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January 25-31

"This Is the Spirit of Revelation"

There are a lot of topics that could be focused on for this week's lesson. These were the things that I felt like would be best for our family, but make sure you read through the manual to decide what's best for your family.



1. Scripture Hop – Review what it means to sow and reap (sow means to plant, reap means what grows from that). Then follow the directions on page 3 below to learn and discuss D&C 6:33. [This video clip](#) isn't from the church but has a great quick explanation of sowing and reaping. Talk about good things that we can sow and what good things we might be able to reap because of that (if we study the scriptures we can grow closer to Christ, if we're kind to others we will be happier, etc.).
 - Our kids LOVED doing the scripture hop activity earlier in January! It really helped them practice saying and discussing scripture verses, and even our 3-year-old liked hopping along with her older sister and saying the scripture phrases, so I'm thinking that if their interest in it keeps up, we'll include this type of thing in our lessons more often. Instructions are on page 3 below.
 - If younger kids are stressing too badly about the big words in this verse, you can have them practice saying the simpler phrases in parentheses as they hop from strip to strip.
 - Older kids can also use these as flash cards to help learn the verse.
2. "Fear Not" Shepherd Hugs – Joseph Smith and his friend Oliver Cowdery had many reasons to be scared. The Lord told them that with His help, they didn't need to be afraid. What kinds of things make you scared? Who can help us when we're scared? Can Mom and Dad help? Siblings? Jesus? In D&C 6:34, Jesus says, "Therefore, fear not, little flock." What is a flock? (A group of sheep). Remind them that Jesus is like a shepherd to us. He loves us and wants to take care of us.
 - Show picture of Jesus with sheep (on page 4 below). How are we like His sheep?
 - In D&C 6:20, Jesus says that He will "encircle [us] in the arms of [His] love." Someone pretend to be a shepherd waiting to lovingly wrap his arms around his sheep. If a sheep runs to Him, will He tell that sheep to go away? No! He'll love them and comfort them if they're scared. Take turns pretending to be a shepherd while others run to you and you give them a big hug.
3. "Fear Not, Little Flock" Pages – Follow directions on pages 5 and 6 below to talk about fears and Jesus encircling us in His arms. You can either glue the sheep onto the "I Will Encircle Thee in the Arms of My Love" picture of Jesus Christ or let everyone color a picture of themselves (people outlines on page 7 below) to glue onto the "I Will Encircle Thee in the Arms of My Love" picture of Jesus Christ.
4. Dare to Do Right Singing Time – Jesus said, "Fear not to do good" (D&C 6:33). Is it sometimes scary to do things that are good and right? What makes it scary to do those things? Jesus can help us to not be afraid of doing good. Watch [this cute singing time video for "Dare to Do Right"](#) and then practice singing it a couple of times (song with words [here](#)).

5. Friend Story – Doing good and serving and helping others can help take away our fears. Read and Discuss “[The Lemonade Stand that Changed Everything](#)”.
 - This Friend article from the Prophet could also be good to discuss: “[How Can I Keep From Being Afraid When Scary Things Happen in the World?](#)”
6. Truth or Dare (Fear Not to Do Good Deeds) – Remind them of D&C 6:33: “Fear not to do good, for whatsoever ye sow, that shall ye also reap; therefore, if ye sow good ye shall also reap good for your reward.” What does it mean to “sow good”? Talk about how when we do good things for ourselves and others, we are “sowing good.” What kind of good things grow in our lives when we do good? Read D&C 6:34 and testify of blessings that come as we do good.
 - Follow instructions on page 7 below for a family “Truth or Dare” game of doing good.
7. Videos and Snack – As we do good for others and make good choices, it helps us be able to better hear messages that the Lord is trying to share with us. Get some favorite snacks to eat while watching some of the videos in the “[Hear Him!](#)” [video collection](#).
8. This 25-minute “[Days of Harmony](#)” video is also great to go along with this week’s lesson.

