



FHE

with

Living Scriptures

STREAMING

From This Day On

Objectives:

- Talk about making resolutions that will help you live the gospel.
- Emphasize the importance of making a commitment to keep your resolutions.

Reinforces Principles of:

- Commitment

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, theme related recipe & music video



Reverence Time

Approximate Time: 5 minutes

Sing Together: Children's Songbook #148 "I Want to Live the Gospel."
If you wish to have an online music file to accompany you visit:
<https://www.lds.org/music/library/childrens-songbook/i-want-to-live-the-gospel>

Prayer:

Scripture Time: 2 Nephi 31:20

Wherefore, ye must press forward with a steadfastness in Christ, having a perfect brightness of hope, and a love of God and of all men. Wherefore, if ye shall press forward, feasting upon the word of Christ, and endure to the end, behold, thus saith the Father. Ye shall have eternal life.

Video Clip: Watch a clip (12:45 - 15:20) from the Living Scriptures Streaming Library, *Saul of Tarsus* (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):

From this day on I will devote my life to serving the Lord.

At the beginning of each new year it has become a tradition to make resolutions.

What is a resolution? (Discuss ideas.)

Just as Saul resolved to devote his life to serving the Lord, so can you. As you think about doing better in the new year carefully select resolutions that will help you “from this day on” to live your life as a follower of Jesus Christ.

“To a degree, we all understand the gospel and know what we should be doing in our lives. This brings me to the subject of resolutions—resolutions to conform our lives more closely to what we already know about the gospel. ...We must not overlook the power that making good resolutions can have in helping make our lives happier and more successful.” *Joe J. Christensen, Ensign, Dec 1994 © 2007 Intellectual Reserve, Inc. All rights reserved.*

What are some of the resolutions we can make that will help us live happier lives?
(Discuss ideas.)

I can keep my resolutions one day at a time!

What will help us keep these resolutions? (Discuss ideas.)

“As we reflect on the value of resolving to do better, let us determine to discipline ourselves to carefully select the resolutions we make, to consider the purpose for making them, and finally, to make commitments for keeping them and not letting any obstacle stop us. Let us remind ourselves at the beginning of each day that we can keep a resolution just for that day.” *N. Eldon Tanner, New Era, Jan 1975 © 2007 Intellectual Reserve, Inc. All rights reserved.*

“As you commit now to do the will of the Lord, He will help and strengthen you. Your faith, trust, and desire to follow Him will be your greatest key to success. ...As you commit now to do the will of the Lord, He will help and strengthen you. Your faith, trust, and desire to follow Him will be your greatest key to success.” *John B. Dickson, April 2007 General Conference © 2007 Intellectual Reserve, Inc. All rights reserved.*

Points to Ponder: **If you break a resolution, should you give up and stop trying? (No.)**

No one is perfect. You will make mistakes, but repent when mistakes are made and then begin your commitment again from “this day on.”

Do resolutions to do better always have to be made on New Years? (No.)

“The Bible and the Book of Mormon are replete with accounts of ‘New Year’s resolutions’ and the soul-searching men and women whose lives were changed when they kept such commitments. These resolutions were not necessarily made on New Year’s Eve, but rather on the eve of a rebirth, an eve of becoming spiritually begotten children of Christ.”

Spencer J. Condie, Ensign, Jan 1975 © 2007 Intellectual Reserve, Inc. All rights reserved.

Quotes: “Fear not; only believe. This is a time to make resolutions that will be binding upon you. This is a season to set standards that will hold you to the right course and make you happy now and in the years that follow.” *Gordon B. Hinckley © 2007 Intellectual Reserve, Inc. All rights reserved.*



Story Time

Approximate Time: 3 minutes

Jayden glanced at his New Year's resolutions taped to the mirror. With his eyes closed, he mentally read through the list. "Yes! Memorized at last," he congratulated himself. As he had done every morning since New Year's, Jayden repeated, "I can keep my resolutions for at least today," while walking to the kitchen.

"Encyclopedia?" Father asked, after handing Jayden a plate filled with pancakes and sausage.

Jayden confidently recited, "E-N-C-Y-C-L-O-P-E-D-I-A."

Father ruffled Jayden's hair. "Good job, son. I'm proud of you for studying so hard. I wouldn't be surprised if you could spell every one of your spelling words backwards if you wanted."

Jayden smiled. He had been tempted to not study when his father had told him to, but resolution number 10, "Obey my parents," had helped him make the right choice.

David, slid into the bus seat next to Jayden. "Are you still studying for the big spelling test?" he asked.

Jayden shut the book. "I've studied for about a jillion hours. How 'bout you?"

David shook his head. "I don't need to study. Spelling's easy for me!"

"Number your papers from 1 to 50," Mrs. Thompson told the class. She then began the test, "Number one, junction. There was a junction in the road. Two, temperature. The temperature was ten degrees below zero..."

