



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 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



Reverence Time

Approximate Time: 5 minutes

Sing Together: Children's Songbook #167, "Go the Second Mile"
If you wish to have an online music file to accompany you visit:
<https://www.lds.org/music/library/childrens-songbook/go-the-second-mile>

Prayer:

Scripture Time: Matthew 5:41

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

Video Clip: Watch these clips (1:32-2:00, 12:47-13:10, 24:48-25:00) from the Living Scriptures Streaming Library, *The Messiah Comes* (The Animated New Testament)



Lesson Time

Approximate Time: 10-15 minutes

Lesson Summary:

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

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.



Story Time

(Approximate Time: 3 minutes)

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



Activity Time

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

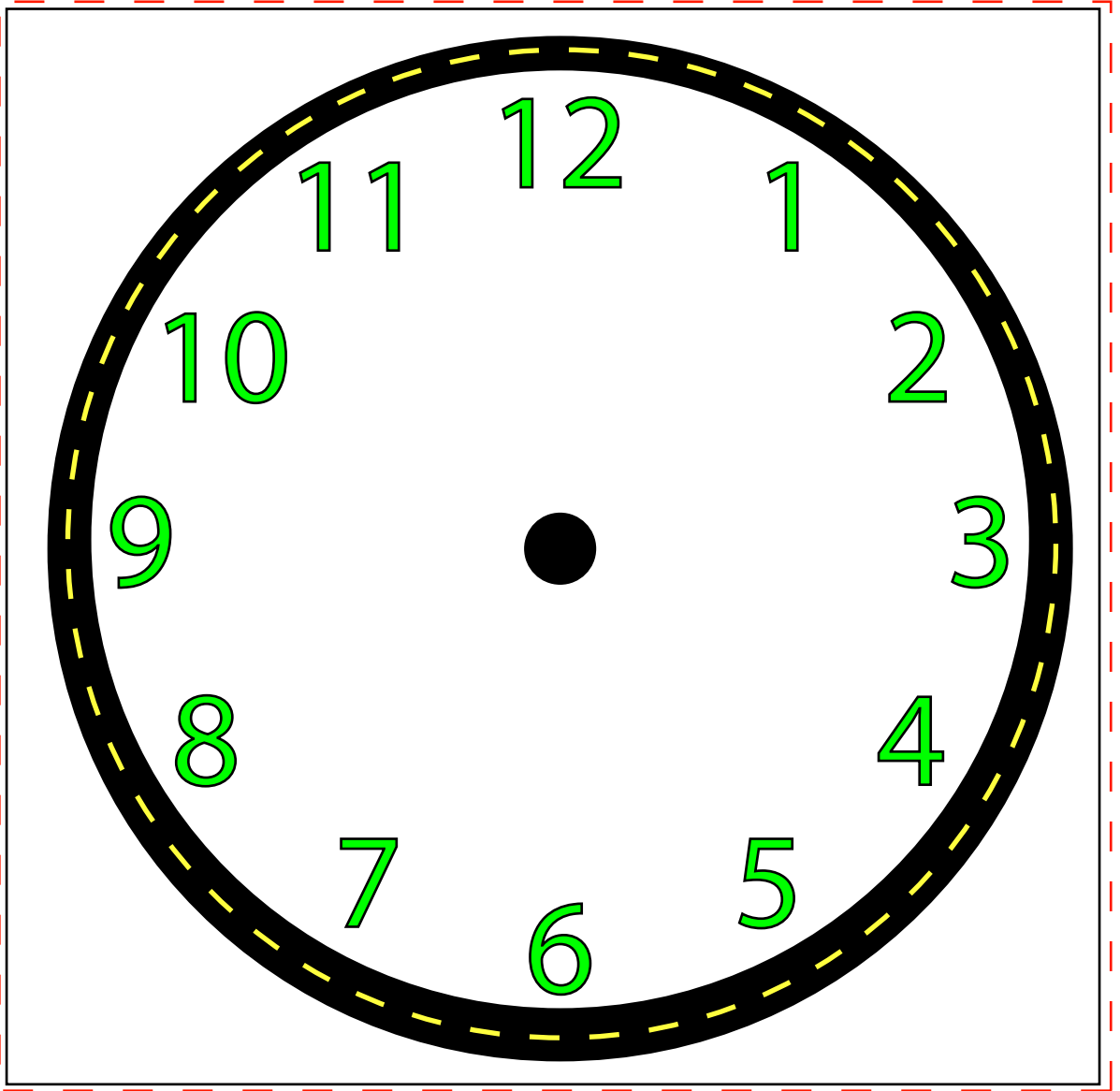
1. Cut out artwork along red dotted lines.
2. Glue cardstock to back of spinner face and arrow. Attach arrow to spinner face with brass fastener.
3. Match up letters on game board pages with cut edges placed over the top of black dotted lines. Optional: Glue to cardstock for added durability.
4. Optional: 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.



