

April 1-14 Matthew 16-17; Mark 8-9; Luke 9

"THOU ART THE CHRIST"

1. A Testimony of Jesus Christ Comes by Revelation - Tell them we're going to learn a huge fancy word today: Revelation (have them say it too). Tell them that it basically means how Heavenly Father talks to people on Earth. When we want to talk to Grandparents or other people we know, how do we talk to them? (in person or on the phone). What body part do we hear them with (ears)? How can Heavenly Father and Jesus talk to us while we're on Earth? Read D & C 8:2 and tell them to listen closely to which body parts the Lord speaks to us through. Explain that when the Lord wants to help us understand things, He helps us feel the truth of them in our minds and hearts through the spirit (this is called revelation).
 - Do you think the Lord speaks to His prophets and apostles through their minds and hearts ever? How old do you think you have to be to be able to feel revelation (messages from heaven) in your heart and mind?
 - Tell them we're going to do an experiment to see if they can feel "revelation." We're going to watch a video about Christ. While we watch, pay close attention to not only what you SEE Christ doing in the video, but also how you FEEL while you're watching it. Play "I Believe in Christ" (YouTube) <https://www.youtube.com/watch?v=stge7KqgEN8> and remind them to pay attention to how their heart feels while they watch it.
 - Ask what they felt afterward. Did it make them feel happy or sad? Do they feel like they believe in Christ and the things He did? Read/summarize 1 Corinthians 12:3 and explain that if they feel like they believe in Christ, that's because they have gotten "revelation" from the Spirit. Heavenly Father is telling their hearts the truth that Jesus is the Christ. This is one of the most important messages Heavenly Father and Jesus want us to know.
2. Sponge vs. Rock Heart -
 - Sit at the table with some water and two separate bowls with a rock and a sponge (heart-shaped if possible). How are rocks and sponges different? Spray or pour a little water onto both the rock and the sponge and talk about what happens. The sponge soaks up the water, but the water rolls off the rock. Compare this to our hearts. A hard heart is unteachable, but a soft heart soaks up the word of God and is able to get more revelation.
 - Are our hearts hard like the rock when we learn about Jesus or can we feel the truth of who He is and what He teaches sinking into our hearts?
 - Discuss how we need to have soft hearts that listen and try to learn the things Jesus and Heavenly Father try to teach us. Have them pay attention to how their hearts feel as we learn. Does it feel like our hearts are soft and taking in the things we're learning? Or are our hearts hard? Alma 12:10-11 is a great scripture that goes along with this.
 - One of the most important things our hearts need to understand is who Christ is and why He's important. How do you think your heart would have felt if you saw and heard about the things Christ did when he was on the Earth? The people alive then saw and heard about some really cool things (healing people, raising people from the dead, feeding 5,000 people with 5 loaves of bread and 2 fish, etc.)! Do you think what they saw Him do helped make their hearts soft and believe in Him?