Jayden smiled when the spelling of each word seemed to jump out of his head and onto the paper.

"...Fifty-nine, encyclopedia. The encyclopedia is a good resource book."

Jayden quickly wrote down his answer. David wrote down "E-N-C," but wasn't sure if the next letter was a 'Y' or an 'I.' After making sure Mrs. Thompson wasn't looking, he poked Jayden in the back and whispered, "Move your head so I can see your answer."

Jayden looked up to see if Mrs. Thompson was watching, but she seemed to be absorbed in the spelling book. Jayden turned to his best friend's pleading eyes. He really wanted to help David and Mrs. Thompson wouldn't even know, but then he pictured his list of resolutions. Number 6. "I will not cheat."

Jayden kept his paper blocked from David's view and slowly shook his head "no."

Just before the bell rang, Mrs. Thompson asked David and Jayden to stay after class. Jayden felt sick. She knew. "What if she doesn't believe me?" he thought. Then a peaceful feeling came over him. "It's going to be okay. I didn't do anything wrong."

After excusing the other students Mrs. Thompson approached their desks. "I know what took place during the spelling test," she said. "You're very lucky Jayden is such a good friend, David!"

David looked puzzled. "A *good* friend would of let me copy his paper," he thought.

"Because Jayden was a good enough friend to *not* let you cheat," she explained, "*I'm* not going to give you an 'F' on the spelling test."

David's face turned red and the anger he felt towards Jayden melted away.

"But, it had better not happen again," Mrs. Thompson warned.

After dinner, Jayden told his parents what had happened during the test and about the good feeling he felt inside. "Doing what's right *really does* make you happy! Doesn't it?"

"It always works for me!" Father exclaimed.

Mother gave Jayden a big hug and whispered in his ear, "I want you to always remember that when you're doing what's right, it not only makes *you* happy, it makes Daddy, me *and* Heavenly Father happy too."

That night Jayden knelt beside his bed. "Thank you, Heavenly Father," he prayed, "for helping me keep my New Year's resolutions for one more day."

by Margie Nauta Lee © Living Scriptures, Inc.



Activity Time

What you need: A copy of “From This Day On” activity for each family member (artwork included with this lesson) and a pen or pencil for each family member.

Preparation 1. **Print** out the artwork.

Activity: (Younger children will need help from an older sibling or parent.)

1. Talk about how, after repenting, Saul resolved to devote his life to serving the Lord. Ask: What are some of the things Saul did to change? (Discuss ideas.)
2. Ask: What can we do to follow Saul’s example? (Discuss ideas.)
3. Discuss how making New Year’s resolutions is a good place to start “from this day on” to better serve the Lord and live happier lives.
4. Give each member a copy of the “From This Day On” calendar and a pen or pencil and have them write down ten resolutions. Guide children in making realistic goals such as saying their prayers, reading scriptures, being honest, being kind to others, obeying parents.
5. Ask: After deciding to change what else did Saul need to do in order to help him keep his promise? (Make a commitment to change.)
6. Ask: Will you make a commitment to keep your resolutions?
7. After making a commitment, what other things can we do that can help us keep our resolution? (Discuss ideas such as; prayer, taking one day at a time, using positive affirmations, keeping a journal on your progress, etc.)
8. Talk about how none of us are perfect and there will be times that we will fail to keep our resolutions. Ask: What can we do when this happens? (Discuss ideas.)
9. Have family members hang their calendars in their rooms as a reminder of their commitment to serve the Lord from “this day on.” (If desired, draw a heart around each day on your calendar that you keep your resolutions.)



From This Day On
I Will Devote My Life to Serving the Lord by:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

2019

January

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Treat Time

Approximate Time: 30 minutes

Prep Time: 5 minutes

Bake Time: 20 minutes

“Turnover” A New Leaf

3 C. Bisquick®
1/2 C. milk
20 drops green food coloring
2/3 C. shredded cheese
1/3 C. cream cheese
1/4 C. melted butter
1/4 tsp. garlic salt



Mix milk and food coloring together. Add to Bisquick®. Mix until a soft ball forms. Knead on a lightly floured surface for 30 seconds. Divide dough into twelve balls. For filling, mix together shredded cheese and cream cheese (chive and onion flavor can be substituted for plain cream cheese. For topping mix together melted butter and garlic salt.

Treat Time: Give each family member a ball of dough. Flatten dough with the palm of your hand into 1/4 inch thick ovals. Top with 1 tsp. cheese mixture. Fold in half; press edges together with tines of fork. Pinch one end together to form a small stem. Draw veins on your leaf with the edge of fork tine or with a tooth pick.

Place on a lightly greased cookie sheet. Brush tops with garlic butter.

Bake in 375 degree F. oven for 20 minutes.

Before serving, brush tops with remaining garlic butter.

Closing Prayer and blessing on the food.

Note: To “turnover” a new leaf means that you are committing to change your life for the better.