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September 20-26

"To Have the Heavens Opened"

1. Scripture Hop – Follow instructions on page 3 below for a scripture hop for D&C 108:7.
 - Talk about ways we can strengthen others through our **conversations**. What are some kind words we can say to lift others up instead of pulling them down?
 - How can our **prayers** strengthen others? Talk about specific people we can pray for.
 - What are some **actions** ("doings") we can do to strengthen others? Choose some specific actions to take to strengthen others.
2. Balloon Muscle Activity (Strengthening Others)– We're going to have a little bit of fun with this one. After discussing D&C 108:7, use small red balloons as pretend "muscles." Take turns sharing one example of a conversation, prayer, or action that you could do to strengthen someone else. As each is shared, give someone else a "muscle." That person can try to slide it into their sleeve or tape it onto their sleeve. See how strong you can make others. You could also use small balls/red circles of paper/whatever else you can think of. Or if you're a primary teacher, you can go with the manual's suggestion to draw bigger muscles on a person on the board as kids name things they can say or do to strengthen others.
 - Choose a specific person we know that we could strengthen. [This super cute "Guess WHOOO Loves You" craft from theredcrystal.org](#) could be fun to do for others.
 - A variation idea for this could be to blow the balloon up every time they share an idea for how to uplift and strengthen someone else. The more ideas they give, the bigger the muscle will be.
3. Sunshine/Cloud Activity – One gift that God has given us to help strengthen others is the priesthood. Remind them that the priesthood power is something that is used to bless and strengthen **others**. Show sun/cloud picture on page 4 below and explain that the priesthood makes it possible for the heavens to be opened to us (D&C 107:18-19). The first man on earth (Adam) was able to use it to bless his family, and it has been restored so our families can be blessed by it now too!
 - Follow instructions on pages 5-6 below.
4. Conference Prep Musical Envelopes – Our kids love doing this "Musical Envelopes" game, so we thought it would be great to do a conference prep version of it this week. Here's how it works:
 - On pages 7-10 below, there are 4 different envelope sheets/activities that go into separate envelopes. Depending on the attention spans of your kids, it could also be a fun idea to throw a very small treat into each envelope as well (like a Skittle or M&M). This helps them look forward to opening the new envelopes a little more, but for some kids, it might distract them from the message too much. Use your own judgment for what you think is best with your own kids.
 - On the outside of each envelope, write #1, #2, #3, and #4.
 - Have everyone sit in a circle and hand out the envelopes randomly.
 - Play some primary music (such as "[Follow the Prophet](#)") while people pass the envelopes around the circle. Stop the music at random times. The first time you stop, whoever is holding #1 will get to open it.

Read what's on the sheet, discuss, and do the corresponding activity. Follow the same process again and go in order opening the envelopes (the next time the music stops, whoever has #2 will open it, then #3, then #4).

5. Sweet Conference Treat Jar – Make or eat a favorite treat while talking about this quote: *“Surely there is no sweeter sound than the name of JESUS” (Lisa Harkness). Share things we’ve learned about Him from past conferences, scriptures, etc.*
 - For General Conference: Print up the label on pages 11, 12, or 13 below and put them on bowls/jars/bags of small treats. Whenever you hear someone mention the name of Jesus during conference, get a treat from the bowl/jar/bag. You can choose to have one community container that everyone shares from or give each person their own baggie.

Additional Ideas:

More Great Free Ideas at www.theredcrystal.org

“Prophets” 3:40 video from Latter Day Kids

“Listen to a Prophet’s Voice” 3-minute video from church

“LDS Apostle Song” Sing-a-long

Conference Notebook Activities from *The Friend*

Conference Bingo from the church website

Bingo Cards for Older Youth

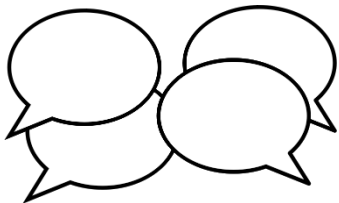
SCRIPTURE Hop

(DEUT 108:7)

Cut apart the following strips and spread them out far enough in a room so that the kids will need to hop from one strip to another. Make sure to keep them in the correct order. Have them stand by the first one and help them say the top line out loud. Explain what it means. Then have them jump to the next one and do the same thing until they've jumped on each of them, said them out loud, and discussed them one at a time. Then have them start back at the beginning and practice saying the phrases from this verse in order while hopping from strip to strip again. Try going a little faster each time. Repeat as many times as wanted/needed. These can also be used as flash cards, taped onto the wall to practice throughout the week, etc.



