

Identify the Doctrine: “Prophets teach me to live the Word of Wisdom”

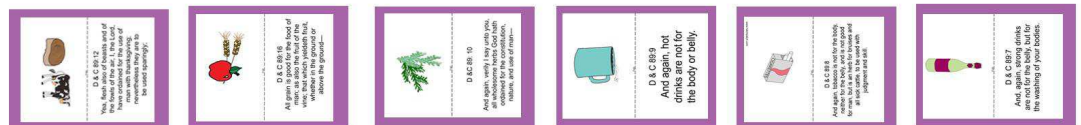
- Object Lesson Preparation:
- Fill a spray bottle with a mixture of salt, water, and a little vinegar. As the children are coming into sharing time ask the other members of the primary presidency to go around and whisper this warning to all the kids. “If Sister Revelli (or your name since I clearly won’t be there) asks you to open your mouth, make sure you don’t.” Have them repeat this numerous times so that every child has heard the warning.
- As you begin your sharing time carry your water bottle around the room looking for someone to call on. Stop in front of a child and ask them to open their mouth. Hopefully they won’t. If they do, spray some of the solution into their mouths. (Make sure the solution is gross enough that it won’t be pleasant but not too gross that they gag) Explain how sometimes we are warned about what we should take into our bodies. Show the children a food package that gives a peanut warning. Explain how important safety warnings are especially for someone who is allergic.

- Read D & C 89:4 (see attached)



Encourage Understanding:

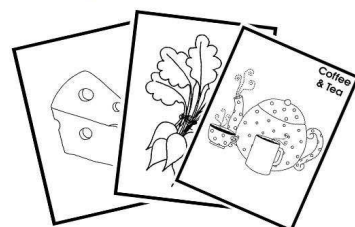
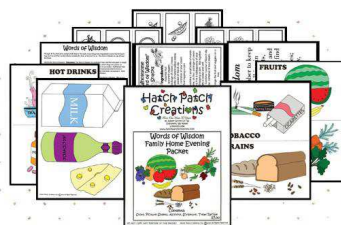
- Cut up scripture/riddle strips and hide them under chairs.
- Fold the scripture cards and tape to the wall so the picture is showing.
- Have the children find the scriptures under their chairs. Call on one of the children who finds a scripture. Have them read (or help them read) the riddle. Have them look for the answer on the board. When they think they know it, flip over the picture. The scripture should match the scripture they have on their riddle.
- Take time to talk about each scripture. We also have a “Word of Wisdom” packet available. This has many graphics as well as an easy to follow explanation of each graphic.



Encourage Application:

- Follow the outline as directed.
- One additional idea is to play a game of slap jack. Separate the children into two groups. Call on one child from each group to play slap jack. Have them slap the cards that are bad for you. Continue letting different children come up to play. I am including a couple of examples of the cards found in our “Word of Wisdom” packet, or you can make your own.

Our “Words of Wisdom” packet will be on sale for \$2.25 in the month of May.



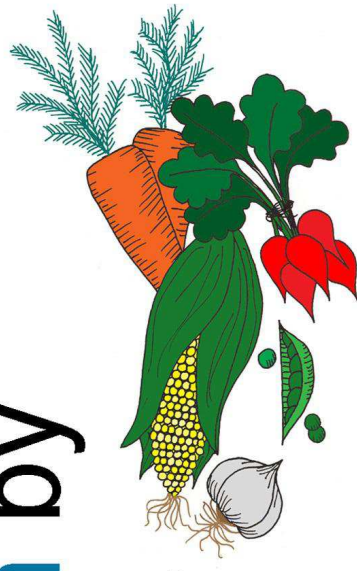
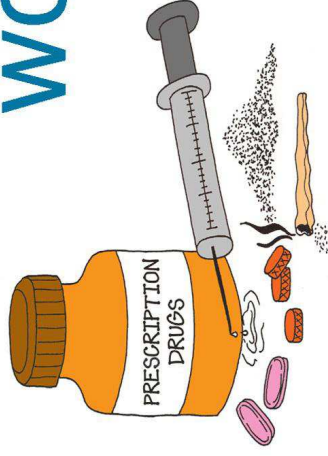
Examples
of
Cards

D & C 89:4

Behold, verily, thus saith the Lord
unto you: In consequence of evils
and designs which do and will exist
in the hearts of conspiring men in the
last days, I have warned you, and
forewarn you, by giving unto you this

word of wisdom by

revelation—



This comes from a fruit
That grows on a vine
It will make you drunk
It's not water it's _____

D&C 89:7

You drink these in a cup
They're not good for me
They're full of caffeine
They're called _____ and _____

D & C 89: 9

Chicken nuggets and steak
They are so good to eat
They are two examples
Of the food we call _____

D & C 89:12

This was meant to help animals
It will make you choke
It's very addicting
If you use it to smoke

D & C 89:8

You add this to food
To make it superb
It gives food flavor
It's called an _____

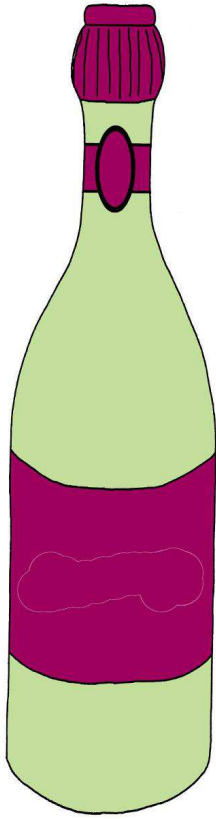
D&C 89: 10

We use this in bread
We use this in pies
What are two things
That are yummy to try?

