Lesson Plan: “Faith in Jesus Christ”

Objectives:
- Emphasize that faith will help us get through difficult times.
- Talk about how faith can take the form of miraculous healings, but usually is a calm assurance that God will provide.

Each lesson contains 5 timed activities:
(Choose the activities that fit your family’s schedule. Additional resources are provided as extra time may be available.)

Reverence Time: Song, prayer, scripture and video clip
Lesson Time: Lesson summary and points to ponder
Story Time: Story
Activity Time: Object lesson or activity
Treat Time: Prayer, theme related recipe & music video

Reinforces Principle of:
- Faith in Jesus Christ

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Sing Together: Children’s Songbook #96 “Faith.”
If you wish to have an online music file to accompany you visit:
http://www.lds.org/cm
(Note: Navigate to the Interactive Church Music Player where you can listen to and print Church hymns and children’s songs.)

Prayer:

Scripture Time: John 11:27

27. She saith unto him, Yea, Lord: I believe that thou art the Christ, the Son of God, which should come into the world.

Video Clip: Watch chapter 12 from the animated Complete Learning System, Lazarus Lives DVD.
(Video clip is also provided for viewing online.)
Lesson Summary:

“The gift of faith at times takes the form of miraculous healings of body and mind. However, faith is usually expressed in the simple trust and calm assurance that God will provide.” Thomas S. Monson, Friend, Nov 1987 © Intellectual Reserve, Inc. All rights reserved.

Did Mary and Martha have faith in Jesus before he performed the great miracle of raising Lazarus from the dead? (Discuss ideas.)

“When Martha learned that the Lord was coming, she went out to meet Him, saying, ‘Lord, if thou hadst been here, my brother had not died’ (John 11:21). So strong was her faith in Jesus that she knew that He could have performed a mighty miracle and saved her brother’s life. ‘But I know, that even now, whatsoever thou wilt ask of God, God will give it thee’ (John 11:22). ... Jesus asked Martha to send Mary to him. And when Mary came, weeping, she fell down at His feet and said, ‘Lord, if thou hadst been here, my brother had not died’ (John 11:32), showing her faith in the Savior too.” Jane McBride Choate, Friend, Apr 1988 © Intellectual Reserve, Inc. All rights reserved.

Did Mary and Martha’s faith in Christ help them through this difficult time? (Discuss ideas. Read John 11:23–27)

“Martha knew that Lazarus would be resurrected at the last day because of her great faith and this gave her hope.” Walter F. González, Liahona, Apr 2003 © Intellectual Reserve, Inc. All rights reserved.

How can our faith in Christ help us through difficult time? (Discuss ideas.)

“Challenges, difficulties, questions, doubts—these are part of our mortality. ... As disciples of the Lord Jesus Christ, we have enormous spiritual reservoirs of light and truth available to us. ... In our days of difficulty, if we choose the road of faith our questions and doubts will be resolved or become less concerning to us.” Neil L. Andersen, Ensign, Nov 2008 © Intellectual Reserve, Inc. All rights reserved.

Why is it important to have faith in Jesus Christ? (Discuss ideas.)

It is important to have faith in Jesus Christ because it is by faith we are saved/made righteous by his gift (Eph. 2:8). Once we are His, we are new creations empowered to do good works (Eph. 2:10).

“If ye will have faith in me ye shall have power to do whatsoever thing is expedient in me” (Moroni 7:33).
How can our faith help lead us back to our Heavenly Father? (Discuss ideas.)

“In order for faith to lead to salvation, it must be centered in the Lord Jesus Christ (see Acts 4:10–12; Mosiah 3:17; Moroni 7:24–26; Articles of Faith 1:4). ... Having faith in Jesus Christ means relying completely on Him—trusting in His infinite power, intelligence, and love. ... Our faith can lead us to do good works, obey the commandments, and repent of our sins (see James 2:18; 1 Nephi 3:7; Alma 34:17). Our faith can help us overcome temptation.” Gospel Topics © Intellectual Reserve, Inc. All rights reserved.

How does our faith grow and strengthen once we trust and believe in Christ? (Discuss ideas.)

“Our willingness to take upon us the name of Christ and keep His commandments requires a degree of faith and as we honor our covenants that faith expands.” D. Todd Christofferson, Ensign, May 2009 © Intellectual Reserve, Inc. All rights reserved.

What do we need to avoid to keep our faith from being destroyed? (Discuss ideas.)

“The simple fact is we all need to constantly build faith and overcome sources of destructive disbelief. ... If your faith exceeds your doubt and disbelief, the answer is likely positive. If you allow doubt and disbelief to control you, the answer might be negative. ... These Six Destructive Ds—doubt, discouragement, distraction, lack of diligence, disobedience, and disbelief—all erode and destroy our faith. We can choose to avoid and overcome them.” Kevin W. Pearson, Ensign, May 2009 © Intellectual Reserve, Inc. All rights reserved.

Quotes:

“My call to you is a call to faith, that faith which “is the substance of things hoped for, the evidence of things not seen” (Heb. 11:1), as Paul described it.” Gordon B. Hinckley, Friend, Aug 2003

“Faith is the light that guides you through the darkness.” Author Unknown
Amy excitedly dressed in the soft cotton sheath and robe. “I’m so glad I get to be Mary,” she thought, admiring the costume in the mirror. “Purple is my favorite color.”

“Amy, are you ready?” Mother called. “Remember, I promised to be there early to help with makeup.”

Amy picked up the head covering of her costume and ran down the stairs to where Mother was waiting. “Almost,” she said, holding up the costume piece. “Except for this. Will you help me put it on?”

