



684 South University Avenue  
St. George, UT 84770  
435-773-7366  
[www.ascentadvantageacademy.com](http://www.ascentadvantageacademy.com)  
Email - [aaafaculty@gmail.com](mailto:aaafaculty@gmail.com)

**Subject: HISTORY+      Level 1      Unit 1      Lessons 1-12**

# **I AM A CHILD of GOD**

## **How I Got to Come to Earth & My Purposes on Earth**

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### Introduction

#### Scope

12 Lessons  
Making the I AM A CHILD of GOD poster  
Fulfilling the Objectives.

#### Objectives

To help ground the student in knowing who he is and where he came from.  
To give him a sense of purpose, being loved, belonging, and family.

#### Materials

Copy paper  
Poster Board  
Tape or glue  
Pictures as needed for poster – See Lesson 2

### **Lesson One: – I Am a Child of God Poster Project**

**1** – Remind the child that He/She is a Child of God and lived with Father in Heaven before he/she came to live on earth. Watch, "I Am A Child of God, No Matter What," at

<https://www.churchofjesuschrist.org/children/videos-music/little-friends?lang=enga-child-of-god&videoId=1397363576001>

then, color the following

<https://www.churchofjesuschrist.org/bc/content/shared/content/images/magazines/friend/2013/10/fr13oct35-coloring-page.pdf>

## Lesson Two:

# I AM A CHILD OF GOD

## Poster Project, Part One A

### Welcome

This project has two purposes -

- 1 – To review the Plan of Salvation
- 2 – To help anchor the student in his spiritual heritage.

### **Step One: Pray**

Prayer is always the foundation of all we do, as we are counseled in the *Book of Mormon* to pray always and over everything. It is foolishness on our part to think that we can learn of spiritual things or do spiritual things without the Spirit.

### **Step Two: Read -**

“Our Heavenly Father's Plan”, page 1 of New Testament Stories.

If you do not have the book, you can look it up online at [lds.org](http://lds.org); Libraries, Gospel Media, Videos for Children, New Testament Stories, “Introduction: Our Heavenly Father's Plan”. This can then be listened to.

Current url:

<https://www.churchofjesuschrist.org/media/video/2010-11-01-introduction-our-heavenly-fathers-plan?lang=eng&collectionId=4bafc0581d2bb7014b92cc8e6a784161b1e046a2>

### **Step Three: Recall**

Together with the student, recall and tell the story, including as many details as he/she can recall and the parent or teacher adding to them as necessary to fill-out the story.

### **Step Four: Discuss -**

Discuss the following Concepts, Principles and Applications:

- 1 – We are Spirit children of Heavenly Father
- 2 – We lived with Him before we were born on earth.
- 3 – He loves us.
- 4 – Because He loves us, He created a plan whereby we could progress and become like Him and have the kind of Joy and Life He has.
- 5 – This plan calls for us to come to earth to gain bodies.
- 6 – It calls for us to be tested to see if we will do ALL Our Father asks us to do.

**Step Five:** Activity – If desired

Dramatize the story.

You could use stick figures, clay figures, puppets, pictures, flannel board cut-outs, or family members in costume.

**Step Six: Closing Prayer**

## **The I AM A CHILD OF GOD POSTER PROJECT, Pt 2** PARENT INFORMATION

**Step One: Pray**

**Step Two:** PLEASE READ THE WHOLE PROJECT BEFORE PROCEEDING.

**Step Three:** Read the following Background Information

1 – This is a doctrinal lesson. The doctrine is contained in the message of the poster.

2 – The activity part, actually making the poster, will occur later as the pictures are obtained. It requires obtaining several pictures, which will take some time. Therefore, this lesson only INTRODUCES what is to be done and gives you an idea of what you will need. The actual assembly of the poster occurs at your discretion.

3- As you read through the poster, you will know what items and pictures you will need for it.

