

## October 14-20 Philippians, Colossians

# "I CAN DO ALL THINGS THROUGH CHRIST WHICH STRENGTHENETH ME"

1. Frowny Face Challenge from Ensign (Family Study Fun Ensign Activity from <https://www.churchofjesuschrist.org/study/ensign/2019/10/family-study-fun?lang=eng>)

October 14-20 (Philippians 4:4)  
Frowny Face Challenge



Everybody has bad days, but when we follow Paul's counsel and "rejoice in the Lord alway[s]" ([Philippians 4:4](#)), we think of Christ and allow His grace to keep us as happy, optimistic, and positive as possible.

1. Have someone put on a frowny face.
2. Have each family member try, without touching the person, to turn that frown into a smile. (Extra points for getting a laugh.)

**Discussion:** How do we rejoice in the Lord? How can we help others find happiness in Christ? What are some examples from the scriptures of rejoicing in Christ?

2. Scriptures About Christ Activity- The New Testament student manual says, "Philippians and Colossians were probably both written while Paul was under arrest in Rome, but remarkably it was during this difficult time that Paul wrote of 'the peace of God, which passeth all understanding.' These two epistles are consistently positive and optimistic, and they contain some of Paul's clearest and most earnest teachings about Jesus Christ." Tell them that we're going to read parts of these epistles that he wrote during this time.
  - **Activity:** Review different names for Jesus Christ. Everyone take turns pulling the scriptures about Christ out of a bowl/bag to read (or hide them and let them find them). Ask them to listen carefully to see if they can hear a spot in that scripture that talks about Jesus. Discuss and summarize each one as it's read, and remind them of how important Christ is to us. If they hear a word in the scripture talking about Christ, they can glue it onto the "My Faith is Founded on Jesus Christ" sheet around the picture of Christ. *Older family members could also share additional favorite scriptures about Christ.*
3. Pointing to Christ ("It Will Mean Little or Nothing Unless We Find Jesus at the Center of it All")-
  - **Scripture:** Read/discuss/summarize Colossians 3:23-25. Before you read, tell them to listen carefully to who it says we should do things unto. Remind them of how important Christ is to us. How can we remember and have faith in Jesus in our lives, even when hard things happen? What are some things in our lives that can be made easier when we rely on Christ?
  - **Quote:** Remind them of/discuss this quote from Elder Holland in Saturday morning conference: "It Will Mean Little or Nothing Unless We Find Jesus at the Center of it All." Fill in the word "It" at the first of the quote with different things we do (general conference, church, singing primary songs, reading scriptures, Come Follow Me lessons, etc.). Brainstorm ways our family can be more Christ-centered as we do these things or choose one of these areas we can try to improve at finding Christ in.

