

Come Follow Me FHE

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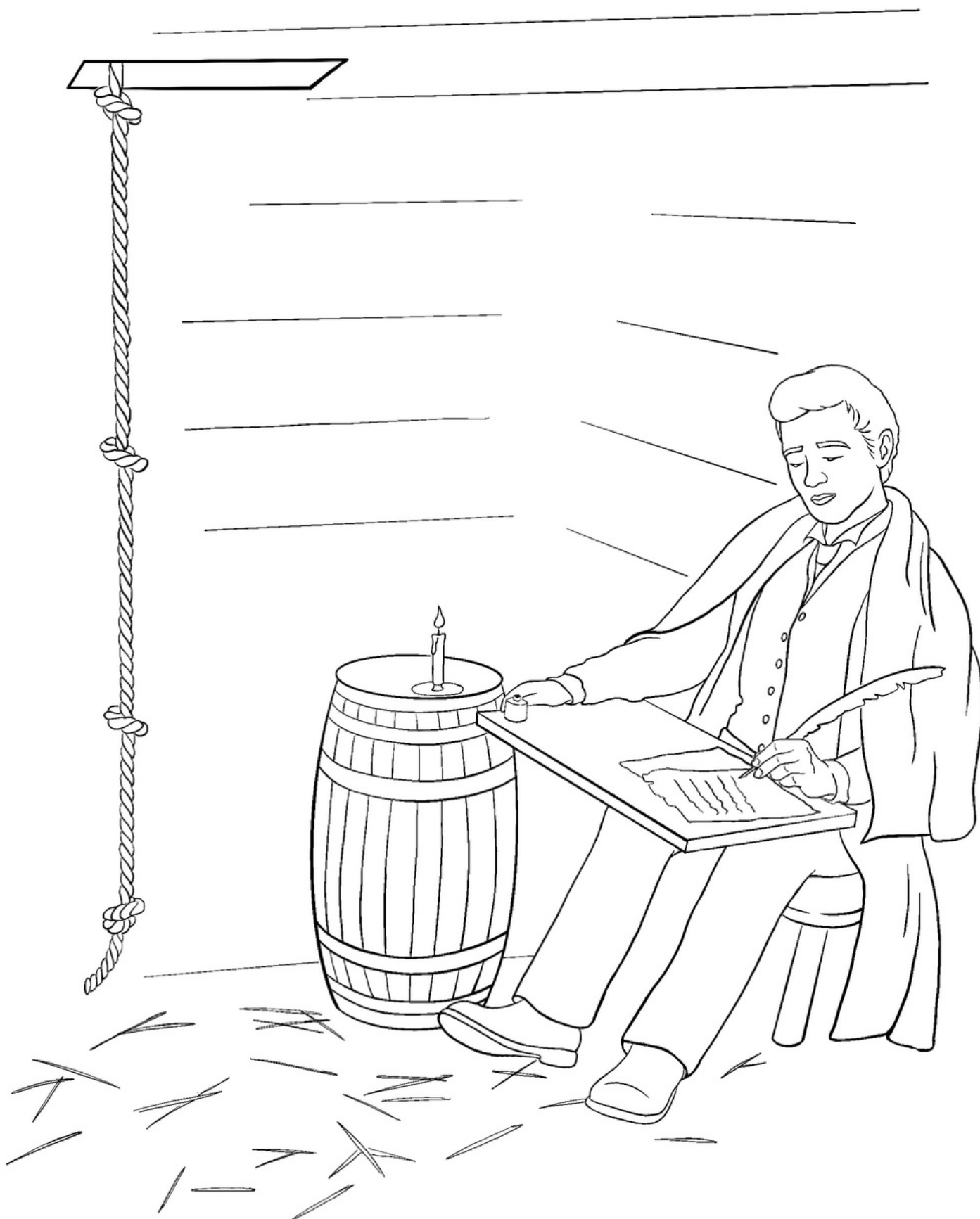
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D&C 121:1-8; 122:5-9; 123:17



D&C 121:1-8; 122:5-9; 123:17



Liberty Jail Object Lesson

D&C 121:1-8, 122:5-9

SUPPLIES

ping-pong ball
dry beans
tall jar or container

1. Place a ping-pong ball in a tall container. Explain that the ping-pong ball represents us.
2. Next, pour dry beans on the ping pong ball. As you pour the beans in the jar, discuss the trials the saints and Joseph faced at this time or trials that your family is facing. Joseph felt like everything was going wrong for him and the saints. Discuss how Christ taught Joseph in Liberty Jail. He was with Joseph and the saints in their trials.
3. Show the container to your family. Explain that during trials, we feel like we are drowning and the only things we can see sometimes are the hardships. This is how Joseph and the saints felt too.
4. Begin moving the container side to side. As you do this, the ping-pong ball will slowly rise to the top.
5. As you shake it, explain that if we count our blessings and rely on the Lord, He will help us find joy in our trials and rise above our hardships.

