as we would a book or a toy.
3. This gift is worth more than any other gift a person can receive.
4. Worthy Church members are helped and comforted by it throughout their lives.
5. We receive this gift when men who hold the Melchizedek Priesthood lay their hands upon our heads and confirm us members of The Church of Jesus Christ of Latter-day Saints.

Ask all who know what the gift is to raise their hands.

- What is this gift? (The gift of the Holy Ghost.)

Picture and discussion

Have a child open the gift to discover the picture. Then display the picture of the child being confirmed. Explain how the gift of the Holy Ghost is given. Following a person's baptism, men who hold the Melchizedek Priesthood place their hands upon the person's head, as shown in the picture. One of the men (usually the father, the bishop, a missionary, or a friend of the person being confirmed) says the prayer. During the prayer, the person is confirmed a member of the Church and receives the gift of the Holy Ghost.

- What do you know about the Holy Ghost?

Let the children tell briefly what they know about the Holy Ghost. Bring out the following points:

1. The Holy Ghost does not have a body of flesh and bones as we do. He has a spirit body in the form of a man.
2. The Holy Ghost teaches us about Heavenly Father and Jesus Christ and bears witness of those things we are taught about them.
3. The Holy Ghost bears witness to us when we are taught the truth that what we are hearing is truth.
4. The Holy Ghost is sent from Heavenly Father and Jesus Christ to help us choose the right.

Chart

Display the chart "Becoming a Member of the Church of Jesus Christ."

Place the wordstrip "Gift of the Holy Ghost" on the fourth step of the chart. Have an older child read the words aloud or read it yourself; then have all the children repeat the words with you.

Explain that not all people who live on earth have the privilege of receiving the gift of the Holy Ghost. Only those who have been baptized and confirmed members of The Church of Jesus Christ of Latter-day Saints have that blessing. Emphasize that when we receive the gift of the Holy Ghost at confirmation, we become an official member of the Church. Review with the children the steps on the chart, starting with faith in Jesus Christ.

Article of faith review

Write the words of the fourth article of faith on the chalkboard. Repeat them aloud with the children. Then erase several words and repeat it aloud with them again. Continue to erase a few words each time you repeat it as long as the practice is worthwhile.

Jesus Christ Promised to Send the Holy Ghost

Picture Display picture 3-22, The Last Supper. Explain that the night before Jesus Christ was crucified, he ate one last supper with the Twelve Apostles. At that time, he also taught them something very important. He knew that when he was gone the Apostles would be very sad. He knew they would need his help. Jesus promised the Apostles that he would not leave them alone but would send someone to help and comfort them.

Scripture Ask an older child to read what Jesus told his Apostles from John 14:16 or read it yourself.

- What is another name for the Comforter whom Jesus promised to send the Apostles? (The Holy Ghost.)

Read John 14:26 to the children.

Emphasize that Jesus Christ sent the Holy Ghost to help and comfort his Apostles. Even though the Apostles could not see the Holy Ghost, they could feel him helping and comforting them. That is why he is called the Comforter.

Song Sing or say the words to the song, "The Holy Ghost."

The Holy Ghost Can Help Us

Teacher presentation Explain that as members of Jesus Christ's Church, we have the same privilege the Apostles did of having the Holy Ghost to help and comfort us. Emphasize that the companionship of the Holy Ghost is one of the greatest gifts that we can enjoy in this life. We can always have his companionship if we are worthy and live righteously.

Tell the children that the Holy Ghost can help us know what to do when we have hard choices to make. Encourage the children to follow their feelings from the Holy Ghost when they are afraid or hurt. He will help them know what they should do, such as prompting them to tell someone who can help.

Story Relate the following story in your own words. Ask the children to listen to find out how the Holy Ghost helped and comforted a girl named Jan:

Jan had lived most of her life in a small farming town. She loved the town and the people who lived there. Often Jan thought how wonderful it was to live in a town that was so full of friendly people.

One day, Jan's father came home from work and told the family that he was changing his job and that they would be moving to a larger city.

- How do you think Jan felt?

Jan felt sad and upset each time she thought of moving. It was hard for her to think that soon she was going to leave her friends, home, school, and ward behind.

Jan was worried. She wondered if she would have a hard time making new friends. What would her new home and ward be like? Would the schoolwork be too hard for her?

No one was able to help her get rid of her worried feelings. Jan decided to pray and ask Heavenly Father for help.

Jan prayed to Heavenly Father with all her heart. As she prayed, something wonderful began to happen. All of the worried and frightened feelings started to go away.

Jan felt that someone was comforting her.

- Who do you think was comforting Jan? (The Holy Ghost.)

Jan's family moved, and everything turned out fine. She always remembered the loving help she received from Heavenly Father through the Holy Ghost.

Teacher's
experience and
testimony

You may wish to tell of a time you were comforted by the Holy Ghost, such as when you were afraid or when you lost a loved one. Bear testimony that the Holy Ghost can comfort and guide us. The gift of the Holy Ghost that we receive following baptism is one of the most precious gifts that Heavenly Father could ever give us to help us to choose the right throughout our lives.

Summary

Emphasize that as members of the Church we believe in the Holy Ghost. We know that he will give us the help and comfort we need if we obey the commandments.

Article of faith

Explain that the first article of faith tells about the Holy Ghost. Repeat with the children the first article of faith. Display picture 3-10, *The First Vision*, and picture 3-14, *Girl Being Confirmed*, at appropriate points as you recite the article of faith.

Invite a child to give the closing prayer; remind him or her to thank Heavenly Father for making it possible for us to receive the gift of the Holy Ghost.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see "Class Time" in "Helps for the Teacher."

1. Invite a special guest to your class. Ask your guest to share an experience when he or she was comforted by the Holy Ghost. (Obtain permission from the bishop or branch president if the guest is not from your ward or branch.)
2. Ask the children if there is someone who makes them feel warm, happy, and safe, especially when something has happened to help them feel sad. Emphasize that such persons can sometimes give us comfort when we are sad or feeling lonely. Explain that the Holy Ghost is sometimes called the Comforter. He can give us great comfort throughout our lives. Jesus Christ sent him to be with us when we feel sad or troubled.
3. Sing or recite the last two lines of "The Still Small Voice" (*Children's Songbook*, p. 106):

Listen, listen. (Cup hand to ear)
The Holy Ghost will whisper. (Place index finger to lips)
Listen, listen (Cup hand to ear)
To the still small voice. (Hand over heart)
4. Play the following quiet game with the children to show them that they can be guided by a still, small voice:

Show the children a small item you will hide for this game. Invite one child to leave the group for a moment while you hide the item. Have the child return to the group, and tell him that he must listen to find the way to the hidden item. Use a quiet noise, such as lightly tapping a pencil, gently clapping your hands, or humming a song, to show the child which way to turn to look for the hidden object. Make sure that the noises you make are very soft and reverent. Gently tap when the child looks in the correct direction. Tap more quickly as the child moves closer to the hiding place, until he finds the item.

Emphasize to the children that they can be guided in their lives by listening to the still, small voice of the Holy Ghost.

5. Whisper to the children and say something such as, "If you hear me, put your finger on your cheek. If you hear me, put your finger on your chin." Then explain to the children that there is someone else who speaks with a still, small voice, and they must listen very carefully to hear what that voice tells them. That voice comes from the Holy Ghost.

The Baptismal Covenant

Lesson
13

Purpose To help the children understand that when they are baptized, they make a covenant with Heavenly Father.

Preparation *Note:* Because this lesson may need a great deal of adaptation for four-, five-, and six-year olds, you might want to wait to teach it until the children are almost ready for baptism.

1. Prayerfully study Mosiah 18:8–10 and Alma 7:15–16.
2. Prepare the following wordstrips:

Obey the commandments

Forgive me

Gift of the Holy Ghost

Live with him forever

3. Make two paper signs by folding paper lengthwise, and label them as shown:

I promise

Heavenly Father promises

4. Prepare to help the children sing or say the words to “Baptism” (*Children’s Songbook*, p. 100).
5. Materials needed:
 - a. A Book of Mormon.
 - b. A paper badge for each child with the words on it, “I can keep my promises.”
 - c. Cutout figures of a boy and a girl (cutouts 3-1 and 3-2).
 - d. A paper bag large enough to hold wordstrips.
 - e. Chalk, chalkboard, and eraser.
 - f. CTR shield and ring.
 - g. Picture 3-13, Boy Being Baptized (62018); picture 3-10, The First Vision (62470; Gospel Art Picture Kit 403); picture 3-23, Child Reading the Scriptures; picture 3-24, Child Praying; picture 3-25, Going to Church; picture 3-26, Child Paying Tithing; picture 3-27, Sharing the Tricycle (62317); picture 3-28, Choosing Right.
6. Make the necessary preparations for any enrichment activities that you will be using.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Promises and Covenants

Attention activity

Invite one of the children to help you. Tell him that if he will do as you ask, you will give him something special. Ask him to do a simple task, such as turn around two times and shake your hand. Ask him to promise to do his best in doing it. Then let him do it. After he does the task, tell him that you will keep your part of the promise. Pin or tape on his shirt a badge with the words, "I can keep my promises." Tell the children that both you and the child who helped you kept your promises. Then allow the rest of the children to earn a badge by doing the same thing.

- What did we each promise to do?
- What happened when you kept your promise?

Story

Tell the following story in your own words:

Stephen was about to go out to play one morning when his mother handed him a bag of apples.

"This bag of apples is for Sister Jones down the street. Could you deliver them for me?" she asked.

"Sure," said Stephen as he took the bag.

"Be sure you deliver the apples before you play, and be careful not to drop any on the ground," cautioned his mother. "Take them right to Sister Jones."

"I will. I promise!" said Stephen.

When Stephen came out of his house with the bag of apples, two of his friends were waiting for him. They were starting up a game and wanted him to play.

"I've got to deliver these apples first," Stephen replied.

One of the boys said, "Oh, you can do that later. We can only play for an hour, so we need to get started."

"No, I'll do this first. I promised my mother."

As he walked, Stephen began to swing the bag of apples in the air. Then he remembered his promise. If he swung the bag high in the air an apple might fall out and get bruised. He held the bag carefully as he walked the rest of the way to Sister Jones's house.

As he handed the bag to Sister Jones, Stephen smiled.

Story discussion

- What did Stephen promise his mother?
- How do you think Stephen felt knowing he had kept his promise?

Chalkboard discussion

Print *promise* on the chalkboard, and ask the children what they think it means. Point out that when you agree to do something or say you will do it, you are making a promise.

Situation discussion

Tell the children that there is another kind of promise, a two-way promise. Have them listen carefully to the following situation so they can tell what Jean and her father promised each other:

Jean excitedly told her father that the circus was in town and asked if they could go. Father reminded Jean that yesterday the wind had blown lots of loose trash into the yard, and it needed to be cleaned up. Jean frowned. Father told her that if she cleaned the yard in the morning, he would take her to the circus that afternoon. Both Jean and her father made a promise to each other.

- What was Jean's part of the promise?
- What was her father's part of the promise?
- If Jean broke her part of the promise, would her father still need to keep his part of the promise? (No.)

Chalkboard discussion

Print *covenant* on the chalkboard. Have the children say it with you.

- What is a covenant?

Explain that a covenant is a two-way promise. When you make a covenant with someone, you agree to do certain things and that person agrees to do certain things.

We Make a Covenant at Baptism

Scripture discussion

Tell the children that when they are eight years old, they can make a very important covenant. Tell them to listen to the following scripture so they can tell with whom the covenant is made and how it is made. Read and explain Alma 7:15, starting at "come and go forth."

- According to this scripture, with whom do you make a covenant? (Heavenly Father.)
- What must you do to show that you make the covenant with Heavenly Father? (Be baptized.)

Picture and discussion

Display picture 3-13, Boy Being Baptized. Explain that the covenant we are talking about is called the baptismal covenant. When we are baptized, we show Heavenly Father that we are making a covenant with him. We promise to do something, and Heavenly Father promises to do something.

Song

With the children, sing or say the words to "Baptism":

Jesus came to John the Baptist,
In Judea long ago,
And was baptized by immersion
In the River Jordan's flow.

Wordstrips and discussion

Explain the following information, and ask the questions. Allow the children to explain as much as they can. Help them as needed. During the discussion, show the appropriate wordstrips. Then fold them and put them in the paper bag.

When we are baptized, we promise Heavenly Father that we will obey his commandments. (Show the wordstrip.)

- What are some of Heavenly Father's commandments?
- What do we promise Heavenly Father when we are baptized? (To obey the commandments.)

This is our part of the covenant. If we keep our promise, Heavenly Father promises to forgive us when we repent (show the wordstrip) and to give us the gift of the Holy Ghost (show the wordstrip). He promises that we will live with him forever (show the wordstrip).

- What is Heavenly Father’s part of the covenant? (He will forgive us when we repent. He will give us the gift of the Holy Ghost. He will let us live with him forever.)

Activity

Display picture 3-10, The First Vision, and the two cutout figures. Have a child point out Heavenly Father in the picture. Read the two signs and have a child place “I promise” by the cutout figures; then have a child place “Heavenly Father promises” by the picture of the First Vision. Have each child take a wordstrip out of the bag, read it (or have you read it), and place it in front of the correct sign. Repeat the activity until everyone has had at least one turn. Review the two lists. Explain that the commandments we promise to obey include the teachings of Jesus Christ we have learned in Primary and at home.

Summary

Pictures

Display the six pictures illustrating the commandments (pictures 3-23 through 3-28), the CTR shield, and a CTR ring. Have each child name a commandment illustrated by the pictures and the shield. (The pictures illustrate reading the scriptures, praying, going to Church, paying tithing, loving others, and choosing the right. Help the children understand that these are not the only commandments we promise to obey. You might want to have them suggest others.)

Encourage the children to look at their CTR rings and think about keeping their promise to Heavenly Father whenever they look at their rings. They should remember that being baptized includes promising to keep his commandments.

Teacher testimony

Emphasize the importance of keeping promises, especially those we make with our Heavenly Father. Bear testimony that Heavenly Father loves all of the children and wants to keep his part of the baptismal covenant. Encourage the children to prepare to make and keep the baptismal covenant by keeping the promises they make.

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Show to the children *Baptism—A Promise to Follow Jesus* (9 minutes) on *Primary Video Collection* (53179), and discuss the following questions:
 - What did Luis promise his parents?
 - What did Luis promise Heavenly Father when he was baptized?
2. Prepare a copy of “My Baptismal Covenant,” located at the end of the lesson, for each child. Read it with the children. Help or have each child write his or her name on the line provided. Encourage them to keep the handout in a special place so they will see it and think about it often.



MY BAPTISMAL COVENANT

I, _____, promise
to obey Heavenly Father's commandments.

If I keep my part of this covenant,
Heavenly Father promises to—

1. Forgive me when I repent.
2. Give me the gift of the Holy Ghost.
3. Let me live with him forever.

Purpose

To help each child understand that the Lord blesses us when we follow the commandments given in the Word of Wisdom.

Preparation

1. Prayerfully study Doctrine and Covenants 89 and Daniel 1.
2. Two paper bags, one with a smiling face drawn on it, and one with a sad face. If paper bags are not available, draw a smiling face and a sad face on separate pieces of paper.
3. Make a small round paper smiling face for each child. You may choose to bring pins or tape to fasten one to each child's clothing.
4. Draw small pictures of food or cut them out of magazines (if available). Provide enough so that each child can have at least two pictures. Include a wide variety of healthy foods, and also pictures of tobacco products, tea or coffee, and alcoholic drinks.
5. Prepare to sing or say the words to "For Health and Strength" (*Children's Songbook*, p. 21).
6. Materials needed:
 - a. A Bible and a Doctrine and Covenants.
 - b. CTR shield and ring.
 - c. Picture 3-6, The Prophet Joseph Smith (62002; Gospel Art Picture Kit 401); picture 3-29, Daniel Refusing the King's Meat and Wine (62094; Gospel Art Picture Kit 114); picture 3-27, Sharing the Tricycle (62317); picture 3-30, Jumping Rope (62523); picture 3-31, Child with a Dog.
7. Make the necessary preparations for any enrichment activities that you will be using.

Suggested**Lesson****Development**

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Heavenly Father and Jesus Christ Want Us to Have Healthy Bodies

Attention activity

Ask the children to close their eyes and imagine that they each have a pet, such as a puppy. They love their pets very much and have a lot of fun with them. One day the pets seem tired and sick. Their pets will not eat their favorite food.

- What could be wrong with your imaginary pet?
- Why might the pet not want to eat?

Explain that the pet had eaten something that was bad for it.

- How can you help your pet? (By not letting it eat food that is bad for it.)
- What can happen to your body if you eat things that are not good for it?

Explain that we can harm our bodies by eating things that are not healthy. Because Heavenly Father and Jesus Christ knew this could happen, they gave us some commandments to help us grow up strong and happy.

Heavenly Father and Jesus Christ Gave Us the Word of Wisdom

Pictures and discussion

Display picture 3-6, The Prophet Joseph Smith. Explain that Jesus Christ told the Prophet Joseph Smith about some of the foods we should eat and some that we should not eat. Joseph Smith wrote these things down to guide us. These instructions are called the Word of Wisdom, found in section 89 of the Doctrine and Covenants. (Hold up a copy of the Doctrine and Covenants.)

Explain that the foods we should eat include vegetables, beans, a little meat, fruits, and grains such as wheat (bread and noodles) and rice.

Jesus Christ also warned us about things that could harm our bodies, such as tobacco, hot drinks such as tea and coffee, and wine and other alcoholic drinks. Recent prophets have also warned us not to use harmful drugs. (Help the children understand that not all people who smoke; drink tea, coffee, or alcohol; or use drugs are bad. Some people do not even know that these things are bad for their bodies.)

Explain that Jesus Christ also told us that meat should be used sparingly. Explain that it is good for us to eat a variety of healthy foods.

Display pictures of active children (picture 3-27, Sharing the Tricycle; picture 3-30, Jumping Rope; picture 3-31, Child with a Dog). Make sure the children understand that the Word of Wisdom is given to help us keep our bodies healthy and strong and that we are happier when we obey its guidelines.

Game

Place the two faces (or bags), one smiling and one sad, on the floor. Display the pictures of food and drink. Let the children take turns selecting a picture of a food. Allow them to decide in which bag or pile each food belongs. Discuss which foods will help their bodies grow strong and healthy.

Heavenly Father and Jesus Christ Want Us to Be Healthy and Strong

Scripture, picture, and story

Show picture 3-29, Daniel Refusing the King's Meat and Wine, and relate the scriptural story illustrated by the picture (see Daniel 1). Explain that Daniel knew that the rich meat and wine from the king were not good for his body and would not make him strong. He was brave and refused the king's offer. He chose to eat foods made of vegetables and grains (pulse) and asked for pure water to drink. Explain that the king eventually found Daniel and his three friends to be the healthiest and wisest of all. (This is the same Daniel who was later cast into the lions' den for praying to God when the king had forbidden it and was saved miraculously by God.)

Scripture

Read Daniel 1:17 to the children, and explain that Heavenly Father blessed them for taking care of their bodies.

Encourage the children to follow Daniel's example when they are offered something that would be unhealthy for their bodies. Let the children briefly discuss or role-play what they could do to choose the right.

Song

With the children, sing or say the words to "For Health and Strength." If the children are familiar with this, you could try singing it as a round:

For health and strength
and daily food
we praise thy name,
O Lord.

Summary

Display the CTR shield or a CTR ring. Emphasize the importance of choosing the right way to keep our bodies strong. Ask a few questions from the lesson as a quick review, such as the following:

- Jesus taught us how we should keep our bodies healthy and strong. Where can we read about this in the scriptures? (Doctrine and Covenants 89.)
- We call this the _____ of _____. (Word of Wisdom.)
- Why do you think it is called the Word of Wisdom?
- What are some good things that we should eat and drink?
- What are some things that could be harmful to our bodies?
- How did Daniel show his courage? (By saying "no" to unhealthy foods.)
- What can you do when someone offers you something unhealthy? (Ask them about some specific items, such as cigarettes, drugs, or even too much candy. Help the children learn and practice ways to respond to such temptations.)

Handout

Give each child a smiling face (you may pin or tape it to their clothing) to remind them that they are happier when they choose healthy foods to eat.

Ask the child giving the closing prayer to thank Heavenly Father for healthy food and strong bodies.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see "Class Time" in "Helps for the Teacher."

1. You may decide to bring a small healthy snack to share with the children, such as fruit or crackers. (Check with the parents of the children before doing so to ensure that none of the children have allergies or other negative reactions to a food. Do not bring food on a fast Sunday.)
2. Sing or say the words to the second verse of "In Our Lovely Deseret" (*Hymns*, no. 307) with the children.

That the children may live long
And be beautiful and strong,
Tea and coffee and tobacco they despise,

Drink no liquor, and they eat
But a very little meat;
They are seeking to be great and good and wise.

3. For younger children, you might make a simple puppet out of paper or cloth with a mouth that opens wide. Show pictures of food or describe various foods. Open the puppet's mouth wide for good foods and close it for things that should not be taken into the body. Or you could invite the children to open and close their mouths as you show or describe various foods. (See the *Friend*, Nov. 1993, p. 12.)
4. Invite the children to role-play the story of Daniel and his friends refusing the rich food of the king and choosing the simple food they knew was more healthy.

Lesson
15

The Coming Forth of the Book of Mormon

Purpose

To help each child understand how we received the Book of Mormon.

Preparation

1. Prayerfully study Joseph Smith—History 1:29–54, 59–60; Mormon 8:1, 4.
 2. Learn and be prepared to sing or say the words to “The Golden Plates” (*Children’s Songbook*, p. 86).
 3. Materials needed:
 - a. A Pearl of Great Price; also, if possible, a Book of Mormon for each child.
 - b. Picture 3-32, Moroni Appears to Joseph Smith in His Room (62492; Gospel Art Picture Kit 404); picture 3-33, Joseph Receives the Gold Plates (62012; Gospel Art Picture Kit 406); picture 3-34, Mormon Abridging the Plates (62520; Gospel Art Picture Kit 306); and picture 3-35, Moroni Hides the Plates in the Hill Cumorah (62462; Gospel Art Picture Kit 320); picture 3-36, The Gold Plates.
 4. Make the necessary preparations for any enrichment activities that you will be using.
-

Suggested Lesson Development

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Mormon Wrote on the Gold Plates

Attention activity

Hum the first verse of “The Golden Plates.”

- Display picture 3-36, The Gold Plates. Can anyone tell me what song I am humming? (“The Golden Plates.”)

Explain that the lesson is about the gold plates.

Tell the class that many years ago, some fathers kept histories of their families. Usually, just before a father died, he would give his family history to his son, who would continue writing the history. Families would keep their histories like this for many years. Prophets too wrote what happened to their families. But they also wrote about how Heavenly Father helped them and about the people who lived around them at that time.

Picture discussion

Display picture 3-34, Mormon Abridging the Plates.

Explain that Heavenly Father called a prophet named Mormon to gather all the histories of his people, copy the most important parts, and write them on thin sheets of gold, like pages of a book. These were called gold plates.

- Why do you think Mormon wrote the records on sheets of gold instead of paper?

Tell the children that gold is a metal that will last. Gold does not fall apart like paper and other materials or rust like many other metals.

Explain that Mormon used gold plates because they would last a long time. It took many years for Mormon to finish writing on the plates. Before Mormon died, he gave the plates to his son, Moroni.

Picture

Display picture 3-35, Moroni Hides the Plates in the Hill Cumorah.

Explain that when Moroni had finished writing on the gold plates, Heavenly Father told him to bury the plates in a hill. Heavenly Father knew that the writings on the gold plates would be important to people living many years later. Moroni made a stone box to bury the plates in so that they would be safe until Heavenly Father wanted his children to read them.

Moroni Instructed Joseph Smith about the Gold Plates

Song

Sing or say the first verse of “The Golden Plates” with the class.

The golden plates lay hidden
Deep in the mountainside,
Until God found one faithful,
In whom he could confide.

A record made by Nephi,
Written in days of old;
Now, in the Book of Mormon,
The story is retold.

- What kind of man does the song say Heavenly Father needed to bring forth the gold plates? (A faithful man.)

Explain that a faithful man is one who is honest and obedient. The faithful man Heavenly Father chose to help him was Joseph Smith.

Picture and story

Tell the children about Moroni’s visit to Joseph Smith (see Joseph Smith—History 1:29–54, 59–60).

One evening Joseph Smith was praying. A bright light entered his room. It was night, but the room became lighter than when the sun shines. Suddenly, an angel appeared at Joseph’s bedside, standing a little above the floor.

Display picture 3-32, Moroni Appears to Joseph Smith in His Room.

The angel told Joseph that his name was Moroni and explained that he had been sent to tell Joseph that Heavenly Father had a special work for him to do.

Moroni told Joseph about a wonderful book, a history, that had been buried for hundreds of years. The book was written upon thin sheets of gold. This angel was the same Moroni who had buried the plates when he still lived on the earth.

Moroni told Joseph that when the right time came, Joseph would be allowed to take the gold plates from their hiding place in the Hill Cumorah. Moroni also told Joseph many other important things about the gold plates and the special work Joseph was going to be called to do. When Moroni had finished speaking, the light surrounded Moroni and he returned to heaven.

As Joseph lay thinking about what had taken place, the light entered the room again. Moroni appeared a second time and gave Joseph the same message he had given him during the first visit. Then Moroni left the same way as before.

Joseph again lay in his bed trying to understand all that had happened. Then, to Joseph's great surprise, Moroni appeared by his bed a third time and repeated again the story of the gold plates and Joseph's special work. Moroni added that Satan would try to tempt Joseph to get the plates for money, but Joseph would be able to get the plates only to do Heavenly Father's work.

- Why do you think the angel Moroni appeared to Joseph Smith three times that night?

Explain that Moroni told Joseph many things that night that were very important. He gave his message three times so Joseph would learn the message well.

Soon after the angel Moroni left the third time, a rooster crowed, so Joseph knew that it was early morning. Moroni's three visits had lasted all night. Joseph got out of bed but did not tell anyone what had happened. After breakfast, he went with his father to the field to work. Joseph was so tired from his experience and lack of sleep that he could not work. His father, thinking he was sick, sent him home.

Joseph started wearily for home, but as he was climbing over a fence, he fell to the ground because his strength failed him. After he lay there for a time, he heard a voice calling his name. It was the angel Moroni.

Once again the angel repeated what he had told Joseph the night before. Then the angel told him to go back to his father and tell him all he had seen and heard.

Joseph's father listened to every word and knew his son was telling the truth. He told Joseph to do exactly as the angel had said because the message was from Heavenly Father. Later that day, Joseph went to the Hill Cumorah to find the buried gold plates. When he got to the hill, he went straight to the place where the plates were buried.

Scripture

Read or tell in your own words what Joseph said he found there (see Joseph Smith—History 1:52).

Explain that the angel Moroni appeared as Joseph was looking in the stone box. He told Joseph not to remove the plates because the time for Joseph to take them had not yet come.

Moroni told Joseph Smith to return to the Hill Cumorah each year for four years. Joseph did this, and each time he visited there, he found Moroni waiting to teach him what Heavenly Father and Jesus Christ wanted him to know.

Picture

Display picture 3-33, Joseph Receives the Gold Plates.

Finally, after four years, the time came to take the plates out of the box. The cover was taken off the stone box, and the gold plates were placed in Joseph's hands. Moroni told Joseph Smith to be very careful with them and to guard them with his life.

- Why was it important for Joseph to protect the plates? (Because wicked men would try to get them from him and would not do what Heavenly Father wanted done with the plates.)

Joseph Translated the Plates

Explain that the writing on the plates was in a language that Joseph could not read. Joseph received a special tool to help him translate the writing on the plates.

- Do any of you know what the Urim and Thummim are?

Explain that the Urim and Thummim are like special glasses through which Joseph could look to help him translate the ancient writing on the plates. With Heavenly Father's help and by using the Urim and Thummim, Joseph was able to translate the words on the gold plates into words we could understand. When the translation into English was completed, the book was printed. It was called the Book of Mormon.

Hold up a Book of Mormon. Point out that this book is what Joseph translated from the gold plates.

After he translated the Book of Mormon, Joseph Smith returned the plates to Moroni.

Scripture activity

Distribute copies of the Book of Mormon to those children who do not have one.

Point out that the Book of Mormon contains many separate books. The books in the Book of Mormon were named for the prophets who wrote on the plates. Show the children how the book of Moroni is divided into chapters and verses.

Help the older children find Mormon 8. Read with the class Mormon 8, verses 1 and 4, to the word *earth*.

Explain that we call this book the Book of Mormon because Mormon wrote most of the words on the gold plates. Mormon's son, Moroni, finished the record.

Summary

Review discussion

Display all the pictures from the lesson or lay them on the floor. Let each child have a turn pointing to the correct picture as you ask questions.

- Which picture shows the gold plates?
- Which picture shows Mormon writing on the gold plates?
- Which picture shows Moroni burying the gold plates?
- Which picture shows the angel Moroni talking to Joseph Smith?
- Which picture shows the angel Moroni giving the gold plates to Joseph Smith?

Song

Sing or say both verses of "The Golden Plates" with the class.

Ask the child offering the closing prayer to thank Heavenly Father for the Book of Mormon.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see "Class Time" in "Helps for the Teacher."

1. Using appropriate pictures, review a few of the Book of Mormon stories the children will learn about this year. For example:
 - a. Show picture 3-37, Nephi Subdues His Rebellious Brothers (62044; Gospel Art Picture Kit 303). Tell the children that they will learn how Heavenly Father helped Nephi build a ship even though his older brothers were mean to him.
 - b. Show picture 3-38, Two Thousand Young Warriors (62050; Gospel Art Picture Kit 313). Tell the children that they will learn how more than two thousand young men fought to keep their families free.
 - c. Show picture 3-17, Jesus Teaching in the Western Hemisphere (62380; Gospel Art Picture Kit 316). Tell the children that they will learn about Jesus Christ's visit to the Nephites.
2. Have the children draw a picture of the gold plates and the Book of Mormon. Write *Gold Plates* and *Book of Mormon* on their pictures.
3. To help the children understand how ancient prophets could write on metal plates, invite each child to try writing his first initial on the bottom of a tin can with a nail. The teacher should demonstrate this first.
4. Review with the children the eighth article of faith. Help those who can to memorize part or all of it.

We Can Show Our Faith by Being Obedient

Lesson 16

Purpose To help the children understand that they can show their faith in Heavenly Father and Jesus Christ by obeying the commandments.

Preparation

1. Prayerfully study the account of Lehi and his family in 1 Nephi 1–2.
2. Items or pictures of items that represent the belongings Lehi’s family had to choose from when preparing to go into the wilderness.
3. Prepare to sing or say the words to “Faith” (*Children’s Songbook*, p. 96).
4. Materials needed:
 - a. A Book of Mormon.
 - b. Picture 3-39, Lehi Prophesying to the People of Jerusalem (62517; Gospel Art Picture Kit 300); and picture 3-40, Lehi’s Family Leaving Jerusalem (62238; Gospel Art Picture Kit 301); and a picture of the current prophet.
 - c. The CTR shield and ring.
5. Make the necessary preparations for any enrichment activities that you will be using.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Being Obedient Is a Way of Showing Faith

Attention activity

Sing or say the words to the song “Faith.” You can use the actions below for younger classes.

Faith is knowing the sun will rise, (arms form a half-circle over head)

Lighting each new day. (arms slowly drop to shoulder level)

Faith is knowing the Lord will hear (cup hands behind ears)

My prayers each time I pray. (place hands together as in prayer)

Faith is like a little seed: (cup left hand and pretend to plant a seed in it with right hand)

If planted, it will grow. (right hand imitates a plant growing from the cupped left hand)

Faith is a swelling within my heart. (place hands over heart)

When I do right, (point right index finger upward)

I know. (touch right index finger to head)

When Heavenly Father and Jesus Christ ask us to do something, it is called a commandment. When we obey the commandments, we show Heavenly Father and Jesus that we trust them. We know they love us and would never ask us to do anything that would hurt us. We show our faith when we obey.

Remind the children that believing in Heavenly Father and Jesus means that we have faith. Although we may not have seen them during our earthly lives, we have faith in the testimonies of others who have seen them. We also believe that the Holy Ghost is real and that he does not have a body of flesh and bones but is a personage of spirit in the form of a man.

Article of faith

Help the older children memorize the first article of faith. The younger children could repeat it with you and perhaps memorize part of it.

Lehi Showed His Faith by Being Obedient

Scripture story
and picture

Explain that we are Heavenly Father's children and can show that we have faith in Heavenly Father and Jesus Christ. In the Book of Mormon, a prophet named Lehi showed his faith in Heavenly Father and Jesus by being obedient.

Tell the following scripture story in your own words:

A long time ago, six hundred years before Jesus was born, a prophet named Lehi lived in Jerusalem with his family. Lehi's wife was named Sariah. They had four sons named Laman, Lemuel, Sam, and Nephi.

Lehi and his family were prosperous and comfortable. Lehi loved Heavenly Father and Jesus. He tried to teach his family to love them and obey their commandments.

Display picture 3-39, Lehi Prophesying to the People of Jerusalem.

At that time the people who lived in Jerusalem were very wicked. Lehi tried to teach them about Heavenly Father and Jesus and the commandments, but the people would not listen to him.

One day as Lehi was praying, he had a dream or vision. He saw many wonderful things. He also saw that Jerusalem would be destroyed unless the people repented. Lehi praised Heavenly Father because he knew that Heavenly Father wanted to warn the people of Jerusalem. Heavenly Father told him to tell the people about what he had seen. Lehi did as he was commanded. He told the people that Jerusalem would be destroyed unless they repented.

- What did Lehi see in his vision? (Many things, including the destruction of Jerusalem; see 1 Nephi 1:13.)
- How did Lehi feel after his vision? (He praised Heavenly Father; he was happy; see 1 Nephi 1:14–15.)

Telling the people to repent of their wickedness took courage. However, Lehi had faith that Heavenly Father would protect him, so Lehi did as he was commanded. The people would not listen to him and made fun of him and tried to kill him because they didn't like hearing that they were wicked.

- What did Lehi do to show his faith in Heavenly Father? (He obeyed and told the people to repent; see 1 Nephi 1:4, 18.)
- What did the people do after Lehi told them to repent? (They made fun of him and wanted to kill him; see 1 Nephi 1:19–20.)
- How do you think Lehi felt when the people wouldn't listen to him?

Scripture
discussion

Some time later, Heavenly Father spoke to Lehi. Have the children listen for what he commanded Lehi to do. Read 1 Nephi 2:1–2.

- What did Heavenly Father command Lehi to do? (Leave Jerusalem and go into the wilderness.)

Explain that a wilderness is usually a place where no one lives and where there are no houses, buildings, or roads. Heavenly Father commanded Lehi and his family to leave everyone behind and go to a place where they would have to live by themselves.

- Why was Lehi commanded to take his family out of Jerusalem? (Wicked men were planning to kill Lehi, and the city was going to be destroyed.)

Ask the children to listen to what Lehi did; then read 1 Nephi 2:3–4.

- What did Lehi do? (He packed the things he needed to live in the wilderness and took his family out of Jerusalem.)

Scripture story and picture

Show picture 3-40, Lehi's Family Leaving Jerusalem.

Although Lehi had lived in Jerusalem for a long time, he promptly obeyed the commandment to leave his home. Lehi and his family left their home, their land, most of their clothing, their gold and silver, and other belongings. They took only food, some clothing, tents, and other necessary items that they may have carried on camels or donkeys. Then they left and went into the wilderness.

Point out that it was not easy for Lehi to leave, but he was willing to obey this commandment.

- What did Lehi do that showed he had faith in Heavenly Father and Jesus Christ? (He was obedient. He warned the wicked people, and he left his home and belongings and went into the wilderness because he was commanded to do so.)

Discussion

Ask the children to pretend they are members of Lehi's family.

Have them think about what they would take with them if they went into the wilderness. Have them tell you what they would want to take and what they would leave behind. You could show several items or pictures of items that represent what Lehi's family had to choose from; for example, a ring might represent jewelry, a coin might mean money, an apple could stand for food. Have the children choose what Lehi's family needed. Remind them that they could take only a few things.

Activity

Have the children decide what they would choose to take with them if they were going into the wilderness with Lehi. The first child would then say, "If I were going into the wilderness with Lehi, I would take _____." (The child would fill in the blank with whatever he has chosen to take.) The next child repeats what the first child said and then adds an additional item that he has chosen. Each succeeding child repeats all of the previous items and adds one of his own. Continue until each child (and the teacher) has had at least one turn.

- How do you think you would feel knowing that you wouldn't see your friends and belongings again?
- How do you think Lehi's family felt?

Obeying Heavenly Father by leaving Jerusalem took great faith. Lehi and his family received blessings because they were obedient.

When We Choose the Right, We Are Obedient

Role-play activity

Display the CTR shield and ring.

- What do the letters *C T R* stand for? (Choose the right.)

Tell the children that choosing the right means doing what Heavenly Father and Jesus Christ want us to do.

Tell the following stories in your own words, and have the children role-play the situations.

1. On the way home you and some friends pass your neighbor's yard. In the yard is a fruit tree covered with juicy fruit. Your friends want you to come with them and pick some of the fruit to eat. They say that there is so much fruit that a few pieces won't be missed.

- What would Heavenly Father and Jesus want you to do?

Tell the children that when they choose the right, they are being obedient and are showing faith in Heavenly Father and Jesus Christ.

2. You want to play with your favorite toy, but your brother has it.

- What would Heavenly Father and Jesus want you to do?

Explain that when we do what Heavenly Father and Jesus want us to do, we are choosing the right.

If time permits, you can display the picture of the prophet and ask the children to name some things that he has asked us to do. Discuss how obeying these commandments can bring blessings.

Summary

Show the CTR shield and ring again and remind the children to always choose the right. When they choose the right, they are obeying. When they obey, they are showing Heavenly Father and Jesus Christ that they have faith in them.

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see "Class Time" in "Helps for the Teacher."

1. Have a member of your ward or branch tell how obedience has helped him or her. A returned missionary, new convert, or someone who has recently been through the temple would be an appropriate choice. Obtain approval from your Primary president and priesthood leader before asking the individual to come to your class.
2. Gather several items that offer protection, such as shoes, hat, umbrella, and so on. Have enough items so every child in your class can participate. Ask the children, one at a time, to select an item and tell what kind of protection it gives (shoes protect feet, and so on). Tell the children that when we obey our parents and leaders, we are also protected. Talk about some rules and how they can be a protection.

3. Hold up your hands and show the children how you can move your fingers. Explain that you can move your own hands and fingers, but you can't move another person's fingers. Ask the children to hold up their hands, move their fingers, and open and close their hands. Help the children understand that when they tell their hands to choose the right, they are obeying.
4. Sing or say the second verse of "I Have Two Little Hands."
Kind Father, I thank thee for two little hands
And ask thee to bless them till each understands
That children can only be happy all day
When two little hands have learned how to obey.
(*Children's Songbook*, p. 272)
5. Find all of the ways that we can choose the right that are included in the thirteenth article of faith. Involve the children in doing so. Have them count the ways, point to them, or repeat them. Encourage those children who can to memorize a phrase or two that is important to them.

Lesson
17

We Believe the Book of Mormon to Be the Word of God

Purpose

To help the children understand that the scriptures can help them learn and understand the commandments and that the scriptures can help them come unto Jesus Christ.

Preparation

1. Prayerfully study 1 Nephi 3–4; 3 Nephi 18:19; and Mosiah 23:15. Be prepared to tell the story of Nephi and the brass plates.
2. Arrange the four standard works on a table; place several other books, such as a storybook, recipe book, and textbook, in separate corners of the room. Prepare to discuss with the children the various types of books you have displayed so that they understand the purpose of each.
3. Be prepared to sing or say the words to “The Eighth Article of Faith” (*Children’s Songbook*, p. 127); the words are the same as the actual article of faith.
4. Materials needed:
 - a. The four standard works.
 - b. Several other books, such as a storybook, recipe book, and textbook.
 - c. Chalkboard, chalk, and eraser.
 - d. Picture 3-41, Laman Fleeing; picture 3-42, Nephi Near Laban’s House; picture 3-43, Nephi and Zoram; and picture 3-44, Lehi and the Brass Plates.
5. Make the necessary preparations for any enrichment activities that you will be using.

Suggested**Lesson****Development**

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

The Scriptures Contain Heavenly Father’s Commandments

Attention activity

Place the various types of books in separate corners of the room and tell a little about each. Then ask the following questions or other questions pertaining to the books that you have displayed. After the children answer each question correctly, have them go to the corner of the room that contains that book and point it out to you.

- Which of these books explains how to make a cake?
- Which of these books has pretend stories?
- Which of these books has teachings of the prophets that will help us keep the commandments?

Explain that Heavenly Father wants us to obey the commandments. He told the prophets to write his words so that we could know his teachings and commandments.

- What do we call the sacred books in which the prophets have written? (The scriptures.)

Explain that many prophets recorded the gospel and how people lived it so we would know what the commandments are. These commandments are recorded in our four books of scripture. We sometimes call them the standard works.

Nephi Obtained the Scriptures

Pictures,
scripture story,
and discussion

Explain that the Book of Mormon contains a story that shows how important the scriptures were to Nephi and his family.

Tell the children that Lehi told his sons—Laman, Lemuel, Sam, and Nephi—that the Lord wanted them to go back to Jerusalem and get some brass plates from a man named Laban. The brass plates were a book of scripture made from metal (brass) pages. Laman and Lemuel did not want to go back to Jerusalem and were very angry, but Nephi and Sam were willing to go.

To show the children how Nephi felt about going to get the brass plates, read aloud 1 Nephi 3:7 and discuss it with the children.

- Why was Nephi willing to go? (He knew that the Lord would prepare a way for him to fulfil the commandment he had been given.)
- What promise did Nephi make? (That he would do what the Lord had commanded him to do.)

Explain that Nephi convinced his brothers to go with him.

Laman was the first to go to Laban's house. He asked Laban for the brass plates. Laban would not give Laman the plates and threatened to kill him. Laman was afraid and ran back to his brothers. Show picture 3-41, Laman Fleeing. He wanted to go back to their father in the wilderness.

Nephi said they must obey the commandment to get the brass plates. Nephi and his brothers went back to their former home in Jerusalem and got their gold and silver. They planned to trade their riches for the brass plates.

Laban took their gold and silver but would not give Nephi and his brothers the brass plates. He ordered his men to kill them. Nephi and his brothers ran away and hid.

Laman and Lemuel were angry. They beat Nephi and Sam with a stick. An angel appeared and commanded them to stop. The angel said that the Lord would help them get the brass plates and told them to obey Nephi.

Display picture 3-42, Nephi Near Laban's House.

This time Nephi went to get the plates. His brothers waited outside the city wall as he crept up to Laban's house. Nephi saw Laban lying drunk on the ground. The Holy Ghost told Nephi to kill Laban. Nephi hesitated because he did not want to kill anyone.

Nephi remembered the great importance of the scriptures, and he knew that he could not obtain the brass plates unless he killed Laban. So he did what the Holy Ghost told him to do. He killed Laban and dressed in Laban's clothes.

He then pretended to be Laban.

Display picture 3-43, Nephi and Zoram.

Nephi told Laban's servant, Zoram, to bring the brass plates to him and to follow him. Zoram obeyed, thinking Nephi was Laban. Later, Nephi explained to Zoram that the Lord had commanded him and his brothers to get the brass plates. Zoram believed him. He also wanted to obey. He went with Nephi and his brothers back to Lehi in the wilderness.

Display picture 3-44, Lehi and the Brass Plates.

Lehi read the brass plates. The plates contained the commandments and some stories about Moses and other prophets. They also contained the genealogy of Lehi's family. Lehi was commanded to take the brass plates with him to the promised land.

- Whose writings were on the brass plates?
- What was written on the brass plates?
- Why do you think Lehi and his family needed the brass plates?

Activity

Play the following game to help the children understand why it was important for Lehi's family to take the brass plates, which contained a written record of the commandments, with them to the promised land.

The object of the game is to show how the words of the scriptures can be confused if they are not written down.

Have the children sit in a circle. Whisper to the child on your right, "I will obey Heavenly Father's commandments." Then have that child whisper what he or she heard to the person on his or her right. Continue passing the message on until everyone in the circle has heard it. Have the last child stand up and repeat the words he or she heard. The child probably will not repeat the original message correctly. (If the message is the same, you might compliment the children on how well they did. Then try another message of two or three sentences.) Tell the children the message you began with.

Explain that it is easy to forget or confuse stories or messages that are not written down. The prophets wrote down Heavenly Father and Jesus Christ's teachings so they would not be forgotten. These teachings are in our scriptures.

Lehi's family needed the brass plates so they would remember the commandments and obey them.

The Scriptures Help Us Obey

Scripture activity

Explain that we need to know the commandments just as much as Lehi's family. The scriptures can help us obey Heavenly Father and Jesus Christ because they contain many of their commandments.

Ask the children to listen carefully while you read two scriptures. Ask them to raise their hands when they know what commandment the scripture is teaching. Read 3 Nephi 18:19 and Mosiah 23:15 and discuss them with the children.

Remind the children that if we did not have the scriptures, we might forget the commandments and not obey them. Then we would not receive the blessings that come from living the commandments.

Article of faith and song

Have the children sing or say the words to the song “The Eighth Article of Faith.” Explain that this article of faith tells us that the Bible and the Book of Mormon contain the word of God, which means that they contain true teachings. Heavenly Father and Jesus Christ commanded the prophets to write down these teachings for future generations.

