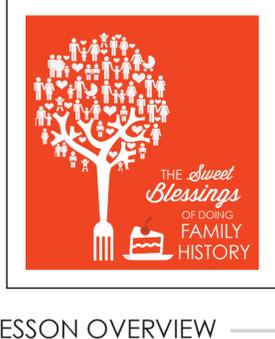


THE SWEET BLESSINGS OF DOING FAMILY HISTORY



This kit will help you in your leadership as you inspire others to step up and become more involved in Family History and Temple Work. In doing so, they will be following the Prophet and they will receive promised blessings.

You can adapt this lesson for Family Home Evening, Primary Sharing Time, Activity Days, YW /YM Activities, Personal Progress and Relief Society Enrichment Activities.

LESSON OVERVIEW



OBJECT LESSON

Our Ancestors Need Our Help



PROMISED BLESSINGS

Four Key Blessings We Receive



PUNCH CARD

Temple Card For Tracking

WE ARE BLESSED WHEN WE DO FAMILY HISTORY / LESSON OUTLINE



TO DO: Buy or make chocolate cake, enough for each youth to have a slice. Bring forks, plates, napkins, and wet wipes - things may get messy. Print up all of the printables.

LESSON OBJECTIVE: Help the youth understand that Family History and Temple Work blesses their ancestors BUT it **also blesses them**. They will learn four of the **promised blessings** they receive as they help in the Lord's work of redeeming the dead.

IDENTIFY THE DOCTRINE: "While temple and family history work has the power to bless those beyond the veil, it has an equal power to bless the living."

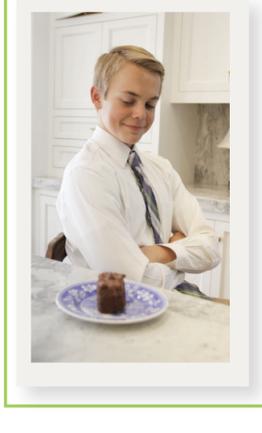
President Russell M. Nelson

CHOCOLATE CAKE OBJECT LESSON



LESSON: Start by asking, "Who REALLY loves chocolate? I'm not talking about just liking chocolate, who REALLY, REALLY, **L-O-V-E-S chocolate?**"

Choose a youth who loves chocolate to be your first volunteer and have them sit at the table.



PLACE a slice of chocolate cake at the edge of the table. Tell your **first volunteer** that the cake is theirs the only thing is, they **can't move their body towards the cake or use ANY PART of their body to move the cake towards them**, but they can have the cake. (If they move closer to the cake, remind them that they can't use their body in any way.)

This volunteer is left not knowing how to get the cake. After a moment ask, "Who would like to **HELP** so-and-so (your first volunteer) get their chocolate cake **and receive something sweet in return?**" Call on someone to come up and be your **second volunteer**.

DISCUSSION: Point out that the **first** volunteer represents our ancestors. Have them hold the ancestors print {see below}. Our ancestors who have died can't use their body to do their Family History and Temple Work because they no longer have a body. **They need someone to stand in their place**, to **STEP UP** and **HELP them by doing** their work.



ASK the first volunteer: "How would you feel if we made you wait 10 more minutes before we fed you the cake? What if you sat there for 2 hours waiting for us to **HELP** you so you could eat the cake? How about if you had to sit there for a week or a month - - waiting? Is it fun waiting a long time for something you really want?"

SHARE that many of **our ancestors have been waiting not just minutes or months, but years and years** for their Family History and Temple Work to be done {**SHOW** the "Not Just Minutes Or Months But Years and Years" poster - see below.}



ASK for two more volunteers to come up - these will be called our "help now" volunteers. Turn to the **first** volunteer and say, "How would you feel if you were patiently waiting for help to eat your cake, but then you saw others around you start to eat cake **because someone stepped up to help them?**" **HAVE** one of the "help now" volunteers step up and feed the other a bite of cake.

ASK your first volunteer: "What does it feel like to be waiting for something sweet that you want, only to see another person have it? Do you think you might feel frustrated?"

