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# *A Change of Heart*

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Understanding our ability to purify  
and change our hearts



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*the heart whisperer*



## Purpose

**LESSON #1** | The purpose of this lesson is to understand that we have the ability to change our heart. We will look at negative and positive things that affect the heart.

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### NOTE TO PARENTS

Thank you for taking the time to teach your children about the heart. The heart is the most powerful part of who we are and the lessons they learn about the heart will help them throughout their lives.

Please become familiar with the material as you prepare to teach it. Apply the principles in your life so you can share personal experiences.

The lessons about the heart are timeless and ageless. They can apply to young children and grandparents as well. Choose the activities that are most appropriate for your age levels. Suggested answers are in italics after the questions but many answers are possible.

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### SCRIPTURES

Matthew 5:8	Blessed are the pure in heart
1 Corinthians 13:4-8	Charity
Matthew 9:4	Do you think evil in your hearts?
Matthew 15:18-20	The evil things from the heart defile the man
Alma 5:7	God changed their hearts
Alma 5:14	Have you experienced a mighty change of heart
Alma 5:26	If you felt a change of heart, can you feel so now?

### SONG IDEAS

The Commandments	p 112	LDS Children's Songbook
Jesus Said Love Everyone	p 61	LDS Children's songbook
Where Love Is	p 138	LDS Children's songbook
Love at Home	p 294	LDS Hymnbook
Love One Another	p 308	LDS Hymnbook

## Preparation

1. Follow instructions below for preparing for the pure heart activity.
2. Print out the heart transformation sheet and cut into strips
3. Print out coloring pages for anyone who wants to color
4. Print out worksheets for older family members
5. Gather crayons for coloring and pens or pencils for worksheets



### ACTIVITY SUPPLIES & PREPARATION

You will need:

- |                        |                             |
|------------------------|-----------------------------|
| a glass jar            | water                       |
| a piece of white paper | food coloring               |
| scissors & tape        | heart transformation strips |



1. Find a white piece of paper big enough to wrap all the way around your jar.
2. Cut the paper to be the same height as your jar.
3. Fold it in half lengthwise and cut a heart in the center.
4. Tape the paper around the jar.
5. Put water in the jar until it is above the top of the heart.

## Lesson Outline

### INTRODUCTION

We have a physical heart that is amazing and keeps us alive. We also have a spiritual or emotional heart that is often referred to in the scriptures. As you begin the lesson, clarify that the spiritual heart is what we are talking about. We can't see it but we can feel the emotions that we hold there.

### A PURE HEART

#### What does it mean when something is pure?

*Undiluted, not contaminated, not mixed with anything else*

#### What is the heart like when it is pure?

*Full of love, charity, forgiveness, compassion, hope, kindness*

#### What do you think God's heart is like?

*God's love for us is unconditional. That means there are no conditions in our lives that would stop Him from loving us.*

**Matthew 5:8** says, "Blessed are the pure in heart, for they shall see God."

#### Why do you think the pure in heart will be able to see God?

*Because they will be like Him. Their hearts will be like His heart.*

## CHARITY

Our hearts naturally want to love. When our heart is pure, our heart is full of charity which is the pure love of Christ. It is the highest kind of love we can experience.

**1 Corinthians 3:4-8** uses these words to describe charity:

Suffereth long (is patient) and kind  
Envieth not (grateful for what you have)  
Is not puffed up (is humble)  
Vaunteth not itself (does not brag)  
Doth not behave itself unseemly (polite and well mannered)  
Seeketh not her own (giving - not selfish)  
Is not easily provoked (does not get offended easily)  
Thinketh no evil (pure thoughts)  
Rejoices in truth  
Beareth all things (meek)  
Believeth all things (full of faith)  
Has hope and will endure to the end

**How do you feel when you have these good feelings in your heart?**

*With charity in our hearts, our hearts are pure. We feel light and happy.*

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## AN UNPURE HEART

**If we know what the heart would feel like when it is pure, what would be the opposite of that?**

Mean to others	Bad thoughts about others
Jealous of others	Rebellious
Prideful and boasts about themselves	Does not like truth
Rude and dis-obedient	Mad about life
Selfish	Quit trusting God
Angry	Lost faith

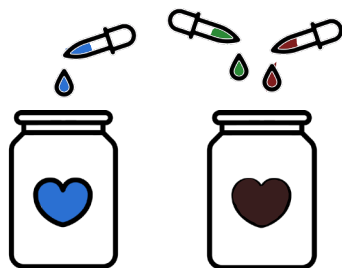
We all have times in our lives that we experience some of those things. We might get mad about something, or get jealous of other people. Maybe we become prideful or we want to quit. It is natural to experience those feelings but the important thing is what we do next. When we hold onto those negative feelings, and let them grow inside of our hearts, we pollute our own heart with bad feelings.

