

Heavenly Father Gave Us Our Bodies



Song

I Am a Child of God (pg. 2, CS)



Lesson

Ask: What are some of the purposes for coming to earth? (To receive a body)

Read paraphrased quote from Elder Dieter F. Uchtdorf: "Father in Heaven sent us to earth. We are His spirit sons and daughters and have limitless potential! We are destined to become glorious beings of goodness, grace, and truth. And yet we came to earth completely helpless, barely able to do anything besides cry for help." (General Conference, April 2023, pg 55-59)

Display baby pictures of family members.

True or false? We have to get a body to progress to our limitless potential.
(True)

Ask: As we experience earth life, what are some of the appropriate ways we can use our bodies? What are some of the inappropriate ways? (See the 10 Commandments, Exodus 20:3-17)

Age-appropriate discussion: The sacredness of how bodies are made (procreation) and the sanctity of life (how a baby is human from conception and his/her body only has to get bigger until it is born). Prophets and scriptures teach that we should safeguard life. See <https://www.latterdaysaintsforlife.org/library>.)



Lesson (cont'd)

Read and discuss quote from Pres. Gordon B. Hinckley: "What is happening to our appreciation of the sanctity of human life? Abortion is an evil, stark and real and repugnant, which is sweeping over the earth." (General Conference, Oct. 1998, pg. 97-100)

Explain difficult words: Sanctity, abortion, stark, repugnant, sweeping over the earth.

Ask: Why is elective abortion evil? How would you explain to a friend why life is sacred?

Optional discussion: Every day, we can choose to respect our bodies. This includes that private parts of bodies are kept private; we don't look at or touch other people's private body parts.

Commitment

I will respect my body,
respect others' bodies,
and protect life by

(Fill in the blank.)

Testify of Truths

Heavenly Father gave us
our bodies and the sacred
gift of procreation. He
expects us to safeguard
life.



Activities

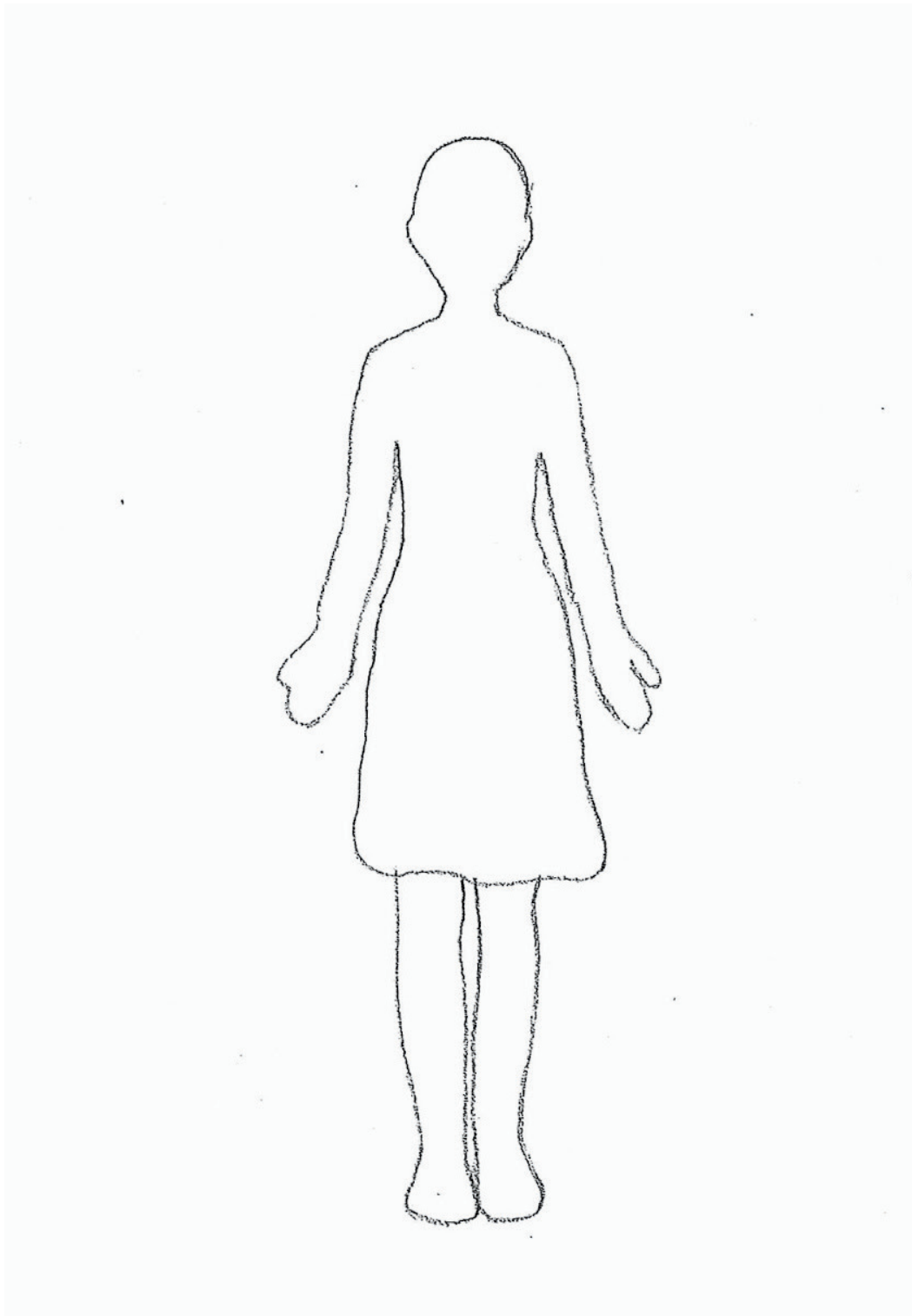
Choose any activities your family might enjoy.

Charades: Take turns acting out an activity while everyone guesses what it is.

Create a Commitment Poster: As a reminder of the sacredness of our bodies- glue photos and/or write quotes, scriptures, and words of affirmation onto the spirit-body outline and display it in your bedroom. (See following pages.)

Refreshments: With my physical body, I can eat tasty food!

My commitment:



My commitment:

