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November 8-14

"When We Obtain Any Blessing from God, It Is By Obedience"

1. Scripture Hop – Follow instructions on page 2 below for a scripture hop for D&C 130:21. Talk about what it means.
2. Keep the Commandments Sing-A-Long – Watch [this video](#) to learn the song. There is a craft part to it, so if you'd like your kids to do the craft, have 2 paper plates ready for each kid to color on.
 - If you just want to sing the song without the craft, [this link](#) has the song with lyrics.
3. Video – Watch/discuss one or both of the following videos. Discuss how keeping the commandments and doing what He asks us to will always lead to good things.
 - [The Whiny Whale Story About Obedience from Latter Day Kids](#)
 - [In the Tunnel A Story About Following God's Commandments from Latter Day Kids](#)
4. Maze – Let each kid do [this maze from The Friend](#) to practice making choices that show they're keeping the commandments and talk about how those good choices lead to good things.
5. Commandments and Blessings Game – Follow directions on page 3 below to talk about how obeying what God has asked us to do brings us blessings (wrap up different small treats, and as kids commit to following different commandments, they can open up their treat to represent how blessings in their lives will be opened up as they make these good choices). We used fruit snacks and suckers, but any kind of small treat would work. 😊



6. Testimonies – Share testimonies of blessings that have come into our lives from keeping the commandments and doing what God asks us to do.

Additional Ideas:

More Great Free Ideas at www.theredcrystal.org
[Commandment and Blessing Scripture Wheel](#) from *The Friend*

SCRIPTURE Hop

(D&C 130:21)

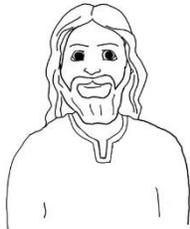
Cut apart the following strips and spread them out far enough in a room so that the kids will need to hop from one strip to another. Make sure to keep them in the correct order. Have them stand by the first one and help them say the top line out loud. Explain what it means. Then have them jump to the 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.



When WE obtain



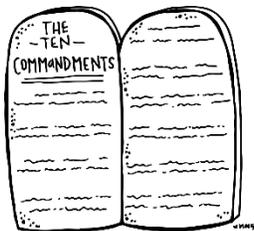
Any blessing



From God,



IT is by OBEDIENCE



To That Law.

Note: The whole verse says, *And when we obtain any blessing from God, it is by obedience to that law upon which it is predicated.*"



COMMANDMENTS and Blessings Game

Wrap up 8 different small treats or put them in bags. Tape/staple a card onto each one. Have everyone sit in a circle. Explain that there are many gifts (blessings) that God wants to give us, but if we don't obey His commandments, He can't give them to us. Play music for "[Keep the Commandments](#)" while passing the gifts around the circle. Stop the music at random times. The first time you stop the music, whoever has #1 can read theirs. If that person says they're willing to follow the commandment on their card, then they can open up their treat and enjoy it! Remind them that we get blessings for following commandments. The second time you stop the music, whoever has #2 will read/open theirs, the third time you do it, whoever has #3 will read/open theirs, etc. At the end, remind them that each commandment we follow opens up blessings in our lives!



WORD OF WISDOM

What does the Word of Wisdom teach us to do/not do?

Read D&C 89:18-21 and listen for blessings that might come to those who obey the word of wisdom.

Are you willing to follow this commandment?

1



PRAY

What are some things you can thank Heavenly Father for when you pray? What can you ask Him for?

Read Alma 13:28-29 and listen for blessings that might come to those who pray.

Are you willing to follow the commandment to pray?

2



BAPTISM

What blessings might come from keeping the commandment to be baptized?

Ask an older person to share the story of their baptism and how they felt after being baptized.

Are you willing to follow this commandment?

3



OBEY PARENTS

Read Exodus 20:12. What blessings come to those who follow the commandment to obey their parents?

Are you willing to follow this commandment?

4



PAY TITHING

How much tithing are we asked to pay?

Read 3 Nephi 24:10 and listen for how we're blessed when we pay tithing.

Are you willing to follow this commandment?

5



SABBATH DAY

What does it mean to keep the Sabbath day holy?

List 3 specific things you can do to keep the Sabbath Day holy.

Are you willing to follow this commandment?

6



STUDY SCRIPTURES

What is your favorite
scripture story?

What blessings do we
receive in our lives from
studying the scriptures?

Are you willing to follow
the commandment to
study scriptures each day?

7



CHURCH & SACRAMENT

Name 3 things you've
learned at church.

What blessings come from
church attendance? What
blessings come from
taking the sacrament?

Are you willing to follow
the commandment to
attend church meetings
each week and take the
sacrament?

8