Have the class repeat the eighth article of faith with you. You might help older children to memorize it. Remind the children that we have the scriptures so that we can learn the commandments that will help us choose the right and keep our baptismal covenants.

Summary

Discussion

Have the class discuss the following:

- What should we thank our Heavenly Father for in our prayers? (Accept all answers, but emphasize the scriptures.)
- What should we ask him for in our prayers? (Help in obeying the commandments.)

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Begin to tell the story of Nephi and his brothers returning to Jerusalem to get the brass plates from Laban. Have each child add a sentence to the story, telling what happened next. Encourage them to give as many details as they can remember. Use the pictures to help them remember the story. (If children give wrong answers or retell the story out of order, merely help them get the order as close to correct as possible. Accept and encourage all answers.)
2. Have a child draw a picture on the chalkboard or piece of paper of how he will keep the commandments during the week and then tell the rest of the children what he plans to do. Take turns doing this so that each child has a chance to draw a picture and explain it. The children could draw pictures of such things as going to church, praying, helping their families, and sharing their toys.
3. Have the children sing or say the words to “Nephi’s Courage” (*Children’s Songbook*, p. 120); the words are included at the back of this manual. You might want to do some actions or role-playing with the words.
4. For children who can read, make a copy of “My Baptismal Covenant” from the handout at the end of lesson 13. Cut the handout into four pieces by cutting it below the words “I, _____, promise,” below the words “to obey Heavenly Father’s commandments,” and below the words “Heavenly Father promises to.” Mix the pieces up and ask the children to put them in their proper order. After the children have put the pieces together, read the baptismal covenant aloud with the class. Explain that Heavenly Father wants us to keep our covenant that we make at baptism to obey the commandments. He told the prophets to write his words so we could know his teachings and commandments.

Lesson
18

Heavenly Father Helps Us Obey His Commandments

Purpose To help the children understand that Heavenly Father and Jesus will help them obey the commandments.

Preparation

1. Prayerfully study 1 Nephi 3:7; 17; 18:1–4. Be prepared to tell the account of Nephi building a ship.
2. If you are able, make a copy of the handout of 1 Nephi 3:7 for each child. Cut the handout apart on the dotted lines. Place the strips in an envelope for each child.
3. Be prepared to sing the first and second verses of “Nephi’s Courage” (*Children’s Songbook*, p. 120); the words are included at the back of this manual.
4. Materials needed:
 - a. A Book of Mormon for each child, where available.
 - b. A pencil and a piece of paper or card for each child.
 - c. Chalkboard, chalk, and eraser.
 - d. Picture 3-37, Nephi Subdues His Rebellious Brothers (62044; Gospel Art Picture Kit 303).
5. Make the necessary preparations for any enrichment activities that you will be using.

Suggested Lesson Development

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Nephi Obeyed the Commandments

Attention activity

Tell the children to do what you are doing. Then do several actions, such as stand up, put your hands on your hips, turn around, and so forth. Sit down. Thank the children for obeying.

- What does it mean to obey?

Explain that when we do as we are asked, we are obeying or being obedient.

Review

Tell the children that you are thinking about a man who was obedient. He willingly obeyed the Lord’s commandment to leave Jerusalem with his father.

He also willingly obeyed the commandment to return to Jerusalem to get the brass plates.

- Who was this man? (Nephi.)

Explain that when Nephi was commanded to return to Jerusalem to obtain the brass plates, he knew this was a hard thing to do, but he told his father that he would obey. Briefly review the story from lesson 17.

Show the children a copy of the Book of Mormon and tell them that the words that Nephi told his father are written in this book. See that each child who can read has a copy of the Book of Mormon. Help them find 1 Nephi 3:7.

Song

Sing or say the words to the first verse of “Nephi’s Courage” with the children.

Read 1 Nephi 3:7 to the children. Explain that it says the same thing as the last three lines of this song. Have the children sing or say those lines again. Help the children understand that the Lord will help them obey his commandments.

The Lord Taught Nephi How to Build a Ship

Scripture story

Tell the children that the Book of Mormon contains several wonderful stories about Nephi. Then tell the following in your own words.

Lehi and his family traveled in the wilderness for eight years. Traveling and living in the wilderness was difficult. They had to live in tents and hunt for food. Finally they came to a land by the sea. They named the land Bountiful. They were happy to be there because there was fruit and honey to eat. They pitched their tents by the seashore.

After Lehi and his family had been in the land of Bountiful for many days, the Lord told Nephi to build a ship so the family could cross the sea to the promised land. Nephi believed that the Lord would help him. Nephi asked him where he could find the ore to make the tools he needed to build the ship. Nephi was told where to find the ore and was able to make the tools.

When Nephi’s brothers, Laman and Lemuel, saw that he was going to build a ship, they started to complain. They didn’t believe that Nephi could build a ship. They refused to help. They did not believe that the Lord would tell Nephi how to build a ship.

But Nephi knew that the Lord would help him. He will always help us to obey his commandments. Nephi obeyed his directions.

Nephi told Laman and Lemuel that if they would obey the commandments and do what the Lord asked, he would help them too. Laman and Lemuel did not want Nephi to tell them what to do. They wanted to throw him into the sea, but Nephi was filled with the power of God. He told his brothers not to touch him. Laman and Lemuel were frightened. Nephi told them to repent and obey the commandments and their parents.

Then Nephi touched his brothers and shocked them so they would know that the Lord was helping him.

Picture discussion

Show picture 3-37, Nephi Subdues His Rebellious Brothers.

- How do you think Laman and Lemuel felt?

Explain that Laman and Lemuel repented. They helped Nephi build the ship.

- How did the Lord help Nephi? (He told him where to get the ore to make tools. He taught him how to build the ship. He protected him from his brothers.)

Explain that even though Nephi didn't know how to build a ship, he believed that the Lord would help him if he obeyed his commandments.

Sing or say the second verse of "Nephi's Courage" with the children.

Chalkboard discussion

Draw a simple smiling face and a frowning face on the chalkboard. Talk with the children about what makes them happy. Help the children understand that Heavenly Father and Jesus Christ want us to be happy, and this is why they have given us commandments to obey. Ask questions about how obeying the commandments brings happiness such as the following:

- Which of these faces shows how Nephi felt when he obeyed the commandment to build the boat?
- How does coming to church help us feel happy?
- How does loving and serving our family members help us be happy?

The Lord Will Help Us Obey the Commandments

Story

Explain that just as the Lord helped Nephi, he will help each of us if we have faith in him and are willing to obey his commandments. Have the children listen as you relate a story about how Heavenly Father helped a young girl obey the commandment to keep the Sabbath day holy.

Ma-ling had a little food stand on the street near the river. Every day she would sell her rice and fish to the people who stopped at her shop. Each night as she returned to her home on the houseboat and counted the money she had earned, she would sigh and shake her head, for it was barely enough to buy rice for her family and fish to sell the next day.

One day Ma-ling met the missionaries, and they taught her the gospel. They taught her about Heavenly Father's commandments and about keeping the Sabbath day holy. Ma-ling talked to Heavenly Father in prayer and promised him that she would not open her stand on Sunday anymore. She wanted to keep the Sabbath day holy and not work on Sunday.

From that time on, each night as Ma-ling counted her money, she found she had more money than ever before. She was able to buy more food to share with her family, and she was able to buy more fish to sell. Heavenly Father blessed Ma-ling because she kept the Sabbath day holy. Ma-ling was happy because she obeyed the commandments.

Discussion

- What commandment did Ma-ling obey?
- How did Heavenly Father help her?

Tell the children that just as Heavenly Father helped Nephi and Ma-ling, he will help each of them obey his commandments.

Summary

Teacher testimony

If appropriate, tell the children of a time when Heavenly Father helped you to obey a commandment. Bear your testimony that Heavenly Father and Jesus Christ love us and will help us obey the commandments.

Give each child a piece of paper or a card and a pencil. Have the children draw a smiley face on it. Then invite the children to choose a commandment to obey during the week, such as being a peacemaker, helping Mother and

Father, being kind to a brother or sister, or sharing with friends. Have or help each child write the commandment he chose on his card. Tell the children to be prepared next week to report on how they felt when they obeyed.

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Talk with the children about some of the commandments, such as reverence, prayer, kindness, honesty, Word of Wisdom, and so forth. Explain that each person finds some commandments easier to obey than others. Emphasize that Heavenly Father will help each of us to obey the commandments if we are really trying to and if we ask for his help.
2. With the children, sing or say the words to “Choose the Right Way” (*Children’s Songbook*, p. 160) and other songs about commandments, such as “Love One Another” (*Children’s Songbook*, p. 136) or “When We’re Helping” (*Children’s Songbook*, p. 198); the words for these three songs are included at the back of this manual.
3. Toss a beanbag or small stuffed animal to a child; then ask him a question from the lesson, such as:
 - What did the Lord tell Nephi to build?
 - How did Laman and Lemuel react when Nephi told them about building the ship?
 - Can you name a commandment that you can obey now?
 - What can we do if we need Heavenly Father’s help? (Pray.)
 - What did the Lord tell Nephi to do that was hard?
 - How did Nephi get tools?
4. Have the children pretend they are digging for ore, making tools, and building the ship as Nephi did.
5. For older children: Make a written copy of 1 Nephi 3:7 for each child. Cut it apart by lines and have the children glue the strips in order on a piece of paper. Encourage them to memorize the scripture.

1 Nephi 3:7

I will go and do the things
which the Lord hath commanded,
for I know that the Lord
giveth no commandments
unto the children of men,
save he shall prepare a way for them
that they may accomplish the thing
which he commandeth them.

Heavenly Father Helps Us When We Pray

Lesson
19

Purpose To help the children realize that they can receive help from Heavenly Father when they pray.

Preparation

1. Prayerfully study 1 Nephi 18:5–23 and 3 Nephi 18:20.
2. Materials needed:
 - a. Chalkboard, chalk, and eraser.
 - b. Picture 3-45, Lehi and His People Arrive in the Promised Land (62045; Gospel Art Picture Kit 304); picture 3-46, Jesus Praying in Gethsemane (62175; Gospel Art Picture Kit 227).
3. Make the necessary preparations for any enrichment activities that you will be using.

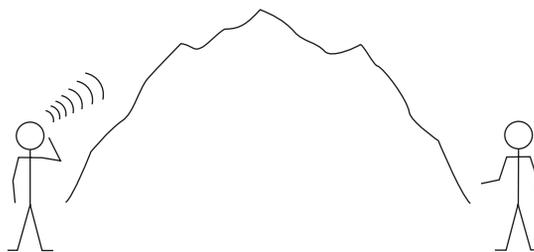
Suggested Lesson Development

Invite a child to say the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Nephi Prayed and Received Help

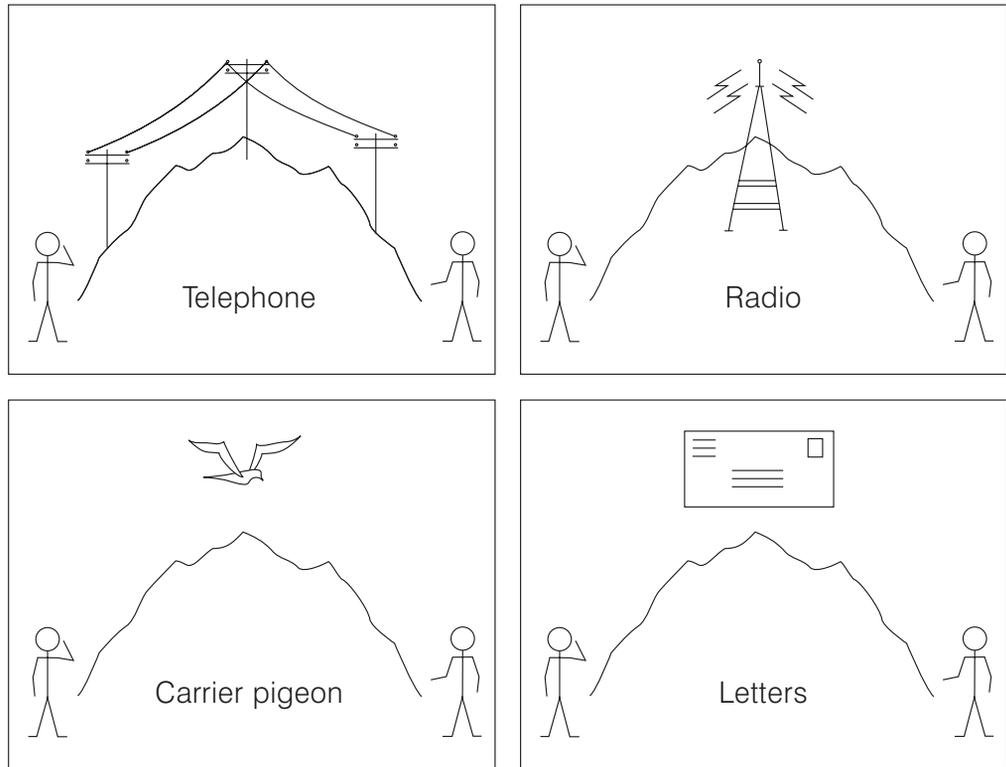
Attention activity Draw the following illustration on the chalkboard as you talk to the children:



Tell the children that a father and his married son lived on opposite sides of a very large mountain.

- How could this father and son communicate without going to the other side of the mountain?

Draw illustrations such as the following to show the children's suggestions:



- Why is it important for the father and son to communicate with each other? (To keep from being lonely, to show love, to receive and give help, to share ideas.)
- What would happen if they did not communicate with each other? (They would not feel as close to each other and their love might decrease. They could not help each other.)

Explain that just as we can communicate with each other on earth when separated by great distance, we can also communicate with our Heavenly Father.

- How do we communicate with our Heavenly Father? (Through prayer.)
- Why is it important to communicate with our Heavenly Father? (To thank him for our blessings, to show faith in him, to ask for and receive his help and blessings, to increase our love for him.)

Picture, scripture story, and discussion

Remind the children of the lesson they learned about Nephi building a ship. Have the children listen to learn how prayer helped Nephi.

When Nephi's ship was finished, Nephi's father, Lehi, was commanded to have his family put seeds, food, and other things on the ship. Then they boarded the ship and set sail for the promised land.

Show picture 3-45, Lehi and His People Arrive in the Promised Land, and point out the Liahona in Lehi's hand.

Explain that the Liahona was a type of compass. It showed them which direction to travel through the wilderness and where to steer the ship. It worked only when they were righteous.

After the family had been at sea many days, some of Nephi's brothers began to act wrongly. They spoke rudely to their parents and to the other people

on the ship. They had forgotten how much Heavenly Father had helped and blessed them. Nephi was afraid that their wickedness would anger the Lord, so he spoke to them about their behavior. Laman and Lemuel got angry. They did not want their younger brother telling them what to do. They tied Nephi up and continued their wrong ways.

As soon as Nephi was tied up, the Liahona stopped working. Laman and Lemuel did not know in which direction to steer the ship. A great storm arose. For three days the ship was tossed about on the sea so wildly that the people thought they would drown. But Laman and Lemuel still would not free Nephi.

The storm grew worse. Finally Laman and Lemuel realized that they were in danger as a result of their wickedness. They knew they would die in the storm if they didn't repent, so they untied Nephi.

Although Nephi's ankles and wrists had swollen and were very sore, he did not complain to Heavenly Father.

After Nephi was untied, the Liahona immediately began to work again. Now Nephi could steer the ship in the right direction.

Nephi prayed to Heavenly Father. The wind stopped blowing and the sea grew calm.

With the storm gone and the Liahona working once again, Nephi steered the ship safely to the promised land.

- Why wouldn't the Liahona work while Nephi was tied up?
- Why do you think Nephi did not complain to Heavenly Father while he was tied up?
- What can we learn from Nephi's example?
- What did Nephi do to save the ship from sinking in the storm?
- What did Heavenly Father do to help Nephi?

Heavenly Father Helps Us When We Pray

Picture and
scripture story

Show picture 3-46, Jesus Praying in Gethsemane.

- What is Jesus Christ doing in this picture? (Praying to Heavenly Father.)
- Why did Jesus pray? (He needed Heavenly Father's help to guide him.)

Explain that when Jesus was on earth he prayed often to Heavenly Father. We can also pray to Heavenly Father when we need help.

Story

Relate the following true story of a young girl who prayed for the needs of someone else:

Mary was in bed asleep one night when she was awakened by a noise. As she listened, she discovered that it was her four-year-old brother crying and complaining that his stomach hurt. She could hear her mother tenderly comforting him, trying to help him feel better; but her brother kept crying. She lay there feeling sorry for him. She knew her mother was doing all she could for him, but still it troubled her to know that her brother was so sick. Finally she decided there was something she could do.

- What do you think she did?

She quietly slipped out of bed and knelt to pray. She asked Heavenly Father to please make her little brother well so he could go back to sleep. In just a short time, her brother had fallen asleep. The next morning she asked her mother how he was, and she replied, "Just fine. He fell asleep last night and seems to be well now."

Invite the class members to tell of or share an experience when they or a family member prayed for help. Have them stress how Heavenly Father answered their prayers.

Story

Tell the following story about someone who prayed for help, or tell a story of your own:

One summer Jamie was given a baby lamb. He named the lamb Boots and fed and cared for him lovingly. Jamie and Boots often played together in the fenced-in field where Jamie's father kept his horse. Jamie and Boots were playing in this field late one afternoon, when Jamie's mother called him to supper. Jamie ran to the gate and quickly slammed it behind him.

After dinner Jamie went out to play with Boots again. But when he reached the gate, he found it swinging open. Boots and the horse were gone. Jamie had shut the gate so quickly that it had not latched.

Jamie didn't know where to start looking. He remembered his father telling him that when he was a little boy, he had been lost on a mountainside. His father got down on his knees and asked Heavenly Father to help him. Soon a sheep-herder on his way back to camp found him and helped him get home.

Jamie knelt down in the grass, closed his eyes, and prayed: "Heavenly Father, I need your help. I've lost Dad's horse and Boots because I didn't shut the gate. Please help me find them."

Jamie found animal tracks on the road. He started to follow the tracks uphill, holding onto bushes to keep his footing. At last he heard Boots cry. Jamie scrambled up the hill and soon found the little lamb caught in a bush. The horse stood nearby. Jamie untangled Boots's legs from the thicket. When Boots tried to stand, he toppled over. Jamie could see that one of Boots's legs was broken.

Again Jamie asked Heavenly Father to help him. He used his jacket to make a sling to carry Boots and started back down the mountain. The horse followed, carefully picking his way down the steep trail. Boots was heavy, and Jamie stumbled all the way down the trail.

As the three neared home, Jamie's parents ran out to help. As Jamie's dad cared for the injured lamb, he said, "Good thing you got him here before he lost much more blood. He might have died from shock."

Jamie's mother asked, "How did you know where to find them?"

"I did just what Dad would have done," Jamie answered.

"What's that, son?" Dad asked.

"Remember when you were lost? You prayed to Heavenly Father for help, and that's just what I did. I prayed, and Heavenly Father helped me" (see "The Open Gate," *Friend*, Apr. 1977, pp. 28–30).

Summary

- Chalkboard activity Review the lesson by asking the following questions. After a child answers a question, have him come up to the chalkboard. Trace around one of his hands and write his name inside the outline.
- Where were Lehi and his family going? (To the promised land.)
 - Did the Liahona work all the time? (No. It worked only when the people were righteous.)
 - What did the Liahona show Nephi? (Which direction to steer the ship.)
 - What happened after Nephi was tied up? (A terrible storm arose. The Liahona stopped working.)
 - What happened after Nephi was untied? (The storm ceased. The Liahona worked again.)
 - Why did Nephi pray for Heavenly Father's help?
 - What should we do when we need Heavenly Father's help? (Pray with faith that he will help us.)
- Continue asking questions about the stories in the lesson until each child's hand has been traced. Thank the children for all their helping hands.
- Testimony Bear your testimony of Heavenly Father's love for us and his desire to help us if we will pray for his help.
- Invite a child to give the closing prayer.

Enrichment Activities

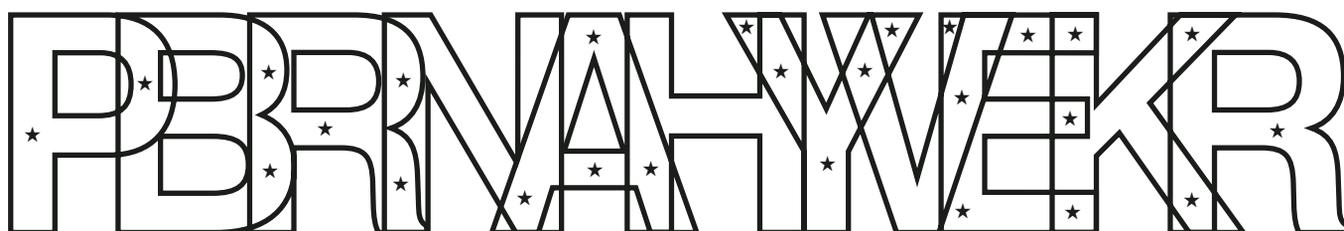
Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see "Class Time" in "Helps for the Teacher."

1. Teach the children a short rhyme about prayer, and demonstrate the actions.

Our arms we fold, our heads we bow,
Our eyes we close, we're ready now.

or

We fold our arms and bow our heads
and listen while the prayer is said.
2. Give a crayon or pencil and a copy of the following handout to each child. Have the children write their names on their handouts. Tell them to color in the spaces that have stars to see what the lesson is about. When they have finished, have them say the word together. Collect the pencils and handouts. Return the handouts to the children at the end of the class time.



Lesson
20

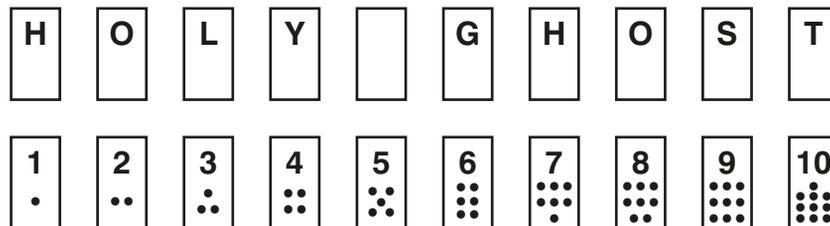
The Holy Ghost Helps Us Know the Truth

Purpose

To help the children realize that the Holy Ghost can help them know that the teachings of Jesus Christ are true.

Preparation

1. Prayerfully study Mosiah 11; 12:17–19; 13:1–9; 17; 18:1–3; Moroni 10:4–5; D&C 130:22.
2. Prepare to sing or say the words to “The Holy Ghost” (*Children’s Songbook*, p. 105); the words are included at the back of this manual.
3. Prepare ten small cards as shown. Print the letter on one side and the number on the reverse side. For children who cannot read, add dots to correspond with the numbers.



If possible, tape the cards in random order on the backs of the children’s chairs before class.

4. Prepare to sing the first verse of “I Know My Father Lives” (*Children’s Songbook*, p. 5).
5. Materials needed:
 - a. A copy of the Book of Mormon for each child who can read.
 - b. Masking tape, if available.
 - c. Chalkboard, chalk, and eraser; or paper to write on.
 - d. Picture 3-47, Abinadi before King Noah (62042; Gospel Art Picture Kit 308).
6. Make the necessary preparations for any enrichment activities that you will be using.

Suggested Lesson Development

Invite a child to say the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

The Holy Ghost Helped Alma Recognize the Truth**Attention activity**

Have the children find the hidden cards, and help them form the name Holy

Ghost. Younger children can place the cards in counting order; then you can turn them over and read the words aloud. Say the name as a class.

Article of faith

Have the children stand and repeat with you the first article of faith.

Scripture, picture, and story

Show the children picture 3-47, Abinadi before King Noah. Ask the children to listen for how the Holy Ghost helped Alma as you tell the following story in your own words:

Explain that many years after Lehi and his family left Jerusalem, a wicked man named Noah became king of the Nephites. King Noah was a bad king and taught the Nephite people to be sinful.

The Lord sent a prophet named Abinadi to preach to the Nephites. Abinadi told the Nephites that they and their king were wicked and that Heavenly Father wanted them to repent.

King Noah was angry with Abinadi and had him arrested. Abinadi was then brought before wicked King Noah and his priests. Abinadi taught them Jesus Christ's teachings. They did not want to listen, but the Lord blessed Abinadi, and no one could harm him until he had given the message he had been commanded to give. Abinadi told them that these teachings were true. King Noah and most of the priests refused to believe Abinadi's words. They did not want to repent of their wickedness. Instead, they wanted to kill Abinadi.

One of the priests, named Alma, believed Abinadi. The Holy Ghost let Alma know that Abinadi was telling the truth. Alma begged King Noah to let Abinadi go. Alma's plea made King Noah even more angry. He ordered Alma to leave. Then he sent his servants to kill Alma. But Alma escaped from King Noah's servants and hid. Alma stayed hidden and safe for many days. When Abinadi finished telling King Noah what he had been commanded to say, King Noah had Abinadi killed.

While Alma was hiding, he wrote down the teachings that Abinadi had taught. Alma knew these teachings were true. He repented of all his sins and began to obey the commandments. Alma became a great missionary by sharing the truths he knew with others.

- How did Alma know that Abinadi's words were true?

Scripture memorization

Help the children find Moroni 10:5, and explain that this scripture will give them the answer. Have an older child read it for the class or read it aloud yourself. Explain that the Holy Ghost helped Alma know that Abinadi spoke the truth.

You might write the verse on the chalkboard or on a large piece of paper and help the older children memorize it. After reading the verse together a few times, erase or cover one or two words and have the children repeat the verse. Continue erasing words after each repetition until the scripture is completely erased. (For children who cannot read, repeat the verse several times together. Pause and let the children fill in key phrases.) Give children the opportunity to say the scripture to the class if they want.

The Holy Ghost Can Help Us Know the Truth

Teacher presentation

Emphasize that the Holy Ghost gives us a good feeling when we choose the right. He also gives us a good feeling to help us recognize true teachings.

Story

Tell the following story of a young boy who recognized the truth through the power of the Holy Ghost.

Jeff enjoyed listening to the missionaries when they came to his home. They told wonderful stories to him and his family. He especially liked the stories they told about Jesus Christ. When the missionaries told him that the true Church of Jesus Christ had been restored to the earth, he thought it was the most exciting idea he had ever heard. The missionaries told him and his family that if they would pray to Heavenly Father, they would find out if what the missionaries taught was true. The missionaries quoted Moroni 10:5: "By the power of the Holy Ghost ye may know the truth of all things."

Jeff wasn't sure how he would know that the message the missionaries had brought was true, but he did what they asked. As Jeff prayed to Heavenly Father to help him know the truth and as he listened to the teachings of the missionaries, a warm, comfortable feeling began to grow within him. Soon Jeff had no more doubts. He felt sure that what the missionaries taught was true. He had received a good feeling, a testimony, from the Holy Ghost.

- What did the Holy Ghost help Jeff understand? (That the things the missionaries had taught him were true.)
- How did the Holy Ghost communicate with Jeff? (A warm, good feeling came into his heart.)
- What did Jeff do to get this feeling from the Holy Ghost? (He prayed to know whether the missionaries' message was true.)

Tell the children that they can feel the Holy Ghost during a Primary lesson, a family home evening lesson, or any other time they are being told the truth. Many people get this feeling when they are reading or hearing the scriptures or the words of the living prophets. Emphasize that the Holy Ghost does not usually communicate with us in words that we can hear with our ears. Instead, he gives us a good feeling about what is true.

Explain that because the Holy Ghost has only a spirit body (see D&C 130:22), he is sometimes called the Spirit. Tell the children that they might hear people pray to have the Spirit of God with them. They are asking to have the Holy Ghost with them. This presence helps us feel close to Heavenly Father, understand his commandments, and choose the right.

Summary

Testimony

If possible, share a personal experience in which the Holy Ghost helped you to recognize or know the truth. Bear your testimony to the children that the Holy Ghost is a member of the Godhead who will help them know the truth and what is right.

Song

Have the class sing or say the words to the first verse of "I Know My Father Lives":

I know my Father lives and loves me too,
The Spirit whispers this to me and tells me it is true,
And tells me it is true.

- What does the song say that the Holy Ghost tells each of us? (That Heavenly Father lives and loves us.)

	Have the children sing or say the song again.
Scripture review	Have the children recite Moroni 10:5 again, and encourage them to share it with their families. Explain to the children that although the Holy Ghost can give anyone a good feeling when he hears the truth, following baptism a person can receive a special gift when he is confirmed a member of the Church. That gift is the gift of the Holy Ghost, which means that that person can feel the influence of the Holy Ghost all the time if he lives righteously. Tell them that they will learn more about the gift of the Holy Ghost in other lessons.
Song	Sing or say with the children the words to “The Holy Ghost.” Invite a child to say the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Sing or say the last two lines of “The Still Small Voice” (*Children’s Songbook*, p. 106).

Listen, listen. (cup hand to ear)
The Holy Ghost will whisper. (place index finger to lips)
Listen, listen (cup hand to ear)
To the still small voice. (hand over heart)
2. Have the children role-play the story of Abinadi before Noah and the priests. The child representing Abinadi could name some of Heavenly Father’s commandments. Alma could admit that he believes and ask the king to spare Abinadi’s life. Instead, Alma is cast out. Have the child representing Alma hide and pretend to write down the teachings of Abinadi.

We Receive Great Blessings As Members of Jesus Christ's Church

Purpose

To help the children understand that great blessings can result from being members of the Church.

Preparation

1. Prayerfully study Mosiah 18 and Enos 1, and be prepared to tell the stories in these two chapters.
2. Prepare to help the children sing or say the words to “The Holy Ghost” (*Children’s Songbook*, p. 105) and “Help Me, Dear Father” (*Children’s Songbook*, p. 99); the words to these songs are included at the back of this manual.
3. Before the class begins, spread the objects you have collected—including pictures 3-13, 3-14, 3-48, and 3-49 (see 4d below)—on a table or on the floor, and cover them with the cloth.

4. Materials needed:
 - a. The following wordstrips:

The Blessings of Baptism

We Become Members of Jesus Christ's Church

Gift of the Holy Ghost

Heavenly Father Forgives Us

- b. Collect the following objects if possible: a Book of Mormon, a Bible, a small picture of Jesus Christ, and a CTR ring.
 - c. A cloth large enough to cover the objects you have collected.
 - d. Picture 3-48, Alma Baptizes in the Waters of Mormon (62332; Gospel Art Picture Kit 309); picture 3-13, Boy Being Baptized (62018); picture 3-14, Girl Being Confirmed (62020); and picture 3-49, Enos Praying (62604; Gospel Art Picture Kit 305).
5. Make the necessary preparations for any enrichment activities that you will be using.

Suggested
Lesson
Development

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

We Can Become Members of Jesus Christ’s Church

Attention activity	<p>Tell the children that under the cloth on the table are some objects. Explain that you will remove the cloth for ten seconds. The children are to concentrate and try to remember as many of the objects as they can.</p> <p>Have the class gather around the table. Uncover the items for ten seconds. Then cover the items again. Have the children return to their seats.</p> <p>Let the children take turns trying to name all the objects on the table. After those who want to try have had a chance to respond, remove the cloth to see how well they have done. Explain that each of these objects can remind us of blessings we receive from Heavenly Father when we are baptized.</p>
Wordstrip	Have a child tape the wordstrip “The Blessings of Baptism” on the chalkboard.
Picture and scripture story	<p>Display picture 3-48, Alma Baptizes in the Waters of Mormon.</p> <p>Briefly review the story of Alma from lesson 20. Remind the children that after Alma escaped from the servants of wicked King Noah, he hid in the wilderness. There he wrote the teachings that the prophet Abinadi had spoken.</p> <p>After many days, Alma went among the people and secretly began to teach them about Jesus Christ. Many of them listened to Alma and believed him. Those who believed went to a place called Mormon. In this place was a fountain of pure water and a thicket of small trees where Alma hid himself in the daytime from the king’s searchers.</p> <p>Many people gathered to hear Alma. He taught them about faith and repentance. Alma baptized all who wanted to be baptized, and they became members of Jesus Christ’s true Church.</p>
Wordstrip	Have a child tape up the wordstrip “We Become Members of Jesus Christ’s Church.”

We Can Have the Gift of the Holy Ghost

Wordstrip and discussion	<ul style="list-style-type: none">• What gift may we receive after we are baptized? (The gift of the Holy Ghost.) <p>Have a child tape the wordstrip “Gift of the Holy Ghost” underneath the previous wordstrip.</p> <p>Explain that after we are baptized, we can receive the gift of the Holy Ghost by the laying on of hands. It also is a wonderful gift from our Heavenly Father. If we do what is right, the Holy Ghost will stay with us always and tell us the right things to do.</p>
Song	Sing or say with the children the words to “The Holy Ghost.”
Article of faith	Review with the children the fourth article of faith. Explain that the gift of the Holy Ghost will be a blessing to us throughout our entire lives—if we live worthily.
Story	<p>In your own words, tell the story of how the Holy Ghost helped Tim:</p> <p>Tim could see that his mother was worried. His father looked tired and sad. It had been some time since they had received a letter from his brother, Wally, who was serving a mission.</p> <p>Tim sat down on the couch in the living room. He could hear his mother and father as they talked together in the kitchen.</p>

“What a terrible disaster it is to have an earthquake,” his father said, “and so close to the area where Wally has been laboring. I hope we soon hear how he is.”

Tim listened closely. “Earthquake . . . Wally?” he thought to himself. He felt a lump in his throat. He could imagine his brother injured or buried beneath tons of rock. He glanced at Wally’s picture on the desk, and tears filled his eyes. He quickly went to his room and shut the door. Tim imagined all sorts of terrible things and worried all that night and all the next day. Every time he tried to talk to his parents about Wally, a lump came to his throat and he couldn’t make the words come out.

Tim’s fears grew stronger. He felt that he had to talk things over with someone. He knew his father was working in the basement, so Tim went downstairs.

Tim opened his mouth to begin what he had planned to say. But it was not easy to talk about Wally. He hung his head, and his eyes filled with tears.

“You’re concerned about Wally, aren’t you, Tim?” his father asked. “When we heard about the earthquake, we were concerned. Your mother and I have prayed for Wally’s safety. We received comfort from the Holy Ghost that all is well and that we need not worry. You may have the same comfort, Tim.”

“How?” asked Tim.

“Pray to Heavenly Father. Tell him of your fears. Ask him to help you know if Wally is safe. I am sure that you will receive comfort.”

Tim did what his father told him to do. He prayed for Wally’s safety. He asked his Heavenly Father to help him know that Wally was alive and well. As Tim finished his prayer, a great feeling of peace and comfort came over him. He was not worried about Wally anymore. He knew all was well.

Finally a letter arrived assuring the family that Wally was safe. Tim wasn’t surprised at all. He already knew that Wally was safe. Tim had been comforted by the Holy Ghost.

- How did the Holy Ghost help Tim? (He gave him a calm feeling—a feeling that Wally was safe.)

Tell the children that the gift of the Holy Ghost was a great blessing to Tim and his family. It can be a great blessing to us, too.

After We Are Baptized, Heavenly Father Will Forgive Us

Wordstrip

Have a child tape the wordstrip “Heavenly Father Forgives Us” on the chalkboard.

Explain that another great blessing of baptism is that we can be forgiven when we make mistakes and do wrong. Our Heavenly Father knew that all of his children would make mistakes. He commanded everyone to repent of their wrongdoings. If we repent, he has promised that he will forgive us and give us other blessings. Remind the children that part of repenting is having faith in Jesus Christ. Another part is living more like Jesus wants us to live, that is, obeying his commandments better. We can learn more about Jesus and his commandments by studying the scriptures.

Picture and
scripture story

Display picture 3-49, Enos Praying.

Explain that Enos was a prophet whom we can read about in the Book of Mormon. Enos's father asked him to take care of the records that included the scriptures and a history of his people. This history was written on metal plates. Enos's father had taught Enos the gospel as contained in these records, so Enos knew how he should live. One day Enos went into the forest and prayed to Heavenly Father all day long and far into the night. He asked to be forgiven for the wrongs he had done. Then something wonderful happened.

Explain that Heavenly Father forgave Enos and promised to bless him. A voice came to him saying, "Enos, thy sins are forgiven thee, and thou shalt be blessed" (Enos 1:5). Enos was forgiven because he had faith in Jesus Christ, about whom he had read in the records. He was forgiven because he believed in Jesus Christ's atoning sacrifice. Heavenly Father also promised Enos that those records would be kept safe and that the Lamanites would one day be able to read the words. The records would help them learn of Jesus, keep the commandments, and obtain forgiveness when they did wrong.

Explain that we know Heavenly Father kept his promise to Enos because we can read in the Book of Mormon the things that were written on the plates.

- What blessing did Enos receive when he repented? (Accept any correct answer, but emphasize that Heavenly Father forgave him.)

Express your gratitude for the knowledge that everyone who truly repents will be forgiven. Emphasize that the scriptures can be a great blessing in helping us to develop faith in Jesus Christ and learn of his teachings.

Song

Help the children sing or say the words to "Help Me, Dear Father."

Summary

Review the blessings of membership in the Church as listed on the wordstrips. Remind the children that Heavenly Father has promised to give us great blessings if we are baptized and keep the commandments.

Invite the children to think of the blessings that Heavenly Father has given them the next time they take the sacrament. Encourage them to pay special attention to the sacrament prayers and think of the promises they will make when they are baptized. Those who have been baptized could reflect on their recent baptism.

Testimony

Bear your testimony that Heavenly Father always keeps his promises to us if we obey him. You might share with the children an experience of when you felt you were particularly blessed because of your membership in his church.

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see "Class Time" in "Helps for the Teacher."

1. Prepare a chart with the words of 3 Nephi 11:33 on it. Cut another piece of paper the same size as the chart, and print on it "The Blessings of Baptism." Cut this piece of paper into several pieces like a puzzle. Tape each piece

over the chart so that all the pieces cover the scripture. Use care so each piece can be removed easily without damaging the printed scripture.

Show the children “The Blessings of Baptism” puzzle, and have them read the title. Explain that you will read some questions about the lesson. Whoever answers a question correctly may pull off a piece of the puzzle covering. Eventually the children will reveal the scripture underneath. Following are some suggested questions:

- What covenants do we make at baptism? (To always remember Jesus Christ, to take his name upon us, and to keep his commandments.)
- What did Alma do in the Waters of Mormon? (He baptized people who wanted to be baptized.)
- Alma and his followers belonged to what church? (The Church of Jesus Christ.)
- How was Tim’s prayer answered? (The Holy Ghost helped him know Wally was safe.)
- Why did Enos pray? (He wanted to be forgiven of his sins.)
- What book was translated from the gold plates? (The Book of Mormon.)
- When will you be old enough to be baptized? (When I am eight years old.)

After the puzzle pieces have been removed, have the class read the scripture with you. Explain that to “inherit the kingdom of God” means to live with Heavenly Father forever.

2. Sing or say the words to the hymn “Count Your Blessings” (*Hymns*, no. 241).

Count your many blessings;
Name them one by one.
Count your many blessings;
See what God hath done.
Count your many blessings;
Name them one by one.
Count your many blessings;
See what God hath done.

3. Have crayons and a piece of paper labeled “Blessings of Membership” for each child. Have each child draw and color a picture of a blessing they might receive after they are baptized and confirmed as members of The Church of Jesus Christ of Latter-day Saints.

The Atonement of Jesus Christ

Lesson 22

Purpose To help the children realize that people can repent because Jesus Christ atoned for our sins.

Preparation

1. Prayerfully study Luke 22:39–46 and Mosiah 27, and be prepared to tell the account of Alma’s repentance.
2. Bring the wordstrips used in lesson 10 (“Feel sorry,” “Ask forgiveness,” “Right the wrong,” “Don’t repeat the wrong”).
3. Remember that children younger than eight years old are not yet accountable and do not need to repent of sin. Encourage them to always do what is right.
4. Materials needed:
 - a. A Book of Mormon and a Doctrine and Covenants.
 - b. A large rock or other heavy object and a bag in which to place it so a child can carry it over his shoulder. Label the rock or object with a tag marked “stealing.”
 - c. Cutouts: Alma the Younger (cutout 3-3), the four sons of Mosiah (cutout 3-4), and an angel (cutout 3-5).
 - d. Picture 3-46, Jesus Praying in Gethsemane (62175; Gospel Art Picture Kit 227).
5. Make the necessary preparations for any enrichment activities that you will be using.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

People Can Repent of Wrong Choices

Attention activity

Tell the class the following story:

While Josh and his mother were shopping, Josh had taken something from the store without paying for it. Josh knew he had done the wrong thing. He had just been baptized and knew that he should have chosen the right.

Show the children the large rock (or other heavy object) in a bag.

Ask the class how Josh felt about what he had stolen. Have a child pretend to be Josh. Have the child carry the bag over his shoulder. Explain that Josh did not feel good about stealing. It was like a heavy weight inside that kept him from being completely happy.

- How could Josh become happier? (By repenting.)

- What can Josh do to correct his wrong choice? (Repent.)

Display on the chalkboard the four wordstrips. Remind the children that they learned about repentance in an earlier lesson.

- What can Josh do to repent? (Answers might include the following: take back what he had stolen, pay for what he had stolen, apologize to the storekeeper, and offer to do something for the storekeeper to make up for the wrong.)

After the children explain how Josh can repent, remove the heavy stone from the child's bag. Explain that when we repent, we free ourselves from heavy, sad feelings, and we are happier.

Tell the class that the opportunity to repent and be forgiven is a wonderful blessing.

Picture

Display picture 3-46, Jesus Praying in Gethsemane. Tell the children that the Savior made it possible for people to be forgiven.

Jesus Christ Atoned for Our Sins

Teacher presentation

Explain that shortly before Jesus Christ died on the cross, he and his Apostles went to a garden called Gethsemane. Three of the Apostles—Peter, James, and John—went into the garden with him. They waited a short distance away while Jesus went farther into the garden and prayed to Heavenly Father. Jesus knew that he would have to suffer for us so that we could repent and be forgiven of our sins. In the Garden of Gethsemane and on the cross, Jesus suffered great pain for us. He suffered for our sins, or the wrong things we do.

Write the word *Atonement* on the chalkboard. Explain that the Atonement means that Jesus Christ paid the price for our sins so that we could repent and be forgiven. He did this because he loves us and because he wanted to make it possible for us to repent and be clean. We say that he atoned for our sins and wrong choices. Have the class say the word *Atonement*.

Heavenly Father loves us, too, and wants each one of us to repent and live with him again. Because of the atonement of Jesus Christ, we can be forgiven for sins and wrong choices we make after the age of eight.

Alma the Younger Repented

Scripture story with cutouts

In your own words, tell the class of Alma's repentance and conversion. Show the cutouts when speaking of each character.

Tell the children that a Book of Mormon prophet named Alma had a son who was very rebellious and did many things that were wrong. This prophet Alma is the same man we learned about in the story of Abinadi. He listened to the Holy Ghost and became a great teacher and leader in the Church. His son was also named Alma. We often call the son Alma the Younger so we don't confuse him with his father.

Bring out the following points from the scripture story found in Mosiah 27:8–14:

1. Alma the Younger did not obey his father. He and four of his friends went about trying to destroy the Church by teaching the people to do wrong.
2. Many people believed Alma the Younger and stopped keeping the commandments.

Discussion	<p>3. Alma the Younger's father was worried about his son and the members of the Church.</p> <p>4. The father prayed that his son would learn the truth.</p> <ul style="list-style-type: none"> • How did Heavenly Father answer the prayer of Alma the Younger's father? (He sent an angel to tell Alma and his friends to repent.) • Does anyone know what happened after that? <p>Let the children continue to tell as much of the story as they can. Bring out the following points:</p> <ol style="list-style-type: none"> 1. Alma and his friends were so afraid when they saw the angel that they fell to the earth. 2. Alma lost his ability to speak or to move. 3. His friends carried him to his father's house and told his father all that had happened. 4. For two days Alma's father and the priests of the Church fasted and prayed that Alma might regain his strength and speak to them. 5. Their prayers were answered, and Alma the Younger stood up and said something that made his father very happy and grateful.
Review activity	<p>To find out what Alma the Younger said, read or have an older child read the following from Mosiah 27:24: "For, said he, I have repented of my sins."</p> <ul style="list-style-type: none"> • What did Alma say he had done? <p>Tell the children that you want them to answer some questions and to discuss how we know that Alma the Younger really repented. Refer to the posted wordstrips as you review.</p> <ul style="list-style-type: none"> • Did Alma the Younger feel sorry for what he had done? • Whom did Alma the Younger need to ask to forgive him? (Heavenly Father; his father, Alma; and the Church.) <p>Explain that to right the wrong, Alma went from city to city telling everyone about the true Church. He became a missionary.</p> <ul style="list-style-type: none"> • Do you think that Alma truly repented? (Emphasize how completely Alma's life changed after he repented.) • Why was Alma able to be forgiven when he repented? (Because of the atonement of Jesus Christ, who would later suffer for Alma the Younger's sins.)
Summary	<p>Tell the children that because of Jesus Christ's love and atonement, people can repent when they do something wrong, and Heavenly Father and Jesus will forgive them. Explain that it is much better not to do wrong things so we do not need to repent. But when we do sin, we can repent and become clean and pure. Jesus promises us that he will not even remember the wrong things we do if we truly repent (see D&C 58:42).</p>
Teacher testimony	<p>Bear your testimony about the atonement of Jesus Christ and the importance of repentance.</p> <p>Invite a child to give the closing prayer.</p>

**Enrichment
Activities**

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Help the older children memorize the third article of faith. Review this article of faith with the younger children. Explain any words or concepts to the children that they do not understand.
2. Write Doctrine and Covenants 19:16 on the chalkboard, and have older members of the class read it together. Explain that “God” in this verse means Jesus Christ. Ask the children to explain the verse in their own words.

