



Lord, I Believe

Matthew 16–17; Mark 8–9; Luke 9

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.

Reinforces Principle of:

- Faith in Jesus Christ

This Lesson contains 4 activities:

Choose the activities that fit your family's schedule.

Use on Mondays to introduce the topic, or the following Sunday to review.

Reverence Time: Song, prayer, scripture and video clip

Lesson Time: Lesson summary and points to ponder

Activity Time: Object lesson or activity

Treat Time: Prayer, theme related recipe & music video



Reverence Time

Approximate Time: 5 minutes

Sing Together: Hymn #134, “I Believe in Christ”
If you wish to have an online music file to accompany you visit:
<https://www.lds.org/music/library/hymns/i-believe-in-christ>

Prayer:

Scripture Time: Matthew 17:20

...for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.

Video Clip: Watch a clip from the Living Scriptures Streaming Library, *Lord, I Believe* (The Dramatized New Testament). You can find the clip at <https://www.livingscriptures.com/fhe-lesson-lord-i-believe>



Lesson Time

Approximate Time: 10-15 minutes

Lesson Summary:

There was a man who asked Jesus's disciples if they could heal his son. They tried, but were unable to heal the boy. Later, the man came to Jesus, saying, "if thou canst do any thing, have compassion on us, and help us." (Mark 9:22)

Jesus said to the man, "If thou canst believe, all things are possible to him that believeth." The man cried out, "Lord, I believe; help thou mine unbelief."

Jesus, seeing that the man had a desire to believe, was able to heal the boy. His disciples wondered why they had not been able to heal the boy. Jesus told them, "Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you." (Matthew 17:20)

A mustard seed is a small seed, but it can grow into a tree. Our faith may start out very small, but it can grow too. We may not see actual mountains move, but we can see miracles in our lives when we believe in Jesus Christ.

Points to Ponder:

What is Faith?

Why is it important to have faith in Jesus Christ?

How does our faith grow and strengthen once we trust and believe in Christ?

How can our faith in Christ help us through difficult times?

Quote:

“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



Activity Time

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)

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Thomas S. Monson*



Treat Time

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 crispen 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.