3. Hard or Soft Heart People Examples –Put the people example cards upside-down on the table and have them turn them over one at a time. As each is turned over, read/discuss/summarize the scripture with it and decide if those people had hard or soft hearts. If they had hard hearts, put the card by the rock, and put the soft heart people by the sponge. Summarize that some people who saw and heard of Jesus believed in Him and followed Him because they had soft hearts, but some rejected Him (didn't believe Him). They saw what He did but didn't let His teachings sink into their hearts. In Matthew 16:21, Jesus explained that He knew that some people's hearts were so hard that he would be hurt and killed because of them. Depending on level of understanding/interest, discuss how Jesus knew they would do this, but it's part of what He came to Earth for and He had to do it to help save all of us. He definitely had power to stop people from hurting Him and could have chosen not to go where those people were, but He was willing to go through with it because of His love for us.
4. Rock vs. Sponge Game (Ways Our Hearts Can Be Soft)- How can we tell if our hearts are learning about/believing in Jesus or not? Cut question cards out and pull them out of a bag or bowl one at a time. If the action represents something that shows they have a soft heart that's going to be able to learn the word of God well, they can spray some water onto the sponge. If it's not a "soft heart" action, they don't get to do anything (or you could have them spray the rock...I just know my own kids will get a little too crazy if we spray every single time haha). Have them think of additional ways their hearts can be like soft and open to hearing God's messages as they try to learn about Jesus and the Gospel at home, church, and during conference.
5. Small Amounts Add Up – Ask how much water is in the sponge. Have them squeeze it into the bowl to see how much water it was able to hold. If we have soft hearts, is God going to be able to give our hearts lots of messages (revelation)? Talk about why it's important to have soft hearts that are ready to hear the word of God often. Summarize how D & C 98: 11-12 says that He will give us truth "line upon line." Sometimes we might just get what feels like a small amount of "revelation" (the word of God) at a time, but the small amounts end up being a lot when added together.
 - Mystery Picture: Cut the numbered picture pieces apart and put in a bag. Put the blank chart on the fridge. Each time the kids do something that shows they're opening their hearts up to hear God's messages throughout the week by being reverent for prayer/scriptures/etc., they can choose a picture piece to glue onto the blank numbered chart.
6. Priesthood Keys- Read "Peter Testifies of Christ" <https://www.lds.org/study/manual/new-testament-stories/chapter-32-peter-testifies-of-christ?lang=eng> and tell them to listen carefully to hear what Jesus said He was going to give to Him. Remind them that the Priesthood is the power of God. This power comes from Christ and can't be bought with money. What are some things the Priesthood is used for? Either cut all of the keys apart and have them find the matching keys or just put the keys into a container and have them draw one out at a time to discuss. When done, put them all together and attach all keys onto a string or keychain.
7. Treat – Sponge Cake or another soft dessert to represent having a soft heart, maybe these: <https://www.sixsistersstuff.com/recipe/caramel-marshmallow-rice-krispie-balls/>

More Teaching: Since this lesson covers two weeks, we might randomly throw in the following ideas sometime as well:

1. Faith the Size of a Mustard Seed- How big is a mustard seed? Show the picture of a mustard seed and how big it can grow. Remind them of the seeds we planted for the Sower lesson (or show time lapse video of a plant growing from a seed). The seed was small at first, but does that mean we just threw it away? No, we planted it in good soil and watered it and it grew. Compare the plant to faith (what we believe in). How can our faith grow? Even one of the apostles (Elder Holland) stated that his belief used to be a “tiny seed” but now it has grown into a tree.
 - Read/discuss/summarize Matthew 17:19-20 and have them listen to see what they could do with even a small amount of faith. Talk about how cool that would be to actually move a mountain. Read/summarize Moses 7:13 and explain that prophets with enough faith in Jesus actually have moved mountains. What are some other things that have been done because of faith (Moses parted the Red Sea, etc.)?
 - Read/discuss the “Growing Your Testimony” page from the January 2019 Friend.
 - Show plant growth time lapse video: <https://www.youtube.com/watch?v=w77zPAtVTul> . Point out the roots that are growing and discuss how they keep the plant strong. Our testimonies will be a lot stronger if they’re rooted in Christ. Review the wise man and the foolish man, and clarify the difference between building on a rock and having a hard/soft heart. Rocks are steadfast, immovable, and firm.
2. Jesus Diorama (“Whom say ye that I am?”) – If you met someone who asked you who Jesus is, what would you tell them? Have the diorama glued together, and then let them choose one stone at a time. Before they glue it on, read that scripture and summarize how that can help us explain who Christ is. Remind them of what Peter’s answer was to who Jesus is.

Additional Ideas:

Priesthood Flip Book: <https://www.lds.org/media-library/images/children-preisthood-1229256?lang=eng>

Priesthood Key color matching activity: <http://newswithnaylor.blogspot.com/2017/02/family-home-evening-priesthood.html>

Plant watered back to life video: (to show that we can nourish our testimonies back to life when needed)
https://www.youtube.com/watch?v=D_0n1dGo4Ww

I believe in Jesus Picture-Strip Bookmark: <https://www.lds.org/study/friend/2003/04/believing-in-jesus-christ.html?lang=eng#title1>

Hard or Soft Heart People Examples:

The Pharisees and Sadducees
Matthew 16:1-4



Peter
Matthew 16:13-17



Father who asked Jesus to heal his son even though
his faith wasn't perfect
Mark 9:14-29



