

Wiggle Songs

22a – A Prayer Song
25a – We Bow Our Heads
25b – I Love to Pray
189 – Family Prayer

Sharing Time – Aug. 26

Heavenly Father hears and answers prayers.

Goals

Feel Heavenly Father's Love
Learn & understand the Gospel
Feel and recognize the H.G.
Prepare to make & keep cov.

JR: 2:15 – 2:25 – 2:45 – 3:05

SR: 3:10 – 3:20 – 3:40 – 4:00

Activate Prior Experience, Build Conceptual Knowledge, Connect it to Personal Experience

Prayer protects us like a turtle's shell.

Show stuffed turtle:

What is this?

Do turtles move fast (run in place) or slow (run in slow motion)?

Show picture of turtle and cat:

If turtles are so slow, how do they protect themselves from danger? (Turtles have strong, hard, bony shells that keep them safe.)

Did you know that Heavenly Father has given us something special to help us during the hard times in our lives? See if you can guess what it is as we sing. Copy what I do.

Sing: *We Bow Our Heads*, p. 25a (v.2)

We **bow our heads** and **close our eyes**, and **ask (pleading hands)** that thru the **day (ASL sign)**, the **Lord (point upward)** will keep us **safe (ASL)** from harm at **home (make house with hands)**, at school, or **play (pretend to jump rope)**.

Ask: **What does Heavenly Father give us to keep us safe and happy on this earth?**
(Prayer)

We don't have shells, but our prayers protect us just like turtles' shells protect them! When we pray, it shows we have faith in Heavenly Father and Jesus Christ and acts like a shield.

Scripture: Prayer protected Joseph Smith from Satan.

[Joseph Smith History 1:17](#) – "It no sooner appeared than I found myself **a delivered** from the enemy which held me bound. When the light rested upon me I **b saw** two **c Personages**, whose brightness and **d glory** defy all description, **e standing** above me in the air. One of them spake unto me, calling me by name and said, pointing to the other—This is My **f Beloved g Son**. Hear Him!"

Turn & Talk: Tell about a time when prayer kept you safe.

Wiggle Songs

22a – A Prayer Song
25a – We Bow Our Heads
25b – I Love to Pray
189 – Family Prayer

Sharing Time – Aug. 26

Heavenly Father hears
and answers prayers.

Goals

Feel Heavenly Father's Love
Learn & understand the Gospel
Feel and recognize the H.G.
Prepare to make & keep cov.

Identify the **Doctrine**: Heavenly Father answers prayers in many different ways.

Ask: Do our prayers really help and protect other people?

Scripture: "...and b pray one for another, that ye may be healed. c The effectual d fervent e prayer of a righteous man availeth much" ([James 5:16](#)).

Scripture Story: (Have children close their eyes and listen) "And as I said unto you, as they were going about a rebelling against God, behold, the b angel of the Lord c appeared unto them; and he descended as it were in a d cloud; and he spake as it were with a voice of thunder, which caused the earth to shake upon which they stood;" ([Mosiah 27:11](#))

"And again, the angel said: Behold, the Lord hath a heard the prayers of his people, and also the b prayers of his servant, Alma, who is thy father; for **he has c prayed with much faith concerning thee** that thou mightest be brought to the d knowledge of the truth; therefore, for this purpose have I come to e convince thee of the power and authority of God, **that the f prayers of his servants might be answered according to their faith**" ([Mosiah 27:14](#)).

Ask: Do Heavenly Father, Jesus, or angels appear every time someone prays?

(Only if it is necessary in order for us to do what they sent us here to do. For example, it was necessary for Joseph Smith to have those experiences so that he could fulfill his mission to teach the world the truth that Heavenly Father and Jesus Christ are real, two separate people, and have bodies of flesh and blood.)

Show Turtle Poster 1 and ask: What are some other ways that Heavenly Father answers our prayers?

TURTLE DIVERSITY: *There are 300 different species of turtles that weigh anywhere from 5 ounces to 1,500 pounds. Some live on land and others in water. Each kind of turtle has different needs.*

We are even more different than turtles! Heavenly Father knows each of us, what we need, and how best to answer our prayers according to our needs.

TURTLE BODY: *A turtle needs to use its whole body to stay safe. We can think about the parts of a turtle to help us remember the different ways that Heavenly Father answers our prayers.* <https://animals.mom.me/5-senses-turtles-2241.html>

Wiggle Songs

22a – A Prayer Song
25a – We Bow Our Heads
25b – I Love to Pray
189 – Family Prayer

Sharing Time – Aug. 26

Heavenly Father hears and answers prayers.

Goals

Feel Heavenly Father's Love
Learn & understand the Gospel
Feel and recognize the H.G.
Prepare to make & keep cov.

- **EYES:** *Turtles have excellent color vision that helps them to watch for possible danger and food.*

Like turtles, we can look for possible danger, spiritual “food,” and answers to our prayers, which often come as **peaceful feelings**.

“22 Verily, verily, I say unto you, if you desire a further witness, cast your mind upon the night that you cried unto me in your heart, that you might [a know](#) concerning the truth of these things. 23 Did I not speak [a peace](#) to your mind concerning the matter? What greater [b witness](#) can you have than from God?” ([D&C 6:22-23](#)).

- **EARS:** *Turtles' ears do not stick out. Instead, they have small openings on the sides of their heads covered by a darker patch of scales. They don't rely on their ears to hear, but instead sense (or feel) low frequency vibrations.*

In the same way, we can learn to sense the still, small voice of the Holy Ghost speaking answers to our minds and our hearts in the form of **thoughts and feelings**.

“Yea, behold, I will [a tell](#) you in your mind and in your [b heart](#), by the [c Holy Ghost](#), which shall come upon you and which shall dwell in your heart” ([D&C 8:2](#)).

- **MOUTH:** *Turtles eat a varied diet with strong jaws that they use to tear and chew their food since they don't have teeth. Only some turtles have tastebuds, and they use them to avoid poisonous food.*

The **scriptures** promise that when we use our spiritual tastebuds to “feast” upon the words of Christ and chew them up well enough to digest them, we will know exactly what to do to solve our problems.

“[a Angels](#) speak by the power of the Holy Ghost; wherefore, they speak the words of Christ. Wherefore, I said unto you, [b feast](#) upon the [c words](#) of Christ; for behold, the words of Christ will [d tell](#) you all things what ye should do” ([2 Nephi 32:3](#)).

- **NOSE:** *Turtles have a very good sense of smell that warns them of predators and helps them find each other. Their noses are actually little bumps under their chins.*

Heavenly Father often answers our prayers through the actions, words, and examples of the people around us. Our spiritual noses can help us “smell” the difference between people and advice that will help us and that which will not.

“And thus they were instruments in the hands of God in bringing many to the knowledge of the truth, yea, to the knowledge of their Redeemer” ([Mosiah 27:36](#)).

Show Turtle Poster 2. (Could play All Over the World, p. 16 In the background.)

- **SKIN:** *Turtles' can feel things with their shells. When we use our spiritual senses, they will guide us to be able to feel Heavenly Father's answers to our prayers.*

Wiggle Songs

22a – A Prayer Song
25a – We Bow Our Heads
25b – I Love to Pray
189 – Family Prayer

Sharing Time – Aug. 26

Heavenly Father hears
and answers prayers.

Goals

Feel Heavenly Father's Love
Learn & understand the Gospel
Feel and recognize the H.G.
Prepare to make & keep cov.

Encourage Understanding: Heavenly Father always answers our prayers in the way that is best for us.

Ask: Why does it sometimes feel like Heavenly Father isn't answering our prayers?

Act out turtle story: [He Gives the Best Answers](#)

Bought me a pet turtle – Hand a turtle to a child and say, “Cha ching” like a cash register.

Slowly crawl through the tall blades of grass – Use hands to “crawl” and say, “Swish, swish!”

Loud noise distracted me, and I looked away. – Clap hands, look away, then look back

My turtle was gone! – Raise hands palms up, then say, “Oh no!”

I searched and searched – Put hand to forehead, then say, “Turtle, where are you?!”

Then I remembered... - Point to head, then up in air

I knelt on the lawn – Kneel, then say, “Please help me find my turtle!”

Opened my eyes, and looked down – Open eyes and say, “Ding,” then look down.

But it wasn't there – Shake head no.

I never did find my turtle – Pretend to cry and say, “Boo hoo!”

If I could have a new turtle – Clasp hands like you are begging and say, “Pleeeeeeease!”

No more turtles – Hang head and shake it no.

Made me and my family members very sick – Pretend to be sick with sound effects

A great blessing that I didn't find my turtle – Jump up and down and say, “Yippee!”

He knows what is best for us. – Point to head and shake it yes, saying, “I know what's best!”

Yes - Put arms in the air in a V-shape and say, “Yes!”

No – Put both thumbs down, shake head no, and say, “No way, José!”

Just be patient – Tap fingers on chin and say, “Patience, patience!”

When we want him to answer them – Tap wrist and say, “Tick tock, tick tock” or hum the theme from the TV show, Jeopardy.

He always gives us the very best answers – Spin around and say, “This is awesome! Thanks, Heavenly Father!”

Wiggle Songs

22a – A Prayer Song
25a – We Bow Our Heads
25b – I Love to Pray
189 – Family Prayer

Sharing Time – Aug. 26

Heavenly Father hears and answers prayers.

Goals

Feel Heavenly Father's Love
Learn & understand the Gospel
Feel and recognize the H.G.
Prepare to make & keep cov.

Encourage Application: We can search, ponder, and pray to better understand Heavenly Father's answers to our prayers.

Ask: How can we better understand the answers to our prayers that Heavenly Father gives us?

We have to do our part to understand answers to our prayers.

Sing: *Search, Ponder, & Pray*, p. 109

Show turtle pictures for SEARCH, PONDER, PRAY

Would the turtle get anywhere if it just said a little prayer and then sat there? No! He has to DO something—he has to walk!

Well, when we pray, we have to DO something too.

SEARCH: ([D&C 1:37](#))

- To look for information about our problem (Joseph Smith went to meetings and read scriptures)
- To “feast” on the scriptures (2 Nephi 32:3); We can also read talks from General Conference
- To talk to people around us and think of possible solutions

PONDER: To ponder means to think about what you learned and what you should do. (Joseph Smith thought about the problem and decided to pray.)

Ask: How can scriptures tell us what to do about modern problems when they are so old? ([3 Nephi 17:3](#))

- We can feel the Spirit
- We can look for similarities between scripture stories and our problem
- We can notice thoughts and ideas that come to us

PRAY IN FAITH: Sing: *I Pray in Faith*, p. 14 up to the chorus

Point to yourself & sing the 1st half of the phrase, then point to the children to finish it

- I kneel to pray...every day.
- I speak to...Heavenly Father.
- He hears...and answers me.
- When I pray...in faith.

Wiggle Songs

22a – A Prayer Song
25a – We Bow Our Heads
25b – I Love to Pray
189 – Family Prayer

Sharing Time – Aug. 26

Heavenly Father hears and answers prayers.

Goals

Feel Heavenly Father's Love
Learn & understand the Gospel
Feel and recognize the H.G.
Prepare to make & keep cov.

Ask: What does it mean to “PRAY in faith?” ([Enos 1:12](#))

- When we combine our prayers with action, we are doing what is called “praying with faith.”

Ask: What actions can we combine with prayer to “pray in faith?”

- Live the gospel.

TUMMY: What would happen if a turtle's heart got hurt? Turtles have a “breastplate” on their tummies to protect their heart when they walk over hard, bumpy surfaces like rocks.

We can put on “the breastplate of righteousness” too. When we do what we know we should (i.e., righteousness), it is easier for us to hear Heavenly Father's answers to our prayers in our minds and hearts, and it makes it easier to wait for answers.

“**14** Stand therefore, having your loins [girt](#) about with [truth](#), and having on the [breastplate](#) of [righteousness](#);” (Ephesians 6:14).

- Work on our problems.

TAIL: Turtles also have strong tails they can use like a sword.

When we pray, it helps us have the Spirit with us. The Spirit will lead us to truth that we can use like a sword that will cut through our problems.

“**17** And take the **helmet** of [salvation](#), and the **sword of the Spirit**, which is the **word of God**.” (Ephesians 6:17)

Praying with faith doesn't always take the hard things out of our lives, but it does make it easier for us to walk through them with happiness.

Ask: What should we do if we searched, pondered, prayed in faith, and still don't feel like we've gotten an answer?

“**18** [Praying](#) always with all prayer and supplication in the Spirit, and **watching** thereunto with all [perseverance](#) and supplication for all saints;” ([Ephesians 6:12-18](#))

Wiggle Songs

22a – A Prayer Song
25a – We Bow Our Heads
25b – I Love to Pray
189 – Family Prayer

Sharing Time – Aug. 26

Heavenly Father hears and answers prayers.

