

# Learn of Me

NEW TESTAMENT

## BUILDING YOUR TESTIMONY ACTIVITIES

### January 21–27: John 1

John tells powerful truths about the Savior at the beginning of the chapter (John 1:1-18). He also documents John the Baptist's testimony of Christ in John 1:36 and Nathanael's in John 1:49. In this chapter, we can learn about the importance of strengthening and sharing our own testimonies. Here are three simple activities related to building testimonies:

**Filling the Jar:** Place a small, empty glass jar in the middle of the table. Then put a bowl of little objects next to the jar (these could be candies, bigger beads, pom pom balls, etc). Go around the table and take turns suggesting different ways to build testimonies. Each time someone gives an idea, they get to place one object in the jar. Keep going until the jar is filled. Talk about how we can always continue to “fill up” our testimonies (same as the jar) by doing those things.

**Building a Sure Foundation:** Print and cut out the house graphic found below. Also, cut out a few strips of paper for each member of your family (you could cut these out in the shape of rocks if you have more time). Sing the song “The Wise Man and the Foolish Man” and talk about the wise man and why his house wasn't washed away. Give everyone a few strips of paper and have them write down one way to build your testimony on each strip. Then place all of the paper strips below the house graphic, giving it a “sure foundation.”

**Growing Beans:** This activity can be found on Third Hour's “Come Follow Me” resource page under January 6th: We Are Responsible for Our Own Learning. It involves discussing two parables and planting your own bean seeds in a good environment like you would a testimony. If your family already did this activity, check the beans for growth and progress. Talk about how our testimonies are always growing and changing.

Here are some potential discussion questions:

What do we learn from John about Jesus? (It may be helpful to read the Joseph Smith Translation version of John 1:1-18.)

What happens after John the Baptist tells others about the Savior?

How did Nathanael come to know Jesus was the Savior?

What do we learn about sharing our testimonies in this chapter?