



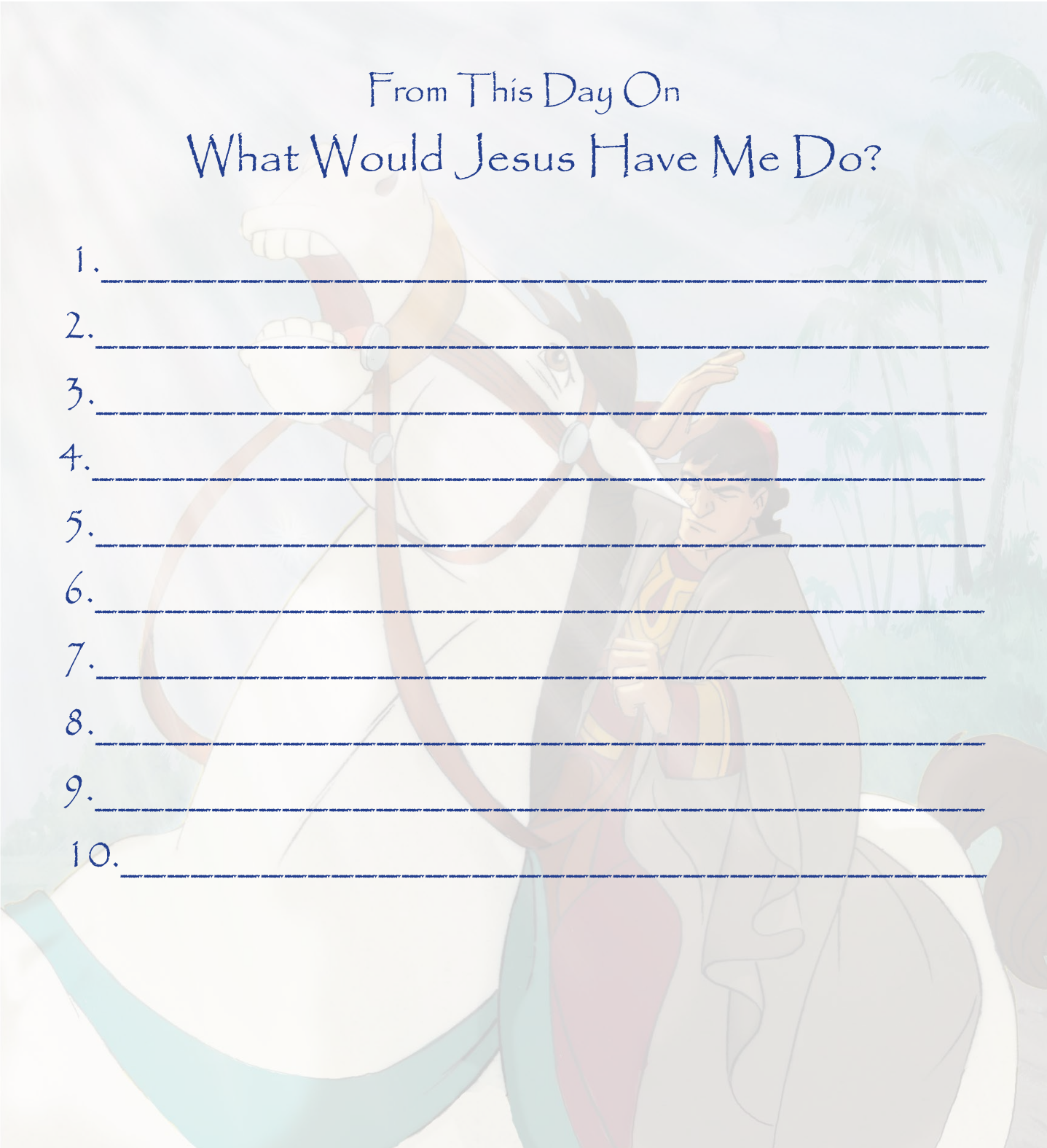
## Activity Time

**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 a commitment to better serve the Lord “from this day on” will help us live happier lives.
4. Give each member a copy of the “From This Day On” activity and a pen or pencil and have them write down ten ways they can do what Jesus would have them do. 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 try to do what Jesus would have you do?
7. After making a commitment, what other things can we do that can help us keep our commitment? (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 commitment. Ask: What can we do when this happens? (Discuss ideas.)
9. Have family members hang their lists in their rooms as a reminder of their commitment to serve the Lord from “this day on.”



# From This Day On What Would Jesus Have Me Do?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_