

What does a hero or a super hero do? Helps, saves, protects

Who is your favorite hero or super hero?

Today, we are going to talk about a very special hero. I will give some clues and see if you can guess who it is.

1. He was born a long time ago.
2. He lived in a land far away from here.
3. He had 12 special friends.
4. He is sometimes called a Savior and Redeemer.

What does it mean to be a Savior? What does a Savior do? He saves.

What does it mean to be a Redeemer? compensate for the faults or bad aspects of (something).

"a disappointing debate redeemed only by an outstanding speech"

gain or regain possession of (something) in exchange for payment.

"his best suit had been redeemed from the pawnbrokers"

What did Jesus Christ do to become a hero? To become our Savior and Redeemer?

There are pictures set up around the room. I have asked some of your teachers to read some scriptures about the life of Jesus Christ. As you listen to the scriptures, think about which picture it is telling the story about. Then I'll have everyone turn to the picture they think the story is about. Everyone stand up.

When Jesus prayed in the Garden of Gethsemane, died on the cross, and was resurrected, these things together are called the Atonement. It's how Jesus Christ saves and redeems us.

This week, be a hero. Find some way to save, help, or protect someone. Tell your parents your idea for being a hero.

1. Luke 22:13-14, 19-20

2. Luke 22:39-44

3. Luke 23:33-34, 46

4. John 20:11-18

Week 2: Last week, I asked you to be a hero and save, help or protect someone. Does anyone want to share how they were a hero or how someone else was a hero for them?

Last month Sister Wiese taught us that Heavenly Father and Jesus Christ are 2 real, separate people and that they both love us very much. Last week, we learned that Jesus Christ is our Savior and Redeemer. Today and next week, I will teach why Jesus is our Savior and why He is our Redeemer.

First, what is the Atonement? The Garden, the cross, the tomb. We are only going to talk about one part today and the other part next week.

Where were we before we were born? Show little boy and girl spirits living in Heavenly Father's plan for us to grow and become better. We needed bodies and learn things that He knew. We chose to follow His and Jesus's plan, the Plan of Salvation. The world was created, Adam and Eve were placed here, and they fell. Because they fell they and we could learn about opposition; right and wrong, pleasure and pain, virtue and vice, happy and sad, etc. However, this fall also brought 2 big obstacles to returning to our Heavenly Father; death and sin.

Show spirit children with body, both physical and spirit. Everyone stands up and closes eyes. Imagine you are walking and you come to the huge hole. Stop walking, you don't want to fall in. Think Lake Powell, Grand Canyon, Bear Lake. Can you jump or swim across? That's how death is.

Death separates our bodies from our spirits. We cannot put them back together. But Jesus is our Savior. What did he do? He came here to Earth, he died and on the 3rd day was resurrected. Then he gave us, all of us, the gift of resurrection. It's like he built a bridge to cross that big hole or canyon. Every person who has a body, had a body or will have a body will be resurrected one day. This is how he saves us. We don't have to do anything to receive this gift.

If we are going to have our bodies back again after we die, shouldn't we take care of them?
Challenge: Sure with family why you love your body and decide one way you can take care of your body; eating good foods, exercising, not coloring on it, etc.

Ok. So we figured out how to overcome one obstacle in our way to returning to Heavenly Father. How do we overcome sin? This is how Jesus is our Redeemer, (he makes up for our faults and gives us something in exchange for something else.) What did Jesus do? Garden of Gethsemane picture. What was Jesus doing while he was praying? He felt all the pain, guilt, and suffering we feel when we make a mistake and sin. He also felt all the pain, sadness, and hurt that comes from being sick, injured, made fun of, or anything that makes us unhappy. He knows exactly how we feel and he can help us feel better and clean us of our sins.

However, this part is not just a gift like resurrection. In order to be forgiven and be made clean, there are some things we need to do. Who knows the 4th article of faith? Once we have taken these steps, as we strive to keep the commandments and endure to the end, we simply need to have faith and repent each time we make a mistake. That will help us be clean so that we can return to Heavenly Father. Discuss steps for repentance.

Sin

Atonement .

Resurrection Death

Faith Repentance

Baptism by Immersion

Gift of the Holy Ghost

Keep the Commandments

Endure to the End

Home Heavenly Father