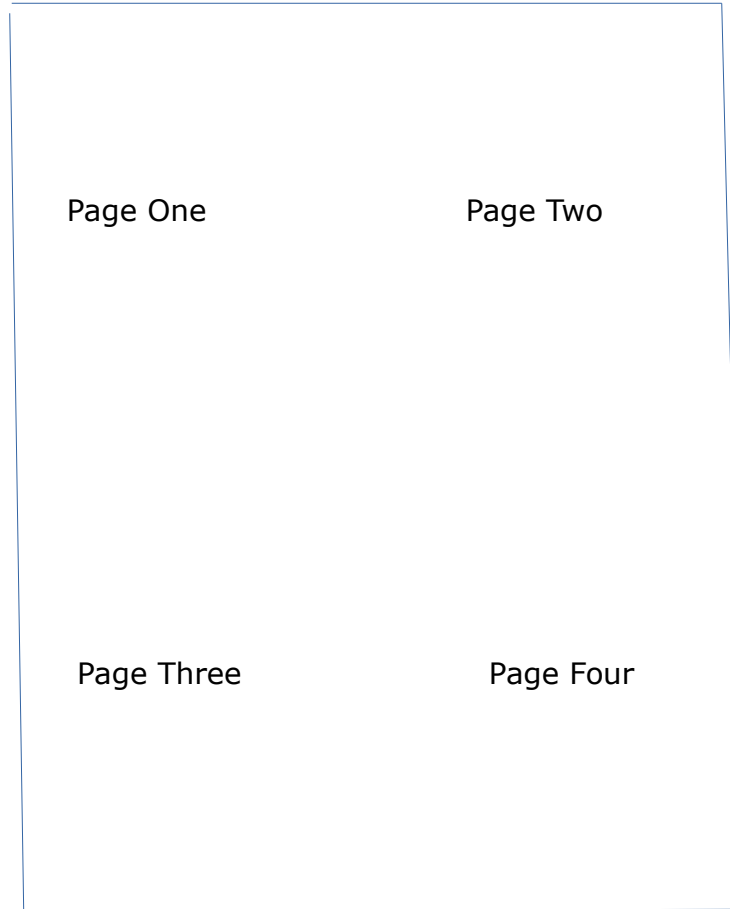
4 – It requires obtaining a poster board, 22" x 28" or taping or pasting together paper or cardboard to create a poster of like size.

5 – The title of the poster is: I AM A CHILD of GOD.

6 – The Title and following text are to be downloaded and printed.

7 – It will be pasted on the poster at the appropriate spots. Pictures are to be fastened to the poster where indicated. If photos or copies of paintings are not available, have the child draw or help the child draw or ask someone with artistic talent to help create the pictures necessary.

8 - The title and text are given ONCE, but it recommended that you make two copies so that you can have a copy of how it is supposed to be arranged and then use the SECOND COPY to paste on the board. In practice, the display can take up to two to four boards, depending upon the size and number of pictures. It's your choice!



9 – Gather the materials necessary for the assembly of the poster over the next week to 10 days.

NOTE: If you prefer NOT to make the poster, then make four pages for your child's own Book of Remembrance, which he starts in this unit. Four pages with pictures and text as are given for the poster can be easily completed and inserted into his viewbinder – "Personal History - Personal Book of Remembrance".

## Step Four: **Present Student Lesson THREE:**

- 1 – Begin this lesson with prayer.
  - 2 – Explain to the student what the both of you will be doing during this lesson
  - 3 – Read through the verbal contents of the poster.
  - 4 – Discuss the various points of the lesson:
    - A – The child is a literal son or daughter of God.
    - B – He sent the child here to gain a body.
    - C – He sent the child here for the child to prove him or her self.
    - D – For the child (and all of us) this means being obedient and doing as Heavenly Father and Jesus ask.
    - E – Heavenly Father has given the child helpers and tools to help him in his quest to prove himself. Talk about how each thing, group, or individual has and can continue to help him in his quest to prove himself.
    - F – Discuss that the main and end goal of this life is to be able to return to live with Heavenly Father and Jesus.
  - 5 – **End the lesson by PRAYING for help for the child to prove him or her self and be obedient to Heavenly Father so that he or she can return to live with Heavenly Father someday.**
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# A Copy of the Poster Follows

When you have finished the poster, display it in a place where the child will see it everyday, preferably at waking and retiring.