STRENGTHEN YOUR BRETHREN



In all YOUR CONVERSATION,



In all YOUR PRAYERS,



In all YOUR EXHORTATIONS,



And in all YOUR doings.

Note: The whole verse says, "Therefore, strengthen your brethren in all your conversation, in all your prayers, in all your exhortations, and in all your doings."

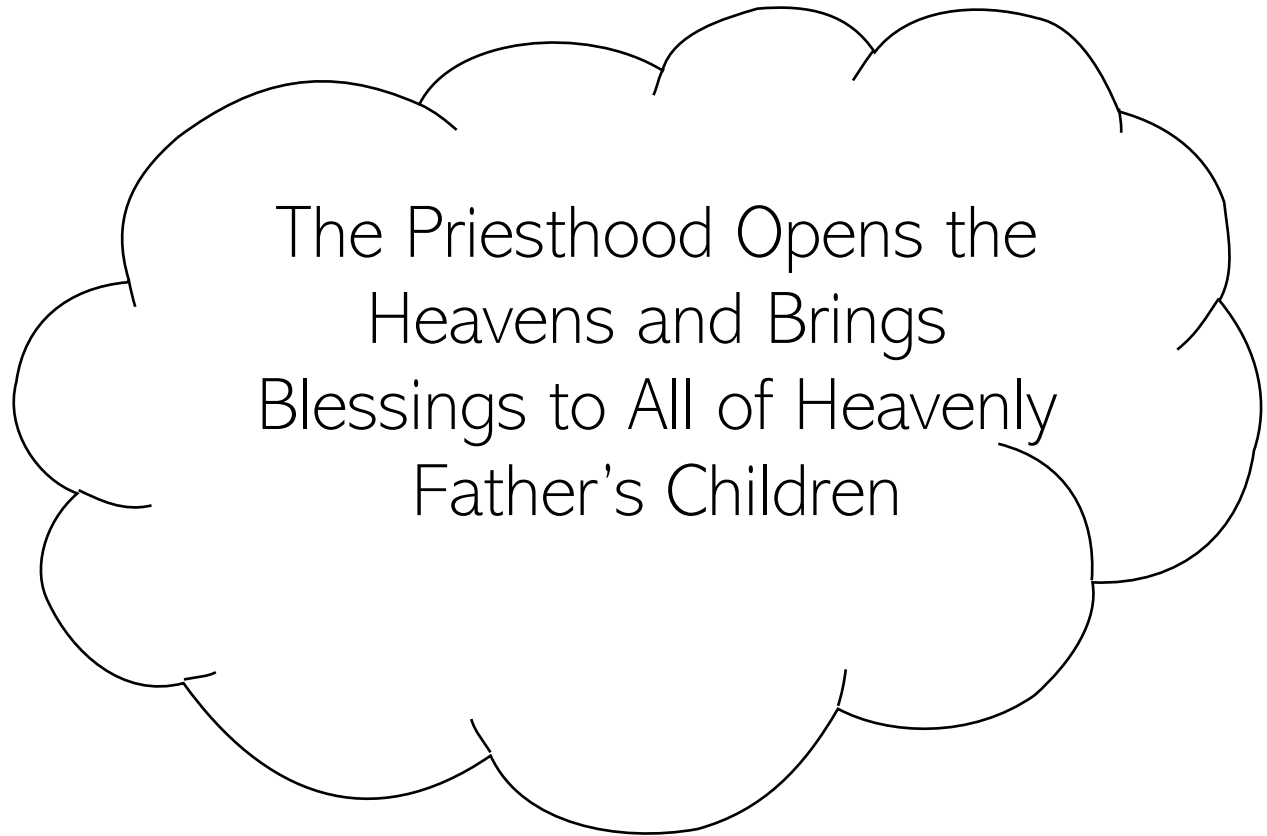


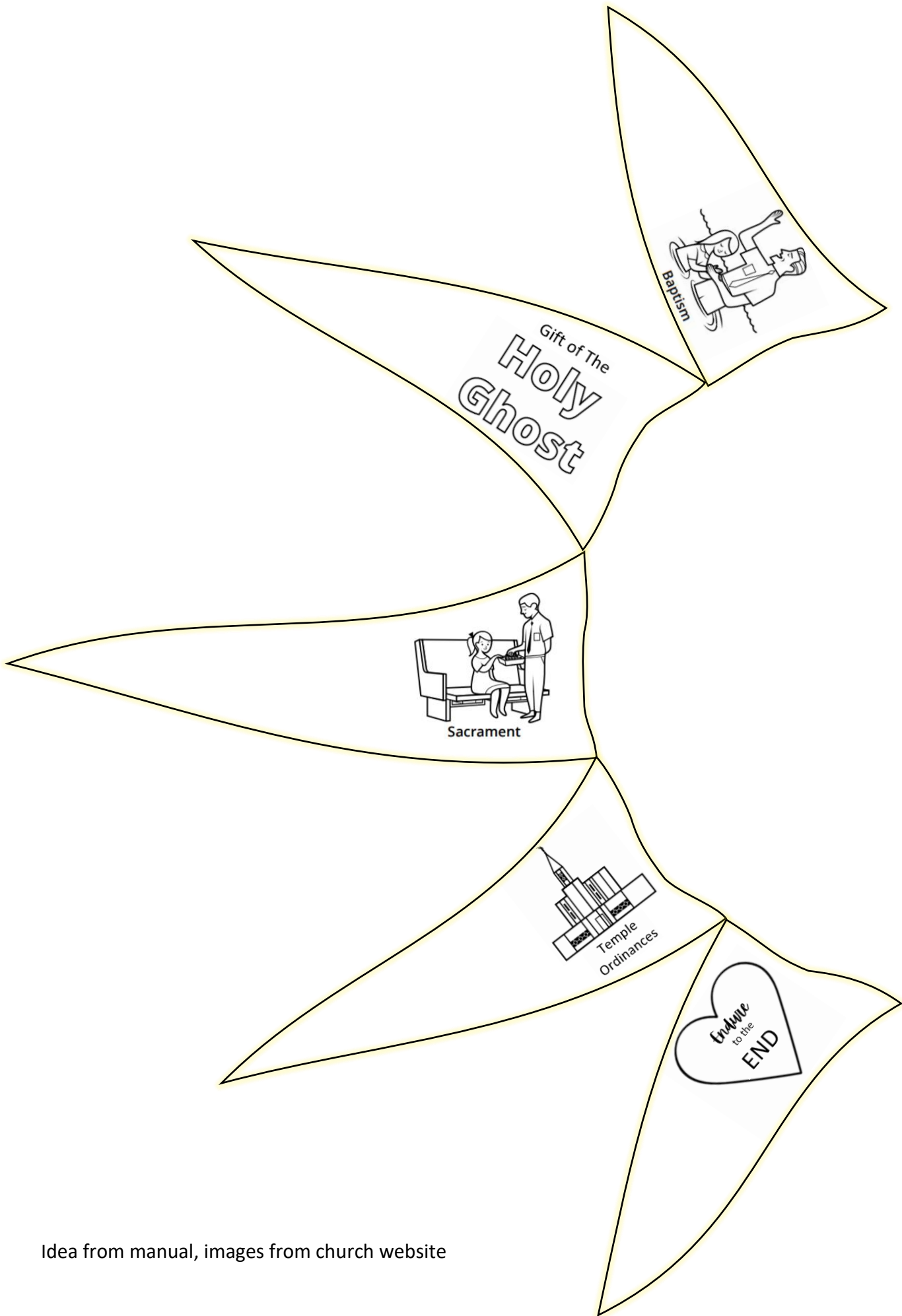
Adam Blessing His Posterity, by Clark Kelley Price

Sunshine/Cloud Activity

Give each person a light ray to represent “the heavens being opened” (D&C 107:19) because of the priesthood. Have them share what the picture is on their light ray, why they are thankful for that blessing that comes from the priesthood, and then place their ray around the cloud. Bear testimony that we can have these blessings because Heavenly Father restored the priesthood. Explain that these things all lead us back to Heavenly Father.