Elders, chief priests, and scribes
Mark 8:31 Matthew 16:21

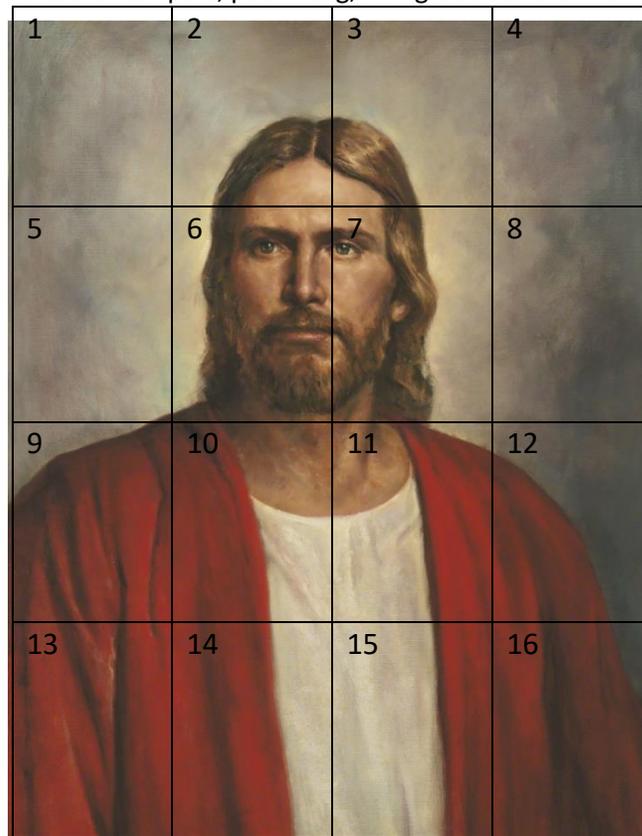


Rock vs. Sponge Game (Ways Our Hearts Can Be Soft): Cut apart, place by either rock or sponge to show if this represents having a soft or hard heart. (Questions from Anna Sibbett <file:///C:/Users/Owner/Downloads/CMF%20activity.pdf>)

YOU PLAYED WITH YOUR TOYS DURING PRIMARY INSTEAD OF PARTICIPATING IN CLASS.	YOU ROLLED AROUND ON THE FLOOR DURING FAMILY PRAYER.	YOU PLAYED ON YOUR ELECTRONIC DEVICE DURING FAMILY SCRIPTURE STUDY.	YOU FOUGHT WITH YOUR LITTLE BROTHER/SISTER ON THE WAY TO CHURCH.	YOU HID UNDER THE BENCH DURING SACRAMENT MEETING.
YOU PLAYED A CARD GAME DURING THE SACRAMENT.	YOU RAISED YOUR HAND AND SHARED YOUR THOUGHTS IN PRIMARY.	YOU VOLUNTEERED TO SAY THE PRAYER IN PRIMARY.	YOU READ A SCRIPTURE VERSE DURING FAMILY STUDY TIME.	YOU HELPED YOUR BROTHER/SISTER LOOK AT PICTURES OF JESUS DURING THE SACRAMENT.
YOU INCLUDED THINGS YOU LEARNED IN FAMILY STUDY IN YOUR PERSONAL PRAYERS.	YOU ARE KIND TO YOUR SIBLINGS.	YOU HELP YOUR FAMILY WITH A HAPPY HEART.	YOU FOLDED YOUR ARMS AND WERE REVERENT FOR FAMILY PRAYER.	

Mystery Picture: Cut numbered picture pieces apart and put in a bag. Each time the kids do something that shows they're opening their hearts up to hear God's messages throughout the week (being reverent for prayer/scriptures/etc.), they can choose a picture piece to glue onto the blank numbered chart.

