

FHE Lesson: Plan of Salvation (<http://www.JennySmith.net/>)

Song: #4, Children's Songbook, I Lived in Heaven

Opening Prayer: _____

Scripture: _____ - "Even before they were born, they, with many others, received their first lessons in the world of spirits and were prepared to come forth in the due time of the Lord to labor in his vineyard for the salvation of the souls of men." (D&C 138:56)

Lesson: (adapted from Primary 1, Lesson 3, Heavenly Father's Plan for us)

Items needed:

- Doll or paper doll
- Scriptures
- Picture of the earth from the end of the lesson

Put a doll or paper figure on a chair or couch beside your child(ren). Ask the child(ren) to stand up, turn around, and sit back down.

- Why didn't the doll stand up? (*it's not alive*)
- Why can you stand up? (*I'm alive*)

Teach the children that they are alive. "You each have a spirit inside your body that makes them alive so they can see, hear, stand, move, think, and talk. We are spirit children of Heavenly Father."

Explain that "we all lived with Heavenly Father as his spirit children before we were born on earth. We were happy, and we loved living with Heavenly Father. We did not have the physical bodies we now have, but we had spirits. Explain that a spirit looks like a physical body but does not have flesh and bones."

- Where did you live before you were born on earth? (*with Heavenly Father*)
- What kind of body did you have before you came to earth? (*spirit*)
- How did you feel when you were with Heavenly Father? (*happy*)

Ask a child to stand by you. Using the child's name, Say "_____ lived with Heavenly Father before being born on earth. Heavenly Father loves his spirit child, _____." Do the same with each child.

Explain that "because Heavenly Father loves us, he has a plan for us. Before the earth was created, Heavenly Father called all his children together to explain his plan. All of us, our parents, and our brothers and sisters were there."

Display the picture of the Earth (at the end of the lesson). Explain that "the earth is part of Heavenly Father's plan. Heavenly Father asked Jesus Christ to create the earth for us. Jesus created the earth, and Heavenly Father sent us to earth to be born and receive a physical body."

"We were very excited to come to earth and to learn and grow! We came to earth as babies to families who could love us and care for us."

"When you were born, you were given a physical body with skin, muscles, blood, and bones. Have the children feel their own arms.

- Can you feel the bone inside your arm?
- Can you see and feel your skin?
- Can you feel your muscles?

"Remember our spirits inside our bodies give us life, but we cannot see or touch our spirits. Our physical bodies can be seen and touched. It is a great blessing to have a physical body!"

Express your love for Heavenly Father. Tell the children that "someday I want to return to Heavenly Father so I can see him and be with him again. He wants each of us to return to live with him when our earth life is finished. He wants our whole family to be with him again."

Explain that "to live with Heavenly Father and Jesus again, we must be baptized and keep all the commandments." Show the set of scriptures. Explain that "the scriptures teach us about Heavenly Father and Jesus and what they want us to do."

Express your gratitude for Heavenly Father and for his plan for us. Encourage the children to always do what they know is right so they can someday return to live with Heavenly Father and Jesus.

Activities:

Get one or more pairs of "Daddy shoes". Talk about who wears these big shoes. Let the children compare the size of their own shoes or feet with the big ones. Let each child take a turn walking in the "Daddy shoes."

Help the children do the actions to the following activity verse while you say the words. Repeat as many times as you desire.

Make a circle with everyone standing, holding hands. Hold hands throughout the activity.

"We all lived together with Heavenly Father" (*everyone comes close together, bringing hands to the center of the circle*).

"He sent us down to earth to live" (*spread out into a big circle*).

"He gave us families to love and teach us" (*come close together again*).

"Our families will help us live with him again" (*spread out into a big circle again*).



The Earth

Heavenly Father asked Jesus to create the earth,
and he did.

Heavenly Father sent us to earth to get bodies
of flesh and blood.