**Student Lesson Four - Doing the Poster,  
follows the copy of the Poster**

# I AM A CHILD OF GOD

I lived in Heaven with Heavenly Father

- Picture of me -

**and He**

- Picture of Heavenly Father -

**has sent me here**

- Picture of earth -

**to gain a body**

- of a body Outline or picture of child as a baby -

**and to prove to Him and me that I will obey Him.  
He has given me many helpers to help me live so that I  
can return to Him someday.**

**These helpers are my family**

Pictures of parents, sibling and extended family -

**my church teachers**

- Primary, Home teachers, Bishop, Stake President,  
First Presidency and Quorum of the Twelve.

**my SAVIOR, JESUS CHRIST,  
who has given me a good example  
to follow and who atoned,  
suffered, and paid for my sins,**

- picture of Christ-

**and the Gift of the Holy Ghost  
who will speak to me through  
a still, small voice and help me  
know what is right through  
a warm, peaceful feeling in  
\my heart.**

- Picture of Laying on of Hands -

**Heavenly Father has also given me tools to help me  
return to Him. These tools are the Scriptures.**

-Picture of the Bible, Book of Mormon, Doctrine & Covenants & the Pearl of Great Price -

**He wants me to read  
and ponder them daily,**

- Picture of reading Scriptures

**and then write down in a Journal  
what HE has taught me through  
the Scriptures.**

- Pictures of a Journal or writing in a journal -

**Heavenly Father is the Father  
of my spirit. I can talk with  
HIM through Prayer –  
anytime – anywhere.**

Picture of Heavenly Father Listening



- Picture of praying child -

**I will listen for His answers.**

**Through HEAVENLY FATHER'S  
answers to my prayers,  
the Gift of the HOLY GHOST,  
the example and atonement of JESUS,  
and the help of the Scriptures,  
my church teachers,  
and my family,  
He will guide my through life so that I can return home to Him.**

- Picture of Heavenly Father or Jesus Christ with open arms welcoming person back. -

## **Lesson Four: Where I Came From, Part One - A**

1 – Review the first page of the “I Am A Child of God Poster.”

2 – Read the account of “Before the Old Testament,” in *Old Testament Stories*. The story appears at lds.org at

<https://www.churchofjesuschrist.org/media/video/2010-12-01-chapter-01-before-the-old-testament?lang=eng&collectionId=ab6d1069e6042bac6f18858da3ce0a8705719884>

3 - Then have the student answer the questions that appear on the next 2 pages.

Parent:

If your student cannot yet read or write, write down his answers as he dictates them to you.

Student:

If you are old enough to read and write: Write the answers for the questions for yourself.

1 – Where did you live before you came to Earth?

2 – Who was your Father?

3 – What kind of body did you have?

4 – What offer did Heavenly Father make to you?

5 – What did you decide?

6 – How do you know that you chose to follow Jesus?

7 – What is the name of Heavenly Father's Plan for Us?

8 – If we follow His Plan, will we become like Heavenly Father?

## **Lesson Five: Where I Came From, Pt 1 b - Reviewing the Plan of Salvation**

Review the Plan of Salvation – Heavenly Father's Plan of Happiness for Us

The three parts of the Plan of Happiness are:

- 1 – To come to earth to gain bodies of flesh and bone
- 2 - To come to earth to be tested, to see if we would obey ALL of Heavenly Father's Commandments.
- 3 – To continue to believe in and follow Jesus, just as we did in Heaven before we came here.

