

50 Backup Talks Centered on Doctrine and Covenants

1. Heavenly Father Loves You

Scripture: Doctrine and Covenants 18:10

"Remember the worth of souls is great in the sight of God."

Message: Did you know that you are so important to Heavenly Father? He loves you more than you can imagine. This scripture reminds us that every single person is precious to Him. You are His child, and He knows your name, your feelings, and your dreams. Because you are so special to Him, you can help others feel special, too. This week, try to remind someone how loved they are by being kind or sharing something nice with them.

2. Ask for Help

Scripture: Doctrine and Covenants 88:63

"Draw near unto me and I will draw near unto you."

Message: Heavenly Father is always there to help us when we need Him. All we have to do is pray or think about Him. This scripture reminds us that when we come closer to Heavenly Father, He comes closer to us. If you ever feel scared, lonely, or need help, you can talk to Him, and He will give you peace. Heavenly Father loves you so much and wants to be part of your life. This week, try to pray every day and feel His love for you.

3. Be a Light

Scripture: Doctrine and Covenants 115:5

"Arise and shine forth, that thy light may be a standard for the nations."

Message: Did you know you have a special light inside of you? That light comes from Jesus Christ, and it helps you know right from wrong. When you are kind, honest, and loving, your light shines brightly for others to see. You can make someone's day better just by smiling, helping them, or saying something kind. Jesus asks us to let our light shine so we can help others feel His love. This week, try to share your light by doing something nice for someone else.

4. Be Kind to Others

Scripture: Doctrine and Covenants 38:25

"Let every man esteem his brother as himself."

Message: Jesus taught us to treat others the way we want to be treated. When we are kind and loving to our friends, family, and even people we don't know, we are following His example. This scripture reminds us to think about others and make them feel loved and valued. If someone feels sad, lonely, or left out, you can help by being their friend. Even small acts, like a smile or a hug, can make a big difference. This week, look for ways to show kindness to someone around you.

5. Heavenly Father Hears You

Scripture: Doctrine and Covenants 112:10

"Be thou humble; and the Lord thy God shall lead thee by the hand."

Message: Have you ever felt scared or unsure of what to do? Heavenly Father is always ready to help you when you ask. When we are humble, we recognize that we need Him, and He promises to lead us by the hand. That means He will guide us and help us feel safe and loved. When you pray, you can talk to Him about anything—your worries, your joys, and your questions. This week, remember to say a prayer whenever you need help, and trust that Heavenly Father is always listening.

6. Be Thankful

Scripture: Doctrine and Covenants 59:7

"Thou shalt thank the Lord thy God in all things."

Message: Heavenly Father has given us so many blessings! He gave us families, food to eat, a beautiful earth to live on, and so much more. This scripture reminds us to be thankful for everything He has done for us. When we pray and say thank you, it helps us feel closer to Him. Gratitude also helps us notice all the good things around us. This week, try to think of three things you are thankful for every day and tell Heavenly Father how much you appreciate them.

7. Follow the Prophet

Scripture: Doctrine and Covenants 1:38

"What I the Lord have spoken, I have spoken ... whether by mine own voice or by the voice of my servants, it is the same."

Message: Did you know that when the prophet speaks, it's as if Heavenly Father is speaking to us? Heavenly Father gives messages to the prophet to guide and protect us. When we listen to the prophet, we are choosing to follow Jesus. The prophet helps us know what is right and how to stay close to Heavenly Father. This week, think about something the prophet has taught recently, and try to do it. When we follow the prophet, we will feel peace and happiness.

8. Choose the Right

Scripture: Doctrine and Covenants 58:27

"Men should be anxiously engaged in a good cause."

Message: Heavenly Father wants us to do good things and help others. When we are "anxiously engaged," it means we are excited and ready to make good choices. That might look like helping a sibling, saying kind words to a friend, or choosing to obey your parents. Even small actions can make a big difference! When we choose the right, we are showing love to Heavenly Father and Jesus. This week, think of one way you can choose the right and make someone's day better.

9. Keep the Sabbath Day Holy

Scripture: Doctrine and Covenants 59:9

"Thou shalt go to the house of prayer and offer up thy sacraments upon my holy day."

