Powerfully Teaching Your Children Gospel Principles

Lesson Plan: “Go the Second Mile”

Objectives:  
- Talk about the importance of going the second mile.  
- Emphasize that going the first mile is doing what is expected, while going the second mile is given freely.

Reinforces Principles of:
- Work
- Service

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 and theme related recipe
Sing Together: Children’s Songbook #167, “Go the Second Mile”
If you wish to have an online music file to accompany you visit:
http://www.lds.org/churchmusic
(Note: Navigate to the Interactive Church Music Player where you can listen to and print Church hymns and children’s songs.)

Prayer:

Scripture Time: Matthew 5:41

41. And whosoever shall compel thee to ago a mile, go with him twain.

Video Clip: Watch chapter 11 from The Complete Learning System, The Messiah Comes DVD.
Lesson Summary:

In Jesus’ day Roman soldiers could force a Jewish male to carry their heavy backpacks for one mile. The path was hot and dusty and many of the Jews resented it, until Jesus taught them to “go with him twain.”

What did Jesus mean when he said “go with him twain”? (The word twain means two. Jesus said to carry the soldiers pack for two miles.)

Why did Jesus teach them to go the second mile? (Discuss ideas.)

“When service is freely given it becomes sweet. In going the second mile, we honor our Heavenly Father by honoring others. ...Those who go the second mile are often blessed with another rare and unique gift—they discover the divine in others. When we consider that every soul who walks the earth may become like our spiritual Father in Heaven, it should humble us in the presence of any human soul.” Vaughn J. Featherstone, New Era, May 1990 © Intellectual Reserve, Inc. All rights reserved.

Does the Lord expect us to go the second mile? (Discuss ideas.)

“The Lord expects us to be Latter-day Saints. That isn’t just an appendage phrase on the end of the name of the Church. It signifies something of tremendous importance. ... He expects us as those who have taken upon ourselves the name of Jesus Christ to walk in His way, to do unto others as we would have them do unto us, to go the second mile.” Gordon B. Hinckley, Woods Cross, Utah, regional conference, Jan. 1998 © Intellectual Reserve, Inc. All rights reserved.

What are some of the things that we can do to go the second mile? (Discuss ideas. Example: Church duties, family duties, jobs, missionary work and fellow shipping, community service, helping family members, school work and homework, etc.)

Does the Lord bless us when we go the second mile? (Discuss ideas.)

“Most of the blessings of the Lord seem to come in the second mile. The first mile is doing what is expected of us. As we move beyond the first mile in faith and determination, we may draw down the powers of heaven...” Douglas W. DeHaan, Ensign, Nov 1980 © Intellectual Reserve, Inc. All rights reserved.
Points to Ponder: Did the Roman soldier or the Jew gain more from carrying the soldiers pack two miles instead of one and why? (Discuss ideas.)

All of us have work that we have to do. How can we make our work less tedious? (Discuss ideas.)

“Now, the first mile cannot be eliminated regardless of one’s work ... but the way to conquer it is to get through it as efficiently and effectively as possible. A dull job slackly done becomes twice as dull, whereas a dull job that you try to do just as well as you possibly can becomes half as dull. It’s the little bit extra, the special effort, the second mile, that transforms a tedious duty into a satisfying experience.” Daryl V. Hoole, Ensign, Apr 1975

What are some of the blessings we can gain by going the second mile? (Discuss ideas.)

Share testimony of following the Savior by going the second mile.

Quote: “The great men and women in history have been those willing to go the second mile.” Beverly Chiodo, Vital Speeches of the Day, 1 Nov. 1987.
Mother made her famous Chicken Enchilada casserole to take to the new family who was moving into the house across the street, while Andrea rolled the peanut butter cookie dough into balls and placed them on the baking sheet.

“Their daughter looks like she’s just about my age,” Andrea said excitedly. “Do you think she likes peanut butter cookies?”

“If she’s anything like you, she will,” Mother teased while removing the cookies from the oven.

When the cookies had cooled Andrea placed a dozen of them on a paper plate while Mother put the casserole and a tossed salad in a box with some paper plates and plastic utensils. “Are you ready?” Mother asked Andrea.

Andrea smiled and picked up the plate of cookies. “I’m ready,” she answered. “Let’s go!”

“Someone’s at the door!” Kati squealed with excitement as she ran to answer the door with Mother close behind.

“Welcome to the neighborhood,” Andrea said, handing the plate of cookies to Kati.

