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# Broken Heart Activity

As a family, read Leviticus 1:1-4 and 3 Nephi 9:19-20. Compare the differences between what the people were commanded to do in ancient times in the Bible and what the Nephite people were commanded to do after Christ had sacrificed himself for us. Ask your children if they know what a “broken heart” and “contrite spirit” might mean. A broken heart could mean we are humble and open to the Lord’s guidance, willing to sacrifice to become better. A contrite spirit means we’re humble, teachable, recognize when we make a mistake, are repentant, and we always try to do better. (Look up the phrases in the Index and Topical Guide for more synonyms.)

After discussing broken heart and contrite spirit, use the provided heart template for your “Broken Heart” activity.

Supplies:

red and pink construction paper

scissors

pan (9x13 or similar)

water

1. Use the heart template to trace a heart for each family member. Cut out the hearts and fold along the lines.
2. Fill your pan about half way full of water.
3. Take turns placing each heart on top of the water.
4. As the paper absorbs the water, it will “open.”

Talk about how the paper hearts are like our hearts. When we have a “broken heart” and “contrite spirit” our hearts will be open to what God wants to teach us. Our hearts will be open to Him and we will be humble and teachable.

