



Activity Time

What you need: A copy of the “Nourish My Spirit” activity (artwork included with this lesson), scissors and tape.

Preparation

1. Cut out artwork.
2. With print side facing out, match up small dots on basket part (1) and basket part (2). Begin weaving by pulling every other strip over the top of the strip next to it. (See diagram 1)
3. Match up letters, beginning with “A” and tape in place. Repeat with “B” (See diagram 2)
4. Match up remaining letters while weaving strips in and out of the strips that are in place and taped. Be careful to weave strip opposite of the previous strip. (See diagrams 3 & 4)
5. Fold upper band along center line. Place over the top edge of basket and tape in place covering up letters. (See diagram 5 – Loaves will be placed in the basket during the activity.)



Diagram #1



Diagram #2



Diagram #3



Diagram #4

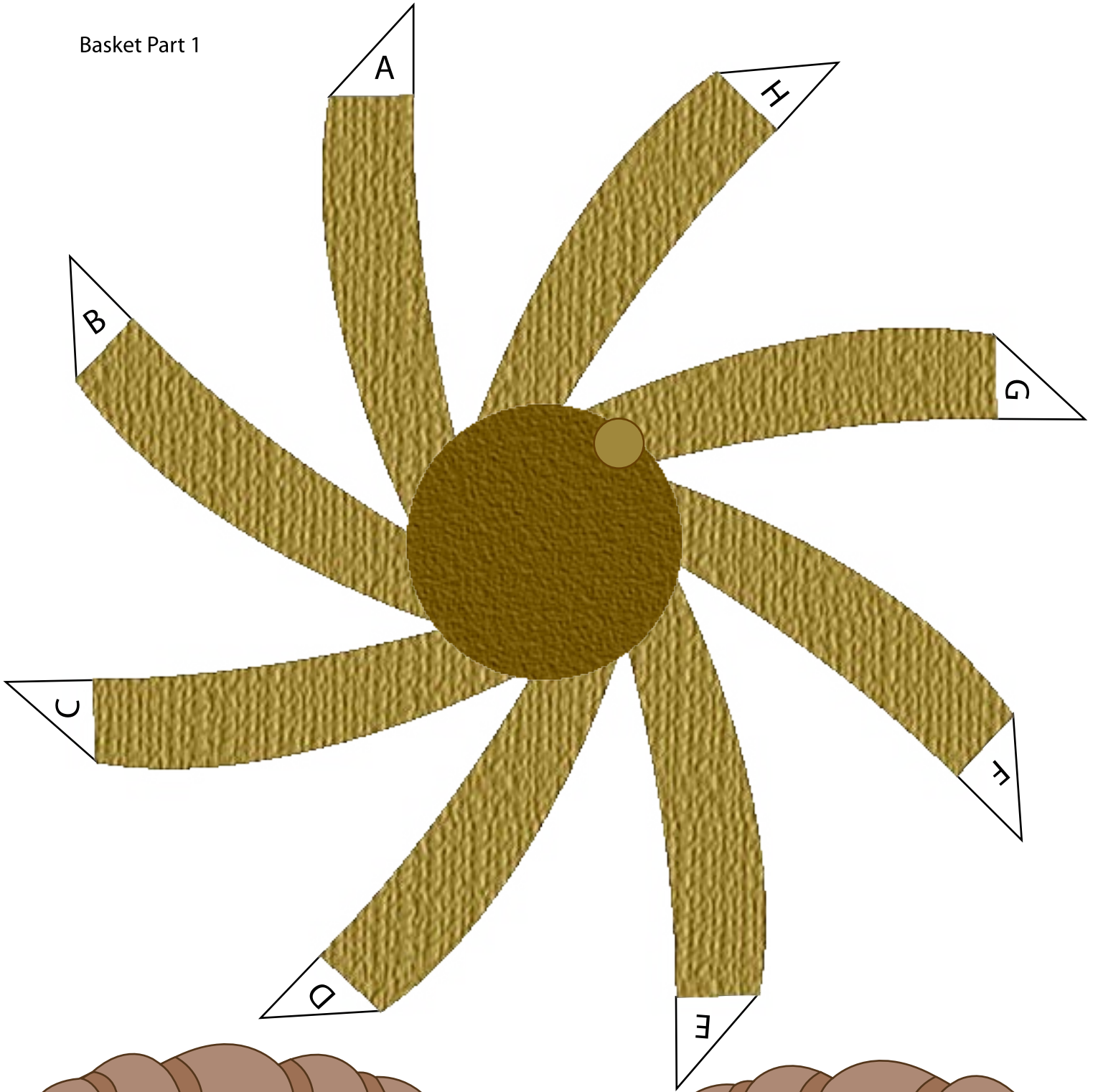


Diagram #5

Activity:

1. Show the empty basket to your family. Ask: How is this basket like our spirits when they have not been nourished? (It is empty.)
2. Ask: Can we be happy if our spirit is not nourished? (No.)
3. Ask: What do we need to nourish and fill our spirits so that we can return to live with Heavenly Father as an eternal family? (“Bread from Heaven.”)
4. Lay the loaves of bread upside down. Have family members take turns picking a loaf of bread and giving an example of how this “Bread from Heaven” can nourish their spirit. Then have them put their “Bread from Heaven” in the basket. Example: “When I serve others I am serving the Lord and It makes me feel good inside.”
5. When the basket is full bear your testimony of the importance of nourishing our spirits everyday.

Basket Part 1



Basket Part 2