Explain that Heavenly Father loves us and wants us to live with him again. But before we can live with him, we have to repent of all our sins and be forgiven.

- Why was Jesus Christ willing to suffer pain for each one of us? (Because he loves us.)
- How did Jesus Christ’s suffering help us? (Because he suffered pain for our sins, we can repent and be forgiven.)

Distribute a copy of the handout below and a pencil to each child who can read and write. Read the message with them. Ask who can discover what letters go in the blanks. The first six blanks are for the letters of the word *repent*, and the second nine blanks are for *Atonement*. Have the children fill in the blanks. Challenge the children to take the message home, read it to their parents, and explain what they learned in Primary. Conclude the activity by reading the message aloud as a class.

3. Sing or say the words to “Dare to Do Right” (*Children’s Songbook*, p. 158); the words are included at the back of this manual.

A Special Message

I can be forgiven when I _____ because of
the _____ of Jesus.

Forgiving One Another

Lesson
23

Purpose To help each child desire to follow the commandment to forgive others.

Preparation

1. Prayerfully study Doctrine and Covenants 64:9.
2. Write the word *angry* or *happy* on the back of the appropriate face cutout (cutout 3-6).
3. Be prepared to help the class review the story of Alma the Younger (see Mosiah 27; lesson 22).
4. Materials needed:
 - a. A Doctrine and Covenants.
 - b. Cutouts of Alma the Younger (cutout 3-3), the four sons of Mosiah (cutout 3-4), and the angry and happy faces (cutout 3-6).
 - c. A red- or scarlet-colored item, such as a piece of cloth or paper, and a white one. Make sure the white item is as clean as possible.
5. Make the necessary preparations for any enrichment activities that you will be using.

Suggested

Lesson

Development

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

We Can Follow Jesus Christ

Attention activity

Tell the children that you would like them to do what you do. Have them follow you as you stand, stretch, smile, sit down, and fold your arms.

Explain that because they did everything you did, they were following you. If you follow someone, you do the same things he does.

Tell them that you are going to help them learn a very important way that they can follow Jesus.

Jesus Christ Loves and Forgives Us

Story review

Ask the class to briefly tell about Alma the Younger's conversion as well as they can. They might want to use the cutouts.

Help them bring out the following:

1. At first Alma did not believe that Jesus Christ was the Savior. He talked people into doing many wicked things. He taught that the commandments and the Church of Jesus Christ were not true.

- How do you think Alma's father and the members of the Church felt?

2. Even though Alma was very wicked and did many things that were wrong, Jesus Christ still loved him.
 - How did Jesus show his love for Alma the Younger? (He commanded him to repent; see Mosiah 27:11–16. Jesus also showed his love by atoning for all sins. This made it possible for Alma to repent and be forgiven.)
 - How did Alma’s father and the people of the Church show their love for Alma? (They prayed and fasted for his recovery; see Mosiah 27:21–24.)
3. Alma the Younger felt sorry for what he had done and repented.
 - What did Jesus Christ do after Alma the Younger repented? (He forgave Alma; see Mosiah 27:28.)
 - What did Alma the Younger do after he repented? (He traveled throughout the land and told the people what had happened to him. He taught them the truth about Jesus Christ and the Church; see Mosiah 27:32.)

Explain that just as Jesus Christ loved and forgave Alma the Younger, He always loves us and will forgive us when we repent for what we do wrong.

We Should Forgive Others

Discussion

- How do you feel when someone pushes you down or hurts you?
- How do you feel when someone makes fun of you or calls you names?
- How do you feel when other children won’t let you play with them?
- How do you feel when someone breaks something that belongs to you?

Allow responses for each question. Explain that when someone treats us unkindly or hurts us, we usually feel angry or hurt inside.

Put up the angry face cutout. (Older classes may use the word side of the circle.)

Discuss with the children how they feel when they are angry. Try to emphasize how unhappy they feel when they are angry with someone.

- What does this angry feeling make you want to do? (Try to emphasize that anger does not make us want to act like Heavenly Father and Jesus Christ want us to act.)

Explain that Jesus has told us that we should forgive others just as he forgives us. He knows that it is not always easy to forgive others when we have been hurt, but he wants us to follow his example.

- What does it mean to forgive? (When the Savior forgives us, he cancels any required punishment for a sin that we have committed, if we repent. He helps us to live more righteously. When we forgive others, we love them and do not have bad feelings for them because of any wrong they have done to us.)

Show the children the item that is colored bright red or scarlet. Then read to them the following from Isaiah 1:18: “Though your sins be as scarlet, they shall be as white as snow.”

- What do you think this verse means? (Remind the children that white is a color often used to represent purity.)

Replace the red item with a white one. Explain that just as you have replaced a red item with a white one that symbolizes purity, so will the Savior make the person who repents pure and clean.

Have an older child read the following from Doctrine and Covenants 64:9, or read it yourself: “Wherefore, I say unto you, that ye ought to forgive one another.”

- When others hurt us or are unkind in some way, what must we do to follow the commandment of Jesus Christ to forgive? (Forgive them and love them.)

Explain that to be loving and forgiving, we must—

1. Get rid of the feeling of anger and the desire to take revenge on the other person.
2. Forget the unkindness.
3. Treat the person with kindness and love.

Point out that when we really forgive others, we are willing to forget the wrong that they have done and replace our angry feelings with kind, loving feelings. Forgiving other people includes showing great love for them after forgiving them.

Cover the angry face with the happy face (or use the word side of the circle).

Story and
discussion

Tell the children the following story about a boy named John. Ask them to try to imagine how they would feel and what they might do if they were in John’s place.

“John was not as big as the other boys. Some of the boys would tease him because he was so short. A big boy named Paul always made fun of him and pushed him around.”

- How do you think John must have felt? (Unhappy and angry.)

“One day John was hiking up a mountainside, looking for unusual rocks. He was [making] a rock collection. . . . John had some beautiful rocks at home. He was searching for more. . . .

“Suddenly he heard a familiar voice. It was Paul. He was looking for rocks too. Paul told John to go away because he was there first. He started chasing John down the mountainside. . . . Soon John heard loud screams coming from higher up the hill. He ran back up and found Paul in terrible pain.” He had badly hurt his foot.

- How do you think John felt when Paul started to chase him and told him to leave?
- How do you think John might have felt when he saw that Paul had hurt his foot?

Have the children listen to the rest of the story and discover what John did:

“John tried to help Paul . . . , but he was not strong enough. . . . He made Paul as comfortable as he could and ran to get help.

“John brought his father back and together they were able to [bring] Paul . . . down from the mountain. [They] took him to their home. John’s mother helped

bandage Paul's foot. John offered to share his rock collection with Paul because Paul's rocks were lost in the fall.

"Paul apologized to John for the mean things he had done. John grinned, and they became [better] friends" (adapted from *Walk in His Ways: Basic Children's Manual, Part A* [1979], pp. 151–52).

- How did John follow the commandment to forgive? (He was forgiving and treated someone nicely who had been mean to him.)
- What did John do to show he was forgiving? (He tried to help Paul. He got his father to come and help Paul. He became Paul's friend.)
- Do you think it was easy for John to forget the mean things Paul had done to him and help Paul?

Point out that although it must have been very difficult for John to forget the mean things Paul had done, John followed the commandment of Jesus Christ and was forgiving.

Role playing

Have the children role-play one or more of the following situations. Allow all the children in your class to participate. Have them express the feelings they might have in the situation, and have them explain what they must do to follow the commandment to be forgiving. Try to help the children understand that they must replace the feelings of anger with feelings of love and kindness, forget the unkindness, and treat the person kindly. Use the questions after each situation as a guide.

1. Julie and Tammy are playing ball. Susan comes running by and knocks Julie down. The fall hurts her knee. Later that same day, Susan comes over to Julie's house and asks if she can play ball with Julie and Tammy.
 - How would Julie feel when Susan knocked her down?
 - What should Julie do to show she forgives Susan when Susan comes and asks to play ball? (Impress upon the children that we are to forgive everyone, even if they do not ask for forgiveness or even feel sorry for their wrongs.)
2. Andy and David are playing a game. Andy is winning the game. David becomes angry, pushes the game quickly from him, and rushes away. The next day David asks Andy to play the game again.
 - How do you think Andy feels when David pushes the game over?
 - What should Andy do when David wants to play the game again? (Again, stress that we must forgive everyone, whether or not they say "I'm sorry.")
3. On Alicia's way home from school, she stops to visit her cousin, Matt. She has a present for her mother in her hand. Matt grabs it away from her. He drops it and it breaks. That evening Matt comes and tells Alicia he is very sorry.
 - How would Alicia feel?
 - What should she do when Matt comes?

Summary

Teacher
presentation

Conclude by reminding the children that when we follow someone, we do the same things that person does. If we follow Jesus Christ, we must follow his commandment to forgive others. If appropriate, you might share with the children an experience you have had when you forgave someone and felt better for having done so. (Do not use the names of persons the children might know personally.) Have the children review what they must do to be forgiving:

1. We must get rid of angry feelings and the desire to be mean to the other person.
2. We must forget the unkindness.
3. We must treat the person with kindness and love.

Invite the children to remember to forgive others during the week and to come next week prepared to tell the class how they felt when they forgave someone.

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Have younger children try to say a very large word, such as *hippopotamus*. Tell them that some words are hard to say. Explain that it can be hard to say “I forgive you” when someone makes us feel angry or sad. Tell the children that sometimes those three words can turn a sad feeling into a happy one.
2. Sing or say the words to “Help Me, Dear Father” (*Children’s Songbook*, p. 99); the words are included at the back of this manual.
3. Do the following finger play with the children. (You might also place socks over your hands to make puppets and attach little eyes to the socks.)

Two little friends, one left and one right (hold up both hands with fists closed)
 Started to quarrel and started to fight. (wave fists at each other)
 Now these little friends were not happy that day,
 For they had been taught the right way to play.
 Then one little friend hid his head down in shame; (lower right fist from wrist
 and turn away)
 The other did too, for he felt just the same. (lower left fist and turn away also)
 The first friend said, “I know what I’ll do (clap hands)
 To show you I’m sorry. I’ll ask forgiveness of you.”
 “I too am really sorry,” the next one did say,
 “Let’s play and be happy the rest of the day.” (fold arms and sit down)
4. Make light pencil marks on a piece of paper (or chalk marks on a chalkboard) to represent wrong deeds and choices. Then erase them completely so that no marks remain. Explain that when we repent, it is as if Jesus Christ erases our sins so that no sign of them remains. (You might want to practice this before class.)

Lesson
24

The Lord Helps Missionaries

Purpose To help each child understand that Jesus Christ helps missionaries teach others about his Church.

Preparation

1. Prayerfully study Alma 17–19.
2. Choose a missionary from your ward who is currently serving a mission, or another missionary whom you know, to whom you can send a letter. Be prepared to help the children think of something to write or draw something to send to him or her.
3. Prepare to sing or say the words to “The Seventh Article of Faith” (*Children’s Songbook*, p. 126; the words are the same as the actual article of faith) and “We’ll Bring the World His Truth” (*Children’s Songbook*, p. 172).
4. Materials needed:
 - a. A Book of Mormon.
 - b. A piece of paper and a pencil or crayons for each child.
 - c. Prepare a missionary name tag.
 - d. Picture 3-50, Ammon Defends the Flocks of King Lamoni (62535; Gospel Art Picture Kit 310).
5. Make the necessary preparations for any enrichment activities that you will be using.

Suggested Lesson Development

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Jesus Christ Helped Ammon to Be a Good Missionary

Attention activity

Ask for a volunteer to help you. Have the volunteer stand at the front of the classroom and face the other children.

- What does [child’s name] need to look like a missionary?

Place the name tag on the boy or girl. Tell the children that such name tags are used to identify servants of Jesus Christ. Remind them how sacred the titles of *Elder* or *Sister* are. Even General Authorities go by the name *Elder*.

Discussion

Ask the children how many of them have brothers, sisters, grandparents, or other relatives who are now serving or who have served as full-time missionaries. Let the children tell about their relatives who are or have served on missions. They will probably want to talk about their parents

who have served missions. Ask them where their parents or other relatives have served and what they have done on their missions.

Teacher presentation

Tell the children that Jesus Christ loves all the people on the earth. He wants everyone to know about his true Church. It makes him happy when missionaries are willing to teach the truth to people everywhere.

Picture and story

Display picture 3-50, Ammon Defends the Flocks of King Lamoni. In your own words, tell the following story of a young man named Ammon who became a good missionary (see Alma 17–19).

Ammon was a Nephite prince. He was one of the sons of a righteous king named Mosiah. Ammon chose to teach the Lamanites about the gospel of Jesus Christ instead of becoming king.

Ammon loved Jesus Christ and wanted to serve him well. He prayed and fasted that the Spirit would be with him and help him.

When Ammon went to the Lamanites, they tied him up and took him to their king because they thought he was an enemy. Ammon asked to be a servant to the king. King Lamoni liked Ammon and let him live.

One day as Ammon and some of the other servants were taking the king's sheep to water, some of the king's enemies came and scattered the sheep. The king's servants were frightened. They knew the king would have them killed if the sheep were stolen or lost.

When Ammon heard this, he told the servants that he would help. He told them to gather the flocks and he would take care of the robbers. He knew the Spirit would help him.

When the robbers saw Ammon coming toward them, they were not afraid, because there were many of them and Ammon was alone. The robbers did not know that the Spirit was helping Ammon. Ammon began throwing stones at them with his sling with such great power and strength that it surprised them. They soon found that although Ammon could hit them, they could not hit Ammon with their stones. The Spirit was protecting him.

The robbers attacked Ammon with their clubs. But Ammon received such great strength from the Lord that he cut off the arm of every robber who lifted his club to kill him. The robbers became so frightened that they ran away. Ammon was able to protect the king's sheep because the Lord helped him.

Discussion

- How did the Spirit help Ammon? (He protected Ammon from the robbers and gave him the strength and power he needed to defeat them.)

Point out that missionaries today do not need to fight or go to battle before they can teach others about the Savior's Church. Ammon fought only because he needed to protect the king's sheep.

Explain that King Lamoni became willing to listen to Ammon when he heard what Ammon had done. He knew that Ammon was a loyal servant. He knew he could trust Ammon to tell him the truth. Ammon told the king and his people about the gospel of Jesus Christ.

Scripture

Read the first sentence of Alma 18:33. These are the words that King Lamoni spoke after hearing Ammon speak.

Tell the children that King Lamoni's faith was so strong that he no longer wanted to do wrong. He believed in Heavenly Father and Jesus Christ and wanted to follow their teachings. The king was so happy to know about the gospel that he began teaching the people all that Ammon had taught him.

Have the children listen while you read Alma 19:35 to discover what happened because the Spirit helped Ammon to be a good missionary.

The Spirit Helps Missionaries Now

Explain that just as Ammon was a good missionary for the Church in his day, many missionaries today all over the world are teaching people about the true Church. The Spirit is helping them. It helped Ammon.

Song

With the children, sing or say the words to "We'll Bring the World His Truth."

We have been born, as Nephi of old,
To goodly parents who love the Lord.
We have been taught, and we understand,
That we must do as the Lord commands.
We are as the army of Helaman.
We have been taught in our youth.
And we will be the Lord's missionaries
To bring the world his truth.
(Words by Janice Kapp Perry. © 1983
Janice Kapp Perry. Used by permission.)

Story

Tell the following story about how the Spirit helped a missionary:

A young man was called to serve on a mission in Bolivia. He was sent to serve in an area where not many people wanted to listen to the gospel. He and his companion worked hard, but they did not have much success. Then one night a heavy rain started. The small river that ran past the village rose as never before. The only bridge connecting the city to the main road was washed away. Confusion was everywhere.

The young missionary saw some people who needed help, so he quickly prayed for Heavenly Father's help as he jumped into the water to help them. Heavenly Father helped him to save many lives, help many others who had been hurt, and help feed others who were hungry.

Because of his great service, the people who before wouldn't listen to him and his companion now began to listen. They learned to love him and even came to his door. They accepted his testimony of Jesus Christ and the gospel as restored through the Prophet Joseph Smith. In just a few months, he helped bring many people into the Church. (See F. Melvin Hammond, "You Can Make a Difference" [*New Era*, March 1991], pp. 44–47.)

- How did Heavenly Father help this missionary?

Tell the children that Heavenly Father and Jesus Christ love the missionaries and help them teach others about the Church. Missionaries pray and occasionally fast so they can be close to Heavenly Father and Jesus Christ and have the Spirit with them always.

Article of faith

Explain that members of the Church, and especially missionaries, often receive special spiritual gifts. The seventh article of faith mentions some of these gifts.

Help the class repeat the seventh article of faith a few times. Then emphasize the following words:

“We believe in the gift of tongues, . . . [and in the] interpretation of tongues.”

Story

Tell the class that the following story is an example of a missionary receiving the gift of tongues. Explain that when Elder Kikuchi, who is now a General Authority, was a missionary, he spoke Japanese and little English. Tell the following:

“Having joined the Church . . . Elder Kikuchi accepted a call to serve as a missionary . . . where he had what he feels is a significant spiritual experience.

“ ‘I was about midway through my mission, serving in Fukuoka, Japan, when Elder Gordon B. Hinckley, who had just been made [a General Authority], visited the mission. He was the supervisor for all the Orient. We held a meeting for the missionaries.

“ ‘At that time, I could say, “good morning,” “hello,” “how are you” and “thank you” but that was about all I could say in English. I wanted desperately to understand what was going on in the meeting. I could tell that it was an inspiring meeting—I could feel the Spirit but I couldn’t comprehend the words.’

“Elder Hinckley bore his testimony and all the other missionaries took turns bearing theirs—everyone except Elder Kikuchi who had been praying fervently for understanding. Finally, Elder Hinckley stood up and said that everyone, except one elder, had borne his testimony; he then invited Elder Kikuchi to speak.

“ ‘I didn’t know what he had said,’ Elder Kikuchi said. ‘My companion nudged me and told me what Elder Hinckley had said. I stood there and felt so good but all the time I was kind of gnashing my teeth and saying to myself, “I want to understand and comprehend English because I want to help the Church grow in the Orient.”

“ ‘I started speaking in Japanese for one or two sentences. Then a strange feeling came to my mind. I just started speaking in English. Everybody said later that it was beautiful English but I couldn’t understand what I had said. I believe I did bear a good testimony.’

“After the testimony had been borne, Elder Hinckley promised the young missionary that he would be blessed. ‘He told me that the Lord was preparing me for something greater, to help establish Zion here (in the Orient) in this part of the vineyard,’ Elder Kikuchi said” (Gerry Avant, “War’s tragedies lead to gospel,” *Church News*, 29 Oct. 1977, p. 5).

- How did Jesus Christ help Elder Kikuchi on his mission?
- How would you feel if you had been Elder Kikuchi and had this experience?

Song

Help the children sing or say the words to “The Seventh Article of Faith.”

Summary

Writing activity

Tell the children that they can help a missionary by writing a letter to him. Tell the children about the missionary you have chosen or let the children help you choose one from among the missionaries serving from your ward. Explain that missionaries enjoy receiving letters, and they would enjoy hearing that Jesus Christ helps missionaries. Let the children think of what they would like to write

in a letter, and write a group letter using their ideas. You may want to have them draw a picture of themselves being a missionary to either take home or enclose in the letter.

Teacher testimony Bear your testimony that the Spirit helps missionaries teach others about the gospel. You might want to share an experience in which the Spirit helped you or someone you know to share the gospel with someone.

Invite the children to be missionaries during the coming week by telling someone about the gospel or giving them a copy of the Book of Mormon. (Talk with the bishop or branch president about possible funding from the ward budget for this class project.)

Ask the child invited to give the closing prayer to thank Heavenly Father for helping the missionaries teach others about the true Church.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Invite a returned missionary to visit your class and share an experience with the class in which he or she was helped on his or her mission. (Be sure to clear this with the bishop if the person lives outside the ward.)
2. Sing or say with the children the words to “I Hope They Call Me on a Mission” (*Children’s Songbook*, p. 169); these words are included at the back of the manual. You might want to use this song several times throughout the lesson if the children enjoy it.
3. Talk with the children about ways they can prepare now to be good missionaries. Help them understand that when they do what is right and are kind to others, they are preparing to be good missionaries. Bear your testimony that when we are trying to do what is right, Heavenly Father will help and bless us.
4. Use the first and fifth verses of “Book of Mormon Stories” (*Children’s Songbook*, p. 118) as a song or an action verse.

Book of Mormon stories that my teacher tells to me
Are about the Lamanites in ancient history.
Long ago their fathers came from far across the sea,
Giv’n the land if they lived righteously.

Ammon was a missionary serving Lamanites,
Tending King Lamoni’s sheep for several days and nights.
Robbers came; he saved the sheep by fighting fearlessly.
He had learned he could live righteously.

5. For younger children, use the action verse “Jesus Loves All Children.” Explain that because Jesus Christ loves everyone, he wants everyone to know about his true church.

Jesus loves all children. (hold arms out)
The little ones still small. (use hand to indicate knee-high child)
The baby in the cradle (form cradle with arms and pretend to rock a baby)
The ones so big and tall. (raise hand high over head)

I Can Be a Missionary

Lesson
25

Purpose To help the children realize that they can do missionary work now.

Preparation

1. Prayerfully study Doctrine and Covenants 133:37.
2. Copy (or trace a copy of) the missionary girl or boy for each child.
3. Be prepared for the class to sing or say the words to “I Hope They Call Me on a Mission” (*Children’s Songbook*, p. 169); the words are included at the back of this manual.
4. Materials needed:
 - a. A Doctrine and Covenants.
 - b. Paper, scissors, and crayons.
 - c. Picture 3-51, Sermon on the Mount (62166; Gospel Art Picture Kit 212).
5. Make the necessary preparations for any enrichment activities that you will be using.

**Suggested
Lesson
Development**

Ask the child invited to give the opening prayer to pray for the missionaries throughout the world.

Follow up with the children if you encouraged them to do something during the week.

We Can Help Teach the Gospel of Jesus Christ

Attention activity Ask for a volunteer to help you. Ask the volunteer to hand a piece of paper to each person in the room, starting when you say “go.” After each child has received a piece of paper, collect all the pieces. Ask the children if the volunteer could do it faster with a helper. Ask for a second volunteer to help hand out the pieces of paper. Each volunteer should hand out the pieces of paper to half the class. Point out that the volunteers can accomplish their task much faster when they have help. Have the volunteers return to their seats as you collect the pieces of paper again. (For a small class, you might need to have the volunteers give more than one piece of paper to each child.)

Picture Display picture 3-51, Sermon on the Mount.

Explain that Jesus Christ has asked us to help him teach the gospel. With enough helpers, his teachings can go to all the people of the earth. Jesus Christ wants everyone to learn his teachings.

Scripture discussion Read Doctrine and Covenants 133:37. Explain that *gospel* is another word for Jesus Christ’s teachings, *kindred* is a group of people who are related to each other, *tongue* is another word for language, and *people* means those who belong to a particular country, race, or community.

- What does this scripture say will happen? (The gospel will be preached to everyone.)
- What do we call those who are called by Heavenly Father to help teach the gospel? (Missionaries.)

Tell the children that every member of the Church, no matter how old or young, can be a missionary by telling others about the gospel.

Story

Have the children listen to the following story about a boy named Ryan who became a missionary:

Ryan enjoyed going to school. He especially liked his teacher, Miss Johnson.

One day Miss Johnson asked the children to draw a picture of what they wanted to be when they grew up. Ryan had no trouble deciding what he would draw. He drew a picture of a man in a suit carrying his scriptures and walking down a street. Ryan wanted more than anything else to become a missionary when he grew up, just like his older brother.

When Ryan's teacher looked at his picture, she could not understand what he had drawn. Miss Johnson was not a member of the Church, so she didn't know what the man in Ryan's picture was doing. She asked Ryan to explain his drawing to her. Ryan told his teacher that he wanted to become a missionary for The Church of Jesus Christ of Latter-day Saints when he grew up. Miss Johnson was surprised that a boy's greatest desire was to be a missionary, instead of a policeman, a doctor, or some other occupation.

After school, Miss Johnson asked Ryan to tell her more about why he wanted to be a missionary. Ryan told her how much he loved the Church and how his brother was in another country teaching others about the Church. He told her that he knew the Church was true because its teachings are the teachings of Jesus Christ.

That evening Ryan told his parents about Miss Johnson and the picture he had drawn. He asked his parents if he could invite Miss Johnson over for dinner so the family could meet her and talk to her about the gospel.

The next day, Ryan took a note to Miss Johnson inviting her to his home for dinner. She accepted his invitation and went to Ryan's home a few days later. Miss Johnson enjoyed Ryan and his family so much that she visited them often. They had many discussions about the Church, and six months later Miss Johnson was baptized. She was always grateful to Ryan for sharing his love for the Church with her.

There Are Many Ways to Be Missionaries

Review

Tell the children that there are many ways to be good missionaries. You are going to see if they know some of these ways. Ask them to listen closely to some statements. If the statement is a good way to be a missionary, they should stand up. If it is not a good way to be a missionary, they should sit down.

- You won't let a classmate play with you at school.
- You invite a friend to Primary.
- You tell a nonmember friend about Jesus Christ's Church.

- You are rude to your neighbor.
- You save some money for your missionary bank.
- You are reverent during sacrament meeting.
- You cheat on a test in school.
- Without asking, you take something that doesn't belong to you.
- You don't obey your parents and then brag about it to your friends.
- You invite a friend to your home for family home evening.
- You invite someone new in your neighborhood to play with you.
- You tease a classmate until she cries.
- You pray for the missionaries.

You might want to tell the class about a way in which you have been able to be a missionary. Invite the children to share experiences that they or their family members have had in sharing the gospel.

Summary

Handout activity

Give each child a missionary boy or girl handout, and have each child draw a face on his or her handout. Help them put their names on the name tags and write "The Book of Mormon" on the book. After they color the figures, have them cut the figures out.

Song

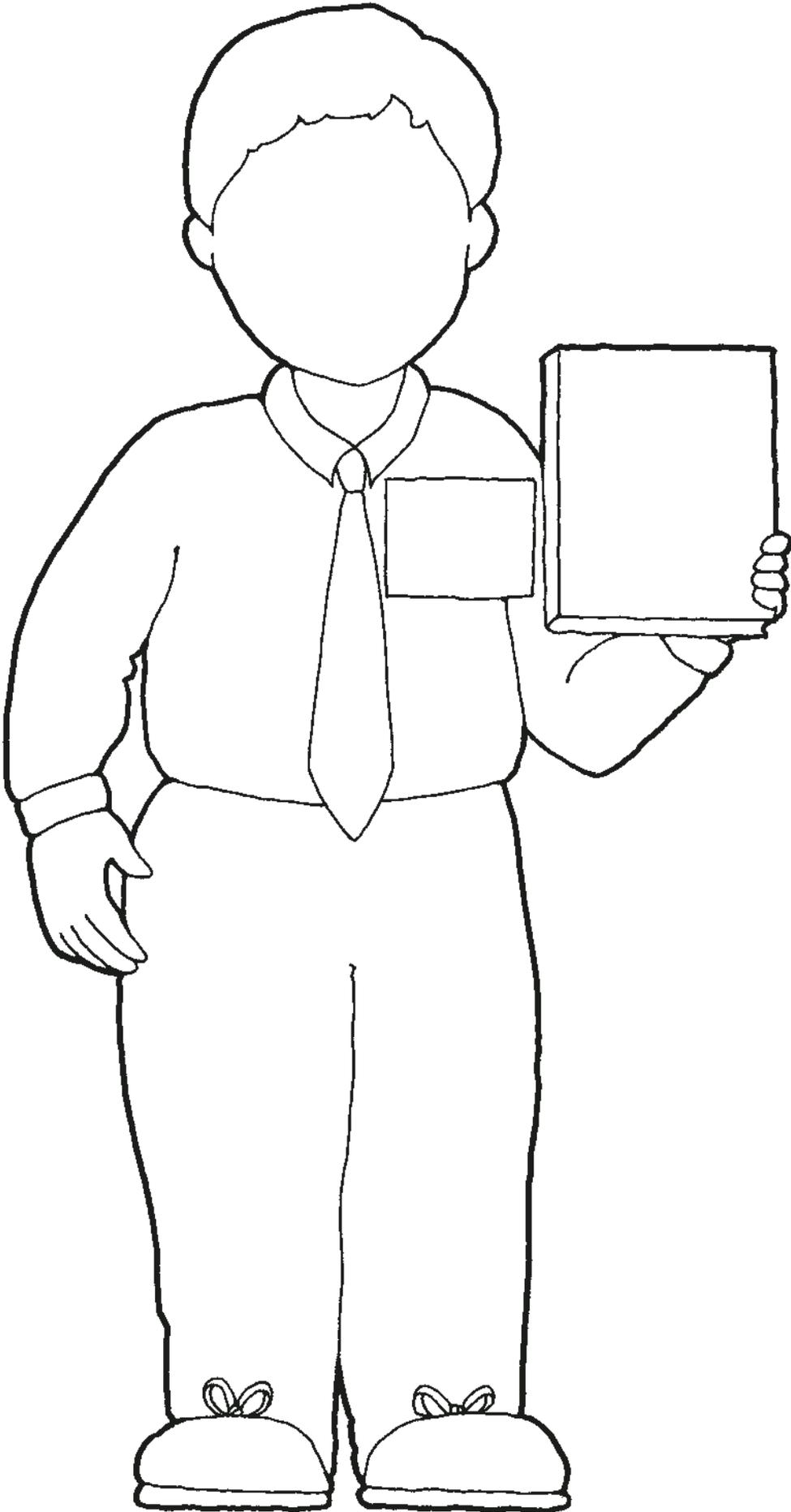
Sing or say the words to "I Hope They Call Me on a Mission."

Ask the child invited to give the closing prayer to thank Heavenly Father for the opportunities they have to be missionaries.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see "Class Time" in "Helps for the Teacher."

1. Invite a convert to the Church to come to class and tell about the people who helped him or her learn about the Church. (Be sure to obtain permission from the bishop or branch president if the person is from outside the ward or branch. Tell the Primary president if the person is from within the ward or branch.)
2. Have the children discuss, then role-play, the following situations.
 - a. Your friends who are not members of the Church hear you singing "I Am a Child of God" and ask you what song you are singing. How could you use this opportunity to tell them about the Church and invite them to Primary?
 - b. You have noticed a new boy in the neighborhood. He is shy and hasn't made any friends yet. How could you be a good missionary?
 - c. Your brother gets up on Sunday morning and doesn't want to go to church. What could you do to be a missionary?
3. Retell the story of Ammon from lesson 24, using picture 3-50. Toss a ball or soft object to a child and ask him a question about the story. If he answers correctly, have him stand up and toss the ball back to you. Continue tossing the ball and asking questions until all the children are standing up.





The Holy Ghost Can Help Us

Purpose To help the children understand that the Holy Ghost can help us do what is right. He also warns us of danger.

Preparation

1. Prayerfully study 1 Nephi 4:1–6; 2 Nephi 32:5; Doctrine and Covenants 8:2.
2. Prepare nine questions on slips of paper for the game in the lesson. Place the questions in a bag.
3. Be prepared to sing or say the words to “Choose the Right Way” (*Children’s Songbook*, p. 160) and “The Holy Ghost” (*Children’s Songbook*, p. 105); the words for these songs are included at the back of this manual.
4. Materials needed:
 - a. A Book of Mormon and a Doctrine and Covenants.
 - b. A handkerchief or piece of cloth to be used as a blindfold.
 - c. Chalk, chalkboard, and eraser.
 - d. Picture 3-52, A Father Stopping a Horse and Saving His Son; and picture 3-53, Karolina’s Prayer.
5. Make the necessary preparations for any enrichment activities that you will be using.

Suggested Lesson Development

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

The Holy Ghost Prompts Us

Attention activity

Choose a child to help you with the following activity:

Have a child stand by the door. Blindfold him, and instruct him to find his chair and sit down. Don’t give him any help. (However, make sure that he does not injure himself or others.)

Repeat the procedure, but this time have another child help the blindfolded child by giving directions.

Remove the blindfold, and have the child sit down.

- Why was it easier for (child’s name) to find the chair the second time?

Chalkboard discussion

Print the word *help* on the chalkboard. Read the word to the children, and explain that when someone receives help, the person often receives directions or is told what to do or say.

Explain that Heavenly Father and Jesus Christ knew that we would need their special help and direction. They promised to send someone to prompt us.

Scripture, picture,
and story

Read Doctrine and Covenants 8:2 to the children. Then display picture 3-53, Karolina's Prayer, and tell the following story in your own words:

Karolina was a little girl who lived in Sweden. She and her little brother Erik were always together. Karolina took care of her little brother because she loved him. Erik was four years old. Many ships came to the seaport where they lived because their home was not far from the ocean. Sometimes the ships carried loads of food or machinery. Karolina and Erik's father worked on these ships.

One day the children were standing on a hill watching a big ship move slowly through the water. Karolina said, "Erik, let's go down and watch the men unload the ship. It's so big; let's see what's on it. Father won't mind us watching the men work if we keep out of their way. We could just sit on a big box, and then we could see everything."

Erik happily caught hold of Karolina's hand, and they ran down the hill. But when they got to the bottom of the hill, they thought it would be a lot more fun if they walked along the railroad track. This would be a much faster way down to the water.

As they walked along the track, Karolina saw some pretty wild flowers. She let go of Erik's hand so she could pick some of them.

Erik went skipping on ahead of her, carefully stepping between the railroad ties. He loved to play this game. Suddenly, Karolina heard a yell of pain. Just as she turned to see what the trouble was, Erik cried out to his sister, "Karolina! Karolina! My foot's caught. I can't get it out!"

Karolina dropped her flowers and ran to help him. By this time Erik was crying with pain and fear. Karolina tugged and tugged at his arm, trying to pull his foot out of the hole. But she couldn't move it. She put her arms around his waist and tried to lift him out. Her little brother screamed with pain because his foot was hurt. The more Karolina pulled and tugged, the more Erik cried. At last Karolina said, "Erik, I can't get your foot loose; I've got to get somebody to help pull your foot out. I'll be back."

She started running down the track, but as she came around the bend, she saw a train a long way off. Karolina knew she didn't have time to go for help because in a few minutes the train would be there, and the engineer might not see her little brother in time to slow down.

- What could Karolina do?

Karolina turned and ran back to Erik. She was very frightened, and as she pulled at Erik's foot again, she said a little prayer for help: "Our Heavenly Father, help me. I don't know what to do. Please help me!"

Suddenly Karolina thought she heard a very quiet voice say, "Unlace the shoe." With shaking hands she untied the shoelace. Even though his shoe was still tightly caught under the railroad tie, when Karolina pulled hard, Erik's foot came right out of it. He fell against her, and they both fell over on the ground. They jumped from the tracks, and the train steamed around the curve and swished by them.

After the train had gone, Erik began to cry, "Oh, look at my shoe!" The shoe was badly scuffed, but Karolina was able to wriggle it loose. Karolina put her arms around Erik and said, "Never mind about your shoe. Just be thankful that

Heavenly Father answered my prayer. I would never have known what to do if he hadn't helped me."

Karolina hugged her little brother, happy that she had been able to save his life. Then, tightly holding hands, they walked along together to tell their father how Heavenly Father, through the power of the Holy Ghost, had answered Karolina's prayer for help.

Discussion

- Who helped Karolina?
- How did the Holy Ghost help Karolina save her brother?

Point out that the Holy Ghost helps people in different ways. Most often he speaks to our minds. When he does this, we might get a feeling or thought that can help us know what to do. Sometimes, however, people actually hear a voice speaking to them and giving them help.

Song

Sing or say with the children the words to "The Holy Ghost."

The Holy Ghost Will Help Us Do What Is Right

Ask the children to listen to the following stories of Anita and George to see how the Holy Ghost helped them to do what is right.

Story and discussion

Early one summer, one of Anita's friends invited her to come swimming with her. Before she went, Anita tried on her swimsuit from last year. She was surprised to see how much she had grown. As a result, the swimsuit did not cover her as it should and was now immodest.

Anita knew that her friend was waiting for her to come over, and Anita wanted to run quickly over to her house to play. However, a thought that came into her mind helped her decide what to do. She was reminded that Heavenly Father and Jesus Christ wanted her to be modest. If she went to her friend's house with this swimsuit on, she would feel uncomfortable around her friend's family. She knew that she should dress differently.

Quickly Anita found her older sister and asked if she had a swimsuit that might fit and that she could borrow. Together they looked and found an old suit that fit Anita well. Anita thanked her sister, changed immediately, and ran over to her friend's house, happy that she had chosen the right thing to do.

- How did the Holy Ghost help Anita do what was right?

Story and discussion

George and his friends loved soccer. They played it at school, watched it on television, and even bought magazines and read about their favorite teams. They enjoyed watching the games and talking about the exciting plays.

The championship game was coming up. George knew it would be an exciting game, and he wanted to see it. But the game was going to be televised on Sunday at the same time as his Church meetings.

His friends decided to stay home and watch the game with their fathers. George had been invited to watch the game with them but felt that he should not miss his Church meetings.

Then he began to wonder whether it would be all right to stay home and watch the game. "After all," he thought, "I can go to church every week, but the championship game comes only once a year. Surely it won't matter if I miss church just this once."

He almost convinced himself to miss church when a thought came into his mind: “What would Heavenly Father and Jesus Christ want me to do?”

When George answered this question, he knew what his choice would be. He would go to church.

- Who do you think was helping George?
- How did the Holy Ghost help George?

Explain that the Holy Ghost prompted Anita to be modest and George to go to church. Both children followed the promptings and lived the commandments. Point out that the Holy Ghost will prompt us, and we should follow him by choosing the right.

CTR ring

Remind the children that wearing the CTR ring can help them remember to choose the right.

Song

Sing or say the words to “Choose the Right Way.”

We Are Blessed When We Obey the Promptings of the Holy Ghost

Picture and story

Explain that we are greatly blessed when we listen to and obey the promptings of the Holy Ghost.

Display picture 3-52, A Father Stopping a Horse and Saving His Son. Tell how Heavenly Father blessed Bruce R. McConkie and his father because his father obeyed the promptings of the Holy Ghost:

“One of my earliest childhood recollections is of riding a horse through an apple orchard. The horse was tame and well broken, and I felt at home in the saddle.

“But one day something frightened my mount, and he bolted through the orchard. I was swept from the saddle by the overhanging limbs, and one leg slipped down through the stirrup.”

Point to the stirrup in the picture.

“I desperately hung to an almost broken leather strap that a cowboy uses to tie a [rope] to his saddle.”

“My weight should have broken the strap, but somehow it held for the moment. Another lunge or two of the stampeding horse would have broken the strap or wrenched it from my hands and left me to be dragged to injury or death with my foot entangled in the stirrup.

“Suddenly the horse stopped, and I became aware that someone was holding the bridle tightly and attempting to calm the quivering animal. Almost immediately I was snatched up into the arms of my father.

“What had happened? What had brought my father to my rescue in the split second before I slipped beneath the hoofs of my panic-driven horse?

“My father had been sitting in the house reading the newspaper when the Spirit [the Holy Ghost] whispered to him, ‘Run out into the orchard!’

“Without a moment’s hesitation, not waiting to learn why or for what reason, my father ran. Finding himself in the orchard without knowing why he was there, he saw the galloping horse and thought, *I must stop this horse.*

“He did so and found me. And that is how I was saved from serious injury or possible death” (Bruce R. McConkie, “Hearken to the Spirit,” *Friend*, Sept. 1972, p. 10).

Discussion

- How did the Holy Ghost save young Bruce McConkie from serious injury?
- What might have happened if Bruce’s father hadn’t obeyed the whispering of the Spirit so quickly? (Explain that Bruce R. McConkie was later called to be a Seventy and then an Apostle; we might not have had this important leader.)
- How could an experience like this strengthen a person’s testimony? Why?

Tell the children that sometimes we might not immediately see the blessings that come from listening to the promptings of the Holy Ghost. We can be sure, however, that we will be blessed if we obey the promptings that come to us.

Summary

Question game

Invite the children to take turns choosing a question from the bag you have prepared and then answering the question. You will need to read the questions aloud for younger children. Use the following questions. Write some additional questions of your own if needed so that every child has a chance to choose a question from the bag.

1. What does it mean to prompt someone? (To give directions or to tell someone what to do.)
2. Who prompts us? (The Holy Ghost.)
3. How does the Holy Ghost prompt us? (He prompts us by giving us thoughts or feelings or by speaking to us.)
4. How does the Holy Ghost help us? (He helps us know the right things to do.)
5. How did the Holy Ghost help Anita? (He prompted her to be modest.)
6. How did the Holy Ghost help George? (He prompted him to do what Heavenly Father and Jesus Christ wanted him to do—go to church.)
7. What did the Holy Ghost prompt Karolina to do? (To unlace her brother’s shoe so she could pull his foot out of it.)
8. How was young Bruce R. McConkie blessed because his father listened to and obeyed the promptings of the Holy Ghost? (He was saved from injury or death.)
9. What should we do when we receive a prompting from the Holy Ghost? (Listen, obey, and choose the right.)

Testimony

Express your gratitude for the promptings of the Holy Ghost in your life. As led by the Spirit, share a personal experience about a time when the Holy Ghost prompted you or someone you know.

Explain that the Holy Ghost will never prompt us to do anything that is wrong. He will help us to do what Heavenly Father and Jesus Christ want us to do.

Article of faith

Have the children repeat the first article of faith.

Remind the children that the gift of the Holy Ghost is a special gift we receive after we are baptized and confirmed.

Ask the child giving the closing prayer to express gratitude for the promptings of the Holy Ghost. Suggest that he ask Heavenly Father to help each class member recognize the promptings of the Holy Ghost when he receives them.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Have the children listen to the following story about Elder Thomas S. Monson:

Some time ago, Elder Monson and his wife were sent by the prophet to visit the islands of Samoa.

While they were there, they visited a class of children who lived in the village of Sauniatu.

Elder and Sister Monson each spoke to the class. After they finished their talks and as the children’s teacher was announcing the closing song, a thought came into Elder Monson’s mind. He was prompted to personally greet each one of the 247 children.

However, when he glanced at his watch, he realized that it was getting late and that he wouldn’t have time to greet each child individually.

He tried to put the thought out of his mind, but he couldn’t.

Before the closing prayer, he was prompted again to take the time to shake the hand of each child.

He finally turned to the teacher and said, “I would like so much to shake the hand of each boy and girl. Would this be possible?”

The teacher smiled and, in the Samoan language, spoke to the children. They nodded their heads eagerly in approval. He told Elder Monson the reason for the children’s smiles. When the teacher learned that the President of the Church had asked one of the Twelve Apostles to visit them in Samoa, the teacher had told the children that if they would each pray sincerely and have faith as did the people in the Bible and Book of Mormon, the Apostle would visit their village. He would also be prompted by the Holy Ghost to shake the hand of every child (see Thomas S. Monson, “Talofa Lava,” *Friend*, May 1972, pp. 12–13).

- Who prompted Elder Monson?
- How did the Holy Ghost prompt Elder Monson?

Point out that the Holy Ghost prompts people in different ways. Most often he speaks to our minds as he did to Elder Monson’s.

Explain that because Elder Monson listened to the promptings or instructions of the Holy Ghost, he was able to do what Heavenly Father and Jesus Christ wanted him to do.

2. Have the children tell about any experiences in their own lives when they feel they have received guidance from the Holy Ghost.

The Age of Accountability

Purpose To help the children understand that at the age of eight they begin to become accountable for their actions.

Preparation

1. Prayerfully study Alma 23 and 24.
2. Bring some money to be used in the role play, or make some play money.
3. Prepare to sing or say with the children the words to “Dare to Do Right” (*Children’s Songbook*, p. 158); the words are included at the back of this manual.
4. Materials needed:
 - a. A Book of Mormon for each child who can read.
 - b. An article of baby clothing, such as a shoe, hat, or sweater.
 - c. Optional (use this activity only if you feel it is helpful and you are able to obtain these items without great expense): A book, a ball, and a bag of candy or other appropriate food.
 - d. Chalk, chalkboard, and eraser.
 - e. Picture 3-54, The Anti-Nephi-Lehies Burying Their Swords (62565; Gospel Art Picture Kit 311).
5. Make the necessary preparations for any enrichment activities that you will be using.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

When We Are Eight, We Are Accountable

Attention activity

Hold up the article of baby clothing you brought.

- Would this fit any of you? (You might have some of the children try to put on the piece of clothing; they will then answer that it does not fit.)
- Why not? (Because it’s too small.)

Discuss with the children that once they were small enough to fit into tiny clothes such as this, but their bodies have grown bigger. Explain that just as they grow in physical size, they also grow in other ways, such as in their ability to do things like dressing themselves.

- What can you do now that you could not do when you were a baby?

Explain that these things show that the children are growing older and learning more. A person who has learned to do these things is also usually old enough to know right from wrong.

