



GOOD INSPIRATION

faith based ideas . information . printables

as seen on
Sugardoodle
and other LDS sites

"Because I know that good information leads to good inspiration..."

Russell M. Nelson



At GOOD INSPIRATION we love helping
LEADERS, TEACHERS, and PARENTS
answer the hard questions
by shining a **LIGHT** on some
GOOD IDEAS & INFORMATION
PLUS WE LOVE SHARING WITH YOU
INSPIRING LESSON IDEAS AND PRINTABLES!

DOCTRINE: FEAST UPON THE WORDS OF CHRIST

COME FOLLOW ME:

2 Nephi 32:3

I can feast upon the words of Christ.

How can your experiences with “feast[ing] upon the words of Christ” (2 Nephi 32:3) help those you lead, teach, or parent understand this phrase?

Possible Activities

Ask them to name some of their favorite foods, and invite them to act out how they would feast on them.

Read 2 Nephi 32:3, and ask the children to listen for what Nephi says we should feast on. What does it mean to feast on the scriptures? Explain that the scriptures are one place where we can find the words of Christ.

GOOD INSPIRATION IDEAS

SCRIPTURE

"Feast upon the words of Christ; for behold, the words of Christ will tell you all things what ye should do" (2 Nephi 32:3).

INTRODUCE

Introduce the doctrine by helping them understand there is a difference between sampling, tasting and feasting. We are to "FEAST" upon the words of Christ.

UNDERSTAND

Help them understand what it means to FEAST by relating the concept to animals that feast.

APPLY

Set up a "Feasting Table" to review what it means to feast on the word.

OBJECT LESSON

INTRODUCE THE DOCTRINE. . . WE ARE TO FEAST UPON THE WORD OF CHRIST

THERE IS A DIFFERENCE BETWEEN SAMPLING, TASTING and FEASTING

TIME TO BE A FOOD SAMPLE SERVER. . .

Wearing an apron, carry a tray full of bite size pieces of granola bars, pretzels, chips or snacks, cereal pieces such as Chex or bags of fruit snacks opened.



Portray a person at Costco or a grocery store that gives out SAMPLES.

Invite them to take **one small** sample. Ask them if they wish they could have more than a sample, a whole cup full or full granola bar, etc. Then tell them that this is a sample or taste plate. **Samples do not make us full** but will just give us an idea of what the food tastes like.

ASK: “Have you ever been to a store that has samples? They give you just a taste of the item that they want you to buy. If it is good, customers will usually buy a large box of the item and take it home to eat.

There is a big difference between tasting a sample and feasting on food. THIS IS THE SAME WITH READING THE SCRIPTURES, there is a big difference between quickly reading God's words and really studying God's words.

DISCUSSION

DISCUSS THE DOCTRINE. . . WE ARE TO FEAST UPON THE WORD OF CHRIST

NOT ALL WHO EAT...FEAST, some just nibble.

FEAST UPON THE WORDS OF CHRIST



SHARE: If you were to choose two animals that are good at FEASTING, what two animals would you choose out of an elephant, a mouse, a robin or a lion? Point out that it is NOT the size of the animal really or how much they eat it is **HOW THEY EAT**. Do they choose to nibble or feast! An elephant would be a good one to pick because they know how to FEAST. They eat between 300-600 lbs of food a day, it takes them a long time and they don't hurry with their food. A lion would also be a good choice as they too know how to feast. They eat slowly and really focus on their meal. So if you are going to feast LIKE these beasts you would have to take a lot of time eating and enjoying the food. Mice and birds eat fast, they are always **on the go never wanting to stay long and enjoy their food. THIS IS THE SAME WITH READING THE SCRIPTURES, if we are always on the go when we are reading and we never stay long to think, ponder, and enjoy God's words, then we are "nibblers" not FEASTERS! God asks us to FEAST, not nibble on His word.**

ROLE PLAY

"ACT UPON" THE DOCTRINE. . . WE ARE TO FEAST UPON THE WORD OF CHRIST

YOUR SPIRIT HUNGERS AFTER GOD'S WORDS

ASK: How do you feel when you are hungry? {Grumpy, tired, sick, headache, shaky and empty.} Have them act out being "HANGRY" and therefore: grumpy, tired, sick, have a headache, are shaky or feel empty in their tummy.

SHARE: Just as your body needs food to stay strong, our spirits also need food to stay strong. SPIRITUAL FOOD is the WORD OF GOD. The scriptures are where we find the word of God. In Alma 32 we learn that the more we read and study and ponder the word of God, it will become DELICIOUS TO US.

ASK: How does something we read become DELICIOUS to our Spirits? Should we put the scriptures in our mouth and chew them up? No, it means that they feel wonderful to our spirits **and we love how we feel** when we read them.

