

## November 18-24 James

# "BE YE DOERS OF THE WORD, AND NOT HEARERS ONLY"

- Talking About Candy – Set out a bag of candy. Read the descriptions of the candy of the bag. Ask if family members think it sounds like something good. Now that we've had a great discussion about this candy, should we put it away and forget about it or do we want to eat it? Compare this to the things we learn about Jesus and His gospel. Hearing about these things is great, but we have to also DO something about what we've learned if we want the full joy from it.
  - Read/discuss/summarize James 1: 22-25. Emphasize the difference between HEARING what Christ has taught us and DOING what Christ has taught us.
  - Discuss: What are some things we've HEARD from the prophet and apostles? What have they caused us to DO differently? What are some things we've HEARD from the scriptures? What have they caused us to DO differently? Remind them that if we believe in (have faith in) things we hear, we internalize them and they affect our actions.
- Picture Quiz of DOERS vs. HEARERS – If we're hearers of the things Jesus taught, what kinds of things might we DO if we actually have faith in Him and His words?
  - Show the kids the pictures in the picture quiz below. Read the options for each picture and have them tell you which of the options would be the best. Remind them that when we have faith in Christ, we DO things the way he taught us to do things. Let them have a piece of candy from the bag in the "Talking About Candy" activity for each correct answer they can give.
  - Read/summarize/discuss James 2:14-26 and James 4:17.
  - Brainstorm times in our lives when we could improve at being better DOERS of the things we've learned.
- Joseph Smith Was an Example of Being a Doer of the Word – Ask if they remember who Joseph Smith was. Watch/discuss "Ask of God: Joseph Smith's First Vision" <https://history.churchofjesuschrist.org/story/first-vision?lang=eng>.
  - Share the following quote from Elder David A. Bednar: *"Joseph's questions focused not just on what he needed to know but also on what was to be done!...Joseph went to the grove to ask in faith, and he was determined to act. True faith is focused in and on the Lord Jesus Christ and always leads to righteous action."*
  - Talk about some of the things Joseph Smith DID because of his faith. Some examples:
    - He read the scriptures and then DID what they told him to do in James 1:5 (ask of God).
    - He did what Heavenly Father and Jesus asked him to do (wait for the fullness of the gospel to be made known to him).
    - He taught people about Heavenly Father and Jesus, even when some people were mean to him.
  - Remind them that Heavenly Father loves us and hears and answers our prayers. Encourage them to ask Heavenly Father to help them learn what is true in their own lives.
- Faith Can Lead Us to Be More Patient - One thing that we might DO differently if we have faith in the words of Christ is to be more patient. Read/discuss/summarize James 1:2-4 and James 5:8-11. Being patient means we wait for something we want without complaining. What are some ways we can show patience?
  - Story from Dieter F. Uchtdorf's Childhood– Show picture of Dieter F. Uchtdorf as a kid (below) and ask if they know who it is. Tell them who it is and then read/summarize the story of what he learned about patience. Help them apply it to their own lives.
  - Could also do the marshmallow experiment he talks about at the beginning of this talk. <https://www.churchofjesuschrist.org/study/general-conference/2010/04/continue-in-patience?lang=eng>.