OUR HEAVENLY HOME

WELCOME HOME

START

You're following in the Savior's footsteps. Go the second mile.



1 mile

"Well done, good and faithful servant; thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord." (Matt. 25:23)

CAUTION

Road slippery when wet



50 mile

You're too tired to drive. Go to nearest "Rest Area."

REST AREA



Lose a turn



B

A

C



You're following in the Savior's footsteps. Go the second mile.

mile
10

CAUTION

Road slippery when wet

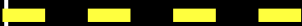


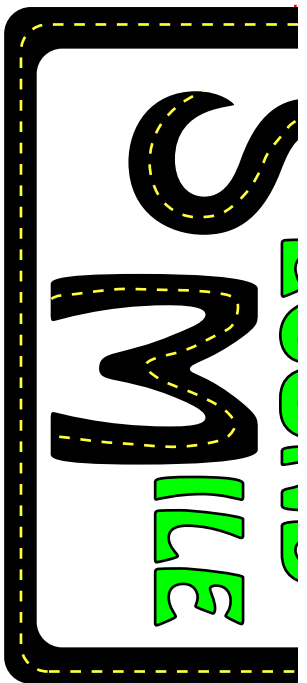
Lose a turn



A

"...Ye are in the service of your fellow beings ye are only in the service of your God." Moshiah 2:17
Go the second mile





D

You're too tired to drive.
Go to nearest "Rest Area."

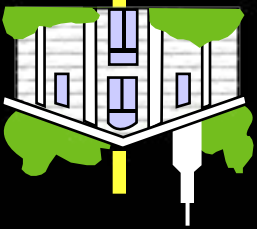


Lose
a turn

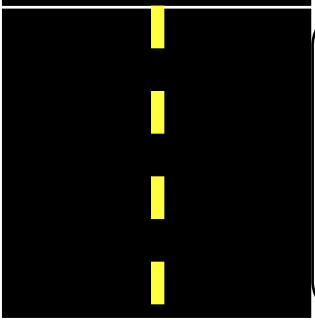
F



C



"And whosoever
to go a mile, go
with him twain,"
Matt. 5:41



B



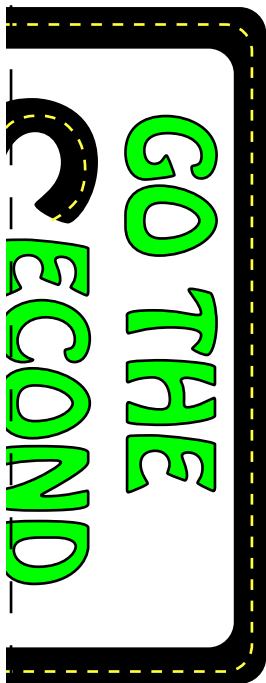
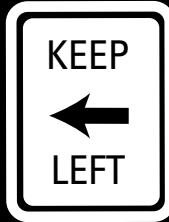
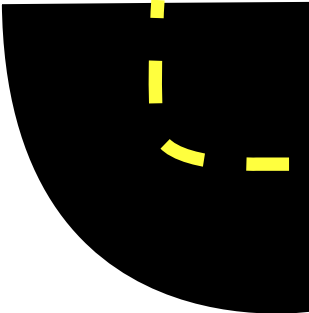
Make a U-Turn

