

Come Follow Me

NEW TESTAMENT 2019

PROTECTION OF THE HOLY GHOST OBJECT LESSON

Matthew 3; Mark 1; Luke 3

Credit for this idea goes to Aleah Ingram at LDS Daily.

In this week's study, we learn that Jesus was baptized and received the Holy Ghost, which came down in the form of a dove (Matthew 3:11–17; Mark 1:9–11; Luke 3:21–22). One of the things the Holy Ghost does is “protect us from physical and spiritual danger” (LDS Gospel Topics: [Holy Ghost](#)). If you would like, read the short story “[Safety and the Spirit](#)” from the Friend. You could also share stories with your children about when you have felt protected by the Holy Ghost. Finally, here is a fun object lesson that represents the protection of the Holy Ghost:

Materials: bowl of water, pepper, dish soap, and paper towels

1. Fill up a bowl with water and explain that this represents the world.
2. Sprinkle some pepper onto the water's surface and explain that it represents sin and temptation.
3. Dip your finger into the water and pull it out; pepper should stick to your finger. Without guidance and help, the dark things of the world can stick to us.
4. Wipe or rinse the pepper off of your finger and coat it in dish soap this time.
5. Dip your coated finger back into the water bowl with pepper and watch as the pepper springs away to the edges of the bowl. Explain that when we have the Holy Ghost (dish soap), we can be protected from the dark things of the world.

Note: This will only work one time, so refill the bowl with fresh water and pepper if you would like to try again.