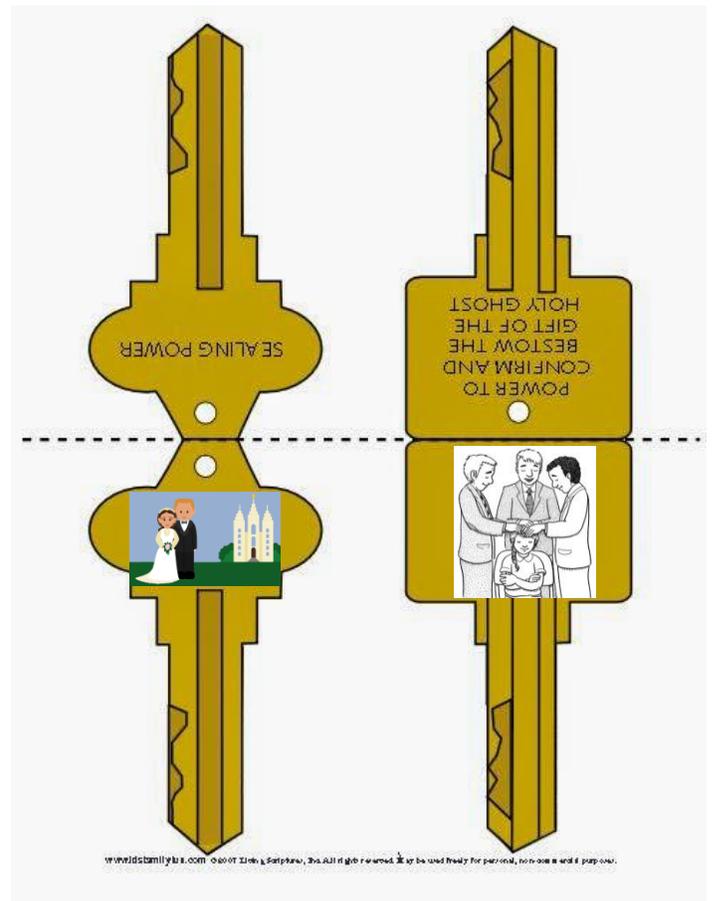
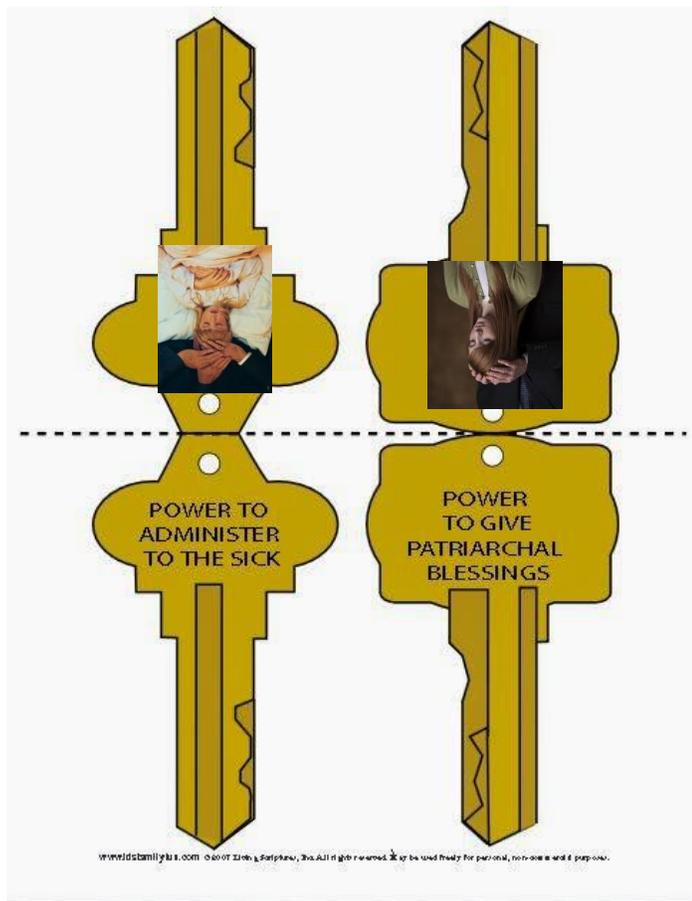
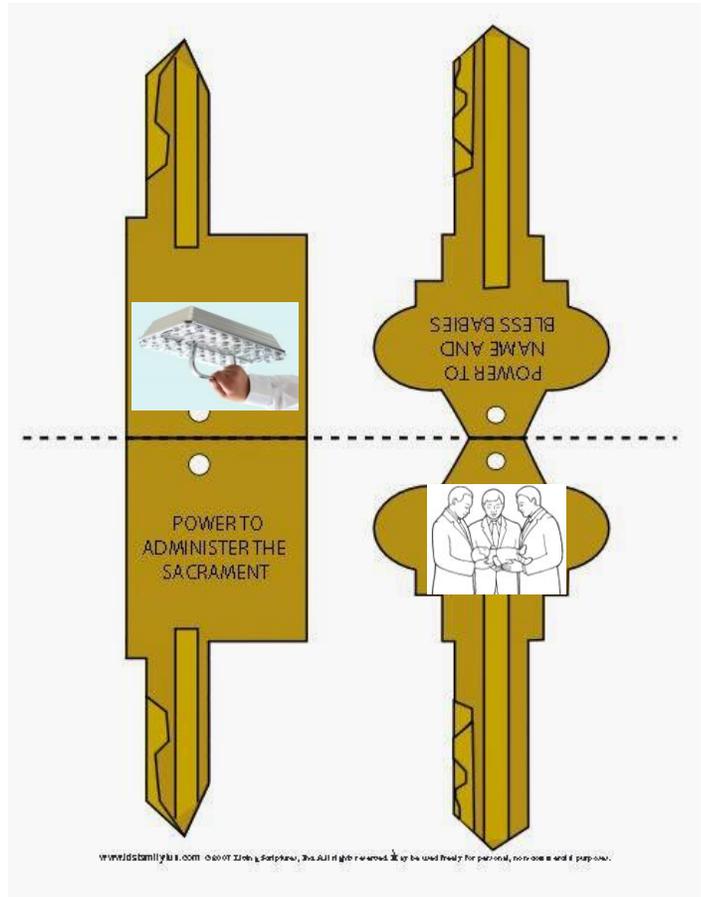
