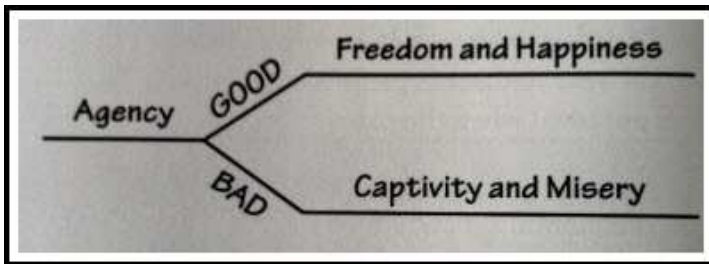


## *Agency is the Gift to Choose For Ourselves (Pt. 1: Each Choice has a Consequence)*

**Opening Song:** "Dare to Do Right" (Children's Songbook, p. 158)

**Object Lesson:** Show the your family a stick that has the word "choice" written on one end and the word "consequences" written on the other end. Explain that a consequence is what naturally happens because of a choice we make. For example, if we choose to practice playing a musical instrument, we will get better at it, and if we choose to touch fire, we will be burned. Pick up the stick and show the children that every time you pick up a stick, you get both the choice and the consequence of that choice.



Some consequences come quickly after you make a choice. Sometimes you may not recognize a consequence until long after you make the choice. But eventually there is always a consequence. The consequence of a right choice is a blessing from Heavenly Father. You have made important choices in the past and received blessings. When you lived in heaven, you made a choice to follow Heavenly Father's plan. The consequence of making that right choice was the blessing of coming to earth and obtaining a body. Now that you are on earth, Heavenly Father wants you to continue to make right choices so that you can receive more blessings and be happy.

Satan does not want you to be happy, and he knows that wrong choices will bring consequences of unhappiness. But Heavenly Father loves you and wants to help you make good choices. He sent His Son, Jesus Christ, to show you how to make right choices. The Savior came to live on the earth to set an example for you to follow. When you follow the teachings of Jesus Christ and obey Heavenly Father's commandments, there are happy consequences.

**Scripture Activity--Agency Actions:** Out of the scriptures listed below, select two examples who chose to follow Jesus, and two examples who chose to follow Satan. After reading and discussing each scripture, invite two family members to each hold one end of the "choice and consequences" stick. Ask one child to explain the choices made by those in the scripture, and the other child to explain the consequences of those choices.

**Scriptures:**

Moses 4:1-4

Alma 53:16-21

Daniel 3

1 Nephi 3:28-31

Mosiah 17:1-4, 18:1-3

Luke 22:47-48

Genesis 4:1-15

Additional stories about consequences can be found here:

<http://lds.org/friend/1989/05/consequences?lang=eng&query=consequence> ("Consequences," May 1989 Friend)

<http://lds.org/friend/1991/11/family-meeting?lang=eng&query=consequence> ("Family Meeting," Nov. 1991 Friend)

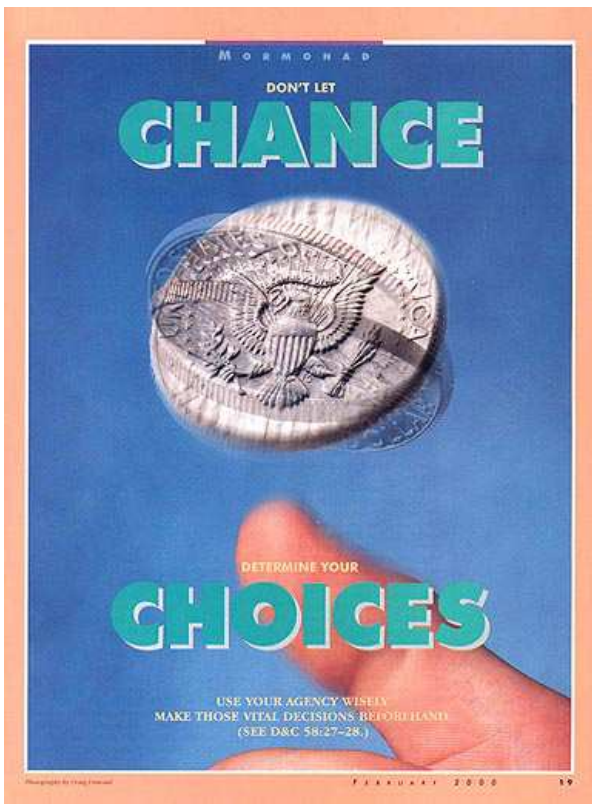
<http://lds.org/friend/2011/07/even-though-everyone-else-is-doing-it?lang=eng&query=consequence> ("Even Though Everyone Else is Doing It," July, 2011)

