



August 2-8

"Stand ye in Holy Places"

comefollowmekid.com

I loved this quote in the manual and really felt like this was what my family needed to focus on. As always, remember that there are lots of other great things in the manuals as well though. 😊

Elder Richard G. Scott said, "If you accomplish nothing else in your relationship with your students than to help them recognize and follow the promptings of the Spirit, you will bless their lives immeasurably and eternally."

1. Scripture Hop – Follow instructions on page 3 below for a scripture hop for D&C 85:6. Talk about the Holy Ghost in as much depth as needed (what it is, how it helps us, when we might feel it, etc.).
2. Song – Watch/sing "[The Holy Ghost](#)" [singing time video](#) (8 minutes long).
3. Voice level – Talk about what different voice levels sound like. Can use the voice level chart on page 4 below. Practice using different types of voices.
 - Take turns choosing a voice level (0-5) for everyone to use while singing "[The Holy Ghost](#)". Whoever's choosing the voice level can hold up a number on their fingers.
 - Finish by singing the song in a whisper. Remind them that the Holy Ghost is usually a "still, small voice."
 - Read "[Help From The Holy Ghost](#)" poem and listen for specific ways the "still, small voice" can help us. Remind them that lots of times the way we feel the Holy Ghost is through our feelings.
 - Talk about how sometimes it might be hard to do what the Holy Ghost asks us to, but we will always be blessed if we do.
4. Stories/Examples – Share personal examples of times when the Holy Ghost has spoken to us and what it felt like. Use one or more of the following stories of times when the Holy Ghost spoke to others as well:
 - "[One in a Million](#)" – 2-minute video about Joey from Alaska who helps save his family by listening to the Holy Ghost's promptings
 - "[The Holy Ghost is Real](#)" story from *The Friend* (about a boy who felt bad when took a caboose from school, good when listening to a talk)
 - "[Heeding the Holy Ghost](#)" story in *The Friend* about Harold B. Lee.
 - "[Check the Kittens](#)" story from *The Friend*
5. Things the Holy Ghost Might Say To Me – Do the activity sheet on page 5 below. You can either have each kid do their own, or if your kids aren't quite old enough to read yet, do it together. Place the cut-out rectangle phrases in an upside-down pile on the ground. Take turns choosing one out of the pile. Read it (or have an adult read it for you) and decide if that's something the Holy Ghost might say to you. If it is, glue it onto the heart.
 - Talk about how we feel when a friend or someone else asks us to do something we know is wrong. If that person asks you to steal something, how do you feel inside? Help them understand that those feelings come from the Holy Ghost, who is trying to help us be happy by choosing the right. The Holy Ghost helps us feel good about good things but also warns us about bad/dangerous things. It's important to pay attention to those feelings and act on them.
 - Help them see that the more we listen to those feelings, the more light we will feel in our lives.

6. Hot Lava Game (Holy Places) – Have each person draw a picture of a time when they’ve felt the Holy Ghost (when praying, singing hymns, helping others, studying the scriptures, walking around the temple, etc.). They can either draw them on the hearts on page 6 below or just on a piece of blank paper. If there are only a couple of people, have each person draw multiple pictures. These pictures represent “holy places.” These holy times and holy places help keep us safe from spiritual danger.
 - Spread the “Holy Places” pictures around the room (close enough to each other that the kids can hop from one to the next).
 - The “Holy Place” pictures are our safe stepping stones, and we’re going to pretend that everywhere else is hot lava!
 - Play music while kids hop from picture to picture (we’ll probably play “[The Holy Ghost](#)” to help them learn it better). See if they can stay safe from the lava during the song!
 - Share quote on page 7 below.
 - Testify of the safety we can have in our lives when we follow the Spirit’s promptings and do things that invite the Holy Ghost into our lives.

7. The Choice Game – Get three random items. Make sure one item is something rewarding, such as a small treat, and the other two are less desirable things (an empty candy wrapper, old used dryer sheet, etc.). One person will go out of the room while the items are each put under separate upside-down cups. Choose one person to act as the Holy Ghost. When the person comes back in the room, the “Holy Ghost” will whisper to tell that person which cup is the good one. Everyone else will make loud distracting noises. Talk about ways we can better hear/feel the Holy Ghost in our lives and how it will lead us to good things and avoid bad things.

Additional Ideas:

More Great Free Ideas at www.theredcrystal.org

[“Feeling The Holy Ghost” 3-minute church video](#) about how the Spirit might speak to us

[“Tuning Into the Holy Ghost” Latter Day Kids Video](#)

[List of stories about the Holy Ghost in *The Friend*](#)

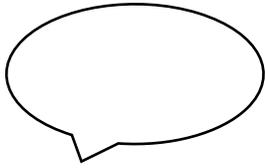
I recently found out about and started using the Come Follow Me App. It’s also a great way to get a little extra (and super simple) study in for yourself each day. More info at

www.comefollowmefoundation.org .

SCRIPTURE Hop

(D&C 85:6)

Cut apart the following strips and spread them out far enough in a room so that the kids will need to hop from one strip to another. Make sure to keep them in the correct order. Have them stand by the first one and help them say the top line out loud. Explain what it means. Then have them jump to the next one and do the same thing until they've jumped on each of them, said them out loud, and discussed them one at a time. Then have them start back at the beginning and practice saying the phrases from this verse in order while hopping from strip to strip again. Try going a little faster each time. Repeat as many times as wanted/needed. These can also be used as flash cards, taped onto the wall to practice throughout the week, etc.



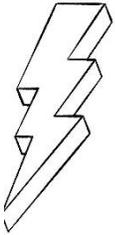
Yea, Thus saith



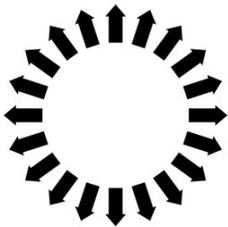
The still small voice,



Which whispereth through



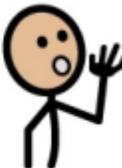
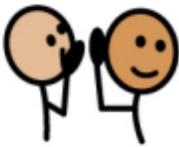
And pierceth



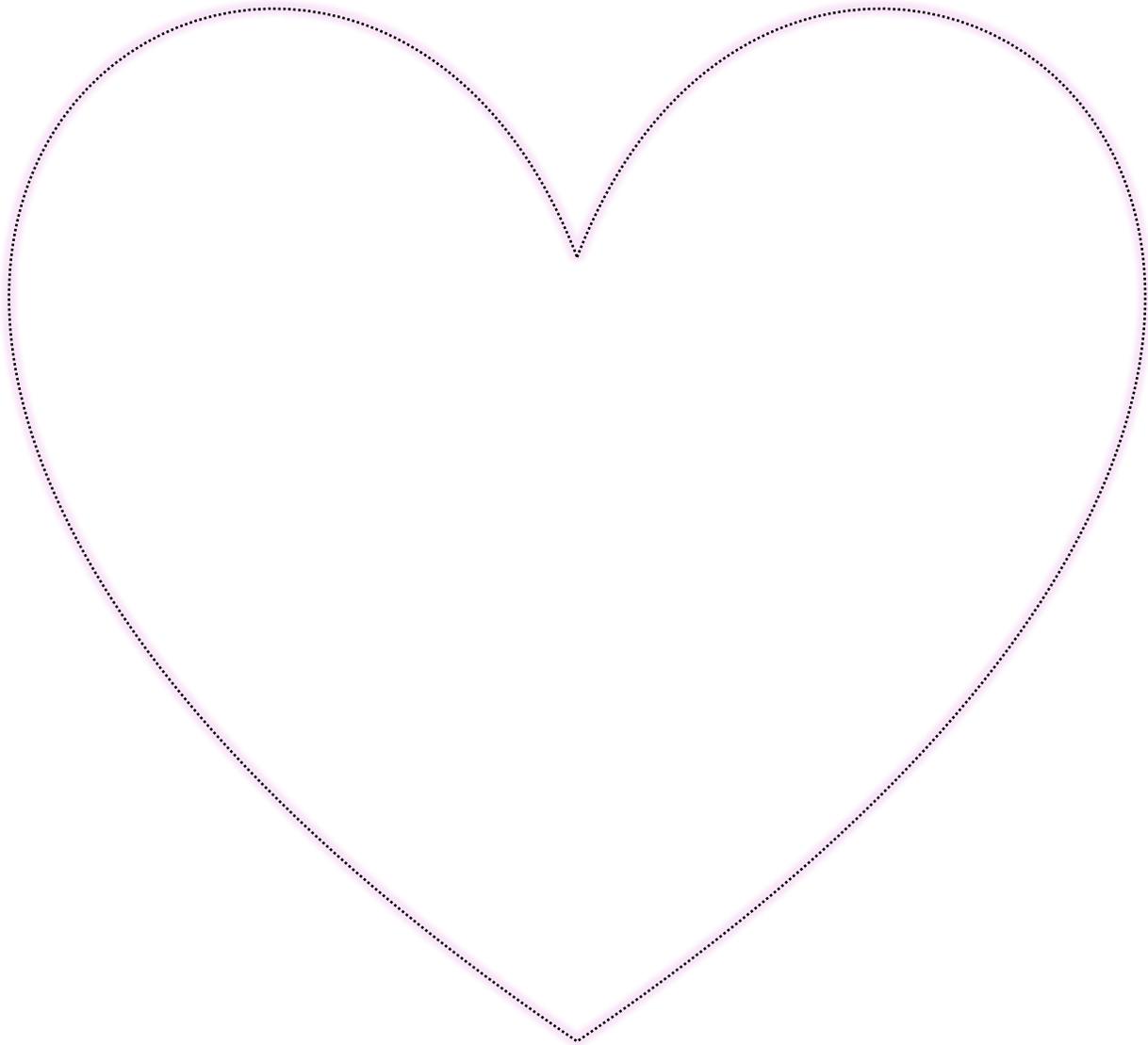
All Things

Note: The whole verse says, "Yea, thus saith the still small voice, which whispereth through and pierceth all things, and often times it maketh my bones to quake while it maketh manifest, saying:"

