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August 15-21

"I Will Declare What He Hath Done for My Soul"

1. Song and Coloring Page – Sing/listen to "[I Need Thee Every Hour](#)" while coloring the picture of Jesus on page 4 or 5 below, depending on what size you want (smaller version on page 5). If you don't want to print anything for this, you can just have them draw a picture of Jesus on blank paper. *Image from the church website*
2. Hours When We Need the Lord – Talk about specific ways we need Jesus during every hour of each day. Have them hold up their pictures while sharing one specific hour/circumstance when they feel like they need Jesus in their lives. Since it's close to back-to-school time for us, we'll probably spend a good chunk of time talking about how Jesus can help them at school. Take turns sharing specific ways Jesus can help them at school (He can help them find new friends and be good friends to others, help them be less nervous, etc.). Testify that He can be with them, even when they don't see Him.
 - If your kids are old enough to understand time, you could also play a game where one person says a random hour of the day, and the others take turns saying something that might be happening at that time on a regular day and how Christ could help them during that time.
3. Repentance Story – One way Jesus helps us is when we need to repent. Read and discuss "[The Joy of Repentance](#)" story from *The Friend* magazine. Sometimes at school, home, or other places we will make mistakes. Does Jesus want us to just be embarrassed and give up when we make mistakes? (No!) He can help us fix them! Talk about how the kid in the story repented and fixed what he had accidentally done wrong. Share other examples of how repentance helped us feel clean and happy.
4. Repentance Cleanses Us – Read and discuss [Psalm 51:10, 17](#). What does this Psalm mean when it says, "Create in me a clean heart"? How do we feel when we make mistakes? Explain that when we repent of our mistakes, it's like our heart is being cleaned. The church website had an awesome description of repentance. I knew our kids couldn't just listen to it without getting bored, though, so here's our plan for keeping them focused while reading these and illustrating what this means:
 - Get 4 plastic toys or something that can be easily wiped clean. You could draw smudges on laminated pictures of hearts, put mud on toy cars, etc.
 - Cut out the paper pieces with the pictures of soap on them from page 6 below.
 - Display the dirty toys. Explain that just like soap can help clean these toys, repentance helps clean our hearts so they are pure.
 - Read each of the 4 descriptions one at a time. After each is read, if the kids can summarize what it said, what stood out to them, or what it means to them, they can choose one of the toys to wipe clean.
 - Remind them that repentance cleans our hearts!
5. Heart Activity – Use tape or rope to make a heart shape on the floor. Cut out the pieces from page 7 below. Read them one at a time and ask if that's something clean that should be in our heart. Place all of the pieces inside of the tape/rope heart and take turns racing to see how fast each person can "clean" the heart out by only leaving good things inside of it. Remind them that Jesus can help clean our hearts through repentance.

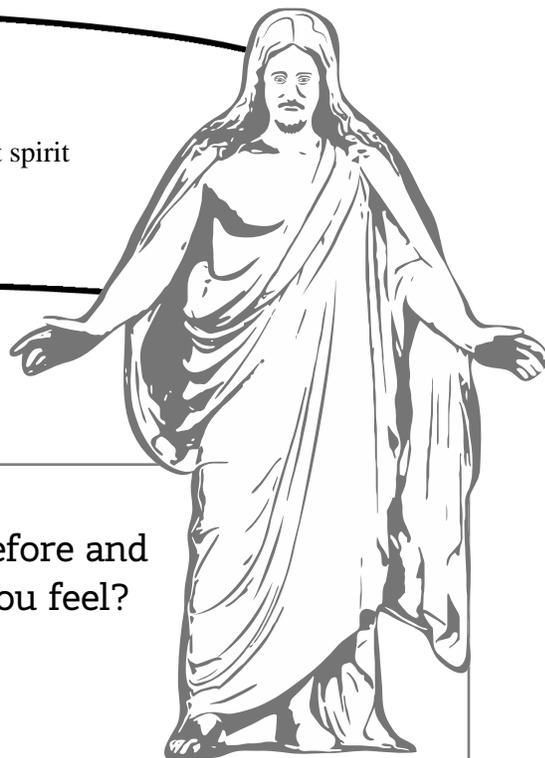
6. Scripture Draw and Additional Stories/Videos– Do the scripture draw on page 3 below. Show/discuss any of the following additional stories/videos:
- [“The Shiny Bicycle”](#) video from the church
 - [“The Car Wash”](#) video from Latter Day Kids
 - [“Abuelo’s Shoe Shop”](#) story about repentance from *The Friend*
 - [“A Great Feeling”](#) story from *The Friend* magazine
 - [“Leaving Bad Behind”](#) story from *The Friend*
7. Pure Heart Treat – Make Rice Krispies treats or cookies shaped like hearts. Dip them in white chocolate to represent the purity that can come through repentance.

