

August 5-11 Romans 1-6

# "THE POWER OF GOD UNTO SALVATION"

1. Mini Epistles- Explain that the church continued to grow for a while after Christ died. Apostles tried to teach people in different cities the things they needed to know. Sometimes they wrote letters (called epistles) to help them teach. Cut apart the mini epistle papers. Family members take turns drawing them out of a bag/bowl one at a time to discuss some of the things that Paul wrote in his Epistle (letter) to church members in Rome (Romans). These messages are important to us today as well. Discuss how each one applies to us as they're drawn out. Tell them we're going to learn more about some of these epistle messages in today's lesson.
  - If you want to get fancy with this, you can print up the adorable mail carrier bag found here to go with these (roll the epistles up and place them in the mail carrier bag):  
<https://www.theredcrystal.org/post/aug-5-11-the-power-of-god-unto-salvation>
2. Grace Sparkles Mitten Activity (Christ Helps Us Be Inwardly Clean) - Beforehand, print and put together the body/spirit mittens found below (created by Crystal from the redcrystal.org). Cut out the blotch and sparkle squares with words, tape them onto the spirit mitten, and put the spirit mitten inside of the body mitten so the kids can't see it. (see this link she made for step-by-step pictures:  
[https://static.wixstatic.com/ugd/e5a618\\_bb014801d62f432d82633a0c58b5f4ed.pdf](https://static.wixstatic.com/ugd/e5a618_bb014801d62f432d82633a0c58b5f4ed.pdf))



- Body: Look at all of the cute details on the body mitten. Talk about which parts of it they think look the best (necklace, bow, etc.).
  - Spirit: Ask if they remember what's inside of our bodies (a spirit). How do they think this kid's spirit looks? Remind them that we can't judge people based on what they look like. Take the spirit mitten out of the body mitten and talk about what it looks like (make sure you've cut out the sparkle/blotch squares and taped them onto it). What parts of this spirit do they think look the best? What parts are not so good? When we do good things, it's like we're making our spirit more "sparkly." When we make bad choices, it's like we're putting blotches on our spirit. What other things could we do to put either sparkles or blotches on our spirits? Should we be more worried about what our spirits look like or what our bodies look like? (if you want to get really deep with this, you can study D & C 131:7)
  - Romans 3:23 (Blotches) The blotches show mistakes. Read Romans 3:23 and talk about how we all have sinned and come short of the glory of God (we all make mistakes). Does God hate us when we make mistakes? (no) What does He want us to do about our mistakes? (repent, fix them) Who can help us be clean from our sins? Show a picture of Jesus and remind them of how important He is to us and how much He loves us and wants to help us.
  - Taking blotches off (Because of Jesus, our sins can become clean): Read each of the sparkle/blotch squares that are taped onto the spirit. Remind them that because of Jesus Christ's Atonement, we can become clean. Let them take off the blotches and say, "Because of Jesus, our sins can become clean" each time. Keep the sparkly squares taped onto it.
  - Grace Sparkles: Does the spirit look better now that the blotches are gone and only the sparkles are left? Is the spirit totally covered in sparkles? (not yet) Heavenly Father wants us to not only become clean from blotches, but also to become like Him. How many "sparkles" do you think are on Heavenly Father's spirit? (LOTS!) Give them the extra sparkles to glue onto the rest of the spirit wherever they want and explain that after we've done all of the good that we can in our lives, we're still not quite perfect. Christ is so amazing that He gives us extra sparkles (light and strength) that we haven't even earned ourselves just because He loves us and wants to help us become more perfect. This is part of what's called "grace." Talk about how awesome the spirit looks now. *You could also add glitter to this if you want.*
  - Remind them that we're children of God. That means we can grow up to be like God. God is full of light, and because of Christ's Atonement, we can become full of light as well. As we DO good things, we BECOME more "sparkly" like Christ and Heavenly Father. It's important for us to do as much good as we can, but Christ's grace can help us be even better than we could be on our own without Him.
  - Read/discuss/summarize 2 Nephi 25:23 and what it means to be saved by grace after all we can do.
3. Baptism Helps Us Be Inwardly Clean ("walk in newness of life") - Show video "The Baptism of Jesus"  
<https://www.churchofjesuschrist.org/bible-videos/videos/the-baptism-of-jesus?lang=eng> . Explain that when we get baptized, our sins are washed clean from our spirits (it takes the "blotches" off of our spirit). It's like we



become a new, clean person. Talk about baptisms we've been to as well as Mom/Dad's baptisms. After we're baptized and have been cleansed, does that mean we're clean forever? Talk about repentance and how we can be cleansed after we make more mistakes if we repent. Who is it that can make us clean?