Mother combed Amy’s hair behind her ears and then fastened the head covering in place. “How’s that?” she asked. “Does it feel like it will stay in place?”

Amy gently shook her head to test the fit. “Perfect!” she said. “Thanks, Mom.”

Upon their arrival at the church, Amy was met by a fretful Katie dressed in a green sheath and robe. “Oh, Amy. It’s just terrible,” Katie moaned. “Jason’s dad called Sister Larsen on his cell phone. They were on their way home from the zoo and they got stuck in traffic. There’s a car on fire or something and their car hasn’t moved for over an hour. He doesn’t think they’ll make it in time for the play.”

“Oh, no!” Amy cried, “Jason’s got the leading part. We just can’t go on without a Jesus! Who would raise Lazarus from the dead?”

Mother who was unloading her makeup kit and some props from the trunk of the car had overhead the girls conversation. “Mary, Martha,” Mother said, calling the girls by their cast names. “Where is your faith? If Jesus could raise your brother Lazarus from the dead, don’t you think He can clear up a traffic jam?”

The two girls looked at each other and in unison whispered loudly, “We need to pray.”

Mother chuckled. “If I didn’t know any better, I would think you two were really sisters.”

“Well, we do have the same Heavenly Father,” Amy said, “So that does make us sisters. Right, Katie?”

“That’s right,” Katie agreed. “Let’s go talk to our Father, Sister. We don’t have much time.”

The two girls scampared around to the side of the church to find a quiet place to pray. “Look,” Amy said pointing at the mulberry tree. “I don’t think we have enough faith to pluck that tree out of the ground and plant it in the sea, but we do have enough faith to get Jason here.”

“He’ll be here,” Katie said confidently, kneeling down with Amy beneath the tree. “I just know he will!”

by Margie Nauta Lee
What you need: A copy of the “Framed in Faith” activity per child, scissors, glue, cardstock, tape, colored pencils, crayons or markers, mustard seeds and a “4x6” or “5x7” photo of each child.

Preparation
1. Glue artwork to cardstock.
2. Cut out frame and the center rectangle that fits your photo.

Activity: (Younger children will need help from an older sibling or parent.)
1. Read: “And the Lord said, If ye had faith as a grain of mustard seed, ye might say unto this sycamine tree, Be thou plucked up by the root, and be thou planted in the sea; and it should obey you.” (Luke 17:6)

2. Ask: How big is a mustard seed? (Discuss ideas.)

3. Give each child a mustard seed. Explain: “Jesus spoke of the enormous power that a tiny seed of faith contained. In addition to belief, faith is also a principle of action and power. ... Such faith is a great tool to do the Lord’s work. ... As the Apostles watched Jesus calm roiling waves of Galilee, raise Lazarus from the dead, walk on water, and cause the man blind from birth to see, they desired greater faith that would enable them to participate in similar miracles.” John K. Carmack, Ensign, Mar 2002 © Intellectual Reserve, Inc. All rights reserved.

4. Ask: Did the Apostles gain enough faith to use their priesthood to perform similar miracles? (Discuss ideas.)

5. Ask: How can we use our faith to help the Lord’s work move forward? (Discuss ideas. Examples: Be a good example, share the gospel, pray for the needs of others, etc.)

6. Read: “When you, my dear young friends, frame your life with faith, you will merit the companionship of the Holy Ghost. You will have ‘a perfect brightness of hope’ (2 Ne. 31:20).” Thomas S. Monson, Friend, July 2006 © Intellectual Reserve, Inc. All rights reserved.

7. Give each child a frame to color. Glue frame to a piece of cardstock along the sides and bottom, leaving top open. Put picture in the frame through the top opening. Tape in place if needed. Glue mustard seeds onto the front of frame.

8. Bear your testimony of faith and encourage children to look at their picture each day to help them remember to have faith in Jesus Christ and to use that faith to make their lives and the lives of others brighter.
“And the Lord said, If ye had faith as a grain of mustard seed, ye might say unto this sycamine tree, Be thou plucked up by the root, and be thou planted in the sea; and it should obey you.” (Luke 17:6)

“When you, my dear young friends, frame your life with faith, you will merit the companionship of the Holy Ghost. You will have ‘a perfect brightness of hope’ (2 Ne. 31:20).”

Thomas S. Monson
Approximate Time: 20 minutes

Prep Time: 10 minutes

Veggie Trees and Sea Dip

Fresh broccoli florets
Celery sticks w/leaves if possible
Carrot sticks
Your favorite vegetable dip
Blue food coloring
Sunflower seeds-shelled (optional)

Slice the carrot sticks into several thin strips without cutting all the way through the bottom to create tree limbs. Make thin slices in the top of the celery sticks to form additional tree limbs. Cut broccoli florets into bite size pieces. Place vegetables in ice water for 2–5 minutes to crisp and to help open up the carrot trees.

Mix a few drops of blue food coloring into the dip to make the sea.

Optional: Cut a circle out of a piece of plastic (a sour cream lid works well) or a piece of cardboard slightly smaller than your serving bowl. Cut several large X’s into the circle. Push vegetable trees into the X’s. Sprinkle sunflower seeds on top (for soil) to cover the plastic.

Treat Time: Read: “And the Lord said, If ye had faith as a grain of mustard seed, ye might say unto this sycamine tree, Be thou plucked up by the root, and be thou planted in the sea; and it should obey you.” (Luke 17:6 )

Let children pluck the veggie trees and plant them in the sea (dip). Then enjoy eating! After dipping coat with the sunflower seeds for an extra yummy treat.

Closing Prayer and blessing on the food.