



WHEN I AM BAPTIZED

PURPOSE

To help family members better understand the promises we make at baptism and the promises Heavenly Father makes us

MATERIALS

- Scriptures
- Plastic spoon
- Soft cloth
- Salt
- Pepper

SONG SUGGESTION

- [“When I Am Baptized”](#) page 103 in the *Children’s Songbook*



LESSON IDEAS

1. Ask your family, “What is a covenant?” (a two-way promise).
 - a. You might give the example of buying a car: The bank promises to give a person a car and the person promises to pay money to the bank each month to pay for the car.
 - b. Explain that when a person is baptized he or she makes a two-way promise with the Lord.
2. Ask family members, “What promises do we make to the Lord when we are baptized?”
 - a. Read D&C 20:77, 79 and help family members understand that we promise to:
 - i. Take upon us the name of His Son (to try to act as He would)
 - ii. Always remember the Savior and what He has done for us
 - iii. Keep His commandments
3. Ask family members what Heavenly Father promises us when we are baptized. Share the following object lesson:
 - a. “When we left Heavenly Father’s presence and came to earth we were clean and pure, like this white salt.”
 - i. Pour about ½ teaspoon of salt on a dish.
 - b. “When we reach the age of accountability (8 years old) we sometimes sin by making bad choices. Then we are no longer clean and pure.”
 - i. Sprinkle a pinch of pepper over the salt.
 - c. “Unless we are totally clean we can’t return to our Father’s presence (1 Nephi 15:34). So when we are baptized He promises us that if we keep our promises He will remove our sins through His Son’s atonement and our lives will once again be “as white as snow” (Isaiah 1:18).

- i. Rub the plastic spoon with a soft cloth and pass the spoon close to the small pile of salt and pepper. The pepper will attach itself to the static electricity on the spoon.
 - d. “Each week we will probably make wrong choices. But when we partake of the sacrament and renew our promises to Him, Heavenly Father will once again remove the sins from our lives.”
 - i. Sprinkle more pepper on the salt. Rub the spoon and pass it over the salt and pepper again.
4. Your family may enjoy one or more of the following:
 - a. Show the video, [The Baptism of Jesus](#) to illustrate that Jesus set the example for all of us in needing to be baptized.
 - b. Share the following story: [Joseph's Baptism](#)
5. Testify of the importance of keeping our baptismal promises so that our lives will be clean from sin and we can someday return to Heavenly Father’s presence.

ACTIVITY IDEAS

- Teach your family more about two-way promises with an agreement such as, “I promise to make a special treat for the family if you promise to clean the yard”.
- Play [Pass the Parcel](#)
- Go to the baptism service of a friend or relative
- Color one or more of these pictures: [Being Baptized](#)

Image courtesy of InspireGraphics.com