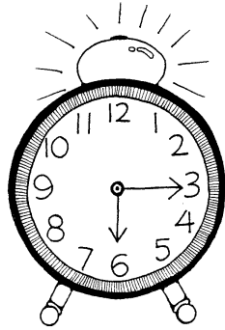
Note: Enduring to the end isn't necessarily a priesthood ordinance, but help them see ways that the priesthood power can help us endure to the end.





Idea from manual, images from church website

CREATE TIME AND SPACE



QUOTE

*"Be intentional about creating time and space to hear God's voice"
(Michelle Craig).*

What does it mean to be intentional? What dates and times will our next general conference be? Where do we plan to listen to/watch it?

ACTIVITY

On a separate sheet of paper, use words/pictures to draw out a PLAN for how we can prepare our physical space to help us hear messages from God during the next conference. Hang it up to remind you of your plan when it's conference time! Some questions to help get you thinking could include:

- *Where will you sit to watch conference?*
- *What time do you want to start watching?*
- *Would it be helpful to have a separate snack area with snacks you can grab to eat as you listen to talks?*
- *What kinds of healthy snacks could be included?*
- *Would it be helpful to have an area of the room prepared with drawing materials? Or an area with quiet toys?*
- *What other ideas do you have?*

PRAYING FOR/SUSTAINING



SCRIPTURE

D&C 107:22 says that we can uphold church leaders through our "confidence, faith, and prayer[s]".

ACTIVITY

- Do you think we can pray for prophets, apostles, and other leaders who might be speaking in conference? What might we say in our prayers for them?
- Look at pictures of church leaders. What do these leaders do? Why are you thankful for them?
- Watch the "[Meet the Prophet and Apostles Name Game](#)" 10-minute video from Latter Day Kids to quiz yourself on some of our leaders.

LISTEN TO A PROPHET'S VOICE



SONG

Sing "[*We Listen to a Prophet's Voice.*](#)"

ACTIVITY

- Is it hard to listen to others sometimes?
- Sit in a circle and play "Telephone" to practice being good listeners. One person will start by whispering a short sentence into the ear of the person to their left. That person will pass it to the person their left, and this continues until everyone has heard the sentence. The last person to hear the message will say it out loud. Repeat until everyone has had a turn to start.
- See if you can listen with your heart during conference talks. If your heart feels happy while you're listening, that's the Holy Ghost telling you that what the speakers are saying is true!

ACT ON PROMPTINGS



QUOTE

*"Act without delay."
-Michelle Craig*

ACTIVITY

- Sing "[Follow the Prophet.](#)"
- After we've heard talks from our church leaders, it's important to act on what we've learned and what we feel is true.
- Take turns choosing random tasks for others to do (hug the person to your left, touch your toes, etc.). Race to see who can do them the most quickly!
- While listening to conference, pay attention to what you feel prompted to do, and try to do those things without delay!

CHURCH LEADER PICTURES



Russell M. Nelson

President Russell M. Nelson was sustained and set apart as the 17th president and prophet of The Church of Jesus Christ of Latter-day Saints on Sunday, January 14, 2018, in the upper room of the Salt Lake Temple.



Dallin H. Oaks

President Dallin H. Oaks was sustained and set apart as first counselor in the First Presidency and president of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints on Sunday, January 14, 2018.



Henry B. Eyring

President Henry B. Eyring was sustained and set apart as second counselor in the First Presidency of The Church of Jesus Christ of Latter-day Saints on Sunday, January 14, 2018.



Camille N. Johnson

Sister Camille N. Johnson serves as the 14th General President of the Primary for The Church of Jesus Christ of Latter-day Saints.



Susan H. Porter

Sister Susan H. Porter was sustained as Second Counselor in the Primary General Presidency on April 3, 2021.



Amy A. Wright

Sister Amy A. Wright was sustained as Second Counselor in the Primary General Presidency on April 3, 2021.

Last Updated On 16 Apr 2021

**M. Russell Ballard**

M. Russell Ballard is the Acting President of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints. He has served as an Apostle since October 6, 1985.

**Jeffrey R. Holland**

Elder Jeffrey R. Holland was ordained a member of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints on June 23, 1994.

**Dieter F. Uchtdorf**

Elder Dieter F. Uchtdorf served as Second Counselor in the First Presidency of The Church of Jesus Christ of Latter-day Saints from 2008 to 2018. He was sustained as a member of the Quorum of the Twelve Apostles of the Church on October 2, 2004.

