



We Are Created In the Image of Our Heavenly Father

ALL HUMAN BEINGS—male and female—are created in the image of God. Each is a beloved spirit son or daughter of heavenly parents, and, as such, each has a divine nature and destiny. Gender is an essential characteristic of individual premortal, mortal, and eternal identity and purpose. (Place this in a prominent place to refer to as you work to memorize the Proclamation as a family)

Items needed: index cards and a pen or pencil for each family member

Opening Song: I Am A Child Of God #301

Opening Prayer: by invitation

Let's read the 2nd paragraph of the Proclamation together. What does the Proclamation say about each of us? Elder Packer taught us that, "We know that gender was set in the premortal world. 'The spirit and the body are the soul of man' (D&C 88:15). This matter of gender is of great concern to the Brethren, as are all matters of morality. A few of you may have felt or been told that you were born with troubling feelings and that you are not guilty if you act on those temptations. Doctrinally we know that if that were true, your agency would have been erased, and that cannot happen. You always have a choice to follow the promptings of the Holy Ghost and live a morally pure and chaste life, one filled with virtue."

(answer questions that this may bring up as necessary. Remember to prayerfully research and ponder these teachings so that you may answer openly and honestly from the scriptures, The Proclamation and the teachings of the prophets on this matter.)

It is an amazing thing to be told and really know that you are a child of God. How does it make you feel?

What will you tell others about that?

Does it make you feel that you should make different kinds of choices or behave a certain way?

How does it make you feel about the other members of your family? Your friends?

People you meet or see but don't know?

Hand each person an index card and a pen or pencil. Have each person write the name of each of the other family members on a card and then pass the cards around while members of the family write down the things they admire, love or want to be like about the other family members. Share the cards with the named family member.

Remind your family that each of them are a gift to the other members of the family. They are all in the image of Heavenly Father and very important to Him and loved by Him. Bear your testimony of how the unique qualities of each family member are precious and ordained from God from the beginning.

Closing song: Families Can Be Together Forever #300

Closing Prayer: by invitation

Refreshments: ice cream with the family's favorite toppings