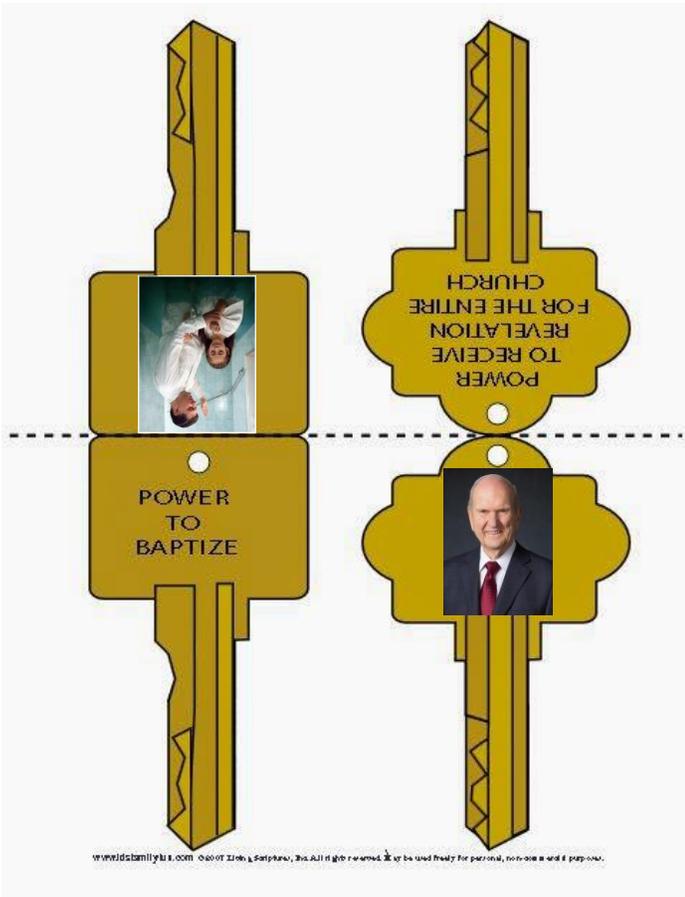
Cut these ones apart, put in bag, and glue onto blank chart below:



A TESTIMONY OF JESUS CHRIST COMES BY REVELATION FROM HEAVEN

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16

Priesthood Keys: (keys from <http://www.ldsfamilyfun.com/media/PDFs/fhe/PHkeysact.pdf>). This link also has some great detailed cards for each key with explanations of each.



Faith the Size of a Mustard Seed:



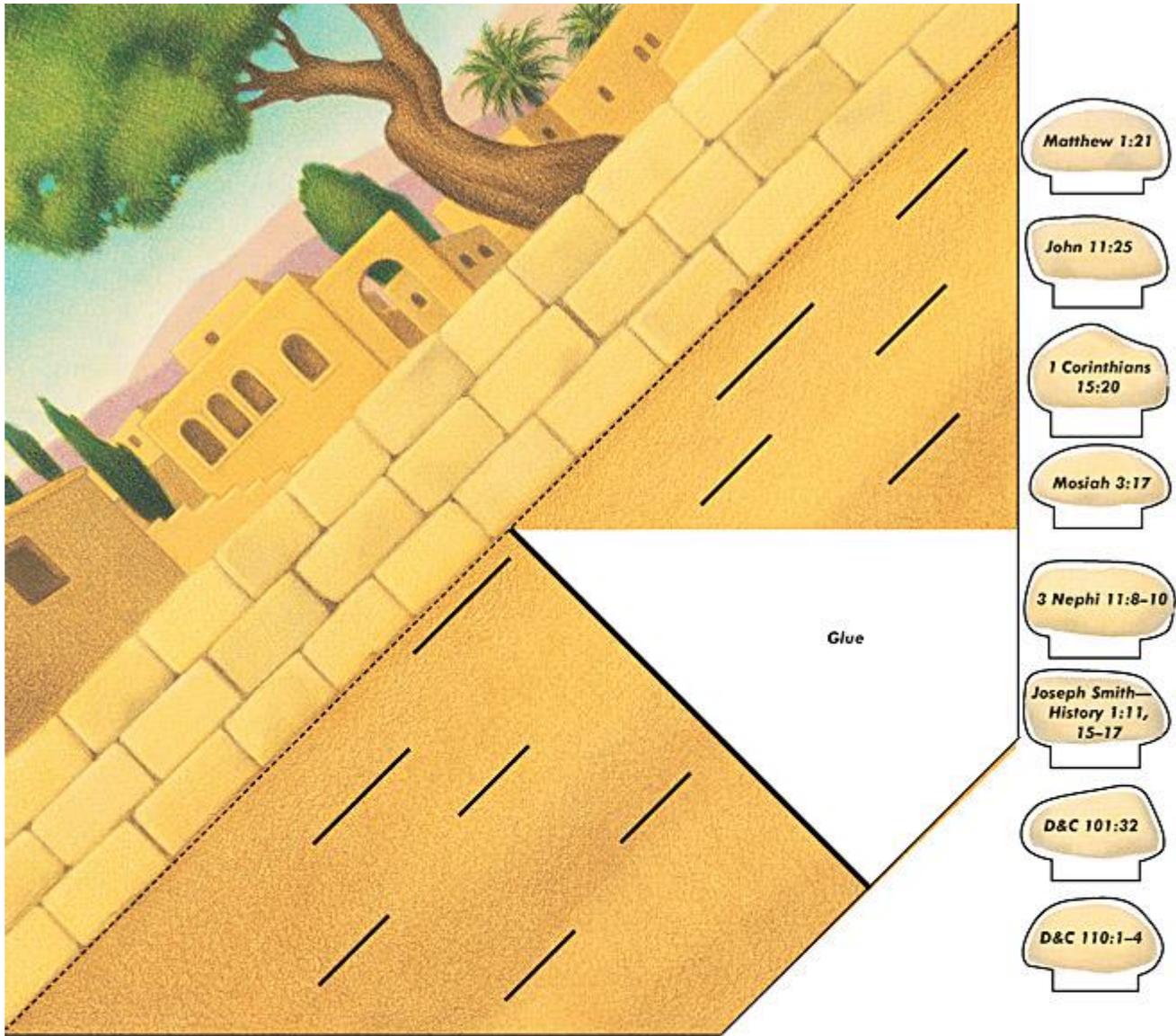
From January 2019 Friend

<https://www.lds.org/study/friend/2019/01/testimony-plants?lang=eng>

Jesus Diorama ("Whom say ye that I am?") from The Friend

<https://www.lds.org/study/friend/2003/04/sharing-time-thou-art-the-christ?lang=eng>

1. Mount page 35 on heavy paper.
2. Cut out the figures, the stones, and the diorama; then cut along the long heavy line on the diorama.
3. Fold along the broken line, and glue the blank section underneath the bottom of the diorama (see illustration).
4. Cut slits on the short heavy lines; insert the tabs for the figures into the slits, and fold them so the figures will stand.
5. Locate and read the scriptures on the stones, and add the stones to the diorama.



Illustration