

Draw a line with the words high power at one end and low power at the other. Draw an arrow pointing at the middle of the line. Choose several words or phrases from Doctrine and Covenants 121:34–46 that teach how we decrease or increase heavenly power in our lives (such as “cover our sins,” “pride,” “gentleness,” and “love”). Invite the children to take turns picking a word, deciding if the word leads to a decrease or increase in power, and moving the arrow accordingly. Talk with the children about people they know who have been a good influence on others because they follow the Lord’s counsel in these verses.

Attach the arrow and point it to high power or low power as you read, you could even give each child there own and have them write the high power and low power words in the different areas on the scale.

