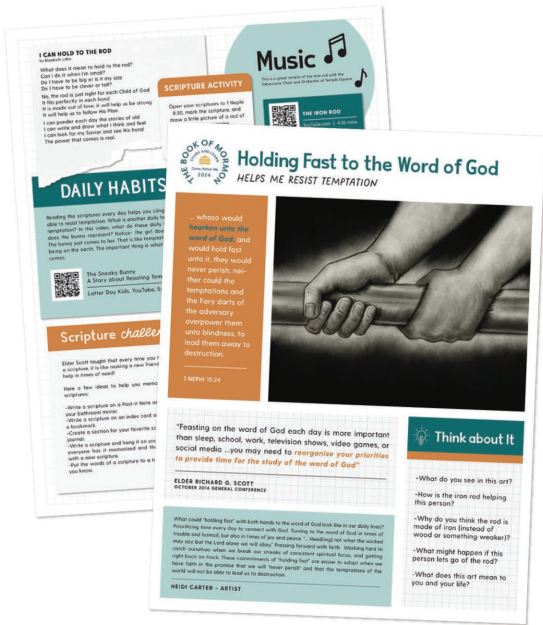




the RED HEADED HOSTESS

OUR GIFT TO YOU | FREE DOWNLOAD



Kids' Table Poster | 1 Nephi 11-15 IDEAS FOR USE

1. Slide the table poster into an acrylic sign holder and set out on your counter or table for your children to read as they eat.
2. Use to help you come up with teaching activities. Circle the videos you want to use, activities you want to do, etc. The table posters are full of ideas for you to choose from.
3. Give to a child and ask them to look over it and use it to plan a lesson for your family.
4. Use it to help plan a primary lesson. You can even print one for each child in your class so they can continue learning at home.

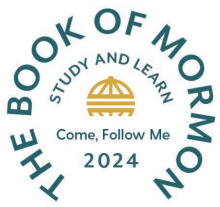
Did you Know?

We have a kids table poster and a teens table poster in every weekly kit?

You can print it or just pull it up on the app and click straight onto the video links.

*See our weekly kits here:





Holding Fast to the Word of God

HELPS ME RESIST TEMPTATION

... whoso would **hearken unto the word of God**, and would hold fast unto it, they would never perish; neither could the temptations and the fiery darts of the adversary overpower them unto blindness, to lead them away to destruction.

1 NEPHI 15:24



“Feasting on the word of God each day is more important than sleep, school, work, television shows, video games, or social media ...you may need to **reorganize your priorities to provide time for the study of the word of God**”

ELDER RICHARD G. SCOTT
OCTOBER 2014 GENERAL CONFERENCE

What could “holding fast” with both hands to the word of God look like in our daily lives? Prioritizing time every day to connect with God. Turning to the word of God in times of trouble and turmoil, but also in times of joy and peace. “... Heed[ing] not what the wicked may say, but the Lord alone we will obey.” Pressing forward with faith. Working hard to catch ourselves when we break our streaks of consistent spiritual focus, and getting right back on track. These commitments of “holding fast” are easier to adopt when we have faith in the promise that we will “never perish” and that the temptations of the world will not be able to lead us to destruction.

HEIDI CARTER - ARTIST



Think about It

- What do you see in this art?
- How is the iron rod helping this person?
- Why do you think the rod is made of iron (instead of wood or something weaker)?
- What might happen if this person lets go of the rod?
- What does this art mean to you and your life?

I CAN HOLD TO THE ROD

by Elizabeth Little

What does it mean to hold to the rod?
Can I do it when I'm small?
Do I have to be big or is it my size
Do I have to be clever or tall?

No, the rod is just right for each Child of God
It fits perfectly in each hand
It is made out of love; it will help us be strong
It will help us to follow His Plan.

I can ponder each day the stories of old
I can write and draw what I think and feel
I can look for my Savior and see His hand
The power that comes is real.

SCRIPTURE ACTIVITY

Open your scriptures to 1 Nephi 8:30, mark the scripture, and draw a little picture of a rod of iron in the margins.

What is your favorite part of this scripture?

Music

This is a great version of the iron rod with the Tabernacle Choir and Orchestra at Temple Square.



THE IRON ROD

YouTube.com | 4:36 mins

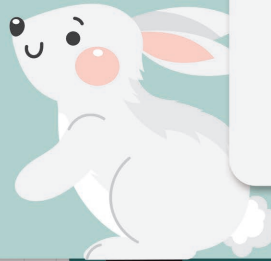
DAILY HABITS

Reading the scriptures every day helps you cling to the iron rod and be able to resist temptation. What is another daily habit that helps you resist temptation? In this video, what do these daily habits represent? What does the bunny represent? Notice- the girl doesn't do anything wrong. The bunny just comes to her. That is like temptation. It is a natural part of being on the earth. The important thing is what we do when temptation comes.



The Sneaky Bunny
A Story about Resisting Temptation

Latter Day Kids, YouTube, 5:07



DAILY HABITS I CAN DO ...

1 _____

2 _____

3 _____

Scripture challenge

Elder Scott taught that every time you memorize a scripture, it is like making a new friend that can help in times of need!

Here a few ideas to help you memorize some scriptures:

- Write a scripture on a Post-it Note and put it on your bathroom mirror.
- Write a scripture on an index card and use it as a bookmark.
- Create a section for your favorite scriptures in a journal.
- Write a scripture and hang it on your fridge until everyone has it memorized and then replace it with a new scripture.
- Put the words of a scripture to a tune of a song you know.

Do you wish you could see the vision that Nephi saw? That would be amazing! This video helps us imagine what it might have been like.



Nephi Sees a Vision of Future Events
1 Nephi 10-15

ChurchofJesusChrist.org | 14:50

Nephi learned that the mist of darkness in Lehi's vision represented the temptations of the devil.

How is temptation like a magnet? How can Jesus Christ help you to resist temptation?



Temptation Fades as We Seek Christ
in Every Thought

ChurchofJesusChrist.org | 2:57

WATCH AND LEARN