

# Testimony, Balloon Object lesson

Tell the children that your testimony started out very small. A small truth. Example: “I know that Jesus and Heavenly Father Love me. How did I know that is true? How do you know it is true?”

Try saying it out loud “I know that Jesus loves me.” (Reverently) How do you feel? That is Heavenly Father sending you the spirit. He is kind of saying “Yes, that is true.”

Now take out a balloon not blown up yet. Explain that these small truths can be very powerful. Say again

“I know that Jesus loves me.” (blow up the balloon a little bit.)

“Jesus Christ is God’s Son.” (blow it up more)

“God sent me to Earth, and has a plan for me.” (blow it up more)

“I am a child of God.” (blow it up more)

“Jesus died for me.” (blow it up more)

The balloon should be pretty big by now.

“Can you see how my testimony has grown?”

Now get a new balloon for each child, and blow it up each time they say something that is true. Bear testimony that the spirit is there and that their testimonies will continue to grow as they build on these truths.