Additional Ideas:

Fun craft from the manual:

https://www.churchofjesuschrist.org/bc/content/shared/content/images/gospel-library/manual/PD60007744/PD60007745_000_wk5.pdf

Douglas Talks “Jesus, the Good Shepherd” <https://www.youtube.com/watch?v=Pu7L0ZwAJ0o>

Backstage Prayers Story <https://media.ldscdn.org/pdf/magazines/friend-september-2018/2018-09-0029-backstage-prayers-eng.pdf>

A Prayer in the Attic Story <https://media.ldscdn.org/pdf/magazines/friend-february-2015/2015-02-14-a-prayer-in-the-attic-eng.pdf>

More Great Free Ideas:

www.theredcrystal.org

SCRIPTURE Hop

(D&C 6:33)

Cut apart the following strips and spread them out far enough in a room so that the kids will need to hop from one strip to another. Make sure to keep them in the correct order. Have them stand by the first one and help them say the top line out loud. Explain what it means. Then have them jump to the next one and do the same thing until they've jumped on each of them, said them out loud, and discussed them one at a time. Then have them start back at the beginning and practice saying the phrases from D&C 6:33 in order while hopping from strip to strip again. Try going a little faster each time. Repeat as many times as wanted/needed. You could also try blindfolding each person after doing it a few times to see if they can remember the words without looking.



FEAR NOT To do good

(Don't be afraid to do good things)



FOR WHATSOEVER YE SOW

(Whatever you plant)



THAT SHALL YE ALSO REAP

(Is what will grow)



THEREFORE, if YE SOW good

(If you do good things)



YE SHALL ALSO REAP good FOR
YOUR REWARD.

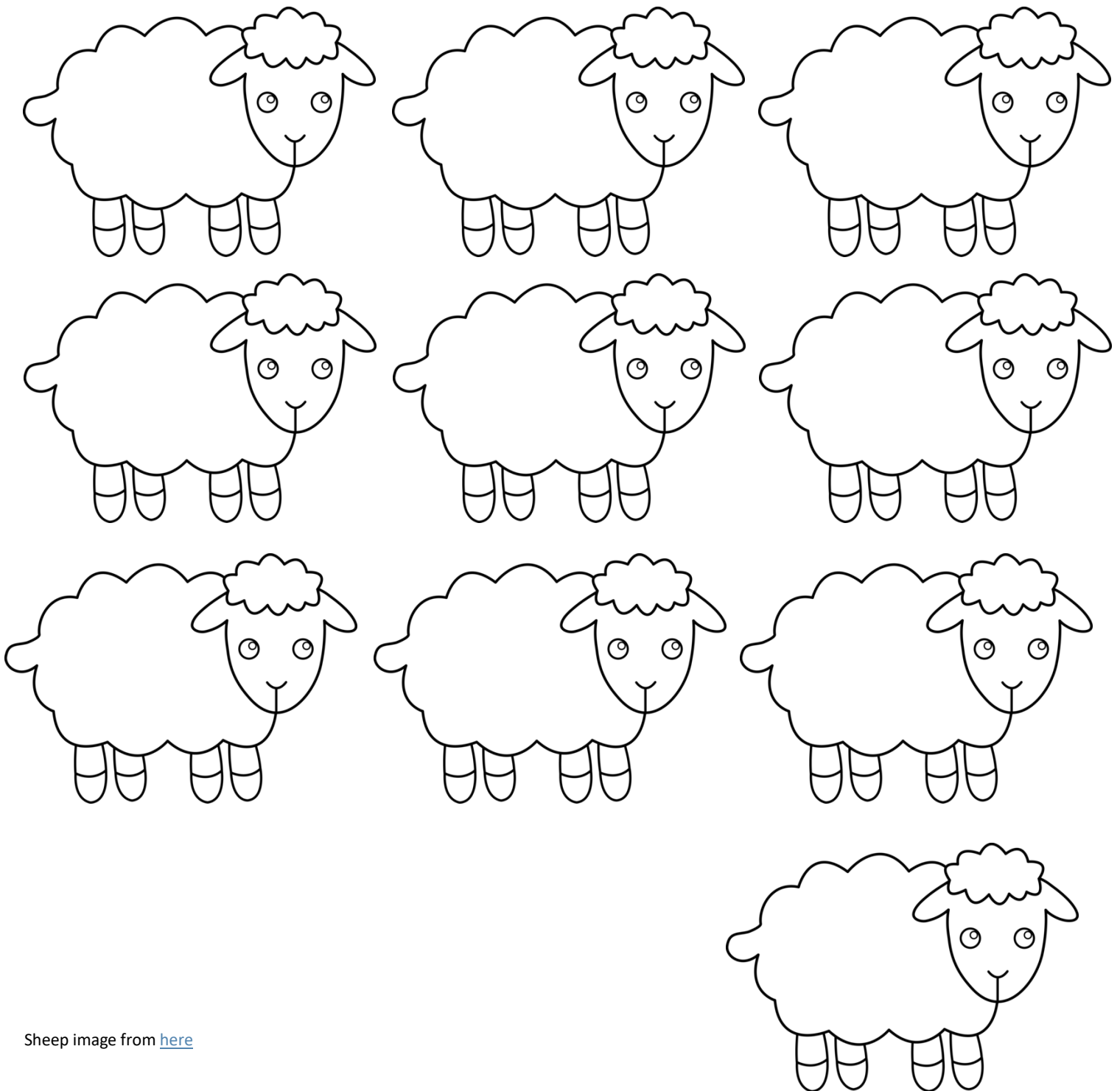
(Good things will grow in your life)



