

# Testimony

# Resources

Compiled by Barbara Pratt from submissions from members of:  
<http://groups.yahoo.com/group/fhe4children/>  
September 2002

## OUTLINE:

My Family and Teacher Helps My Testimony Grow Coloring Page with scriptures

Sharing Time: When I Go to Church with Activity Sheet: "I Can Gain A Testimony At Church"

Testimony Shape-Up

FHE - Testimonies (submission from Natasha)

Growing A Testimony (submission from Kim Pehrson)

Testimony (submission from Christine)

Testimony Word Race! (submission from Christine Layton)

## OTHER RESOURCES:

Testimony Topic

<http://groups.yahoo.com/group/fhe4childrennewsletter/message/8>



**MY FAMILY AND TEACHERS HELP MY TESTIMONY GROW**

*Feed my lambs (John 21:15).*

*Illustrated by Julie F. Young*

“O, remember, my son, and learn wisdom in thy youth; yea, learn in thy youth to keep the commandments of God” (Alma 37:35).

## Sharing Time: When I Go to Church

“For where two or three are gathered together in my name, there am I in the midst of them” (Matt. 18:20).

Laurel Rohlfing, “Sharing Time: When I Go to Church,” Tambulilit, Oct. 1991, 8

If you wanted to strengthen your testimony of the gospel of Jesus Christ, where would be a good place to go? A baseball game? An amusement park? A circus? Would you go hiking or fishing or to a concert? Of course not. You would go to church!

When you are in church, you can feel closer to Heavenly Father and Jesus. Jesus said: “For where two or three are gathered together in my name, there am I in the midst of them” (Matt. 18:20). Your testimony can be strengthened in church as you learn about the gospel. When you pray, sing, and hear talks and lessons, the Holy Ghost can give you a warm, happy feeling that helps you to know that the gospel is true. When you take the sacrament, you can remember Jesus and feel his Spirit as you renew the promises that you made at baptism. Being with your friends at church and feeling their support can help you want to live as Jesus did and to choose the right.

Attending church can help you to know that Jesus Christ is Heavenly Father’s son and our Savior, that Joseph Smith was a prophet, that The Church of Jesus Christ of Latter-day Saints is the only true church, and that we are led by a prophet today. Church is an important place to be each Sunday if you want to know that the gospel is true!

### Instructions

Color the pictures, mount them on heavy paper, and cut them out on the dotted lines. Punch holes where shown. Thread the pages together with yarn or string, and tie a bow or knot. Flip the pages over one by one as you read the poem or sing the song, “When I Go to Church” (Children’s Songbook, page 157). It will remind you how your testimonies can be strengthened at church.

## Sharing Time Ideas

1. Draw a simple outline of a church building with several windows. Have children draw pictures showing things they do in church to strengthen their testimonies. Have them paste pictures in the window openings.
2. Let younger children act out things they might do in church. Recite the poem or sing the song as they do this.
3. Have the children name songs that help them learn about Heavenly Father and Jesus, then tell what important truth each song teaches. Sing the songs, including "When I Go to Church" (Children's Songbook, page 157).
4. Divide older children into groups. Give each group a copy of a recent conference talk with a few important paragraphs underlined, including the speaker's testimony (usually at the end). Have them read the underlined paragraphs and the testimony. Discuss what the testimony adds to the talk.
5. Discuss how children can know when they are feeling the Spirit of the Holy Ghost. Help children recognize the Spirit when it is present by calling their attention to the special way they are feeling. Do this throughout the entire year.

I CAN  
GAIN A  
TESTIMONY  
AT CHURCH

**WHEN I GO TO  
CHURCH**

*By Faye Glover Petersen*



1. I always have a happy feeling  
When I go to church.



2. The organ plays so soft and sweet:  
I tiptoe softly to my seat.



3. My teachers and my friends  
I greet  
When I go to church.



4. I like to raise my voice in singing  
When I go to church.



5. I fold my arms and bow my head.  
Then listen while the prayer  
is said.



6. I do not talk but think instead  
When I go to church.



7. I learn about my Heav'nly Father  
When I go to church.



8. I thank him for each flow'r and tree,  
For home and friends and family.  
For all the lovely things I see  
When I go to church.  
("When I Go to Church,"  
Children's Songbook, page 157.)

## Testimony Shape-Up

By Tamara Leatham Bailey

Tamara Leatham Bailey, "Testimony Shape-Up," Liahona, May 2000, 24

Just as your muscles get weak when you don't use them, so does your testimony. Try these ideas to keep your testimony growing strong all through the year.

