

October 10-16

“Before I Formed Thee in the Belly I Knew Thee”

comefollowmekid.com

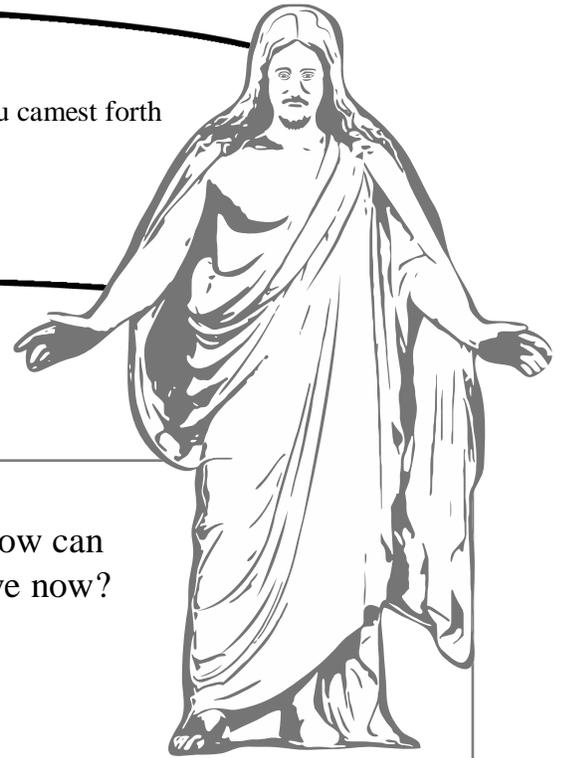
1. Jeremiah – Remind them of the importance of prophets. Explain that we are now studying scriptures from a prophet named Jeremiah. Watch and discuss “[Jeremiah the Prophet](#)” video from Latter Day Kids.
2. Butcher Paper People – Trace each kid’s outline on butcher paper. If you don’t have butcher paper, you could also just have them draw an outline of themselves on construction paper (printable outlines that could be used for this are on page 4 below). Have them decorate it to look like themselves and color pictures of specific things that they like or that make them unique. While coloring, read [Jeremiah 1:5](#) and discuss how Heavenly Father knows each of us personally. He knows all of the things we like and what our personalities are like. He knew us before we were even born. Remind them of how much He loves them!
3. Premortal Life Song/Video – Sing/discuss “[I Lived in Heaven](#).” Then watch and discuss “[Introduction: Our Heavenly Father’s Plan](#)” video from the church.
4. Premortal Life Representation – Cut out a circle from the butcher paper and label it “Premortal Life.” You could also just use regular construction paper for this if you don’t have butcher paper. Write/draw things we know about premortal life on the paper. Then have each kid put the outlines of themselves in the premortal life circle.
 - The manual asks, “*How can knowing about our premortal life affect the way we live our mortal life?*” Spend some time discussing this question. Cut out another circle and label it “Earth.” Then use the paper people outlines to model how our spirits left the premortal life to come to Earth.
 - Read “[Back to Your Heavenly Father](#)” article from Elder Uchtdorf in *The Friend* magazine.
 - Do the scripture draw on page 3 below.
 - Share testimonies of the importance of our life on the earth and how Heavenly Father and Jesus know and love us. Even though we don’t remember premortal life, They are watching over us and will help us in this life.
5. Fishers (Missionary Work) – Does God want us to live with Him again? (Yes!) Does God love other people on Earth and want them to know about Him as well? (Yes!) Talk about ways we can share our gospel knowledge with others. From *The Friend*: *The prophet Jeremiah taught that “many fishers” would be sent to help gather Israel* (see [Jeremiah 16:15–16](#)).
 - Play either the [fishing game from The Friend](#) or the [matching game from the manual](#) to discuss how we can help gather Israel. A version of the fishing game that uses a little less ink is on page 5 below.
6. Friend Story – Read “[Inviting Emma](#)” or another [story from The Friend about missionary work](#). Role-play ways we can help gather Israel.
7. Fish Treat – Let each person practice answering questions about their beliefs and role-play ways they can help gather Israel. Some questions from *The Friend* that could be used are on page 6 below. After they have done so, give them a fish treat, like Swedish Fish, and remind them that they are being fishers of men.

