

***Church leaders love me and pray for me.***

- *Did you know that Paul prayed for the people he loved?*
  - [Philippians 1:3–4](#) and [Colossians 1:3, 9](#)
- *Who do you pray for because you love them?*
- *Did you know that your Primary Teacher and the leaders of the church love you and pray for you?*
  - *Share the illustration of the teacher praying for her primary class let them color it and fill in their name*
- *Who is someone you could pray for at church?*
- *Jesus also prayed for those he loved*
  - [Luke 22:32](#); [3 Nephi 19:21, 23](#)
  - *What did Jesus ask for when he prayed for others?*

***I can rejoice in the Lord.***

- *What did Paul teach the people about their trials?*
  - [Philippians 4:4](#).
  - *What do you do when you rejoice?*
  - *What do you think it means to ‘rejoice in the Lord?’*
  - *What is something that makes you rejoice?*
  - *Use the worksheet to dive into this idea further with older children*

***My faith should be “rooted” in Jesus Christ.***

- *Show the image of Spiritual Whirlwinds*
  - [Philippians 4:4](#).
  - *What would happen to this tree if it did not have strong roots?*
  - *How can faith in the savior help build strong roots*
    - *Use the Roots coloring page to fill in ways they can build strong roots*
    - *How can you be rooted in Christ?*

*Disciples of Jesus Christ become “new” as they live His gospel.*

- *What does it mean to put off the “old man” and put on the “new man”?*
  - *[Colossians 3:9–10](#)*
- *How do we become new through the Savior Jesus Christ and our willingness to live his gospel?*
  - *study [Philippians 2:1–5, 14–18; 4:1–9](#) [Colossians 3:1–17](#),*
- *Share examples of you or someone you know who changed through the living the gospel?*
- *How has living the gospel helped you?*

*We can find joy in Christ, regardless of our circumstances.*

- *What are some of the trials that Paul Experienced?*
  - *[2 Corinthians 11:23–28](#)*
- *What did Paul counsel the people to help them in their trials?*
  - *[Philippians 4:1–13](#)*
- *Read Russell M. Nelson’s talk “Joy in Spiritual Survival”*
- *Watch the video Trial of Adversity*
  - *How did the people in the talk or video find joy in difficult circumstances?*
- *Read the story Peace that Passes all Understanding*
  - *Share a time that you felt the “Peace of God which passes all understating”*
  - *Or when you felt the “strength of Jesus Christ” to accomplish something they could not have otherwise done.*
- *Use the worksheet to compare the two scriptures which are Article of Faith 13 and Philippians 4:8*
  - *How do we “seek after these things”?*

*When our faith is “rooted” in Jesus Christ, we are strengthened against worldly influences.*

- *Read Paul’s testimony of the savor (use worksheet to help you)*
  - *[Colossians 1:12–23](#); [2:3–8](#)*
  - *What in these verses helps to strengthen your own testimony of Jesus Christ*
  - *What does it mean to be “rooted and built up in Jesus Christ*
  - *Share picture of (spiritual whirlwinds)*
    - *Read the story from Niel L. Anderson*
    - *What can strengthen or weaken the roots of a tree?*
    - *How does being “rooted or built up in Christ” strengthen us against worldly influences*
    - *Share Dallin H Oaks “worldly traditions) Use the worksheet to discuss these traditions and how your class can be rooted in Christ*