

# Come Follow Me

NEW TESTAMENT 2019

## CHANGED HEART OBJECT LESSON

### John 2-4

In John 2-4, we see multiple instances of Christ performing miracles and teaching those around him. He invites them to be baptized and believe, so they may be “born again” and have “living water.” This invitation requires a change of heart and willingness to learn. Here is a fun object lesson for your family to do as you ponder how Christ can change you:

(Credit for this idea goes to the Add a Pinch of Sparkle blog.)

**Materials:** ice cube tray (or something to freeze water in), little plastic hearts (any small, heart-shaped item that won't get ruined in water will work), Ziploc bags

1. Freeze one heart in a chunk of ice for each participating kid.
2. Place ice chunks in individual Ziploc bags and give one to each kid.
3. Have them use their hands to melt the ice and free the heart.
4. When everyone's hearts are unfrozen, talk about how we can change or “unfreeze” our hearts with the help of the Savior. You can read about Christ changing the water into wine (John 2:1-11), Nicodemus asking the Savior how one is “born again” (John 3:1-8), or even the woman at the well asking how to receive “living water” (John 4:3-26).

Resources for discussion:

- Alma 19:33 (“And it came to pass that when Ammon arose he also administered unto them, and also did all the servants of Lamoni; and they did all declare unto the people the selfsame thing—that their hearts had been changed; that they had no more desire to do evil.”)
- [“A Change of Heart”](#) by C. Richard Chidester
- [“How to Keep a Mighty Change of Heart”](#) by Dale G. Renlund
- [“A Mighty Change of Heart”](#) by Spencer J. Condie