- Befriend a new or less-active member and help strengthen his or her testimony.
- Read a scripture story that inspires you; then use that inspiration to write a poem or song, to create a sculpture or picture, or to write a letter bearing testimony to a friend.
- Strengthen your testimony through service. Choose a service project that makes you stretch.
- Choose uplifting entertainment. Read a classic novel, attend a concert, or go to a museum (see Articles of Faith 1:13 [A of F 1:13]).
- Share your testimony in sacrament meeting or with a family member, friend, or leader. Record it in your journal as well.
- Share a recent seminary or Sunday School lesson in family home evening.
- Pull out past issues of the Liahona and catch up on all those articles you wanted to read but never got around to.
- Willingly help your parents and other family members with a service or family history project.
- Share the Book of Mormon with a friend.

## FHE – TESTIMONIES

Submission from Natasha

Opening Song: “Church of Jesus Christ” page 77

Opening Prayer:

Scripture: D&C 62:3

Lesson:

1. What are things we testify are true when bearing our testimony?  
(Match “bear” scriptures with meaning on Testimony Chart)

- Mosiah 1:6 Book of Mormon is True
- D&C 20:26 God Uses Prophets to Teach Us on Earth
- Psalm 82:6 I am a Child of God
- 3 Nephi 11:8-10 Jesus Lives and Loves Us
- D&C 115:4,5 Church Is True
- Moroni 10:5 Holy Ghost Tells of True Things

1. How do we Gain a Testimony?

Closing Song: “I Am a Child of God” – page 4

Closing Prayer:

Treat Idea: Give each family member a long piece of licorice. Have them tie it around a large Tootsie Roll. Explain that the knot is like a testimony. It helps us hold tight to the iron rod.





I CAN "BEAR" MY  
TESTIMONY

I AM A  
CHILD OF  
GOD

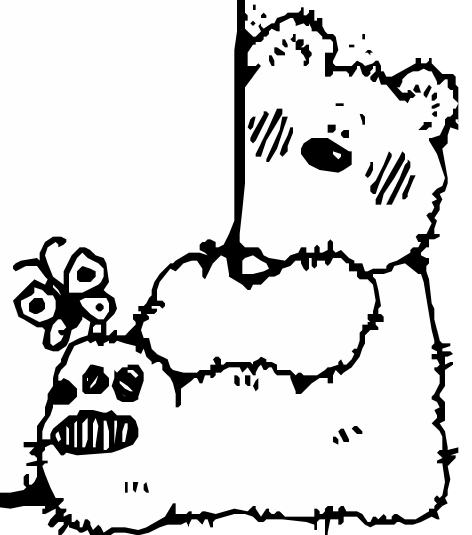
CHURCH OF  
JESUS  
CHRIST IS  
TRUE

JESUS  
LIVES &  
LOVES  
ME

HOLY GHOST  
TELLS ME THINGS  
ARE TRUE

GOD USES  
PROPHETS  
TO TEACH  
US ON  
EARTH

BOOK OF  
MORMON  
IS TRUE



Submission from Kim Pehrson

This is for older children and can be adapted for teenagers.

## GROWING A TESTIMONY

Preparation:

Scriptures, blindfold, whistle or bell, sandpaper, lemon or orange, chocolate chip and the following visuals:

-a caterpillar head (cut out a circle with two antennae. Draw two eyes and a mouth)

-8 body parts (cut out an oval with a "bite" taken out of one end.)

Write one of the following words on each body part: Follow, Ponder, Read, Share, Choose, Keep, Go, and Pray.

-The end of the caterpillar (cut out a circle-ish shape that comes to a point at one end--kind of like a bumble bee body)

Opening Song: "I Know My Father Lives" p. 5 Children's Songbook

Lesson:

Activity

\*We learn many things from our five senses but spiritual learning goes further.

\*Invite one person to sit in a chair facing the rest of the family.

Ask them how many people they see (or another sight related question).

\*Invite another person up. Blindfold them, blow a whistle or ring a bell and ask them what they heard. Ask them why they think that's what it is.

\*Follow the above example and have someone feel sandpaper, another smell the lemon/orange, and another taste a chocolate chip. In each case ask them what they think they experienced and why they think that.

Lesson:

\*Explain that our senses are important tools for gathering information about the world. There are other important ways we can know things.

\*Ask if anyone believes that their family loves them. How do we know this? (by the things they do and the feelings we have).

\*Ask if anyone has good feelings about reading the Book of Mormon. Those good feelings are the beginnings of a witness that the BOM is true. Another way we can know something is through the power of the Holy Ghost.

\*Read Moroni 10:5.

\*When the Holy Ghost testifies to us, we can know the truth even more surely than we rely on our senses. This is called a testimony.

\*Ask what are some things that we can do to help us grow a testimony.

\*Make the caterpillar grow by coming up with ways to help our testimony grow. Have family members choose a segment and explain how a testimony can grow from doing these things. ex: CHOOSE (the right), PONDER (the scriptures), GO (to church, to the temple), FOLLOW (the prophet), KEEP (the commandments), SHARE (the gospel, your testimony), READ (the scriptures), PRAY (for answers).

Submission from Christine

## Testimony

DISPLAY FOR THE WEEK: Moroni 10:5

SCRIPTURE: Moroni 10:4-5

SONG: "I Know My Father Lives" CS, p. 5

LESSON: What is a testimony? Testimony is knowing that something is true or that something exists.

