

You Are a Child of God FHE Lesson

created by Montserrat Wadsworth

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Materials Needed: hand held mirror, print for each child to hang in their room (found at the end of the lesson), excerpt from Elder Hallstrom's talk, copies of the 7th verse of How Firm a Foundation for each older child and teen (found at the end of the lesson), copies of Sherri L. Dew's talk, [Knowing Who You Are - and Who You Have Always Been](#) for each teen and parent.

Lesson Preparation: Read the following articles from the Church website to help in discussions in the lesson especially if you have older children or teens: [Becoming Like God](#), [The Grandeur of God](#).

Lesson: You are going to ask each child in your family a series of questions. The questions you ask and what you say are in italics.

I'm going to ask you a few questions to find out who you are. What is your last name? Let them answer, then you reply – "Oh, so you are a _____say last name____! Good!"

In what country were you born? Let them answer then you reply, "Oh so you are (American, Canadian, Australian, French, etc)! That's great!"

What do you want to be when you grow up? Let them answer then you reply "Oh so you will be a (mother, father, doctor, pilot, fireman, artist, etc whatever they answered). You will be so good at that!"

After asking each child those questions go on with the rest of the lesson.

Now I am going to hum a song and when you know what it is start humming it with me. Hum the tune to "I am a Child of God."

What is the name of this song? Let them answer.

*Yes! Even though you are a (say your last name), and a (say nationality), and will be a (say what they want to be when they grow up) the most important thing for you to remember is that **you are a child of God.***

In General Conference Elder Donald L. Hallstrom said, "Here on earth, we identify ourselves in many different ways, including our place of birth, our nationality, and our language. Some even identify themselves by their occupation or their hobby. These earthly identities are not wrong unless they supersede or interfere with our eternal identity—that of being a son or a daughter of God."

In The Family: A Proclamation to the World it states: "All human beings ... are created in the image of God. Each is a beloved spirit son or daughter of heavenly parents."

What does it mean that we are each a spirit child of heavenly parents?

Pull out the hand mirror or have everyone gather to a large mirror in the house. As they look in the mirror ask them questions like “Whose eyes do you have?” “Do you look more like Mom or Dad or a grandparent?”

Then turn the discussion by asking, “If you are a spirit child of heavenly parents do you look like them? Did you inherit characteristics that they have?” Discuss with your children how we can all develop the attributes of God by being kind, loving, showing mercy, etc.

Watch the Mormon Message here: <https://www.youtube.com/watch?v=JOrcqgpHCt8>

Expand the lesson for older children: Elder Hallstrom shared an experience he had while visiting Liberia with Elder David A. Bednar. Have someone read this experience.

Elder Hallstrom taught, “We live in a world that can cause us to forget who we really are. The more distractions that surround us, the easier it is to treat casually, then ignore, and then forget our connection with God.”

What are some distractions we have in our lives that we need to either get rid of or learn to control better?

Sing the last verse of How Firm a Foundation and set a goal to memorize it. Pass out copies for them to keep in their wallets or rooms to help them memorize the verse.

Expand the lesson for teens: Pass out the talk by Sheri L. Dew, [Knowing Who You Are - and Who You Have Always Been](#). Take turns reading the paragraphs of the talk and discussing anything that you think your teenagers need.

End the lesson by bearing your own testimony of knowing that each of your family members are children of God.

Excerpt From Elder Donald L. Hallstrom's Talk

Five months ago, my wife, Diane, and I went to Africa with Elder and Sister David A. Bednar. The sixth and last country we visited was Liberia. Liberia is a great country with a noble people and a rich history, but things have not been easy there. Decades of political instability and civil wars have worsened the plague of poverty. On top of that, the dreaded Ebola disease killed nearly 5,000 people there during the latest outbreak. We were the first group of Church leaders from outside the area to visit Monrovia, the capital city, since the World Health Organization declared it safe to do so after the Ebola crisis.

On a very hot and humid Sunday morning, we traveled to a rented meeting facility in the center of the city. Every available chair was set up, totaling 3,500 seats. The final count of attendees was 4,100. Almost all who came had to travel by foot or some form of inconvenient public transportation; it was not easy for the Saints to gather. But they came. Most arrived several hours before the appointed meeting time. As we entered the hall, the spiritual atmosphere was electric! The Saints were prepared to be taught.