Discussion

Remind the children that Heavenly Father is wise. He knows that we must learn what is right and wrong. When we have grown enough and learned enough about right and wrong, we become accountable for what we do. Being accountable means that we must take responsibility for what we do wrong, and we are blessed for what we do right.

- At what age do we begin to be accountable to Heavenly Father for what we do? (Eight.)

Explain that because Heavenly Father knows we are old enough to be responsible for our actions, he allows something important to take place when we are eight.

- What important event happens when we are eight? (We are baptized; see Doctrine and Covenants 68:27.)
- Why is baptism important? (Because when we are baptized and confirmed, we receive the gift of the Holy Ghost and make a covenant with Heavenly Father to obey his commandments.)

Explain that being baptized does not mean we will never make a mistake again. It means we are old enough to be responsible for our choices. We are old enough to know the difference between right and wrong.

Article of faith

- Which article of faith tells us that we are responsible for our own sins? (The second article of faith. You might need to explain any words that the children do not understand.)

Have the class repeat the second article of faith together. Allow any children who can to repeat it by themselves.

We Are Responsible to Choose the Right

Class ring

- What do the letters on our class ring stand for?

Have the children repeat the words, "Choose the right." Explain that their rings can help the children realize that they are growing old enough to learn to be responsible to choose the right.

Teacher presentation

Explain that learning to choose right from wrong is a big step in growing up. Our Father in Heaven will not force us to do right. He gives us freedom to choose for ourselves between right and wrong and to be responsible for keeping the promises we make. He knows that only by having freedom to choose for ourselves can we grow and learn.

Write *CTR* on the chalkboard. Have the children tell you again what these letters stand for. Express your confidence that the children can learn what is right and wrong and become responsible for their actions.

Activity

Give one or two of the children the book that you have brought. Tell them that they are responsible to take care of it. Explain to the class that these children will be accountable for that book during class. If it gets lost, torn, or otherwise damaged, they will have to answer to you. They will be accountable to you for the book.

Give another child the ball. Explain that this child will be responsible for the ball just as the other children are responsible for the book.

Give a third child the bag of candy or some other appropriate food. Be sure to choose a child who can handle this well. Tell the child to share the candy or food with the entire class after the closing prayer. The child is responsible for keeping the food safe until it is time to share it.

- Could (child's name) choose to eat all of this candy alone? (Yes, the child could choose to disobey the teacher and eat it rather than save it to share.)

Emphasize that this child has the freedom to choose what to do, but the child will be held accountable for that choice.

Explain that this is similar to life. Heavenly Father's plan gives us choices. We may choose right or wrong, wisely or foolishly, but we are responsible for our choices and the results.

Scripture story

Display the Book of Mormon. Tell the children that a group of people in the Book of Mormon had a very difficult choice to make, and they decided to choose the right. Tell the following story in your own words:

Ammon was a missionary who explained the teachings of Jesus Christ to King Lamoni, the king of a certain group of Lamanites. King Lamoni believed these teachings and became converted to the gospel. He asked his people to listen to Ammon and his brothers. King Lamoni knew that these men were telling the truth.

Ammon and his brothers went from city to city and from house to house teaching the Lamanites. The Lamanites did not know the gospel, and they were very wicked. Many of the people believed the teachings of Ammon and his brothers and were converted. They knew the words of Jesus Christ were true, and they repented of their wicked ways.

These people decided to change their name from Lamanites to Anti-Nephi-Lehies. They did this to separate themselves from the wicked Lamanites who were not following the teachings of Jesus Christ.

Before these people repented, they had killed many people with their swords. They were sorry for the wrong things they had done and wanted to repent. They chose to promise Heavenly Father never to fight or raise their swords against any people again.

Scripture

Explain that these people made another decision too. Have the children follow along as you read Alma 24:17–18.

- What choice did the Anti-Nephi-Lehies make? (They chose to bury their swords in the ground.)
- Why did they do this? (Because they made a covenant or promise never to kill again.)

Picture and story

Show picture 3-54, The Anti-Nephi-Lehies Burying Their Swords.

Continue with the story:

After the Anti-Nephi-Lehies buried their swords, the wicked Lamanites came to fight them. The Anti-Nephi-Lehies had a very difficult decision to make. They could break their promise to Heavenly Father and use their swords to fight, or

they could decide not to fight and possibly be killed. They decided to keep their promise to not use their swords against other people. Many of them were killed by the Lamanites. When the Lamanites saw that these people had no weapons and would not fight, they were surprised. Many of them laid down their own swords because they too recognized that they were doing a great wrong by killing people. Many Lamanites repented and joined the Anti-Nephi-Lehies in righteousness.

The Anti-Nephi-Lehies were faithful to their promise even when other people were trying to kill them.

- How were the Anti-Nephi-Lehies responsible for what they did?
- What can you learn from the Anti-Nephi-Lehies about choosing the right?

At the Age of Eight We Become Accountable to Heavenly Father

Chalkboard discussion

Remind the children that being accountable means that they are responsible for what they do.

Print the word *accountable* on the chalkboard, and say the word aloud. Have the children repeat it. Explain that when they are eight years old, Heavenly Father considers them old enough to begin to be accountable for their actions.

Song

Sing or say with the children the words to “Dare to Do Right.”

Situation

Explain to the children that when they become eight they are accountable, but those who are not yet eight can practice being responsible now by helping parents and keeping their promises to others. Relate the following situation (you might want to have a child go through the actions):

Pretend that your mother is sick and asks you to clean part of the house. You want to play, so you run outside to be with your friends.

When you come back inside, your mother calls to you from her bed and asks, “Did you clean the part of the house that I asked you to clean?”

You answer yes, and then quickly straighten up a few things in the areas you should have already cleaned.

Discussion

Explain to the children that when their parents give them work to do, it means that they are old enough to be responsible and accountable enough to do that work.

- Have you ever returned from Primary, from a friend's house, or from school and had one of your parents say, “Tell me what you did today?”

Point out that when the children report to their parents and tell them what they have done, the children are accounting for their actions. Parents love their children. This is why parents want to know what their children do at home, at school, and at play.

Article of faith

Our Heavenly Father loves us also, and, like our parents, he wants us to report and be accountable to him for the good things and the bad things we do. When we do bad things—like stealing, lying, or hurting someone—after we are eight years old, they are called sins. Have the class repeat the second article of faith together.

Point to the word *accountable* on the chalkboard, and ask the children to say the word aloud. Tell them that they are preparing to be accountable to Heavenly Father, because when they become eight years old they are old enough to show responsibility and know right from wrong.

Summary

Activity

Ask some questions to help the children determine what they are accountable for and what others must account for. Have them answer the questions together.

1. Who is accountable for teaching you to pray?
2. Who is accountable for saying your prayers?
3. Who is accountable for teaching you the lessons in Primary?
4. Who is accountable for learning what your Primary teacher teaches?
5. Who is accountable for the way you act in Primary?
6. Who is accountable for doing what Heavenly Father and Jesus Christ want you to do?
7. Who is accountable for keeping your baptismal covenants?

Discussion

Have the children tell several ways they are or will be accountable. This could include being kind to friends; telling the truth; being modest; attending church meetings; avoiding alcohol, drugs, and tobacco; or keeping promises they make.

Activity and teacher testimony

Have the children with the book and ball account to you for their actions with those objects. Have them return the items to you, and praise them if they have done well.

Conclude by telling the class that this is an important time in their lives, but they are not alone. They have parents and leaders to guide and help them. They also have Heavenly Father and Jesus Christ to love them and guide them. After baptism, they have the Holy Ghost to prompt them continually. Encourage the children to show more and more that they are learning to be responsible and to account for what they do. Help them to understand that they will make mistakes. Everyone does. But they can repent and do better each day with the help of the Holy Ghost.

Bear testimony that Heavenly Father loves all of his children. For this reason, he has planned a way for us to grow and become more like he is. Express again your confidence in each one of the children to become more responsible for what he or she does.

Invite a child to give the closing prayer.

After the closing prayer, have the child with the candy account to you. Then have the child give a piece of candy to each class member.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Give each child a turn to finish one of the following situations in a way that shows that the child is being responsible. (You may use the following situations or make up your own.)
 - a. You are going to play outside. It is very cold. Mother tells you to wear a coat.
 - b. Father tells you that if you remember to clean part of the house on Saturday morning, you can go to a ball game with him that evening.
 - c. Your friends want you to share your toys with them. They are sharing with you.
 - d. Your mother asks you to watch your little sister.
 - e. You are helping mother bake cookies. She reminds you not to touch the pan until it is cool.
 - f. Your friend or his older brother asks you to drink some beer.
 - g. You are not dressed appropriately and you want to go outside.
 - h. Father asks you to help him in the garden. You yell at him and run to be with your friends.
 - i. Your Primary teacher asks you to sit reverently and sing the songs. You don't want to.
2. Have the children draw pictures of things they are accountable for doing. Label the pictures "I am learning to be accountable."

Our Parents Help Us Learn

Purpose To help the children understand how their parents or guardians can help them learn to obey the commandments.

Preparation

1. Prayerfully study Alma 53:10–22; 56:3–10, 46–48, 55–56; 57:24–25; Doctrine and Covenants 93:40; and Moses 6:58.
2. Prepare to sing or say the words to “Teach Me to Walk in the Light” (*Children’s Songbook*, p. 177). You might ask a child to sing the first verse if appropriate for your class.
3. Invite a mother to bring her baby to the first part of class. (If this is not possible, you may want to use a picture of a mother and baby.)
4. Throughout this lesson, be sensitive to those children who might not live with both parents or whose parents do not teach them to obey the commandments.
5. Materials needed:
 - a. The standard works.
 - b. A bean bag, small ball, or other soft object.
 - c. Picture 3-38, Two Thousand Young Warriors (62050; Gospel Art Picture Kit 313); picture 3-5, Adam and Eve Teaching Their Children.
6. Make the necessary preparations for any enrichment activities that you will be using.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

We Have Parents to Help Us Learn

Attention activity

Introduce the mother and baby to the children. Have the children watch the baby briefly and then ask:

- What can the baby do for himself?
- What does the mother do for the baby?
- How does the baby learn to talk?
- How does the baby learn to walk?

Explain that someone has to care for the baby. He depends on his parents for everything. They love the baby, and they spend their days and sometimes their nights watching over him.

- What are some things you have learned since you were a baby?
- Who taught you and cared for you?

Thank the mother for coming into the class with her baby, and excuse her at this time.

Our Parents Help Us Learn to Obey the Commandments

Picture and story

Show picture 3-5, Adam and Eve Teaching Their Children.

Adam and Eve, the first man and woman on the earth, were taught the gospel of Jesus Christ and told to teach it to their children. Read aloud Moses 6:58, omitting the last word.

- What commandment does Jesus Christ give to parents? (To teach their children. The things parents should teach are the truths of the gospel; see D&C 93:40.)

Song

Sing or say the words to “Teach Me to Walk in the Light.” Ask the children to listen to see if they can figure out what “walk in the light” means.

Teach me to walk in the light of his love;
Teach me to pray to my Father above;
Teach me to know of the things that are right;
Teach me, teach me to walk in the light.

Come, little child, and together we'll learn
Of his commandments, that we may return
Home to his presence, to live in his sight
Always, always to walk in the light.

Father in Heaven, we thank thee this day
For loving guidance to show us the way.
Grateful, we praise thee with songs of delight!
Gladly, gladly, we'll walk in the light.

- What does it mean to “walk in the light”? (To obey our Heavenly Father.)

Explain that we were born on this earth to learn, and Heavenly Father placed us in families so that we could learn from our parents. Parents are commanded to help prepare us so that we can one day return to live with our Heavenly Father.

Scripture story
and picture

Explain that the Book of Mormon tells a story about some young men whose parents taught them to obey the commandments. Tell the following in your own words:

Remind the children that the Lamanites who were converted to the Church called themselves Anti-Nephi-Lehies so that they would not be confused with the rest of the Lamanites. When the Anti-Nephi-Lehies were converted, they made a promise or covenant with Heavenly Father that they would not use their weapons to fight. They buried their weapons to show that they would keep their covenant.

The Nephites provided land for the Anti-Nephi-Lehies to live on and protected them from the Lamanites. The Anti-Nephi-Lehies became known for their righteousness and honesty. They gave food and clothing to help the armies of the Nephites.

Many years passed. The wicked Lamanites began to attack the Nephite lands again and take possession of some of the Nephite cities. The Nephites had trouble protecting their cities. When the Anti-Nephi-Lehies saw how hard the Nephites were fighting to protect the cities and the Anti-Nephi-Lehies, they were very worried. The Anti-Nephi-Lehies wondered if they should break their covenant and help the Nephites fight.

A brave Nephite leader named Helaman told them not to break their covenant. He knew that it was important to keep covenants. He also knew that these righteous people had many sons who were very young at the time the covenant was made. These boys had not made the covenant with Heavenly Father, so they could help the Nephites fight to protect the cities and their parents. Two thousand of these strong young men volunteered to fight with Helaman.

Display picture 3-38, Two Thousand Young Warriors. Then continue with the story.

Explain that these young men were honest and could be trusted. Their mothers had taught them to trust in Heavenly Father and obey his commandments. These young warriors knew that if they did so, Heavenly Father would protect them. Because they believed and followed the teachings of their mothers, they were not afraid to follow Helaman. They fought in many battles for the Nephites. They fought bravely and were a great help to the Nephite armies.

Read aloud for the children Alma 56:47, beginning with “they had been taught by their mothers” and continuing through verse 48.

Explain that Helaman loved these young men as much as parents love their children. After one great battle, many people had been killed. Helaman was worried that some of these young men might have been killed. When they were counted, he was happy to find that not one of them had died. Because the young men trusted in Heavenly Father and followed the teachings of their mothers, Heavenly Father had protected them from the Lamanites.

Discussion

Point out that we can learn the commandments from our parents just as these young men did. Then we should obey what we have been taught. By teaching us about Heavenly Father’s commandments, our parents help us know what we must do to keep the covenants we make when we are baptized.

- What are some of the commandments we are taught by our parents and others? (Let the children respond. In your discussion, emphasize the commandments to love Heavenly Father and Jesus Christ, love one another, honor our parents, forgive others, be baptized, pray, pay tithing, fast, obey the Word of Wisdom, be honest, keep the Sabbath day holy, attend Church meetings, and study the scriptures.)

Summary

Invite the children to listen when their parents teach them and to obey the commandments. Encourage the children to thank their parents when they teach about the commandments.

Teacher testimony Bear your testimony that Heavenly Father loves each of us. Because of this love, he has commanded our earthly parents to watch over us, care for us, and teach us the right way to live. As our parents try to live the way Heavenly Father wants them to, we can learn from them to always choose the right way.

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Have the children think of some things that their parents have taught them to do. Then play the following game with them:

Say, “My (mother, father, or parents) taught me to (example: bake a cake).” Then call a child by name, toss a beanbag to him or her, and ask, “What have your parents taught you to do?”

The child responds by saying, “My (mother, father, or parents) taught me to (example: write my name).” Then the child tosses the beanbag back to you.

Repeat the game until each child has had one or two turns.

2. Read the following poem to the children. Have the children stand and then read the poem to them again, having them put their hands on their heads every time they hear the words *heaven* or *home*.

I Had a Home in Heaven

I had a home in heaven;
My mother told me so;
I lived with Heavenly Father
Not very long ago.

I used to live in heaven;
My daddy said 'tis true
That Heavenly Father sent me here
To grow, and learn, and do.

I liked my home in heaven,
But now I'm glad I'm here
To live with my own family,
And friends and neighbors dear.

3. Sing or say with the children the words to “A Happy Family” (*Children’s Songbook*, p. 198); the words are included at the back of this manual.

Choose a child to be the mother and one to be the daddy. When you sing or say “mother,” the child representing the mother stands up. When you sing or say “me,” each child points to himself. When you sing or say “daddy,” the child representing the daddy stands up.

Purpose

To strengthen the children's faith in the Lord Jesus Christ.

Preparation

1. Prayerfully study Mosiah 4:21; Alma 32; Ether 2–3; and Doctrine and Covenants 29:6. Be prepared to read Ether 2:17, 23; 3:6; and Doctrine and Covenants 29:6 during class.
2. Obtain some small clean stones, or cut circles out of heavy paper to represent stones. Print "Faith in the Lord Jesus Christ" on the bottom of the stones or papers by putting one letter on each stone, as shown below.

Faith in the Lord
Jesus Christ

Arrange the stones or papers letter side down on a table or the floor before class.

3. Materials needed:
 - a. A Book of Mormon and Doctrine and Covenants for each child, if possible.
 - b. A paper and pencil (or crayon) for each child.
 - c. An interesting object (if possible, something relating to the lesson), with a piece of cloth to hide it.
 - d. Picture 3-55, The Brother of Jared Sees the Finger of the Lord (62478; Gospel Art Picture Kit 318).
4. Make the necessary preparations for any enrichment activities that you will be using.

Suggested Lesson Development

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

We Can Have Faith in Jesus Christ

Attention activity

In your own words, tell the following story:

A little girl took her father's lunch to him as he worked deep in a well. Although she could not see her father down in the darkness of the well, when she called to him he answered, so she knew he was there. The father told her to drop the lunch bucket into the hole, and he would catch it. He did so, and in a moment

called up to her that he had too much lunch for just one person, and invited her to join him. “Jump,” he said, “and I will catch you. You cannot see me, but I can see you, and I will not let you fall.” She jumped into the dark well and landed safely in her father’s strong arms. Together they had a fun time sharing the lunch.

Explain to the children that the little girl trusted her father to catch her, even though she could not see him. This trust is like faith. Faith is believing in something you cannot see, but you have great hope that it is true (see Ether 12:6).

Object lesson

Show the children the object covered by a piece of cloth.

- Do you believe there is something under here? Why?

Let the children guess what they think the object might be. Then uncover the object. Point out that even though they could not see the object, they believed it was there.

Explain that even though we have not seen Jesus Christ, we believe he is there. We see evidence of his existence everywhere as we look at the world that he created, as we see the stars in the heavens, and especially as we read the scriptures. We also have prophets who have told us that they have seen him. Tell the children that today they will learn of someone from the Book of Mormon who had such great faith that he actually saw Jesus Christ.

The Brother of Jared and the Jaredites Had Faith

Scripture story
and discussion

Remind the children that they have been learning about the Nephites and the Lamanites in the Book of Mormon. Explain to them that another group of people came to the same continent. They came much earlier than Lehi’s family. They were called Jaredites. Their leader was a man named Jared. Jared had a brother who had great faith. Jesus Christ heard the prayers of Jared’s brother and blessed the people.

Explain that Jesus Christ told the Jaredites to gather together all their families and their possessions, including their flocks of animals and seeds of every kind. He told them that after they had gathered everything together, he would lead them to a choice land.

The Jaredites were faithful and obeyed Jesus. He talked with the brother of Jared from a cloud and led the Jaredites into the wilderness. They crossed many waters and traveled to the great sea.

Remind the children that the brother of Jared was blessed because he had great faith. He showed his faith by asking Heavenly Father to help his people and then by doing what Heavenly Father commanded.

Continue with the story of the brother of Jared:

Jesus Christ instructed the brother of Jared to build eight barges, like boats or ships, to carry the Jaredites across the ocean to the promised land. The Jaredites followed his directions and built the barges.

The Savior told the brother of Jared that the barges would be under the water some of the time, so they were to be built so that water could not leak in.

Scripture reading

Help the children who can read to find Ether 2:17 in their copies of the Book of Mormon. Read verse 17 together, which describes the Jaredite barges.

Invite the children to place their cupped hands together like a ship, and turn them one way, then another, to show how the barges might roll over onto either side like one dish placed tightly on top of another.

Drawing activity

Distribute pencils or crayons and paper to each child. Ask the children to draw what they think the barges looked like from the description in the scripture you just read. Read it again as needed while the children are drawing.

Let the children show the class their pictures; then collect the drawings and the copies of the Book of Mormon. Tell them that you will return their drawings at the end of Primary. Explain that we do not really know exactly what the barges looked like.

The Brother of Jared Saw Jesus Christ

Explain that because of the tightness of the barges, there was not any light inside, nor could fresh air get to the people and animals inside the barge. The people wondered how they would see or breathe while they were crossing the ocean. Jesus Christ instructed them to cut a hole in the top and bottom of each barge. These holes could be plugged up. Then, when the barges were on top of the water, the Jaredites could open the top hole to let in fresh air. If water started coming in, they could plug up the hole again.

The brother of Jared knew they still needed light inside the ships. He prayed and asked what they could do for light.

Scripture discussion

Read Ether 2:23 aloud and explain what Jesus Christ said to the brother of Jared. Explain that Jesus did not give the brother of Jared an answer but asked instead what help he needed.

- What are some solutions you might have thought of if you had been the brother of Jared?

Scripture story and objects

Explain that the brother of Jared went to a mountain and melted sixteen small, clear stones out of a rock.

Draw attention to the stones (or paper stones) that you have displayed. Explain that the stones he made were white and clear, like glass.

The brother of Jared carried the stones to the top of a mountain and prayed. In his prayer he said that he knew that if the Lord touched the stones, they would give off light. In this way they could have light inside their ships as they sailed across the sea. After he had finished his prayer, a wonderful thing happened.

Scripture reading

Read Ether 3:6 to the class (stop after the first instance of the word *finger*).

- What did Jesus Christ do to the stones? (He touched them with his finger.)

Picture and scripture story

Display picture 3-55, The Brother of Jared Sees the Finger of the Lord.

When the brother of Jared saw Jesus Christ's finger touch the stones, he was so surprised that he fell to the ground. When the Lord asked him why he fell to the ground, the brother of Jared said that he didn't know that the Lord had a finger like a man. Then Jesus asked the brother of Jared if he believed all the words that the Lord had spoken. When the brother of Jared said yes, the Lord told him that because of his great faith, the Lord could show himself to him. Then Jesus showed himself to the brother of Jared and told him that never had a man shown as much faith as he had.

- Why did Jesus Christ show himself to the brother of Jared? (Because the brother of Jared had great faith.)

Explain that the brother of Jared knew that if Jesus touched the stones, they would give light inside the eight barges, and they did.

The Jaredites also had great faith in Jesus Christ. Soon the Jaredites boarded their ships. Because of their faith in him, they were guided safely to the promised land.

We Can Have Faith Like the Brother of Jared

Teacher presentation	Explain that people today can have faith like the brother of Jared. Faith is believing and trusting in Heavenly Father and Jesus Christ. We show our faith by being obedient and prayerful. We have been promised that we can have our prayers answered if we ask in faith for what is right (see Mosiah 4:21).
Article of faith	Help the children say as much of the fourth article of faith as they can.
Scripture discussion	<p>Read Doctrine and Covenants 29:6 to the class.</p> <p>Explain that we need faith when we pray to our Heavenly Father. Heavenly Father has promised to answer our prayers if we ask him in faith. It is not enough for us to just say our prayers. We need to believe that he will answer our prayers in the way that is best for us.</p>
Situations and discussion	<p>Read the following imaginary situations to the class. Have the children tell you how the main character in each situation showed faith.</p> <ol style="list-style-type: none"> 1. Bart had lost his CTR ring on the school playground. His best friend, Jim, told him that there was no chance that he would find it in all the gravel and sand. Bart knew he needed extra help. He wanted to find his ring. That night he prayed and asked Heavenly Father for help. When he finished his prayer, he had a good feeling inside and felt he would get help from Heavenly Father, Jesus Christ, and the Holy Ghost to find his ring. The next day he found the ring. <ul style="list-style-type: none"> • What did Bart do to show his faith in Jesus Christ? • How was Bart's faith rewarded? 2. Sally was asked to give a talk in Primary the next Sunday. She had never done this before, and she was very nervous. During the week Sally worked hard preparing her talk. When Sunday came, she still felt nervous and wasn't sure about giving her talk. Just before she left home, she knelt by her bed and asked Heavenly Father to help her be calm. She knew she had worked hard on the talk, and she felt Heavenly Father would help her. <ul style="list-style-type: none"> • What did Sally do to show faith? • How do you think her faith was rewarded? <p>Remind the children that they can have their prayers answered if they ask in faith. Sometimes our prayers are not answered in the way we would like them to be. If we have faith in Heavenly Father and Jesus Christ, we know that we will be given the answers that are best for us.</p>

Summary

Game	<p>Play the following game using the stones or papers that you have had displayed during the lesson. Have the children take turns guessing letters of the alphabet. If a child guesses one of the letters on the stones, turn that stone over to reveal the letter. If a child chooses a letter that is in the game twice (like <i>E</i>), turn both stones over. Keep playing the game until the entire phrase “Faith in the Lord Jesus Christ” is revealed. Read the phrase with the class; then ask the following question:</p> <ul style="list-style-type: none">• What are some ways we can show our faith in Heavenly Father and Jesus Christ?
Teacher testimony	<p>Conclude the lesson by bearing your testimony that Heavenly Father will hear and answer our prayers when we ask in faith. You might share a personal experience about having a prayer answered. Encourage the children to strengthen their faith.</p> <ul style="list-style-type: none">• How did the brother of Jared strengthen his faith? (Possible responses include: he prayed for help; he listened to Jesus Christ; he believed and obeyed the commandments he was given.) <p>At the end of Primary, give the barge pictures back to the children so they can take them home.</p> <p>Invite a child to give the closing prayer.</p>

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Give each child one of the stones used in the lesson as a reminder that they can have faith like the brother of Jared. You might want to have each child write the word *faith* on his stone.
2. Have the children repeat the first part of the fourth article of faith: “We believe that the first principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ.”
3. Stand with the children to sing or say the words to “Faith” with actions (*Children’s Songbook*, p. 96):

Faith is knowing the sun will rise, (arms form a half-circle over head)
lighting each new day. (arms slowly drop to shoulder level)
Faith is knowing the Lord will hear (cup hands behind ears)
my prayers each time I pray. (hands together as in prayer)
Faith is like a little seed: (cup left hand and imitate planting a seed with right hand)
If planted, it will grow. (right hand imitates a plant growing from the cupped left hand)
Faith is a swelling within my heart. (place hands over heart)
When I do right, (point right index finger upward)
I know. (touch right index finger to head)
4. Show the children a seed. Ask the children what will happen when it is planted and cared for. You might help each child plant a seed in a paper

cup filled with soil. Challenge the children to care for their plants for the next two weeks as the plants sprout.

- What must we do for this seed to help it grow?

Explain that we have faith that seeds will grow when they are properly cared for. In the same way, we have faith that Heavenly Father will answer our prayers if we keep his commandments and pray in faith.

Lesson
30

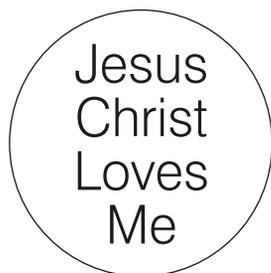
Jesus Christ Loves Each of Us

Purpose

To help the children know that Jesus Christ loves and blesses children everywhere.

Preparation

1. Read and prayerfully study Mark 10:13–16 and 3 Nephi 17.
2. Prepare a handout for each child as shown:



3. Prepare the following wordstrips:

Holland

Fiji

Mexico

4. Be prepared to point out the following locations on the world map: (a) your country, (b) Jerusalem, (c) the Americas, (d) Holland (the Netherlands), (e) Fiji, and (f) Mexico.
5. Be prepared to teach the song "Children All Over the World" (*Children's Songbook*, p. 16).
6. Materials needed:
 - a. The following cutouts of children in their native dress to illustrate the stories: Dutch boy (cutout 3-7), Fijian girl (cutout 3-8), two Mexican boys (cutouts 3-9 and 3-10).
 - b. Picture 3-56, Christ and the Children (62467; Gospel Art Picture Kit 216); picture 3-57, Jesus Blessing the Nephite Children; and picture 3-58, Map of the World, or a world globe if available.
7. Make the necessary preparations for any enrichment activities that you will be using.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Jesus Christ Loves All Children

Attention activity

Display picture 3-58, Map of the World, and point to the country where you live. Tell the children that you would like to have them learn about some other countries in the world. (If one of the following examples is from the country in which you are now living, select another country.)

Display the "Holland" wordstrip and cutout 3-7. Point out Holland (the Netherlands) on the map. Explain that most of this country's land was once covered by water. The people pumped out the water and built dikes to keep the water out. Windmills were once used to run the pumps. The people are famous for raising tulips and other beautiful flowers. Some of the people in farm areas and fishing villages wear wooden shoes called *klompen*. These shoes are noisy on hard floors or other surfaces, but they protect the people's feet from damp earth better than leather shoes do.

Display the "Fiji" wordstrip and cutout 3-8. Point out Fiji on the map. Explain that children in Fiji live in a land surrounded by ocean. The people grow bananas, coconuts, and sugarcane. The warm tropical climate is very comfortable. Some people call this the land of beautiful sunrises, but the Fijians call their home the happy isles, because the people seem to like their island home.

Display the "Mexico" wordstrip and cutouts 3-9 and 3-10. Point out Mexico on the map. Explain that the people in Mexico speak Spanish. Long ago they learned how to grow corn, and it became their most important food. On the nine nights before Christmas, friends and neighbors gather and act out the journey of Mary and Joseph to Bethlehem. Afterward, the children play the piñata game. Explain that a piñata is a container made of clay or papier-mâché shaped like an animal and filled with candy, fruit, and toys. It is hung above the heads of the children, who are blindfolded and take turns trying to break the piñata with a stick. After the piñata breaks, they scramble for the candy and other contents.

Explain that the children who live in these different countries are the same in some ways and different in others. But whether they look and act the same really doesn't matter: Heavenly Father and Jesus love them just as they love you. Heavenly Father and Jesus love and watch over all children everywhere.

Song

Teach the children the song "Children All Over the World." Have them sing or say it through once or twice.

All over the world at the end of day,
Heav'nly Father's children kneel down and pray,
Each saying thank you in his own special way,
Saying thank you, thank you in his own special way.
"Gracias." "Malo." "Wir danken dir."

All over the world tender voices hear.
Some say "tak," others "merci,"
"Kansha shimasu," we thank thee.

Our Heavenly Father hears them;
He understands each tongue.
Our Heav'nly Father knows them;
He loves them, loves them, ev'ry one.

Picture and
scripture story

Display picture 3-56, Christ and the Children, and point out Jerusalem on the world map. Explain that this is where Jesus lived when he was on the earth. Tell in your own words the story of Jesus, his Apostles, and the little children that is found in Mark 10:13–16. Bring out the following points:

1. A large crowd of people had gathered around Jesus to listen to him teach.
2. Some people wanted to bring their children to Jesus so that he could bless them.
3. Because the Apostles were concerned for the welfare of the Savior, they wanted to send the children away.
4. Jesus told the Apostles to let the children come.
5. Jesus loved the children and blessed them.

Picture and
scripture story

Display picture 3-57, Jesus Blessing the Nephite Children, and point out the Americas on the world map. Tell in your own words the following story from 3 Nephi 17:

After Jesus Christ was crucified and resurrected and had ascended into heaven, he visited the Nephite people in the Americas and taught them many important things.

When the time came for Jesus to leave, the people began to cry because they loved him and could feel his great love for them. They wanted him to stay longer.

Because of the people's faith and desires, the Savior stayed longer.

Then Jesus told the fathers and mothers to bring their little children to him. Soon the little ones were all gathered around Jesus.

One by one he took them in his arms and blessed them. Then he prayed to our Father in Heaven for the children.

After that he said to the fathers and mothers, "Behold your little ones" (3 Nephi 17:23). As the parents watched, the heavens opened; angels came down, made a circle around the children, and then went among them.

Explain that just as Jesus Christ loved and blessed the children in Jerusalem and the Americas, he loves and blesses the children that live today all over the world.

Jesus Christ Loves and Blesses Us Today

Cutouts and story

Display the cutouts of the children in their native dress. Explain that you want the children to listen to stories about children from different countries and about how they were blessed by Heavenly Father and Jesus.

Help a child tape the cutout of the Dutch boy near Holland on the world map. Then tell the following story:

"Eleven-year-old John Roothoof lived in Rotterdam, Holland. He had once

been happy going to school and church, playing with his friends, and doing all the things a boy enjoys. Then, without warning, a painful eye disease caused him to lose his sight. No longer could he go to school or read. He could not even see well enough to play with his friends. Each day was filled with darkness and suffering.

“Word reached the Latter-day Saints in Holland that President Joseph F. Smith was coming to visit them. John thought about this for a long time, and then he said to his mother, ‘ . . . If you’ll take me with you to the meeting so he can look into my eyes, I believe I’ll be healed.’

“At the close of the meeting the next Sunday, President Smith went to the back of the small chapel to greet the people and shake hands with each one. Sister Roothoof helped John, his eyes bandaged, go with the others to speak to their beloved leader.

“President Smith took the blind boy by the hand and then with great tenderness lifted the bandages and looked into John’s pain-filled eyes. The prophet blessed John and promised him he would see again.

“Arriving home, John’s mother took the bandages from his eyes so she could bathe them as the doctors had told her to do. As she did so, John cried out with joy, ‘Oh, Mama, my eyes are well. I can see fine now—and far too. And I can’t feel any pain!’ ” (“President Smith Took Him by the Hand,” *Friend*, Aug. 1973, p. 36).

- What happened to John? (The prophet blessed him to see again, and Heavenly Father healed him.)
- How did Heavenly Father and Jesus Christ show their love for John?

Cutouts and story

Help a child tape the cutouts of the Mexican children near Mexico on the map. Introduce the story by explaining that the children’s names are Miguel and Tomás and that their mother earned a living by washing clothes for other people:

“One day when [their mother] came home from delivering the washing, she was discouraged. She had worked hard, but no one had been able to pay her that day, and she did not have any money to buy bread. She knew how hungry her children were because they had not eaten since their small supper of bread the night before. Miguel, the oldest, had shared his piece of bread with María, who was still hungry but who was too little to understand why there was not more. Tomás noticed that Mamá had not eaten and offered her part of his bread.

“Miguel and Tomás wanted to help. Miguel remembered the stories Mamá had told about Jesus [Christ] when he taught the people to pray for help. Miguel and Tomás needed help, so they knelt together and prayed. After praying, Miguel and Tomás went to the bakery and asked Señor Alonzo if they could do some errands for him. Señor Alonzo, not knowing how hungry the boys were, said he did not have any work for them to do. They kept looking for jobs. By dark they had earned some money but not enough.

“Two disappointed and hungry boys started home. As they were walking along the street, a man rode by on his bicycle. He hit a bump, and something flew out of his basket. Miguel ran after him and called for him to stop, but the man went right on. Tomás picked up the package to see what had fallen. It was a

fresh loaf of bread. They hurried back to Señor Alonzo's bakery and explained what had happened. Señor Alonzo remembered who the man was and said he would give him another loaf the next time the man came to his store. He then told the boys that he would sell the slightly damaged loaf of bread for half price. Miguel and Tomás quickly counted their money; they had just enough. The boys bought the bread and hurried home.

"Mamá was surprised to see the bread. The boys explained how their prayers had been answered. That night a hungry family knelt down and gave thanks to [Heavenly Father] for food to eat" (*Walk in His Ways: Basic Manual for Children, Part B* [1979], p. 25).

- How did Heavenly Father and Jesus Christ bless Miguel and Tomás? (By answering their prayers.)

Teacher presentation

Explain to the children that Heavenly Father and Jesus Christ bless children wherever they live in the world. The true Church of Jesus Christ is the same all over the world. Explain that children in the Church have an opportunity to attend Primary, where they sing the same songs and hear the same lessons all around the world. Throughout the world, children of the same age as those in your class wear CTR rings to help them remember to choose the right. Children in the Church may be baptized when they are eight years old no matter where they live. They may be baptized in a baptismal font in a Church meetinghouse, in an icy lake, in the ocean, or in a small stream or pond. But their baptism is always by immersion and is always performed by someone who holds the priesthood.

Summary

Scripture and teacher testimony

Read to the children 2 Nephi 26:33, beginning with the words "he inviteth them all to come unto him." Then have the children take turns telling how they know that Jesus Christ loves them.

Bear your testimony that Heavenly Father loves all children, no matter who they are, or where they live, or what kind of house they live in, or what color their hair, eyes, or skin are. Heavenly Father wants us all to be happy and come back to live with him again.

Song

Have the children sing or say the words to "Children All Over the World."

Invite a child to give the closing prayer.

Handout

Give a "Jesus Christ Loves Me" handout to the children as they leave. Invite the children to tell their families what they have learned about Jesus loving all children throughout the world.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see "Class Time" in "Helps for the Teacher."

1. Bring an empty soft drink bottle. Seat the children in a circle on the floor. Tell them that after you spin the bottle, it will stop and point to one of them. That child is to name something that shows him that Jesus loves him. This child then spins the bottle. Try to give each child a turn by asking those who have had a turn to move back from the circle a little.

2. Teach the children the following poem and actions:

Jesus Loves Little Children

Some children ran down a dusty street, (run in place)
Hurrying fast on their little feet, (point to feet)
Through the crowd to find a place (stick out elbows as if moving through
a crowd)
Close to Jesus, to see his face. (stand on tiptoe and look around)
Some grownups said, "Send them away." (push hands out from chest)
"He's too busy for children today." (frown and shake head)
But Jesus said, "Let them come unto me. (beckon with hands)
"They belong to Father's kingdom and they're loved by him and me."
(hug self)

3. With the older children, you may want to discuss the following principles that show Jesus Christ's love for us. Emphasize that these blessings are available to all of us regardless of where we live.
 - Jesus Christ gave us commandments to guide us.
 - We have prophets to lead us.
 - We can repent because Jesus Christ atoned for our sins.
 - We can receive priesthood blessings.
4. Let the children draw and color a picture of something that shows that Jesus Christ loves them (such as family, trees, flowers, or animals).
5. Encourage the children to do a kind act for someone during the coming week and be prepared to tell the class about it. If feasible, you might want to remind them of this during the week.

Jesus Christ Wants Us to Love Everyone

Purpose

To help the children understand that they can show love by helping others understand their eternal worth to Heavenly Father and Jesus Christ.

Preparation

1. Prayerfully study John 13:34 and 3 Nephi 17:18–25.
 2. Be prepared to help the children sing “Love One Another” (*Children’s Songbook*, p. 136; the words are included at the back of this manual) and “I Think When I Read That Sweet Story” (*Children’s Songbook*, p. 56).
 3. Materials needed:
 - a. A Bible and a Book of Mormon.
 - b. Chalkboard, chalk, and eraser.
 - c. Picture 3-57, Jesus Blessing the Nephite Children.
 4. Make the necessary preparations for any enrichment activities that you will be using.
-

Suggested Lesson Development

Invite a child to give the opening prayer.

Jesus Christ Wants Us to Love Everyone
Attention activity

Invite the children to tell what they have done recently to show kindness to someone (see lesson 30, enrichment activity 5).

- How do you feel when you are kind to others?
- How have Heavenly Father and Jesus Christ commanded us to treat others?

Scripture discussion

Hold up a Bible and a Book of Mormon. Explain that the scriptures teach us how we should treat other people.

Read aloud John 13:34.

- What does this scripture tell us to do? (Love one another.)

Emphasize that it is so important that we learn to love each other that this commandment is repeated many times in the scriptures. Heavenly Father wants us to love every one of his children, just as he wants us to love each member of our own families.

Song

Sing or say the words to “Love One Another.” Emphasize that Jesus Christ wants us to love others.

Chalkboard discussion

Print the word *love* on the chalkboard.

- In what ways did Jesus Christ show his love for others? (You might want to write the children’s answers on the chalkboard.)

- In what ways can we show love for others by following Jesus' example and doing what he taught us to do? (You might also want to write these answers on the chalkboard next to the list from the previous question.)

The Scriptures Help Us Know How Much We Mean to Jesus Christ

Picture, scripture,
and discussion

Explain that when Jesus Christ visited the Nephites in America, they were excited and honored to be in his presence. They loved to be near him and hear his teachings.

Display picture 3-57, Jesus Blessing the Nephite Children.

Explain that 3 Nephi tells about the Savior's visit to the Nephites. Read 3 Nephi 17:21, beginning with "and he took."

Refer to the picture and ask—

- How do you think the little girl in this picture felt?

Ask the children to imagine that they are in a group of children with Jesus Christ.

- How would you feel if Jesus placed his hands on your head?

Song

Have the children sing or say the words to both verses of "I Think When I Read That Sweet Story."

I think when I read that sweet story of old,
When Jesus was here among men,
How he called little children like lambs to his fold;
I should like to have been with him then.

I wish that his hands had been placed on my head,
That his arms had been thrown around me,
That I might have seen his kind look when he said,
"Let the little ones come unto me."

We Can Help Others Feel Their Worth to Heavenly Father and Jesus Christ

Story

Ask the children to listen to the following story to see how Lenny helped Mark feel loved:

"Lenny was finishing his lunch . . . when Rich and Jerry came rushing in through the back door.

" 'Let's go!' Rich urged. . . .

" 'But,' Lenny said in surprise, seeing the baseball equipment his friends were carrying, 'I thought we were going to spend the afternoon with Mark.'

" 'That was before we got up this game. It's too nice a day to spend with a shut-in!'

"Lenny hesitated as he put his dish and glass in the sink.

"Their friend, Mark Wilson, had just come home from the hospital. Several months ago he [became very ill]. The doctors were sure that Mark would run and play again but said it might be quite awhile. Before his illness, Mark had [played] on their . . . team."

Explain that Lenny had to make a decision. Then continue with the story:

“ ‘C’mon, Lenny! Let’s go!’ Rich insisted. But Lenny shook his head.

“ ‘I promised Mark’s mom I’d come over,’ he told them. ‘You fellows go on if you want to.’

“ ‘But Lenny,’ they protested, ‘you’re the best [player] we have.’

“ ‘Sorry,’ Lenny said firmly.

“Rich snorted in disgust.

“ ‘I never thought that you’d let the team down! . . .’

“After the boys had [gone] out of the house, Lenny called good-bye to his mother upstairs where she was putting the baby to sleep.

“A moment later Lenny was walking slowly down the street to Mark’s house. . . . Lenny really wanted to play . . . , and he didn’t feel very good about letting down the team, but he felt sorry for Mark. Those long days in the hospital hadn’t been much fun for him.

“ ‘Where are Rich and Jerry?’ Mark’s mother asked when she invited Lenny in.

“ ‘They couldn’t come,’ Lenny [said].

“Mark’s mother sighed and Lenny could see the tired lines around her pretty eyes. Mark’s illness had been hard on his parents too. Then she smiled as she said, ‘But I’m glad you’re here, Lenny. Mark’s waiting.’

“Lenny noticed that Mark was pale and a little sad. He had a brace on one leg, but by making a big effort he was able to walk to meet Lenny.

“Mrs. Wilson left the boys alone and they sat down in the living room to talk. After a few minutes Mark grew silent and Lenny noticed that he was looking out of the window at the spring afternoon.

“ ‘Dad says I’ll play ball again someday,’ he said hopefully. ‘I sure hope it will be soon.’

“Suddenly Lenny had an idea.

“ ‘Be right back,’ he assured Mark excitedly, hurrying to the kitchen to find Mark’s mother.

“ ‘The next best thing to playing a game is seeing one,’ Lenny explained after he told her his plan.

“ ‘I don’t see why it wouldn’t work, Lenny,’ she said, ‘I think it would do Mark a lot of good.’

“Lenny could feel her excitement too. He knew the four blocks to the . . . field would be too far for Mark to walk so he went to the garage and got out Mark’s . . . wagon.

“A few minutes later Lenny was pushing Mark along toward the field in the wagon. Some of the boys stared in surprise when they arrived, but soon began drifting over to say hello to Mark.

“ ‘You [playing]?’ one of them asked Lenny.

“ ‘Sure . . . !’ declared Mark.

“Rich pushed forward a little timidly and Jerry came up behind him.

“ ‘I’m not playing right now, Lenny,’ Jerry offered, ‘I’ll visit with Mark.’

“From then on Mark was never alone and Lenny knew that Jerry and Rich were sorry for the way they had acted.

“It was an exciting game and after it was over Jerry and Rich took turns [pushing] Mark home as Lenny walked along beside the wagon” (Eva Gregory de Pimienta, “Bad-Weather Friends,” *Friend*, Apr. 1975, pp. 8–10).

- How did Lenny help Mark feel loved and wanted?
- How did the other boys treat Mark when he arrived at the game?

Story

Ask the children to listen to the following story:

Eileen and her family had just moved into the ward from a different country. When Eileen came to Primary, the children in her class made fun of the way she dressed and talked. She sat by herself and felt very unwelcome.

Brother Harman’s Primary lesson was about how Jesus Christ was kind to everyone and made everyone feel loved and of worth. Karen, one of Eileen’s classmates, felt bad about the way she and the others had treated Eileen.

- What could Karen do to make Eileen feel loved?

Karen decided to find out about Eileen’s interests and talents. She talked to her and learned that Eileen was very good in math. Since Karen was having trouble in math, she asked Eileen if they could study together. She would help Eileen with her language lessons and Eileen would help her with her math. As they studied together, they found that they liked to do many of the same things; they became good friends.

Discussion

- How did Karen help Eileen feel wanted?

Emphasize that it often doesn’t take a great deal of effort to help others feel good about themselves. We can do it by being interested in them and showing them that they are of worth to others.

Situations

Explain the following situations, and have the children discuss them. You might have the children role-play each situation and then ask them to share with the class how they felt.