Have the child LEARN these 3 Parts of the Plan as

### **My Purposes on Earth:**

- 1 – To gain a body of flesh & bones.
- 2 – To continue to believe in and follow Jesus, just as I did in Heaven before I came to earth.
- 3 – To continue to prove obedient to Father.

Have the child keep working on the memorization of these 3 purposes until he knows them by heart. This will probably take some time. THAT'S OK. The final for History+ 1 requires that the child be able to recite his purposes on earth.

CARD the Purpose with its 3 parts. Then, Answer to the following question.

- 9 – What are the Three Parts of Heavenly Father's Plan and My Purpose on Earth?

**Lesson Six:** Copy the following two pages single-sided. Then, carefully copy your answers to questions 1-9 onto the following pages and place them in a sheet protectors as the first section of your personal history binder.

# **Where I Came From, Part One: Questions and Answers**

1 – Where did you live before you came to Earth?

2 – Who was your Father?

3 – What kind of body did you have?

4 – What offer did Heavenly Father make to you?

5 – What did you decide?

6 – How do you know that you chose to follow Jesus?

7 – What is the name of Heavenly Father's Plan for Us?

8 – If we follow His Plan, will we become like Heavenly Father?

9 – What are the Three Parts of Heavenly Father's Plan and My Purpose on Earth?

## **Lesson Seven: Review**

- 1 – Review the section Where I Came From, Part One in the Binder.
- 2 – Have the student review his purposes for being on earth.  
He should know these indelibly by heart by the end of the course.

## **Lesson Eight: Writing It Down – Why We Keep “Books of Remembrance”**

- 1 – Review the Purposes of Earth Life.
- 2 – Go to the *Pearl of Great Price*, and read Moses 6:5-6
- 3 – Tell the child that from the beginning people have kept records of their lives.
- 4 – Tell him that Adam kept a book of his generations, meaning his children and their history – see Moses 6:8-9.
- 5 – Tell the child that modern prophets have counseled us to write a journal, which is a record of what happens with us in our lives.

It can include pictures and documents about us. It can include what happens to us each day. The most important thing that we can put in a journal is about our feelings and love for Heavenly Father, Jesus, and the Holy Ghost and how they bless and help us.

- 6 – Let him know that in the next lesson he will write his own story of his life before earth and what happened with him there, so he can be thinking about it.

## **Lesson Nine:**

- 1 - Review the three purposes of life.
- 2 - Tell the student that today he will write an account of his life before he came to earth. *Let this be in his own words from what he remembers of previous lessons.*

If he does not yet read and write, write down what he says.

If he does read and write, he may write it for himself.

**Be sure that he includes that in his pre-mortal life he was valiant and chose to follow Heavenly Father's Plan and Jesus.**

Also make sure that he includes in his account the three parts of Heavenly Father's Plan and his own purpose for being on the earth: to gain a physical body, to prove his obedience, and to follow Jesus.



## **Lesson Ten: Transcription**

- 1 – Review the three purposes of life.
- 2 – After the student (or parent) has written the student's story of his pre-earth life, check for correct grammar, punctuation and capitalization, spelling, etc.

Then you or he transcribe the account in the best penmanship.

Title it...“ IN MY OWN WORDS, My Life Before Earth”, put this in a sheet protector or two and place it in the first section of the book. This can be a viewbinder in which the child can keep records such as his Birth Certificate, and pictures of his early life. See History+ 1 – Unit Two.

- 3 – Congratulate the child on starting his own Book of Remembrance, and writing about his life just as Adam did.

## **Lesson Eleven: Review**

## **Lesson Twelve: 'Final'**

- 1 – The student is to list the 3 reasons he came to earth.
- 2 – Review together what is in his book.
- 3 – Award a

**CERTIFICATE of COMPLETION  
for History+ 1 – Unit 1  
I Am a Child of God Unit**