

My Heavenly Father Loves Me

PURPOSE

To help listeners understand that our ability to see, smell and taste the many wonderful things Heavenly Father has created is evidence of His great love for us

MATERIALS

- A box filled with:
 1. Something that tastes good
 2. Something colorful
 3. Something that smells good



LESSON IDEAS

1. Ask each person, “Does Heavenly Father love you? How do you know?”
2. Hold up the box and explain that in the box is proof that Heavenly Father loves us.
3. Allow each person to sniff the item from the box that smells good.
 - a. Ask, “Why did Heavenly Father give us a nose and so many wonderful things to smell?” (Because He loves us)
4. Show listeners the colorful item from the box.
 - a. Ask, “Why did Heavenly Father give us eyes and so many beautiful things to see?” (Because He loves us)
5. Have each person close his eyes and allow them to taste something from the box.
Ask:
 - a. “Why did Heavenly Father give us a tongue and so many wonderful things to taste?” (Because He loves us)
6. Read D&C 59:18-20.
7. Testify that a world filled with beautiful things to see, taste and smell all bear witness of our Father’s love for us.