

FHE Lesson

Making Good Choices: Stairways and Superheroes

Notes: *Kids love superheroes (as does my husband!) Nothing seems to capture their imagination or get their attention like talking about superheroes. Our kids' eyes lit up when we asked who is the greatest superhero of all time – a REAL live superhero - and they realized it was Jesus. Blaire, 11, really liked the stair diagram, because it helped her visualize the impact of making good (or bad) decisions. Joey, 5, for the rest of the night did “good things” so he could go “up a step”! Emmy, 7, created two “storybooks” which showed people making good or bad choices and either going upstairs or downstairs accordingly. Needless to say, this was a very effective lesson.*

Attention Grabber:

Tell the kids that today we're going to talk about superheroes and supervillians. Ask them to name their favorite superhero, and what makes them a superhero. (They might talk about super powers, like being able to fly, etc., but emphasize to them that the powers themselves don't make them a superhero, but it's how they USE their powers to help others that makes them heroic.)

Tell the kids that every superhero has a supervillian. Let them name some of the supervillians that go with their favorite superheroes, and emphasize that they use their powers to hurt others.

More Questions:

Ask them “Who is the greatest superhero of all time?”

They will probably think about it for a few minutes, and maybe offer up their favorite superhero again.

If they need hints, you might emphasize that this superhero was a **real-life** superhero.

This is of course Jesus Christ.

Ask them who the worst villain is of all time? (Satan).

Visual Aid/Discussion:

Show a picture of stairs going up and stairs going down. (See Visual Aid 1 for an example – could be a poster or whiteboard – you will add onto it during the lesson as shown by the visual aids).

Talk about how superheroes didn't just start out by being at the top of the stairs or supervillians at the bottom of the stairs, but they made small choices every day that led them eventually up the stairs or down the stairs. (A good example of this is Anakin from the Star Wars movies who became Darth Vader.)

We, too, have choices every day that either lead up, toward our Father in Heaven, or down, away from Him.

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Adding On – Name the Steps

Next comes a fun part. Giving names to each of the stairs. Ask the children, “What are choices that we make that would make us go up a step?” (list them as shown in the example) “What are choices that we make that would make us go down a step?” (See Visual Aid 2.)

Adding On – Repentance

Christ was the only perfect person. Everyone else who has ever lived, no matter how good they are, sometimes makes a bad decision and goes down a step. The way to go back up is through repentance. (See Visual Aid 3.)

Optional – More on Repentance

Depending on the ages of the group and the time available, you may want to talk about repentance and that although it is always available to us, it is much better to have never taken the step downward.

Thought: Show two people on the stairs. One is making good choices and going up the stairs. The other is making some bad choices and going down the stairs. The “good” one continues to go up. The other one decides to repent, but he can only go one step at a time. To visualize that this person has a really hard time catching up to the other one will show that to have an attitude of “I’ll just repent later” has lasting impact on our eternal progression – we’ll have a lot of catching up to do!

Adding On - Habits: Slides and Escalators

Talk about how once you start making a lot of bad choices, they become habits and then the stairs turn into a slippery slide. On the other hand, when your good choices become habits, the stairs turn into an escalator, making it easier to do what is right. (See Visual Aid 4).

Adding On – Iron Rod: Our Handrail

Talk about how stairs have handrails and liken this to the iron rod. (See Visual Aid 5).

