

Learn of Me

NEW TESTAMENT

PACKING FOR A TRIP ACTIVITY

January 21–27: John 1

Credit for this idea goes to Ruthann Weeks on Sugardoodle.

The beginning of John 1 talks of Christ before his life on earth. This is a great opportunity to discuss our pre-mortal lives, Christ in pre-mortality, and why we were sent down to earth. Here is a fun object lesson that shows what tools we were given by Heavenly Father and Jesus Christ to use when we came down to earth.

Materials: backpack, gloves, hand sanitizer, blanket, flashlight, and a key

Gather all of the items mentioned above and place them inside the backpack. Explain to your kids that when you pack for a trip, you need to have a plan and take things that will help you along the way. This was also true when Heavenly Father designed the Plan of Salvation. He outlined what we needed to do to come home and gave us some tools to help along the way. Since Jesus was chosen to be the Savior, we can choose whether or not to use these tools. Have someone pull an item out of the backpack one at a time and look up the attached scripture:

- flashlight = guidance of Heavenly Father and Jesus Christ (Matthew 7:7)
- gloves = body (D&C 130:22)
- hand sanitizer = baptism (Alma 7:14)
- blanket = Holy Ghost (John 14:26)
- key = going to the temple (D&C 124:39)

*You may pick other scripture verses if you would like.

Here are some potential questions to discuss:

- Why was Jesus chosen to be the Savior?
- What do we learn from John 1:1-5 about the Savior's work?
- How do these tools help us return home?