D & C 89:16

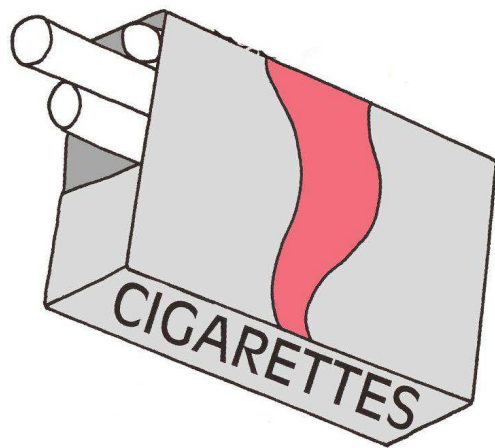
D & C 89:7
And, again, strong drinks
are not for the belly, but for
the washing of your bodies.

Fold



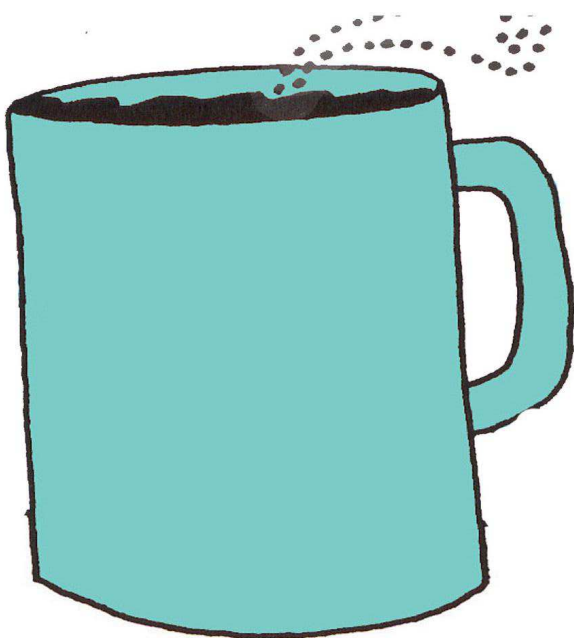
D & C 89:8
And again, tobacco is not for the body,
neither for the belly, and is not good
for man, but is an herb for bruises and
all sick cattle, to be used with
judgment and skill.

Fold



D & C 89:9
And again, hot
drinks are not for
the body or belly.

Fold



And again, verily I say unto you,
all wholesome herbs God hath
ordained for the constitution,
nature, and use of man—

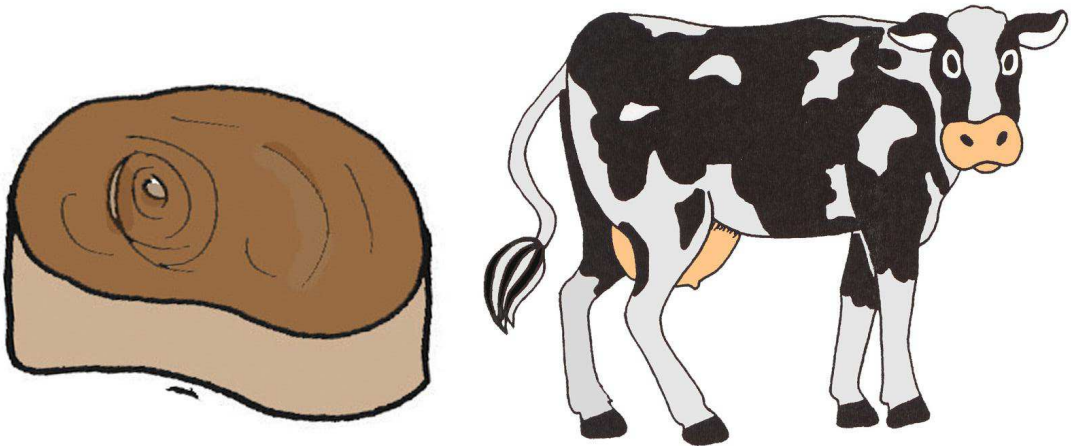
D & C 89: 10

Fold



D & C 89:12
Yea, flesh also of beasts and of
the fowls of the air, I, the Lord,
have ordained for the use of
man with thanksgiving;
nevertheless they are to
be used sparingly;

Fold



D & C 89:16
All grain is good for the food of
man; as also the fruit of the
vine; that which yieldeth fruit,
whether in the ground or
above the ground—

Fold