<http://lds.org/friend/1997/01/agency-and-choosing-the-right?lang=eng&query=consequence> ("Agency and Choosing the Right," January, 1997)

*Agency is the Gift to Choose For Ourselves  
(Pt. 2: Choosing the Right will Make me Happy)*

**Opening Song:** Choose the Right Way, Children's Songbook, pg. 160.

**Object Lesson:** Sit on a chair with a coin in your hand. Divide the family into two teams. Turn to the first team and say, "Heads or Tails?" Then flip the coin. If they got it correct, they advance one step. If not, they go back one step. Turn to the other team and ask the same question. Repeat the game until they reach a designated finish line. Then ask both groups if they liked playing that game. Why or why not? No one likes playing games where someone tells you what to do and there is little to no risk involved. So it is with our lives. We learn more when we experience things for ourselves. Having our agency truly is a blessing, but with agency comes accountability.



Hold up your hands and show your family how you can move your fingers. Explain that you can choose how your hands will move. Help your family understand that although you can choose to move your own hands and fingers, you cannot make that choice for anyone else. Have your family hold their hands up. Ask them to do something with their hands (open and close fingers, spread fingers wide, touch the thumb and pointer fingers, and so forth). Do several things. Praise them for being obedient. Tell them that just as they chose to be obedient with their hands, they can also choose to be obedient with their bodies and minds.

**For Younger Children:** Choices Slap Game - For each player write the words Happy (with a smiley face) and Sad (with a frowny face) on 3x5 index cards. Put a Happy and a Sad card in front of each person. When you read examples of actions, each person slaps the correct card in front of them.

## Sample Sentences:

I go to Primary every Sunday.

I say, "excuse" me.

I yell in the chapel.

I push a friend away from the drinking fountain.

I wait for my turn to have a treat.

I raise my hand in class before talking.

I sing with my best voice.

I hit my brother when he makes me mad.

I listen quietly when my teacher tells a story.

I don't make my bed.

Explain that Jesus is happy when we make the right choices, and he is sad when we make the wrong choices.

I poke my friend instead of folding my arms.

I keep my eyes open when the prayer is said.

I whisper to my sister during the sacrament.

I walk quietly going to my classroom.

I laugh when another child falls down.

I make noises during class.

I help the teacher with an activity.

I say "please" when I need help.

I help my mom at home.

I remember to feed the dog every day.

**For Older Children:** Explain that Heavenly Father's commandments are written in the scriptures, that He tells us not only the commandments, but also the consequences of keeping or not keeping them. Often a commandment and its consequences are found side by side or within a few verses of each other. If possible, divide the family into four groups. Give each group a piece of paper folded down the center. On the top, left-hand side of the paper, print *Commandments*. On the top, right-hand side, print *Consequences*. Allow each group time to find the commandments and their consequences from one of these scripture references: D&C 89; D&C 59; D&C 88:118-126; D&C 42:18-31. Give each group time to report its findings. Tell the family that it is important not only to understand a commandment, but to understand the consequences of keeping or not keeping that commandment.