Message: Heavenly Father gave us the Sabbath day to rest and think about Him and Jesus Christ. Going to church, praying, and partaking of the sacrament help us remember Jesus's sacrifice for us. On Sundays, we can spend time with our families, read scriptures, and listen to uplifting music. These things help us feel the Spirit and bring peace into our hearts. This week, think about one thing you can do to make Sundays more special. When we keep the Sabbath day holy, we show Heavenly Father we love Him.

10. Trust in the Lord

Scripture: Doctrine and Covenants 6:36

"Look unto me in every thought; doubt not, fear not."

Message: Sometimes we might feel scared or worried about something. But Heavenly Father tells us not to be afraid because He is always with us. When we trust Him and think about Him, He helps us feel peace. Praying, reading scriptures, and singing hymns are good ways to remember Him when we feel unsure. This week, if you feel nervous or afraid, say a prayer and trust that Heavenly Father will help you. He loves you and wants you to feel safe and happy.

11. Love One Another

Scripture: Doctrine and Covenants 20:77

"Always remember him, and keep his commandments."

Message: One of Jesus's most important commandments is to love one another. When we are kind, forgiving, and helpful, we show that we are following Jesus. Heavenly Father wants us to treat everyone with love and respect, just like Jesus would. Even when it's hard, we can ask Heavenly Father to help us love others. This week, try to think of one way you can show love to someone—like helping with chores, writing a kind note, or saying thank you. Loving others brings happiness to everyone.

12. Share the Gospel

Scripture: Doctrine and Covenants 88:81

"It becometh every man who hath been warned to warn his neighbor."

Message: Heavenly Father wants everyone to know about His plan of happiness. When we share the gospel with others, we are helping them feel His love and learn about Jesus. Sharing the gospel can be simple, like inviting a friend to church or telling them about Primary. It can also be showing kindness and being a good example. When we do this, others can see the joy that comes from following Jesus. This week, think of one way you can share the gospel with someone around you.

13. Be Prayerful

Scripture: Doctrine and Covenants 10:5

"Pray always, that you may come off conqueror."

Message: Prayer is one of the most important ways we can talk to Heavenly Father. He wants us to pray always, not just when we need something, but to thank Him and feel His love. This scripture reminds us that prayer gives us strength to make good choices and face hard things. Heavenly Father hears every prayer, no matter how small. This week, try to say a prayer every morning and night. When you pray, Heavenly Father will help you feel His love and guidance.

14. Be a Peacemaker

Scripture: Doctrine and Covenants 27:15

"Take upon you my whole armor, that ye may be able to withstand the evil day."

Message: Heavenly Father wants us to be peacemakers. That means we can help solve problems and stop arguments. When we are kind, patient, and forgiving, we are putting on the "armor of God." This armor helps protect us from making bad choices and keeps us close to Jesus. If someone is upset, you can help by being calm and kind. This week, try to be a peacemaker in your home or at school. You will feel happier, and so will everyone around you.

15. Repentance is a Blessing

Scripture: Doctrine and Covenants 58:42

"Behold, he who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more."

Message: Sometimes we make mistakes, but Heavenly Father gave us the gift of repentance so we can try again. When we say sorry and try to do better, Jesus Christ forgives us. Isn't it wonderful that Heavenly Father forgets our mistakes when we repent? This shows how much He loves us and wants us to succeed. If you make a mistake, don't give up! Say a prayer, ask for forgiveness, and keep trying to follow Jesus. Repentance helps us feel clean and happy.

16. Be Honest

Scripture: Doctrine and Covenants 42:21

"Thou shalt not lie; he that lieth shall not be saved."

Message: Heavenly Father wants us to always tell the truth. Being honest helps others trust us, and it makes us feel good inside. Even if it's hard to tell the truth, it's always the right choice. When we lie, it can hurt others and make us feel bad. This week, practice being honest in everything you do—at home, at school, and with your friends. Heavenly Father is proud of us when we choose honesty.

17. Stay on the Covenant Path

Scripture: Doctrine and Covenants 14:7

"If you keep my commandments and endure to the end, you shall have eternal life."

Message: Keeping the commandments is like walking on a path that leads us back to Heavenly Father. Sometimes the path can feel hard, but when we stay on it, we are blessed with peace and joy. Eternal life is the greatest gift Heavenly Father can give us. It means we can live with Him and our families forever. This week,

think about a commandment you can follow more closely, like being kind or saying prayers. Staying on the covenant path brings us closer to Jesus.

