Powerfully Teaching
Your Children
Gospel Principles

Lesson Plan: “Trust in God No Matter What”

Objectives:
- Emphasize the importance of trusting in God no matter what circumstances you face.
- Talk about learning to trust in God while in your youth.

Reinforces Principle of:
- Trust in God

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
Approximate Time: 5 minutes

Sing Together: Hymn #96 “Dearest Children, God Is Near You” verse #1.
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: Alma 36:3

3. And now, O my son Helaman, behold, thou art in thy youth, and therefore, I beseech of thee that thou wilt hear my words and learn of me; for I do know that whosoever shall put their trust in God shall be supported in their trials, and their afflictions, and shall be lifted up at the last day.

Video Clip: Watch chapter 13 from the animated Complete Learning System, Daniel DVD. (Video clip is also provided for viewing online.)
Lesson Summary:

(For younger children, it may be helpful to summarize the following ideas):

*Trust in God.*
To trust in God means to obey Him willingly, even when we do not know what will happen in the end. “Trust in the Lord with all thine heart; and lean not unto thine own understanding.” (Prov. 3:5) Daniel prayed publicly, even though he knew that it meant being thrown into the lions’ den, because he trusted in the Lord no matter what.

*Trust no matter what.*
“The scriptures and our history are replete with accounts of God’s great men and women who believed that he would deliver them, but if not, they demonstrated that they would trust and be true. He has the power, but it is our test....Our God will deliver us from ridicule, persecution, sickness and disease, loneliness and depression, fear, death or impairment of loved ones, but if not, we will trust in the Lord.” Dennis E. Simmons, Ensign, May 2004 © 2006 Intellectual Reserve, Inc. All rights reserved.

*Ultimate joy comes from trust in God.*
“Trust in God...no matter how challenging the circumstance....Your peace of mind, your assurance of answers to vexing problems, your ultimate joy depends upon your trust in Heavenly Father and His Son, Jesus Christ.” Richard G. Scott, Ensign, May 2003 © 2006 Intellectual Reserve, Inc. All rights reserved.

*Learn to trust in the Lord when you are young.*
“I know that the Lord rewards those who put their trust in Him. May we learn that when we’re young, and practice it through out lives so that we can testify as these experiences testify.” Marion G. Romney, Ensign Nov. 1977 © 2006 Intellectual Reserve, Inc. All rights reserved.

When Daniel was a young boy he learned to have faith and trust in the Lord. We can learn from Daniel’s trust in the Lord by his example of humility, loyalty, obedience, and courage.
Points to Ponder:

**Why should we put our trust in the Lord?**
If we trust in the Lord, we will be happy. When we are worried or frightened, we need to remember that He loves us and that we need to pray to and trust in Him.

**How do we gain trust in the Lord?**
Elder W. Craig Zwick gives us these four keys “Learn; Listen; Seek the Spirit; Pray Always.” *Ensign, Nov. 2003 © 2006 Intellectual Reserve, Inc. All rights reserved.*

**Will all our trials be removed, if we always trust in God?**
No. Life is a test and trials are part of that test, but if we always trust in God he will give us comfort and support us through all of our trials. “...Whosoever shall put their trust in God shall be supported in their trials, and their afflictions, and shall be lifted up at the last day.” (Alma 36:3)

**Will you trust in God and choose the right no matter what?**
“If it be so, our God whom we serve is able to deliver us from the burning fiery furnace, and he will deliver us out of thine hand, O king. **But if not,** be it known unto thee, O king, that we will not serve thy gods, nor worship the golden image which thou hast set up.” (Daniel 3:17–18)

Quote

“If you do your best, it will all work out. Put your trust in God, and move forward with faith and confidence in the future. The Lord will not forsake us....If we will put our trust in Him, if we will pray to Him, if we will live worthy of His blessings, He will hear our prayers.” *Gordon B. Hinckley, Jordan Utah South regional conference, March 1997 © 2006 Intellectual Reserve, Inc. All rights reserved.*
George Beck was a superintendent for the railroad and Namie Beck would not allow her family to be separated. Each time George’s crew was transferred to a new location she would pack up their things and she and Mei Li would move with him. It was during one of these moves, four years ago, in 1851 that the Becks had met two Mormon missionaries and been converted to the gospel.