1. You are building a birdhouse in your backyard with your friends. Your little brother comes up and asks if he can help.
 - What could you do to make your brother feel good about himself? (Let him help you by handing you nails and holding boards in place.)
 - How would you feel if you were the little boy and your big brother let you help him build a birdhouse?
2. Your Primary class is planning a service project. Everyone is giving his or her ideas except Heather. She is shy and doesn’t say much. Suddenly Heather starts to speak, but she is interrupted by someone else and is unable to finish what she was going to say.
 - What could you do to show that you care about Heather and want to make her feel important?

- How would you feel if you were Heather and someone showed you that they cared about what you said?
3. You are playing outside at school, and you see some children telling another child not to play in their game. They are mean to that child.
- What would you do to show that child that he or she is important?
 - How would you feel if someone asked you to play when the other children hadn't let you play?
4. There is a new girl in your Primary class, and some of the girls are teasing her because she dresses differently than other members of the class.
- What would you do to make the new girl feel wanted and accepted?
 - How would you feel if you were new at church and someone took the time to talk to you and make you feel welcome?

Tell the children that we all have many chances each day to show others how important they are to us.

Summary

Personal
experience and
testimony

You may wish to tell of a time when someone listened or paid attention to you and made you feel good. For example, you may tell of a time when a child in your class waved and smiled at you in a store or on the street and how it made you feel good.

Bear testimony that Heavenly Father and Jesus Christ love each one of us. We are valuable to them. Everything they do for us is to help us. They want us all to return to them to live with them forever. We can help them by loving others and helping those around us to feel the value that they have to us and to Heavenly Father and Jesus Christ.

Invite the children to share experiences when someone made them feel good about themselves or when they made someone else feel loved and of worth.

Article of faith

Tell the children that as members of the Church, we believe in doing good to all people. Explain that this is part of the thirteenth article of faith.

Have the children repeat with you the following phrase: "We believe in . . . doing good to all men."

Invite the children to try during the week to help someone feel loved and good about themselves.

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see "Class Time" in "Helps for the Teacher."

1. Have one of the children sit on a chair in the center of the room and pretend to be a prince or princess sitting on a throne. The prince or princess is not allowed to speak, while the other children say everything positive that they can think of about him or her. They may say things such as, "She has a nice smile"; "I like the color of his hair"; "She's reverent in class"; "He shares the

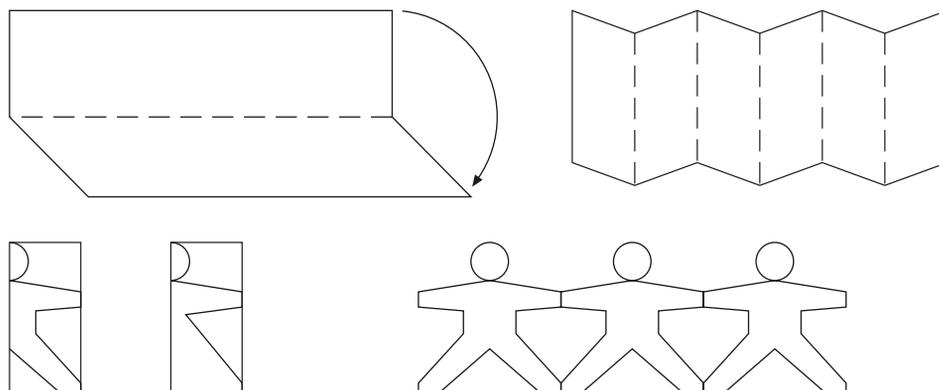
crayons with me.” Crown the prince or princess with a simple crown. Give each child a turn to be the prince or princess.

2. Explain that being a good listener helps others to know that they are of worth. When other people are speaking, the children should listen closely and not interrupt. Ask the children to listen closely to the following story and raise their hands when you say something that probably wouldn't happen.

Michelle woke up five minutes before it was time to go to church. If she didn't hurry fast, she would have to go looking like she just got out of bed. She quickly ran to the bathroom and washed her face with *cereal*. As she ran back to her bedroom, she stumbled over her pet *crocodile*. “Michelle, we're leaving in two minutes,” called *her doll* loudly. Michelle quickly combed her *dress*, put on her best *hairbrush*, and ran out the door.

Thank the children for listening closely and not interrupting. Then reread the story and have the children insert the correct words in place of the incorrect ones.

3. Make a string of paper dolls (see illustrations) for each child. Have them color the dolls to look like class members or family members. Talk about how they can help each other feel loved. (They can say kind things to each other, not leave people out when they are playing, be good listeners, and help each other when there is a problem.)



4. Make a list on one side of the chalkboard entitled “How Jesus Christ Shows Love for Us.” Then make a list on the other side entitled “How We Can Show Love for Others.” Create the two lists from the children's responses to the questions towards the beginning of the lesson. You might also toss a beanbag to each child in turn, inviting the child with the beanbag to suggest something for one of the lists before tossing it back to you.

Lesson
32

Remembering Jesus Christ When We Take the Sacrament

Purpose

To help the children always remember Jesus Christ and their baptismal covenants as they take the sacrament.

Preparation

1. Study 3 Nephi 18:1–11; 20:1–9; and Matthew 26:17–30.
2. Prepare a bag containing several small items.
3. Review the account of Jesus and the Nephite children from lesson 30 under the heading “Jesus Christ Loves All Children.”
4. Prepare to help the children sing or say the words to “I Feel My Savior’s Love” (*Children’s Songbook*, p. 74); the words are included at the back of this manual.
5. Materials needed:
 - a. A Book of Mormon and a Doctrine and Covenants.
 - b. Picture 3-57, Jesus Blessing the Nephite Children; picture 3-22, The Last Supper (62174, Gospel Art Picture Kit 225); picture 3-1, John the Baptist Baptizing Jesus (62133, Gospel Art Picture Kit 208); picture 3-51, Sermon on the Mount (62166, Gospel Art Picture Kit 212); picture 3-56, Christ and the Children (62467, Gospel Art Picture Kit 216); picture 3-10, The First Vision (62470, Gospel Art Picture Kit 403); and picture 3-59, Passing the Sacrament (62021).
 - c. If possible, a sacrament tray for the bread and for the water.
6. Make the necessary preparations for any enrichment activities that you will be using.

Suggested**Lesson****Development****The Sacrament Can Help Us Remember Jesus Christ**

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Attention activity

Take the small items, one at a time, out of the bag you prepared. Briefly describe each item. When you have finished, have the children tell you which item you took out first, second, third, and so on.

Explain to the children that this activity helped them see how well they could remember.

Show picture 3-57, Jesus Blessing the Nephite Children. Have the children tell what they remember about this event. Commend them for what they can say.

Picture and discussion

Explain that when Jesus Christ was with his Apostles in Jerusalem, he sent Peter and John to prepare a special supper for him and the Twelve Apostles (see Matthew 26:17–30).

Display picture 3-22, The Last Supper.

Explain that Jesus Christ told his Apostles that this would be the last time he would eat with them. He knew that he was going to die soon. After the dinner had been eaten, Jesus did something that had never been done before on this earth. He blessed and passed the sacrament. He broke bread into pieces and told his Apostles that when they ate it they should think of his broken body. He gave them wine and told them to remember his blood that would be spilled on the ground for them. He told them that they should remember that he had given his life so that we might live forever.

Scripture story

Explain that when Jesus visited the Nephites, he also gave them the sacrament (see 3 Nephi 18:1–11). As he had done in Jerusalem, Jesus sent the twelve disciples to get bread and wine. (Explain that we use water instead of wine for the sacrament today.) While the disciples were gone, Jesus told the people to gather around him on the ground.

When the disciples returned with bread and wine, Jesus Christ broke the bread in small pieces and blessed it. He gave each disciple a piece of the bread to eat. Then Jesus instructed the disciples to pass the bread to the rest of the people. When this was done, Jesus blessed and passed the wine to the disciples and then had them pass it to the people. He explained that he would give them the authority to bless and pass the sacrament to all members of his Church.

Again, after everyone had taken the sacrament, Jesus Christ explained its purpose as he had done for his Apostles in Jerusalem.

Scripture reading and discussion

Read aloud to the children 3 Nephi 18:7 in the Book of Mormon. Tell them that this is what Jesus Christ said when he gave the Nephites the sacrament. Emphasize that taking the sacrament shows Heavenly Father that we will remember Jesus Christ.

- How do you think the Nephites felt about Jesus Christ when they took the sacrament?

Discussion with objects

Display picture 3-59, Passing the Sacrament.

Discuss with the children what occurs during the sacrament service. Use questions to bring out the following ideas:

1. We usually sing a sacrament hymn.
2. Priesthood holders (usually priests) break the bread. Show the children a sacrament tray for the bread.
3. A priesthood holder (usually a priest) kneels and says the sacrament prayer on the bread. (You might want to read the words of the sacrament prayers found in Moroni 4 and 5 and in Doctrine and Covenants 20:77, 79.)
4. Priesthood holders (usually the deacons) pass the bread.
5. A priesthood holder (usually a priest) kneels and says the sacrament prayer on the water. (Show a sacrament tray for the water.)

6. Priesthood holders (usually the deacons) pass the water.

- What should we be thinking about when the sacrament is being passed? (Jesus Christ and how much he loves us.)

We Should Remember Jesus Christ during the Sacrament

Discussion

- What can we do to remember Jesus Christ during the sacrament?
- What are some stories about the Savior we might think of during the sacrament?
- What are some songs that we might think of during the sacrament?

During the sacrament, we can think of the things we know about Jesus Christ to help us remember and love him.

Song

Help the children sing or say the words to “I Feel My Savior’s Love.”

- How did you feel when you were singing or saying the words to this song?
- How would you feel if you thought about the words to this song during the sacrament?

Picture discussion

Tell the children that you have several pictures and you want them to tell you about each one. Show the pictures and briefly discuss each one with the children. Try to involve each child as much as possible. Use picture 3-1, John the Baptist Baptizing Jesus; picture 3-51, Sermon on the Mount; picture 3-56, Christ and the Children; and picture 3-10, The First Vision.

Remind the children that they can think about Jesus Christ by remembering stories about him and thinking of how much he loves them.

Role-play activity and discussion

Tell the children that they are going to do an activity to help them remember how they should act during the sacrament. Choose two children at a time to role-play the following ways of acting. Have them come to the front of the room. Whisper to each one what he should do. Have the other children watch and then choose which way they should act during the sacrament. Have the two participants tell what they were thinking about. Discuss with the children why the positive behavior allows them to think of Jesus Christ more reverently.

- | | |
|--|--|
| 1. Pretend to draw a picture or color. | Sit reverently and think about stories from the scriptures about Jesus Christ. |
| 2. Pretend to whisper to your neighbors. | Sit reverently and think about how much Jesus Christ loves you. |
| 3. Pretend to be playing with a toy and making noises with it. | Reverently partake of the sacrament and then reverently pass it on. |

Summary

Scripture reading

Explain to the children that they should remember Jesus Christ when they take the sacrament and also during the rest of the week. Reread the following sentence from 3 Nephi 18:7: “And if ye do always remember me ye shall have my Spirit to be with you.”

Teacher testimony Bear testimony that Heavenly Father is pleased with us when we try to remember Jesus Christ and obey his teachings. Encourage the children to think of Jesus Christ the next time they take the sacrament.

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. If possible, obtain a small picture of Jesus Christ for each child and write a short, individualized note on the back. Tell the children that they can put the pictures where they will be reminded of Jesus and his love for them.

2. Read or sing “Tell Me the Stories of Jesus” (*Children’s Songbook*, p. 57).

Tell me the stories of Jesus I love to hear,
 Things I would ask him to tell me if he were here.
 Scenes by the wayside, tales of the sea,
 Stories of Jesus, tell them to me.

Oh, let me hear how the children stood round his knee.
 I shall imagine his blessings resting on me;
 Words full of kindness, deeds full of grace,
 All in the love light of Jesus’ face.

Tell me, in accents of wonder, how rolled the sea,
 Tossing the boat in a tempest on Galilee!
 And how the Master, ready and kind,
 Chided the billows and hushed the wind.

3. Invite each child to whisper in your ear as he leaves the class one thing that he will think about Jesus Christ the next time the sacrament is passed. Whispering will keep the children from simply repeating what others said and will help with reverence as they leave the classroom.

4. Have the children listen to the following story about a boy who was helped by remembering Jesus:

“Scott and his family had just moved to a new city. The first day in his new home was his eighth birthday, but he had no friends to play with and no visits from grandparents or cousins as he always had before.

“His mother said, ‘Don’t worry, Scott, school will start next week and then you will make lots of new friends.’

“School started, but if anything Scott felt more lonely. All of the boys seemed to have their own friends. They laughed and had fun together, but Scott was not invited to join them. He watched from the sidelines. When school was over each day, he walked home by himself. . . .

“Scott later looked back at this lonesome time and said, ‘Before I moved, my [Primary] teacher gave me a small, framed picture of Jesus. I placed this by my bed. Every time I looked at this picture, I felt better. I remembered that Jesus loved children. I felt that he loved me and knew how I felt’ (*Family Home Evenings* manual no. 1, [1972], p. 140).

- How did remembering Jesus help Scott?
 - How can remembering Christ help us?
5. Challenge the children to remain quiet for one minute and think about Jesus Christ.
 6. Read or sing "To Think about Jesus" (*Children's Songbook*, p. 71).

It shouldn't be hard to sit very still
And think about Jesus, his cross on the hill;
And all that he suffered and did for me;
It shouldn't be hard to sit quietly.

Chorus:

It shouldn't be hard, even though I am small,
To think about Jesus, not hard at all.

The Sacrament Reminds Us of Our Covenants

Lesson
33

Purpose To help the children realize that taking the sacrament can help them remember the baptismal covenants.

Preparation

1. Read Moroni 4:3 and 5:2.
2. Prepare to help the children say and learn the third article of faith.
3. Materials needed:
 - a. A Book of Mormon.
 - b. CTR shield and ring.
 - c. Picture 3-13, Boy Being Baptized (62018); picture 3-59, Passing the Sacrament (62021); picture 3-9, Jesus the Christ (62572; Gospel Art Picture Kit 240).
4. Make the necessary preparations for any enrichment activities that you will be using.

Suggested Lesson Development

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

The Sacrament Prayer Reminds Us of Our Baptismal Covenants

Attention activity

Tell the children to listen carefully. If you say something that they should do or think about during the sacrament, they should stand up tall. If you say something they should not do or think about during the sacrament, they should bend over.

Read the following statements one at a time, giving the children time to respond.

1. Remember that Heavenly Father and Jesus Christ love us. (Stand)
2. Think about going on a picnic. (Bend)
3. Remember that Jesus Christ made sick people well. (Stand)
4. Whisper and talk to your neighbor. (Bend)
5. Wiggle and move around in your seat. (Bend)
6. Say a prayer to Heavenly Father. (Stand)
7. Draw pictures or play with a toy. (Bend)
8. Remember stories about Jesus Christ. (Stand)

Picture activity

Display picture 3-13, Boy Being Baptized, and picture 3-59, Passing the Sacrament. Ask the children to think of the last time they took the sacrament. Have them try to remember what they thought about and did during the sacrament. Tell them to answer the following questions to themselves, not aloud:

- Were you reverent during the sacrament?
- Did you think about the Savior during the sacrament?
- Did you listen to the words of the sacrament prayers?

Scripture and discussion

Read Moroni 4:3 aloud and have the children listen for two promises they make to Heavenly Father when they take the sacrament. Emphasize the words, as necessary, to help them pick out these two promises.

We promise to—

1. Always remember Jesus Christ. (Have a child display picture 3-9, Jesus the Christ.)
2. Obey the commandments. (Have a child display the CTR shield and ring. Review with the children what *CTR* stands for.)

Encourage the children to listen carefully to the sacrament prayers each week to hear the two promises they make:

1. Always remember Jesus Christ.
2. Obey his commandments.

Explain that these are the same promises that we make when we are baptized. Have the children repeat these two promises aloud. Emphasize that Heavenly Father trusts us to keep our promises to him, and we know Heavenly Father will always keep his promises to us.

Explain that it isn't always easy to remember our promises. Partaking of the sacrament every Sunday and listening to the sacrament prayers helps us to remember to keep our promises to Heavenly Father.

Article of faith

Help the children recite the third article of faith. Emphasize that we may return to live with Heavenly Father and Jesus Christ only if we obey their commandments.

Story

Tell in your own words the story of Jonathan, a boy who felt the importance of the sacrament:

Jonathan lived with his parents on a large ranch. He had a pony of his own, and he often helped his father care for the ranch horses. One day Jonathan fell from his pony and injured his back. After examining him, the doctor told Jonathan and his parents that Jonathan would be all right but that he would have to stay in bed for many weeks.

Jonathan had been baptized a member of the Church just two months before the accident. He had made a covenant, or promise, with Heavenly Father that he would obey the commandments. Taking the sacrament had helped to remind Jonathan of his covenant. He had listened carefully to the sacrament prayers and sat reverently as the sacrament was being passed. Each time, Jonathan listened for the words that told of his covenants—to always remember Jesus and to keep his commandments. Jonathan knew that when he said

“amen” and took the sacrament, it meant that he would try his best to keep his covenants with Heavenly Father.

Now that Jonathan had to stay in bed, he could not go to church and he could not partake of the sacrament. Jonathan missed those quiet, reverent moments when the sacrament was being blessed and passed. He knew how important it was to be reminded often of the covenants he had made. He wanted to have Heavenly Father’s Spirit with him. Jonathan decided to ask the bishop if the sacrament could be brought to his home on Sunday.

The bishop was pleased to know that Jonathan did not want to miss the sacrament and that he wanted to be reminded of the covenants he had made with Heavenly Father and Jesus Christ. He arranged for two priesthood bearers to visit Jonathan at the ranch on Sundays and prepare the sacrament for him.

- Why did Jonathan miss going to church? (He wanted to partake of the sacrament.)
- Why did he want to partake of the sacrament? (He wanted to be reminded of his baptismal promises and the promise that he could have Heavenly Father’s Spirit with him.)

Remembering the Baptismal Covenants Helps Us Obey Jesus Christ’s Teachings

Situations and discussions

Explain that if we daily think of Jesus Christ, we are more likely to remember his teachings and the promises or covenants we have made to obey him. Invite the children to role-play the following situations, and have them decide how they could solve each one:

1. Anna and Gretchen are sisters. Anna’s friend comes over to play. Gretchen wants to play with them, but Anna doesn’t want her to. What should Anna do?
 - How could remembering Jesus Christ help Anna obey a commandment?
 - What commandment would she be obeying?
2. Darren wore his brother’s shirt without permission and got a stain on it. What should Darren do?
 - How could remembering Jesus Christ help Darren obey a commandment?
 - What commandment would he be obeying?
3. Ian found a toy car outside of his house. He wanted to keep it, but he was sure it belonged to his friend Dee, who lived down the street. What should Ian do?
 - How could remembering Jesus Christ help Ian obey a commandment?
 - What commandment would Ian be obeying?
4. Jacob is on his way outside to play. His mother is trying to clean the house. As Jacob goes out to play, he notices that his mother seems very tired. What should Jacob do?
 - How could remembering Jesus Christ help Jacob obey a commandment?
 - What commandment would Jacob be obeying?

Thank the children for their good ideas.

Summary

Remind the children that when we are baptized, we promise to always remember Jesus Christ (hold up one finger). We also promise to obey his commandments (hold up two fingers). Tell them that when they look at their hands and see their CTR ring, seeing the two fingers next to their ring finger can help them remember the two promises they will make when they are baptized.

Review the scripture stories about Jesus Christ blessing and passing the sacrament from lesson 32.

Teacher testimony Bear your testimony to the children that Jesus Christ loves us and that he wants us to remember him. Encourage them to prepare for the covenants they will make when they are baptized by being reverent during the sacrament, thinking of the sacrament prayer, and remembering Jesus. Remind them that after they are baptized, they will show Heavenly Father that they want to keep their promises to him each time they partake of the sacrament.

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Tell the children that they should go to sacrament meeting ready to sit quietly during the sacrament and think about how much Heavenly Father and Jesus Christ love them.

Teach the children the following poem:

I'll fold my arms, I'll bow my head,
And quiet, quiet be;
As the sacrament is blessed,
I will remember Thee.

Say the poem for the children. Then repeat it with them, folding your arms and bowing your head as indicated.

- What do we fold? (Our arms.)
- What do we bow? (Our head.)
- During the sacrament are we supposed to be quiet or noisy?
- Who should we think about during the sacrament? (Jesus.)

Say the poem again, letting the children fill in the words and do the actions until they know it well. Then repeat it with the children.

2. Ask the children what they know about Jesus Christ. These are some of the things they can think about during the sacrament. Display picture 3-46, Jesus Praying in Gethsemane, and tell the children about what happened in the garden (see Matthew 26:36–46). Allow the Spirit to guide you in teaching the children about this sacred event.

3. Hand out scissors, glue, and copies of the following handout to the children. Read the top part of the page with the class. Instruct the children to cut along the dotted lines and put the words in proper order. When the children have done this, the words should read “always remember Jesus Christ” and “obey the commandments.” Have them glue the word pieces in place to complete the sentence.

Remembering Jesus Christ

When I partake of the sacrament, I renew my covenants with

Heavenly Father. I promise to _____

_____ and to _____.

commandments | Jesus | the | obey | remember | always | Christ

Lesson
34

We Can Pray to Heavenly Father

Purpose To strengthen each child's desire to pray to Heavenly Father as Jesus Christ did.

- Preparation**
1. Prayerfully study 3 Nephi 17 through 19.
 2. Prepare to sing or say the words to "I Thank Thee, Dear Father" (*Children's Songbook*, p. 7).
 3. Prepare a sheet of paper for each child as follows:

I Thank Thee	I Ask Thee
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4. Materials needed:
 - a. A Book of Mormon.
 - b. A pencil or crayon for each child.
 - c. Picture 3-60, Girl Praying (62310); and picture 3-61, Jesus Praying with the Nephites (62542).
5. Make the necessary preparations for any enrichment activities that you will be using.

Suggested Lesson Development

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

We Can Talk with Our Heavenly Father

- Attention activity
- Display picture 3-60, Girl Praying.
- How can we talk with our Heavenly Father?
 - Why do we pray to our Heavenly Father?
 - When can we pray to our Heavenly Father?

Because Heavenly Father loves us so much, he has made it possible for us to talk with him. He wants us to thank him for our blessings. He also wants us to ask for his help whenever we need it.

We Can Thank Our Heavenly Father

Discussion

Explain that when we pray, we should thank Heavenly Father for our blessings.

- What are some blessings Heavenly Father has given us that we can thank him for? (Responses could include our homes, our families, the beautiful world, food, and clothing.)

When we talk to Heavenly Father, we use special words. When we thank him, we say, "We thank thee."

Allow the children to tell the class how they would thank Heavenly Father for a specific blessing. Ask each child to think of something to thank Heavenly Father for, using the words *I thank thee*.

Story

Have the children listen while you tell in your own words the following story about Jean and how she remembered to thank Heavenly Father:

It was a time of war in England. It was dark and Jean was frightened. Her grandmother lived in a small village near London, and Jean was on her way to visit her. She had to pedal her bike for two miles to reach the main road. Jean prayed with all her heart that she might be safe.

As she pedaled her bike and prayed, a strong cold wind almost took her breath away. Again Jean prayed for safety and the ability to see the way.

Suddenly a light appeared over the hill. Jean pedaled toward the light. The light stayed in front of her for the rest of the way.

Jean was very thankful. She knew Heavenly Father had answered her prayer. Whenever she was reminded of it, she thanked Heavenly Father again. (See Lucile C. Reading, "The Light," *Children's Friend*, Aug. 1965, p. 45.)

Emphasize that just as Jean remembered to thank Heavenly Father, each of us should remember to thank him for all that he gives us and for the help we receive.

Song and discussion

Sing or say with the children the words to the first verse of "I Thank Thee, Dear Father."

I thank thee, dear Father in heaven above,
For thy goodness and mercy, thy kindness and love.
I thank thee for home, friends, and parents so dear,
And for ev'ry blessing that I enjoy here.

Ask the children to share other blessings for which they have thanked Heavenly Father.

We Can Ask Heavenly Father for Help

Picture and testimony

Point to picture 3-60, Girl Praying.

Bear your testimony that no matter what kind of problem we have, we can ask Heavenly Father for help whenever we need it.

- What are some of the things we can ask Heavenly Father to help us with?

(Allow time for the children to think. Responses could include help with giving a talk or doing schoolwork, help in understanding and learning to obey the commandments, special protection, and help to get well.)

Have the children tell of times when they prayed for someone else, such as family members, friends, or neighbors.

Special words we use when we ask Heavenly Father for help are *I ask thee*. Have the children repeat these words.

Song

Sing or say the words to the second verse of "I Thank Thee, Dear Father." Ask the children to listen to the words and tell what they might ask Heavenly Father for.

Help me to be good, kind, and gentle today,
And mind what my father and mother shall say.
In the dear name of Jesus, so loving and mild,
I ask thee to bless me and keep me thy child.

We Should Pray Often, As Jesus Christ Did

Teacher presentation

Point out that Jesus Christ prayed to Heavenly Father many times when he lived on the earth. After his resurrection, he also prayed to Heavenly Father. When Jesus visited the Nephite people, he taught them and blessed them. He also prayed for the people and taught them that they should pray too.

Picture

Show picture 3-61, Jesus Praying with the Nephites.

Explain that the Book of Mormon tells us that Jesus Christ gathered the people around him and had them kneel down. When they had knelt on the ground, he also knelt and prayed to Heavenly Father. He gave such a beautiful prayer that the people were filled with joy when they heard his words.

After Jesus Christ had taught them many wonderful things, he taught them that they should pray as he did.

Scripture discussion

Read 3 Nephi 18:16.

- What does this verse of scripture tell us that Jesus Christ taught the Nephite people? (He taught them to pray.)

Explain that Jesus Christ left the Nephite people, but he returned a second time. When he returned, he prayed again to Heavenly Father to thank him for helping his Nephite disciples. He also asked Heavenly Father to bless the people. Jesus Christ prayed many times while he was with the Nephites. Some of his prayers are recorded in the Book of Mormon. The Book of Mormon tells us that some of the prayers that he gave were so beautiful that they could not be written down.

Explain that each of us should do as Jesus Christ taught the Nephites and pray often to Heavenly Father.

- When can we pray to Heavenly Father? (Allow responses, and discuss the different times the children can pray, including each morning and night, at mealtimes, with their families, or whenever they have problems or need special help.)
- What special words do we use when we talk to Heavenly Father?

Have the children repeat “I thank thee” and “I ask thee.” Encourage the children to use other proper language for prayer. They might practice using “thee,” “thou,” and “thine.”

Summary

Activity	Give the children the papers you have prepared and a pencil or crayon. Ask each child to draw a picture on each half of the paper showing what he is grateful for and what he would pray for.
Teacher testimony	Share your testimony of prayer with the children. Emphasize that it is a great blessing to be able to pray to Heavenly Father to thank him and ask him for help. Invite the children to say their prayers daily, and remind them that they can pray anytime and in any place that they want to. In preparation for the closing prayer, have the children suggest things that the person giving the prayer might thank Heavenly Father for. Also have them suggest things they might ask for. Give the closing prayer yourself, remembering to use the ideas the class has suggested.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Recite the following poem, doing the actions. Then repeat it with the children, doing the actions.

We thank thee, God, for sunshine bright, (arms up, fingers touching to make a sun)

For birds that sing in morning light, (arms outstretched as birds flying)

For happy children everywhere, (smile)

And for Heavenly Father’s loving care. (head bowed, hands folded, as for prayer)

2. Tell in your own words the following story of how a little boy’s prayer was answered.

An eight-year-old boy was on the operating table in a hospital. His parents had died, but he had learned to pray. He knew the operation was serious. He asked the doctor who was going to operate on him, “Doctor, before you begin to operate, won’t you pray for me?” The surgeon looked at the boy amazed and said, “Why, I can’t pray for you.”

Then the little fellow asked the other doctors who were helping, and they each replied in the same way. Then the boy said, “If you won’t pray for me, won’t you please wait while I pray for myself?” He got up on the operating table on his knees, folded his hands, and said, “Heavenly Father, I am only a little orphan boy, but I am awful sick and these doctors are going to operate. Please help them to do it right. And now, Heavenly Father, if thou wilt make me well, I will be a good boy. Thank you for making me well.”

When he finished praying, there were tears in the eyes of the doctors and nurses. The boy lay down on the table and said, “Now I am ready.” (Adapted

from George Albert Smith, *Sharing the Gospel with Others*, sel. Preston Nibley [Salt Lake City: Deseret Book Co., 1948], pp. 144–45.)

3. Make a one-week prayer chart for each child on one half of a piece of paper so that he can mark it morning and night when he says his prayers. On the other half of the paper, have each child draw a picture of himself praying. Invite each child to place his prayer chart in his home where he can see it and remember to mark it morning and night.
4. Review with the children the first article of faith.

Temples and Eternal Families

Lesson
35

Purpose To help the children understand that families can be together forever.

Preparation

1. Prepare to sing or say the words to “Families Can Be Together Forever” (*Children’s Songbook*, p. 188) and “A Happy Family” (*Children’s Songbook*, p. 198); the words to both songs are included at the back of this manual.
2. Throughout this lesson, be sensitive to children who do not have both mother and father in their homes. Also be sensitive to children who have parents or siblings who are not members of the Church.
3. Materials needed: picture 3-5, Adam and Eve Teaching Their Children; pictures of the temple nearest you and of several other temples, if available (or use picture 3-62, Portland Oregon Temple [62617]).
4. Make the necessary preparations for any enrichment activities that you will be using.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

We Have a Heavenly and an Earthly Family

Attention activity Sing or say the words to “A Happy Family.”

Picture discussion Explain to the children that before we were born on this earth, we all lived together as brothers and sisters in a beautiful spirit world. We were part of a heavenly family with loving heavenly parents.

Hold up picture 3-5, Adam and Eve Teaching Their Children. Ask the children if they know who these people are. Tell them that Adam and Eve were the first parents on earth. Heavenly Father told Adam and Eve to have children. They had the first family on this earth.

Explain that Heavenly Father loved Adam and Eve and their children. He told Adam and Eve to teach the gospel to their children. Tell the children that in our day, Heavenly Father has also sent them into families, just like he did with Adam and Eve’s children. He loves all the children and has told all parents to teach their children the gospel.

When we die and leave this earth, Heavenly Father and Jesus Christ want us to live again as families in heaven. They have shown us the way for this to happen.

In Temples, Families Can Be Sealed Forever

- What is a temple?

Help the children understand the following ideas about temples:

1. They are sacred buildings.
2. Each one is called the house of the Lord.
3. We learn many things about Heavenly Father's plan for us in temples.
4. Inside temples, we make special promises or covenants to Heavenly Father, and Heavenly Father makes special promises to us.

Explain that many sacred and important things can be done only in the temple.

Pictures

Display the pictures of the temples.

- How many of you have ever seen one of Heavenly Father's temples?
- How did you feel as you looked at the temple?

Let the children tell about the temples they have seen. Express the hope that those children who have not seen a temple will someday do so. Encourage all the children to have a picture of a temple in their homes, where possible.

Teacher presentation

Explain that in the temple, a husband and wife can have an ordinance performed that helps them be together forever. This is called a sealing or a temple marriage. If a couple is married outside the temple for this life only, they can go to the temple and be sealed so that they can remain married for eternity. Their children can be sealed to them and are then a part of their family forever. This special blessing is given only to those who are sealed in the temple and keep the promises they make there. Remind the children of how much they love their families and how wonderful it will be to be together forever.

Explain that Heavenly Father loves all people. He loves those who have not been to the temple as much as those who have. He desires that all families will be sealed in the temple. Explain that many families have not yet been sealed in the temple. However, these families can go to the temple if they prepare themselves properly. Tell the children that they can live worthy so that when they are married they can go to the temple to be sealed and start their own eternal families.

Song

Teach the children the first verse and chorus of the song "Families Can Be Together Forever." Discuss the words of the song. Have the children stand and sing or say the song.

We Must Be Worthy to Go to the Temple

Teacher presentation

Explain that any member of the Church who lives a righteous life and gets permission (in the form of a temple recommend) from the bishop or branch president can go to the temple. Those who go to the temple must be worthy to enter the house of the Lord.

Song

Discuss the words of the second verse to the song "Families Can Be Together Forever." Then help the children sing or say the words together.

Discussion

- How can you prepare to be worthy to go to the temple?
- If your family lives close enough to the temple that your parents could return to the temple often, how can you help them do so?

Let the children discuss ways they can prepare to go to the temple. Help them know what they must do to be prepared to go to the temple by asking questions similar to the following:

- What should you do when you earn or receive money? (Pay tithing.)
- What should you do on Sunday? (Go to Church meetings and worship Heavenly Father.)
- How should you treat your parents and brothers and sisters? (Kindly and with love.)
- What does it mean to be honest? (Tell the truth and do not steal.)
- How should you treat your body? (Eat good food. Obey the Word of Wisdom.)
- How should you feel about Heavenly Father and Jesus Christ? (Love them, obey their commandments, and follow the teachings of the living prophets.)
- How should we treat others? (Love one another.)

Explain that Heavenly Father wants the children to live good lives so they will be worthy to go to the temple. If they obey Heavenly Father's commandments and try to do what is right, they will be worthy to go to the temple and receive special blessings from Heavenly Father.

Article of faith

Review with the children what Heavenly Father expects us to do according to the thirteenth article of faith. Explain that doing these things will help prepare them to go to the temple.

Summary

Help the children understand that Heavenly Father has given us a plan that allows families to be together forever. Because Heavenly Father loves us, he wants all of his children to have the blessings that are given in the temple. There are many temples throughout the world, so many children in the world may have the blessings of being sealed or joined together forever to their families. Refer again to the pictures of various temples. Explain that as membership in the Church grows, the Church will build more temples throughout the world.

- What can you tell your family about temples?

Encourage the children to share with their families what they have learned. (Be cautious about this if you believe the families might react negatively.)

Testimony

Bear your testimony about temples. Explain that the only way families can have the blessing of being together forever is to be sealed in the temple. Bear your testimony about the blessings of temple marriage and the happiness that can come to the children if they prepare to go to the temple. (If you have not yet been to the temple, you might ask the bishop or branch president, or someone he recommends who has been to the temple, to come to your class near the end of the lesson to bear testimony of the blessings of the temple.)

Encourage the children to try to make their families happy this week by saying kind things to them and by doing what their parents ask of them.

Invite a child to give the closing prayer. Suggest that he thank Heavenly Father for families and for the blessings of the temple.

**Enrichment
Activities**

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Prepare enough strips of paper so that each child has one strip for each member of his family. Bring glue or tape and a pen.

Start with two strips of paper for each child, and label one *Mother* and one *Father*. Link the two into a chain.

Tell the children that when their parents were married, like the chain they became linked together. Then help the children add a link for each child in their family. When a link has been added for each family member, make a circle of the chain. Tell the children that when their family members are sealed together in the temple, they are all linked together forever. They can become an eternal family, just like the circle that goes on forever.

2. Do the following finger play with the children.

(Start with closed fist)

This is mother, (raise the thumb)

This is father, (raise the pointer finger)

This is brother tall, (raise the middle finger)

This is sister, (raise the ring finger)

This is our baby, (raise the little finger)

Oh, how we love them all. (hold hand up with fingers spread)

3. Teach the children this additional verse to “A Happy Family.”

I love Jesus, He loves me.

He loves families, yes sirree.

We build temples, so you see,

We can be together eternally.

4. If there is a child in your class who has had the experience of going to the temple with his family to be sealed, you may want to have the child or his parents tell about it.

Showing Love for Jesus Christ

Lesson
36

Purpose To help the children show love for Jesus Christ by doing what he wants them to do.

Preparation

1. Study prayerfully and be prepared to read John 14:15.
2. On six small pieces of paper, write one of the following clues:
 - a. Clue 1: He loves us.
 - b. Clue 2: He was baptized by immersion the same way we are.
 - c. Clue 3: He learned to do carpentry work when he was a young boy.
 - d. Clue 4: He loves little children and blesses them.
 - e. Clue 5: He taught us to love one another.
 - f. Clue 6: He died for us and made repentance possible.Before class, hide each clue somewhere in the classroom.
3. Be prepared to sing “Love One Another” (*Children’s Songbook*, p. 136); the words are included at the back of this manual.
4. Materials needed:
 - a. A Bible.
 - b. A pencil and paper or card for each child.
 - c. Picture 3-9, Jesus the Christ (62572; Gospel Art Picture Kit 240); picture 3-23, Child Reading the Scriptures; picture 3-25, Going to Church; picture 3-26, Child Paying Tithing; picture 3-27, Sharing the Tricycle (62317); picture 3-59, Passing the Sacrament (62021); and picture 3-60, Girl Praying (62310); .
 - d. Chalk, chalkboard, and eraser.
5. Make the necessary preparations for any enrichment activities that you will be using.

Suggested

Lesson

Development

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Jesus Christ Loves Us

Attention activity

Explain that you have hidden several clues in the room that relate to the lesson. Let the children quietly search for them. After all the clues have been found, have or help the children place them in order from one to six. Read them with the children. Ask for their ideas after each clue.

Picture and discussion	<ul style="list-style-type: none"> • Who are these clues about? (Jesus Christ.) <p>Display picture 3-9, Jesus the Christ.</p> <p>Tell the class that we know Jesus Christ loves us because he has done so much for us.</p> <ul style="list-style-type: none"> • What has Jesus Christ done for us? (Help the children understand that Jesus Christ gave us the commandments, the prophets, his Church, and the priesthood ordinances. Through his atonement, he also made it possible for us to repent of our wrongdoings so that we can someday return to live with Heavenly Father and him.) <p>Explain that Jesus Christ has shown his love for us by giving us these wonderful blessings. Each of us is special to him and to Heavenly Father.</p>
Chalkboard discussion	<p>Explain that Jesus Christ has shown his love for us and that we can also show our love for him. Write the phrase “I can show love for Jesus Christ by—” on the chalkboard or a piece of paper, and read it aloud. Then tell the children that today you are going to discuss ways we can show love for Jesus Christ. For children who can read, list these ways on the chalkboard as you discuss them. For younger children, you might draw simple figures to illustrate the subject discussed.</p>
We Show Our Love for Jesus Christ by Obeying the Commandments	
Scripture and chalkboard discussion	<p>Ask the class to listen for another way to show love for Jesus Christ as you read John 14:15.</p> <p>Jesus Christ told us that by keeping his commandments, we show him that we love him. When we are baptized, we promise to obey his commandments. When we obey the commandments, we show that we love him. Write “Keeping the commandments,” or draw a smiling face, on the chalkboard or paper list.</p>
Picture discussion	<ul style="list-style-type: none"> • What are commandments? (Rules from Heavenly Father and Jesus Christ to help us be happy.) • What are some of the commandments we can keep to show our love for Jesus Christ? <p>You might have the children all stand up; then each child may sit down after he or she names a commandment. (Be prepared to help children who might not be able to think of one.)</p> <p>Display appropriate pictures as the children suggest such ideas as attending Church meetings, thinking of Jesus Christ during the sacrament, paying tithing, telling the truth, praying, learning from the scriptures, helping our families at home, and so on.</p>
We Show Our Love for Jesus Christ by Taking Care of Church Property	
Story	<p>Explain that you would like the children to listen to a story about how Kim showed her love for Jesus Christ:</p> <p>A very bad storm had just passed through the area where Kim lived. Because Kim’s family lived only a short walk from their new meetinghouse, the bishop called her father to check on the building after the storm. Kim and her father walked together, picking their way around tree limbs that had blown down in</p>

the wind. Some homes had lost windows, and they passed some damaged vehicles. Kim was worried that the meetinghouse might also be damaged.

As they approached the meetinghouse, they could see that at least one large window had been broken in the storm. Rain water had washed inside, along with mud, leaves, trash, twigs, and small branches. Kim's father asked her to wait outside while he made sure it was safe to enter. He quickly returned, reporting that the rest of the building seemed undamaged. Together they went inside the meetinghouse. As Kim's father looked around to survey the damage more closely, Kim began to get busy. Without being told, she started to gather the leaves, twigs, small branches, and trash that had blown inside during the storm.

Kim's father got another member of the ward to help, and soon they had the window covered. As the men worked to protect the window, Kim kept busy with her cleanup. Soon nearly all the branches and leaves had been pulled out of the way. Kim's father offered to take her home to rest, but Kim wanted to help clean the meetinghouse. She stayed and worked as they cleaned out the mud and washed the walls and floor.

- How did Kim show her love for Jesus Christ? (She helped to clean the meetinghouse.)
- How do you think Kim felt after the job was finished?

Explain that there are many ways we can help care for the meetinghouse and items in it. We can help care for our meetinghouse and do our best to keep it clean and nice. We can pick up paper and not leave things to clutter the buildings. We can treat the hymnbooks and scriptures with care and respect. Sometimes we can help with special projects to clean the meetinghouse or the grounds. Everyone can help take care of Church property in some way.

Write "Taking care of Church property," or draw a simple meetinghouse, on the chalkboard or paper under the phrase "I can show love for Jesus Christ by—."

We Show Love for Jesus Christ When We Love Others

Song

Ask the children to listen carefully to learn of a very important commandment.

Sing or say the words to the song "Love One Another" with the class.

Discussion

- What does this song tell us Jesus Christ wants us to do? (Love one another the way Jesus does.)
- What is the new commandment? (Love one another.)
- What does the word *disciple* mean? (Someone who follows and believes Jesus Christ.)
- How will people know that you follow and believe Jesus Christ? (If you show love to others and try to do right in all that you do.)

Explain that Jesus Christ is the most kind and understanding person who ever lived. We must be very loving to others if we are to love as he does. The words to this song are true, and come from the Bible. Jesus said, "As I have loved you, . . . love one another" (see John 13:34; see also 15:12, 17). We know he loves us very much. We are to love other people with that same kind of love. By loving others, we show Jesus that we love him too.

Write “Loving others,” or draw a heart, on the bottom of your list.

Summary

Explain that we demonstrate that we love Jesus Christ when we help take care of Church property, keep the commandments, and love others. We show our love for Jesus by what we do.

Activity

Give a pencil and paper or card to each child. Have the children who can write well copy the words “I can show love for Jesus Christ by—” on their papers. You might want to write this on the papers of the younger children. Invite the children to write or draw one thing they will do this week to show love for Jesus Christ. Explain that next week you will want to hear how well they did on this assignment. Encourage the children to take their papers home and place them where they can see them during the coming week as a reminder.

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Bring a bean bag or other soft object to toss. Have the children sit in a circle on the floor. Ask them:

Do you love Jesus? How will he know?
Choose the right and it will show.

Recite this verse with the children; then call out a name and gently toss the bean bag to that child. The child named must tell one thing he can do to show Jesus Christ that he loves him. He then tosses the bean bag back to you. Continue until each child has had a turn.

2. Sing the song “Love One Another.” Explain to the children that instead of singing the word *love*, they cross their arms (with hands closed) over their chests each time that word occurs. This means *love* in sign language. We should show love and understanding to all of Heavenly Father’s children. Teach the children how to sign “Love you!” by making the sign for love, then pointing to a person. Suggest that they show this to family members when they get home. Remind the children that the way to really show love is by being as kind as Jesus would be.

3. Sing or say the following action song with the children: “Jesus Said Love Everyone” (*Children’s Songbook*, p. 61).

Jesus said love ev’ryone; (arms outstretched)
Treat them kindly, too. (turn to neighbor, smile and shake hands)
When your heart is filled with love, (place hands over heart)
Others will love you. (spread both arms out and then bring them in to touch chest)

4. Cut out three or more small paper hearts for each child. Explain that the children can use these hearts this week to show love. They should do

something nice for someone and leave a heart. Helping others is something Jesus wants us to do. Give several examples of kind things the children could do. You might decide to role-play a few of these kind acts with the class members.

5. If your ward owns any hymnbooks that have not been properly taken care of, show them to the children and discuss how they should have been cared for and why.

Lesson
37

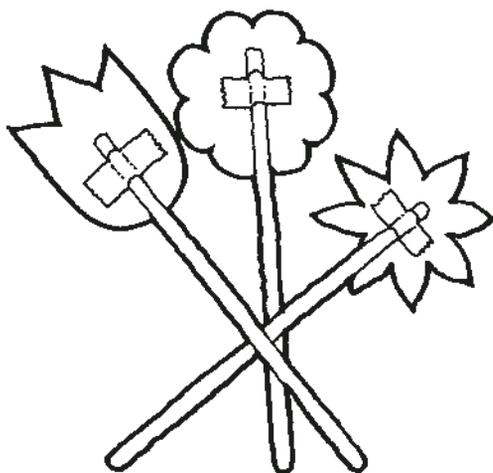
I'll Serve Jesus Christ by Serving Others

Purpose

To help the children understand that they can show love for Jesus Christ by serving others.

Preparation

1. Prayerfully study Mosiah 2:17 and Luke 10:30–37, and be prepared to explain these scriptures to the children.
2. Be prepared to hum “When We’re Helping” (*Children’s Songbook*, p. 198) and “‘Give,’ Said the Little Stream” (*Children’s Songbook*, p. 236).
3. Be prepared to sing or say the words to “Our Bishop” (*Children’s Songbook*, p. 135).
4. Talk to your bishop or branch president about his childhood. Ask him to tell you some ways in which he served others while he was young. Prepare a short presentation about him so the children can guess whom you are describing. If possible, borrow a picture of your bishop or branch president as a child. (You could also prepare this presentation about the Primary president or another leader.)
5. Make a flower out of construction paper for each child similar to the examples shown below. Make it large enough to print a short message on the back.