18. Forgive Others

Scripture: Doctrine and Covenants 64:10

"I, the Lord, will forgive whom I will forgive, but of you it is required to forgive all men."

Message: Sometimes it's hard to forgive when someone hurts our feelings, but Heavenly Father asks us to forgive everyone. When we forgive, it helps us feel happier and more at peace. Jesus showed us the perfect example of forgiveness, even forgiving those who were unkind to Him. Forgiving others doesn't mean we have to forget what happened, but it does mean letting go of anger or hurt. This week, if someone says or does something unkind, try to forgive them and pray for help if it's hard. Forgiveness brings us closer to Jesus.

19. Be Humble

Scripture: Doctrine and Covenants 121:41

"No power or influence can or ought to be maintained ... only by persuasion, by long-suffering, by gentleness and meekness, and by love unfeigned."

Message: Heavenly Father wants us to be humble and gentle with others. Being humble means not thinking we are better than anyone else and being willing to learn and grow. When we are gentle and kind, people feel safe and happy around us. Jesus was humble, even though He was the Son of God, and we can follow His example. This week, try to show humility by listening to others, sharing, and saying sorry when you need to. Humility helps us feel closer to Heavenly Father.

20. Study the Scriptures

Scripture: Doctrine and Covenants 88:118

"Seek ye out of the best books words of wisdom; seek learning, even by study and also by faith."

Message: Did you know the scriptures are one of the best books we can read? They teach us about Heavenly Father and Jesus Christ and how we can follow them. When we study the scriptures, we can feel the Holy Ghost helping us understand. Even reading a little bit each day can bring us peace and happiness. This week, try to read or listen to a scripture story and think about what it teaches you. Scriptures are like a treasure chest full of wisdom and love from Heavenly Father.

21. Help Others Feel Loved

Scripture: Doctrine and Covenants 50:22

"He that receiveth the Spirit by the Spirit of truth receiveth it as it is preached; and this is edifying."

Message: Heavenly Father loves all of His children and wants them to feel loved and happy. We can help others feel that love by being kind, listening, and helping when they need us. The Holy Ghost can guide us to know when someone might need a kind word or a helping hand. When we help others, we are doing what Jesus would do. This week, look for someone who might need a friend or some kindness. You can be the reason someone feels loved and cared for.

22. Be Strong in Your Faith

Scripture: Doctrine and Covenants 6:34

"Fear not, little flock; do good; let earth and hell combine against you, for if ye are built upon my rock, they cannot prevail."

Message: Life can be hard sometimes, but when we have faith in Jesus Christ, we are strong. This scripture reminds us that Jesus is like a strong rock that we can stand on when things are tough. When we pray, read scriptures, and follow Jesus's teachings, we are building our faith on His rock. We don't need to be afraid because Jesus will help us through anything. This week, if something feels hard, remember to trust in Jesus and know that you are never alone. Faith makes us strong and brave.

23. Be Grateful for Jesus Christ

Scripture: Doctrine and Covenants 76:22

"And now, after the many testimonies which have been given of him, this is the testimony, last of all, which we give of him: That he lives!"

Message: Jesus Christ is alive, and He loves us! He came to earth to teach us, help us, and give His life so we can return to Heavenly Father. Because of Jesus, we can repent, feel peace, and live again after this life. We can show our love for Jesus by remembering Him and doing the things He taught us. This week, think about how much Jesus has done for you and say a prayer to thank Him. Jesus is our Savior, and we can always trust in Him.

24. Follow the Holy Ghost

Scripture: Doctrine and Covenants 45:57

"For they that are wise and have received the truth, and have taken the Holy Spirit for their guide, and have not been deceived."

Message: The Holy Ghost is a wonderful gift from Heavenly Father. He helps us know what is right and gives us peace when we make good choices. When we feel a warm, happy feeling inside, that's often the Holy Ghost guiding us. To feel the Holy Ghost more, we can pray, read scriptures, and make good choices. This week, listen carefully to those good feelings and try to follow them. The Holy Ghost is a special guide to help us stay on the path back to Heavenly Father.

25. Be a Good Example

Scripture: Doctrine and Covenants 43:8

"And now, behold, I give unto you a commandment, that when ye are assembled together ye shall instruct and edify each other."

