

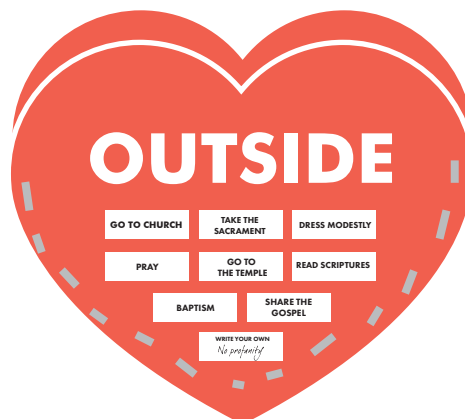


Activity Time

What you need: A copy of the “Change of Heart” activity (artwork included with this lesson), scissors, stapler, tape or glue

Preparation 1. Print and cut out the artwork and word strips.
2. Staple the “inside” heart behind the “outside” heart around the edges to form a pocket, leaving the top open.

Activity: 1. Explain: It's important to be obedient, but it's also important to be obedient for the right reasons. What we do on the outside can help us change on the inside, and how we feel on the inside will change what we do on the outside.
2. Ask: What are some things our family does to show our faith in Jesus Christ?
3. Have the family sort through the word strips to find things we can do to show our faith in Jesus Christ. Tape or glue the appropriate word strips to the outside heart. Use the “write your own” wordstrips to write down additional ideas your family comes up with.
4. Discuss: These are outward expressions of our love for and faith in Jesus Christ. Love & faith are what we feel on the inside. How do we feel when we keep the commandments? (more love, happiness, joy, faith, etc.)
5. Have the family read the remaining word strips about how we feel on the inside when we keep the commandments. Use the “write your own” wordstrips to write down any additional ideas. Let them put them inside the heart pocket.
6. Ask: What do we want to do when we feel love, happiness, joy, and faith? (Keep the commandments). Our hearts can be changed when we keep the commandments because of our love for and faith in Jesus Christ. Our actions change too, because we want to be more like Jesus Christ.
6. Ask: What if we keep the commandments just so we don't get in trouble? Or because of what people might think? Does that help our faith grow? (Discuss ideas)
7. Ask: What if we have faith in Jesus Christ, but we don't keep his commandments? What will happen to our faith? (Discuss ideas).





OUTSIDE



INSIDE

DRESS MODESTLY	TAKE THE SACRAMENT	LOVE FOR JESUS	JOY
READ SCRIPTURES	GO TO THE TEMPLE	PEACE	COMFORT
SHARE THE GOSPEL	WRITE YOUR OWN	TESTIMONY	WRITE YOUR OWN
GO TO CHURCH	WRITE YOUR OWN	FAITH	WRITE YOUR OWN
PRAY	WRITE YOUR OWN	INTEGRITY	WRITE YOUR OWN
BAPTISM	WRITE YOUR OWN	PURITY	WRITE YOUR OWN