Additional Ideas:

More Great Free Ideas at www.theredcrystal.org
[Old Testament Cartoon Videos from the Church Website](#)

Psalm 51:10

“Create in me a clean heart, O God; and renew a right spirit within me.”



Draw pictures of what a heart might look like before and after repentance. How does repentance make you feel?

I NEED
THEE
EVERY
HOUR



I NEED
THEE
EVERY
HOUR



I NEED
THEE
EVERY
HOUR



I NEED
THEE
EVERY
HOUR



I NEED
THEE
EVERY
HOUR



I NEED
THEE
EVERY
HOUR



1



Repentance is turning from doing wrong to doing right. The Savior wants you to turn away from wrong and turn to Him. He gave His life to pay for your sins so that if you repent, you can be forgiven and be clean again. When you disobey the commandments or hurt others, the Holy Ghost cannot be with you and you may feel sad, guilty, lonely, or afraid. To change these feelings, you need to turn from doing wrong to doing right. Heavenly Father and Jesus will help you change. This change is called repentance.

2



Repentance begins inside of you—in your thoughts and in your heart. When you know you have done something wrong, think about it until a feeling of sorrow comes into your heart. Do not excuse yourself or blame someone else. Tell Heavenly Father what you have done and how you feel. Tell Him how much you love Him, and ask for His help. If you have hurt someone or something, try to make it better. Promise Heavenly Father that you will try, with all your heart, to do what is right from now on.

3



Repentance begins on the inside, but usually it shows on the outside as well. When you promise Heavenly Father that you will do what is right, you keep your promise by changing the way you act. You treat others with more love and kindness. You keep the commandments. These actions will help you feel good about yourself and others.

4



You will need to repent many times throughout your life. As you turn away from wrong and try to do what is right, you will grow closer and closer to Heavenly Father and Jesus Christ.

The Lord Jesus Christ has promised that if you repent, He will bless you and remember your wrongs no more.

(wording from the [church's website](#))

Hurting Others



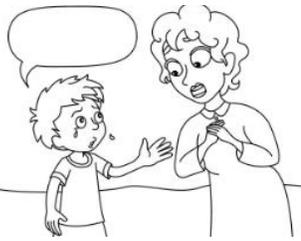
Being Kind



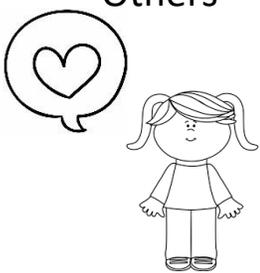
Cheating



Being Honest



Saying Nice Things About Others



Gossiping (Saying Mean Things About Others)



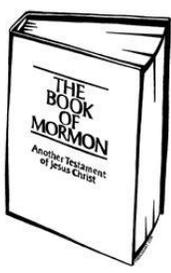
Going to Church



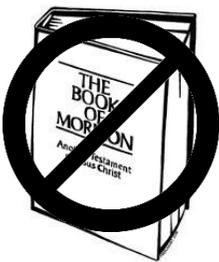
Skipping Church



Studying Scriptures



Ignoring the Scriptures



Stealing



Sharing



Praying



Looking at inappropriate pictures



Singing Uplifting Songs



Paying Tithing