When a speaker quoted a scripture, the members would say the verse aloud. It did not matter—short scripture or long; the entire congregation responded in unison. Now, we do not necessarily recommend this, but it was certainly impressive that they could do it. And the choir—they were powerful. With an enthusiastic choir director and a 14-year-old young man at the keyboard, the members sang with vigor and strength.

Then Elder Bednar spoke. This, of course, was the anticipated highlight of the gathering—to hear an Apostle teach and testify. Clearly with spiritual direction, partway through his remarks, Elder Bednar stopped and said, “Do you know ‘How Firm a Foundation’?”

It seemed that 4,100 voices roared in response, “YES!”

He then asked, “Do you know verse 7?”

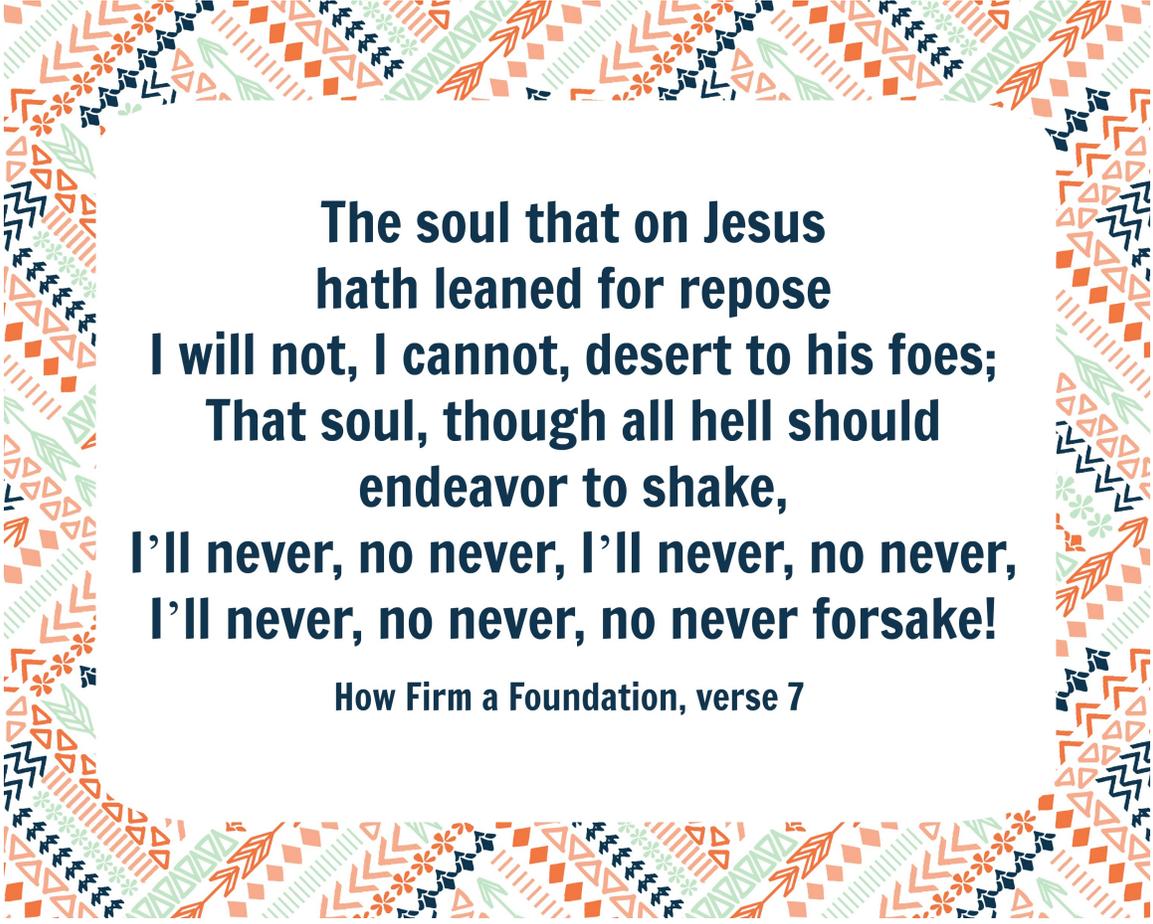
Again the entire group answered, “YES!”