**David A. Bednar**

Elder David A. Bednar was ordained and set apart as a member of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints on October 7, 2004.

**Quentin L. Cook**

Elder Quentin L. Cook was sustained as a member of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints on October 6, 2007.

**D. Todd Christofferson**

Elder D. Todd Christofferson was called to the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints on April 5, 2008.

**Neil L. Andersen**

Elder Neil Linden Andersen was named an Apostle of The Church of Jesus Christ of Latter-day Saints on April 4, 2009.

**Ronald A. Rasband**

Elder Ronald A. Rasband was called to the Quorum of the Twelve Apostles on October 3, 2015.

**Gary E. Stevenson**

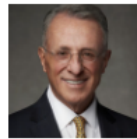
Elder Gary E. Stevenson was sustained to serve as a member of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints on October 3, 2015.

**Dale G. Renlund**

Elder Dale G. Renlund was named an Apostle of The Church of Jesus Christ of Latter-day Saints on October 3, 2015.

**Gerrit W. Gong**

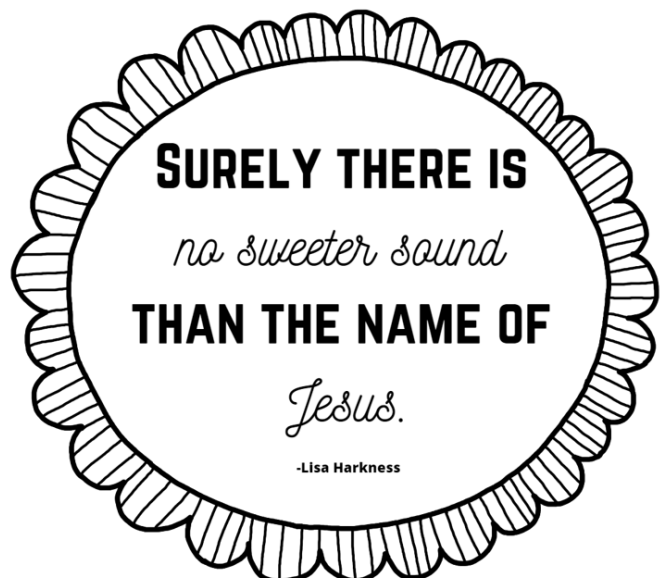
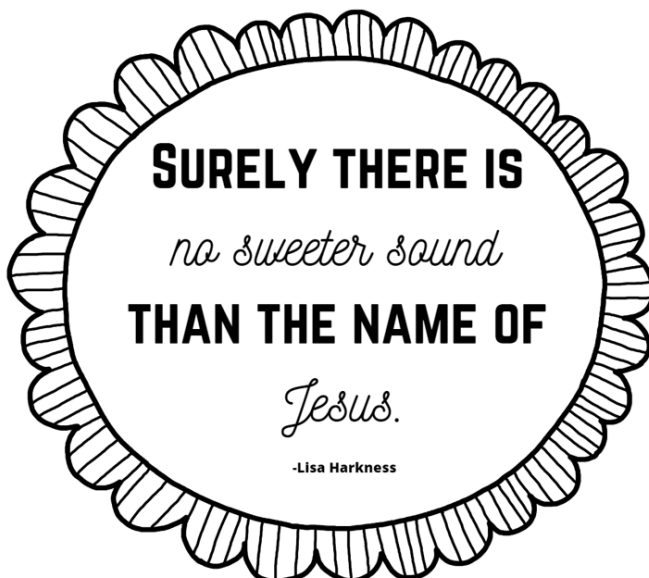
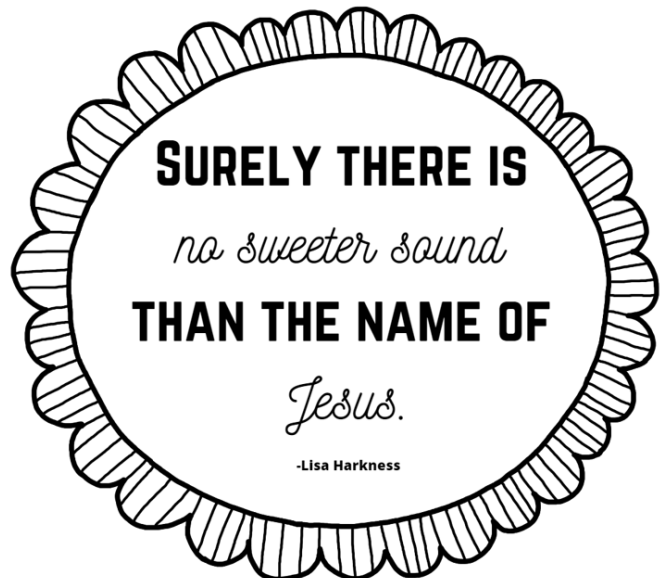
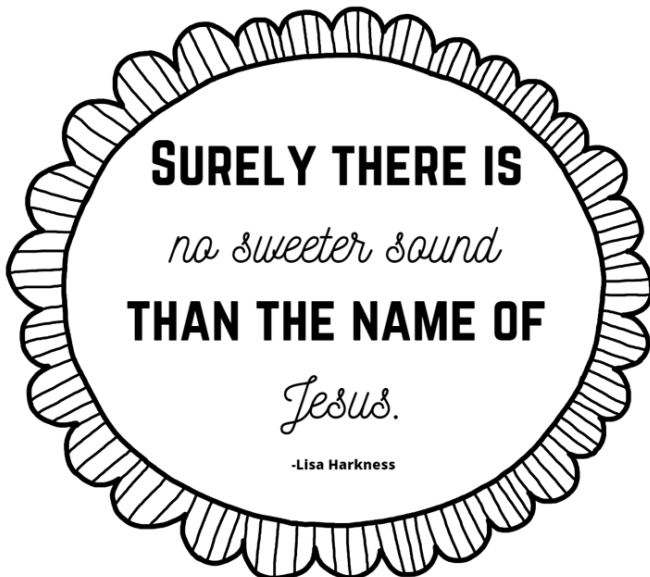
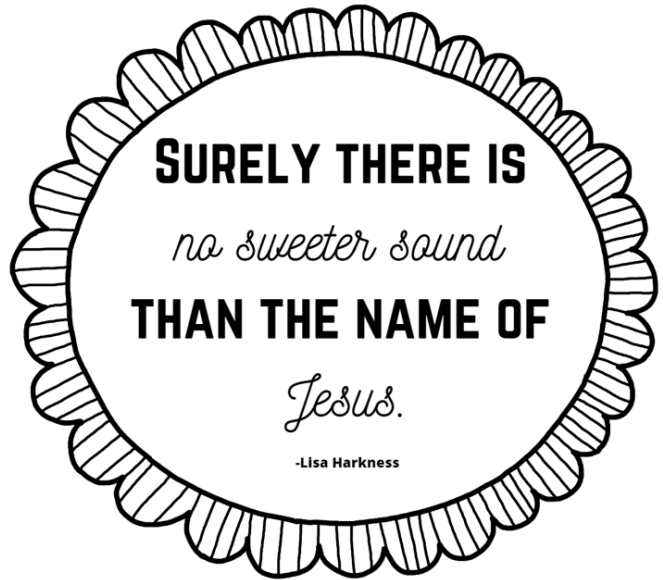
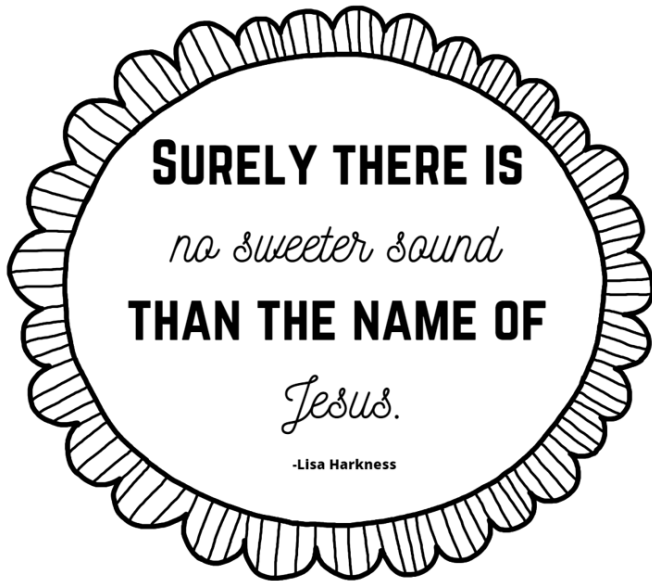
Elder Gerrit W. Gong was sustained as a member of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints on March 31, 2018.

