

AGES: UP TO 11

# Heavenly Father Gave Us Our Bodies



Song

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

I am a child of God,  
And he has sent me here,  
Has given me an earthly home  
With parents kind and dear.

Lead me, guide me, walk beside me,  
Help me find the way.  
Teach me all that I must do  
To live with him someday.



Lesson

**Ask:** What is another name for God? (Heavenly Father)

**True or false?** We were spirit children of Heavenly Father in the premortal life—before we were born. (True)

**Ask:** The song we just sang says that Heavenly Father has sent us "here"—Where did He send us? (To earth)

**Ask:** Why? (To receive a body)

### **Read and discuss 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.**



## Lesson (cont'd)

**List good and bad ways we can use our bodies:** Give a "thumbs up" or "thumbs down" for each item.

**Repeat together:** "I will be kind to my body and to the bodies of others."

**Age-appropriate discussion:** When a mommy is pregnant her baby is a baby from the beginning; its body only has to get bigger until it is born.

**Optional discussion:** Talk about the sacredness of our bodies—private parts are private.

**Repeat together:** "I am thankful Heavenly Father gave me my body!"

### Commitment

I will show appreciation  
to Heavenly Father by  
trying to be kind to my  
body and to the bodies  
of others.

### Testify of Truths

We lived with Heavenly  
Father in the premortal  
life. He sent us to earth  
and gave us our bodies.





## Activities

*Choose any activities your family might enjoy.*

**I Can!** Name activities we can do with our bodies and act them out. (Walk, run, jump, spin, clap, follow the leader, etc.)

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

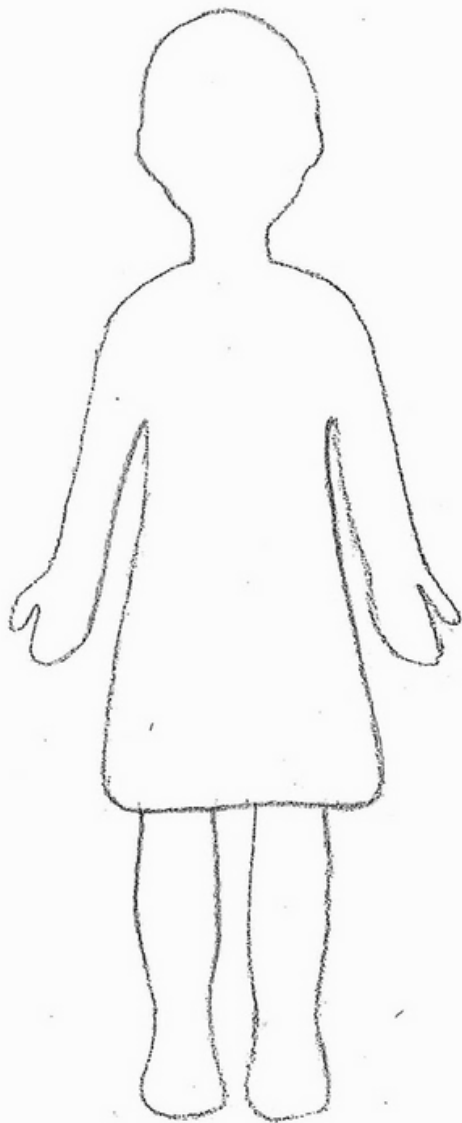
**Coloring page:** Color the spirit-body outline to look like yourself! (See following pages.)

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

**Singing time:** "If You're Happy", pg. 266; "Head, Shoulders, Knees, and Toes", pg. 275; "Do as I'm Doing", pg. 276; "Hinges", pg. 277 (from the Children's Songbook)



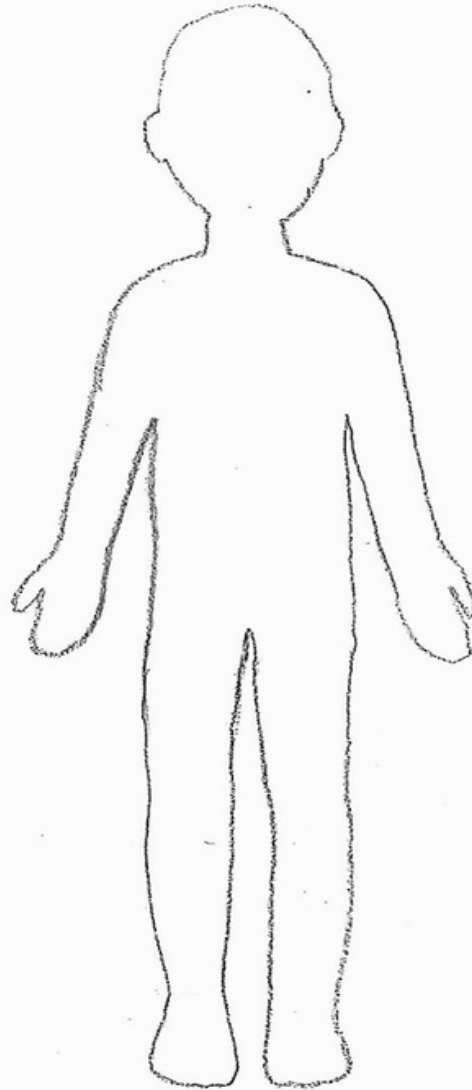
*I am Thankful Heavenly Father  
Gave Me My Body!*



Color the spirit-body outline to look like yourself!