- Romans 6:3-6 – Summarize how these verses say that when we're baptized, we'll "walk in newness of life" and "the body of sin" will be destroyed. This means that our sins are destroyed and we're like new, clean people.
  - Watch music video for "When I Am Baptized" song from Children's Songbook and talk about what the words mean. <https://www.churchofjesuschrist.org/media-library/video/2017-01-080-when-i-am-baptized?lang=eng>.
4. Faith- What does it mean to have faith? Who should we have faith in? Show picture of Christ again. Reread the mini epistle for Romans 1:17 and discuss what it means. Outward things like baptism, reading scriptures, going to church, taking the sacrament, etc. are important, but are we letting them help us become better people on the INSIDE when we do them? Are they helping us have more faith in Christ and become more like Him? Remind them that even though we don't see Christ right now, we should have faith in Him and be thinking about Him while we do these things.
5. Following Christ with Faith Charades- Remind them that Jesus Christ is the one who can cleanse us, save us, and help us become more like Him and bring us back to Heavenly Father. But He can only do that when we actually follow Him. Take turns acting out things we can do that show we're following Christ and have faith in Him to see if other family members can guess what each person is doing. Possible ideas to act out:
- Thinking about Jesus while taking the sacrament
  - Listening carefully during scripture study
  - Going to primary class reverently and listening to the teacher
  - Paying attention to the words of church songs while singing them
- \*It could also be fun to act out the OPPOSITE of these afterward, encourage them to think about how often we accidentally do the opposite actions in real life, and talk about ways we can improve.*
6. Candy Appearance Activity- Beforehand (without the kids seeing), carefully open and empty a box of theater candy and fill it with small rocks, crumpled paper, or whatever makes it look/sound like it's full of good stuff. Carefully close it again so it looks like it's a normal box of candy.
- Set out the theater box next to a smaller fun-size piece of candy. Ask the kids which candy they would choose out of the two.
  - After they've made their choice, open up the theater box to show that even though it LOOKED like it was good, it was actually full of not so good stuff.
  - What's more important: What something/someone LOOKS like or how good they actually are inside?
  - Read/discuss/summarize Romans 2:28-29. Talk about how it's important to actually be good inside (loving, kind, etc.) instead of just LOOKING good on the outside.
7. Outward Appearance vs. Inner Appearance Geodes –Should we be more worried about what we look like on the outside or about what our spirits are like?
- Geodes: Use geodes to discuss inner beauty. You can't tell how beautiful they are on the inside just from looking at the outside of them. This story from *The Friend* would be perfect for this (a boy gives his friend a geode to help him see the inner beauty of the rock): <http://media.ldscdn.org/pdf/magazines/friend-august-2012/2012-08-19-buddys-heart-eng.pdf>.
  - Amazon has lots of geode kits if you want to do some hands-on exploring: Just search "breakable geodes." Lots of rock stores also sell these.

#### Additional Ideas:

My Baptism Bag <https://www.churchofjesuschrist.org/study/friend/2016/06/funstuff-my-baptism-bag?lang=eng>

Baptism Matching Game <https://www.churchofjesuschrist.org/study/friend/2019/02/the-baptism-covenant?lang=eng>

Learning About Baptism <https://www.churchofjesuschrist.org/study/friend/2019/02/learning-about-baptism?lang=eng>

My Baptism Covenant <https://www.churchofjesuschrist.org/study/friend/2015/05/my-baptismal-covenant?lang=eng>