Optional Game

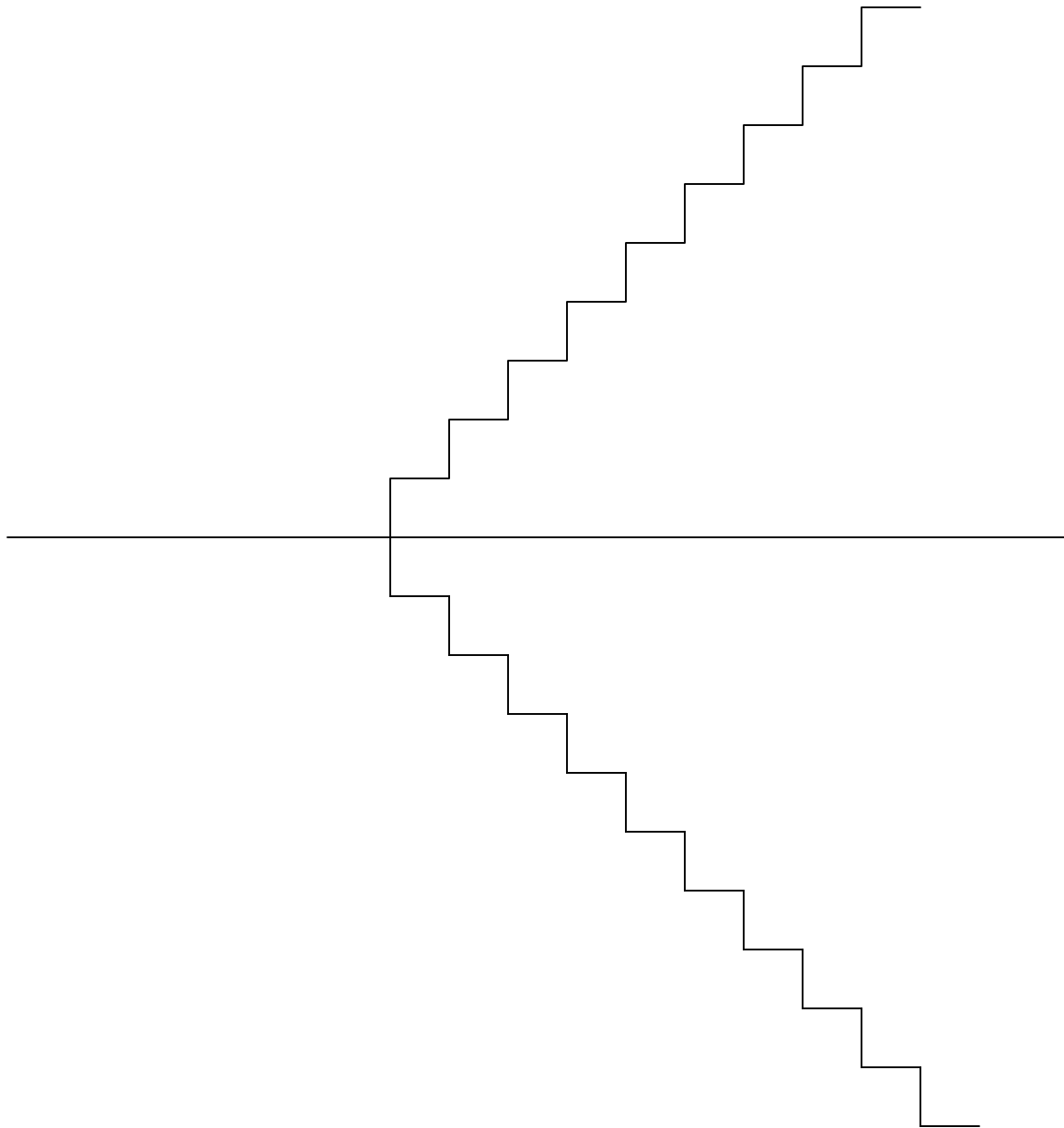
If you have a staircase, have the kids go to the middle of the staircase. Make cards with possible choices they could make (stealing, lying, helping, being kind, etc.). When a child takes a card they decide if they go up or down, and then they go up or down a step (or steps). Some of the cards could be a repentance card that they can use next time they draw a bad card; to use, after they go down a step, they can immediately choose to use their repentance card to go back up a step!

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Visual Aid 1

GOOD



EVIL

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Visual Aid 2

Choices that take me up a step:

- Honesty
- Kindness
- Sharing
- Obedience
- Prayer
- Reading the scriptures
- Going to church
- Being reverent
- Modesty
- Working hard
- Eating healthy
- Etc.

GOOD

Choices that take me down a step:

- Telling a lie
- Being mean
- Being selfish
- Stealing
- Disobedience
- Forgetting to pray
- Immodesty
- Listening to bad music
- Watching bad movies, tv, etc.
- Being lazy
- Eating junk food
- Etc.

