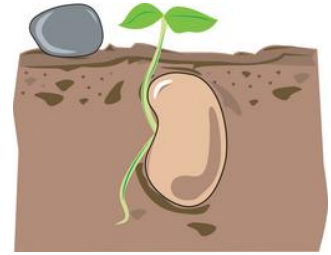




Funtastic Family Home Evenings  
*Easy to Prepare! Fun to Share!*



## HOW A TESTIMONY GROWS

(Ages ~5 to 8)

### PURPOSE

To help family members better understand the importance of prayer, scripture reading and church attendance in helping a testimony grow

### MATERIALS

- A fast-growing seed (bean, pea, etc.) for each person
- A paper cup filled with potting soil or dirt for each person
- A piece of paper with the word “*Testimony*” on it
- A [picture of Joseph Smith](#) in Sacred Grove (or use one below)

### SONG SUGGESTION

- [Search, Ponder, and Pray](#) page 109 *Children’s Songbook*

### LESSON IDEAS

1. Hold up one of the seeds and ask what it needs in order for it to grow. (water, soil, light)
2. Hold up the paper with the word “*Testimony*” on it.
  - a. Ask, “What does a testimony need in order to grow?”
3. Show the picture of Joseph Smith in the Sacred Grove. Read or tell in your own words Joseph Smith History 1:7-17. (You may also find it helpful to watch the video, [The First Vision](#).)
  - a. Invite your family to watch for things young Joseph did to help him gain a testimony:
    - i. Verse 8 – He attended church
    - ii. Verse 11 – He read the scriptures
    - iii. Verse 13-16 – He prayed
    - iv. Verse 17 – He gained a testimony!
4. Compare church attendance to the soil, scripture reading to the water, and prayer to light. Explain that all of these things are needed if testimonies are to grow strong and remain strong.
5. Share an experience where prayer, scripture study or attending church helped your testimony grow.
  - a. Testify of the important role that prayer, scripture study and church attendance are to a growing testimony.

## ACTIVITY IDEA

- Activity: Watch It Grow
  - Give each person a seed and a paper cup filled with potting soil. Have them plant the seed in the soil. Remind them that the seed will represent their testimony.
  - Explain that:
    - Each day that they read in their scriptures they can pour one tablespoon of water into the cup. No reading, no water!
    - Each day they say their personal prayers they can place the cup near a window or other source of light. On the days they forget to pray they need to place the cup in a closet or other dark area.
    - Each week that they attend church they can leave the seed in the soil.



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