BRAINSTORM

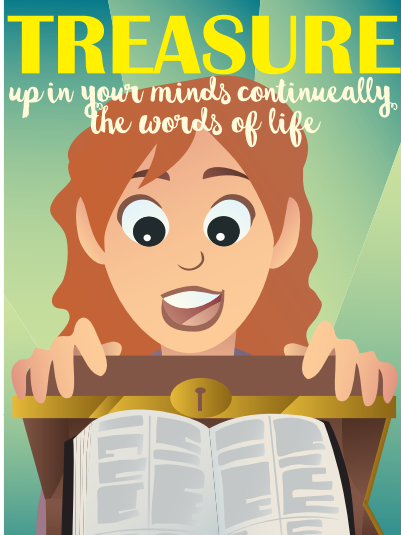
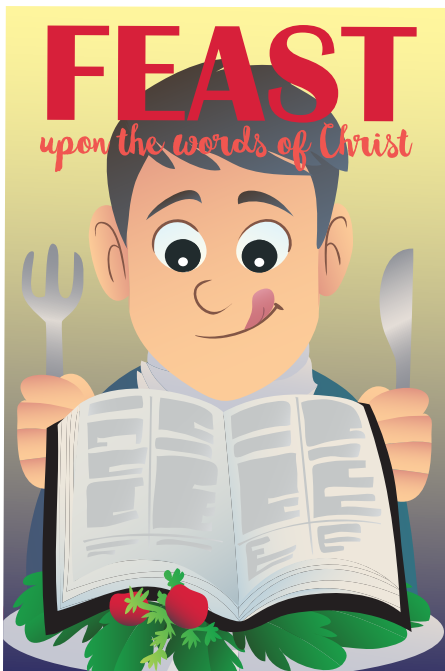
APPLY THE DOCTRINE. . . WE ARE TO FEAST UPON THE WORD OF CHRIST

TO FEAST MEANS WE TREASURE UP, HOLD FAST TO, AND SEARCH THE SCRIPTURES... DILIGENTLY

SHARE & ASK: If we FEAST upon the words of Christ as found in the scriptures, we will do three specific things. Hold the "TREASURE UP", "HOLD FAST" and "SEARCH DILIGENTLY" posters up and ask them to brainstorm ways they can do these three things with their scriptures..

EXAMPLES. . .

- How can we **"TREASURE UP"** in our minds continually **the words of life** which sustain our spirits and SHOW us **HOW we should LIVE OUR LIVES?** By: {think about them, talk about them, make them a part of our everyday living}
- How can can **"HOLD FAST"** to the words of the Lord and make our choices based off of what they teach us? By: {ask ourselves what Jesus would do if He were in our situation, what do the commandments say about how we could handle our situation?}
- How can we **"SEARCH DILIGENTLY"** the word of the Lord in areas of our lives where we struggle or need help? By: {we can search the topical index for whatever we are lacking, if we are lacking patience we can read every scriptures on patience...}



UP NEXT: The printables



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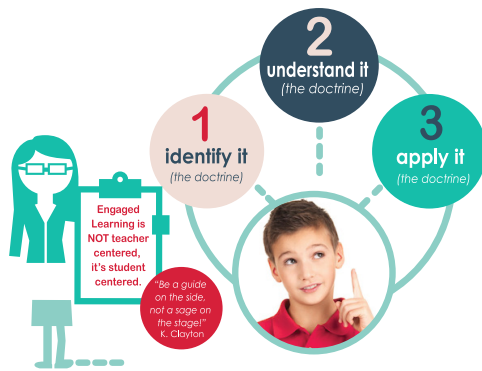
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OUR MISSION:

Provide a variety of ways to help leaders, teachers or parents enrich their lessons so they can increase student engagement and instill a deeper love for the Savior. This kit can help enrich your lesson, but you must **also pray to meet the needs of your audience.**



TEACH THEM DOCTRINE WITH ENGAGED LEARNING!

Review this page to sharpen your
leading and teaching skills.



(The Learners Always Participate Since The Teacher Crafts Experiences That Are More Active Than Passive)



Ways To Engage Your Audience

Lively Learning

(You talk less, they participate more.)

Surprise Them / Make Them Curious

(Make it a mystery, details become clues - parables do this.)

Make It Personal

(Share true stories & events.)

Make It Kinetic - Active & Multi-Sensory

(Tasting an apple is better than talking about it - learn through doing.)

Make It Relevant

(Help them see why this does or will matter in their lives.)

PROVIDE ACTIVITIES: Role-Plays, Debates, Interviews, Role Reversal, Object Lessons, Cause & Effect.



Ways To Disengage Your Audience

Lecture Learning

(The lesson revolves around you doing most of the speaking.)

Spoon-Feed Them

(When they only have to listen - little is required of them and when little is required it is easy to zone out and learning stops.)

Rarely Use Visual Materials Or Be Multi-Sensory

(Teaching primarily through auditory pathways limits learning.)

Focusing On A Handout More Than A Change of Heart

(If the lesson revolves too much around a cute handout you may not focus as much on helping their hearts feel the Spirit.)

LIMIT ACTIVITIES: Offer few activities that ask them to "DO", "PARTICIPATE" or help them to "FEEL".

Teach **People** Not Lessons!

"Polite adults are usually willing to patiently tolerate 45 minutes of passive listening out of respect for the teacher and years of practice... children on the other hand, **rarely have the patience** or **the practice** to afford a teacher the benefit of "stand and deliver" performances without complaint or misbehavior. **Their response is a better indicator of the ineffectiveness of our approach.**" "Teaching To Build Faith" by Kathy K. Clayton

**GOOD
INSPIRATION.NET** {launching soon...}

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IDEAS & INFORMATION FOR LEADERS . TEACHERS . PARENTS .

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FEAST

upon the words of Christ



TREASURE

*up in your minds continually
the words of life*



HOLD FAST

to the Word of the Lord



SEARCH

diligently



TREASURE

*up in your minds continually
the words of life*



FEAST

upon the words of Christ