6. Materials needed:
 - a. A Book of Mormon and a Bible.
 - b. A drinking straw or stick for each child, if available.
 - c. Transparent tape, if available.
 - d. A pencil or crayon for each child.
 - e. A vase or bottle.
 - f. Chalk, chalkboard, and eraser.
 - g. Picture 3-63, The Good Samaritan (62156; Gospel Art Picture Kit 218).

7. Make the necessary preparations for any enrichment activities that you will be using.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

We Show Love for Jesus Christ by Serving Others

Attention activity

Ask the children to report one way they have shown love for Jesus Christ during the past week (see lesson 36). Explain that you would like them to hear more about one way they can show love for Jesus Christ.

Explain to the children that the game they are going to play will help them understand a very important way that we show love for Jesus Christ. Explain that you will hum a song. When they think they know the name of the song, they may raise their hands. You can either interrupt your humming and ask a child to guess what the song is or wait to ask until you have finished humming the song all the way through.

Hum “When We’re Helping.” After a child has guessed the name of the song, ask this question:

- What is this song about? (Helping.)

Print *Helping* on the chalkboard.

Hum “ ‘Give,’ Said the Little Stream.” After the children guess the name of the song, ask them this question:

- What is this song about? (Giving.)

Print *Giving* under *Helping*.

- Can you think of another word that means helping and giving? (*Serving*. Give them additional clues as needed until they can guess it.)

Explain that serving others can include giving and helping. We often serve by helping and giving to others.

Article of faith

Help the children repeat together the following part of the thirteenth article of faith: “We believe . . . in doing good to all men.”

Scripture

Read Mosiah 2:17. Explain that this means that when we serve others willingly, we are serving Heavenly Father and Jesus Christ also. We can show Heavenly Father and Jesus Christ that we love them by serving one another.

Story and picture

Display picture 3-63, The Good Samaritan, when appropriate as you tell the following story in your own words:

Jesus Christ taught about serving one another in the story of the good Samaritan. He told of a man who was traveling from Jerusalem to Jericho. On the way, he was attacked by thieves who took his clothes, beat him, and left him nearly dead. A priest came along and, seeing the injured man, passed by on the other side of the road. Then a Levite, a man who helped priests in their duties, came by, but he also passed on the other side of the road to avoid the man.

Finally, a Samaritan, a group of people hated by the Jews, came by and stopped to help the hurt man, washing and wrapping his wounds. The

Samaritan put the man on his own animal, took him to an inn, and stayed with him through the night. The next day, the Samaritan paid the innkeeper and told him that if the injured man needed more care than the money would cover, he would return and pay more.

- Why do you think the priest and the Levite passed by the injured man without helping him? (Possible answers might include the following: Maybe they were in a hurry. They might have been afraid of the injured man. Maybe they didn't want to be bothered with someone else's problem.)
- Why do we sometimes pass by people who need our help?

Explain that the children can be good Samaritans by helping people in need. Tell them of some situations in which someone needs help, and have the children role-play how they would help. You might use situations such as the following:

- There are toys all over the floor, the baby is crying, and your mother is trying to prepare supper.
- A new girl has moved in next door. She is from a different country and can't speak your language very well. When she goes out to play, she looks lonely.
- Sister Castro comes to church each week, but no one seems to notice her. She is old, always sits alone, and looks sad.
- Your little sister is upset because her favorite toy broke.

Explain that Jesus is pleased when we serve others willingly. Suggest to the children that they can give service to other people.

We Can Show Love for Jesus Christ by Serving in His Church

Picture presentation

Explain that there are many people in the Church who serve Jesus Christ by helping others every week, such as Primary teachers, choristers, organists, priests and deacons who administer the sacrament, and many others.

If possible, display the picture of the bishop or branch president as a boy, but do not tell the children who he is.

Explain that this is a picture of a boy who grew up to be someone important in your ward or branch. State that it is a person who gladly serves the people in your ward or branch every week.

Teacher presentation

Tell the children the information you have gathered is about a man whom they know well. Explain that he served others as a boy. Have the children guess who it might be. If necessary, give more clues until they guess correctly. (For example: he helps us choose the right; he helps us when we have problems; we give our tithing to him.)

Explain that the bishop gives many hours of service to the members of the ward each week. He helps not only on Sunday but also on other days of the week.

- By serving the people in his ward, whom else is the bishop serving? (God.)
- For whom does the bishop show love as he serves? (Jesus Christ and the people in his ward.)

Song

Have the children sing or say the words to "Our Bishop."

Busy as a man can be,
 He's our bishop.
 He finds time to talk to me;
 He's our bishop.
 Always kindly words he'll say
 To the children ev'ry day.
 Let us help him ev'ry way;
 He's our bishop.

Cheerful as he serves the Lord,
 He's our bishop.
 He's the father of our ward;
 He's our bishop.
 He helps us to do the right
 In our Heav'nly Father's sight.
 We love him with all our might;
 He's our bishop.

Summary

Activity

Explain that you would like to have the children make a thank-you gift for the bishop for the hours of service he gives them. Hand out a flower, a pencil, and a straw or stick to each child. Ask the children to write or draw a way they can show love for Jesus Christ on one side of the flower and sign their names. Finally, tape the straws or sticks on for stems.

After everyone has finished, collect the supplies and have each child place a flower in the vase or bottle you have brought. With the children, pick a class member to deliver the paper flowers to the bishop after class.

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see "Class Time" in "Helps for the Teacher."

1. Tell the following story about Heber J. Grant, the seventh President of the Church, and discuss how he served others.

Heber's father died when he was just nine days old. His mother was very poor and had a hard time providing for herself and little Heber. She supported them by sewing for other people and taking in boarders. Sometimes she sewed for so many hours without resting that she could hardly push the pedal of her old-fashioned sewing machine. Heber would often crawl under the sewing machine and push the pedal for her. The winters were very cold in Salt Lake City, and Heber had only a thin, worn coat to keep him warm. He longed to have a warm coat but knew that they barely had enough money for food. Heber was delighted on his birthday when his mother presented him with a warm winter coat that she had made for him. His new coat was his most prized possession. A few weeks later, as Heber was hurrying on an errand, he saw a boy about his size shivering with cold. The boy was wearing a thin sweater, and Heber remembered how it felt not to

have a warm coat. Heber took off his new coat and insisted that the boy put it on. He told the boy to keep it because he had another coat at home.

You might have the children role-play this story and then explain how the various characters might have felt.

2. Have the children sit in a circle and pass around a ball or soft object while you hum "When We're Helping." When you stop humming, whoever is holding the ball or soft object tells a way that he or she could help someone. Be sure that everyone gets a turn to tell a way he or she could help.
3. Pin or tape an upside-down smiley face on each child before they leave class. Tell them that when they do a kind service for someone, they may turn the smiley face right side up.

I Can Be Pure and Righteous

Lesson

38

Purpose To help the children desire to be pure and righteous.

Preparation

1. Prayerfully study 3 Nephi 27:27; Mormon 1:1–4, 13–17; 2:1, 16–19; and Doctrine and Covenants 100:16.
2. Prepare to help the children sing or say “Choose the Right Way” (*Children’s Songbook*, p. 160); the words are included at the back of this manual.
3. Materials needed:
 - a. A Book of Mormon and Doctrine and Covenants for each child, if available.
 - b. Salt and pepper shakers (filled), if available.
 - c. The CTR shield and ring.
 - d. Picture 3-34, Mormon Abridging the Plates (62520; Gospel Art Picture Kit 306).
4. Make the necessary preparations for any enrichment activities that you will be using.

Suggested Lesson Development

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Mormon Was Pure and Righteous

Attention activity Display the salt and pepper shakers you have brought. Pour some salt into your hand, and show it to the class. Explain that in your hand you hold pure salt. It is pure because there is nothing in it besides good, clean salt.

Shake some pepper into the salt in your hand. Explain that the salt is no longer pure because it is no longer free of things other than salt. When people allow wrong or unkind thoughts in their minds or do wrong or unkind things, they are no longer pure. They are like a mixture of salt and pepper. Emphasize that pure people try at all times to think good thoughts and do righteous acts.

Scripture story Explain that you will tell about someone from the Book of Mormon who was pure and righteous. Tell the following story in your own words:

As a young boy, Mormon was recognized as an outstanding person. When Mormon was only ten years old, he was told that when he grew to be a man he would be in charge of the plates of Nephi. The history of the Nephites was recorded on these plates. He was told to watch his people and, at age twenty-four, to write their history. Help the children realize what an important responsibility this was.

- What qualities do you think Mormon, at age ten, possessed that caused him to be chosen as the next record keeper? What kind of a child was Mormon? (Let the children discuss the answers. To help them, read Mormon 1:1–2. Help the children understand that Mormon was a good student for he “began to be learned somewhat after the manner of the learning of [his] people”; he was “a sober child,” which means he was serious and trustworthy; and he was “quick to observe,” which means that he noticed and learned about many things. Explain that Mormon loved Heavenly Father and obeyed the commandments, which kept him pure and righteous. Heavenly Father knew he could trust Mormon with the sacred writings on the plates of Nephi.)

Explain that when Mormon was fifteen years old, he had a wonderful experience. He was visited by the Lord Jesus Christ (see Mormon 1:15).

- If you had been Mormon, how do you think you would have felt in the presence of Jesus Christ?
- In what ways was Mormon pure and righteous? (You might want to list their answers on the chalkboard.)

Explain that most of the people in Mormon’s day were very wicked (see Mormon 1:13–14). Mormon wanted the people to repent and be baptized so that they could be righteous and happy (see Mormon 3:2). He told the people to repent, but they did not listen.

- How do you think Mormon felt being one of only a few people who were trying to be righteous?

Show picture 3-34, Mormon Abridging the Plates.

Explain that Mormon wrote the history of his people on metal plates, as he had been commanded to do. He also organized the histories that other people had written.

- Where do we find the history that Mormon wrote?

Display a copy of the Book of Mormon and show the children the name *Mormon* in the title. Explain that the book is named for Mormon because he organized and cared for the records and because he was a righteous person.

We Can Be Pure in Thoughts, Words, and Actions

Scripture discussion • How can we be pure?

To answer this question, read to the children this statement by Jesus Christ as recorded in 3 Nephi 27:27: “What manner of [people] ought ye to be? Verily I say unto you, even as I am.”

- What kind of people should we be?

Explain to the children that everything that Jesus Christ thought, said, and did was good. In order to be like him, we should try to think, say, and do the same kinds of things that we imagine Jesus would think, say, and do. Whenever we are tempted to do something wrong, we should ask ourselves, “What would Jesus want me to do?” This can help us remain pure and righteous.

CTR shield and ring Show the children the CTR shield and ring. Remind them that the shield and ring can help them remember to do what Jesus wants. As they keep

themselves free from wrong thoughts and actions by always choosing the right, they will keep themselves pure and righteous.

Song

Help the children sing or say the words to “Choose the Right Way.”

Story

Tell the following story about a girl who did what was right, even though it was difficult:

Debbie's favorite uncle was very upset with Debbie and her family when they joined the Church. He refused to visit them for nearly a year. When he finally came, he invited Debbie to join his family for a backpacking trip into the mountains. Debbie was excited.

On the second day of the hike, Debbie dropped her canteen and broke it. The sun was shining brightly, and Debbie gradually fell back behind the others. Her mouth felt dry; she wanted a drink of water.

Higher up on the mountain she could see that the others had stopped and were drinking from cans. She hurried so that she too could have a drink.

As she walked up to the group, one of them called out, “Have a drink, Debbie.”

Then she saw that that person held a can of beer in his hand. At first, all Debbie could think of was how thirsty she was. Debbie had been taught the gospel and had been baptized, and she knew she shouldn't drink beer. Again she thought of how thirsty she was. Debbie wanted to do the right thing. She had tried so hard since she had been baptized and had prayed that she would be able to keep the commandments. Now she needed help to be strong.

“I don't drink beer. Do you have something else, please?” Debbie said, looking right into the person's eyes.

For a moment her Uncle John looked angry. Then he said, “Debbie is a Mormon. Let's give her something else to drink.” He then continued, “I'm sorry, Debbie.” Debbie was grateful for keeping the commandments.

Discussion

- What did Debbie do to stay pure and righteous?
- How do you think Debbie felt after she had chosen the right?
- How was Debbie a good example to her uncle?

Stories and discussion

Tell the class that you are going to relate three stories about children who wanted to be pure and righteous in their thoughts, words, and actions:

1. When Ryan's new neighbors moved in next door, he became friends with one of them, a boy his age named Tyler. They played together almost every day. One day they were outside playing ball with the other boys in the neighborhood. Tyler became angry because his team was losing the game and began saying bad words and swearing at the other team. The boys walked away because they were not having fun anymore and no longer wanted to play with Tyler. Ryan stayed to talk to Tyler. He explained to Tyler that their parents had taught them that it is wrong to talk that way to others. He said that they did not like to hear such words. Ryan then told Tyler that if he wanted to play without using bad words, he would ask the other boys to come back and play again.

- How did Ryan show that he was pure and righteous? (He did not swear, and he tried to help another boy learn that it is not right to swear.)
 - Why is it wrong to swear? (Explain that Heavenly Father and Jesus Christ want us to speak kindly. They do not want us to use their names in an angry or unloving way, which is referred to as “taking their names in vain.” Those who swear are setting a bad example. Swear words may put unkind thoughts in our minds and bad feelings in our hearts.)
2. One day when Corby was playing outside, he and several of his friends were called over to a corner of the playground by another boy. This boy had some cigarettes in his pocket. He wanted the boys to try smoking them. The boys all looked at each other, not knowing what to do. Finally Corby spoke up and said that he didn’t want to smoke and refused to do it. The other boys agreed that they did not want to do it either.
- How did Corby show that he was pure and righteous? (He refused to smoke.)
 - How did this help the other boys?
 - What would you have done if you had been there?
3. Gary was at his friend’s house looking at magazines. Gary’s friend found some bad pictures in a magazine and wanted Gary to look at them. Gary felt very uncomfortable when he realized what kind of pictures were in the magazine. He knew that Jesus Christ would not look at such pictures. Gary said that he didn’t want to, and he suggested that they go outside and play.
- How was Gary righteous? (He refused to look at bad pictures.)

Point out that some magazines, books, movies, and television shows are not righteous and can give us evil thoughts. Stress how important it is to keep our minds pure and filled with righteous thoughts like Gary did.

Discussion

Explain that the movies and television programs we watch may influence the way we act. These programs can put ideas into our minds that would otherwise never be there. These ideas can be good or bad, depending on the program.

- Have you ever pretended to be someone you saw in a movie or on television?

Explain that this is called imitating someone. It is often fun to imitate someone who you think is a hero in a movie.

- Are there any movies and television shows that are not good for us to see? (Yes.)
- Are there any good movies or television shows to see? (Yes.)

Have the children name some of their favorites. Then have them think of the television or movie hero they like best. Have them answer the following questions:

- Does your hero always obey the law?
- Does your hero ever swear?
- Does your hero act righteously at all times?
- Does your hero dress and act modestly?

Explain that if they had to answer no to any of these questions, perhaps they should find someone more righteous to choose as their hero.

Suggest to the children that they talk to their parents about what movies and television shows they choose to watch. Emphasize that if a program they are watching has bad things in it, they can change the channel, turn off the television, or leave the movie theater.

Remind the children that the Holy Ghost can help us know the difference between right and wrong. If we have a bad or uncomfortable feeling about something, the Holy Ghost is telling us it is wrong.

Summary

Teacher testimony	<p>Bear your testimony of the importance of keeping our thoughts, words, and actions pure and righteous. You might share an experience of when you were able to stay pure and righteous despite temptation to do otherwise. Help the children understand that joy comes from being righteous, even when it is hard to do.</p> <p>Invite the children to always think of what Jesus Christ would have them think, say, and do whenever they are having a hard time knowing how to choose the right.</p>
Scripture	<p>Read Doctrine and Covenants 100:16 to the class. Explain that we are the people that Heavenly Father has raised up to be pure and righteous.</p> <p>Invite a child to give the closing prayer.</p>

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Point out that Jesus Christ wants us to be like Mormon, even though the people around us might not be righteous. Using the thirteenth article of faith chart, help the class repeat in unison the first part of the article to the word *men*. Explain that being benevolent means being kind and that being honest, true, chaste, and virtuous means being pure and righteous.

Encourage the children to remember this article of faith.

2. Explain that it is easier to avoid seeing bad programs if the children and their parents plan ahead what programs would be good to watch.

Suggest several different television programs or movies to the children and ask them whether watching each one would be choosing the right.

3. Help the children sing or say the words and do the actions to “I Have Two Ears” (*Children’s Songbook*, p. 269).

I have two ears to hear the truth, (point to ears)

Two eyes to see the good. (point to eyes)

I have two feet to carry me

To places where they should. (walk in place)

I'll try to use them wisely
In my work (pantomime sweeping or other work)
and play. (pantomime tossing a ball or other play)
I thank my Heav'nly Father (put hands together as if to pray)
For making me this way.

I have two lips to speak kind words, (point to lips)
Two hands to work for me. (hold up hands)
All these loving helpers
Heav'nly Father gave to me. (point to self)
I'll try to use them wisely
In my work (pantomime sweeping or other work)
and play. (pantomime tossing a ball or other play)
I thank my Heav'nly Father (put hands together as if to pray)
For making me this way.

4. Have the children sing or say the words to "Hum Your Favorite Hymn"
(*Children's Songbook*, p. 152).

If on occasion you have found
Your language is in question,
Or ugly thoughts come to your mind,
Then here's a good suggestion.
Just hum your favorite hymn,
Sing out with vigor and vim,
And you will find it clears your mind.
Hum your favorite hymn.

Discuss with the children how this song can help them keep their thoughts
and speech pure.

Showing Love for Our Parents

Lesson 39

Purpose To help the children show love for their fathers and mothers by being obedient and helpful.

Preparation

1. Prayerfully study Exodus 20:12 and Mormon 8:1.
2. Be prepared to have the class sing “A Happy Family” (*Children’s Songbook*, p. 198); the words are included at the back of this manual.
3. Be sensitive to those children who do not have both parents in the home or whose parents have other unusual circumstances.
4. Materials needed:
 - a. A Book of Mormon.
 - b. A small beanbag or ball.
 - c. A copy of the family tree for each child (see the sample included at the end of this lesson).
 - d. Picture 3-34, Mormon Abridging the Plates (62520; Gospel Art Picture Kit 306); picture 3-35, Moroni Hides the Plates in the Hill Cumorah (62462; Gospel Art Picture Kit 320); and picture 3-5, Adam and Eve Teaching Their Children.
5. Make the necessary preparations for any enrichment activities that you will be using.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Heavenly Father Gave Our Parents Responsibility for Us

Attention activity Display picture 3-5, Adam and Eve Teaching Their Children.

- Who is this a picture of? (Adam, Eve, and their children.)
- What did Heavenly Father want Adam and Eve to teach their children? (The gospel. Remind the children that they discussed this recently in class; see lesson 35.)

Explain that Heavenly Father gave our parents children to care for and to love until they return to him someday. He wants us all to learn how to be worthy to live with him after this life. Heavenly Father expects parents to teach their children the commandments and to take care of their children’s needs. This is a great responsibility for our parents.

Give to each child a copy of the family tree. Have or help each child write the names or draw the faces of his parents on the trunk of the tree and the first names or faces of himself and any brothers and sisters in the branches.

Discussion

- Why did Heavenly Father give us parents? (To love and take care of us and to teach us his commandments.)

Explain that Heavenly Father knows that children can show love to their parents. Heavenly Father told us we should do this (see Exodus 20:12). There are many ways to show love for our parents.

We Show Love for Our Parents by Being Helpful

Story

Explain to the class that being helpful is one way to show love for parents. Retell the following story in your own words.

Emma could tell Mother was not feeling well. Mother looked tired and often sat down to rest. Even Mother's voice sounded tired when she spoke to David and John, Emma's younger brothers. Emma thought of all the things her mother did for her and wished she could help Mother feel better.

- What are some things Emma could do to help her mother?

Emma sat down with her younger brothers and played with them. She helped them play quietly and happily. Then she helped them lie down to rest so that Mother could take a nap. Later Emma helped them put their toys away.

When Mother finished preparing lunch, Emma helped David and John wash their hands and get ready for prayer. Mother smiled at Emma and gave her a big hug.

"Thank you for being such a wonderful help today," Mother whispered in Emma's ear.

Discussion

- How did Emma show her love for her mother?
- How do you think Emma felt after helping her mother?
- How do you think her mother felt?

Activity

Toss the beanbag to each child and ask one of the following questions. After the child answers, have him or her toss the beanbag back to you. Give each child the opportunity to answer both questions.

- What do my mother and father do to show me their love?
- What can I do to show love for my mother or father?

We Show Love for Our Parents by Being Obedient

Discussion

Explain that obedience is another important way we can show love for our parents.

Story

Tell in your own words the following story about Annand and his father:

At last Annand was put in charge of the goats. Finally he was old enough to stay with the goats as they grazed on the mountain. Annand was eight years old and had eagerly waited for the responsibility of taking care of the goat herd.

Annand thought of how each morning he and his dog, Numie, would gather the goats together and follow the other herders as they took the village goats up the mountain trail to the high grass. In the evening his father came to the mountain and helped Annand and Numie drive the goats home.

His father had said, “Never leave the mountain trail, Annand. If you lose a goat, call to him, but never leave the trail. The mountain is rugged and very dangerous. My son, you must do what I say. Never leave the mountain trail.”

Day after day Annand’s new responsibility became easier, and he began to love the hours he spent on the mountain.

One afternoon, Annand realized that his father was late in coming to help him. He decided that he would round up the goats and start down the trail to meet his father. With the help of Numie, he soon had the goats in a circle. He was upset to find that there were three goats missing—Summa, the old she goat, and her two kids. What was he going to do? Annand decided that Summa had probably gone higher up the trail where they had taken her many times before. He must go after her.

Leaving Numie to watch the other goats, he started higher up the mountain trail. Soon he spotted Summa and her small ones far off the mountain trail in a little patch of grass. There were many bushes and rocks, and Annand could not see what was between him and Summa. Annand knew he must stay on the path, so he called, but Summa walked farther away.

It began to get dark, and soon Annand could not see the three goats at all. He knew that something had to be done, so he decided to go after them. Surely he could get them and come back to the trail.

As he began to leave the trail, he remembered what his father had said, “Annand, you must never leave the mountain trail.”

Annand knew he must obey his father, so he sat down and once again began to call for Summa. Suddenly, he heard a rustle in the grass. He looked up to see the she goat and her two little ones. They had come to him after all.

Annand herded them back down the trail, where he met his father coming after him. Together they took the goats home with Numie in the lead.

The next day Annand took his father back to the place where he had waited for Summa. Annand’s father took him around the nearby brush and showed him a steep ledge. Annand might have fallen off the ledge had he gone after Summa. Annand was thankful in his heart that he had obeyed and honored his father.

Discussion

- How do you think Annand felt about his father? (He loved him.)
- How did Annand show love for his father? (He obeyed him by not leaving the trail.)
- How did obeying his father help Annand? (He stayed on the trail and was safe.)

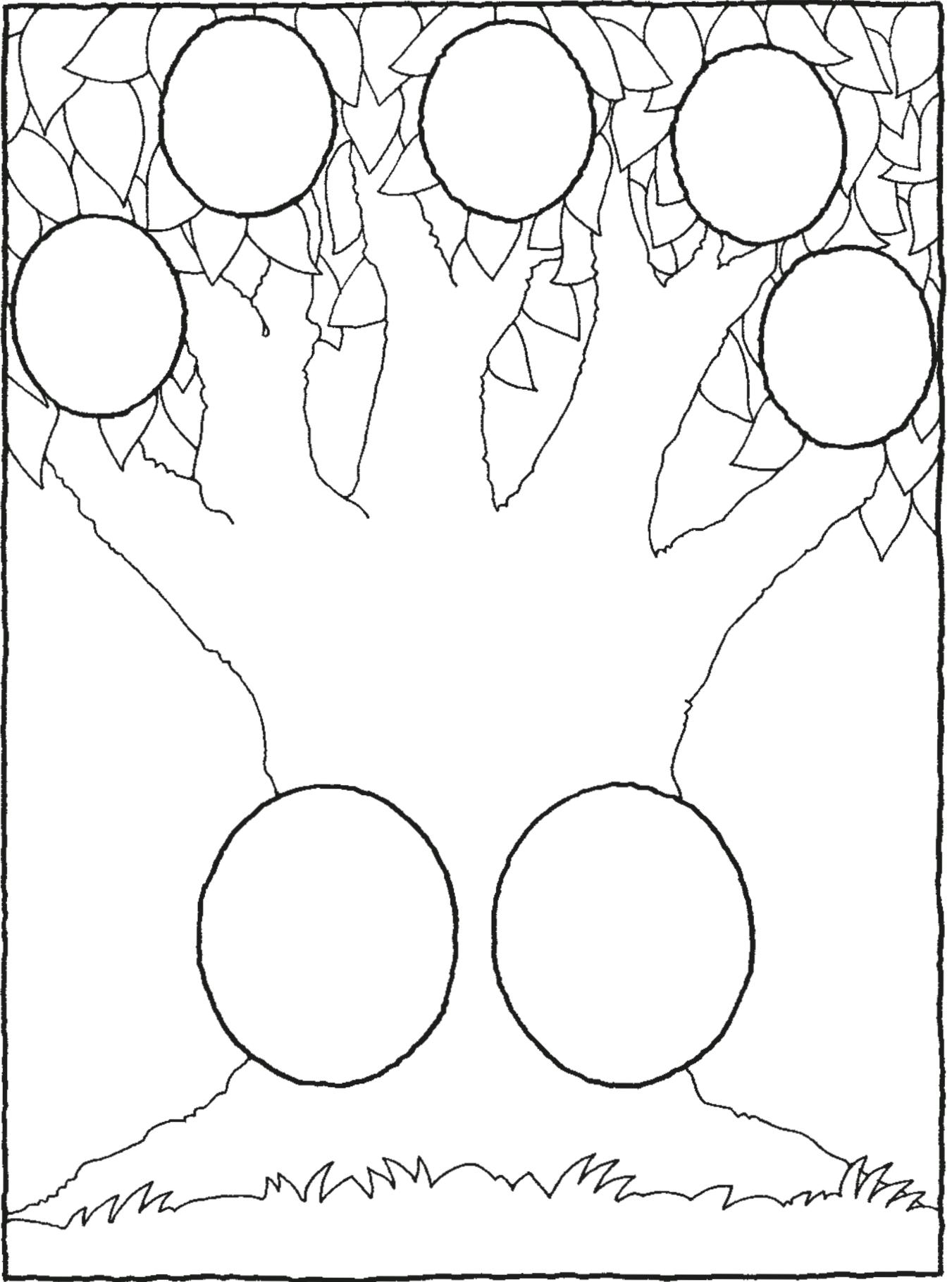
Explain that sometimes we can’t understand why our parents tell us to do certain things. Righteous parents love their children and want what is best for them. Children should obey their parents and do what they ask them to do. When we obey our parents, we are showing our love for them.

Song	Sing or say the words to “A Happy Family.”
Scripture story and pictures	<p data-bbox="416 186 1062 218">Moroni Showed Love for His Father, Mormon</p> <p data-bbox="416 239 1422 338">Tell the children that the Book of Mormon has several stories about men who showed love for their parents by being obedient and helpful. One story was about the prophet Moroni.</p> <p data-bbox="416 363 1453 531">Display picture 3-35, Moroni Hides the Plates in the Hill Cumorah. Ask the children what they know about the picture. Tell them that Moroni buried the gold plates. Years later, he returned as an angel to Joseph Smith to show him where they were. Moroni’s father was the prophet Mormon. Next to the picture of Moroni, display picture 3-34, Mormon Abridging the Plates.</p> <p data-bbox="416 556 1430 758">Explain that Mormon was chosen by Heavenly Father to gather the histories together and record them on the plates. He had always shown his love for Heavenly Father by doing whatever he was asked to do. He taught his son, Moroni, to do the same. Mormon loved Moroni and wanted him to be happy. He knew that loving and obeying Heavenly Father would help Moroni to be happy.</p> <p data-bbox="416 783 1406 846">Even after Moroni was a man, Mormon continued to teach his son to love Heavenly Father. Moroni loved his father and wanted to follow his example.</p> <p data-bbox="416 871 1422 999">Because of the great love he had for his father, Moroni obeyed his father’s teachings. He wrote down what his father taught him so that all the world would know the teachings of his father. Mormon died before the gold plates were finished, so Moroni took the record and finished it.</p>
Scripture and discussion	<p data-bbox="416 1024 823 1056">Read Mormon 8:1 to the class.</p> <ul data-bbox="416 1077 1414 1161" style="list-style-type: none"> <li data-bbox="416 1077 1182 1108">• Why did Moroni obey Mormon? (Because he loved him.) <li data-bbox="416 1129 1414 1161">• How did Moroni show love for his father? (By being obedient and helpful.)
Discussion	<p data-bbox="416 1199 552 1230">Summary</p> <ul data-bbox="416 1251 1461 1524" style="list-style-type: none"> <li data-bbox="416 1251 1326 1314">• Why did Heavenly Father give us parents? (To love us, teach us the commandments, and take care of us.) <li data-bbox="416 1335 1414 1398">• How can we show our parents that we love them? (By being obedient and helpful.) <li data-bbox="416 1419 1461 1524">• In what ways were the stories of Annand, Emma, and Moroni alike? (In all these stories, the characters showed love for their parents by being obedient and helpful.)
Teacher testimony	<p data-bbox="416 1545 1430 1644">Bear your testimony about the importance of parents and the blessings that can come when we show love for them. Invite the children to choose one way in which they could show their love for their parents during the next week.</p> <p data-bbox="416 1665 935 1698">Invite a child to give the closing prayer.</p>

**Enrichment
Activities**

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Sing as a class “Families Can Be Together Forever” (*Children’s Songbook*, p. 188); the words are included at the back of this manual.
2. Have the children draw a picture of how they could show love for their parents.
3. Play “Teacher, May I” with the children. Have them all stand in a line facing you. Make statements such as “(child’s name), help your mother do the dishes.” The child must say, “Teacher, may I help my mother with the dishes?” or something similar. If the child says this, you say, “Take one giant step forward,” and the child steps towards you. If the child steps forward without first asking the question, then he must take a step backward, or away from you. The first child able to touch your hand wins.



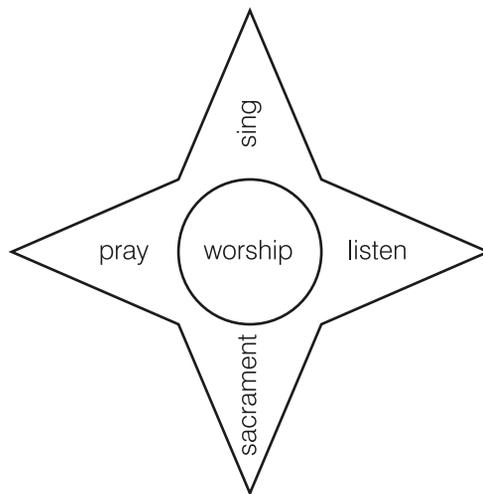
Worshiping at Church

Lesson
40

Purpose To strengthen the children's desire to worship at church.

Preparation

1. Prayerfully study Exodus 20:8 and Doctrine and Covenants 25:12.
2. Prepare a four-pointed star as illustrated. Place it in the paper bag for use in the game.



3. Prepare to help the children sing or say the words to "When I Go to Church" (*Children's Songbook*, p. 157).
4. Materials needed:
 - a. A Doctrine and Covenants.
 - b. A paper bag.
 - c. Picture 3-25, Going to Church; picture 3-59, Passing the Sacrament (62021); picture 3-64, Praying at Church; picture 3-65, Singing at Church; picture 3-66, Listening at Church; picture 3-67, President Spencer W. Kimball.
 - d. Chalk, chalkboard, and eraser.
5. Make the necessary preparations for any enrichment activities that you will be using.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Sunday Is a Special Day

Attention activity

Help the children sing or say the words to “When I Go to Church.”

I always have a happy feeling
When I go to church.
The organ plays so soft and sweet;
I tiptoe softly to my seat.
My teachers and my friends I greet
When I go to church.

I like to raise my voice in singing
When I go to church.
I fold my arms and bow my head,
Then listen while the prayer is said;
I do not talk but think instead
When I go to church.

I learn about my Heav'nly Father
When I go to church.
I thank him for each flow'r and tree,
For home and friends and family,
For all the lovely things I see
When I go to church.

Explain that Heavenly Father knew we needed a time each week when we could learn more about him and Jesus Christ. He made Sunday a special day for us, a day when we go to sacrament meeting and Primary. He wants Sunday to be a happy day, one that we look forward to. When we choose to go to church, we are choosing the right.

Church Is a Special Place

Story and discussion

Tell the children about a boy who had a problem that almost made him stop coming to church. His name was Vaughn Featherstone, and he later became a General Authority. Introduce the story by explaining that when Vaughn Featherstone was young, his family was quite poor and couldn't afford much clothing.

“I had a pair of shoes that I'd wear to church. They weren't the best shoes. They had holes in the bottom sole, so I'd cut out pieces of cardboard [from a cereal box] and slide them in as an insole. When I went to church I would sit with both feet flat on the floor; I didn't want to raise one leg and have someone see [the printing on the cardboard from a cereal box] across the bottom of my shoe. I'd go off to church that way, and everything was fine until those shoes wore out. Then I didn't know what I would do. I remember it was Saturday, and I thought, 'I've got to go to church. Over at church I am somebody. They really care about me.' I remember thinking that through, and I went to a little box of shoes some neighbors had given us. I went through them, but I could find only one pair of shoes that would fit me. . . . They were a pair of women's nurses' shoes. I thought, 'How can I wear those? They'll laugh me to scorn over at church.' And so I decided I wouldn't wear them, and I wouldn't go to church.”

- How would you feel if you had been in Brother Featherstone's place?
- What would you have done?

Let several children respond; then continue with the story:

“I went through that night, and the next morning . . . I knew I had to go! . . . I decided what to do. I would run over there very early and sit down close to the front before anybody got there. I thought, ‘I’ll put my feet back under the pew [bench] so no one can see them, and then I’ll wait till everyone leaves. After they’re gone I’ll come running home half an hour later or something.’ That was my plan. I dashed over to church half an hour early, and it worked. Nobody was there. I put my feet back under the bench. Pretty soon everyone came in, and then all of a sudden someone announced: ‘We will now be separated for classes.’ I had forgotten you had to go to class. . . . I was terrified. The ushers started coming down the aisle, they got to our row, and everybody got up and left. But I just sat there. I couldn’t move. I knew I couldn’t for fear that someone would see my shoes. But the social pressure was intense. That whole meeting just seemed to stop and wait until I moved, so I had to move. I got up and just followed the class downstairs.

“I think I learned the greatest lesson I have ever learned in my life that day. I went downstairs, and the teacher had us sit in a big half-circle. Each of my shoes felt two feet in diameter. I can’t tell you how embarrassed I was. I watched, but, do you know, not one of those eight- and nine-year-old children in that class laughed at me. Not one of them looked at me. No one pointed at my shoes. My teacher didn’t look. I was looking all the time. I was watching everybody to see if anyone was looking at me. . . . Of course they saw those nurses’ shoes that I had to wear to church. But they had the fine instinct not to laugh” (Vaughn J. Featherstone, “Acres of Diamonds,” in *Speeches of the Year, 1974* [Provo: Brigham Young University Press, 1975], pp. 351–52).

- Why was Brother Featherstone willing to wear the nurse’s shoes to church when he was a boy? (Because he wanted so much to go to church.)

Explain that young Vaughn Featherstone knew it was important to attend church. He was happy to go to church every week, even though his family could not afford good shoes for him. He decided going to church was more important, even if he didn’t have nice shoes.

We Attend Church to Worship Heavenly Father and Jesus Christ

Chalkboard
and pictures

Explain that all over the world boys and girls and their parents attend church each Sunday. When we attend church and participate by listening and learning, we are worshiping Heavenly Father and Jesus Christ. Display picture 3-25, *Going to Church*. Explain that they are going to worship.

Print *Worship* on the chalkboard.

Explain that there are many ways that we can worship at Church. Display picture 3-59, *Passing the Sacrament*.

Remind the children that when we take the sacrament, we are remembering Jesus Christ. If we have been baptized, we are renewing the covenants we made to always remember him and to obey his commandments. Taking the sacrament is one of the most important ways we worship while attending church.

Display picture 3-65, *Singing at Church*, next to the picture of the sacrament.

Scripture	<p>Point out that when we sing a hymn with feeling, we are expressing our love to Heavenly Father and Jesus Christ. If we do not sing, we are missing an opportunity to worship them.</p> <p>Read Doctrine and Covenants 25:12 to the children. Emphasize that Heavenly Father is pleased when we sing hymns and sacred songs to him.</p>
Picture activity	<p>Display picture 3-64, Praying at Church, next to the picture of singing.</p> <p>Explain that we hear many prayers when we are at church. Remind the children that when another person is offering a prayer, we should close our eyes, bow our heads, and listen to what is said.</p> <ul style="list-style-type: none"> • What do we say at the end of a prayer? (Amen.) • Why do we say “amen”? (To show we agree and support what has been said.) <p>Point out that during the sacrament service we can pray silently. While we are thinking about Jesus Christ, we could ask Heavenly Father to help us choose the right and obey the commandments.</p> <p>Display picture 3-66, Listening at Church, next to the picture of prayer.</p>
Activity discussion	<ul style="list-style-type: none"> • How can we show we are listening at Church? (By sitting reverently, by not talking, and by looking at the speaker or teacher.) <p>Challenge the children to name some of the people we should listen to while at church. Instruct them to hold up a finger for each idea. Possible responses include: a speaker in Primary or sacrament meeting, the young man blessing the sacrament, someone who prays in class or in a meeting, and a teacher.</p>
Story	<p>Display picture 3-67, President Spencer W. Kimball. Explain that he was a prophet and the twelfth President of the Church. Tell the following story about him.</p> <p>President Spencer W. Kimball was just a boy when he heard a Church leader from Salt Lake City tell the congregation that they should read the scriptures. He realized that he had never read the Bible, so he set a goal that he would read it.</p> <p>Spencer went home and climbed up to his little attic room and lighted a little coal-oil lamp and read the first chapters of Genesis that very night. Although it was difficult, he knew that if others did it, he could do it too.</p> <p>A year later he had read every chapter in the Bible. When he had finished, he had a good feeling that he had made a goal and that he had achieved it. (See Spencer W. Kimball, “Planning for a Full and Abundant Life,” <i>Ensign</i>, May 1974, p. 88.)</p> <ul style="list-style-type: none"> • Why did Spencer W. Kimball decide to read the Bible? (Because he heard a speaker at Church suggest that everyone should read the scriptures.) • What have you heard from a speaker at Church that interested you or helped you keep a commandment or learn more about the gospel?
Summary	
Game	<p>Show the star that you have prepared. Point out that the four ways to worship that you have talked about today are printed on it. Explain that you will put the</p>

star into a paper bag and give each child an opportunity to pull the star out of the bag. They are then to answer the following statements about the word on the point of the star they are holding.

Following are some suggested statements. Ask the same question each time the same point is chosen. Since there are many different responses for each statement, this game could be repeated to give each child several opportunities to participate.

Listen: Who are some people we should listen to at church? (The bishopric, the priest blessing the sacrament, members giving talks, and Primary teachers.)

Sing: Name one song you like to sing at church. (You might want the class to sing the song that the child has selected.)

Pray: Name one time we offer a prayer at Church. (Opening prayer, the blessing on the bread, the blessing on the water, closing prayer, silent prayers, or opening and closing prayers in Primary.)

Sacrament: Name one thing you can do during the sacrament. (Think of Jesus Christ, pray, sit reverently, listen to the prayers, or remember the baptismal covenants.)

Teacher testimony

Bear your testimony that great blessings of peace, increased gospel understanding, and closeness to Heavenly Father and Jesus Christ can come from choosing to worship in the right way. Invite the children to listen more carefully in their next meeting.

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Prepare a handkerchief with a button tied into one corner. Tell the children that you are going to drop the handkerchief. Tell them to raise their hands if they hear it fall. Compliment those who raised their hands because they listened so well. Take the button out of the corner and drop the handkerchief again. Ask the children to raise their hands if they hear it this time.

Tell the children that they should always listen as carefully as they listened to the handkerchief fall. Whenever someone stands to speak to them, whether it is the bishop or the Primary president or a Primary child giving a talk, they need to listen. When their teachers stand before them in their classrooms, it is a signal to listen so that they can hear what the teachers say. Remind the children that they should never miss hearing something important, so they should listen carefully to what is being said.

2. Tell the following story:

Karen liked to go to Primary. One Sunday, Karen's father asked, “What did you learn in Primary today, Karen?” Karen thought a moment; then she said, “I can't remember, Daddy.” As she thought, she remembered that throughout Primary she had been thinking how wonderful it would be at Sally's birthday party the next day. She hadn't listened at all in Primary!

Her father said, "Karen, I am glad that you go to Primary, but Mother and I also want you to be reverent while you are there."

"But, Daddy, I was very quiet!"

"I'm glad you were quiet, Karen, but that is only part of being reverent. You also need to listen and participate in everything. When the prayer is said, you should think about it as though you were saying the prayer yourself and then say amen. When you sing, you should think about the words of the song. You should listen carefully to your teacher. When you participate in everything, you will feel close to Heavenly Father. That is being reverent."

3. If there is a child in your class who is absent or less active, take some time with the class to prepare a letter to that child. Have the children help you by suggesting things they do at church that the child has been missing. Write in the letter that you and the children miss seeing the child in class. Have each member of the class sign the letter. Have the letter delivered.
4. Help the children sing or say the words to "The Chapel Doors" (*Children's Songbook*, p. 156).

The chapel doors seem to say to me,

"Sh, be still."

For this is a reverent place to be,

"Sh, be still."

We gather here on the Sabbath day

To learn of Jesus, to sing and pray.

So when we come through the chapel doors,

"Sh, be still."

Fasting Brings Us Closer to Heavenly Father and Jesus Christ

Lesson
41

Purpose To help the children understand that fasting can bring them closer to Heavenly Father and Jesus Christ and that they can fast and pray for special blessings.

Preparation

1. Prayerfully study Mark 9:17–29 and Doctrine and Covenants 88:76.
2. It would be best to teach this lesson on a Sunday just before a fast Sunday.
3. If available in your area, prepare to show “The Law of the Fast” (4 minutes, 10 seconds) on *Family Home Evening Video Supplement* (53276).
4. Materials needed: prepare the following questions on strips of paper and place them in a container:
 - What does it mean to fast?
 - Who should fast?
 - When we fast and give our money to the bishop or branch president, what is the money called?
 - What does the bishop do with our fast offerings?
 - What are some reasons for fasting?
 - How does fasting help us?
 - When is fast Sunday?
 - What does fasting show Heavenly Father and Jesus Christ?
 - Would you be willing to fast if you or someone you love needed help?
5. Make the necessary preparations for any enrichment activities that you will be using.

Suggested Lesson Development

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Fasting Means Going without Food and Drink for a Righteous Purpose

Attention activity

Show the children “The Law of the Fast.”

Tell the following incident in your own words:

On one Sunday morning Phillip hurried into the kitchen where his mother was busy studying the scriptures.

“What’s for breakfast?” he asked. “I’m hungry.”

Phillip’s mother looked at him sadly and said, “Your father is not doing very well.”

Phillip’s father had been injured in an accident, and he lay sick in the hospital, unable to move.

“I thought he was getting better,” Phillip answered as his eyes filled with tears.

“Your father needs our faith and prayers today, Phillip,” his mother spoke softly. “We need to become close to Heavenly Father and Jesus Christ now as we pray for your father to get well.”

“To do this,” Phillip’s mother continued, “we will not eat some of our meals today. We will go without food and drink. Would you be willing to do that for your father?”

“Yes, I would,” Phillip answered.

- What do we call going without food and drink for a righteous purpose? (Fasting.)

Explain that by fasting, we show Heavenly Father and Jesus Christ that we love them and trust them to help us and to answer our prayers.

Heavenly Father and Jesus Christ know it is hard for us to fast. They know that when we fast, our prayers are sincere and we really need their help.

Discussion

Explain that little children and people who are sick are not expected to fast. We begin to fast after we are baptized. Explain that because this is a requirement for those who are baptized, they should start to consider fasting about the time that they are old enough to be baptized.

Explain to the children that on at least one Sunday each month the members of the Church are asked to fast for two meals. During this time, we do not eat or drink. We call this special day each month fast Sunday.

Explain that our latter-day prophets have also asked us to give to those in need. They have asked us to give to the Church at least the amount of money that we save by not eating or drinking while we fast. The money that we give is called a fast offering, and it is used to help buy food and clothing for the poor and needy.

- What are fast offerings? (Money donated to the Church to help the poor.)
- What is this money used for? (To buy food, clothing, and other necessities for the poor and needy.)

Explain that we can fast and pray for help anytime, just as Phillip and his family did for Phillip’s father. We and those we love need Heavenly Father’s help all the time, but there are times when we have a particularly difficult problem to solve, or someone in our family is very ill. That is when we fast other than on fast Sunday.