mile
30

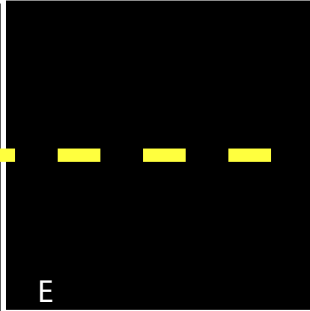
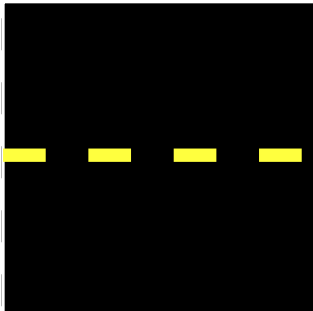
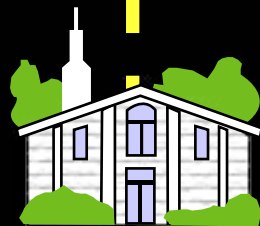


Lose
a turn

D

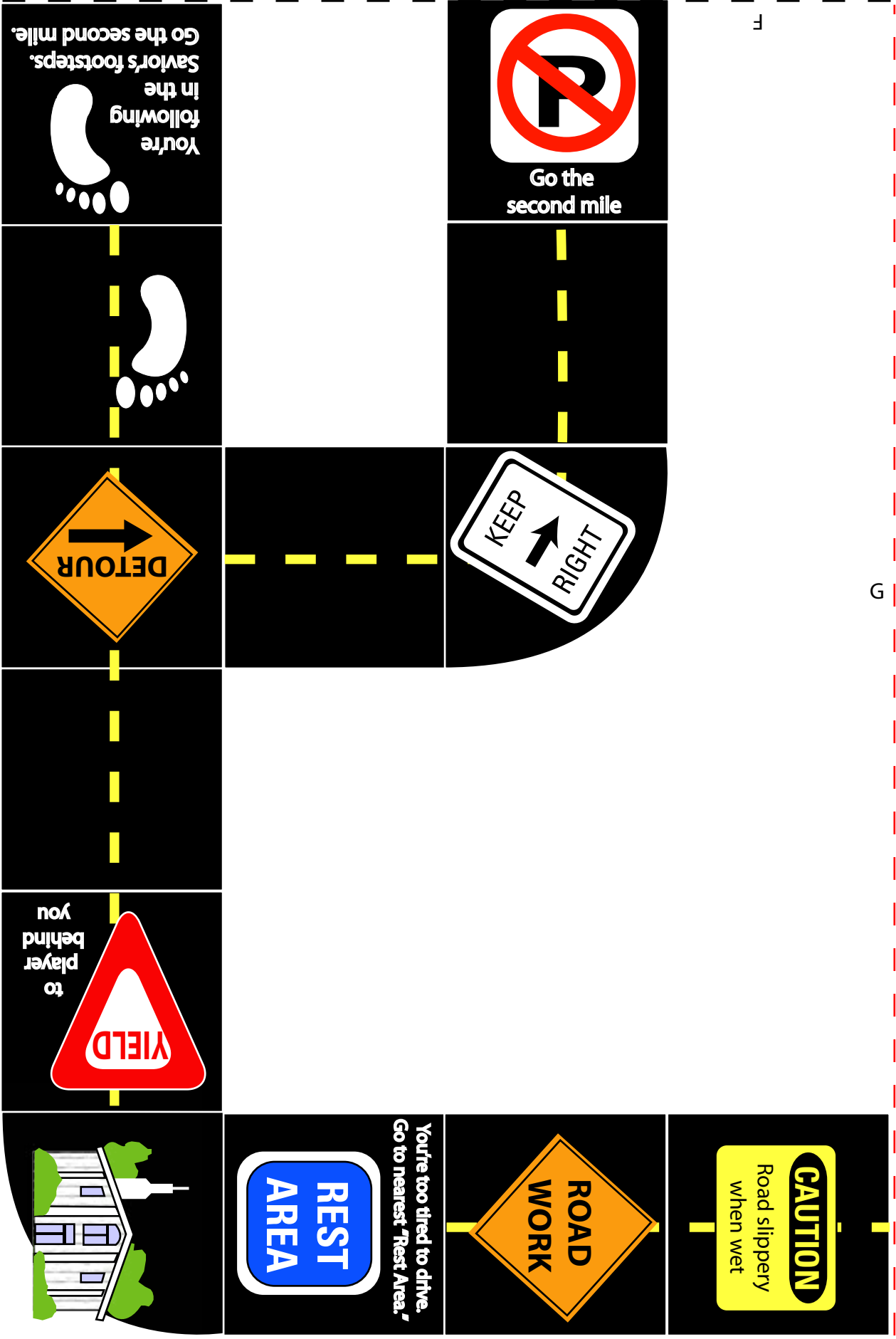


When there is a task to do, do it with a smile. Do more than you are asked to do and go the second mile.



