

BEHOLD YOUR LITTLE ONES

Lesson 9 • I Have a Body like Heavenly Father's

MAIN IDEA Heavenly Father is real, and He has a body. My body is a special gift from Him.

BRING

- Picture on page 42
- Words to the first verse of "I Am a Child of God"

SAY IT SIMPLY

"I have a body like Heavenly Father's." • "Heavenly Father is real." •
"Heavenly Father gave me my body."

LESSON FLOW

1. Song Sing the first verse of "I Am a Child of God." Remind the children that when we say "God," we mean Heavenly Father.
2. First Vision story Show page 42. Tell how Joseph Smith prayed and saw Heavenly Father and Jesus Christ.
3. Body parts Say: "Heavenly Father has arms. Show me your arms. Heavenly Father has hands. Show me your hands. Heavenly Father has a face. Touch your face."
4. Real person Say: "You are a real person. Heavenly Father is a real person. He created your body."
5. Activity verse Do the verse with actions for ears, eyes, hands, feet, and toes. End by sitting down quietly.
6. Repeat & close Invite the children to say, "I have a body like Heavenly Father's." Express gratitude for our bodies.

REPEAT TOGETHER "I have a body like Heavenly Father's."