Goals

Feel Heavenly Father's Love
Learn & understand the Gospel
Feel and recognize the H.G.
Prepare to make & keep cov.

HEAD - WAIT PATIENTLY: *Turtles cannot run fast. It takes them a long time to get where they are going, but they just keep moving forward with faith that they will get where they need to go. Turtles have a long-term memory of up to 7.5 months.*

Sometimes Heavenly Father doesn't answer our prayers right away because He knows we will learn and grow while we wait. At other times, He just needs us to wait patiently while He works everything out in the way He knows will be best for us. When we are waiting for answers to prayers, we need to remember to do what is right. We can remember how Heavenly Father has helped us in the past, and can think about our problems to try to find solutions.

“[a Waiting](#) patiently on the Lord, for your prayers have entered into the ears of the Lord of Sabaoth, and are recorded with this seal and testament—the Lord hath sworn and decreed that they shall be granted” ([D&C 98:2](#)).

FEET - LIVE THE GOSPEL: *Turtles have to walk everywhere (because they don't drive cars)! That means that sometimes they have to walk on hot sand, over rough rocks, or up steep hills. Turtles have strong feet with tough skin and spiky claws to help them do all those things.*

What would happen if you had to walk on hot sand, rough rocks, or up steep hills, but didn't wear strong shoes? The things Jesus taught are called the gospel. When we pray, read our scriptures, and go to church, we are doing the things Jesus taught us to do—we are living the gospel. Living the gospel makes it easier for us to hear and recognize Heavenly Father's answers to our prayers.

15 And your feet shod with the preparation of the gospel of [apeace](#); (Ephesians 6:15)

Wiggle Songs

22a – A Prayer Song
25a – We Bow Our Heads
25b – I Love to Pray
189 – Family Prayer

Sharing Time – Aug. 26

Heavenly Father hears and answers prayers.

Goals

Feel Heavenly Father's Love
Learn & understand the Gospel
Feel and recognize the H.G.
Prepare to make & keep cov.

Closure:

Ask: What questions do you have about prayer?

Challenge: Write down how Heavenly Father answers your prayers this week.

Testify:

- **Why do we pray?:** Heavenly Father **loves** us. He **listens** to us when we pray, and He always **answers** our prayers.
- **When, where, & how do answers come?:** Sometimes the answer comes **quickly**, and sometimes it comes **slowly, a little bit at a time** as we keep **working** to solve our own problems, **listening** to Him, and **doing** what He tells us to do. Answers often come when we are quiet and still or through things other people say to us.
- **What does Heavenly Father tell us?:** Sometimes Heavenly Father tells us, "**Yes**," sometimes He tells us that we need to **wait patiently** or to **keep trying**, and sometimes He tell us, "**No**." Heavenly Father always answers our prayers in the way that will be best for us and for our families.

Closing Song: *A Child's Prayer*, p. 12

Children sing and do call and response to the 2nd verse (i.e., Pray...He is there.
Speak...He is listening.)

Resources:

<http://www.thesuperfins.com/do-turtles-have-good-eyesight/>
<http://animalquestions.org/reptiles/turtles/do-turtles-have-ears/>
<http://www.totallytortoise.com/tortoise-ears.html>
<https://animals.mom.me/turtles-sensitive-hearing-10537.html>

Wiggle Songs

22a – A Prayer Song
25a – We Bow Our Heads
25b – I Love to Pray
189 – Family Prayer

Sharing Time – Aug. 26

Heavenly Father hears and answers prayers.

Goals

Feel Heavenly Father's Love
Learn & understand the Gospel
Feel and recognize the H.G.
Prepare to make & keep cov.

Possible links to follow-up activities to post on Ward Facebook page for FHE:

- [Will Heavenly Father Always Answer My Prayers?](#)
- “Be thou [a humble](#); and the Lord thy God shall [b.lead](#) thee by the hand, and give thee answer to thy prayers” ([Doctrine & Covenants 112:10](#)).
- “And [a whatsoever](#) ye shall ask the Father in my name, which is right, believing that ye shall receive, behold it shall be given unto you” ([3 Nephi 18:20](#))