Faith is the beginning of a testimony. Faith is not a perfect knowledge of something -- it is believing that something is true. Alma tells us in Alma 32:37 that "if we experiment upon my (His) words, and exercise a particle of faith, yea, even if ye can do no more than desire to believe, let this desire work in you, even until ye believe in a manner that ye can give place for a portion of my words."

"Now, we will compare the word unto a seed. Now, if ye give place, that a seed may be planted in your heart, behold if it be a true seed, or a good seed, if ye do not cast it out by your unbelief, that ye will resist the Spirit of the Lord, behold, it will begin to swell within your breasts; and when you feel these swelling motions, ye will begin to say within yourselves - It must needs be that this is a good seed, or that the word is good, for it begineth to enlarge my soul; yea it begineth to enlighten my understanding, yea, it begineth to be delicious to me."

(For older children, continue to read this great chapter from Alma.)

Alma told us to begin just by desiring to know the truth. He told us to study the scriptures.

He told us that our desire to know the truth is like a seed. We plant that seed -- believing that it will grow, but if we do not nourish the seed and give it light and water (the light and water that is the light from Christ and the water is studying the scriptures), it will not do any good to plant or just have a desire. Desire is not enough to let it grow. Desire is the beginning. If we study and listen to the word of our Heavenly Father, if it makes us feel good inside and enlightens our understanding, if we feel it is good within our hearts, then it is from Heavenly Father. He has told us that all good things come from Him. When we have these good feelings inside of us, it is a testimony that that thing is true.

How important is it for us to have a testimony of Joseph Smith?

President Hinckley said that if the First Vision that Joseph Smith had was true -- we have everything, but if it is false, we have nothing." (Conference Report 1984) It is important for each of us to know and have a testimony of the First Vision.

When Jesus spoke about the parable of the ten virgins and that five of them brought enough oil and five did not and were not allowed into the marriage ceremony, He was talking about us having enough oil (faith and testimony) to sustain ourselves until He would come again. We cannot be saved on someone else's testimony. That is something that we have to have for ourselves.

We are also told that we must have a testimony of Jesus Christ. When you learn about Jesus, how does it make you feel inside? Does it make you happy? Do you feel good when you learn of the things that He did for others? This is a testimony. When you realize that the Bible was written in Jerusalem when Jesus lived and taught the people on that continent and that the Book of Mormon is a record of the people on the American continent and that His teachings were the same doesn't that make you think that it must be true? His church was established the same on each continent. He healed and blessed the people on both continents. He showed the people on the American continent the prints in His hands and feet from the nails driven in His body on Calvary. How does that make you feel? Do you think that two people on opposite sides of the world could have some of the same experiences and not have it be true? This is something you will need to find out for yourself.

We are told that those that obtain a testimony of Jesus Christ in this life will inherit the celestial kingdom. Those that refuse to believe in this life but accept Jesus after this life will inherit the terrestrial kingdom (D&C 76:51, 74).

Joseph Smith and Sidney Rigdon state, (D&C 76:22-24), "And now, after the many testimonies which have been given of him, this is the testimony, last of all, which we give of him: That he lives!

For we saw him, even on the right hand of God; and we heard the voice bearing record that he is the Only Begotten of the Father."

It is up to each of us to find out for ourselves. We must plant the seed of desire, nourish it with study and prayer and allow the room inside for light and understanding and then watch it grow. Then we will have nourished our testimonies that we will not need to borrow light or oil from another. We will have enough reserve on hand to weather the storms of life. This should be our primary focus for emergency preparedness.

**ACTIVITY:** Plant a seed inside a cup with potting soil. Water it and place it in a window or outside and allow it to grow. Point out to the children that some seeds will not grow. Some are bad seeds. We will encounter seeds in our life that are not good. They are things that we need to pluck out of our lives and do away with. Help them to remember to water and place the cup in the window so that the sunlight will give nourishment to the seed just as the Son gives nourishment to our lives.

**REFRESHMENTS:** Scones (talk to you family about the bread dough - how flat it is but as we allow it room to grow, as it cooks, it swells and enlarges just as our testimony can grow). Use Rhodes frozen roll dough (allow to thaw or you may thaw in your microwave on low - make sure you do not kill the yeast. I usually thaw for about five minutes on low inside a plastic bag).

Heat vegetable oil and fry dough to make scones. Oil may become very hot. Tastes great with honey butter or jam.

Submission from Christine

### Testimony Word Race!

On a piece of graph paper (or make your own) - write the word Testimony in the middle. Using the letters in the word testimony, write any gospel word that helps strengthen a testimony in any direction - up, down, left, right, and diagonal. Other words may stem off the new words written from "testimony". You can use your scriptures for inspiration, but be quick. Think fast!

(At the end it kind of looks like you've played scrabble by yourself.)