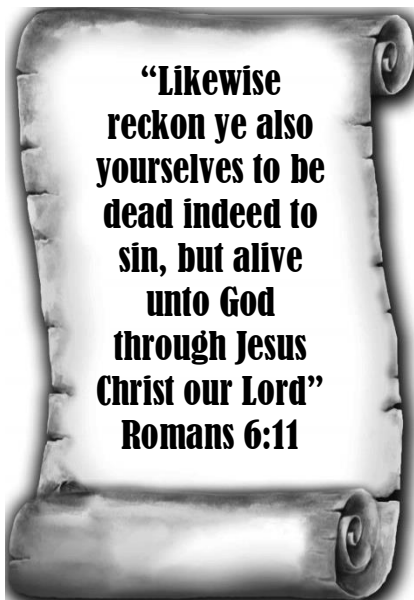
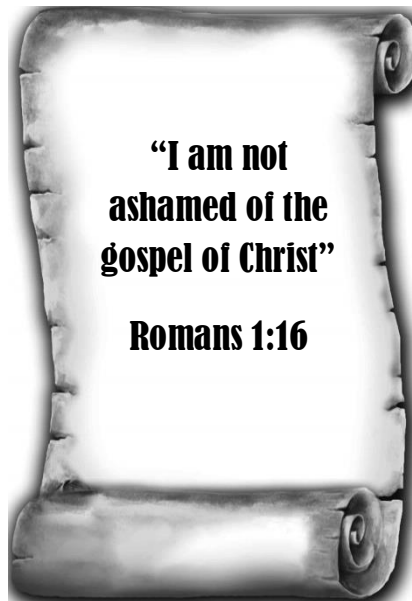
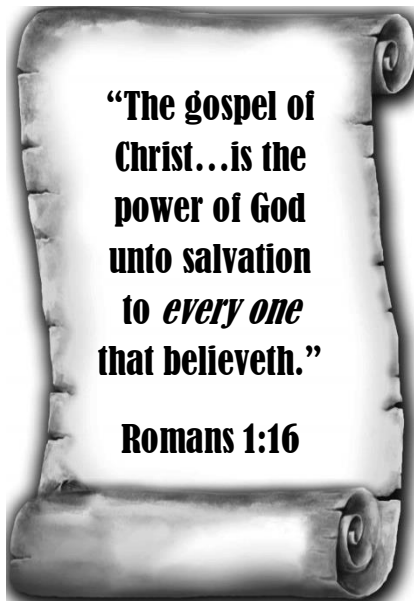
Logan's Baptism <https://www.churchofjesuschrist.org/study/friend/2005/07/logans-baptism?lang=eng>

Canary Story about Outward Appearances <https://www.churchofjesuschrist.org/study/friend/2005/08/come-listen-to-a-prophets-voice-the-canary-with-the-best-song?lang=eng>

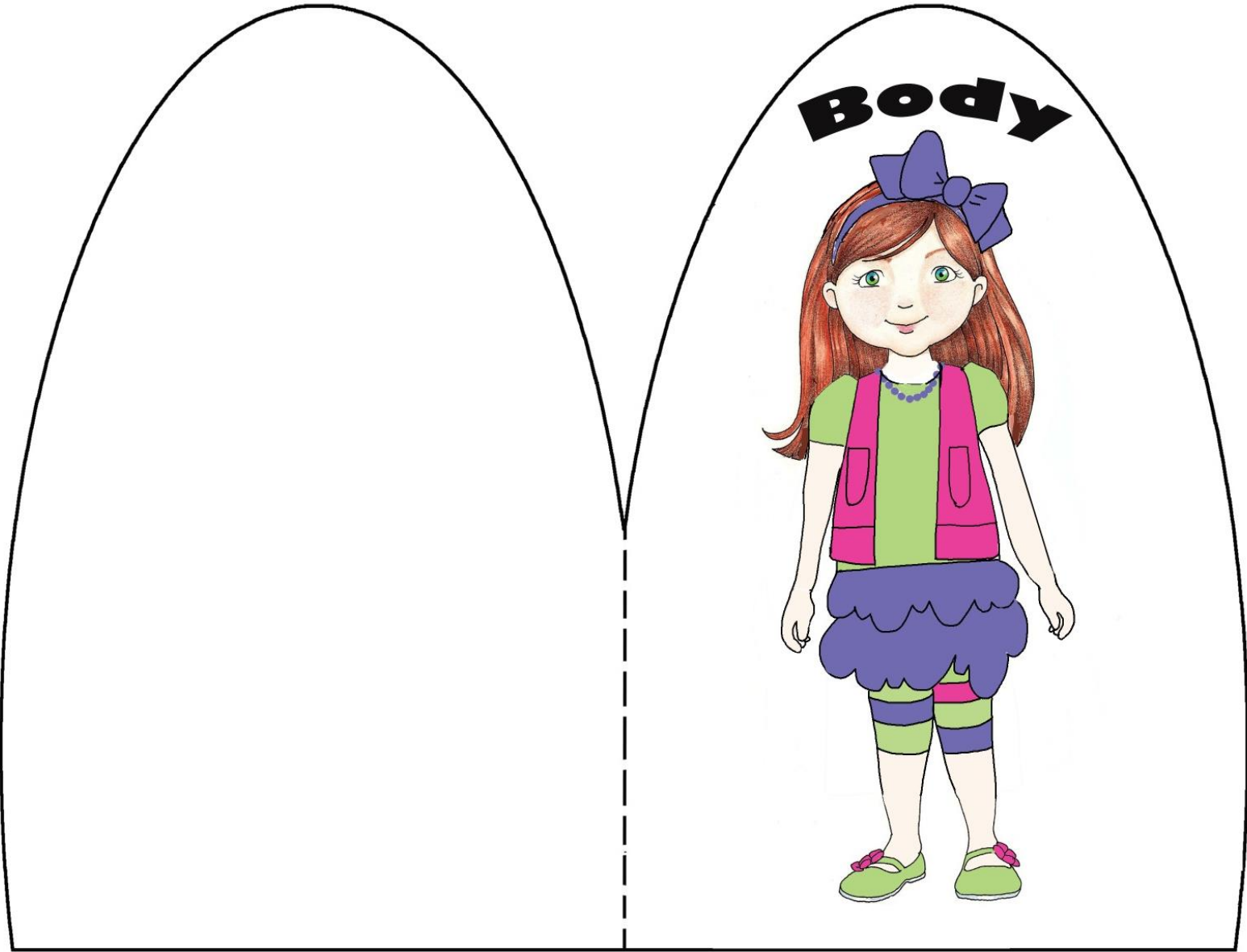
More fun printables: <https://www.theredcrystal.org/post/aug-5-11-the-power-of-god-unto-salvation>

