

BEHOLD YOUR LITTLE ONES

Lesson 6 • The Holy Ghost Helps Me

MAIN IDEA The Holy Ghost helps me feel what is true and good. He can guide me, comfort me, and help me choose the right.

BRING

- Picture on page 30
- Words to “I Know My Father Lives”
- A few simple right-choice examples to act out

SAY IT SIMPLY

“The Holy Ghost helps me.” • “The Spirit whispers.” • “The Holy Ghost helps me choose the right.”

LESSON FLOW

1. Song Sing the first verse of “I Know My Father Lives.” Actions: touch chest / cup hand to ear.
2. Name it Invite the children to say “Spirit,” then “Holy Ghost.” Explain that the Holy Ghost helps us know Heavenly Father loves us.
3. Role play Act out right choices: walking to church, sharing a toy, helping sweep, or obeying. After each one say, “That is right.”
4. Story Tell about David in the storm. Make thunder, wind, and rain actions. Say that after he prayed, he felt safe and peaceful.
5. Comfort Explain: “Heavenly Father sent the Holy Ghost to help David not feel afraid.” Have the children say “Holy Ghost.”
6. Repeat & close Repeat: “The Holy Ghost helps me.” Share a brief testimony that the Holy Ghost helps us.

REPEAT TOGETHER “The Holy Ghost helps me.”