EVIL

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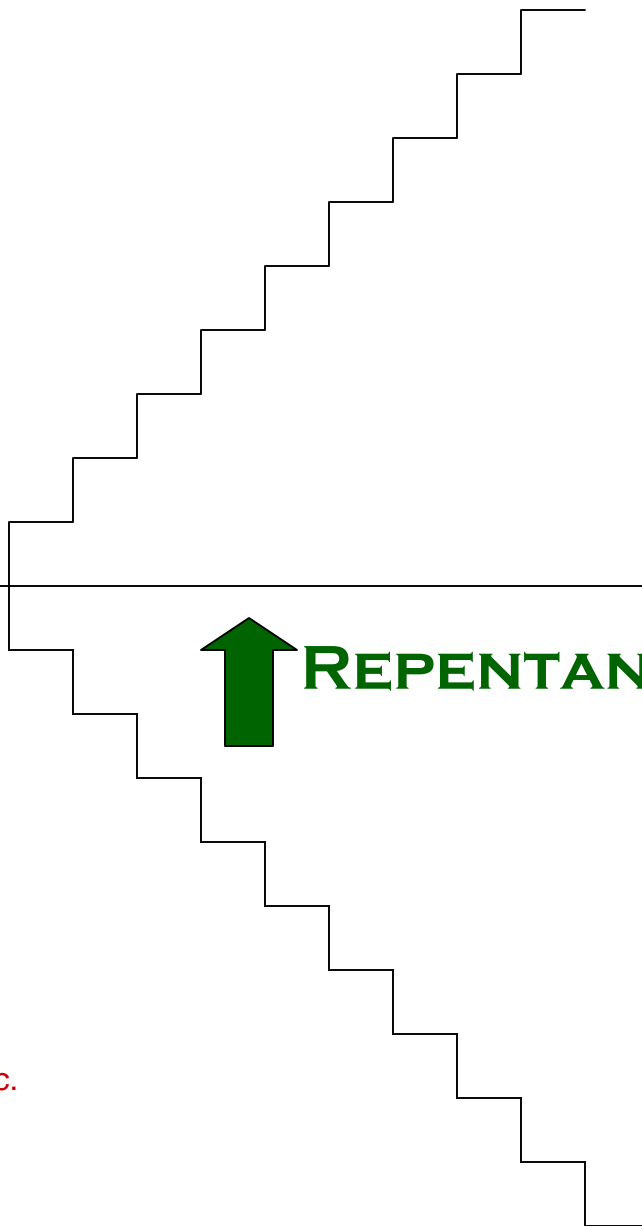
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Visual Aid 3

Choices that take me up a step:

- Honesty
- Kindness
- Sharing
- Obedience
- Prayer
- Reading the scriptures
- Going to church
- Being reverent
- Modesty
- Working hard
- Eating healthy
- Etc.

GOOD



Choices that take me down a step:

- Telling a lie
- Being mean
- Being selfish
- Stealing
- Disobedience
- Forgetting to pray
- Immodesty
- Listening to bad music
- Watching bad movies, tv, etc.
- Being lazy
- Eating junk food
- Etc.

REPENTANCE

EVIL

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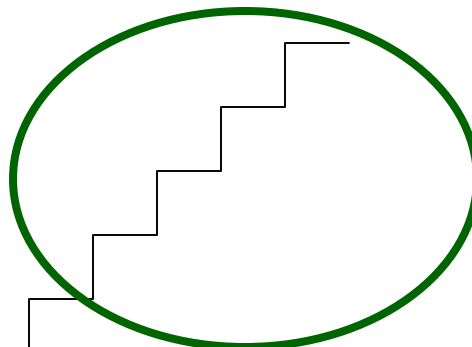
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Visual Aid 4

Choices that take me up a step:

- Honesty
- Kindness
- Sharing
- Obedience
- Prayer
- Reading the scriptures
- Going to church
- Being reverent
- Modesty
- Working hard
- Eating healthy
- Etc.

GOOD



Good Habits =
Escalator

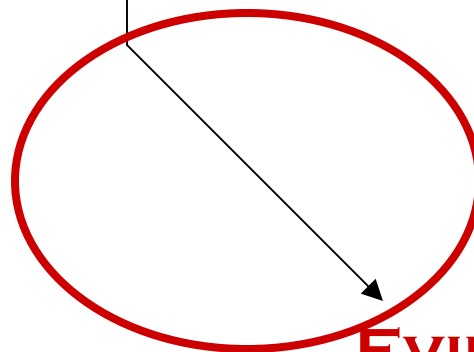
Choices that take me down a step:

- Telling a lie
- Being mean
- Being selfish
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- Being lazy
- Eating junk food
- Etc.