# Creating a Pure Heart Activity

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## INSTRUCTIONS

Do steps 1-3 and talk about the negative emotions as you add the color. Once the water is brown, stop to ask the discussion questions.



- 1 | Add a drop of blue food coloring that represents **being mean and wanting to hurt someone**.
  - 2 | Add a drop of green food coloring that represents **being jealous of someone and wishing you had their things**.
  - 3 | Add a drop of red food coloring that represents **being angry at someone**.
- The water should turn brown when mixed.

## DISCUSSION QUESTIONS

**How does your heart feel when we hold onto negative feelings?**

*The heart doesn't have any room to love. It feels heavy and dark.*

**What can we do to change those feelings?**

*Pray for help to replace them with positive and Christ-like feelings.*

Continue steps 4-6 using the cards provided. Pour out a little of the brown water out as you talk about releasing the negative emotion, and put in some fresh clean water as you talk about replacing it with positive emotions. Continue until the water is completely pure again.



- 4 | As you discuss the ways to change the heart, use the heart transformation strips. Read a negative emotion they can release and pour out some of the brown water.
- 5 | Read the positive emotion to replace it with and fill the jar with pure water. The color of the water will get a little lighter each time.
- 6 | Continue this process until all the strips are read and all the brown water is emptied out. Pure, clear water now fills the jar again.



Some negative emotions are harder to let go than others. We can:

Pray for God to help us change our hearts

Ask for the grace of our Savior to help us become better

Forgive those who have offended us

Repent of the negative thoughts we have

God wants us to be happy and can help us keep our heart pure.

Smaller children: End with **COLORING ACTIVITY**

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### **A MIGHTY CHANGE OF HEART**

The record of Alma the younger in the Book of Mormon teaches us a great deal about how we can change our hearts and keep them pure.

Read together: **Alma 5:1-14**

Alma 5:7 states that God changed their hearts. In Alma 5:11, Alma the Younger shares a personal testimony of the conversion of his father who listened to Abinadi and his heart was changed.

#### **How does it feel to know God can help you change your heart?**

We all experience times when our heart is pure and times when we don't have a pure heart. Alma himself was once an enemy to the church as he and the sons of Mosiah led many people astray. After his experience with the angel, and his experience with repentance and the atonement, his heart was changed and he was converted. Make a list of the things he asks the people to do to experience that change of heart again. Open your heart as you read these verses and notice how powerful his testimony is in v. 45-48.

Read together: **Alma 5:26-48**

#### **What does Alma say will change their hearts?**

*Live by obedience. Be humble. Repent and apply the atonement in your life. Let go of pride. Let go of envy. Love your neighbor. Be in the world, not of the world. Listen to God. Hear His voice.*

Use the worksheet to help you plan to make a change in your heart.

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## *Conclusion*

“The heart is the core of life and strength...” (Ogden & Skinner, Book of Mormon)

It is important that we listen to our heart, nurture our heart, fill our heart with good feelings and purify our hearts when necessary. When we become attuned to our own heart, we have the power to change it and become the pure in heart God would like us to be.



## Heart Transformation Cards

**INSTRUCTIONS** | Cut the strips out and use them as you go through the Pure Heart activity.

Impatient → Patient

Mean to others → Kind

Jealous → Grateful

Prideful → Humble

Rude → Polite

Dis-obedient → Obedient

Selfish → Thoughtful of others

Angry → Forgiving

Bad thoughts → Pure thoughts

Does not like truth → Loves truth

Rebellious → Meek

Lost faith → Full of faith

Pessimistic → Hopeful



## *A Change of Heart Worksheet*

Use the following worksheet to help you recognize what you are feeling in your heart and make a plan to help you purify your heart.

1 | List the negative feelings you are holding onto in your heart:

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2 | How does holding onto these emotions make you feel?