SHARE that we know that those who have died **do notice** when the work has NOT been done for them but it has been done for others. In your own words, briefly retell or read the personal testimony of Wilford Woodruff meeting the spirits of the Founding Fathers in the St. George temple.

Wilford Woodruff's personal testimony as delivered in the Salt Lake City tabernacle in September of 1877:



You can print this image from LDS.org

"I will here say, before closing, that two weeks before I left St. George, the spirits of the dead gathered around me, wanting to know **WHY we did not redeem them**. Said they, "**You have had the use of the Endowment House for a number of years, and yet nothing has ever been done for us.**"

We laid the foundation of the government you now enjoy, and we never apostatized from it, but we remained true to it and were faithful to God."

These were the signers of the Declaration of Independence, and they waited on me for two days and two nights. **I thought it very singular, that notwithstanding so much work had been done, and yet nothing had been done for them.** The thought never entered my heart, from the fact, I suppose, that heretofore our minds were reaching after our more immediate friends and relatives.

I straightway went into the baptismal font and called upon Brother McCallister to baptize me for the signers of the Declaration of Independence, and fifty other eminent men, making one hundred in all, including John Wesley, Columbus, and others. I then baptized him for every President of the United States, except three; and when their cause is just, for everybody will do the work for them."

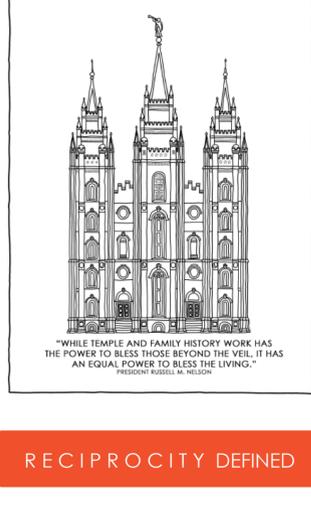
(Journal of Discourses Vol. XIX, pg 229)

ASK your first volunteer, "Are you tired of waiting to eat your cake? Invite the second volunteer to **STEP UP** and feed the first volunteer their cake.



SHARE: "Today, {name of the first volunteer}, had a little taste of what it may be like for our ancestors who are waiting to have their Family History and Temple Work done.

SIMPLIFY THE DOCTRINE: As we bless others, we will be blessed.



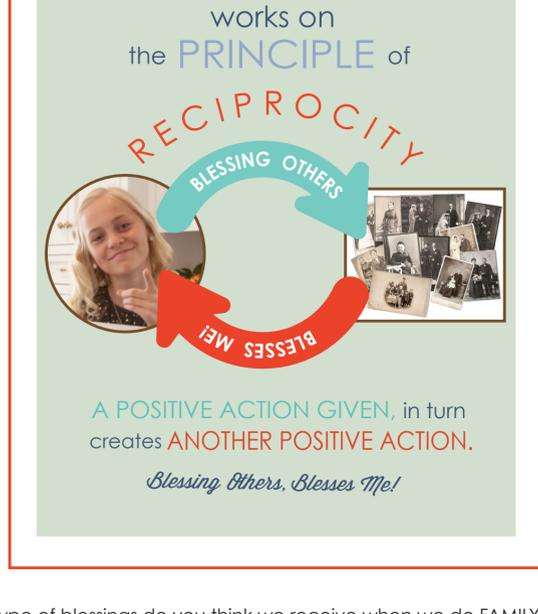
INVITE a youth to read the Family History and Temple Work quote by President Russell M. Nelson (see to the left.)

SHARE that we know that we can bless our ancestors when we do their Family History and Temple Work, **but what we often forget** is that we will receive some incredible blessings in return. **The principle of blessing others, blesses me is sometimes referred to as reciprocity.**

RECIPROCITY DEFINED

TEACH the principle of RECIPROCITY (these teaching prints are found in the printables.)