- Have them each write/draw something to remind them of what they want to focus on, cut out arrow shapes to place around the picture of Christ, or just point to the picture of Christ while each person says one thing they can do to point their lives toward finding Jesus better.
4. Being Rooted in Christ-
- Read/discuss/summarize Colossians 1:23 and 2:7.
  - Pictures: Look at pictures of the 2 trees below. Point out the roots in pictures and ask which ones had stronger roots. What does it mean to be “grounded” and “rooted” in Christ? What can happen to us if we’re not grounded and rooted in Him?
  - Video: Watch and discuss “Spiritual Whirlwinds” <https://www.youtube.com/watch?v=DzWXSz9hlxw>.
  - Share/summarize the following quote from Elder L. Whitney Clayton: *“Because we don’t know when or how our own challenges will come, or how long our personal seasons of winter or summer will last, we should set down our roots as deeply as we can into the only true source of nourishment for our souls, the Lord Jesus Christ. He wants our lives to be abundant. He invites us to come unto Him. He said, “Learn of me, and listen to my words; walk in the meekness of my Spirit, and you shall have peace in me” (D&C 19:23). We build strength of soul to weather the storms of our lives by learning of Him. We learn by study and by prayer. We learn by watching righteous examples. We learn as we serve others in order to serve Him (see Matthew 25:40). We learn as we seek to emulate Him in any way we can.”*
  - Read/discuss/summarize D & C 58:2-5 Talk about how every sacrifice we make now will bring really big blessings if we remain true to our faith in Christ (The gospel of Jesus Christ is worth every sacrifice).
5. Acting as Trees - As we have faith in Christ and stay rooted in Him, we give up attitudes and actions that aren’t like Him and put on new attitudes and actions that are like Him.
- Have them stand and pretend to be a tree that has weak roots in a storm and then a tree with strong roots (idea from manual). Let other family members pretend to be the storm while they show which tree stands/falls.
  - Cut apart the strips below. Take turns choosing one strip at a time. If you get a strip with a Christlike attribute/something that would give us strong roots, you can stand tall and strong to represent a tree with strong roots. If your strip says something that is NOT a Christlike attribute, pretend to be a tree with weak roots. Discuss how having faith in the Savior and doing the things He’s taught us can help us be like a tree with strong roots.
  - Read Philippians 4:8 and talk about how those things can also help us to have strong roots.
6. Video about Christ/Family Testimonies-
- Show one of the following:  
Apostle Testimonies of Jesus Christ <https://www.youtube.com/watch?v=9ddXNF29goo>  
President Russell M. Nelson Testimony <https://www.youtube.com/watch?v=YRwQzKe-51o>  
If you want a longer sit-down movie, watch this “special Witnesses of Christ” video from 2000 (one hour long) [https://www.youtube.com/watch?v=4drs4FeU\\_QQ](https://www.youtube.com/watch?v=4drs4FeU_QQ)
  - If time/interest, share/review other testimonies about Christ that stood out to us from conference.
  - Scriptures: Read/summarize key points we can learn about Christ in Colossians 1:12-23.
  - Song: Peace in Christ <https://www.youtube.com/watch?v=Waitmz6C100>
  - Family Testimonies- Take turns holding picture of Christ while sharing testimonies of Him.
7. Footprint Cookies- Read/discuss/summarize Colossians 2:6. Remind them that when we believe in Christ, we will also follow in his footsteps and try to live the way He did. We should follow Him and be like Him.
- Use Milanos and mini Charleston Chews to make footprint cookies  
<http://updikeupdates.blogspot.com/2015/07/follow-in-his-footsteps.html?m=1>

Additional Ideas:

Testimony of Apostles video (more current) <https://www.youtube.com/watch?v=i6G1CtoJqQU>

More great ideas <https://www.theredcrystal.org/post/come-follow-me-oct-14-20-i-can-do-all-things-through-christ-which-strengtheneth-me>

**Scriptures About Christ Activity:** Cut out the scripture squares below. Everyone take turns pulling the scriptures about Christ out of a bowl/bag to read (or hide them and let them find them). Ask them to listen carefully while it's read to see if they can hear a spot in that scripture that talks about Jesus. Discuss each one as it's read, and remind them of how important Christ is to us. If they hear a word in the scripture talking about Christ, they can glue it onto the "My Faith is Founded on Jesus Christ" sheet around the picture of Christ. After they've all been glued on, summarize the importance of Christ in our lives.

<p>"Rejoice in the Lord always[s:] and again I say, rejoice." (Philippians 4:4)</p>	<p>"The Lord is at hand!" (Philippians 4:5)</p>	<p>"And the peace of God, which passeth all understanding, shall [guard] your hearts and minds through Christ Jesus." (Philippians 4:7)</p>
<p>"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus" (Colossians 3:17)</p>	<p>"I can do all things through Christ which strengtheneth me" (Philippians 4:13)</p>	<p>"But my God shall supply all your need according to his riches in glory by Christ Jesus." (Philippians 4:19)</p>
<p>"As ye have therefore received Christ Jesus the Lord, so walk ye in Him." (Philippians 2:6)</p>	<p>"And whatsoever ye do, do it heartily, as to the Lord, and not unto men." (Colossians 3:23)</p>	<p>"If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God." (Colossians 3:1)</p>

## My Faith is Founded on Jesus Christ



Being Rooted in Christ



Acting as Trees: Cut apart the strips below. Take turns choosing one strip at a time. If you get a strip with a Christlike attribute/something that would give us strong roots, you can stand tall and strong to represent a tree with strong roots. If your strip says something that is NOT a Christlike attribute, pretend to be a tree with weak roots. Discuss how having faith in the Savior and doing the things He's taught us can help us be like a tree with strong roots.

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Anger (Colossians 3:8)

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Mean words (Colossians 3:8)

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Lying (Colossians 3:9)

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Mercy (Colossians 3:12)

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Kindness (Colossians 3:12)

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Humbleness (Colossians 3:12)

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Meekness (Colossians 3:12)

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Longsuffering (Colossians 3:12)

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Forgiving (Colossians 3:13)

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Charity (Colossians 3:14)

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Studying the word of Christ (Colossians 3:16)

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Singing hymns to the Lord (Colossians 3:16)

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