The arrangement of the mighty hymn "How Firm a Foundation" sung by the Mormon Tabernacle Choir for the last 10 years has included verse 7, which was not sung much previously. Elder Bednar instructed, "Let's sing verses 1, 2, 3, and 7."

Without hesitation, the choir director jumped up and the Aaronic Priesthood-bearing accompanist immediately began to energetically play the introductory chords. With a level of conviction I have never felt before in a congregational hymn, we sang verses 1, 2, and 3. Then the volume and spiritual power was elevated when 4,100 voices sang the seventh verse and declared:

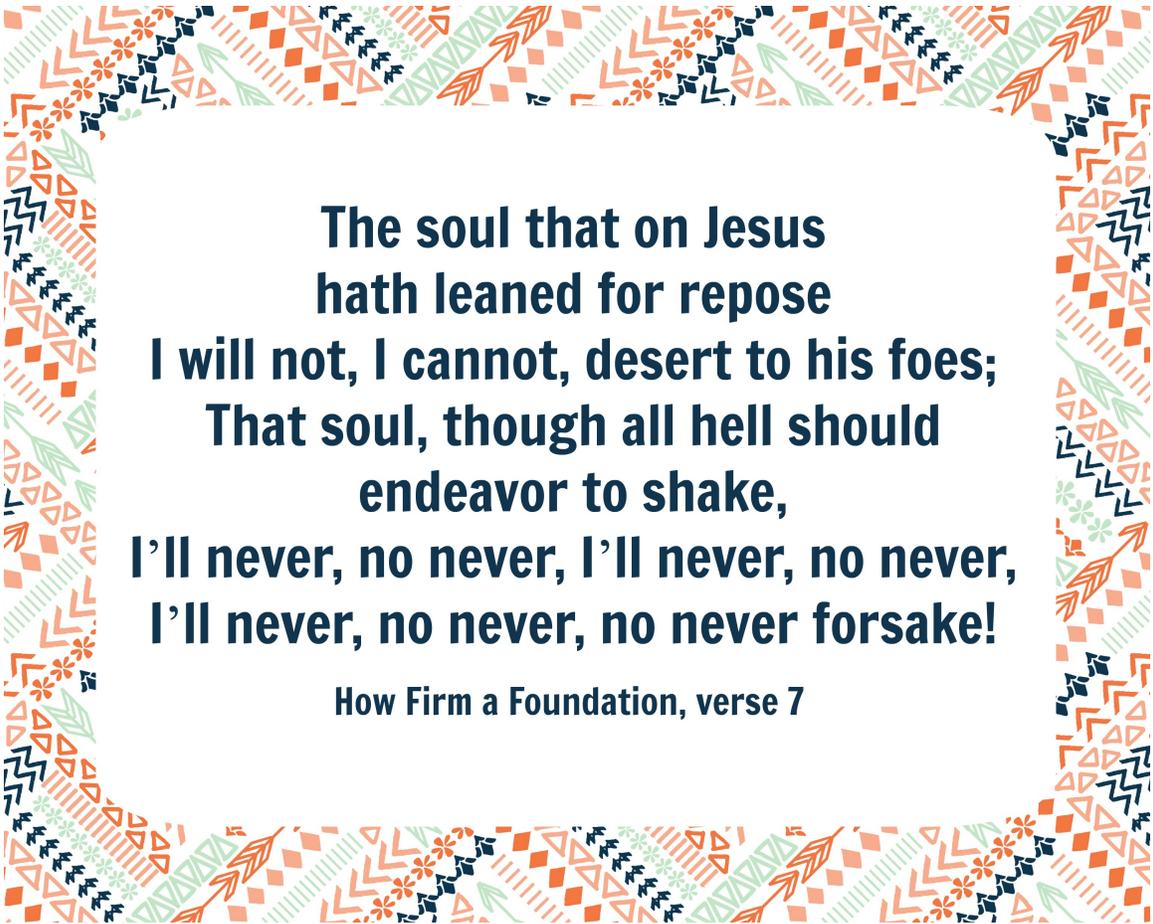
*The soul that on Jesus hath leaned for repose
I will not, I cannot, desert to his foes;
That soul, though all hell should endeavor to shake,
I'll never, no never, I'll never, no never,
I'll never, no never, no never forsake!*

In one of the most remarkable spiritual events of my life, I was taught a profound lesson that day. We live in a world that can cause us to forget who we really are. The more distractions that surround us, the easier it is to treat casually, then ignore, and then forget our connection with God. The Saints in Liberia have little materially, and yet they seem to have everything spiritually. What we witnessed that day in Monrovia was a group of sons and daughters of God who knew it!