Scripture story

Point out that Jesus Christ knew how helpful prayer and fasting can be. Tell the following story from Mark 9:17–29 in your own words. After you have finished telling the story, you might want the children to role-play it.

One day Jesus Christ and his disciples were together, and a large group of people had crowded around them. One man came through the crowd to Jesus. This man told Jesus the sad story of his son who had been very ill for many years. This man had asked Christ's disciples to bless the boy, but their blessings had not healed him. With tears in his eyes, the father asked Jesus to heal his son. He knew his son could be healed. Jesus blessed the sick boy, took him by the hand, and raised him to his feet. The boy was healed.

The disciples were amazed. After the man had taken his son away, the disciples asked Jesus why their blessing had not cured the boy. He answered that in order to heal this boy, they needed to do more than pray. They also needed to fast.

Tell the children that Heavenly Father always hears our prayers, but when we are willing to fast, we show Heavenly Father and Jesus Christ that we truly have faith in them.

Fasting Can Help Us Feel Closer to Heavenly Father and Jesus Christ

Teacher
presentation

Point out that when we are willing to pray and fast, we show Heavenly Father and Jesus Christ that we love them and that we are trying to be close to them so that we can receive their help.

Stories and
discussion

To help the children realize how fasting and prayer can bring them closer to Heavenly Father and Jesus Christ, ask them to listen to the following stories.

Tell the following story in your own words:

It was spring and the farmers in the valley were worried. It had been a dry winter, and they needed rain so they could plant their crops.

The stake president decided to hold a special fast, and he asked each bishop to announce it to the members in his ward. He knew the people needed to draw closer to Heavenly Father and Jesus before they could receive the special help they needed. People from everywhere in the stake came to a meeting to join in praying and fasting. They prayed for rain or snow so they could plant their crops and they would grow. They waited and waited, but the moisture they needed did not come.

Months went by. The people continued to fast and pray. Finally, the stake president called another meeting. "Plant your crops," he told the people. "Heavenly Father has heard your prayers."

Even though the farmers had not seen any signs of rain, they did as they were directed. Within a few weeks, Heavenly Father's answer came. Day after day the rain fell, giving the crops the moisture they needed to grow. That year the farmers had one of the best crops they had ever seen. (See David Carl Danielson, "Rain in Due Season," *Ensign*, July 1978, pp. 68–69.)

- Why did the local Church leaders ask the people to fast and pray?
- How did fasting and prayer help them? (It brought them closer to Heavenly Father and Jesus Christ. They received the rain they needed for their crops to grow.)

Now tell the second story:

Rhonda, a young girl, was injured in an automobile accident. When her family heard the bad news, they rushed to her side at the hospital. She was in a coma, which means that she was unable to speak or move.

Day after day her family waited at the hospital, hoping and praying that she would be well again. But somehow, their prayers didn't seem to be enough. They wanted to feel closer to Heavenly Father and Jesus Christ, to show them their love and ask them to heal their daughter.

The family decided to fast and pray. All of their relatives, neighbors, and friends wanted to join them in the fast. The bishop announced the fast at church, and many in the ward fasted with them. They felt close to Heavenly Father and Jesus Christ and knew that Heavenly Father would help them if it was best for Rhonda.

Later, while kneeling in prayer, Rhonda's parents had a feeling that their daughter would recover. As they entered her hospital room that morning, she looked up and spoke to them. Later she was able to sit up in bed and eat. Rhonda was going to recover. The bishop also told the family that because of that fast, the people of the ward had grown closer together and had shown more love for each other than ever before.

- What happened as a result of this special fast? (The girl was blessed and made well. The people in the ward grew closer and showed more love for each other.)

Remind the children that sometimes Heavenly Father has other plans for those who are sick or injured. When they do not get well following fasting and prayer, we need to accept Heavenly Father's will, knowing that his knowledge is much greater than our own.

Teacher testimony

Bear testimony of the importance of fasting by sharing an experience that would encourage the children to want to fast. This could be a personal experience or something that happened to someone you know. Explain that to fast and pray willingly is one of the most important ways to show Heavenly Father and Jesus Christ that we want to feel closer to them and receive their help.

Let the children tell of any experiences they know about fasting.

Summary

Discussion

Help the children review what they have learned about fasting and prayer. Have each child take a question from the container you have prepared and try to answer it.

- What does it mean to fast? (To go without food or drink for a righteous purpose.)
- Who should fast? (Everyone who can.)
- When we fast and give our money to the bishop or branch president, what is the money called? (Fast offerings.)
- What does the bishop do with our fast offerings? (He uses them to help the poor and needy.)
- What are some reasons for fasting? (To draw closer to Heavenly Father. To receive help from Heavenly Father. To help others. It is a commandment.)

- How does fasting help us? (It helps us feel closer to Heavenly Father and Jesus Christ.)
- When is fast Sunday? (It is usually the first Sunday of the month.)
- What does fasting show Heavenly Father and Jesus Christ? (That our prayers are sincere and that we have faith in them.)
- Would you be willing to fast if you or someone you love needed help?

Invite the children to talk to their parents about fasting and to decide when and how long they should fast.

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. For younger children, the following story and discussion might be useful:

JoAnn’s father had been on a long trip. When he returned, JoAnn was happy to see him. She gave him a big hug and kiss, and he handed her a small bag of special candy from the city where he had been.

JoAnn took the bag and ran into the backyard, where her little neighbor Danny was playing. Mother was tending Danny while his mother was sick.

“Look!” JoAnn shouted. “Look what my daddy brought me.”

Danny looked into the bag.

- What do you think JoAnn did next?

Do you think she said, “You can’t have any, “ or do you think she said, “I want you to have some”?”

How would Danny feel if she said, “You can’t have any”?” What would her daddy think if she said that? Would he be happy or sad?

If she said, “I want you to have some,” would Danny be happy? Would her father be happy? Would our Heavenly Father be happy? Would JoAnn be happy?

Well, JoAnn did say, “I want you to have some,” and everyone was happy.

On fast Sunday you can share just as JoAnn did. You can go without breakfast, and by not eating (mention the foods the children usually eat), you can save money for your parents. Then they can give this amount to the bishop, and he will give it to someone who is hungry.

- Will this make the people who need food happy?
- Will it make you happy?

2. Have the children draw a picture of someone they might want to fast for.

Purpose	To strengthen the children's desire to pay tithing.
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Preparation	<ol style="list-style-type: none"> 1. Prayerfully study Doctrine and Covenants 119:3–4 and Malachi 3:10. 2. Prepare to help the children sing or say the words to "I Want to Give the Lord My Tenth" (<i>Children's Songbook</i>, p. 150). 3. Materials needed: <ol style="list-style-type: none"> a. A Bible and a Doctrine and Covenants. b. Obtain a picture of the temple in your area. c. A tithing and other offerings envelope and form for you and each child. d. A pencil for each child. e. Ten coins of the same value. f. A bottle. g. Ten apples (or other fruit) or objects. h. Picture 3-26, Child Paying Tithing; picture 3-62, Portland Oregon Temple (62617); picture 3-68, People Doing Family History; and picture 3-69, Missionaries Tracting (62611). 4. Make the necessary preparations for any enrichment activities that you will be using.
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Suggested Lesson Development	<p>Invite a child to give the opening prayer.</p> <p>Follow up with the children if you encouraged them to do something during the week.</p> <p>The Law of Tithing</p>
Attention activity	<p>Display the ten apples (or other objects) where all can see.</p> <ul style="list-style-type: none"> • If I were to give you these ten apples and then ask you for only one of them back, would you be willing to give it to me? Raise your hand if you would. • Who made it possible for apples to grow? • Who made the earth?
Teacher presentation	<p>Emphasize that this world and everything good in it have been given to us by Heavenly Father and Jesus Christ. They love and care for each of us. We can show our appreciation for their love and goodness by obeying their commandments and doing our part to help strengthen the Church.</p> <p>Explain that this lesson is about an important commandment. When we obey this commandment, we help the Church grow.</p>

Ask the children to listen as you read Doctrine and Covenants 119:3–4.

- What commandment are we going to discuss? (Tithing.)
- What is tithing?

Object lesson

Review the concept that tithing means one-tenth. Show the children ten coins.

- If a person earned this much money, how much tithing should that person pay?

Let a child come up and pick one coin for tithing.

Explain that Heavenly Father and Jesus Christ have asked Church members to give one-tenth of the money they earn to the Church for tithing. Since everything we have comes in one way or another from Heavenly Father, paying tithing is really just giving one tenth back to him. Tithing belongs to Heavenly Father, and we should not keep it from him.

How Tithing Is Paid

Activity

Show a tithing and other offerings envelope. Explain where the tithing and other offerings envelopes and forms can be found in your ward meetinghouse. These envelopes are usually found near the bishop's office. They are used in paying tithing.

Pass out a tithing and other offerings envelope and form and a pencil to each child. Show the children where to write their names and write the amount of tithing being paid.

Explain that when they pay their tithing, they should fill out the form, place the money in the envelope, seal it, print their name on the front, and give it to the bishop or one of his counselors.

Have the children print their names on the front of the envelopes.

Emphasize how important it is to pay one-tenth of any money we earn or receive to the bishop for tithing.

- Many of you have paid tithing. Would you like to relate your experience?

Tithing Is Used to Help Jesus Christ's Church Grow

Pictures and discussion

Display picture 3-26, Child Paying Tithing. Explain what happens to the tithing after the bishop receives it. It is counted, and the tithing is sent to Church headquarters. The leaders of the Church then use it in different ways to help the Church grow, such as building temples and meetinghouses, providing materials for us to study, and for seminaries to help us learn the gospel.

Tell the children you are going to show them what our Church leaders do with the tithing money, the Lord's tenth. Take one of the apples and cut it into enough pieces for each class member to have a piece, and have them eat it. Explain that, in a similar way, the tithing we pay can help many people.

Our tithing is combined with the tithing of other members to help the Church all over the world. It comes back to us in many ways.

Bring out the following points, and show the corresponding pictures:

1. Tithing money pays the expenses for building and maintaining meetinghouses, temples, and other Church buildings.
2. Some tithing money pays for family history and temple work.
3. Some tithing money is used to support missionary work.

Explain that tithing also helps pay for many other things, such as seminary and institute programs. It is a privilege and blessing to pay tithing. We should feel good knowing that the money we give for tithing helps the Church.

Story

Have the children listen to the following story to see how one person's tithing was used to help the Church:

Brother Wilson was a pioneer. He had a good team of oxen. These animals helped Brother Wilson plow his farm.

Once when it came time to pay his tithing, Brother Wilson discovered that there was not enough money. He did not want to pay just part of his tithing. He wanted to pay the full amount.

Finally he decided that he would give his favorite ox for tithing, even though it meant he would have only one ox.

Brother Wilson gave the ox to the bishop. The bishop gave Brother Wilson a receipt for his tithing. Brother Wilson felt sad to give up his ox. But because he loved Heavenly Father and Jesus Christ, he was happy he had given his ox to the Church as tithing.

Brother Wilson often thought about the ox he had given as tithing. He wondered just how his ox was used to help the Church. Then one day he was in Salt Lake City where the temple was being built. He noticed two fine oxen pulling heavy stone blocks. He was so interested in watching the oxen at work that he moved closer for a better look. To his surprise and delight he recognized that one of them was his favorite old ox. How happy Brother Wilson felt to know that the ox he had given as tithing was helping to build the temple!

From then on, paying tithing made Brother Wilson even happier. He thought of the many ways his tithing was used to help the Church.

Explain that although we usually don't see how our tithing is used, as Brother Wilson did, we know that our tithing is used to help the Church.

We Should Pay Our Tithing Willingly

Song

Teach the children the words to "I Want to Give the Lord My Tenth."

I want to give the Lord my tenth,
 For ev'ry time I do
 It makes me think of all the gifts
 He gives to me and you.

He gives us life, this lovely world.
 And though my tenth seems small,
 It shows my faith and gratitude
 To him, the Lord of all.

- Who is pleased when we pay our tithing? (Heavenly Father and Jesus Christ.)

- What do we show Heavenly Father when we pay our tithing? (That we love him and are grateful for the things he gives us.)

Have the children repeat the first verse of the song. Point out that when we pay our tithing, we show Heavenly Father that we love him. Emphasize how happy Heavenly Father and Jesus Christ are when we pay our tithing, especially when we pay it willingly.

We Are Blessed When We Pay Our Tithing

Scripture reading

Tell the children that Heavenly Father and Jesus Christ have promised to bless us if we pay our tithing.

Read Malachi 3:10.

- What do you think it means when Heavenly Father promises to open the windows of heaven and bless us?

Explain that blessings come to those who pay their tithing. President Heber J. Grant, one of our latter-day prophets, said that we would be blessed with a greater knowledge of Heavenly Father and Jesus Christ, a stronger testimony, and an increased ability to obey the commandments (see Conference Report, Apr. 1925, p. 10). Other latter-day prophets have also told us that when we pay our tithing, we will prosper. *Prosper* means that we will be blessed with material needs such as food and shelter.

- Would you like these blessings?

Point out that Heavenly Father blesses all people who pay their tithing. Tell the children that their Heavenly Father loves them, and though he may not bless them all in the same way, when they pay their tithing he will bless them in the ways that are best for them.

Emphasize that we should be faithful, pay an honest and full tithing, and trust in Heavenly Father.

Summary

Game

Help the children arrange their chairs in a circle, or have them sit in a circle on the floor. Play spin the bottle. Place a bottle in the center of the circle of chairs. Spin the bottle. The child at whom the bottle points after it stops will be given the chance to agree or disagree. Then that child will spin the bottle.

If time permits, you may wish to replay the game.

Read the following statements. If the person disagrees, have the children supply the correct information.

1. It is a commandment to pay tithing. (Agree.)
2. Tithing means one-fifth. (Disagree. Tithing means one-tenth.)
3. We pay our tithing to the Church. (Agree.)
4. Tithing is used to help build Church buildings. (Agree.)
5. Tithing is used to help support missionary work, print books, and help with family history and temple work. (Agree.)
6. It doesn't matter if we pay tithing. (Disagree.)

	7. Heavenly Father and Jesus bless us when we pay our tithing. (Agree.)
Teacher testimony	Conclude the lesson by bearing your testimony of the blessings of paying tithing. Encourage the children to always choose the right and pay their tithing gladly.
Handouts	Return the tithing and other offerings envelopes to the children at the end of Primary. Invite a child to give the closing prayer.

**Enrichment
Activities**

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Help the children prepare a special place where they can keep their tithing money separate from the rest of their money. It could be a box, a small jar or can, or an envelope. Tell them that each time they earn money, they should first take the amount needed to pay tithing and place it in their special container.
2. Invite the ward or branch financial clerk into your class to explain what happens to tithing after the bishop or branch president receives it.
3. Show the video presentation “Windows of Heaven,” found on *Beginning Course Videocassette 2* (53178).
4. Prepare a paper for each child. Label one side of the paper “Heavenly Father’s” and the other side “Mine.” Let the children draw nine objects (coins, apples, etc.) on their side of the paper and one object on the side of the paper marked “Heavenly Father’s.”

Honoring the Names of Heavenly Father and Jesus Christ

Lesson
43

Purpose To help each child honor and respect the names of Heavenly Father and Jesus Christ.

Preparation

1. Prayerfully study and be prepared to read Mosiah 13:15, ending with the word *vain* the first time it appears, and 1 Samuel 3:1–10, 19–20.
2. Bring a doll wrapped in a small blanket (or use a rolled blanket or towel) to represent a tiny baby.
3. Materials needed:
 - a. A Book of Mormon.
 - b. Chalk, chalkboard, and eraser.
 - c. Picture 3-47, Abinadi before King Noah (62042; Gospel Art Picture Kit 308); picture 3-67, President Spencer W. Kimball; picture 3-70, Boy Samuel Called by the Lord (62498; Gospel Art Picture Kit 111).
4. Make the necessary preparations for any enrichment activities that you will be using.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Names Are Important

Attention activity

Pretend to smile at and cradle a tiny baby (doll or blanket) in your arms. Look up and tell the children: “When you were a tiny new baby, your parents chose a name for you. It is a name they loved and wanted you to have.”

- Do you know why your parents gave you your particular name? (Allow each child to respond. Some may be named for relatives or ancestors or for some other special reason. Help all the children feel good about their names, whether the children know why they received those names or not.)
- How do you feel when people say your name angrily, make fun of it, or say it incorrectly?

Explain that names are very important. People recognize us by our names. A name identifies a person.

Discussion

Remind the children that Heavenly Father and Jesus Christ know our names. Remind them that the very first word Heavenly Father said to the boy Joseph Smith in the Sacred Grove was a name, “Joseph.” Heavenly Father called him by name. You could also display picture 3-70, Boy Samuel Called by the Lord,

and tell the Bible story of the boy Samuel (see 1 Samuel 3:1–10, 19–20), in which the Lord called Samuel by name.

Explain that a name identifies a person. As soon as you hear the name of someone you know, you think of that person. It is an important occasion when a baby is given a name. The baby is surrounded by Melchizedek Priesthood holders and given a name and a blessing.

- When you hear the name of our bishop (say the name of your bishop or branch president), what kind of person do you think of? (Allow responses, encouraging the children to think of positive things.)

You might want to repeat this activity two or three times, using the names of good people whom the children know.

Chalkboard discussion

Print the name *Jesus Christ* on the chalkboard, or tell the children you are going to say a very special name. Say “Jesus Christ” reverently and respectfully. Then have the children say the name with you.

- What kind of person do you think of when you hear or see this name?

Print the name *Heavenly Father* on the chalkboard, or say it aloud as you did with the Savior’s name. Have the children say it with you.

- What kind of person do you think of when you hear or see this name? (A person who is loving and has given us many things.)

Explain that Heavenly Father and Jesus Christ have done many things for us. We love them. When we hear their names, we often think of the many good things they have done. We feel love and gratitude when we think of them.

We honor and respect those we love. We show honor and respect for them by using their names in a kind and loving way.

Article of faith

Help the children say together the first article of faith.

We Are Commanded to Honor the Names of Heavenly Father and Jesus Christ

Picture discussion

Show picture 3-47, Abinadi before King Noah.

- What is happening in this picture?

Explain that when the prophet Abinadi was teaching the people, he told them about the Ten Commandments, which came from God.

The Ten Commandments are a guide to help us live the right way. The third commandment tells us that we should honor and respect the names of Heavenly Father and Jesus Christ.

Scripture discussion

Have the children listen as you read the third commandment. Read Mosiah 13:15, stopping after the word *vain* the first time it appears in the verse.

Explain that “in vain” means to use the names of Heavenly Father and Jesus Christ in a disrespectful way or when they are not really thinking of Heavenly Father and Jesus Christ.

Have the children repeat the words of the scripture with you.

- What are some other names we use when we mean Heavenly Father or Jesus? (God, Father in Heaven, Jehovah, the Lord, Christ, the Savior.)

Help the children understand that whenever we use any of these names, we should speak respectfully. These names should never be spoken in anger or in a joking manner. Someone who uses these names this way is swearing. These names should never be used as swear words. We should use the names of Heavenly Father and Jesus Christ only when we are praying or talking about them in a respectful way.

If your class can read, invite a child to come up and write the words *honor* and *respect* on the chalkboard. Reinforce the idea that if we love Heavenly Father and Jesus, we will show honor and respect for their names by using them only in a kind and loving way.

Using the Names of Heavenly Father and Jesus Christ Properly

- When is it right to use the name of Heavenly Father? (When we speak with reverence and respect, when we pray.)

Story

One mother told her son this story about when she was a child. Retell it in your own words.

“ ‘As a little girl, I walked home from school with my brother. We always took a shortcut past a large black dog that chased us as we ran by his house. If we ran at just the right time, we could make it to a fence and to safety. My brother would tell me when to run.

“ ‘One day I was alone and didn’t run at the right time. The dog threatened me, and I froze on the sidewalk in terror. As he lunged toward me, [in fear] I cried out as loud as I could: “Heavenly Father, help me!” ’

Her son reports: “Suddenly, my mother recalled, the dog was halted as if his way had been barred, and she crawled through the fence to safety. She knew her prayer had been answered” (S. Michael Wilcox, “No Other Gods before Me,” *Ensign*, Jan. 1994, pp. 22–23).

Emphasize how important it is that we use the names of Heavenly Father and Jesus Christ only when we are praying or speaking of them reverently.

Picture and story

Display picture 3-67, President Spencer W. Kimball, and tell the children that he was a beloved prophet and twelfth President of the Church.

Tell the following story:

One day after an operation, President Kimball was being wheeled out of the hospital operating room when the attendant tripped and stumbled. The attendant started swearing and using the Lord’s name in vain. Even though President Kimball was ill, he pleaded with the attendant, “Please! Please! That is my Lord whose names you [use in a bad way].”

The attendant was silent. Then he whispered, “I am sorry” (see “President Kimball Speaks Out on Profanity,” *Ensign*, Feb. 1981, p. 3).

Discussion

- What commandment had the attendant disobeyed?
- Why didn’t President Kimball like to hear this?
- When should we use the names of Heavenly Father and Jesus Christ?
- What could you do if at school or in the neighborhood you heard people using the names of Heavenly Father and Jesus in vain?

Summary

Encourage the children to use the names of Jesus Christ and Heavenly Father with reverence and respect.

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

1. Recite the following action verse with the children.

Speak gently of Jesus;
Please soften your voice. (place index finger to lips)
You honor his name with your every right choice.
Our Heavenly Father’s name,
Like a prayer (fold arms and bow head)
Should only be spoken with great love and care.

2. Call a child by the wrong name, and ask him to do something for you. Ask him to explain to the rest of the class how he felt to be called by the wrong name. Use this experience to illustrate how it bothers us if someone mispronounces, forgets, or misuses our names. Explain that we do not like to hear our names yelled in anger. It would upset us to hear our names used in a bad way. Heavenly Father and Jesus Christ do not like this either. They have taught us to use their names only with respect, when we pray or are speaking reverently.
3. If the children can write their own names, have them print their first names in the middle of a blank sheet of paper, then trace around it with one color, then again with another color, and another, until they have made a circular “rainbow” around the names. If the children cannot print their own first names, you could print their names in the center of the papers and let them decorate the names with the rainbow outlines or in other ways.
4. Repeat the Abinadi role-play from lesson 20, and have the child pretending to be Abinadi repeat the commandment, “Thou shalt not take the name of the Lord thy God in vain,” to wicked King Noah.
5. With the children, sing or say the words to “Joseph Smith’s First Prayer” (*Hymns*, no. 26); the words are included at the back of this manual.
6. Prepare a large wordstrip puzzle for the class that looks like this:



Tell the children that you would like to see if they remember the important commandment discussed in the lesson. Give five children each a piece of the large wordstrip puzzle that you have prepared. Help them arrange the words of the scripture in order. Then have the class read the commandment together.

Invite any children who want to recite this scripture.

Purpose To help each child respect other people and their possessions.

Preparation

1. Prayerfully study 3 Nephi 14:12 and Exodus 20:15.
2. Prepare salt dough. Mix 2 cups flour, 1 cup salt, 1 tablespoon oil, and 3/4 cup water (add 4 drops of food coloring to water if desired). Knead mixture into balls until soft and smooth. Add 1 tablespoon of water or flour if necessary.
3. Be prepared to sing or say the words to “Choose the Right Way” (*Children’s Songbook*, p. 160); the words are included at the back of this manual.
4. Materials needed:
 - a. A Bible and a Book of Mormon.
 - b. The CTR shield or ring.
 - c. Chalk, chalkboard, and eraser.
5. Make the necessary preparations for any enrichment activities that you will be using.

Suggested

Lesson

Development

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Do unto Others

Attention activity

Explain to the children that a possession is something that belongs to them, such as a book, a toy, money, or an article of clothing. A prized possession would be something that they especially like or value. A prized possession does not necessarily cost a lot of money. It may cost little but have special meaning because of the place it came from or the person who gave it.

Give each child a ball of salt dough and ask him to form the dough into the shape of one of his prized possessions. Allow a few minutes for the children to make their salt dough creations.

Sharing

Invite the children to show their salt dough creations and tell why the possessions represented mean so much to them.

- How would you feel if someone, without asking, borrowed this possession, took it, or destroyed it?

Display their salt dough creations on a table or other special place until later in the lesson.

Discussion

- If someone borrowed your prized possession, how would you want that person to treat it?

- If you were to lose your prized possession, what would you want the person who found it to do?

Explain that we all want others to treat our prized possessions with care and respect. Other people also have possessions that are important to them, and they want us to treat their special possessions with care and respect.

CTR shield or ring and scripture discussion

Tell the children that Jesus Christ taught us how to treat other people and their possessions. Display the CTR shield or ring, and explain that we can find Jesus Christ's teachings on this subject in the scriptures. Have them listen as you read 3 Nephi 14:12, ending with the phrase *to them*.

Discuss this verse with the children. Help them understand that we should treat other people the way we would like them to treat us. Explain that sometimes this is called the Golden Rule and is stated simply, "Do unto others as you would have them do unto you."

Have the children repeat the Golden Rule aloud several times. Explain that treating other people the way we would like to be treated includes respecting their possessions the same way we would like them to respect ours.

We Respect Other People's Possessions by Not Stealing

Scripture discussion

Explain that Heavenly Father has commanded us to respect other people and their possessions.

Read Exodus 20:15. Ask the children to explain this scripture.

Emphasize that Heavenly Father and Jesus Christ have commanded us not to steal. The laws of our country also tell us that it is wrong to steal from others. As members of the Church of Jesus Christ, we believe in obeying these laws as well as the commandments of Heavenly Father and Jesus Christ.

Article of faith

Explain that the twelfth article of faith states our belief about laws. Have the children repeat the statement "We believe in . . . obeying . . . the law."

Stories and discussion

Tell the children the following story about two young girls who faced a difficult decision.

Jan and Susan wanted to buy some gum from a gum machine. They put a coin in the machine and turned the knob to get a gumball, but to their surprise, a whole handful of gumballs came out instead of just one. Besides that, their coin came back too.

- What would you do if this happened to you?

Tell the children that a similar thing happened years ago to Elder Sterling W. Sill, a former General Authority of the Church, that might help them to answer that question. Then tell the following story in your own words.

"[Elder Sill] was driving down the road and got thirsty, so he stopped to buy some [soda] pop. He put a dime in the pop machine at the filling station and got a bottle of pop, but his dime was returned. He took the dime out, looked at it, put it in his pocket, started back to the car, and said, 'They charge too much for this stuff anyway.' But he did not quite get back to the car, because there was a still, small voice that shouted in his ear and asked him a very interesting question. The question was 'Sill, are you really going to be a thief for ten

cents?’ ” (Hartman Rector, Jr., “Get Up and Glow,” *Brigham Young University Speeches of the Year* [Provo, 5 Jan. 1971], p. 6).

- What do you think Elder Sill did?

After the children respond, tell them that he went back to the machine and started to put the money back in. But now Elder Sill had another problem.

- If he put the money in the machine, what would happen? (He would get another bottle of soda pop, and he might even get his money back again.)

Point out that this would make the problem worse.

- What would you do?

Explain that Elder Sill realized that the dime was not his. He had exchanged it for a bottle of soda pop. So he found the station attendant and gave him the money.

- Now what do you think Jan and Susan did with their gumballs and money? (Explain that the girls found the store owner and explained to him what had happened rather than just taking the gum and the money.)

Emphasize that Jan, Susan, and Elder Sill chose the right. They chose to obey the commandment of Heavenly Father and Jesus Christ and the law of the land—they did not steal.

Point out that we must not take anything that does not belong to us.

We Can Respect Other People’s Possessions by Returning Them

Discussion

- If you were to lose a possession, what would you want the person who found it to do? (Return it.)

Story

Tell the children the following story in your own words:

Katy was on her way to school when she saw something shiny in the grass by the sidewalk. She bent down, and there in the grass she saw a gold necklace. It was beautiful. As she picked it up she thought, “This necklace is just like the necklace Maria got for her birthday.” Katy slipped the necklace into her pocket and hurried to school.

When class started, Maria was absent. Much later she came into the classroom. Her eyes were red and swollen. She had been crying.

During lunch she told Katy the reason she was late for school. She had lost her necklace, in the very area where Katy found it, and had been searching for it. Katy didn’t say a word. She thought, “I won’t tell her I have it. I found it, so it’s mine.”

That afternoon the teacher explained to the class what had happened to Maria’s necklace. She asked the class to help Maria search for the necklace when school was dismissed.

Katy was the last person to leave school that afternoon. She felt awful inside. She knew how sad Maria was. She knew that the necklace belonged to Maria even though she had found it. She thought about how she would want Maria to return the necklace to her if it were hers. Quickly she ran off to find Maria and return the necklace.

- Discussion
- What did Katy decide to do?
 - How do you think Maria felt when Katy returned the necklace?
 - What would you do if you found something that did not belong to you?

We Should Treat Other People's Property with Respect

- Discussion
- How would you feel if someone damaged or destroyed one of your possessions on purpose?

Explain that we should always try to return to the owner any lost property or possessions we find. We should never purposely damage or misuse other people's possessions. Pick up one of the salt dough creations and show the children how to handle it carefully. Pass it around the class so the children can practice handling it carefully.

Story and discussion

Tell the following story in your own words:

Troy and Alan were playing in a vacant field next to Mr. Green's barn. Troy started throwing rocks and challenged Alan to a contest to see who could throw a rock the farthest. After they had thrown a few rocks, Troy threw one and hit the side of Mr. Green's barn. He teased Alan and said, "I'll bet you can't hit the barn." Alan picked up a rock and was about to throw it.

- What decision do you think Alan should make?
- What could Alan say to Troy? ("Let's find another target.")

Have the children think of a good ending for the story that would show what Alan should do. Have one or more of the children tell the ending of the story.

Song

Explain that Brother Sill, Katy, and Alan all chose the right way.

Have the children stand and sing or say the words to "Choose the Right Way."

Discussion

Ask the children to tell of other ways they can show respect for other people's possessions or property. Their suggestions might include the following:

1. Not walking on other people's lawns or playing in their yards without permission.
2. Not doing things that destroy or ruin property, such as writing or drawing on walls or fences.
3. Playing carefully with games and toys.
4. Not using something that does not belong to us without asking.
5. Not purposely breaking or damaging property.

Summary

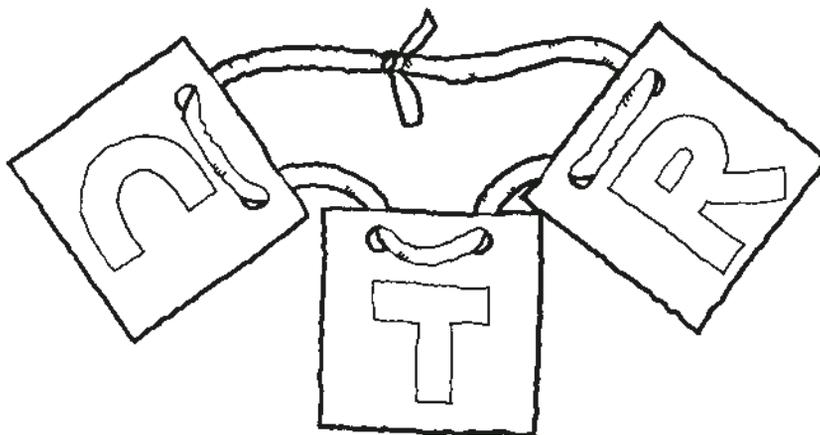
Emphasize that Jesus Christ taught that we should treat others the way we would like to be treated. If we follow the teachings of Jesus Christ, we will not take things that belong to others. We will return things that we find to the owners. We will treat borrowed items with respect by not destroying or damaging them. Remind the children of the commandment given by Jesus Christ that is sometimes called the Golden Rule.

Handout and chalkboard	Ask the children if they can remember the words of the Golden Rule. Print the words on the chalkboard if the children can read, or simply say the words slowly. Then say them together. Return the children's salt dough creations to them.
Teacher testimony	Testify to the children that it is important that we treat others the way Jesus Christ wants us to. You might share an experience of a time when someone treated you nicely and explain to the children how it made you feel. Encourage the children to treat their family and friends as they want to be treated themselves.
	Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see "Class Time" in "Helps for the Teacher."

1. Have the children role-play situations such as the following:
 - You find a wallet with a large sum of money in it on the street in front of your home. What should you do with it? (Have them role-play the things they could do to find the owner.)
 - When you get home from your friend's home, you find that you have one of her toys in your pocket. What should you do with it?
 - You're playing with a friend and accidentally break a neighbor's window. What should you do?
 - You are shopping with your mother and accidentally knock over a stack of cans. What should you do?
 - You have been playing outside with your friend and your shoes are covered with mud. When you go into his home, you leave a trail of mud on the floor. What should you do?
2. Have the children make CTR necklaces (see illustration) with yarn and colored paper. Tell them that the necklaces will remind them to treat others as they would like to be treated.



Lesson
45

I Can Be a Good Example for My Family

Purpose

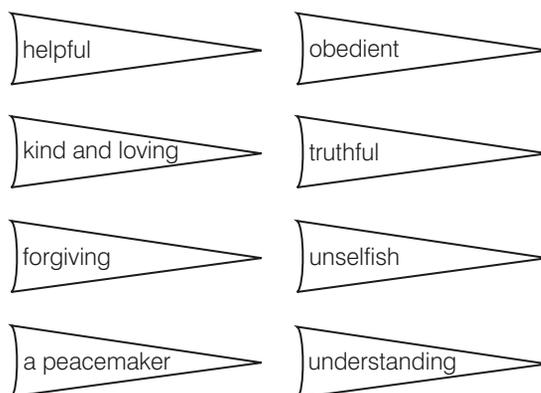
To help the children understand that they can be good examples for their families.

Preparation

1. Prayerfully study 1 Nephi 2:1–4; 3:4–5, 7; and 3 Nephi 12:16.
2. Prepare a large sunshine poster as follows:



3. Make the following wordstrips to circle the poster:



For younger children who cannot read, you might want to find or make pictures that represent these qualities or show children being helpful, obedient, kind, and so forth.

4. Make or trace copies of the house at the end of the lesson for each child.

5. Prepare to help the children sing or say the words to “When We’re Helping” (*Children’s Songbook*, p. 198); the words are included at the back of the manual.
6. Materials needed:
 - a. A Book of Mormon.
 - b. Crayons for each child.
 - c. The CTR shield and ring.
 - d. Masking tape.
 - e. Picture 3-9, Jesus the Christ (62572; Gospel Art Picture Kit 240).
7. Make the necessary preparations for any enrichment activities that you will be using.

**Suggested
Lesson
Development**

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

A Good Example Helps Others to Learn about and Follow Jesus Christ

Attention activity

Somewhere in the room, display picture 3-9, Jesus the Christ.

Have the children stand up, close their eyes, and hold hands. Take the hand of the first child in line. Lead the line of children around the room, guiding them with your voice as necessary to avoid possible injury and confusion. After several trips around the room, lead them to the picture of Jesus Christ. Explain that by following you, they were all able to find their way safely to the picture of the Savior. Ask the children to return to their seats.

- Why would a leader be helpful in a dark place?
- What is a good example?

Explain that a good example could be like a leader guiding us to safety. Just as following their leader’s voice brought the children safely to the picture of Jesus Christ, so too can following the words of the prophet allow them to return to Heavenly Father and Jesus someday

- What good examples have helped you to be closer to Heavenly Father and Jesus Christ?

Scripture discussion

Explain that Jesus Christ taught that we should be good examples for others. Read and discuss 3 Nephi 12:16. Point out that when we set good examples for others, we are like lights in the darkness to people to show them the right way to live.

Shield, ring, and story

Display the CTR shield and ring. Ask the children to listen how Jayant did what Heavenly Father and Jesus Christ wanted in the following story:

“Jayant loved the Church even before he became a member. He liked to listen to his uncle talk about the gospel and tell how he had been the first person from India to join the Church in Fiji.

“After listening to the missionaries, Jayant asked his parents if he might join the Church. They gave their permission, and Jayant tried hard to be a missionary to his family by living the principles of the gospel and being a good example.

“Before long Jayant’s father and brother were baptized, but his mother hesitated. Her grandfather had been an important Hindu priest in India, and she was worried about what her family would say if she became a [Latter-day Saint]. Because of the example of her son, however, she too finally joined the Church.

“Now all of Jayant’s family are active in their branch in Suva, Fiji, and they know the love and joy that come from serving our Father in Heaven” (“A Good Example,” *Friend*, Mar. 1974, p. 48).

- How did Jayant set a good example for his family?
- What effect did Jayant’s good example have on his family?

Point to the CTR shield and ring. Explain that when we do what Heavenly Father and Jesus Christ want us to do, we are doing what is right and obeying the commandments. When we do this, we help others want to live righteously also.

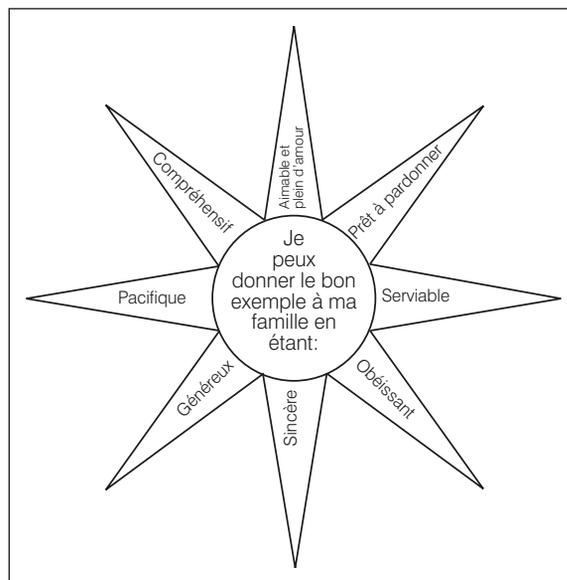
We Can Be Good Examples for Our Families

Poster activity

Display the sunshine poster where all the class members can see it. Read the sentence with the children.

Place the wordstrips or pictures on a table or the floor. Explain that they tell different ways in which we can be good examples for our families.

Have the children take turns choosing wordstrips and placing or taping them on the poster to form rays of sunshine as illustrated. As the children choose each wordstrip, tell the corresponding story.



After each wordstrip has been placed and the story told, have the children say “I can be a good example for my family by being _____,” filling in the blank with the word or phrase on the wordstrip. For example, “I can be a good example for my family by being a peacemaker.”

Stories and discussion

Obedient

Relate the story of Lehi’s family leaving Jerusalem (see 1 Nephi 2:1–4).

- How did Lehi’s sons react when he asked them to return to Jerusalem for the brass plates (see 1 Nephi 3:4–5)?

Explain that after Laman and Lemuel complained and said they did not want to go, Nephi told how he felt. Read aloud 1 Nephi 3:7.

- How did Nephi set a good example for his brothers?
- How can you set a good example by being obedient?

Helpful

Bruce saw his mother busily getting his little sister ready for church. He knew she still had to get herself ready and dress the baby. Bruce decided to help his mother. He went into the baby’s room and dressed him. Bruce’s mother was grateful for his help. She smiled and gave Bruce a big hug and a kiss.

- What did Bruce do that set a good example for his family?
- How can you set a good example by being helpful?

Song

Help the children sing or say the words to “When We’re Helping.”

Kind and Loving

Katy was so excited when her mother brought home her new baby brother, Timothy. He wasn’t like other babies. He had a condition called cerebral palsy, which made him shake and jerk in an unusual way. But that didn’t bother Katy. She loved Timothy with all her heart. When her mother was busy, Katy rocked Timothy and sang songs to him. Timothy smiled at Katy whenever she did things for him. When Timothy got bigger, she took him for rides in front of their home in the stroller. Katy often dressed Timothy for bed and read stories to him until he fell asleep.

- How did Katy set a good example?
- How can you be a good example of loving kindness in your home?

A Peacemaker

Carrie was playing on the swing in the yard when her brother came out of the house, ran over to the swing, and started to yell, “Get out of the swing, Carrie. I never get to swing because you’re always in it.”

Instead of arguing, Carrie said, “All right. Let’s take turns pushing each other. I’ll push you first.”

Because Carrie didn’t argue, she and her brother had fun swinging together.

- How was Carrie a good example for her brother?
- How can you set a good example in your home by being a peacemaker?

Forgiving

While Spencer was at school, his little brother played with his toy cars and lost one of them. When Spencer found out what had happened, he didn't get angry. Instead, he helped his brother look for the lost car. They found it under the bed.

- What did Spencer do to set a good example for his family?
- How can you be a good example for your family by being forgiving?

Understanding

Roberta had the flu and couldn't go to the Christmas party at school. Her sister, Linda, knew how sad Roberta felt because she couldn't go, so she brought home a bag of candy and nuts for her. She also told Roberta what had happened at the party.

- How was Linda a good example to her family?
- How can you be a good example to your family by being understanding?

Unselfish

Tony had earned some money by working in his neighbor's garden. He thought of his family and wanted to do something for them, so he took part of the money and bought his family a treat.

- How was Tony a good example for his family?
- How can you be a good example for your family by being unselfish?

Truthful

Nelson and Jared were in their father's workshop building a toy boat from scraps of wood when Jared accidentally knocked over a can of paint. Some of the paint spilled on the floor. The boys cleaned up most of it, but some stuck to the floor. As soon as their father came home, Jared went to him and explained what had happened.

Jared's father did not like the paint on the floor, but he was proud of Jared because he told the truth. He gave Jared some paint thinner and helped him clean the floor.

- How was Jared a good example for his family?
- How can you be a good example for your family by being truthful?
- What does the poster look like now? (A shining sun.)

Explain that good examples are like sunshine. They give light to others and show them the right way.

Summary

- | | |
|-------------------|--|
| Teacher testimony | Bear your testimony of the importance of being a good example for your family. You might want to share a personal experience of when someone's good example helped you. |
| Art activity | Have the children color their "I Can Be a Good Example" houses and draw their family members in the houses. Ask them to draw themselves doing something that they can do this week that would set a good example for their families. |

Invite the children to choose one thing that they can do for their families before they go to bed tonight.

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

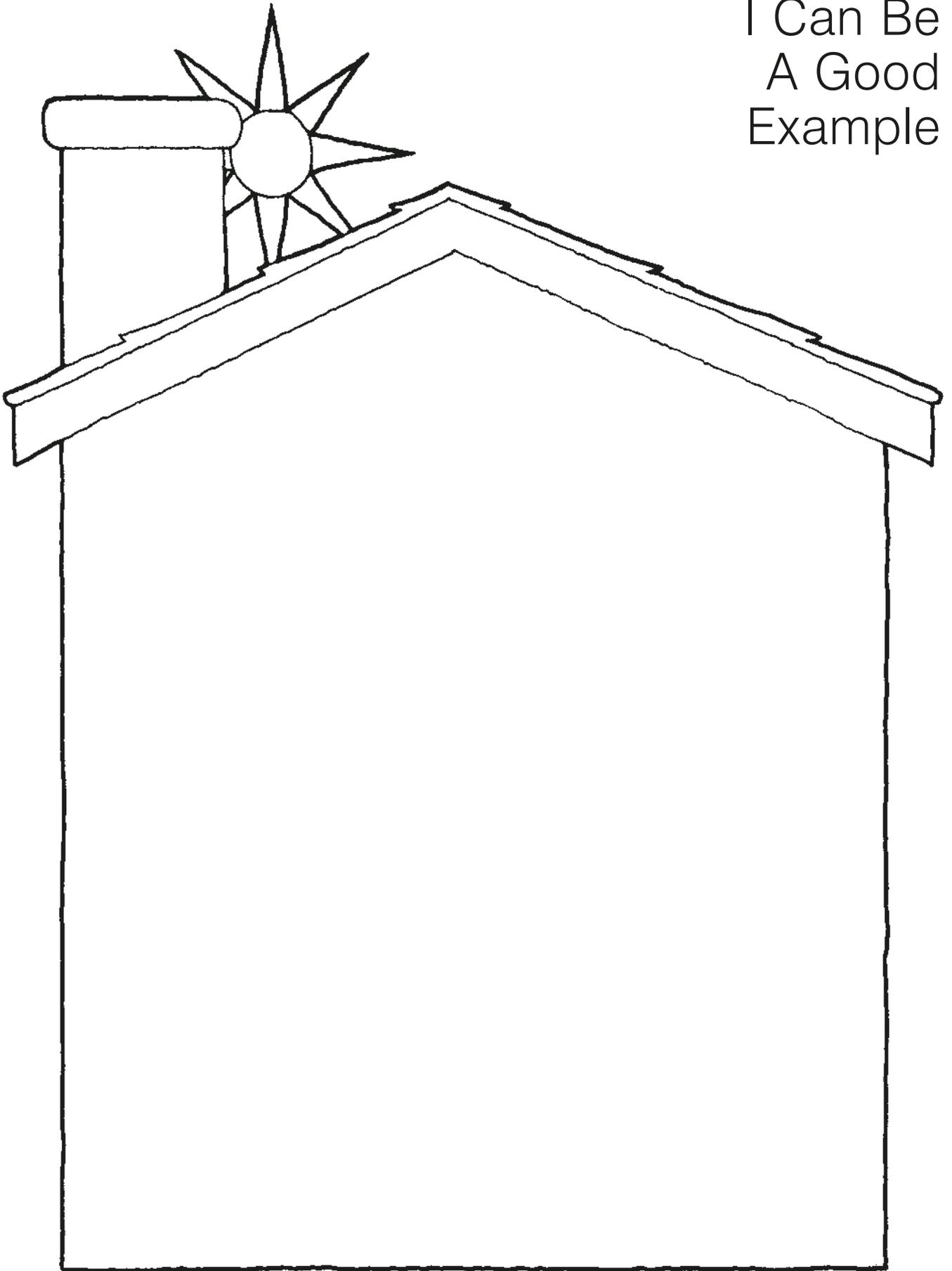
1. Make simple sock or paper bag puppets for the children. You may want to use the classroom table for a stage. Using the puppets, help the children role-play positive ways to be examples for their families in the eight areas covered by the lesson.
2. Sing or say the words to “Do As I’m Doing” (*Children’s Songbook*, p. 276) while making movements that suggest good actions, such as sweeping the floor, walking to church, or shaking hands with the bishopric.

