

1. **Sing:** Children's Songbook #77 "The Church of Jesus Christ."

2. **Read:** Doctrine and Covenants 62:3

"Nevertheless, ye are blessed, for the testimony which ye have borne is recorded in heaven for the angels to look upon; and they rejoice over you, and your sins are forgiven you."

3. **Watch:** chapter 16 from The Docudrama of the Restoration, *New York: The Church Restored DVD*.

4. **What is a testimony?** (Discuss ideas.)

"A testimony is a spiritual witness given by the Holy Ghost. The foundation of a testimony is the knowledge that Heavenly Father lives and loves His children; that Jesus Christ lives, that He is the Son of God, and that He carried out the infinite Atonement; that Joseph Smith is the prophet of God who was called to restore the gospel; that The Church of Jesus Christ of Latter-day Saints is the Savior's true Church on the earth; and that the Church is led by a living prophet today. With this foundation, a testimony grows to include all principles of the gospel." *Gospel Topics © Intellectual Reserve, Inc. All rights reserved.*

5. After David Whitmer traveled with Joseph Smith from Harmony to Fayette he was convinced that the Lord was once again speaking to a prophet. This was the beginning of his testimony.

6. **How can we know that the following statements are true?** (Discuss ideas. When you are moved upon by the Spirit you can know that these things are true. This is a testimony of the restored gospel.)

a. Joseph Smith was a prophet and the Lord once again speaks to His prophet on the earth.

b. The priesthood was restored to the earth.

c. Christ's church has been restored to the earth and The Church of Jesus Christ of Latter-day Saints is the Savior's only true church.

d. The Father and the Son live and they appeared to Joseph Smith.

e. Joseph Smith received the gold plates from the Angel Moroni and he translated The Book of Mormon and it is the word of God.

7. **What does it mean to "bear testimony"?** (Discuss ideas. To make a solemn declaration of truth based on personal knowledge or belief.)

Bearing your testimony should be a spiritual experience. We do not bear our testimonies because our friends do or because we want to attract attention. When giving a true testimony we do not mimic others, but express our feelings as directed by the Spirit. A testimony is individual and so are the words used to express it. If we speak only to be heard of others we will earn the praise of others, but not of the Spirit or the Lord. Read: Alma 31:22-23.

8. **Is Sacrament Meeting the only place where we can bear our testimonies?** (Discuss ideas. Emphasize It is important to testify when we are moved by the Spirit. It can occur in Testimony Meetings, but it is just as likely to be appropriate and meaningful when borne at home, during Family Home Evenings, at youth conferences, with friends, etc.)

9. **How do we learn how to bear our testimony?** (Discuss ideas.)

"Parents and teachers should help children learn what a testimony is and when it is appropriate for them to express it. It may be best to have younger children learn to share their testimonies at such times as family home evening or when giving talks in Primary until they are old enough to do so in a fast and testimony meeting." *From First Presidency letter, 2 May 2002 © Intellectual Reserve, Inc. All rights reserved.*

10. "Of all God's remarkable creations, only we, His children, are created in His image and likeness. Only we, His children, have the capacity to develop our own spiritual convictions. And only we, His children, can give voice and expression to our witness of Him. We, His children, rejoice in our privilege and sacred obligation to bear record of Him and His gospel." *Susan L. Warner, Ensign, Nov 1998 © Intellectual Reserve, Inc. All rights reserved.*