Message: When we choose to follow Jesus, we can be a good example to others. People notice when we are kind, honest, and loving, and it helps them want to be better, too. This scripture reminds us that we can teach each other by how we act and the words we say. You don't have to be perfect to be a good example—just try

your best to follow Jesus. This week, think about how you can be a good example to someone in your family or at school. Heavenly Father is proud of you when you try to do what's right.

26. Be Patient

Scripture: Doctrine and Covenants 101:16

"Be still and know that I am God."

Message: Sometimes it's hard to wait for things we really want or for our prayers to be answered. This scripture reminds us to trust Heavenly Father's plan and to be patient. When we take a deep breath and remember that God is in control, we can feel peace in our hearts. Jesus was patient with others, and we can try to be like Him. This week, if something doesn't happen as quickly as you want, remember to be still and trust in Heavenly Father. Patience helps us feel happy and calm.

27. Be Prepared

Scripture: Doctrine and Covenants 38:30

"If ye are prepared ye shall not fear."

Message: Being prepared helps us feel calm and ready for whatever happens. This scripture reminds us that when we prepare spiritually, like reading scriptures and saying prayers, we don't need to be afraid. We can also prepare by learning and practicing good habits, like helping with chores or being responsible. Heavenly Father wants us to be ready for challenges and to trust Him. This week, think of one way you can prepare, like helping pack a bag for an outing or learning a new skill. Being prepared makes life easier and less stressful.

28. Be Joyful

Scripture: Doctrine and Covenants 136:29

"If thou art merry, praise the Lord with singing, with music, with dancing, and with a prayer of praise and thanksgiving."

Message: Did you know that Heavenly Father loves it when we are happy? This scripture teaches us to praise Him with joy and gratitude. Singing hymns, listening to uplifting music, and saying prayers of thanks can help us feel closer to Him. When we focus on what makes us happy, like family, friends, and nature, we can feel His love. This week, try to do something that brings you joy and thank Heavenly Father for it. Joy is a gift from Heavenly Father that helps us feel closer to Him.

29. Be a Missionary

Scripture: Doctrine and Covenants 88:77

"I give unto you a commandment that you shall teach one another the doctrine of the kingdom."

Message: You don't have to wear a missionary tag to share the gospel! Heavenly Father asks us to share what we know about Him with others. You can do this by being kind, sharing a scripture story, or inviting someone to Primary. When people see your happiness, they might want to know more about why you follow Jesus. This

week, think about one way you can be a missionary by showing love or talking about the gospel. Sharing the gospel helps others feel Heavenly Father's love.

30. Serve Others

Scripture: Doctrine and Covenants 42:38

"For inasmuch as ye have done it unto one of the least of these, ye have done it unto me."

Message: Did you know that when we serve others, it's like we are serving Jesus? Helping others is one of the best ways to show our love for Heavenly Father and Jesus Christ. It can be something small, like picking up toys, sharing, or saying something kind. Service makes us and others feel happy and brings us closer to Heavenly Father. This week, look for someone who needs help, and do something kind for them. Serving others is a way to follow Jesus's example.

31. Keep Your Promises

Scripture: Doctrine and Covenants 82:10

"I, the Lord, am bound when ye do what I say; but when ye do not what I say, ye have no promise."

Message: Heavenly Father always keeps His promises, and He wants us to do the same. When we promise to obey Him, He blesses us with peace and happiness. Keeping promises also means being honest and dependable with others. If you say you will do something, try your best to do it! This week, practice keeping your promises to your family, friends, or teachers. Being dependable shows that we are trustworthy, just like Heavenly Father.

32. Be Happy with What You Have

Scripture: Doctrine and Covenants 104:18

"It is not given that one man should possess that which is above another."

Message: Heavenly Father wants us to be thankful for what we have and not worry about what others have. It's easy to feel jealous sometimes, but this scripture reminds us that He blesses everyone differently. When we focus on our blessings, we feel happier and more peaceful. Jesus wants us to be content and to help others when we can. This week, think of three blessings you are grateful for and thank Heavenly Father for them. Gratitude helps us feel closer to Him.

33. Be Wise

Scripture: Doctrine and Covenants 46:8

"Seek ye earnestly the best gifts."

Message: Heavenly Father has given each of us special gifts and talents. This scripture reminds us to use our gifts wisely and for good purposes. We can ask Him to help us discover our talents and learn new skills. Using our gifts to serve others and make good choices makes Heavenly Father happy. This week, think about one of your talents and how you can use it to help someone else. Being wise with our gifts shows Heavenly Father that we love Him.