Mei Li entered the one room schoolhouse with hesitation. Miss Wells gave the young girl’s hand a squeeze. “Can I have your attention class? This is our new student, Mei Li Beck. Her family will be staying in the Wilson home during the construction of the railroad.”

The children stared at Mei Li. She was dressed like all the other girls, but her beautiful almond shaped eyes set her apart. Some of the children had seen Chinese railroad workers in town, but their children had never come to the Atchison school house.

Miss Wells led Mei Li to an empty desk in the front of Jeremy Hall. Mei Li’s glistening black hair hung in a braid past her waist. When Miss Wells wasn’t looking, Jeremy reached for the braid gave it a sharp tug, “Go back to China, where you belong!” he whispered.

Mei Li’s eyes filled with tears. She blinked them away and thought about the words Mama had written in The Book of Mormon she had given her at her baptism. “Mei Li, trust in God and He will always be with you.”

Silently she prayed, “I know that you are with me Father. Please help me to be strong.”

When Miss Wells dismissed the class, Mei Li hurried out the door with Jeremy and his friend Tom at her heels. “I ain’t never seen nobody with the name of Beck that looks like you,” he taunted.

“Ya. All the Becks we know come from England not China!” Tom chided.

Mei Li’s mother had died during childbirth and her father was killed in a railroad accident when she was only 6 weeks old. The Becks who were childless had taken her to raise as their own.

“Trust in God, trust in God,” she repeated over and over to herself as she walked faster.

“Not only is she Chinese, but my Pa says she’s one of them Mormons too!” Tom sneered.
“You know what my Grandpa says we do with Mormons, little girl?” Jeremy said as he grabbed Mei Li’s arm and twisted it behind her back. “We exterminate ’em! Just like that Joe Smith.”

Jeremy was big and strong. Each time Mei Li struggled to get away, he would twist her arm tighter.

Mei Li prayed with all her might. Just when she felt she could bear no more, she heard a soft voice singing her favorite hymn, “Dearest Children, God is Near You...He will bless you, if you put your trust in Him.”

Mei Li stopped struggling and a peaceful feeling filled her heart.

“You better deny being a Mormon! You hear me girl?” Jeremy threatened, “Or we’re going to beat you to a pulp!”

For the first time during the altercation with the boys, Mei Li spoke. With a calm unwavering voice she said, “You do what you want with me, but I will never deny my faith or my God!”

The sound of horse hooves startled the boys and Jeremy released his hold on Mei Li. As the lone rider approached, the two boys took off running. Climbing down from the saddle the man knelt down in front of Mei Li. “Are you all right?” he asked.

Mei Li nodded as she wiped the tears from her face. “Sir, I’m a Mormon and I won’t deny it! So if you want to exterminate me too, so be it.”

The stranger looked at Mei Li with admiration. “Well that explains the urgency I felt to stop my work and ride down this road. The Lord sent me to help you, Miss Beck!”

Mei Li looked puzzled.

The man tipped his hat, “I’m Elder Parker. I met your Pa last week. He came by Mormon Grove to offer us assistance.” Elder Parker continued, “He’s a good man! Trusts in God, just like his daughter.”

by Margie Nauta Lee © 2006 Living Scriptures, Inc.
What you need:
A copy of the “Trust in God” T.V. screen and film roll (artwork included with this lesson), scissors, poster board or card stock, tape and glue.

Preparation
1. Print out the artwork.
2. Cut out.
3. T.V. screen:
   A. Glue onto poster board.
   B. Cut along dotted lines.
4. Film roll:
   A. Fold along dotted lines and glue or tape together.
   B. Glue or tape a picture of your children where indicated.
   C. Glue or tape the sections together by matching up letters.

Activity:
1. Roll up movie roll.
2. Insert the start of the movie roll into the viewer slots as shown in picture.
3. Read the scripture and talk about how it applies to your family.
4. Read the dialogue on the back of the movie roll as you pull it through the viewer.
5. Discuss each situation with your family (if desired come up with situation of your own that you feel fit your family needs better).
6. When the answer to the situation is no, discuss what you should do differently in order to answer ‘yes’.
7. Emphasize how always following these important principles will help us learn to always trust in God, no matter what.
Start

When Daniel and his friends were in their youth they promised to always trust in God no matter what.