After all the introductions were made the mothers visited while the girls went upstairs to see Kati’s new bedroom. “My bedroom is lavender, too!” Andrea exclaimed. “It’s my favorite color.”

“Mine too!” Kati said. “What’s your favorite food?”

“Tacos,” Andrea answered.

“Me too!” Kati laughed, “And peanut butter cookies are my favorite cookie!”

“Mine too!” Andrea giggled. “I bet we both like all the same things.”

“I’ve got an idea,” Kati said. “Let’s have a tea party!”

Andrea frowned. “I don’t drink tea.”
Kati laughed. “Of course not, silly. We’re too young,” she said. “We’ll just pretend. We’ll really have milk with our cookies.”

“I don’t drink tea because I’m too young,” Andrea explained, “I don’t drink it because it’s against my religion. I wouldn’t feel right even pretending.”

“Well then we’ll just have a milk party instead!” Kati exclaimed.

Andrea breathed a sigh of relief. Together they ran downstairs to the kitchen. Kati filled the toy teapot with milk, while Andrea placed two of the peanut butter cookies on a toy plate. The girls giggled and talked as they had their milk party. Kati told Andrea all about her old home and Andrea told Kati more about the Word of Wisdom.

“My dad smokes,” Kati said solemnly, “I hate it. I’m afraid he’ll get lung cancer and die.”

“Wait here, Kati,” she said. “I’ve got the best idea.” Andrea had been taught in Primary that you should go the second mile and she was going to do it. Andrea ran home and opened the top drawer of her dresser and removed a blue book. “I’ve been waiting for a chance to give this to somebody,” she whispered. “Thank you, Heavenly Father, for giving me this opportunity,” she silently prayed.

Andrea handed Kati the book. “This is The Book of Mormon. I wrote my testimony here,” she said as she opened the cover. “A long time ago a fourteen-year-old boy named Joseph Smith saw Heavenly Father and Jesus Christ...”

Kati got goose bumps as Andrea told her the story of the First Vision. Could this Joseph Smith really be a prophet like Abraham and Moses. She then thought about the things Andrea had taught her about the Word of Wisdom.

“If your family joined the Church your dad would quit smoking,” Andrea said.

“So the Word of Wisdom was written a long, long time ago? Before most doctors knew that smoking and drinking were bad for you?” Kati asked.

“I never thought about it that way,” Andrea said, “But, yes. Long before.”

That night Kati started to read The Book of Mormon. She didn’t understand all she read, but she felt good inside. Then she thought about what Andrea had said about going the second mile. Reading The Book of Mormon by herself was going the first mile, but if she told her parents about the things Andrea had taught her and asked them if they could read The Book of Mormon together, she would be going the second mile too!

by Margie Nauta Lee
What you need: A copy of the “Go the Second Mile” game (artwork included with this lesson), scissors, tape, (1) brass fastener, cardstock and glue.

Preparation

1. Cut out artwork along red dotted lines.

2. Glue cardstock to back of spinner face and arrow. Attach arrow to spinner face with brass fastener.

3. Match up letters on game board pages with cut edges placed over the top of black dotted lines. Optional: Glue to cardstock for added durability.

4. Optional: Glue cardstock to back of cars.

5. Fold cards along solid black line with printed sides out. Glue together.

Activity:

1. Each player will pick a game piece and place it at the start. Choose a good reader to be the police officer.

2. Spin to see who goes first (highest number).

3. Play the game by moving game piece the number of miles that you spin on each turn. Follow all traffic signs or the police officer will send you back to the start.

4. When landing on a “Road Work” or “Caution: road slippery when wet” the police officer will take the top card and read it to the player. Player will answer the question and move his game piece according to directions on the card.

5. The first player to reach the finish wins.
When there is a task to do, do it with a smile. Do more than you are asked to do and go the second mile.
90 OURE FOLLOWING IN THE 3AVORSFOOTSTEPS 'OTHESECONDMILE

ROADSLIPPERY WHEN WET

ROAD SLIPPERY WHEN WET

Go the second mile Sawtooth foosteps in the following your

40 mile 100 mile

Road slippery

CAUTION

Go the second mile

No

Yield to player behind you

保险
Your little sister and you want to go outside and play, but you need to clean our room first. Do you:

A. Put your clothes and toys away, make your bed. (Go 1 mile.)

B. Put your clothes and toys away, make your bed and then help your little sister make her bed. (Go the 2nd mile.)

You went to (insert the age appropriate meeting)
Primary/Sunday school and:

A. Participated by answering the questions that you knew. (Go the 2nd mile.)

B. Listened quietly. (Go 1 mile.)

Your math assignment is to do all the odd problems on page 10. You can get extra credit if you do all the even problems too.

A. You do the assignment. (Go 1 mile.)

B. You do the extra credit problems, too. (Go the 2nd mile.)

A family of another faith moved into your neighborhood.

A. You take them a plate of cookies, welcome them into the neighborhood and ask them if they would like to learn more about the church. (Go the 2nd mile.)

B. You take them a plate of cookies and welcome them into the neighborhood. (Go 1 mile.)
It's your brother's turn to take out the garbage, but Mother asks you to do it.

A. You tell her you'll do it, but only if your brother takes your turn next time. (Go 1 mile.)
B. You do it with a smile. (Go the 2nd mile.)
C. You refuse to. (Go back 1 mile.)

Your teacher asks you to erase the chalkboard for her.

A. You erase all the chalk marks. (Go 1 mile.)
B. You erase all the chalk marks and then you clean the erasers. (Go the 2nd mile.)

Your teacher assigns you to help a special needs child in class with his assignments.

A. You gladly help. (Go 1 mile.)
B. You gladly help him in class and then you offer to help him to his bus after school. (Go the 2nd mile.)

Mother asks you to get her a diaper for the baby.

A. You get the new diaper and then you take the used diaper to the garbage. (Go the 2nd mile.)
B. You get her the diaper and then you finish putting together your puzzle. (Go 1 mile.)
You've been working hard at going the second mile.

Move forward to the nearest church.

You complained the whole time you were working in the garden.

Move backwards 5 miles.

After you helped Father plant the garden you picked up all the containers and threw them in the garbage without being asked.

Move forward to the nearest temple.

You do what you ask to, but you don't go the extra mile.

Go to the nearest Rest Stop until you roll a 2 or until you've missed two turns.
You've changed your attitude and now go the extra mile.

Get out of Rest Stop free.

You're tired of always being the one to go the extra mile so you're making a U-Turn and from now on you're only going to do what is expected.

If you've passed the U-Turn go back to it. If you have not passed the U-Turn go back 6 miles.

The deacons are collecting Fast Offerings and you go the second mile by giving twice as much as expected.

Move forward to the nearest temple.

You accept a calling to teach primary. Each week you carefully study and prepare the lesson.

Move forward to the nearest church.
Approximate Time: 35 minutes

Prep Time: 5 minutes
Cook Time: 25 minutes
Cool Time: 5 minutes

“Second Mile” Sundaes

Butterscotch Topping
1/2 C. firmly packed brown sugar
1/3 C. light corn syrup
2 Tbs. butter
1/3 C. evaporated milk
1/8 tsp. baking soda
1 tsp. vanilla or rum flavoring

1 quart vanilla ice cream
Optional: chopped nuts, whipped topping and maraschino cherries

Butterscotch Topping: Combine sugar, syrup, and butter in saucepan. Cook, stirring constantly, over medium heat until sugar has dissolved and mixture comes to a full rolling boil (approximately 6 minutes). Stop stirring and continue to boil for exactly 1 minute. Remove from heat and let stand for 5 minutes. In another bowl, combine evaporated milk, baking soda, and vanilla. Stir into the slightly cooled sauce. Pour into jar. Cool in refrigerator while you prepare the Hot Fudge Topping.

Hot Fudge Topping
3/4 C. granulated sugar
1/4 C. brown sugar, packed
1/3 C. baking cocoa
2 Tbs. flour
1/4 tsp. salt
1 c. evaporated milk
1/3 C. water
1 Tbs. butter
1 teaspoons vanilla

Hot Fudge Topping: Combine sugar, cocoa, flour, and salt in saucepan. Add milk, water, and butter. Cook, stirring constantly, over medium heat until sugar has dissolved and mixture comes to a full rolling boil (approximately 12 minutes). Stop stirring and continue to boil for exactly 5 minutes. Remove Hot Fudge sauce from heat, cool for 5 minutes. Stir in vanilla. Pour into jar.

Treat Time: Give each family member a plain scoop of vanilla ice cream. Explain that the vanilla ice cream is good by itself, like doing what is expected of you is good. Then ask who would like to have toppings on their ice cream. Explain that the toppings are like going the second mile. When you go the second mile it makes it the task sweeter, like the toppings makes the ice cream sweeter.

Closing Prayer and blessing on the food.