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How Firm a Foundation, verse 7



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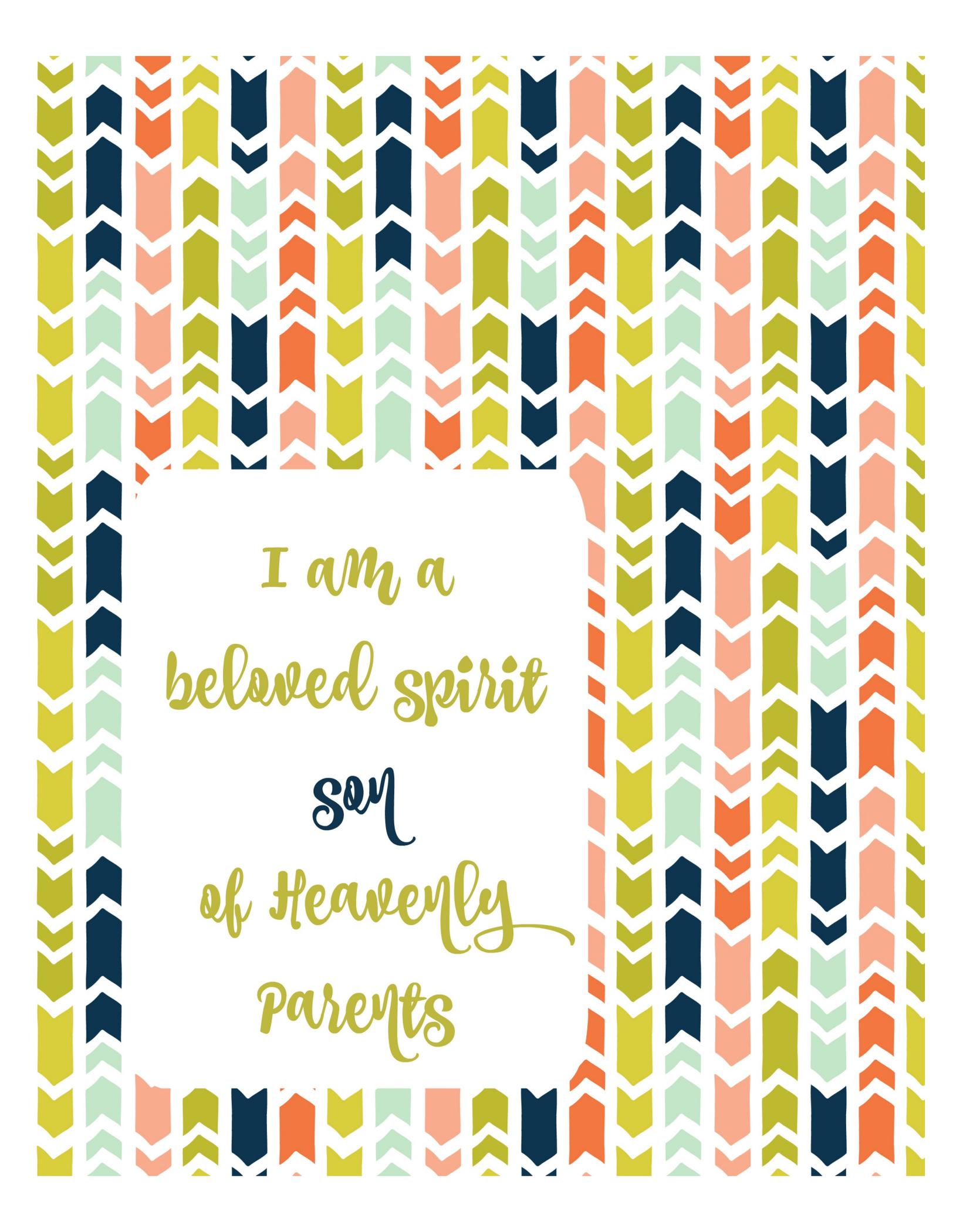
How Firm a Foundation, verse 7