"Fear Not, Little Flock"

(D&C 6:34)

Each person will write their name on a sheep. Take turns sharing something that makes us fearful. Either write/draw those fears on the back of the sheep or just share them out loud. After sharing, that person will place their sheep on the "I Will Encircle Thee in the Arms of My Love" picture of Jesus Christ. He loves us and can help us with our fears. Remind them that we are part of His flock. Every one of us is important to Him, and He wants to take care of us.

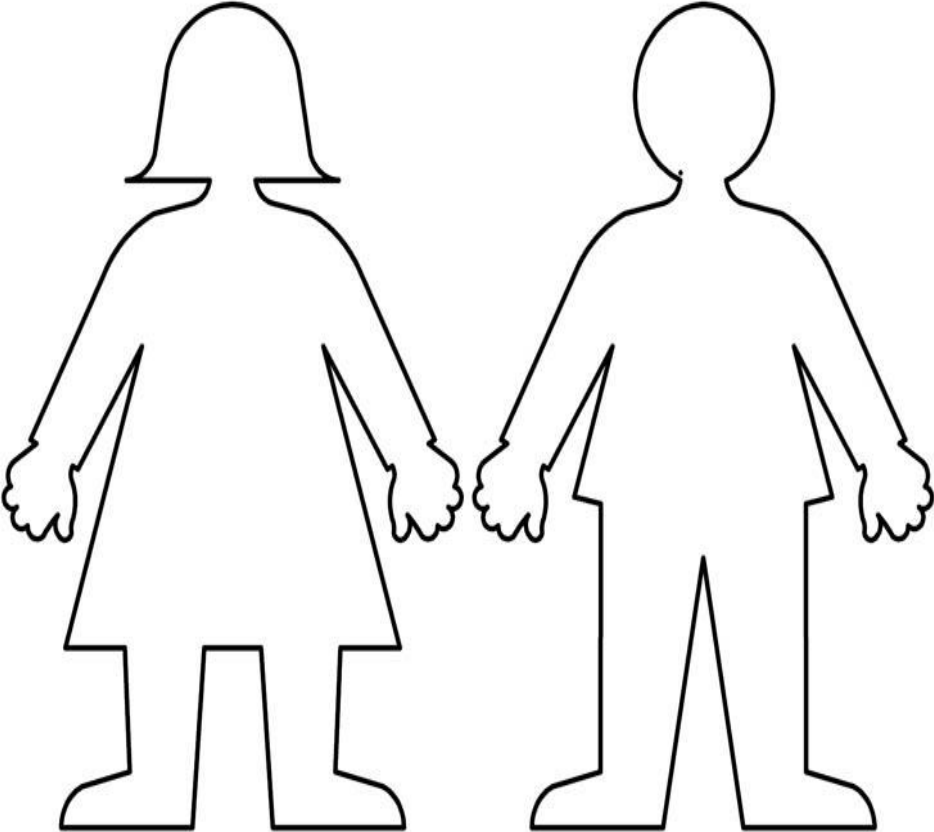
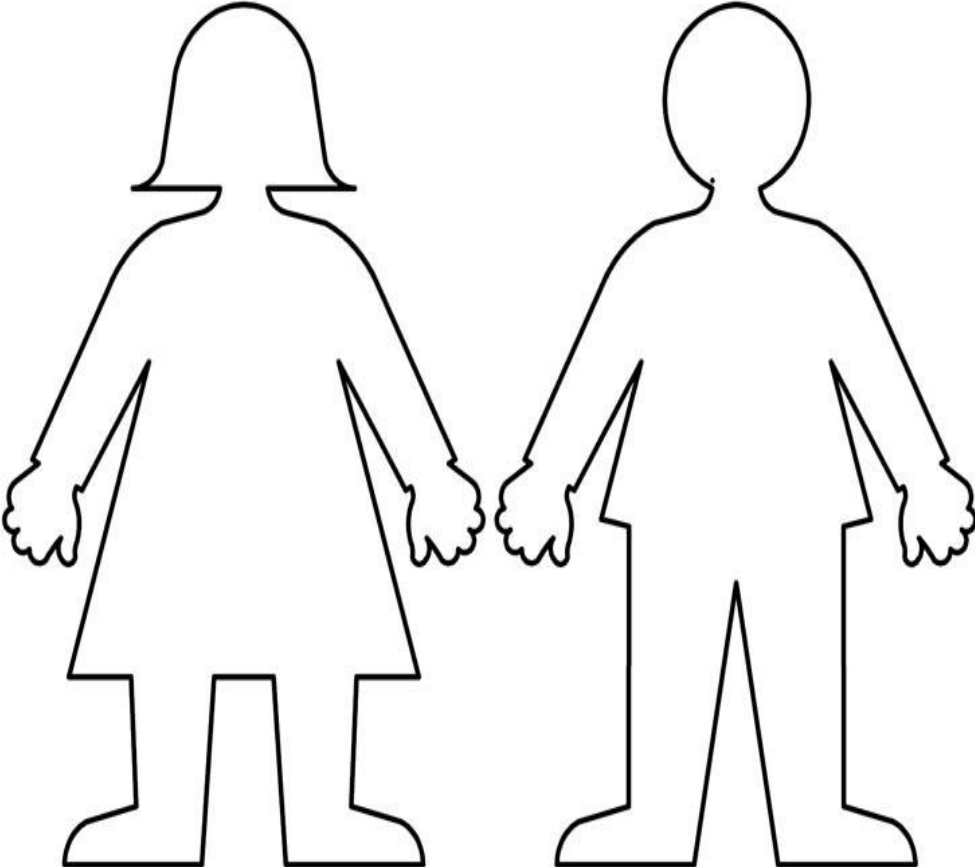