"Bananas and Monkeys," story by President Spencer W. Kimball:

I am reminded of an article I read some years ago about a group of men who had gone to the jungles to capture monkeys. They tried a number of different things to catch the monkeys, including nets. But finding that the nets could injure such small creatures, they finally came upon an ingenious solution. They built a large number of small boxes, and in the top of each they bored a hole just large enough for a monkey to get his hand into. They then set these boxes out under the trees and in each one they put a nut that the monkeys were particularly fond of.

When the men left, the monkeys began to come down from the trees and examine the boxes. Finding that there were nuts to be had, they reached into the boxes to get them. But when a monkey would try to withdraw his hand with the nut, he could not get his hand out of the box because his little fist, with the nut inside, was now too large.

At about this time, the men would come out of the underbrush and converge on the monkeys. And the men coming, they would shriek and scramble about with the thought of escaping; but as easy as it would have been, they would not let go of the nut so that they could withdraw their hands from the boxes and thus escape. The men captured them easily.

And so it often seems to be with people, having such a firm grasp on things of the world -- that which is telestial -- that no amount of urging and no degree of emergency can persuade them to let go in favor of that which is celestial. Satan gets them in his grip easily. If we insist on spending all our time and resources building up for ourselves in worldly kingdom, that is exactly what we will inherit.

In spite of our delight in defining ourselves as modern, and our tendency to think we possess a sophistication that no people in the past ever had -- in spite of these things, we are, on the whole, an idolatrous people -- a condition most repugnant to the Lord.

... It may seem a little difficult at first, but when a person begins to catch a vision of the true work when he begins to see something of eternity in its true perspective, the blessings begin to far outweigh true perspective, the blessings begin to far outweigh the cost of leaving "the world" behind.

Herein lies the only true happiness, and therefore we invite and welcome all men, everywhere, to join in this work. For those who are determined to serve the Lord at all costs, this is the way to eternal life. All else is but a means to that end.

*- President Spencer W. Kimball, "The False Gods We Worship," Ensign, June 1976, First Presidency Message, pages 5-6.*

Additional stories about agency can be found here:

<http://lds.org/friend/1997/01/path-to-follow?lang=eng> ("Path to Follow," Friend, January 1997)

<http://lds.org/friend/1999/03/do-as-im-doing?lang=eng> ("Do As I'm Doing" Friend, March 1999)

<http://lds.org/friend/1995/07/a-rose-for-mama?lang=eng> ("A Rose for Mama" Friend, July 1995)

**Treat:** Smiling Face Cookies. Decorate a sugar cookie with yellow frosting and create a smile with contrasting frosting or candies.

## *In the Premortal life, I chose to follow God's plan*

Opening Song: I lived in Heaven (Children's Songbook pg. 4)

Discuss where your family lives by using the following questions as a guide—Do we live in the city? The country? A suburb? Do we live on an island or in the middle of a desert? Can we see mountains or an ocean from our home? Who lives with us? Are you the only child in your family, or do you have many brothers and sisters? Do your parents, grandparents, or aunts and uncles live with you?

Did you know that before you came to earth to live, you lived in heaven with Heavenly Father? Sing the words again to "I Lived in Heaven." Have prepared word strips that say, *Where? Who? What?*

- Where did we live a long time ago? (In heaven; see [D&C 93:29](#), first sentence; [Abraham 3:22-23](#).)
- Who lived there with us? (Everyone)
- What was Heavenly Father's plan for us? Explain that Heavenly Father wanted us to be able to receive a physical body, to learn to choose between right and wrong, and have the opportunity to become like him.

Heavenly Father told us during the Council in Heaven about a great plan of happiness. He said that an earth would be created; a Savior would be provided; and we would be given agency, or the freedom to choose between good and evil. Some of the premortal beings did not want to follow this plan, and there was a War in Heaven. However, we chose to support Heavenly Father's plan, so we were given bodies and sent to many different places on earth to learn about the Savior and to keep the commandments. Because of the Atonement of Jesus Christ, if we choose the right, we will one day be able to return to live with Heavenly Father and Jesus Christ again.