Do as I’m doing;
Follow, follow me!
Do as I’m doing;
Follow, follow me!
If I do it high or low,
If I do it fast or slow,
Do as I’m doing;
Follow, follow me!
Do as I’m doing;
Follow, follow me!
(© 1963 D.C. Heath and Company.
Used by permission.)

Tell the children that when others see our good examples, they will often want to do what we are doing.

3. Ask the children to close their eyes while you put something on their laps. Put a picture on each child’s lap; then ask them to open their eyes and take turns showing their pictures and telling how the people in the pictures are setting good examples. You may want to use pictures 3-13, 3-23, 3-24, 3-25, 3-26, 3-27, and 3-59 from the class picture envelope.

I Can Be
A Good
Example



Jesus Christ Made It Possible for Us to Live Forever (Easter)

Lesson
46

Purpose To help the children understand that because of Jesus Christ's love for us, he made it possible for us to live forever.

Preparation

1. Prayerfully study Mark 10:13–16, the accounts of Jesus Christ's death and resurrection found in Luke 23 and 24, and the account of Jesus Christ's visit to the Nephites in 3 Nephi 11.
2. Prepare a wordstrip with *Immortal* written on it.
3. Print each child's name on a separate piece of paper.
4. Be prepared to teach the children to sing or say the words to "Jesus Has Risen" (*Children's Songbook*, p. 70).
5. Materials needed:
 - a. A Bible and a Book of Mormon.
 - b. A soft ball or beanbag.
 - c. Tape.
 - d. A glove.
 - e. Picture 3-71, The Crucifixion (62505; Gospel Art Picture Kit 230); picture 3-15, The Resurrected Jesus Christ (62187; Gospel Art Picture Kit 239); picture 3-72, Jesus Christ Appears to the Nephites (62047; Gospel Art Picture Kit 315); picture 3-56, Christ and the Children (62467; Gospel Art Picture Kit 216); picture 3-17, Jesus Teaching in the Western Hemisphere (62380; Gospel Art Picture Kit 316), picture 3-73, Samuel the Lamanite on the Wall (62370; Gospel Art Picture Kit 314); picture 3-74, Burial of Jesus (62180; Gospel Art Picture Kit 231); and picture 3-75, Women at the Tomb.
6. Make the necessary preparations for any enrichment activities that you will be using.

Suggested Lesson Development

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Because Jesus Christ Loves Us He Helps Us

Attention activity

Tell the class members that Jesus Christ loves children. Tell them how pleased and happy he must be to know that they are at Primary on this Easter morning.

Display picture 3-15, The Resurrected Jesus Christ, on a wall, chalkboard, or other area.

Explain that you have printed each of their names on a piece of paper, and you want them to come up one at a time and tape their names close to the picture

of Jesus. As each child takes his turn, say to him: “Jesus Christ loves (name of child).”

Scripture story

Tell the following story from Mark 10:13–16 in your own words:

When Jesus Christ was living on the earth, some mothers brought their little children to him. They hoped that he would give each one a blessing. Jesus’ friends wanted him to rest, and they asked the mothers to take their children away and not to bother him.

When Jesus heard what his friends were saying, he said, “Suffer the little children to come unto me, and forbid them not.” In other words, he said, “Let the little children come to me; don’t turn them away. I love children.” Then he took the children in his arms and blessed them.

Discussion

Hold up picture 3-56, Christ and the Children. Hold it close enough to the children that they can look at it carefully and feel the spirit of the picture. Ask the following kinds of questions to help the children feel the great love that Jesus Christ has for them.

- How do you think the children felt?
- If you had been there, what would you have wanted Jesus Christ to say to you?
- If you could have been with Jesus as these children were, what would you have said to him?
- How does it make you feel to know that Jesus loves you just as he loves these children?

Jesus Christ Died for Us

Scripture story and pictures

Hold up the scriptures, and explain that by reading the Bible and Book of Mormon we can learn what Jesus Christ did to help us. Tell the following story in your own words:

Jesus Christ lived a long time ago. Heavenly Father sent him to this earth to help fathers and mothers and boys and girls do the right things. Most of the time he lived in a land now called Israel.

Jesus loved all people. Some of the people were wicked and did not like him. They hung him on a cross.

Display picture 3-71, The Crucifixion.

Jesus Christ suffered and died. The people who loved him were very sad. They took his body off the cross and wrapped it in a beautiful white cloth. They carried his body inside a tomb. A tomb is like a cave where people are buried. They gently laid him down.

Display picture 3-74, Burial of Jesus.

Jesus Christ’s friends then closed the entrance to the tomb by rolling a large stone in front of the doorway.

Jesus Christ’s friends did not understand that he would come to life again. Some soldiers came and guarded the tomb where his body lay. On the third day after he died, before the sun came up, angels came and rolled back the

stone from the door. His body was not there. The soldiers were so afraid that for a while they could not move. As soon as they could, they ran away.

Display picture 3-75, Women at the Tomb.

That same morning some women came to the tomb. They loved Jesus Christ and had come to put sweet spices on his body as people did in those days. They saw the stone rolled away from the door. They went into the tomb and saw an angel dressed in white, and they were afraid. The angel said, "Do not be afraid. He is not here, for he is risen."

Point to the picture of the resurrected Christ.

- How do you think Jesus Christ's friends felt when they found he was resurrected?

Chalkboard
discussion

Explain that when Jesus was resurrected, he received his body again to join with his spirit, but his body had changed.

Put up the wordstrip *Immortal*.

- What does *immortal* mean?

Explain that when the Savior's body became immortal, it changed so that it would never die again but would live forever.

Tell the children that when Jesus was resurrected, he became immortal, and he also made it possible for all of us to be resurrected and become immortal. This means that after we have been resurrected, we will never die again. We can live with our families forever.

Demonstration
and discussion

Show your ungloved hand to the children and tell them that when we lived with Heavenly Father before we were born we were called spirits. We could move (move the fingers on your ungloved hand) and think and learn.

When our spirits came to live on earth, we were given earthly bodies. (Put on the glove.) We could still move (move your fingers in the glove) and think and learn but Heavenly Father gave us wonderful bodies to have and take care of.

When we die, the body must separate from the spirit (take off glove). The body cannot move by itself (indicate glove) but the spirit is still alive.

When we are resurrected, the body becomes perfect and is once again united with the spirit (put glove back on hand). After we are resurrected, we can never die again. That means that the spirit and the body can never be separated.

Emphasize that because Jesus Christ loves each of us very much, he died for us. Jesus was the first person to be resurrected. Because of what he did for us, we will be resurrected and may live again with Heavenly Father. When we think of Easter, we should think about the first Easter and remember the love that Jesus Christ has for us. He gave his life for us. He was resurrected. Now he lives in heaven with his Heavenly Father.

Point out that Jesus Christ's resurrection is so wonderful that each year we celebrate Easter to show him how grateful we are for what he did for us.

Activity

Toss a small soft ball or beanbag to the children, taking turns so that each child can tell something they remember about the Easter story.

Jesus Christ Visited the Nephites after His Resurrection

Scripture story
with pictures

Tell the children that we know Jesus Christ was resurrected because the scriptures tell us that many of his disciples and followers saw him after he was resurrected.

Explain that the righteous Nephites and Lamanites who lived in America saw Jesus Christ and that the Book of Mormon tells of his visit. After his resurrection in Jerusalem, Jesus visited these people. They had the opportunity to see, hear, and touch him.

Explain that the prophets had told the Nephites for many years that Jesus Christ would visit them someday.

Display picture 3-73, Samuel the Lamanite on the Wall.

Explain that a prophet named Samuel the Lamanite, who lived a few years before Jesus Christ was born, told the people how they would know when Jesus was crucified and resurrected in Jerusalem. He explained that when Jesus died, a great darkness would cover the land; it would last for three days until he was resurrected.

Tell the children that all of Samuel the Lamanite's prophecies came true. When Jesus Christ died in Jerusalem, a great darkness covered the land of America. The wicked people were destroyed, and many of the righteous people gathered together to discuss what had happened and what they should do. As they were talking, they suddenly heard a voice that seemed to come from heaven. It was a gentle, loving voice. Ask the children to listen to what the voice said. Help a child read 3 Nephi 11:7, or read it yourself.

- Who was speaking? (Heavenly Father.)

Explain that the people looked up and saw a man dressed in a white robe coming down from heaven. They thought they were seeing an angel.

Display picture 3-72, Jesus Christ Appears to the Nephites.

- Who was really coming down from heaven? (Jesus.)

Read 3 Nephi 11:9–10. Explain that when Jesus Christ told the people who he was, they remembered that the prophets had said he would visit them. They were happy. He invited the people to come and feel the prints of the nails in his hands and feet and the wound in his side. He did this because he wanted them to understand that he was the same Jesus who had been crucified and that he had been resurrected.

Display picture 3-17, Jesus Teaching in the Western Hemisphere.

- How do you think the people felt to be with Jesus Christ?

Explain that the people were filled with so much gratitude and love for the Savior that they shouted, "Hosanna! Blessed be the name of the Most High God!" (3 Nephi 11:17). They fell down on their knees and worshiped him.

Explain that Jesus Christ felt so much love for these people that he stayed among them and healed their sick, blessed their children, and taught them. The Book of Mormon tells us that never had there been a happier people on the earth than these people.

Song Help the children sing or say the words to “Jesus Has Risen.”

Jesus has risen,
 Jesus, our friend.
 Joy fills our hearts;
 He lives again.
 Praises we sing to him,
 This Eastertime.
 Jesus has risen,
 Savior divine.
 Jesus has risen,
 Savior divine!

Summary

Teacher testimony Bear testimony and express your love and gratitude to Jesus Christ for loving us enough to make it possible for us to be resurrected and keep our bodies forever.

Invite the children to go home and tell their families what the Savior did to make it possible for us to keep our bodies forever.

Invite a child to give the closing prayer.

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see “Class Time” in “Helps for the Teacher.”

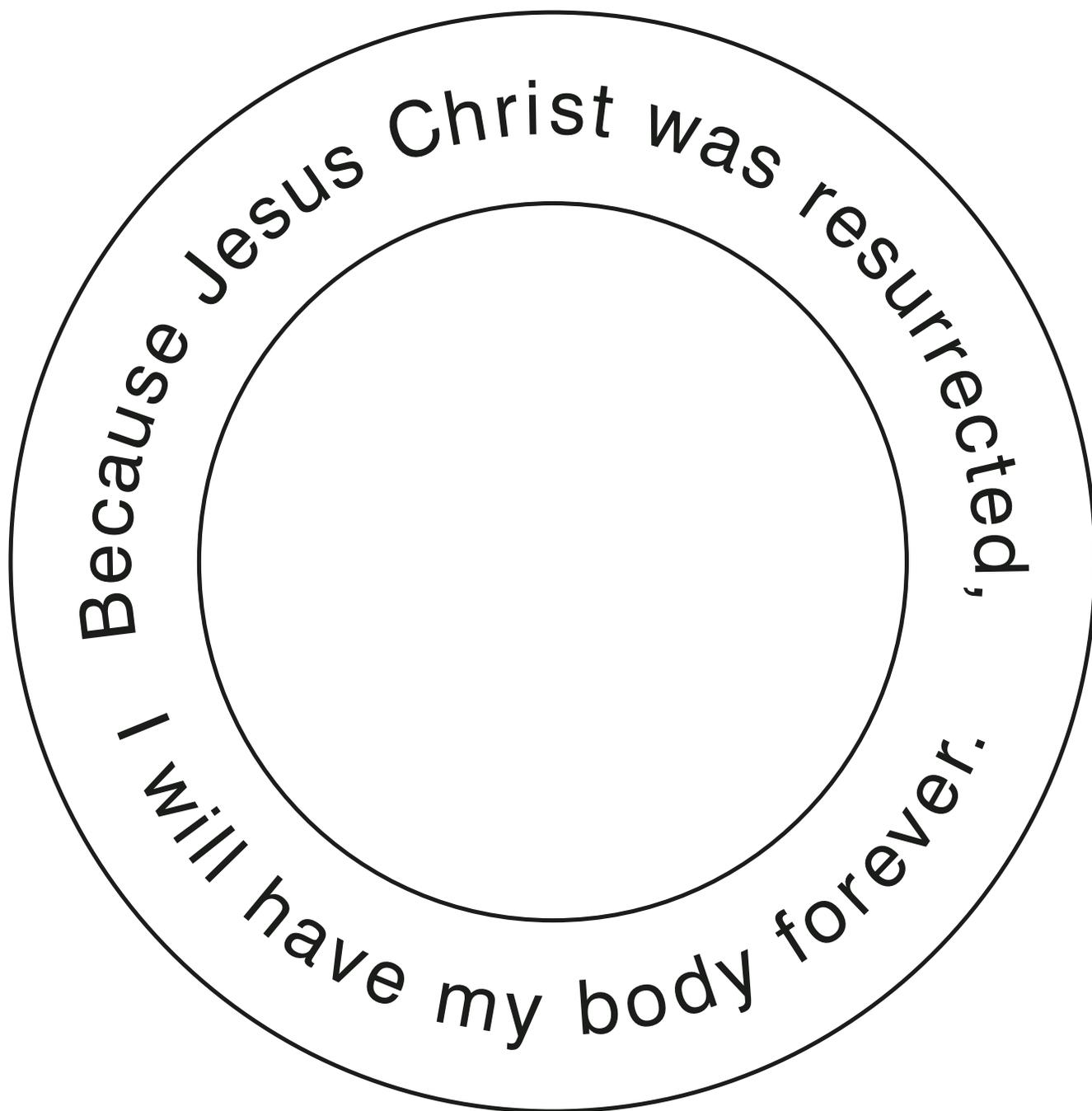
1. Prepare a copy of the handout “Jesus Christ’s Circle of Love,” located at the end of the lesson, for each child.

Distribute a copy of the handout, a pencil, and some crayons to each child. Have or help them print their names on their papers in the upper, right-hand corner.

Read with the children the words around the inside of the circle. Have them draw a picture of themselves inside the circle. Print “Jesus Christ loves me” on the chalkboard, and have the children copy it onto their papers below the circle.

2. Have the children stand and do this activity with you.

Here is the place where Jesus lay. (point)
 See, the stone has been rolled away! (point again)
 Stoop down. (stoop)
 Look in. (hands shading eyes)
 He is not here! (stand up)
 Jesus is risen!
 Be of good cheer! (quietly clap hands)



Jesus Christ Was Born on Earth (Christmas)

Lesson
47

Purpose To help the children understand the importance of Jesus Christ's birth.

Preparation

1. Prayerfully study Helaman 14; 3 Nephi 1; and Luke 2. Be prepared to read Helaman 14:5; 3 Nephi 1:13, 21; and Luke 2:9–15.
2. Prepare a copy of the star puzzle handout, located at the end of the lesson, for each child. Cut out the puzzle pieces, and clip them together or put them in an envelope for each child.
3. Be prepared to teach the children to sing or say the words to “Stars Were Gleaming” (*Children’s Songbook*, p. 37) and “Silent Night” (*Hymns*, no. 204).
4. Materials needed:
 - a. A Bible and a Book of Mormon.
 - b. The following cutouts: the birth of Jesus Christ (cutout 3-11), the shepherds (cutout 3-12), the angel (cutout 3-5), and the Nephites and the star (cutout 3-13).
 - c. A sheet of colored paper for each child.
 - d. Glue or paste.
 - e. Picture 3-73, Samuel the Lamanite on the Wall (62370; Gospel Art Picture Kit 314).
5. Make the necessary preparations for any enrichment activities that you will be using.

Suggested Lesson Development

Invite a child to give the opening prayer.

Follow up with the children if you encouraged them to do something during the week.

Jesus Christ’s Birth Was Announced by an Angel

Attention activity

- Have you ever waited for something special to happen?
- What was it? (The children’s responses might include the birth of a new baby, a visit from grandparents, a birthday, their baptism, and so forth.)
- Did it seem like a long time to wait?
- How did you feel when it finally happened?

Give the children an opportunity to share experiences and express the feelings of excitement that they had. You might wish to share an event that you looked forward to.

Explain that since the time of Adam, our Father in Heaven promised that a very important event would take place. He promised to send to earth his Son, who

would be the Savior of the world. Righteous people looked forward anxiously to this great event. They knew Heavenly Father would keep his promise. They waited for Jesus to be born.

Scripture and
cutout story

Display the cutout of the birth of Jesus. Ask the children to tell what they know about the story of Jesus' birth. Help each child contribute something to the story.

- Who were in the fields near Bethlehem that night? (Shepherds, who were watching their flocks.)

Display the cutout of the shepherds.

Explain that on the night Jesus was born, an angel appeared to these humble shepherds to tell them the important news of Jesus' birth.

Display the cutout of the angel.

- How did the shepherds feel when they saw the angel? (The shepherds were frightened when the angel appeared.)

Tell the children that the shepherds did not understand that the angel had such an important message for them. Read to the class what happened in Luke 2:9–15.

- How do you think the shepherds felt when they heard the news about Jesus' birth?
- What did the shepherds do to show that they were happy about the birth of Jesus? (They went to find the baby Jesus in Bethlehem.)

Explain that because an angel appeared to the shepherds to tell them about the birth of Jesus Christ, they knew that Jesus was the Son of Heavenly Father and that his birth was important.

Song

To help the children feel the joy and excitement of Jesus' birth, help them sing or say the words to "Stars Were Gleaming."

Stars were gleaming, shepherds dreaming;
And the night was dark and chill.
Angels' story rang with glory;
Shepherds heard it on the hill.
Ah, that singing! Hear it ringing,
Earthward winging, Christmas bringing!
Hearken! We can hear it still!

See the clearness and the nearness
Of the blessed Christmas star,
Leading, guiding; wise men riding
Through the desert dark and far.
Lovely showing, shining, growing,
Onward going, gleaming, glowing,
Leading still, our Christmas star!
(“Stars Were Gleaming” by Nancy Byrd Turner
from *Hymns for Primary Worship*. Used by
permission of John Knox Press.)

After singing or saying the words to the song, explain that not only did the shepherds receive this important message about Jesus' birth, but the Nephites and Lamanites in America received the word also.

Jesus Christ's Birth Was Announced in America

Picture, scripture, and story

Explain that throughout the Book of Mormon, the prophets talked about and looked forward to the birth of Jesus Christ. The members of Christ's Church looked forward to the Savior's birth and prayed about it for many years. Tell the following story in your own words:

Five years before the birth of Jesus, a prophet named Samuel was called by God to prepare the people for the birth of Jesus. He was to warn them to repent and believe in the Savior. Samuel was a Lamanite. The Nephites had become wicked and would not listen. They became so angry with Samuel that they threw him out of their city. But the voice of the Lord came to Samuel and told him to return again. He courageously climbed upon the city wall and told the people to repent and prepare themselves for the coming birth of Jesus Christ.

Display picture 3-73, Samuel the Lamanite on the Wall.

Explain that Samuel told the people that in five years Jesus Christ would come to earth. The event that had been foretold for so long was actually coming very soon. Samuel explained that certain things would happen that would tell them that Jesus had been born in Bethlehem. The night before Jesus was born there would be great lights in the sky. They would be so bright that during the night there would be no darkness. At night it would be as light as if it were daytime.

Read Helaman 14:5 to the class.

- What did Samuel tell the Nephites to look for? (A new star.)

Tell the children that Samuel the Lamanite told the Nephites that they would see a new star in the sky when Jesus was born. Samuel knew this because he had been told by an angel that these signs would come.

- Why do you think Heavenly Father sent an angel to tell Samuel these things? (So he could tell the people.)
- Why do you think Heavenly Father wanted Samuel to tell the Nephites about these signs? (To let them know when Jesus was born and to try to get the people to repent.)

Explain that Heavenly Father sent an angel to tell Samuel about the coming events. He wanted the people in America to be looking forward to Jesus Christ's birth. Heavenly Father wanted them to know it was coming soon.

Five years after Samuel told the Nephites that Jesus would be born, the Church members were waiting for the signs that Samuel had told them about. They were watching for the night without darkness that would signal his birth. The wicked people, who did not believe Samuel's words, told the faithful followers that they would put them to death if the signs did not appear by a certain day.

The prophet at that time was a man named Nephi. Nephi was worried about what the unbelievers would do to the righteous people if the signs did not come by the day the unbelievers had chosen. He was so full of sorrow that he

prayed to Heavenly Father because of the troubles they were having. Nephi prayed all day. Then the voice of the Lord came to Nephi.

Scripture discussion

Read 3 Nephi 1:13 to the children.

- How do you think Nephi felt when he heard Jesus Christ speak these words?

Explain that Nephi was comforted and knew that Jesus would be born the next day. That very evening the first sign came.

- What happened that night?

Let the children tell what they know. Help them understand that the night came, but there was no darkness. The people were surprised that there didn't seem to be any night. They became so amazed that they fell to the earth. The righteous people knew that the time had arrived that they had looked forward to for many years. They knew that Jesus Christ was going to be born. Then something else happened.

Scripture and cutout

Read 3 Nephi 1:21 to the class to see what it was.

Display the cutout of the Nephites and the star (opposite those already used).

Explain that the Savior had been born. The faith that they had had for many years now turned to great joy as they saw the new star in the sky. Even though the Nephites were unable to go see the child, they knew his birth was important to them.

- Why did Heavenly Father make sure that the Nephites saw the star? (So they would know that Jesus Christ was born.)
- How do you think the Nephites felt when they saw the star?

Explain that the star was also seen in Jerusalem. Jesus Christ's birth was important to everyone. It was something that people had looked forward to for many years, and it really happened.

Song

Sing or say the words to "Silent Night."

Silent night! Holy night!
All is calm, all is bright
Round yon virgin mother and Child.
Holy Infant, so tender and mild,
Sleep in heavenly peace;
Sleep in heavenly peace.

Silent night! Holy night!
Shepherds quake at the sight!
Glories stream from heaven afar;
Heav'nly hosts sing Alleluia!
Christ, the Savior, is born!
Christ, the Savior, is born!

Silent night! Holy night!
Son of God, love's pure light
Radiant beams from thy holy face,
With the dawn of redeeming grace,
Jesus, Lord, at thy birth;

Jesus, Lord, at thy birth.

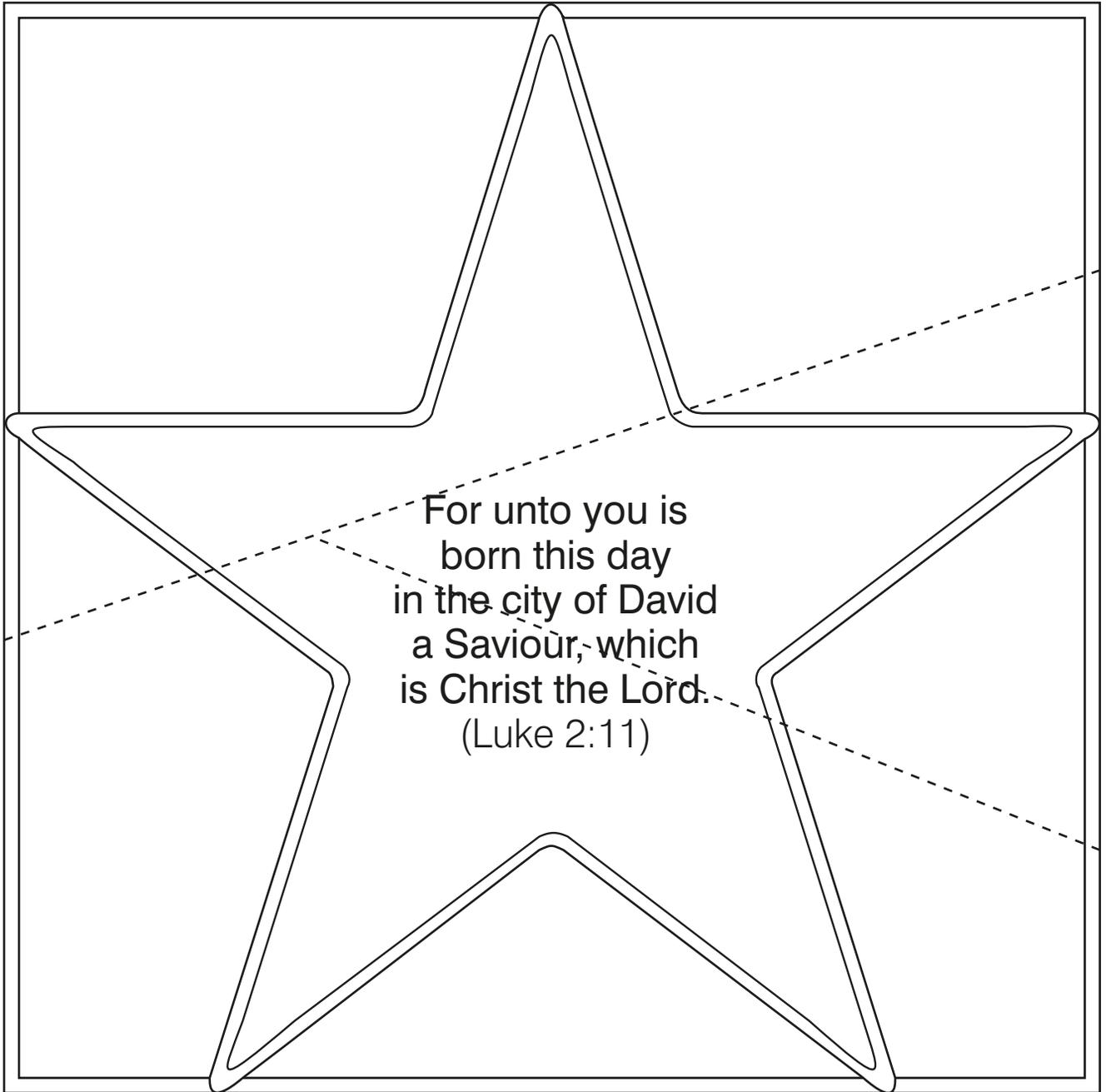
Summary

Teacher presentation	<p>Explain that it is not necessary for us to see an angel or a star each Christmas to tell us that Jesus Christ was born. We know this is true. We know it is important for us. We can feel the same joy that the shepherds and the Nephites felt when they knew he had been born. We feel this by spreading the love and joy of his birth to others.</p> <ul style="list-style-type: none"> • How can you share the joy of Jesus Christ's birth with others?
Teacher testimony	<p>Bear your testimony about the importance of Jesus Christ's birth and how we can share love and joy with others.</p>
Activity	<p>Distribute a set of puzzle pieces to each child. Have them put their puzzles together and glue them on a piece of colored paper. After all the children have finished, read the message on the star: "For unto you is born this day in the city of David a Saviour, which is Christ the Lord" (Luke 2:11).</p>
Discussion	<ul style="list-style-type: none"> • Who received this message from an angel? (The shepherds in the field.) • Who received the star as a sign of Jesus Christ's birth? (The Nephites and the people in Jerusalem.) <p>Invite a child to give the closing prayer.</p>

Enrichment Activities

Choose from the following activities those that will work best for your children. You can use them in the lesson itself or as a review or summary. For additional guidance, see "Class Time" in "Helps for the Teacher."

1. Use simple props to role play the story of the birth of Jesus Christ.
2. Give each child a paper and crayons. Help the children to fold it like a card. Write the word *Christmas* on the front. Ask the class to make Christmas cards for their families by drawing pictures of what they have learned from the lesson.



Words to the songs

Choose the Right Way

There's a right way to live and be happy;
It is choosing the right ev'ry day.
I am learning the teachings of Jesus;
They will help me and show me the way.

Chorus:
Choose the right way and be happy.
I must always choose the right.

Through the gospel I learn to be prayerful,
To have faith, to repent, to obey,
And I know if I live by his teachings,
I will truly be happy each day.

Chorus

Dare to Do Right

Dare to do right! Dare to be true!
You have a work that no other can do;
Do it so bravely, so kindly, so well,
Angels will hasten the story to tell.

Chorus:
Dare, dare, dare to do right;
Dare, dare, dare to be true,
Dare to be true, dare to be true.

Families Can Be Together Forever

I have a fam'ly here on earth.
They are so good to me.
I want to share my life with them through
all eternity.

Chorus:
Fam'lies can be together forever
Through Heav'nly Father's plan.
I always want to be with my own family,
And the Lord has shown me how I can.
The Lord has shown me how I can.

While I am in my early years,
I'll prepare most carefully,
So I can marry in God's temple for eternity.

Chorus

A Happy Family

I love mother; she loves me.
We love daddy, yes sirree;
He loves us, and so you see,
We are a happy family.

I love sister; she loves me.
We love brother, yes sirree.
He loves us, and so you see,
We are a happy family.
(Words by Moisselle Renstrom. © 1948, 1975
Pioneer Music Press, Inc. Used by permission
of Jackman Music Corp.)

Help Me, Dear Father

Help me, dear Father, to freely forgive
All who may seem unkind to me.
Help me each day, Father, I pray;
Help me live nearer, nearer to thee.

Help me, dear Father, to truly repent,
Making things right, and changing my ways.
Help me each day, Father, I pray;
Help me live nearer, nearer to thee.

The Holy Ghost

When Christ was on the earth,
He promised he would send
The Holy Ghost to comfort us,
Our true, eternal friend.
The Holy Spirit whispers
With a still small voice.
He testifies of God and Christ
And makes our hearts rejoice.

And when we are confirmed
By sacred priesthood pow'r,
The Holy Ghost is giv'n to us
To guide us ev'ry hour.
Oh, may I always listen
To that still small voice,
And with his light I'll do what's right
Each time I make a choice.

I Feel My Savior's Love

I feel my Savior's love
In all the world around me.
His Spirit warms my soul
Through ev'rything I see.

Chorus:

He knows I will follow him,
Give all my life to him.
I feel my Savior's love,
The love he freely gives me.
(Words by Ralph Rodgers. © 1978, 1979
K. Newell Dayley. All rights reserved. Used
by permission.)

I Hope They Call Me on a Mission

I hope they call me on a mission
When I have grown a foot or two.
I hope by then I will be ready
To teach and preach and work as
missionaries do.

I hope that I can share the gospel
With those who want to know the truth.
I want to be a missionary
And serve and help the Lord while I am
in my youth.

Joseph Smith's First Prayer

Oh, how lovely was the morning!
Radiant beamed the sun above.
Bees were humming, sweet birds singing,
Music ringing thru the grove,
When within the shady woodland
Joseph sought the God of love,
When within the shady woodland
Joseph sought the God of love.

Love One Another

As I have loved you,
Love one another.
This new commandment:
Love one another.
By this shall men know
Ye are my disciples,
If ye have love
One to another.
(Words by Luacine Clark Fox. © 1961 renewed
1989 Luacine C. Fox. Used by permission.)

Nephi's Courage

The Lord commanded Nephi to go and get
the plates
From the wicked Laban inside the city gates.
Laman and Lemuel were both afraid to try.
Nephi was courageous. This was his reply:
"I will go; I will do the thing the Lord commands.
I know the Lord provides a way; he wants me
to obey.
I will go; I will do the thing the Lord commands.
I know the Lord provides a way; he wants me
to obey."

The Lord commanded Nephi to go and build
a boat.
Nephi's older brothers believed it would not float.
Laughing and mocking, they said he should
not try.
Nephi was courageous. This was his reply:
"I will go; I will do the thing the Lord commands.
I know the Lord provides a way; he wants me
to obey.
I will go; I will do the thing the Lord commands.
I know the Lord provides a way; he wants me
to obey."
(Words by Bill N. Hansen, Jr., and Lisa T.
Hansen. © 1986 Wilford N. Hansen, Jr., and
Lisa Tensmeyer Hansen. Used by permission.)

The Priesthood Is Restored

The priesthood is restored,
The truth made known to man,
That God has spoken to the earth,
His pow'r is here again.

When We're Helping

When we're helping, we're happy,
And we sing as we go;
And we like to help mother*,
For we all love her so.

*Alternate words: father, grandma, grandpa



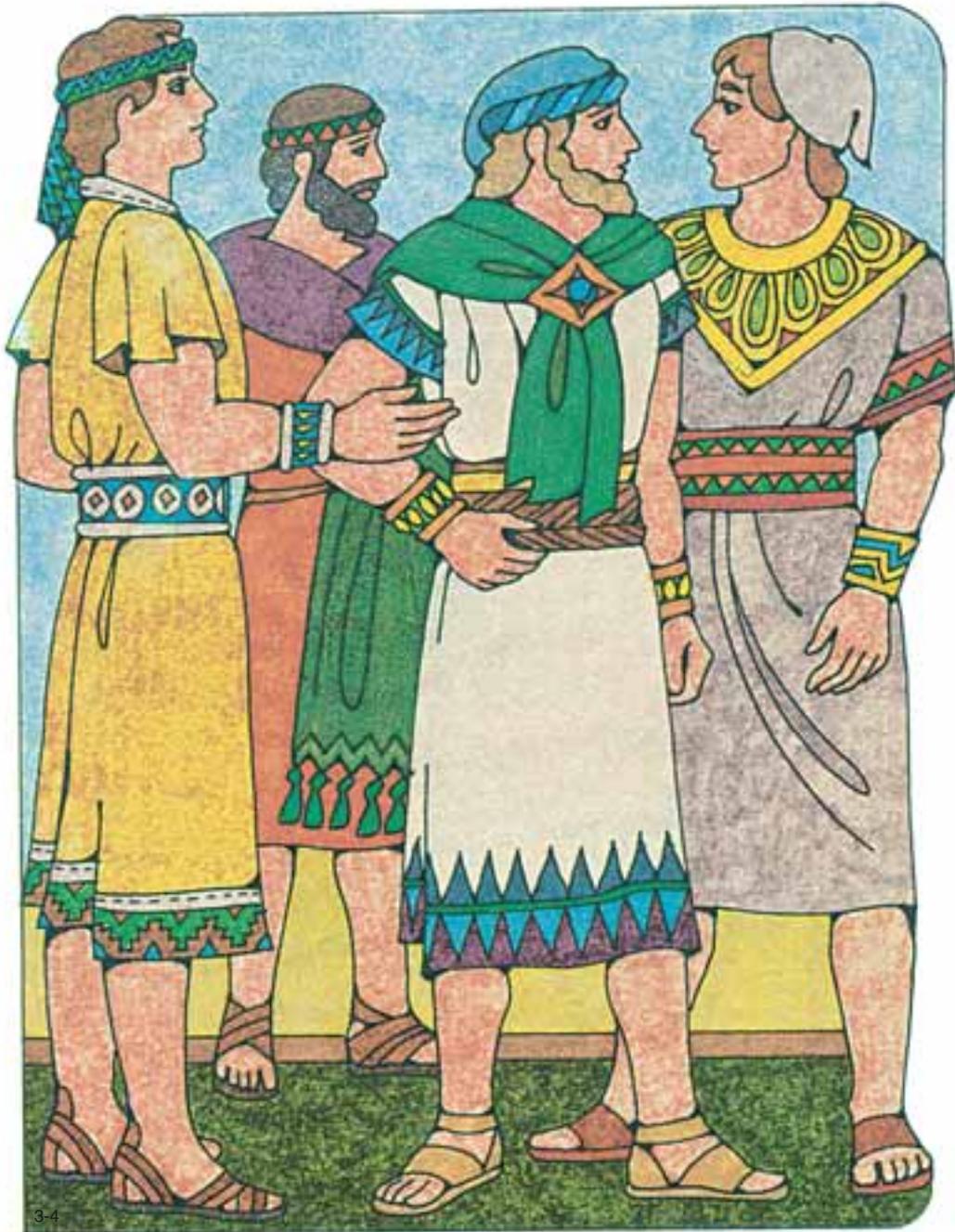
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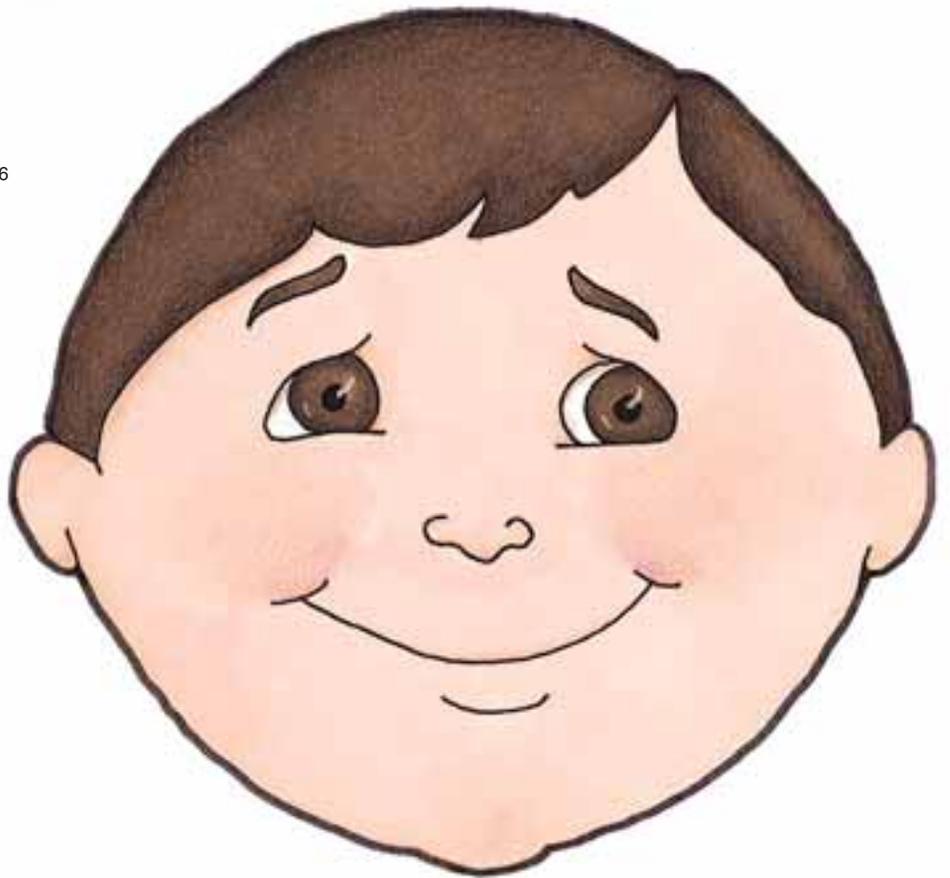


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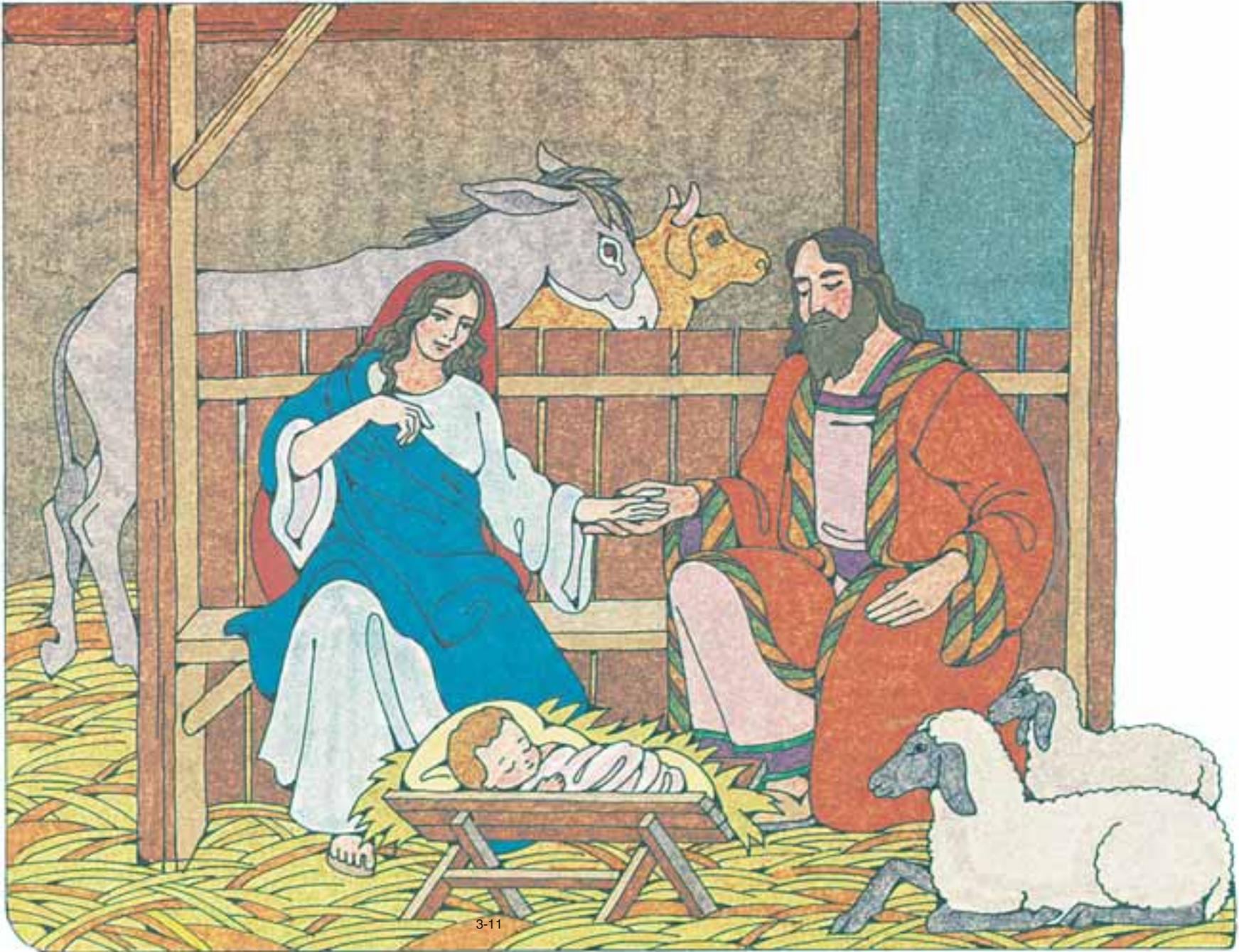


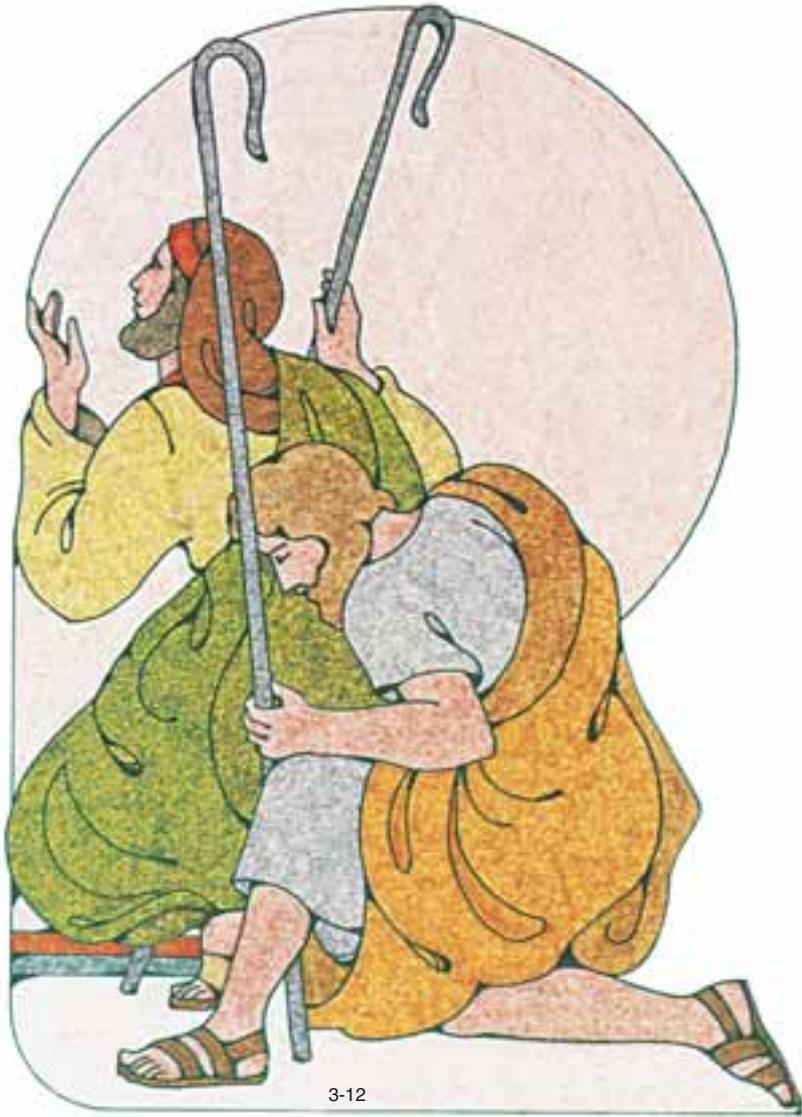


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