

Come Follow Me FHE

About This Download

PRINTING

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To print large page sizes (anything larger than 8.5x11”), we recommend going to a local print shop like Kinko’s, Staples, AlphaGraphics, etc. and ask them to print your file as a black and white “engineer print” or “blueprint.” These larger prints are big, fun and fairly inexpensive.

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Repentance Backpack Object Lesson

Mosiah 4:1-3, 10

Before starting, get an empty backpack and several cans of food or other heavy objects that would fit in the backpack (for example: rocks, bricks, books). Have a child place the backpack on their back. Discuss how each day we can make wrong choices. List some bad choices we could make. Each time you talk about a bad choice, place a can in the backpack. Examples: Johnny sneaks into his brother's room and takes a toy. Susie isn't reverent when her family says a prayer. Jan and Jack fight with each other.

When the backpack is full enough that it is heavy for the person to wear, stop and let them walk around the room. Ask how they would like to carry that around all day long. Explain that when we make a bad choice, if we don't repent, it's like carrying a heavy backpack. When we do repent, through the atonement, the weight of our sins is lifted.

Discuss the four steps of repentance: recognize the wrong, say I'm sorry, ask for forgiveness, and never do it again. Examples: Johnny tells his brother about taking his toy. He returns it and asks for forgiveness. Susie prays and asks for forgiveness. Jan and Jack apologize to each other. Each time you correct a wrong situation, take a can out of the backpack.

Relate this to having a mighty change of heart. When we repent and have a change of heart our sins no longer weigh us down. We can be filled with joy and have peace. This is all possible because of our Savior, Jesus Christ.

Repentance Brings Me Joy Stickers



Print on Avery 2" round labels, plain sticker paper or on regular paper (cut out and attach with a safety pin or tape). Give one sticker to each family member to help them remember that repentance brings joy!