Additional Ideas:

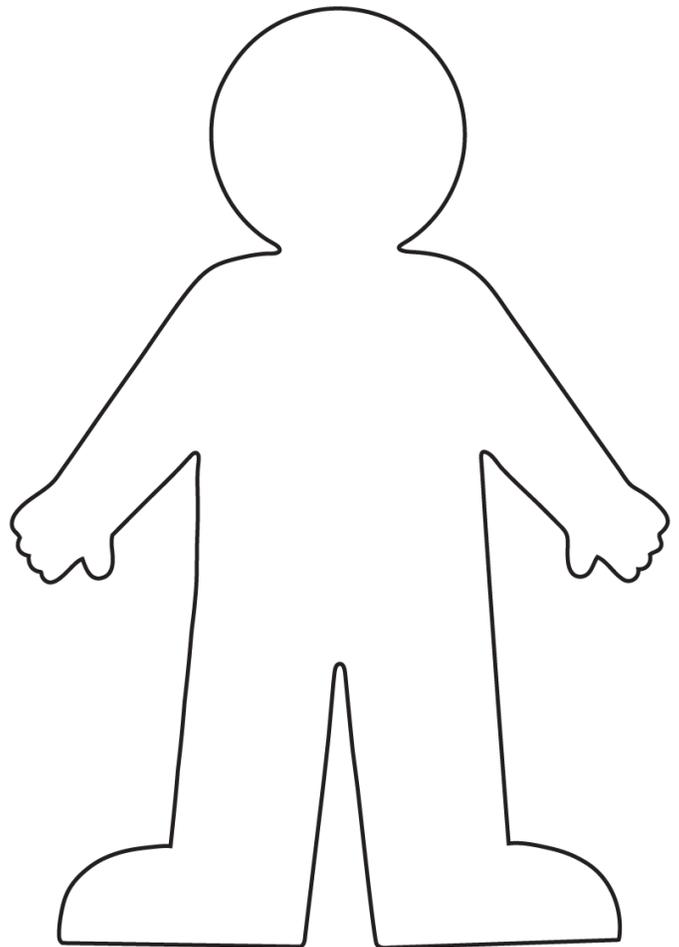
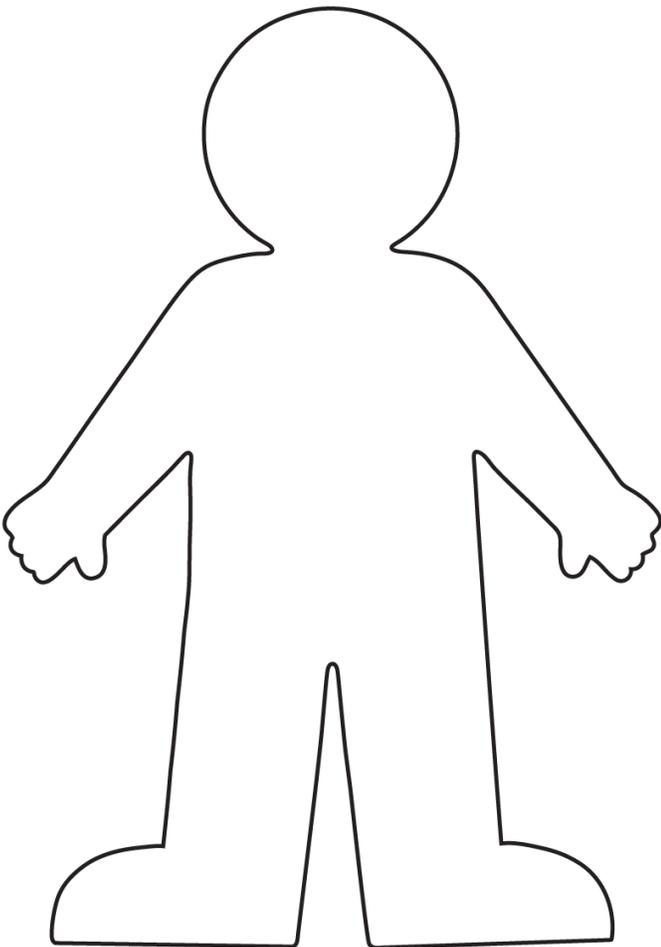
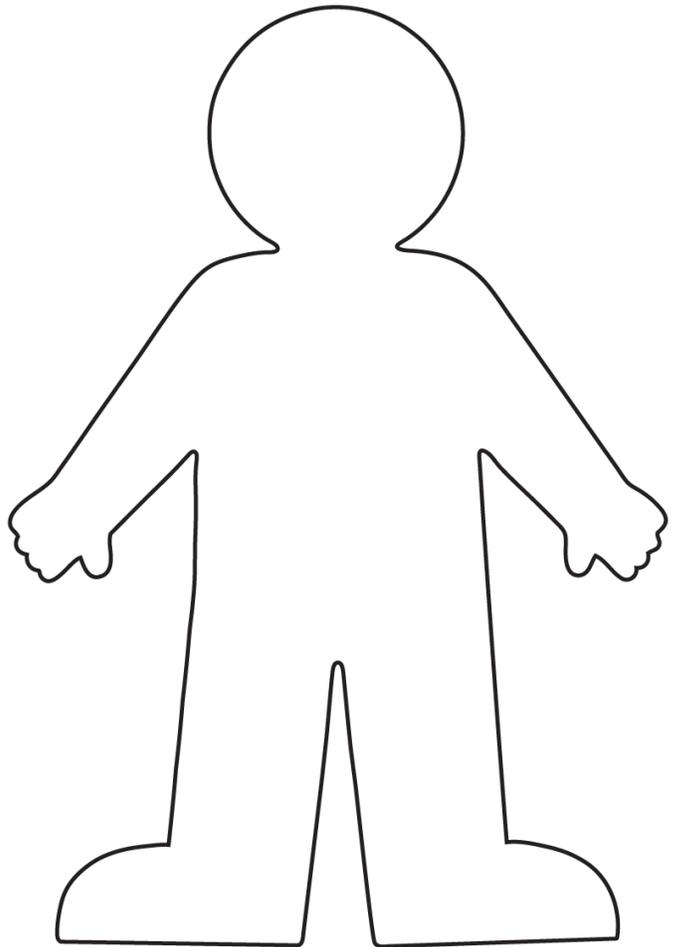
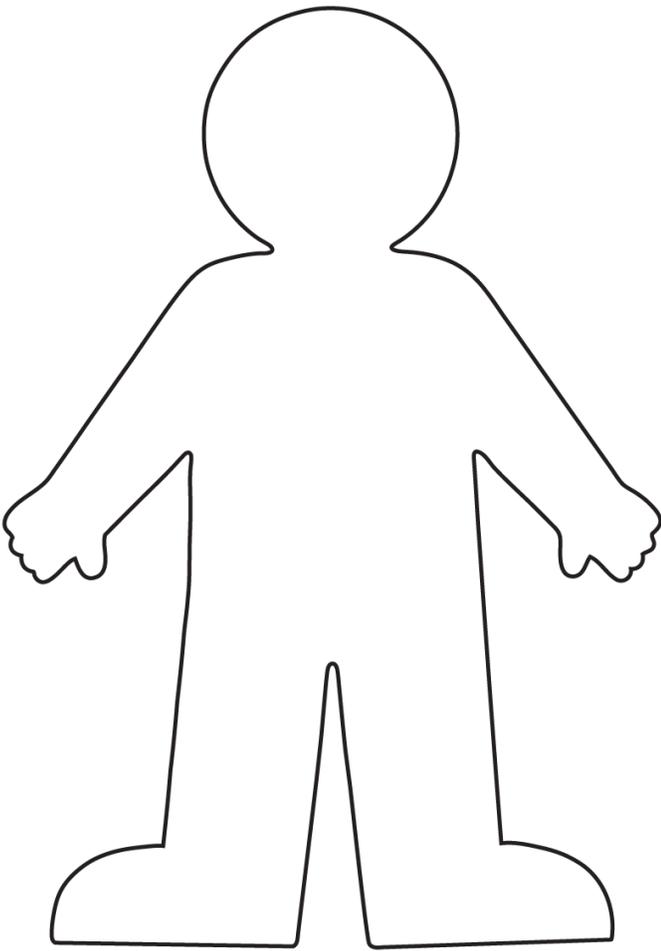
More Great Free Ideas at www.theredcrystal.org
[Old Testament Cartoon Videos from the Church Website](#)

