

song	scripture	lesson: keeping the sabbath day holy
<p>“Remember the Sabbath Day” Children’s Songbook, 155</p>	<p>Moses 3:2 “And on the seventh day I, God, ended my work, and all things which I had made; and I rested on the seventh day from all my work...”</p>	<p><i>Prepare: Print and cut out the squares for the Sabbath Day Matching Game.</i> Heavenly Father has taught us that we need to keep the Sabbath Day holy. Which day of the week is the ‘Sabbath Day’? {Sunday} What does it mean to ‘keep it holy’? {We do things that bring us closer to Heavenly Father and avoid doing things that keep us from thinking about Him.} It’s important to remember that we always do good things on Sunday. We worship, we rest from our work, and we also give service to others. (If possible, have pictures to display of those three things.) What are some things we can do as a family to keep the Sabbath Day holy? (Allow the children to come up with some ideas on their own, but encourage them if needed... Go to church; Study the scriptures; Visit family; Take naps; Avoid any unnecessary cleaning; Play reverently). Offer some suggestions of things that are NOT keeping the Sabbath day holy and ask the children if those are good things to do on Sunday. (i.e. Mowing the lawn; Playing sports; Shopping, etc.) Activity: Play the Sabbath Day Matching Game.</p>

song	scripture	lesson: i can speak kindly
<p>“Jesus Said Love Everyone” Children’s Songbook, 61</p> <p>(This lesson is adapted from ‘The Family Home Evening Spot’: nataliesfhespot.blogspot.com)</p>	<p>2 Chronicles 10:7 “...If thou be kind to this people, ...and speak good words to them, they will be thy servants for ever.”</p>	<p><i>Prepare: Get an empty clear jar, a bowl with some marbles (or something pretty), and a bowl with some rocks (or something not-so-pretty). Get items for the activity.</i> Ask the children, ‘What does kindness mean?’ Kindness means being friendly and nice to people. Jesus was always kind to everyone and we should always try to be like Jesus. One way to show kindness is to speak nicely. (Display empty glass jar.) When we say kind things to people, we fill their jars with happiness (place marble in jar). When we say mean words to people, we fill their jars with sadness (place a rock in jar). How do you feel when someone says kind things to you? And mean things? Would you want your jar filled with rocks or marbles? This week, try to only say nice things to each other and fill the jar with marbles. Set a challenge/goal for the children/family to meet and have a treat at the end of the week if they make the goal! Activity: Let the children decorate the jar with anything you’ve got around the house: buttons, sequins, glitter, etc for use during the week.</p>

song	scripture	lesson: i can work
<p>“When We’re Helping We’re Happy” Children’s Songbook, 198</p>	<p>Moses 5:1 “And... Adam began to till the earth, and to... eat his bread by the sweat of his brow, as I the Lord had commanded him.”</p>	<p>Ask the children, ‘Who in our family works?’ (Likely only the obvious will come up, i.e. a parent that works outside the home at a job) Ask about various jobs around the house: ‘Is cleaning the dishes work? Is mowing the lawn work? Making our beds? Picking up toys?’ Why is work important? (It helps us to grow and learn, and we feel good about ourselves when we can do a job all by ourselves.) Working together is an important part of being a family. We each have to help do work in order for our family to be happy and function right. Ask children, ‘What are some ways you can help to work at home?’ Make a goal to help each child learn one new chore that week. Practice it all week long. Have a special treat at the end of the week if they have mastered the new chore. Color the ‘I Can Work’ coloring page.</p>