Lesson 28: Our Parents Help Us Learn

Purpose

• To help the children understand how their parents or guardians can help them learn to obey the commandments.
• Our Opening Prayer will be given by:

(Enter name here)
Attention Activity

• Here you see a mother and a baby.
• You have all seen mothers and babies.
Attention Activity

- What can the baby do for himself?
- What does the mother do for the baby?
- How does the baby learn to talk?
- How does the baby learn to walk?
• Someone has to care for the baby.
• He or she depends on his or her parents for everything.
• They love the baby, and they spend their days and sometimes their nights watching over him.
• What are some things you have learned since you were a baby?

• Who taught you and cared for you?
Adam and Eve, the first man and woman on the earth, were taught the gospel of Jesus Christ and told to teach it to their children.

Let’s read Moses 6:59.

Therefore I give unto you a commandment, to teach these things freely unto your children,
• What commandment does Jesus Christ give to parents?

• To teach their children.

• The things parents should teach are the truths of the gospel; see D&C 93:40.)
• Listen to this song that we are about to sing to see if you can figure out what “walk in the Light” means.
“Teach Me to Walk in the Light.”

• Teach me to walk in the light of his love; Teach me to pray to my Father above; Teach me to know of the things that are right; Teach me, teach me to walk in the light.

• Come, little child, and together we’ll learn Of his commandments, that we may return Home to his presence, to live in his sight Always, always to walk in the light.

• Father in Heaven, we thank thee this day For loving guidance to show us the way. Grateful, we praise thee with songs of delight! Gladly, gladly, we’ll walk in the light.
• What does it mean to “walk in the light”?  
  – To obey our Heavenly Father.
• We were born on this earth to learn, and Heavenly Father placed us in families so that we could learn from our parents.
• Parents are commanded to help prepare us so that we can one day return to live with our Heavenly Father.
This is what our lesson is about Today.
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• We learned about these great people a few lessons ago, they are the Anti-Nephi-Lehies.

• Who were the Anti-Nephi-Lehies?

• Why did they bury their swords?
• The Anti-Nephi-Lehies set a wonderful example for their children.

• Do you have any examples you would like to share of important principles you have learned from your parents and how following the principles has blessed you?

  – Principles such as

  • Honesty
  • Kindness
  • paying tithing
  • keeping the Sabbath day holy
  • And so on
• The people of Ammon had promised God that they would never fight again.
• They lived near the Nephites, and the Nephites protected them.
• When enemies of the people of Ammon attacked the Nephites, the people of Ammon wanted to break their promise and help the Nephites fight.
• Helaman and the other Nephite leaders did not want the people of Ammon to break their promise to God.
• The young sons of the people of Ammon had not made the promise.
• They wanted to help the Nephite army fight for freedom.
• Two thousand of these young men chose to defend their country.
• They asked Helaman to be their leader.
• These young men were valiant, brave, and strong.
• They were also honest and trustworthy, and they kept the commandments of God.
• Helaman led his 2,000 young warriors into battle.
• He called them his sons, and they called him their father.
• Although the sons of Helaman had never fought, they were not afraid.
• Their mothers had taught them to have faith in God and to know that he would help them.
• Helaman and his army fought several battles against the Lamanites.
• These young men obeyed all of Helaman’s orders.
• They fought bravely and helped drive the enemy away.

• After the battle Helaman found that all his sons had been hurt but not one had been killed.
• It was a miracle.
• Helaman was very happy.
• He knew that these young men had been protected because of their great faith in God.
Let's Read Part of Alma 56:47 and 48.

... they had been taught by their mothers, that if they did not doubt, God would deliver them.

48 And they rehearsed unto me the words of their mothers, saying: We do not doubt our mothers knew it.
• We can learn the commandments from our parents just as these young men did.
• Then we should obey what we have been taught.
• By teaching us about Heavenly Father’s commandments, our parents help us know what we must do to keep the covenants we make when we are baptized.
What are some of the commandments we are taught by our parents and others?

- Love Heavenly Father and Jesus Christ
- Love one another
- Honor our parents
- Forgive others
- Be baptized
- Pray
- Pay tithing
- Fast
- Obey the Word of Wisdom
- Be honest,
- Keep the Sabbath day holy,
- Attend Church meetings
- Study the scriptures
**Summary**

- I want to invite you to listen when your parents teach you and to obey the commandments.

- I want to encourage you to thank your parents when they teach about the commandments.
Testimony

• I want to bear you my testimony that Heavenly Father loves each of us.

• Because of this love, he has commanded our earthly parents to watch over us, care for us, and teach us the right way to live.

• As our parents try to live the way Heavenly Father wants them to, we can learn from them to always choose the right way.
Closing

• Our Closing Prayer will be given by:

• (Enter name here)
THE END
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D&C 93:40

• 40 But I have commanded you to bring up your children in light and truth.