Mini Epistles: Cut apart and place in a bag. Take turns drawing them out of a bag one at a time to discuss some of the things that Paul wrote in his Epistle (letter) to church members in Rome (Romans). These messages are important to us today as well. Cute mail carrier bag that can be used with this can be printed from here:

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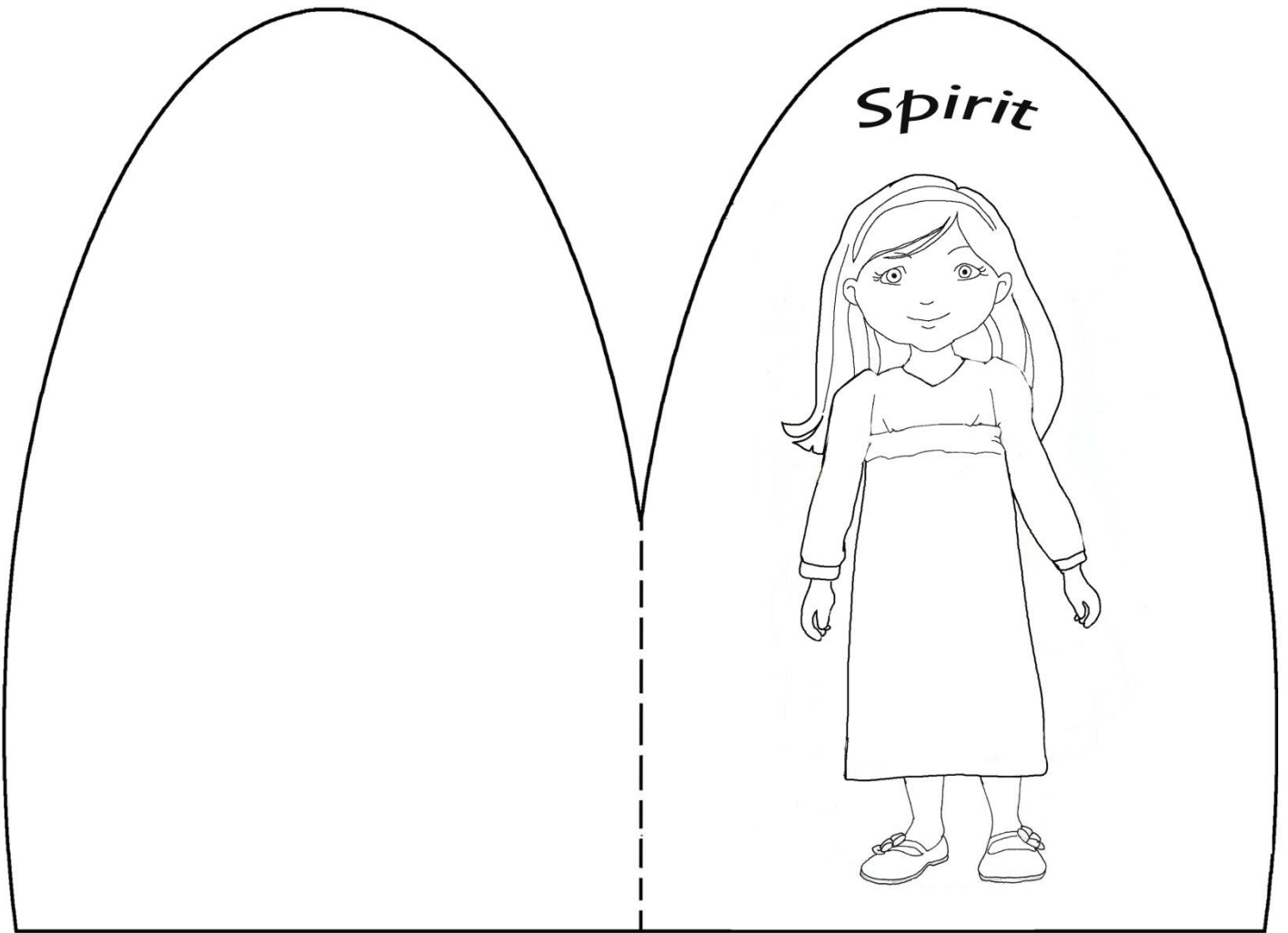


