**Infant and Toddler Lesson**

**Nursery Manual Lesson 6**

**The Holy Ghost Helps**

**Me!**

**The Holy Ghost really is one of the greatest blessings we have**

**from Heavenly Father! It helps us make good choices, so it is important to listen to that still small voice!**

**Purpose**

 The Holy Ghost is such an amazing gift that Heavenly Father has given to helps us in so many ways! Teach your child what an amazing gift it is, and how to listen to it!

"Heavenly Father has given a simple pattern for us to receive the Holy Ghost not once but

continually in the tumult of our daily lives. The pattern is repeated in the sacramental prayer: We promise that we will always remember the Savior. We promise to take His name upon us. We promise to keep His commandments. And we are promised that if we do that, we will have His Spirit to be with us (see D&C 20:77, 79). Those promises work together in a wonderful way to strengthen our testimonies and in time, through the Atonement, to change our natures as we keep our part of the promise." ~ Elder Henry B. Eyring

**Preparation**

Pull up any links you might need for the lesson – look at the Family Night website for quick links

Mark Doctrine and Covenants 31:11

Think of a personal story to share about the Holy Ghost

Prepare for the Activities you want to do.

Print off Coloring Page: The Holy Ghost Helps Me

Prepare Treat ~ A Yummy treat wrapped up like a present!

**The Holy Ghost Helps Me**

**Opening Song** ~ The Still Small Voice (Primary Hymnbook; Hymn 106)

**Opening Prayer**

**Scripture** ~ Open Scriptures to Doctrine and Covenants 31:11, and read. To reinforce the idea that goes with the lesson you can say, “The Holy Ghost Helps Me!”

**Scripture Story** ~ Personal Story

Best way to teach your children? By example! Share with them a time when you felt the Holy

Ghost. Share with them how it made you feel, and what happened. If it was a time when you were a child yourself, try to find a picture to show them how old you were and what you

looked like!

**Activity** ~ Whisper!

The Holy Ghost is often referred to as the “Still Small Voice”. Alternate talking loudly and

whispering – then share with your child that the Holy Ghost is often quiet and speaks to your heart softly. Explain again just like from the story how the Holy Ghost feels to you, keep it

simple!

**Coloring Page** ~ The Holy Ghost Helps Me

**Closing Song** ~ Listen, Listen (Primary Hymnbook; Hymn 107)

**Closing Prayer**

**Treat** ~ Suggested Treat ~ Enjoy a treat of your choice but wrap it up in a present and give it to your child that way. Explain to them that the Holy Ghost is a present from Heavenly Father!

**Extra Activities for This Lesson ~**

 **1** ~ File Folder Game ~ Found on sugardoodle.net by Megan Mills

Cute little file folder game about the different times when the Holy Ghost can help you! See the family night website for a link to the game!

 **2** ~ Holy Ghost Heat Pad ~ Found on sugardoodle.net by Nicole Stapley

Awesome way to show how you can “feel” something. You don’t have to make a heating pad if you don’t want to or not able, but there are instructions on the site, as well as a poem that goes with it. Really cute idea! See the family night website for a link to the instructions.

 **3** ~ Backpack ~ found on Little LDS Ideas

Put different items in a backpack and explain why the Holy Ghost is like each of them. For example a blanket to comfort us and a map to show us the way! See the family night website for a link to the activity.

