



## Activity Time

**What you need:** A copy of “A Change of Heart” 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. Discuss: After listening to King Benjamin’s sermon, his people wanted to follow Jesus Christ and retain a remission of their sins. They had a change of heart and had “no more disposition to do evil, but to do good continually.”
2. Ask: How can we change our hearts and have a desire to “do good continually?” What does it mean to “do good continually?”
3. Discuss how making a commitment to better serve the Lord and “do good continually” will help us live happier lives.
4. Give each member a copy of the “A Change of Heart” activity and a pen or pencil and have them write down four ways they can do good continually. Guide children in making realistic goals such as: saying their prayers, reading scriptures, being honest, being kind to others, or obeying parents.
5. After deciding to change, King Benjamin’s people made a covenant with God to be obedient. Ask: Will you make a commitment to try to do what Jesus would have you do?
6. 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, keeping a chart of your progress, etc.)
7. 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.)
8. Have family members hang their lists in their rooms as a reminder of their commitment to do good continually and follow Jesus Christ.

# A Change of Heart Doing Good Continually

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Write four ways you can try to “do good continually.” For two weeks, try to keep your commitment.  
Track your progress by marking each day with a heart sticker.


