

LDS Family Fun



Activity Time

Approximate Time: 15 minutes (not including prep time)

What you need: Dirt cake (recipe included in the Treat Time section of this lesson)
A copy of the flower petals and leaves artwork included with this lesson,
3 straws (for stems), markers, colored pencils, or crayons, and clear tape.

- Preparation:**
1. **Print** out the flower petals and stems.
 2. **Color.**
 3. **Cut out.**
 4. **Tape flower centers to the top of the straw stem.**

Activity: (Younger children will need help from an older sibling or parent.)
Explain that a testimony motivates us to live righteously, and righteous living causes a testimony to grow. Have each family member take turns choosing a petal or leaf, reading the question, answering the question (with help if necessary), and then taping it to the yellow center and stem to create flowers. When activity is completed. Plant the flowers in the “Dirt Cake.”



After gaining
a testimony, can
you lose it?

What book
is another testament of
Jesus Christ?

What is the
name of Christ's
church?

Which
prophet helped to
restore the gospel
to the earth?

What can
you do to nourish
your testimony?

How does
the Holy Ghost
help you gain a
testimony?

What three things
does a testimony
consist of?

What
does it mean to
believe?

How do you
know if you have
a testimony?

In Alma's
example, what does
the seed represent?

What can you do to gain a testimony?

Do you have to work to gain a testimony?

What is a testimony?

Can anyone receive a personal revelation?

Can someone else give you a testimony?

Do you have to have faith to gain a testimony?

What is a prophet?

Is it important to gain your own testimony?

Who was crucified for the sins of the world?

What can other people do to help your testimony grow?

Does Heavenly
Father and Jesus Christ
live?

What is
Mormon's
promise?

Do you have
to pray to gain a
testimony?

Who does
the Book of Mormon
testify of?

Who is our
prophet on the
earth today?

Where
do you need to plant
the seed?

Do you need
to be humble
to receive a
testimony?