RECIPROCITY:

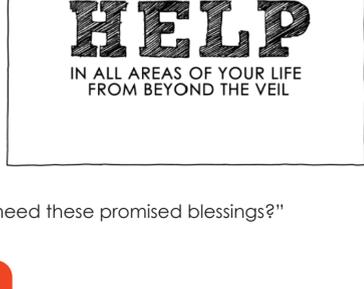
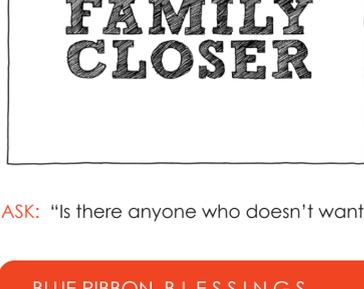
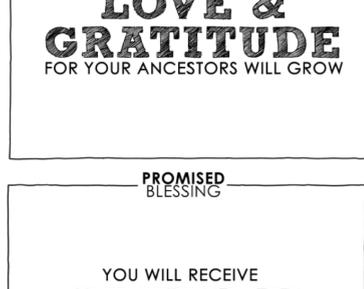
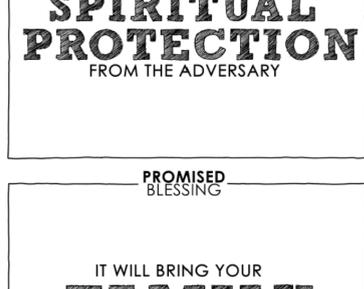


ASK: "What type of blessings do you think we receive when we do FAMILY HISTORY and TEMPLE WORK for our ancestors? (Let them respond.)"

SHARE that apostles and prophets have told us what some of the PROMISED BLESSINGS are. **SHOW** the following prints:



Promised Blessings We Receive From Doing Family History and Temple Work

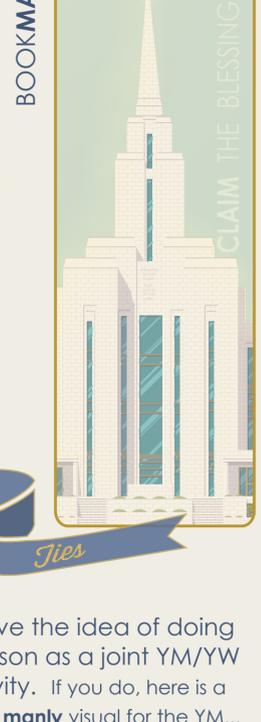
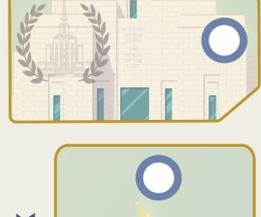


ASK: "Is there anyone who doesn't want or need these promised blessings?"

BLUE RIBBON BLESSINGS

SHARE: Doing Family History and Temple Work ties us to our ancestors. **A blue ribbon** can be a symbol of the eternal **ties** that are made from doing this work since **the color blue symbolizes loyalty, trust and confidence.** Our ancestors trust us and have confidence in us that we will **STEP UP** and do their Family History and Temple Work.

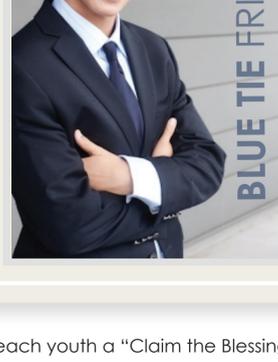
TEACHING POSTERS / THEME DECOR / TAKE HOMES



We love the idea of doing this lesson as a joint YM/YW activity. If you do, here is a fun **yet manly** visual for the YM...

Gather some blue ties and display these in your room with the

"Temple Work Ties Me To My Ancestors..." print taped on them.



Hint that the YM could wear **BLUE TIES** whenever they attend the temple... and give their temple day a special name...

"Blue Tie Friday"



GIVE each youth a "Claim the Blessings" bookmark and consider giving the girls the temple print "Blue Ribbons" (see above.)