Will you always trust in God, like Daniel and his friends, no matter what?

"...thou art in thy youth, and therefor, I beseech of thee that thou wilt hear my words and learn of me; for I do know that whosoever shall put their trust in God shall be supported in their trials, and their afflictions, and shall be lifted up at the last day." (Alma 36:3)

When Daniel and his friends were in their youth they promised to always trust in God.
Daniel and his friends showed their trust in and OBEDIENCE to God when they refused foods that were against the Law of Moses. You pretended to drink a beer when you were at a party, so the other kids wouldn’t make fun of you. Were you being obedient like Daniel?

Daniel showed his trust in God when the interpretation of King Nebuchadnezzar’s dream was revealed to him by God. You shared your testimony with another passenger on the airplane and gave her a copy of The Book of Mormon. You showed your faithfulness with another passenger. Were you being faithful like Daniel?
Daniel showed humility and trust in God when he read the mysterious writing on the wall for God alone and not for Belshazzar's gifts and power.

We were you being humble like Daniel?

When you became a cheerleader, you told them not to worship the golden image. This is now discouraged.

Your picture in the paper? Even though you earned the Young Womanhood Recognition award just so you could have your picture in the paper, this is now discouraged.

Were you being humble like Daniel?

Were you being loyal like Shadrach, Meshach, and Abednego?

Group of friends, you told them not to stop because of your old friends with your old coach. When you became a cheerleader, the squad told you to stop being friends with your old group of friends. You told them no!

Daniel's friends, Shadrach, Meshach, and Abednego showed their trust in and loyalty to God when they refused to worship the golden image.
Daniel showed trust in God and great courage when he prayed to God, even though he knew he would be thrown into the lions' den.

When I went to a slumber party I didn't say my prayers because I didn't want to be made fun of. Was I showing courage like Daniel?

Daniel trusted the Lord when he forgave Darius' pride that caused Daniel to be thrown into the lions' den. My friend John had a party and didn't invite me. When he apologized to me, I told him I didn't invite me. I felt really bad. When he invited me, I felt really bad. Was I being forgiving like Daniel?
Prep Time: 15 minutes
Cook Time: 10–12 minutes
Cool Time: 15 minutes

“LION COOKIES”
(Carrot Cookies)

3/4 c. butter
3/4 c. packed brown sugar
1/2 c. granulated sugar
1 egg
1 tsp. vanilla
1 c. shredded carrots
1/4 c. walnuts or sunflower seeds

1 3/4 c. whole wheat flour
1 tsp. baking powder
1/4 tsp. baking soda
1/2 tsp. cinnamon
1/4 tsp. ground cloves
2 c. oats
1/4 c. + 36 raisins
1 Tbs. shredded coconut
1/4 c. sliced Almonds

Cream together the butter, brown sugar, granulated sugar, egg, and vanilla until light and fluffy. Add flour, baking powder, baking soda, cinnamon, and cloves. Beat until thoroughly combined. Stir in oats, walnuts, carrots, and raisins (reserve the 36 raisins for noses).

Drop dough by rounded tablespoon fulls, 2 inches apart, onto ungreased cookie sheet. Slightly flatten and then place 2 almond slices on each for eyes, a raisin for the nose, and coconut for whiskers. Bake in a 375 degree oven for 10-12 minutes. Cool. Makes 3 dozen “Lions.”

Optional: Bake cookies before adding eyes, nose, and whiskers. Remove from oven and cool. Frost with cream cheese frosting that has been colored with 4 drops red, 6 drops yellow, and 2 drops blue food coloring. Then add the eyes, nose and whiskers.

Treat Time: Have children help make the cookies. While you’re adding the ingredients discuss why Heavenly Father wants us, like Daniel and his friends, to eat more vegetables and fruit like the raisins and the carrots and nuts and seeds like the walnuts, almonds and sunflower seeds, and whole grains like the whole wheat flour and oats.

Closing Prayer and blessing on the food.