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## Activity Time

## Grow My Own Testimony

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**Description:** In this fun activity, family members take turns choosing a petal or leaf, reading the testimony growing words (with help if necessary) on it, then answering the question to create spiritual flowers to help testimonies grow.

**What you need:**

- Dirt cake (recipe included in the Treat Time section of this lesson)  
A copy of the flower petals and leaves artwork included with this lesson,  
3 straws (for stems), markers, colored pencils, or crayons, and clear tape.

**Preparation:** Print out the flower petals and stems. Cut out. Tape flower centers to the top of the straw stem.

**Activity:** Explain that a testimony motivates us to live righteously, and righteous living causes a testimony to grow.  
Have each family member take turns choosing a petal or leaf, reading the question, answering the question (with help if necessary), and then taping it to the yellow center and stem to create flowers. When activity is completed. Plant the flowers in the "Dirt Cake."



After gaining  
a testimony, can  
you lose it?

What book  
is another testament of  
Jesus Christ?

What is the  
name of Christ's  
church?

Which  
prophet helped to  
restore the gospel  
to the earth?

What can  
you do to nourish  
your testimony?

How does  
the Holy Ghost  
help you gain a  
testimony?

What three things  
does a testimony  
consist of?

What  
does it mean to  
believe?

How do you  
know if you have  
a testimony?

In Alma's  
example, what does  
the seed represent?

What can you do to gain a testimony?

Do you have to work to gain a testimony?

What is a testimony?

Can anyone receive a personal revelation?

Can someone else give you a testimony?

Do you have to have faith to gain a testimony?

What is a prophet?

Is it important to gain your own testimony?

Who was crucified for the sins of the world?

What can other people do to help your testimony grow?

Do Heavenly  
Father and Jesus Christ  
live?

What is  
Mormon's  
promise?

Do you have  
to pray to gain a  
testimony?

Who does  
the Book of Mormon  
testify of?

Who is our  
prophet on the  
earth today?

Where  
do you need to plant  
the seed?

Do you need  
to be humble  
to receive a  
testimony?