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3 | Choose from the ideas below what actions you think will be most useful to help you create a change of heart:

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4 | Make a plan of how and when you will start making changes:

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### **ACTIONS FOR CHANGING THE HEART**

Be obedient

Be humble

Repent

Pray for grace

Let go of pride

Let go of envy and jealousy

Love your neighbor

Forgive someone

Have compassion

Listen to God to hear His voice

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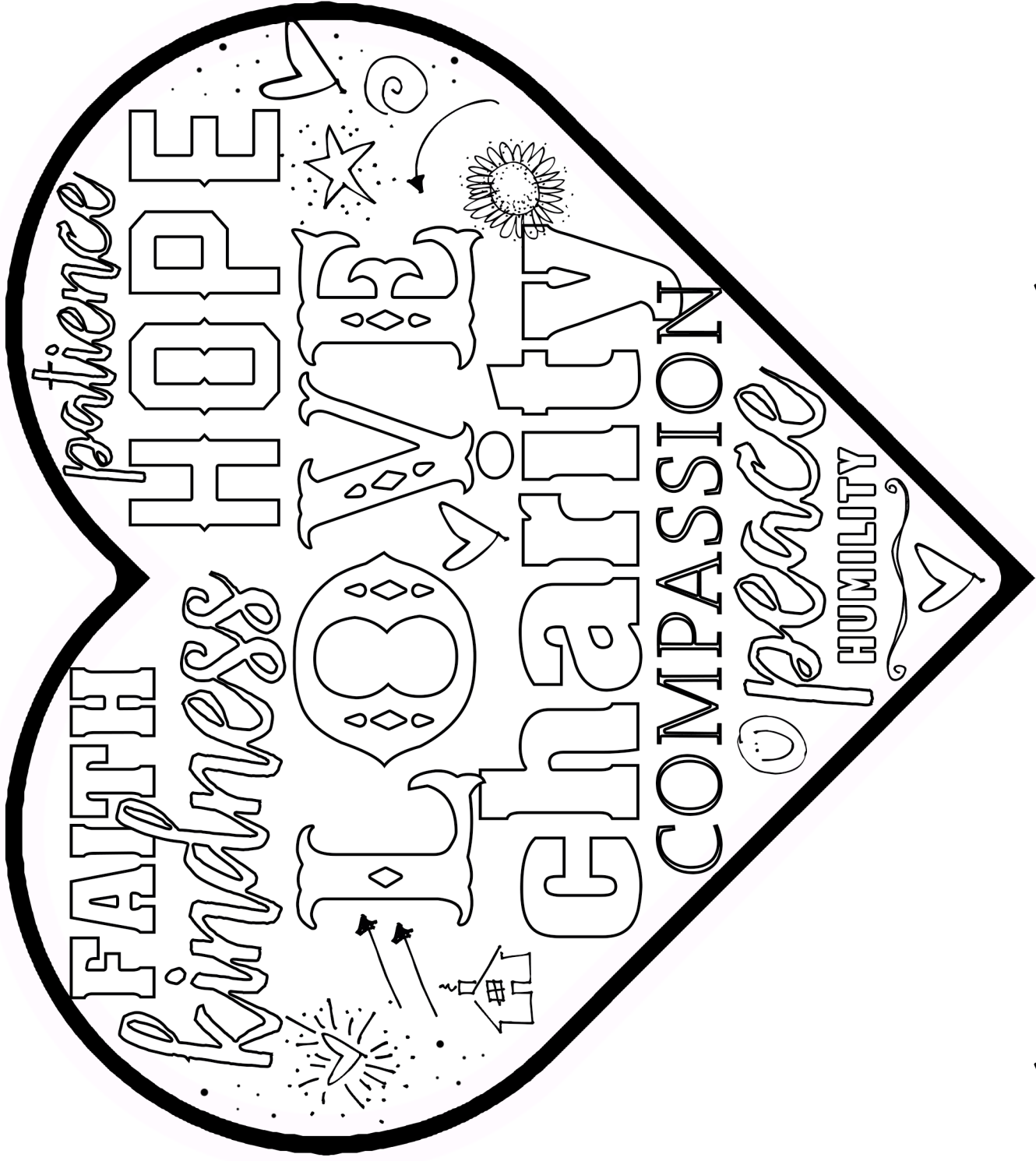
“Our beloved Savior knows where you are.

*He knows your heart.*

He wants to rescue you.”

**DIETER F. UCHTDORF**





A PURE HEART