- Job - In James 5:11, James mentions Job as an example of patience. If time/interest, show video of Job and discuss how he showed patience: [https://www.youtube.com/watch?v=ObGcQ\\_sPT6o](https://www.youtube.com/watch?v=ObGcQ_sPT6o)
- 5. Patience vs. Impatience Sorting – Explain that impatience is the opposite of patience. Cut out the rectangle strips and take turns pulling them out of a pile one at a time. Read them and place them by the patience or impatience square after you’ve decided which category it fits into. Descriptions on patience strips are based on details from Dieter F. Uchtdorf’s talk “Continue in Patience.”
- 6. Faith Can Lead Us to be More Kind – Another thing that we might DO differently if we have faith in the words of Christ is to be nicer to others and use kind words. What are some ways we can be nice to others? When could we say kind words to others? James 4:11 tells us to “Speak not evil one of another.” Remind them that saying only nice things to others helps us become like Jesus Christ.
  - I Can Use Kind Words- Read the story from this link in *The Friend*, and then either have them color in the speech bubbles on the “I Can Use Kind Words” page as you discuss examples of kind words we can say or cut the words out and have them draw them out of a bag/bowl as you discuss each one at a time. <https://www.churchofjesuschrist.org/study/friend/2019/05/choosing-kind-words?lang=eng>
  - Talk about additional kind words we could say to others and when we could say them.
  - Read/summarize/discuss James 3:5, D & C 108:7, and James 1:26.
  - Sing “Kindness Begins with Me” and encourage family members to use kind words. <https://www.youtube.com/watch?v=N-WqfG8jGA>
- 7. Treat – Beforehand, bake some chocolate chip cookies. In a few of them, add lots of salt instead of sugar. Put these ones on a separate plate from the good cookies, but try not to let family members notice that they’re different. Let family members choose which plate of cookies they want to eat from. After someone has tasted the salty cookie, ask if it was sweet like they were expecting it to be. Which cookie tastes better: the sweet or not sweet one? Which kinds of words are better for us to use: sweet or not sweet? Use this to lead into a discussion about making sure the words we use are sweet and uplifting, not bitter like the salty cookie. Read/discuss/summarize James 3:10-11. Sometimes sweet words come out of our mouths, but do bitter words also come out of our mouths sometimes? Talk about how when we use good, sweet words, not only are we happier, but it makes the people around us happier as well. Encourage everyone to pay attention to which of these categories the words they use each day fit into. *This is based on an idea from the family manual. I just made it a little bit more...mean (for lack of a better word haha) than the manual’s suggestion. My mom used to do this to us on April Fool’s day when we were growing up, and none of us were too scarred from it, though, so I don’t feel too badly about doing it to my own kids. 😊*

#### Additional Ideas:

- **TOOTHPASTE WORDS:** The words we speak have the power to hurt or bless others. Get a small tube of toothpaste. Let family members take turns squeezing some of it out onto a plate until it’s empty. Challenge them to get the toothpaste back into the tube. Help them see that once it’s been squeezed out, you can’t put it back in. Similarly, words are hard to take back. Once we speak hurtful words to or about someone, we can’t take them back. Are the words we’re saying words that would hurt or lift others? How can we be better at blessing others with our words?
- “Want to Increase Your Faith?” video: <https://www.churchofjesuschrist.org/media-library/video/2015-01-015-want-to-increase-your-faith?lang=eng>
- James Taught the Gospel from *The Friend* (explains who James was and what he wrote): <https://www.churchofjesuschrist.org/study/friend/2019/11/james-taught-the-gospel?lang=eng>
- More great ideas (I especially love the donut activity for saying kind words about other people): <https://www.theredcrystal.org/post/come-follow-me-nov-18-24-be-ye-doers-of-the-word-and-not-hearers-only>

Picture Quiz of DOERS vs. HEARERS: Show the kids the following pictures. Read the options for each picture and have them tell you which of the choices would be the best. Remind them that when we have faith in Christ, we do things the way he taught us to do things.



You see someone who doesn't have any food and is very hungry.

What would be the BEST thing to do?

- a. Say, "Goodbye! I hope you find some food to fill you up!"
- b. DO something to help them, like giving them some food to fill them up.



You see someone who doesn't have a coat outside and is very cold.

What would be the BEST thing to do?

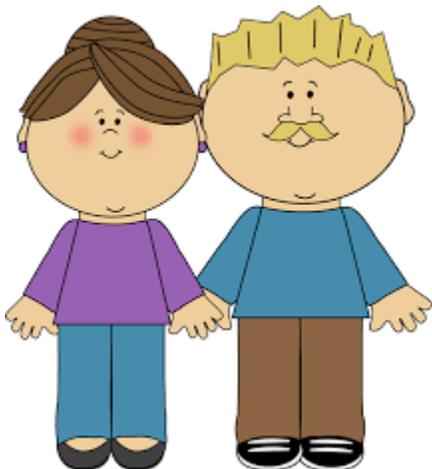
- a. Say, "Goodbye! I hope you get warmer!"
- b. DO something to help them, like helping them find or buy a warm coat to wear.



You see someone who is very sad.

What would be the BEST thing to do?

- a. Say, "Goodbye! I'm sorry you're sad!"
- b. DO something to help them, like ask if they want to talk or play with you.



Mom/Dad ask you to do something important.

What would be the BEST thing to do?

- a. Say, "Okay, I'll do it!" and then walk away and DON'T do it.
- b. DO what they asked you to do.

# Story from Dieter F. Uchtdorf's Childhood



When I was 10 years old, my family became refugees in a new land. I had always been a good student in school—that is, until we arrived in West Germany. There, my educational experience was a significantly different one. The geography we studied in my school was new to me. The history we studied was also very different. Before, I had been learning Russian as a second language; now, it was English. This was hard for me. Indeed, there were moments when I truly believed my tongue simply was not made to speak English.

Because so much of the curriculum was new and strange to me, I fell behind. For the first time in my life, I began to wonder if I was simply not smart enough for school.

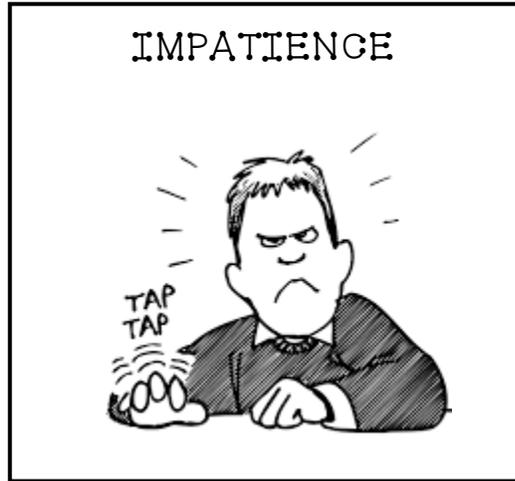
Fortunately I had a teacher who taught me to be patient. He taught me that steady and consistent work—patient persistence—would help me to learn.

Over time, difficult subjects became clearer—even English. Slowly I began to see that if I applied myself consistently, I could learn. It didn't come quickly, but with patience, it did come.

From that experience, I learned that patience was far more than simply waiting for something to happen—patience required actively working toward worthwhile goals and not getting discouraged when results didn't appear instantly or without effort.

There is an important concept here: patience is not passive resignation, nor is it failing to act because of our fears. Patience means active waiting and enduring. It means staying with something and doing all that we can—working, hoping, and exercising faith; bearing hardship with fortitude, even when the desires of our hearts are delayed. Patience is not simply enduring; it is enduring well!

Patience vs. Impatience Sorting – Explain that impatience is the opposite of patience. Cut out the rectangle strips and take turns pulling them out of a pile one at a time. Read them and place them by the patience or impatience square after you've decided which category it fits into.



Staying with something until the end

Quitting when something is hard

Not getting angry

Getting angry

Saying kind words

Saying unkind words

Resisting evil

Doing something you know you shouldn't do so you can get an immediate reward

Facing things you can't change with courage, grace, and faith

Giving up on your faith when difficult times come

Being firm in keeping the commandments of the Lord every hour of every day, even when it is hard to do so

Breaking the commandments of the Lord because it's too hard to keep them

I Can Use Kind Words - Either have them color in the speech bubbles on the “I Can Use Kind Words” page as you discuss examples of kind words we can say or cut the words out and have them draw them out of a bag/bowl as you discuss each one at a time. From *The Friend* <https://www.churchofjesuschrist.org/study/friend/2019/05/choosing-kind-words?lang=eng>

## I Can Use Kind Words

Read the kind words that the children use and color each bubble.  
When would you use these kind words?

The worksheet features ten cartoon children arranged in a loose circle, each with a speech bubble containing a kind phrase. The phrases are: 'Please?', 'Thank you!', 'Can I help?', 'I'm sorry.', 'You're welcome.', 'No, thank you.', 'It's OK. I forgive you.', 'Please stop.', 'You can do it!', and 'Don't give up!'.

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