E





G

F



to
player
behind
you



Go the
second mile



CAUTION
Road slippery
when wet



You're
following
in the
Savior's footsteps.
Go the second mile

mile
40

CAUTION
Road slippery
when wet

E

G

CAUTION

Road slippery
when wet

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.)

CAUTION

Road slippery
when wet

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.)

CAUTION

Road slippery
when wet

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.)

CAUTION

Road slippery
when wet

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.)

CAUTION

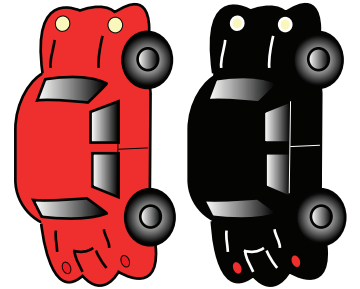
**Road slippery
when wet**

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.)



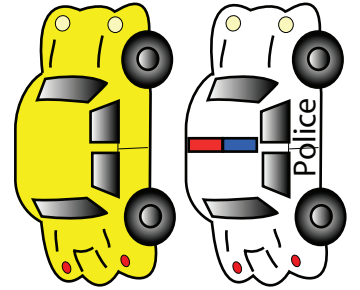
CAUTION

**Road slippery
when wet**

Your teacher asks you to erase the chalk board 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.)



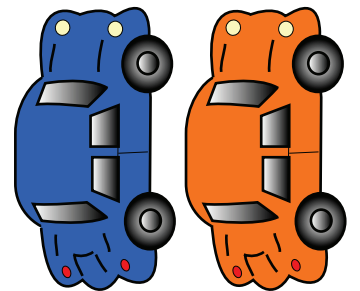
CAUTION

**Road slippery
when wet**

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.)



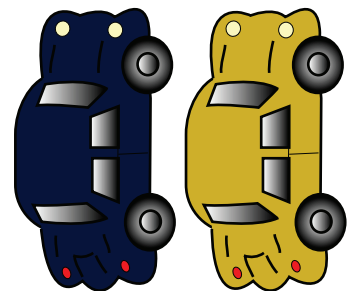
CAUTION

**Road slippery
when wet**

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.)



ROAD WORK

You've been working hard
at going the second mile.

Move forward to
the nearest church.

ROAD WORK

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

Move backwards 5 miles.

ROAD WORK

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.

ROAD WORK

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.

ROAD WORK

You've change your attitude
and now go the extra mile.

Get out of Rest Stop free.

ROAD WORK

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.

ROAD WORK

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.

ROAD WORK

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

Move forward to the
nearest church.



Treat Time

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

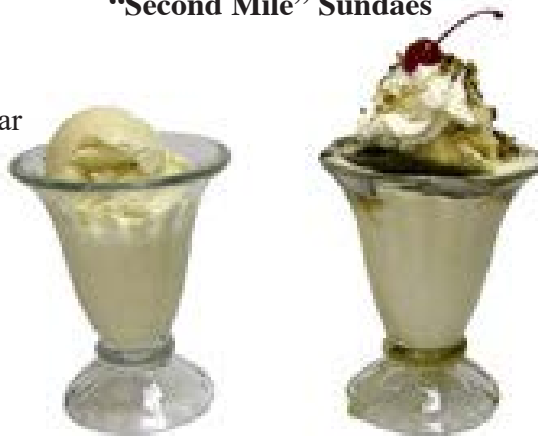
1/3 C. evaporated milk

1/8 tsp. baking soda

1 tsp. vanilla or rum flavoring

1 quart vanilla ice cream

Optional: chopped nuts, whipped topping and maraschino cherries



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

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: 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.