“I Will Encircle Thee in the Arms of My Love”

(D&C 6:20)



Color the outline of one of these people to look like yourself. Glue it onto the “I Will Encircle Thee in the Arms of My Love” page.



TRUTH or DARE

“Fear not to do good” (D&C 6:33). Cut out the following pieces. Separate them into two piles (“truth” and “dare”). Everyone take turns drawing from either the truth or dare pile and then doing what that card instructs them to do.

<p>TRUTH:</p> <p><i>Name one good act you've done recently. How did it make you feel to do it?</i></p>	<p>DARE:</p> <p>Give someone in your family a hug!</p>
<p>TRUTH:</p> <p><i>Have you ever been afraid to do something good? What can help us be brave?</i></p>	<p>DARE:</p> <p>Tell everyone in your family one thing that you think is cool about them!</p>
<p>TRUTH:</p> <p><i>What blessings come to our lives when we do good to others?</i></p>	<p>DARE:</p> <p>Draw a picture or write a letter to someone to brighten their day!</p>
<p>TRUTH:</p> <p><i>What is the nicest thing you've ever seen anybody do?</i></p>	<p>DARE:</p> <p>Find something in the house that needs to be cleaned and clean it!</p>
<p>TRUTH:</p> <p><i>Have you ever chosen the right even when it was hard to do? Share your experience.</i></p>	<p>DARE:</p> <p>Offer to share a toy or other item that is important to you with someone else.</p>
<p>TRUTH:</p> <p><i>Would you rather help your neighbor by cleaning up the rotten apples in their yard or take out their trash?</i></p>	<p>DARE:</p> <p>Go outside and find at least 10 pieces of garbage around your neighborhood to clean up.</p>
<p>TRUTH:</p> <p><i>What makes a "good" person "good"?</i></p>	<p>DARE:</p> <p>Choose a kind act to do for someone you know who might be lonely.</p>
<p>TRUTH:</p> <p><i>If you could meet anyone from the scriptures, who would you choose? What good deeds do you think that person did while they were alive?</i></p>	<p>DARE:</p> <p>Cut out paper hearts and plan to "heart attack" someone. Write kind words to the person on some of the hearts. Within the next few days, tape the hearts onto their door.</p>