(For Younger Children):

- Read Chapter 1 out of "Old Testament Scripture Stories." found at the end of the lesson (or video stream here: <http://lds.org/library/display/0,4945,8187-1-4473-5,00.html>).
- Explain that our life on earth is like a school. We are here to learn and be tested. If we make right choices, we will pass the tests and be able to return to Heavenly Father. Read and discuss the following quotation: "My brothers and sisters, we're away from home. We're off to school. Our lessons will not be easy. The way we react to them, the way we conquer and accomplish and live will determine our rewards, and they will be permanent and eternal" (Spencer W. Kimball, *The Teachings of Spencer W. Kimball*, p. 28).

(For Older Children):

- Tell your family that Heavenly Father loves us and has given us a perfect plan. Jesus Christ is the central figure in the plan, and if we follow Him, we can return to live with our Father in Heaven. Discuss the Premortal life phase of our existence. Have your family read the scriptures below, then act out what happened during that phase of our plan. Emphasize that we made the choice to follow God's plan before we came to earth. [D&C 138:56](#); [Moses 4:2](#); [Abraham 3:22-23](#) (action: raising hands and whispering "Hurrah!")

- Recite together Doctrine and Covenants 138:56, substituting the words *they* and *their* with *we* and *our*. We lived with Heavenly Father and were given responsibilities. Display pictures of people in the scriptures who were given responsibilities in the premortal life to help accomplish Heavenly Father's work (examples: Jesus; Mary, mother of Jesus; Adam and Eve; John the Baptist; Joseph Smith,) and discuss. Ask each member of the family to discuss a responsibility that they might have in the future (examples: missionary, father or mother, Primary teacher, bishop). Discuss what they can do now to prepare for that responsibility and whatever other responsibilities may come to them. Testify of the importance of preparing now for responsibilities we have been given.

**Activity:** Use your home to take your family on a "journey" through the plan. One room could be designated as the "premortals world," another room could represent "earth life," a third room could represent the "spirit world," and the last room could represent the "celestial kingdom," which might be where treats are located at the lesson's end! You could talk about how we go through the doors of birth, death, and resurrection. Death could be explained as part of the plan—going from one room to the next. It might be useful to point out before anyone moves from room to room that someone had to plan and build the house we are all in. Heavenly Father and Jesus Christ are the architects and builders of the plan of salvation (see also Christine Wright, "Walking Through the Plan of Salvation," *Ensign*, Aug. 1999, 72).

Story from the friend about the premortal existence: <http://lds.org/friend/1994/09/my-peace-i-give-unto-you?lang=eng&query=premortals+existence> ("My Peace I give Unto You, Sept. 1994.)

(For More ideas, see "Teaching Children the Plan of Salvation,"

<http://lds.org/ldsorg/v/index.jsp?vnextoid=2354fccf2b7db010VgnVCM1000004d82620aRCRD&locale=0&sourceId=8635759235d0c010VgnVCM1000004d82620a&hideNav=1>)



# BEFORE THE OLD TESTAMENT

## CHAPTER 1



God lives in heaven. He is our Heavenly Father. We lived in heaven with him. We lived with him a long time. He taught us many things.

Matthew 6:9; D&C 93:29;



In heaven we did not have flesh-and-blood bodies. We had spirit bodies. Our spirit bodies

looked like the flesh and blood bodies we have now. We were the spirit children of God.

Hebrews 12:9; D&C 77:2; Abraham 3:22



One day Heavenly Father talked to all his children. He said he would make an earth for us. He said we could go to earth. He said we must go to get flesh and blood bodies.