34. Build Zion

Scripture: Doctrine and Covenants 97:21

"Zion is the pure in heart."

Message: Did you know that Zion isn't just a place? It's a group of people who love Heavenly Father and keep His commandments. When we are kind, honest, and follow Jesus, we are helping to build Zion. Heavenly Father wants us to have pure hearts, full of love for Him and others. This week, think of one way you can have a pure heart, like forgiving someone or being extra kind. Building Zion brings happiness to everyone around us.

35. Be Faithful

Scripture: Doctrine and Covenants 122:7-8

"All these things shall give thee experience, and shall be for thy good. The Son of Man hath descended below them all."

Message: Sometimes hard things happen in life, but Heavenly Father promises that they can help us grow stronger. Jesus Christ went through every hard thing so He can understand and help us. When we trust Heavenly Father and keep doing what's right, He helps us learn and become better. We can have faith that everything will work out for our good. This week, if you feel sad or frustrated, remember that Jesus understands and is always there to help. Having faith gives us strength and hope.

36. Love the Scriptures

Scripture: Doctrine and Covenants 18:34

"These words are not of men nor of man, but of me; wherefore, you shall testify that they are of me."

Message: Did you know that the scriptures are Heavenly Father's words to us? When we read them, we learn what He wants us to do and how much He loves us. The scriptures teach us about Jesus Christ and how to follow Him. They are like letters from Heavenly Father to help us find our way back to Him. This week, try to read a story or verse from the scriptures and think about what it teaches you. The scriptures are a special gift to guide us.

37. Be Happy to Share

Scripture: Doctrine and Covenants 52:40

"Remember in all things the poor and the needy, the sick and the afflicted, for he that doeth not these things, the same is not my disciple."

Message: Jesus taught us to help others who are in need. Sharing our time, talents, or things we have can make someone's day better. When we serve others, we are showing that we are disciples of Jesus. Even small acts of kindness, like sharing a toy or helping a friend, can make a big difference. This week, think of something you can share with someone who might need help or feel lonely. Helping others makes us and Heavenly Father very happy.

38. Trust God's Timing

Scripture: Doctrine and Covenants 64:32

"But all things must come to pass in their time."

Message: Sometimes we want things to happen right away, but Heavenly Father has a perfect plan for each of us. This scripture reminds us to trust that everything will happen when it's supposed to. Heavenly Father knows what's best for us, even if we don't understand right now. While we wait, we can pray and have faith that He is taking care of us. This week, if something doesn't happen as quickly as you want, remember to trust Heavenly Father's timing. He knows exactly what you need.

39. Be United

Scripture: Doctrine and Covenants 38:27

"I say unto you, be one; and if ye are not one ye are not mine."

Message: Heavenly Father wants us to work together and love one another. When we are united, we can do amazing things and feel peace in our hearts. Being united means helping each other, being kind, and forgiving when someone makes a mistake. Families, friends, and even Primary classes are stronger when we work as a team. This week, think of one way you can help your family or friends feel more united, like sharing or working together on a task. Unity brings happiness to everyone.

40. Have a Thankful Heart

Scripture: Doctrine and Covenants 78:19

"He who receiveth all things with thankfulness shall be made glorious."

Message: Heavenly Father has given us so many blessings! When we are thankful, it helps us feel happy and brings us closer to Him. We can say thank you in our prayers, write about our blessings, or show gratitude by helping others. Even when life is hard, we can always find something to be thankful for. This week, try to notice the good things around you and say thank you to Heavenly Father and those who help you. A thankful heart brings joy.

41. Keep Learning

Scripture: Doctrine and Covenants 88:78

"Teach ye diligently and my grace shall attend you, that you may be instructed more perfectly."

Message: Heavenly Father wants us to keep learning and growing. Learning about the gospel, reading books, and practicing skills helps us become better every day. When we work hard to learn, Heavenly Father blesses us with understanding and wisdom. Jesus grew "in wisdom and stature," and we can follow His example. This week, try to learn something new, like a song, a story, or a helpful skill. Learning helps us prepare for the wonderful things Heavenly Father has planned for us.

42. Be Obedient

Scripture: Doctrine and Covenants 130:21

"When we obtain any blessing from God, it is by obedience to that law upon which it is predicated."