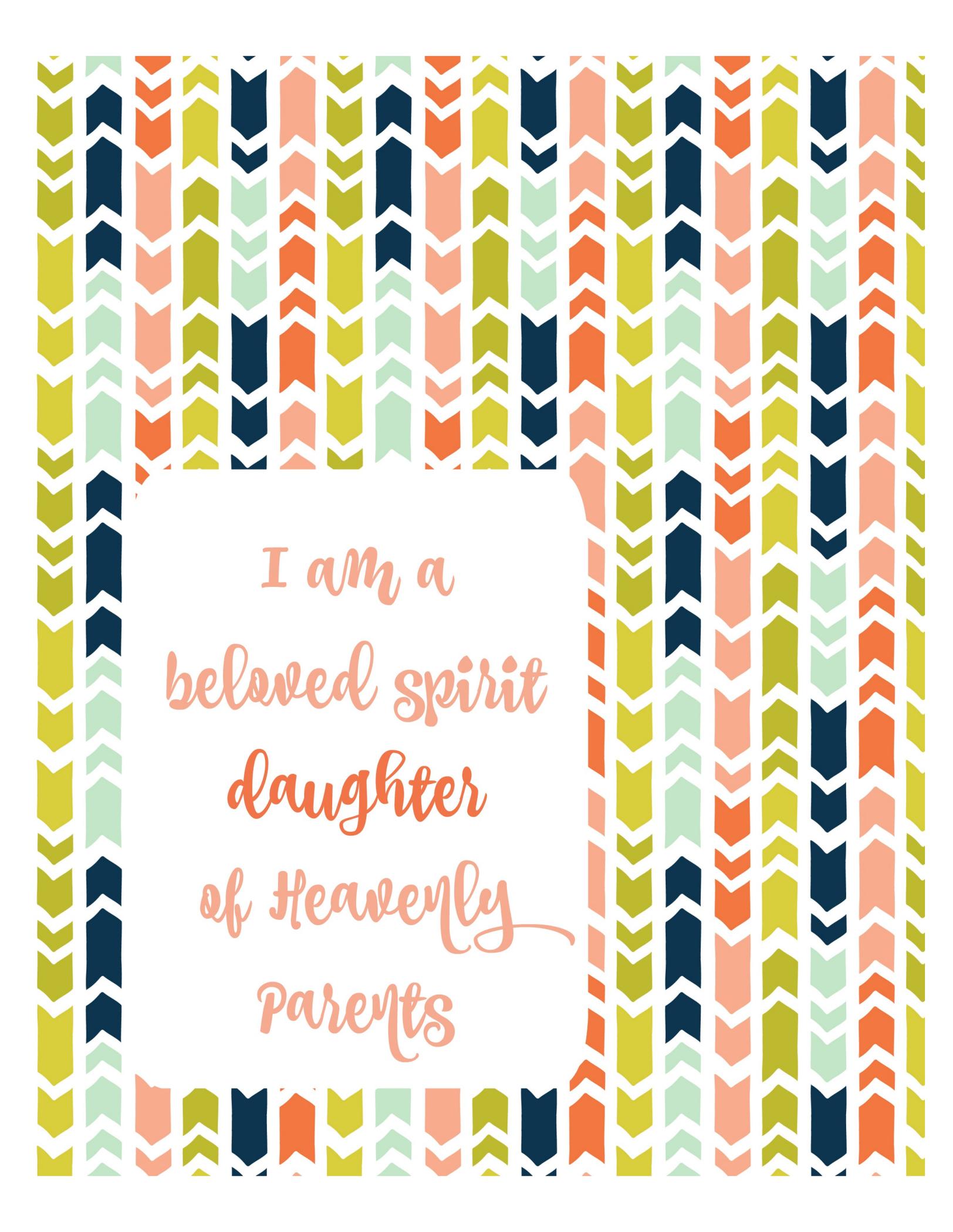
I am
a
CHILD
Of GOD



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*I am a
beloved spirit
son
of Heavenly
Parents*



*I am a
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daughter
of Heavenly
Parents*