Abraham 3:23-24; Hebrews 2:14

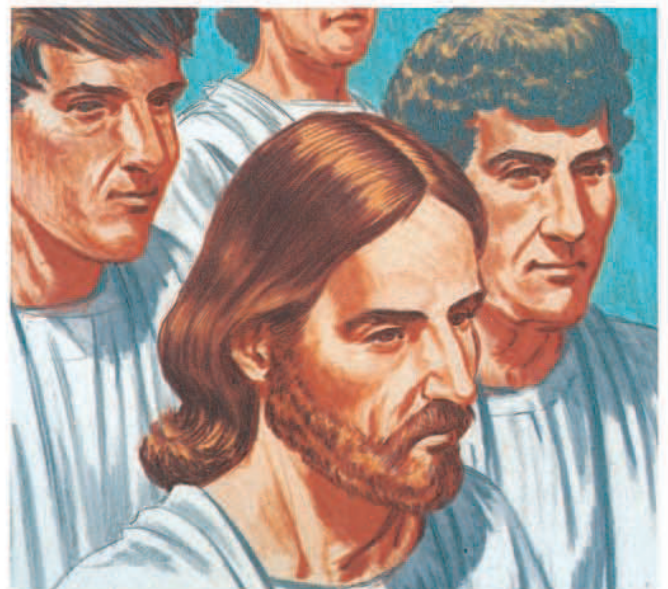
God said we would be *tested* on earth. We should obey his commandments. But God would not make us obey him. We could choose. We would come back to heaven and live with God if we obeyed him.

Abraham 3:26; D&C 29:36-39



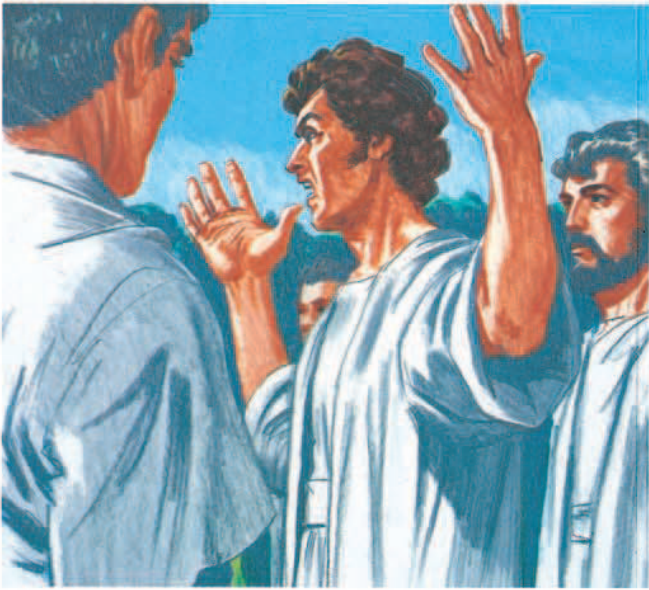
God chose some spirits to help him on earth. They were righteous. He knew they would obey his commandments. They would be prophets and leaders.

Abraham 3:23



God said one of his sons would save the people on the earth. He would go to earth and die for all of us. God's son, Jesus Christ, said *he* would go to earth and die for us. He would obey God.

Alma 22:13; Abraham 3:27, Moses 4:2



Then another son spoke. His name was Lucifer. He said he would go to earth. But he wanted God's power. God chose Jesus Christ. Lucifer was angry.

Moses 4:1; D&C 29:36; Abraham 3:28



Lucifer talked to God's children. He wanted us to obey him. He said he would make us be good. We could not choose. He would bring us all back to heaven.

Moses 4:1, 3



Many spirits followed Lucifer. Lucifer and these spirits did not obey God.

D&C 29:36-37

God was very sad. He sent Lucifer and the spirits who followed Lucifer out of heaven. They could not have flesh-and-blood bodies. They could not go back to heaven. Lucifer would lead them. His name would be Satan or the devil.