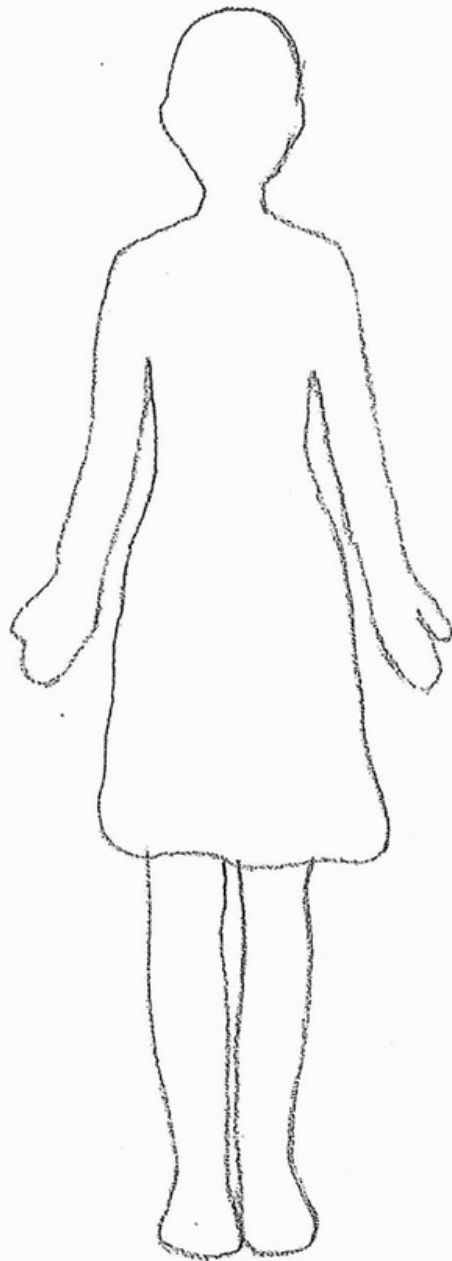
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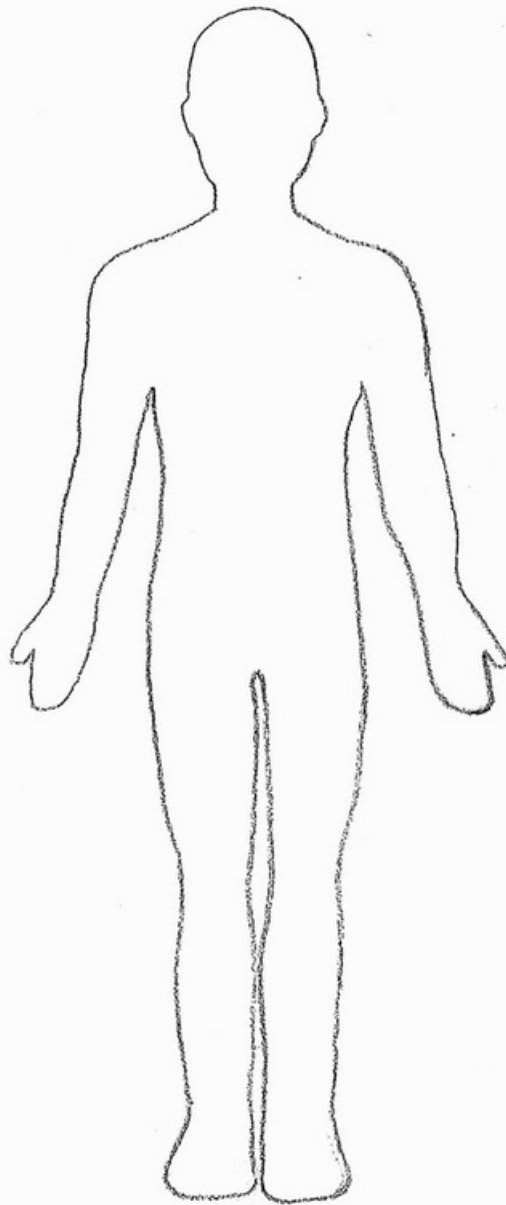
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