

Jesus Christ: The Atonement

By:

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Object Lesson: Trapped in Sin

Before the lesson, find a large box that a family member can stand in. If you can't find a big box, a large laundry basket would also work for this activity. Also buy all the necessary ingredients for ice cream sundaes. As the lesson begins, explain that sin is like a trap that prevents us from growing. Sin keeps us from being happy and receiving the blessings that Heavenly Father has for us. Have one family member stand in the box that has been labeled sin. Tell them they can't get out of the box. Invite the other family members to join you in the kitchen where you proceed to get out all the toppings for ice cream sundaes. When the child in the box starts to complain, explain that they can't enjoy the treats with the rest of the family because they are trapped by sin. You don't need to actually eat the ice cream sundaes right now. Save the sundaes until the end of the lesson, but make a big enough deal out of "pretending to eat" that the person in the box feels the pain of their predicament.

Visual Aid: Sweet Rewards

Show the picture of the ice cream sundae that is available at the end of this lesson. Ask the person in the box how they felt thinking that they were going to miss out on the ice cream sundaes. Wouldn't it be much worse missing out on all of Heavenly Father's blessings? Do you know that someone made it possible for us to get out of the box after we have sinned? Who is that person? Jesus Christ. As a family label each part of the ice cream sundae with one of the blessings or rewards that we have been promised from our Heavenly Father. These could include: the celestial kingdom, happiness, eternal life, peace, living with the Father and Son again, eternal families, treasures of knowledge, the gift of the Holy Ghost, all that the Father has etc. After you have labeled each part, ask how we are able to enjoy these rewards when we have all committed sin. Write the words Repentance on a spoon beside the bowl. We are able to enjoy these delicious rewards because of the atonement of Jesus Christ. Jesus sacrificed and died for us. His atonement releases us from the trap of sin if we will just repent.

Scripture Story: Alma the Younger

Make some visual aids with the family to illustrate the scripture story of Alma the Younger. Give each family member a piece of paper, some markers or crayons and one of the word strips below. Each person then illustrates their page to go along with that part of the story. Depending upon the size of your family, you may need to have each person illustrate more than one page. When each person has completed their illustrations, you can tell the story of Alma the Younger. You can either ask family members to hold up their page when you come to their part, or you can tape all of the pictures together and create a roller-box TV according to the instructions below.

Roller-Box TV:

If you decide to create a roller-box TV, you will need to gather a box, some rods and tape.

1. Cut a square in the side of a large box or carton. The opening should be slightly smaller than the 8 ½ x 11 pictures to be displayed.
2. Cut two rods about six inches longer than the width of the box. You might use dowel rods, an old broom handle, wrapping paper tubes or sticks broken off a tree in your yard.
3. Cut two holes for the rods at the top and bottom of each side of the box.
4. Insert the rods through the holes.
5. Tape the ends of the pictures together in the proper sequence so they form a single scroll of paper.
6. Tape the last picture on the scroll to the rod on the right hand side of the T.V. Roll up all the pictures around this rod and then tape the first picture to the rod on the left hand side of the T.V.
7. Mom or Dad can be the narrator and read the word strips in order as they scroll through the pictures on the “screen”.

Word Strips:

Even though his father was the prophet, Alma the younger and his friends spent their time causing trouble and seeking to destroy the church of God.

Alma’s father prayed and fasted for many days that his son would be humbled and recognize his sins.

One day, an angel appeared to Alma the Younger and his friends. The angel spoke to them and his voice shook the earth.

Alma the Younger fell to the ground because he was so afraid of the power of God.

For three days and night, he lay on a bed as if he were dead.

Even though Alma could not move or speak, he could think. All he could think about was the terrible things he had done. He was tormented with guilt and pain because of his sins.

Then Alma remembered Jesus Christ. In his mind, he called out to the Savior and began to repent. Instantly, his pain was gone and he felt joy and peace because of the Atonement.

He stood up and began to teach the people about repentance and the love the Savior has for us. He became a powerful missionary and a great example of the rest of his life.

Liken the Scriptures:

Read the family the following verses where Alma describes the difference between these two feelings to his son Helaman. First he describes the pain of sin and then he describes the joy of repentance. Alma 36: 13-21.

Song: I Stand All Amazed

Have the family lie on their backs on the living room floor and turn off the lights. Then play a recording of the song “I Stand All Amazed.” This is available at LDS.org. If you are musical, you can sing this song quietly to your children. Have them listen carefully to the words as the song plays and think about their feelings for the Savior.

Testimony:

Ask family members to share their gratitude for repentance and the atonement of Jesus Christ.

Treat: Ice cream Sundaes

Invite all the family into the kitchen to eat the ice cream sundaes. Remind the family that all the sweet blessings of our Heavenly Father are available to us if we repent because of Jesus Christ.