REPENTANCE

Bad Habits =
Slippery Slide



EVIL

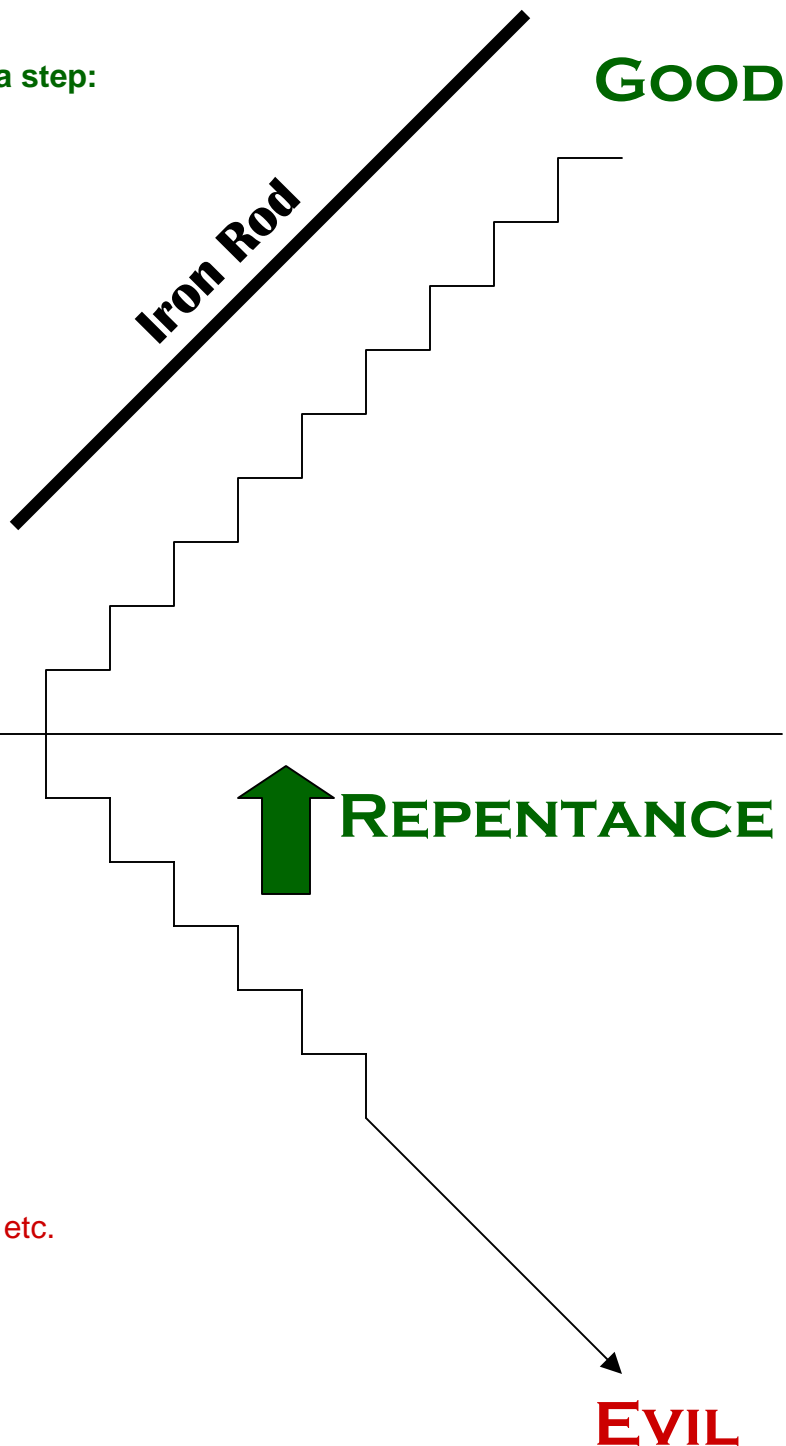
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Visual Aid 5

Choices that take me up a step:

- Honesty
- Kindness
- Sharing
- Obedience
- Prayer
- Reading the scriptures
- Going to church
- Being reverent
- Modesty
- Working hard
- Eating healthy
- Etc.



Choices that take me down a step:

- Telling a lie
- Being mean
- Being selfish
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- Being lazy
- Eating junk food
- Etc.