D&C 76:25-27; D&C 29:37; Revelation 12:9

# *Jesus Christ Created the Earth as a Place Where I can Learn to Choose the Right.*

**Opening Song:** Children's Songbook #232 Beauty Everywhere

**Lesson:** In order to continue progressing spiritually, it was necessary for us to come to earth. While here, we have a veil placed upon us, which is like a blindfold on our minds. We cannot remember living in Heaven with our Heavenly Father. We are here on earth to learn to have the faith to choose the right.

For Younger Children:



## **Supplies:**

- scissors
- glue
- cotton balls
- crayons
- white paper
- pencil
- leaves, grass, seeds
- picture cut outs from end of lesson

<http://lds.about.com/library/bl/fhe/blcreation.htm>

Explain that the creation of the Earth is recorded in *Genesis* and place the **Number One** in front of you. Read and discuss **Genesis 1:1-5**. Allow children to color one half of the Number One with a black crayon to represent darkness.

Place the **Number Two** in front of you. Read and discuss **Genesis 1:6-8**. Have children color the Number Two blue. Next have them glue cotton onto clouds to make them fluffy. Glue clouds onto the Number Two.

Place the **Number Three** in front of you. Read and discuss **Genesis 1:9-13**. Have children color the Number Three green. Next have them glue plants, grass, leaves, and small seeds (mustard, celery, poppy) onto it.

Place the **Number Four** in front of you. Read and discuss **Genesis 1:14-19**. Have children color half of the Number Four sky blue and the other half black. Color the moon yellow. Have them glue the sun, stars, and moon onto the Number Four.

Place the **Number Five** in front of you. Read and discuss **Genesis 1:20-23**. Have children color the top half of the Number Five sky blue and the bottom half dark blue. Glue fish and birds in appropriate spots.

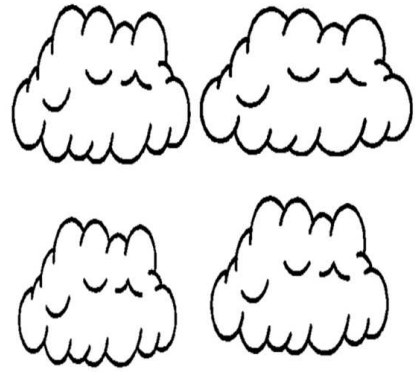
Place the **Number Six** in front of you. Read and discuss **Genesis 1:24-31**. Have children color the Number Six green. Glue animals on. Have children draw Adam and Eve on separate paper. Glue them on the top of the Number Six.

Place the **Number Seven** in front of you. Read and discuss **Genesis 2:1-3**. Have children color the Number Seven any color they desire and glue Sabbath pictures onto it.

Display numbers anyway you like and have children review the story of the Creation several times during throughout the week. One way to easily display the numbers is to punch a hole in the top of each number and suspend them from a coat hanger using ribbon or yarn.

1

2



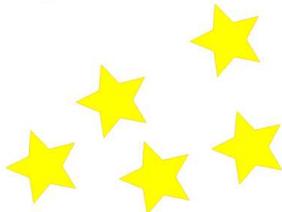
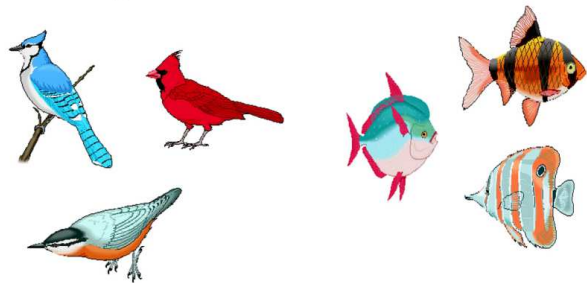
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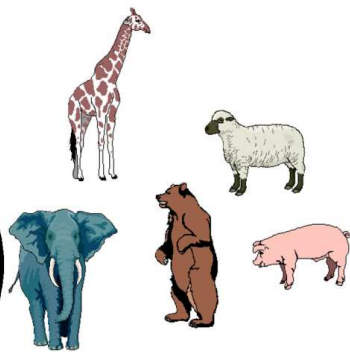
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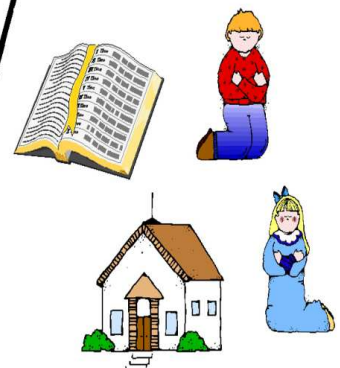
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6