**Ulisses Soares**

Elder Ulisses Soares was sustained as a member of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints on March 31, 2018.

Current Church Leader Information Found On [This Webpage](#).

Put these labels on bowls/jars/bags of small treats. Whenever you hear someone talk about the name of Jesus during conference, get a treat from the bowl/jar/bag.





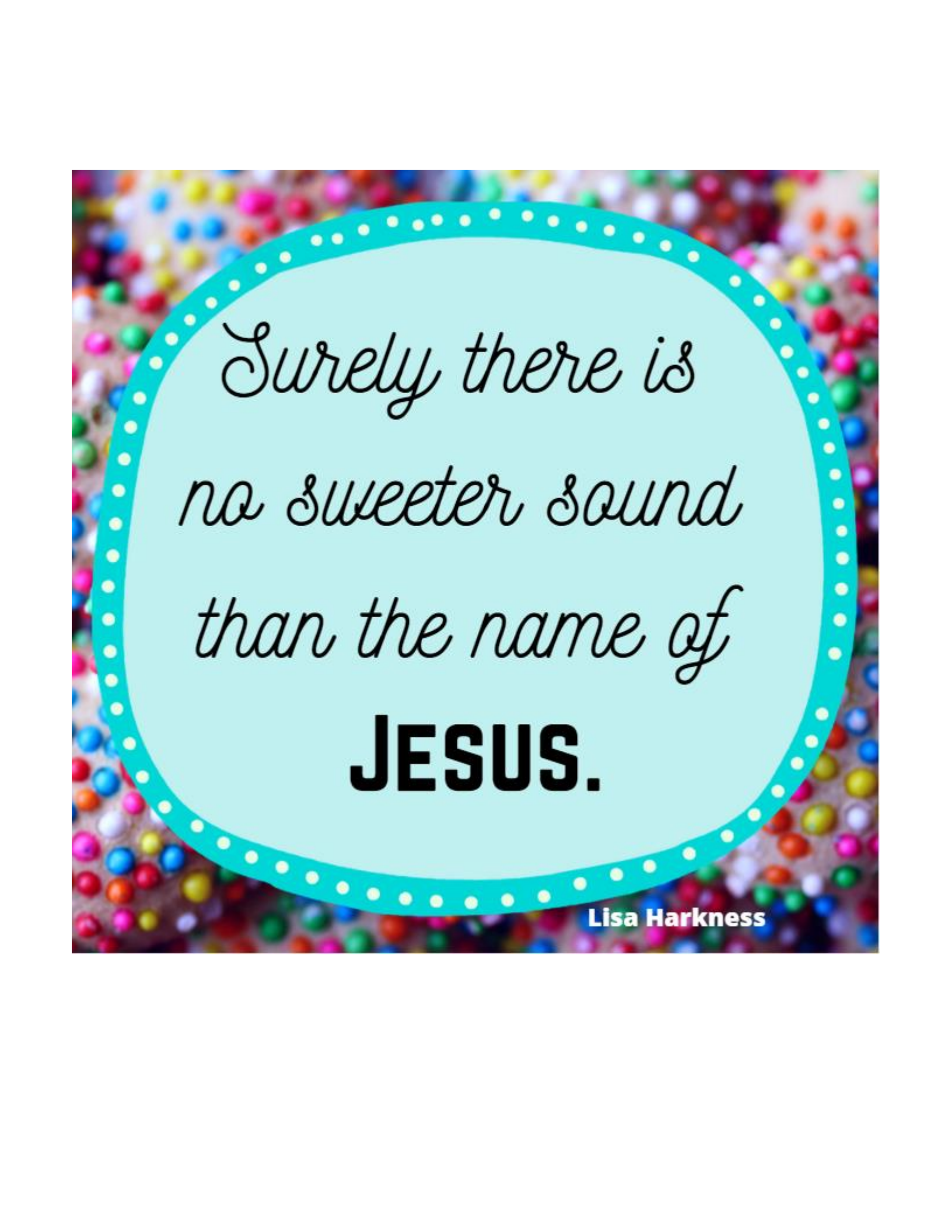
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-Lisa Harkness



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