Message: Obedience means listening to and following Heavenly Father's commandments. When we obey, He blesses us with happiness, peace, and protection. Sometimes obedience feels hard, but we can always pray for help and strength. Jesus Christ was perfectly obedient, and we can try to be like Him. This week, practice obeying quickly and cheerfully when a parent or teacher asks you to do something. Obedience brings blessings from Heavenly Father.

43. Be Courageous

Scripture: Doctrine and Covenants 27:17

"Take the shield of faith wherewith ye shall be able to quench all the fiery darts of the wicked."

Message: Being courageous means trusting in Heavenly Father, even when things are scary. Faith is like a shield that helps protect us from fear and bad choices. When we pray, read scriptures, and follow Jesus, our faith grows stronger. This week, if you feel nervous or unsure about something, remember that Heavenly Father is with you. Courage and faith help us do hard things and follow Jesus's example.

44. Share Your Talents

Scripture: Doctrine and Covenants 60:2

"But with some I am not well pleased, for they will not open their mouths."

Message: Heavenly Father has given each of us special talents to share with others. When we use our talents, we help others feel happy and grow closer to Him. Hiding our talents means others might miss out on the blessings we can share. Whether it's singing, drawing, helping, or being a good listener, your talents are needed. This week, think about one talent you can share to brighten someone's day. Sharing our talents makes Heavenly Father happy.

45. Be Honest

Scripture: Doctrine and Covenants 42:21

"Thou shalt not lie."

Message: Honesty is very important to Heavenly Father. When we tell the truth, others can trust us, and we feel good inside. Even if it's hard to be honest, it's always the right choice. Jesus Christ was perfectly honest, and we can follow His example. This week, practice telling the truth, even in little things. Honesty shows that we love Heavenly Father and want to follow Him.

46. Be Hopeful

Scripture: Doctrine and Covenants 123:17

"Let us cheerfully do all things that lie in our power; and then may we stand still, with the utmost assurance, to see the salvation of God."

Message: Sometimes life doesn't go the way we plan, but Heavenly Father asks us to be hopeful and trust

Him. When we do our best and stay cheerful, He promises to help us. Hope means believing that good things will happen, even when we can't see them yet. Jesus Christ gives us hope because He made it possible for us to return to Heavenly Father. This week, if something feels hard, try to stay hopeful and remember that Heavenly Father is always with you. Hope brings light to our hearts.

47. Be Slow to Anger

Scripture: Doctrine and Covenants 136:23

"Cease to contend one with another; cease to speak evil one of another."

Message: Heavenly Father wants us to treat others with love and patience. Sometimes we might feel upset or angry, but we can pray for help to stay calm. This scripture reminds us not to fight or say mean things to others. When we choose to be kind instead of angry, we feel peace and show love like Jesus did. This week, if you feel upset, take a deep breath and ask Heavenly Father to help you. Being slow to anger helps us feel happier and closer to Him.

48. Remember Jesus Always

Scripture: Doctrine and Covenants 20:77

"That they do always remember him and keep his commandments which he hath given them."

Message: When we take the sacrament, we promise to always remember Jesus. Remembering Him means thinking about how much He loves us and how He gave His life for us. We can remember Jesus by keeping the commandments, being kind, and helping others. When we do this, the Holy Ghost will stay with us and guide us. This week, try to think of Jesus when you make choices. Remembering Him brings peace and happiness to our hearts.

49. Be a Friend

Scripture: Doctrine and Covenants 42:38

"Thou shalt love thy neighbor as thyself."

Message: Being a good friend is one of the best ways to show love to others. Heavenly Father wants us to care for the people around us, just like we care for ourselves. A good friend is kind, helpful, and listens when someone needs them. You can also pray for your friends and ask Heavenly Father to bless them. This week, look for someone who might need a friend, and reach out to them with kindness. Being a good friend makes the world brighter for everyone.

50. Always Follow Jesus

Scripture: Doctrine and Covenants 19:23

"Learn of me, and listen to my words; walk in the meekness of my Spirit, and you shall have peace in me."

Message: Jesus invites us to learn about Him and follow His example. When we listen to His teachings and try to be like Him, we feel peace and happiness. Following Jesus means being kind, forgiving, honest, and loving. It's not always easy, but we can pray for help and guidance. This week, think about one way you can follow

Jesus, like sharing, forgiving, or serving someone in need. Walking in His way brings us closer to Heavenly Father and fills our hearts with joy.