CLAIM THE BLESSINGS TEMPLE ATTENDANCE PUNCH CARD

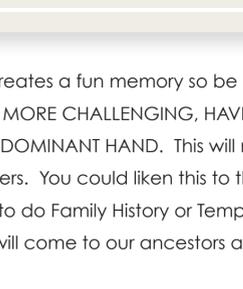
REMINDE the youth that we can ask Heavenly Father for the promised blessings that come from consistently doing His work when we pray. **SHOW** the "Claim the Blessings" temple attendance punch card (see below.) The punch card can go in their wallet/purse to help them track how often they are going to the temple so they can receive the blessings. They can also mark the poster version of the punch card at home to remind them to schedule their next visit to the temple



CLAIM THE BLESSINGS TEMPLE ATTENDANCE PUNCH CARD

For Wallets and Purses

"TASTE THE SWEETNESS OF SERVICE" CAKE EATING ACTIVITY



Have the youth divide into pairs. (This may get a little messy so lay down a plastic table cloth on the floor and perhaps consider NOT putting two silly youth together so you avoid a food fight.) **Give each person a small slice of chocolate cake and a plastic fork.** The fork can have the little blue "Sweet Blessings" ribbon print taped to it. When you say "HELP NOW" they each will help feed their partner a bite of cake. They will do this **at the same time** until their cake is gone.

This creates a fun memory so be sure and take photos! *IF YOU WANT TO MAKE THIS A LITTLE MORE CHALLENGING, HAVE EACH PERSON HELP FEED THEIR PARTNER USING THEIR NON-DOMINANT HAND. This will make it much harder for them to help feed their partners. You could liken this to the fact that with our busy schedules it is not always easy to do Family History or Temple Work - sometimes it is hard to fit in, but the sweetness that will come to our ancestors and to us will be so worth it.

UP NEXT... PREVIEW PRINTABLES FOR THIS LESSON

LESSON CONCEPTS

The graphics and art in this kit are owned by or created by April Sorbonne and Allison Kimball. We hope this kit inspires those you lead and guide to discover the JOY of doing Family History and Temple Work.

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FAMILY HISTORY

works on the PRINCIPLE of

RECIPROcity






A POSITIVE ACTION GIVEN, in turn creates ANOTHER POSITIVE ACTION.

Blessing Others, Blesses Me!

sorbonne design ©

PROMISED BLESSING

YOU WILL RECEIVE

HELP

IN ALL AREAS OF YOUR LIFE FROM BEYOND THE VEIL

@allisonkimball.com

TEMPLE WORK TIES ME TO MY ANCESTORS AND TO BLESSINGS!



sorbonne design ©



SWEET BLESSINGS
COME FROM SERVING MY ANCESTORS

1. YOU WILL RECEIVE SPIRITUAL PROTECTION FROM THE ADVERSARY.

2. YOUR LOVE AND GRATITUDE FOR YOUR ANCESTORS WILL INCREASE.

3. YOU WILL RECEIVE HELP IN ALL AREAS OF YOUR LIFE FROM BEYOND THE VEIL.

4. IT WILL BRING YOUR FAMILY CLOSER.

@allisonkimball.com

SWEET BLESSINGS COME FROM SERVING MY ANCESTORS

date: ___ date: ___ date: ___ date: ___ date: ___

CLOSER FAMILY

SPIRITUAL PROTECTION

date: ___ date: ___ date: ___ date: ___ date: ___

LOVE FOR ANCESTORS

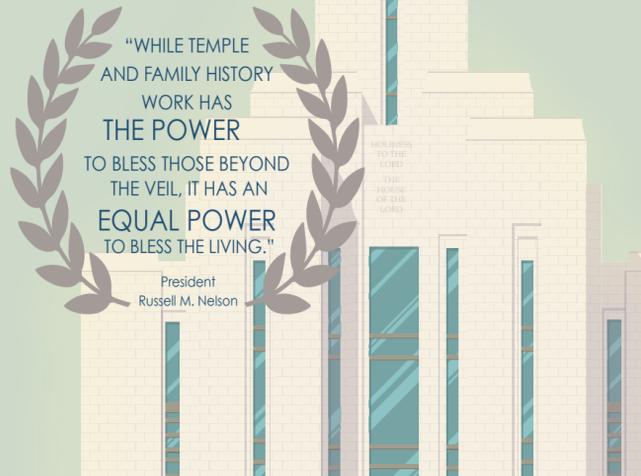
HELP FROM HEAVEN



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"WHILE TEMPLE AND FAMILY HISTORY WORK HAS THE POWER TO BLESS THOSE BEYOND THE VEIL, IT HAS AN EQUAL POWER TO BLESS THE LIVING."

President
Russell M. Nelson





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