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September 6-12

"Be Still and Know That I Am God"

1. Scripture Hop – Follow instructions on page 3 below for a scripture hop for D&C 101:16.
2. Be Still Competition – Have everyone wiggle around. Then ask them to stop moving when you hold up a picture of the Savior and say the phrase "Be still and know that I am God." See who can stop the quickest and be the most still. Repeat a few times. Explain that when life was hard for the Saints in Joseph Smith's time, Jesus wanted them to be still and trust Him instead of worrying. How can Jesus help us when we are having a hard time? (from the manual)
3. Mary Elizabeth and Caroline Rollins Figurines – Show *Saints Driven From Jackson County* picture on page 4 below and talk about how some people were very mean to these members of the church. What hard things do you notice happening in the picture? Do you think these members of the church still believed in Christ, even though hard things happened to them? Share the story of Mary Elizabeth and Caroline Rollins (summary on page 5 below). If wanted, let the kids use the figures on page 6 to act it out. Talk about how these girls must have had a lot of faith in Jesus to do what they did. Do you think they were worried? Do you think Jesus helped them feel peace?
4. Worry Beads/Peace Hearts – Have everyone share something that worries them or something hard that someone might go through in their lives while putting beads into a jar to represent those things. Shake the jar and talk about how these things can be hard to deal with. You can also just talk about this without the beads if you want to simplify this a bit.
 - Talk about specific things we can do to help us feel peace from Christ (praying, taking the sacrament reverently, reading scripture stories, listening to good music, resting quietly, etc.).
 - Hearts: Cut out hearts from construction paper (or use the printable ones on page 7 below). Have the kids draw/write on the hearts some of the things we can do to feel peace from Christ. They can also draw pictures of Christ on the hearts.
 - Be Still: Tape the hearts around the room and remind them that we are surrounded by love from Heavenly Father and Jesus, even when we're going through hard things. If possible, place other pictures of Jesus around the room as well. Have them listen to "Peace in Christ" while being "still" and talk about how He can help us feel peace, even when hard things happen. If it helps them be more still, you can have them lay down on a comfortable pillow while listening.
 - "Be Still My Soul" would also be great to listen to for this.
 - Necklace: Use yarn/ribbon to let the kids each make their own necklace with the beads and hearts they colored.
5. Friend Story/Personal Examples – Read "A Feeling of Peace" from *The Friend*. Tell them to listen carefully to what the hard thing was that this kid had to go through and what brought him peace. Share personal examples of times we've felt peace through Christ.

6. Jesus Wants Me to Forgive Those Who Are Unkind to Me – One thing that helps bring us peace is when we forgive others. From the manual: Ask the children if they can think of a time when Jesus Christ or someone else in the scriptures did what [Doctrine and Covenants 98:23](#) teaches. To give them one example, show a picture of the Crucifixion (such as *Gospel Art Book*, [no. 57](#)). Ask the children to share what they know about the Savior’s Crucifixion (see [Luke 23](#)). Invite them to read [Luke 23:34](#). How can we follow the example of Jesus Christ?
7. Treat (Popcorn)– Share examples of when we’ve felt peace through difficult times or felt blessings come from them afterwards. Talk about how the hard things we go through will eventually “work together for [our] good” (D&C 98:3).
 - Use popcorn kernels as an example. When the kernels get put through intense heat, they become something even better. Similarly, if we keep our faith in Christ strong through our trials, they can help us become even better people.
 - [Here](#) is a fun little 20-second video of a popcorn kernel popping in slow motion.
 - Testify of Christ and His ability to comfort us and change us.

Additional Ideas:

More Great Free Ideas at www.theredcrystal.org

“[Chapter 34: God Warns the People of Zion](#)”

“[Chapter 35: The Saints Leave Jackson County, Missouri](#)”

[The Friend](#) piano sheet music for “Peace in Christ” as well as music video.

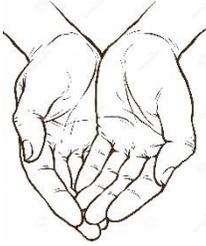
SCRIPTURE Hop

(D&C 101:16)

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.



All flesh



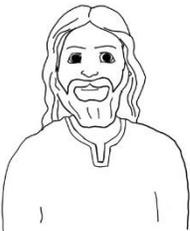
Is in mine hands;



BE STILL



And know



That I am God.

Note: The whole verse says, "Therefore, let your hearts be comforted concerning Zion; for all flesh is in mine hands; be still and know that I am God."



C. C. A. Christensen (1831–1912), *Saints Driven from Jackson County Missouri*, c. 1878, tempera on muslin, 77 ¼ × 113 inches. Brigham Young University Museum of Art, gift of the grandchildren of C. C. A. Christensen, 1970

Mary Elizabeth and Caroline Rollins

Mary Elizabeth and Caroline Rollins were sisters. When Mary was fifteen and Caroline was thirteen, some men started destroying the printing office where revelations were being printed. The sisters hid by a fence and watched as the men started throwing the pages into the streets. The sisters know how important these revelations were because they contained words Jesus Christ had spoken to Joseph Smith. They wanted to save the pages, but they were frightened of the mob. Mary told Caroline that they needed to get the pages, even though they were worried that the men might kill them.

When the men turned their backs, the sisters jumped up from their hiding place and grabbed as many pages as their arms could hold. Some of the men saw them and told them to stop. The sisters gripped the pages tighter and ran as fast as they could into a nearby cornfield as two men followed after them.

The corn was six feet high, and Mary and Caroline could not see where they were going. Throwing themselves to the ground, they hid the pages beneath their bodies and listened breathlessly as the two men tramped back and forth through the corn. The sisters could hear them getting closer and closer, but after a while, the men gave up the search and left the cornfield.

Heavenly Father kept the sisters safe, and the revelations became part of the Doctrine and Covenants.

Story from *Saints*

Use these to share Church history stories!



Mary Elizabeth and Caroline Rollins

From [*The Friend*](#)

