



A Light in Darkness

Doctrine and Covenants 49-50

Objectives:

- Discuss spiritual light and personal revelation

Reinforces Principles of:

- Personal revelation

Reverence Time

Song: "I Will Follow God's Plan" Children's Songbook, page 164

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/teach-me-to-walk-in-the-light>

Scripture: Doctrine and Covenants 50:23-24

"And that which doth not edify is not of God, and is darkness. That which is of God is light; and he that receiveth light, and continueth in God, receiveth more light; and that light groweth brighter and brighter until the perfect day."

Video: Watch this week's clip from the Living Scriptures Streaming Library. Find the clip at <https://www.livingscriptures.com/fhe-lesson-light2>

Lesson

Summary:

Because the Church was so new, many of the early Saints didn't know how to practice their new religion. Many brought with them their old beliefs and customs. Some of these old beliefs were confusing, and Joseph Smith asked the Lord to help him understand what was right and what to do. The Lord helped Joseph to know the truth. He taught Joseph that "darkness is not of God" and "that which is of God is light." Think about how you might feel if you were trying to walk across a dark, unfamiliar room. You might feel confused, uneasy, lost, or even scared. If the light was turned on, you would be able to see clearly and easily find your way across the room without confusion. Spiritual light helps us to feel confident and peaceful, knowing God can help us. If we are ever confused about a gospel principle, we can ask the Lord to help us understand, just like Joseph Smith did.

Quote:

"The more we incline our hearts and minds toward God, the more heavenly light distills upon our souls. And each time we willingly and earnestly seek that light, we indicate to God our readiness to receive more light. Gradually, things that before seemed hazy, dark, and remote become clear, bright, and familiar to us." Dieter F. Uchtdorf

Questions:

How might you feel if you were surrounded by darkness?

How might you feel if you were surrounded by light?

How does understanding the difference between light and dark help us know what is true?

Why does the Lord compare the early Saints to children?

Why does the Lord compare Himself to a good shepherd?

Description: Play this guessing game and discover how much more clearly we can see when we have light. Just like physical light can help us see better to make good choices, spiritual light can help us know the truth.

What you need:

- A copy of the “Light & Dark” activity cards (artwork included with this lesson,) cardstock or heavy paper (optional), scissors, and glue or tape.

Preparation:

1. Print out the artwork (on cardstock or heavy paper if possible).
2. Cut cards apart. Fold on dotted lines.
3. Glue the inside of the folded card together so each card has a shadowed image on the front, and a colored image on the back.
4. Place cards in a pile with the shadow side up.



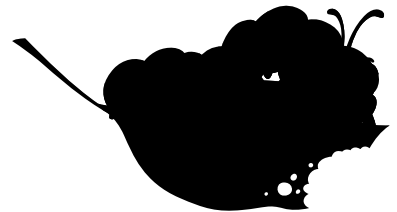
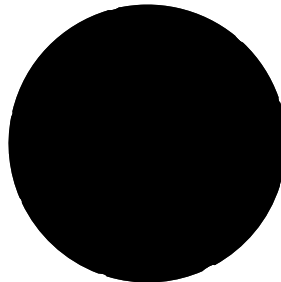
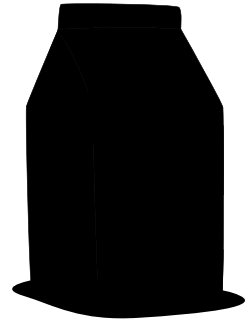
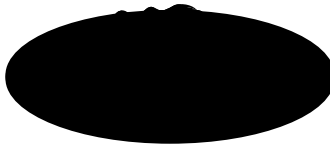
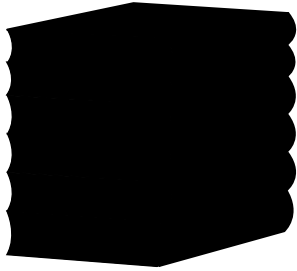
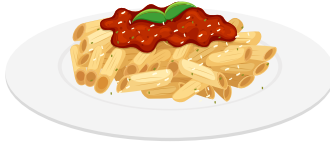
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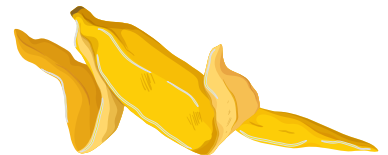
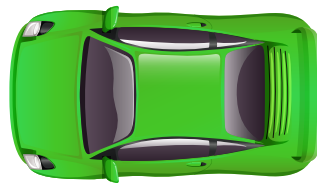
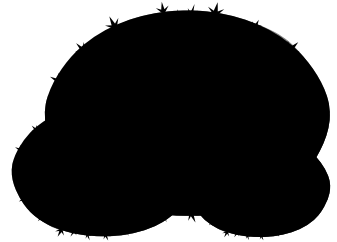
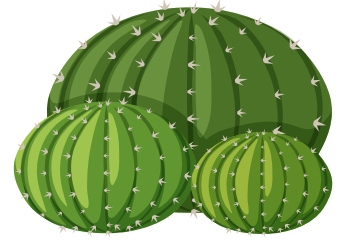
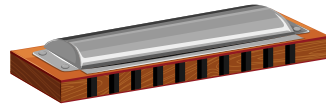
Explain that sometimes it’s difficult to tell what an object truly is in the dark. We’re going to play a guessing game to see if you can guess what the object is by only looking at it’s shadow.

Taking turns, show each family member a card and let them guess what they think the object is. If they guess correctly, give the card to them. If they guess incorrectly, the next family member can try to guess. If no one guesses correctly, show the “light” side of the card. Notice how quickly everyone recognizes what the object is!

Discuss: Did you notice that it was much easier to see the truth when we saw the object in the light? Spiritual light can help us to know the truth too. To gain spiritual light, we need to do more than turn on the light switch. We can pray, read scriptures, keep the commandments, and talk to trusted leaders and family members. The Lord will help us to find the “light” we are seeking.







Treat Time

Shortbread Shepherd's Crooks

Prep Time: 10 minutes
Bake Time: 15 minutes



Ingredients: 1 cup butter (softened)
3/4 cups powdered sugar
1 tsp vanilla
2 cups flour

Instructions: Preheat oven to 325 degrees F. In a stand mixer, combine butter, powdered sugar, vanilla, and flour until well mixed.

Treat Time: Give each family member a 2 inch ball of dough. Let them roll it into a rope shape, and then bend the end to look like a shepherd's crook. Place shaped cookies onto an ungreased cookie sheet. Bake for 15 minutes or until slightly browned on the bottoms.

(If desired, to quickly use remaining cookie dough, use a cookie scoop to place dough onto cookie sheet. Flatten with the bottom of a glass and bake.)