Body Mitten: Fold in the middle and tape around the outside edge so it can be used as a mitten on the hand. Place spirit mitten inside of the body mitten to represent that our bodies have spirits inside of them.



Grace Sparkles Mitten Activity (Christ Helps Us Be Inwardly Clean) - Tape the blotch and sparkle squares with words onto the spirit mitten and put the spirit mitten inside of the body mitten so the kids can't see it.

Step-by-step directions/pictures: [https://static.wixstatic.com/ugd/e5a618\\_bb014801d62f432d82633a0c58b5f4ed.pdf](https://static.wixstatic.com/ugd/e5a618_bb014801d62f432d82633a0c58b5f4ed.pdf)

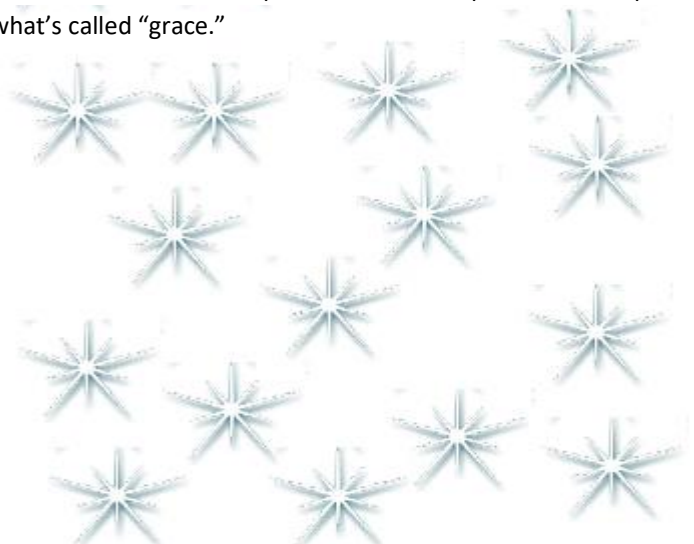


Sparkle/Blotch Squares:

Cut these ones apart and tape onto spirit mitten. Place spirit mitten inside of body mitten. Discuss how Christ can clean the dirty blotches off of our spirits because of His Atonement.



Grace sparkles: Cut these ones out and let kids glue them on at the end to show how Christ is so amazing that He gives us extra “sparkles” (light and strength) that we haven’t even earned ourselves just because He loves us and wants to help us become more perfect. This is part of what’s called “grace.”





Link for Boy Body Mitten: [https://static.wixstatic.com/ugd/e5a618\\_685559dd4bb84c57a4e86ac3a3fc7215.pdf](https://static.wixstatic.com/ugd/e5a618_685559dd4bb84c57a4e86ac3a3fc7215.pdf)

Boy Spirit Mitten: [https://static.wixstatic.com/ugd/e5a618\\_4e85cc644d72486ba3926617f29773a5.pdf](https://static.wixstatic.com/ugd/e5a618_4e85cc644d72486ba3926617f29773a5.pdf)

Blank Sparkle/Blotch squares that can also be used to have kids brainstorm their own actions for each:

