

Heavenly Father Has a Plan for Me

The Plan of Happiness was made for us by a loving Father in Heaven! Teach your child about how following it can bring us eternal joy!

Purpose

Before we came to earth, Heavenly Father prepared a way for us to learn and grow and then return to him. In the pre mortal life we were so happy that Heavenly Father made this plan for us that we shouted for joy! We knew coming into this life that it would be hard, but we knew it was the only way. Tonight teach your child about how happy this plan can help us be, after all, it is the Plan of Happiness!

“The Lord’s way is not hard. Life is hard, not the gospel.” ~ Lawrence E. Corbridge

Preparation

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

Mark 2nd Nephi 9:13

Prepare for the Activities you want to do.

Print off Coloring Page: Heavenly Father Has a Plan for Me

Prepare Treat ~ Sun Treats!

Heavenly Father Has a Plan for Me

Opening Song ~ Mother, Tell Me the Story (Primary Hymnbook; Hymn 204)

Opening Prayer

Scripture ~ Open Scriptures to 2nd Nephi 9:13, and read. To reinforce the idea that goes with the lesson you can say, “Heavenly Father’s plan is great!”

Scripture Story ~ Premortal Life

Before you came to live with Daddy and Mommy you lived with Heavenly Father.

Heavenly Father told us about a plan he made just for us.

We were so happy about this plan that we shouted for joy

(Clap your hands and shout for joy if you want to!)

His plan is called the Plan of Happiness

Activity ~ Mr. Potato Head

Get out your Mr. Potato Head, or ask around and see if you can find one to borrow. Take all his accessories off and put them into a bag or bowl. In turn, have your child take each piece out and talk about how each piece is special for us to have. Explain that it was part of Heavenly Father’s plan that we have a body.

If you cannot get a hold of a Mr. Potato Head, put the names of different body parts in a bag or bowl. If you do it this way, you can add a lot more different parts!

Coloring Page ~ Heavenly Father Has a Plan for Me

Closing Song ~ I Lived in Heaven (Primary Hymnbook; Hymn 4)

Closing Prayer

Treat ~ Since our goal is to end up in the Celestial Kingdom – which is often symbolized by a sun, choose from among some yummy “sun treats” I found on howdoesshe.com, link is on the family night webstie!

Extra Activities for This Lesson ~

1 ~ File Folder Game ~ By Melanie Day

A file folder game about The Plan of Salvation!

2 ~ Making Choices

A big part of The Plan of Salvation is that we are able to make choices. Have your child bring their favorite doll or stuffed animal out and explain how it is not alive so it cannot make choices by itself. Then further explain how your child is alive and can make choices. You can have your child make a choice by picking a song to sing or picking a toy they want to play with.