Jeremiah 1:5

“Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee...”



Draw a picture of your spirit in the premortal life. How can knowing about your premortal life affect how you live now?

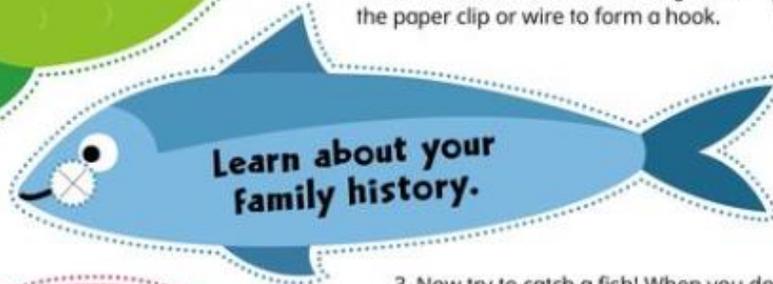




1. Cut out the fish.
(Don't forget to cut out the circle.)



2. Make a fishing pole. Tie a string to the end of a stick. Attach a paper clip or piece of wire to the other end of the string. Bend the paper clip or wire to form a hook.



3. Now try to catch a fish! When you do, read the words on the fish to learn how you can help gather Israel.

Tip: Lightly fold the fish to make them easier to catch.





From *The Friend*