7



**For Older Children:** The following handout, which compares and contrasts Nephi to his brothers, Laman and Lemuel. All 3 of them were sent to earth; all of them had free agency; however, Nephi chose the right, while Laman and Lemuel chose the wrong. Just like Laman and Lemuel, we each can make our own choices while on the earth, but we must take the consequences for those choices.

If you would like to view the handout online please visit this link:

[http://www.mormonshare.com/sites/default/files/Agency%20Handout%20\(Laman,%20Lemuel,%20&%20Nephi%20Examples\).pdf](http://www.mormonshare.com/sites/default/files/Agency%20Handout%20(Laman,%20Lemuel,%20&%20Nephi%20Examples).pdf)

# Free to Choose

## 2 Nephi 2: 27-28

### 1 Nephi;

**Chapter 3:** Lehi's sons return to Jerusalem to obtain the plates of brass—Laban refuses to give the plates up—Nephi exhorts and encourages his brethren—Laban steals their property and attempts to slay them—Laman and Lemuel smite Nephi and Sam and are reprovved by an angel. About 600–592 B.C.

**Chapter 4:** Nephi slays Laban at the Lord's command and then secures the plates of brass by stratagem—Zoram chooses to join Lehi's family in the wilderness. About 600–592 B.C.

### Agency

#### Laman & Lemuel's Choice

#### Nephi's Choice

Leads to  
captivity,  
death, and  
misery.

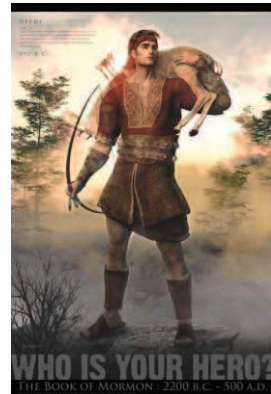
Leads to  
liberty,  
eternal life,  
and joy.



1 Nephi 3:1-5 Describe their faith: \_\_\_\_\_

Describe his faith: \_\_\_\_\_

1 Nephi 3:7



Describe their relationship with their father: \_\_\_\_\_

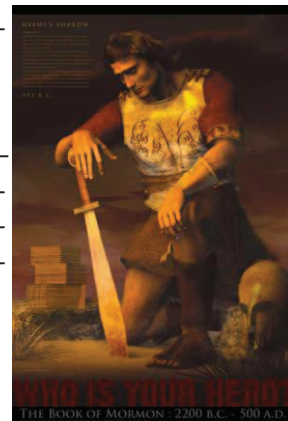
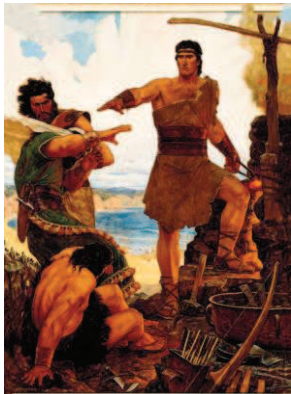
Describe his relationship with his father: \_\_\_\_\_



1 Nephi 3:31 What did they rely on to make decisions?: \_\_\_\_\_

What did he rely on to make decisions?: \_\_\_\_\_

1 Nephi 4:6



How did they live their life?: \_\_\_\_\_

How did he live his life?: \_\_\_\_\_