Voice Volume

5	Screaming Shouting Emergency	
4	Outside Voice	
3	Inside Voice Public	
2	Inside Voice Private	
1	Whisper	
	No Talking Quiet	

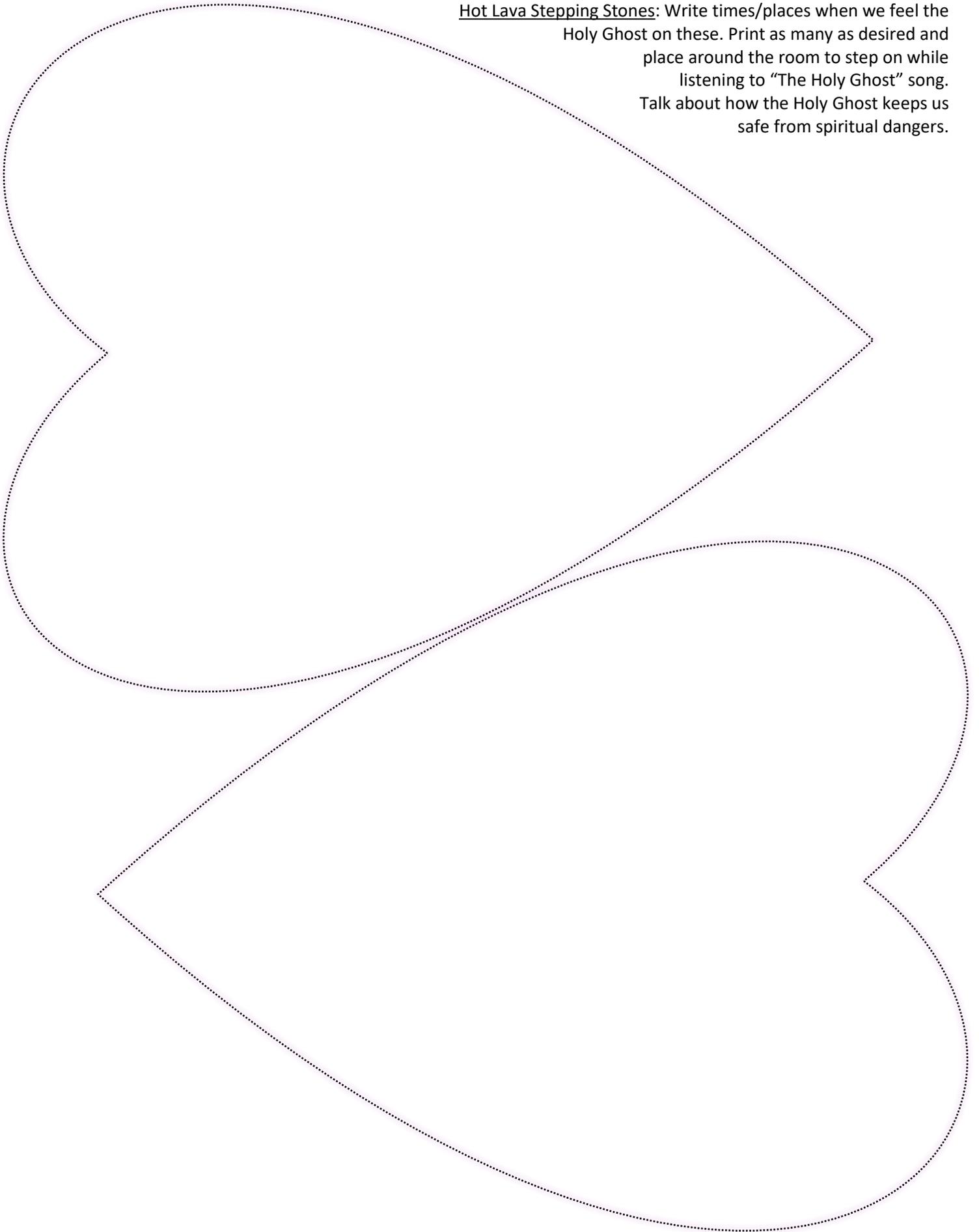
Things The Holy Ghost Might Say To Me



Cut these apart. Sort out the things that the Holy Ghost might say to us. Glue those things inside of the heart.

God loves you	Jesus lives	Drink alcohol	The prophet's words are true	The scriptures are true
Temples are important	Tell the truth	It's okay to steal	Help someone	Hurt someone
Be kind	Repent	Choose the right	God doesn't care about you	God will help you through hard times

Hot Lava Stepping Stones: Write times/places when we feel the Holy Ghost on these. Print as many as desired and place around the room to step on while listening to "The Holy Ghost" song. Talk about how the Holy Ghost keeps us safe from spiritual dangers.





IN COMING DAYS,
IT WILL NOT BE POSSIBLE TO

SURVIVE SPIRITUALLY

WITHOUT THE GUIDING,
DIRECTING, & COMFORTING,
& CONSTANT INFLUENCE
OF THE HOLY GHOST.

-RUSSELL M. NELSON

