

I Have a Body Like Heavenly Father's

As a child of God each of us are like Him. Teach your child how Heavenly Father has a body just like they do!

Purpose

Our bodies are special! We have bodies that are made like Heavenly Father's. We know in the preexistence 1/3 of the spirits fell away and will never have the opportunity to have a body. Having a body is an amazing blessing!

"We came to this earth that we might have a body and present it pure before God in the Celestial Kingdom. The great principle of happiness consists in having a body. The devil has no body, and herein is his punishment. He is pleased when he can obtain the tabernacle of man, and when cast out by the Savior he asked to go into a herd of swine, showing that he would prefer a swine's body to having none."

"All beings who have bodies have power over those who have not. The devil has no power over us only as we permit him. The moment we revolt at anything which comes from God, the devil takes power."~ Teachings of Joseph Smith

Preparation

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

Mark Moses 2:27

Prepare for the Activities you want to do.

Print off Coloring Page: None this week, just have a blank piece of paper ready.

Prepare Treat ~ Ginger Bread People!

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Opening Song ~ Head, Shoulders, Knees, and Toes (Primary Hymnbook; Hymn 275)

Opening Prayer

Scripture ~ Open Scriptures to Moses 2:27, and read. To reinforce the idea that goes with the lesson you can say, "Heavenly Father created us to look like him!"

Scripture Story ~ The Brother of Jared

The brother of Jared prayed to Heavenly Father to help him solve a problem.

The brother of Jared needed some stones to glow so they could have light in their boats.

Heavenly Father touched the stones with His finger so they would glow.

The brother of Jared saw Heavenly Father's finger!

Activity ~ Where is...?

In this activity go in front of a mirror (if you want to) and ask your child where different body parts are. Then show your child that you have those parts too! Explain Heavenly Father has a body like we do!

Coloring Page ~ Trace your hands on a blank piece of paper and then decorate it!

Closing Song ~ The Lord Gave Me a Temple (Primary Hymnbook; Hymn 153)

Closing Prayer

Treat ~ Gingerbread People! Or they can be sugar cookie people too! Decorate them all different colors to show how everyone can look different but beautiful at the same time!

Extra Activities for This Lesson ~

1 ~ Life size tracing!

If you can do a whole body tracing instead of just a hand! Would probably work better with kids just a little older, but would be fun to do!

2 ~ Mr. Potato Head!

If you have a Mr. Potato Head you can play a game by putting all the pieces (except the body) in a bag and have your child pick out one piece at a time and putting it where it belongs!