

Family Home Evening Lesson Plan

See Yourself in the Temple

A general conference talk by Elder Quentin L. Cook of the Quorum of the Twelve Apostles

[Talk from the April 2016 General Conference](#)

Preparation

- Print the lesson plan either for younger children or older children
- Choose an activity and print one for each child. (See activity ideas below)
- Ask parents or grandparents about their experiences going to the temple for the first time. Did they have to travel far?
- Optional: find a story of an ancestor who had went to the temple to share; or find an ancestor who was a convert and take note of their birth and death years. Look up the years on the temple chart to see how many temples there were during this person's life.
- Optional: create a mirror for the children to look in with a temple outline drawn on or with a vinyl sticker.

Song: I Love To See the Temple (Primary Children's Songbook p. 95) or Families Can Be Together Forever (Hymn # 300), High On a Mountain Top - verse 4 (Hymn # 5)

Scripture: Doctrine and Covenants 97:15

Lesson: (see below)

Activities:

- [Baptism for the Dead Coloring page](#)
- [12 Years Old Temple Coloring Page](#)
- "I see myself in the temple" craft – glue a picture of yourself onto construction paper. Cut, paste, then fold the temple printable so that it opens to show your picture inside.
- Make "See Yourself in the Temple" mirrors: draw a temple outline on a hand mirror with a dry erase marker and let each child look in the mirror to see themselves in the temple. You can order [vinyl stickers for creating your own "See Yourself in the Temple" here](#)
- [Find family names for the temple using this guide.](#)

Lesson - young children

Elder Cook said, “When President Monson was called as an Apostle in 1963, there were 12 operating temples in the world. With the dedication of the Provo City Center Temple, there are now 150.”

How many temples were there when you were born? Use the chart to find your birth year and see how many temples there were. If many temples were dedicated that year, use the temple dedication dates to find out how many temples there were on your exact birthday.

Now Heavenly Father has blessed us with even more temples than when you were born!

What are temples for? (Helping families be together forever.)

Have you seen the baptismal font inside the temple baptistry? Show the picture of the baptistry from the Gospel Art Book ([GAB 121](#))

This is not where you get baptized at age 8 – that takes place in a stake center or church building with a baptismal font. If someone is not baptized when they are 8, and they die without ever getting baptized, they can still live with Heavenly Father again if someone does their baptism by proxy in the temple, in this baptismal font.

Do you know how old you have to be to be baptized for someone else in the temple? (age 12)

You can do baptisms for the dead when you are 12 years old. This is a very special service that you can do for people who have died because they can't do it for themselves. Many people in the spirit world are waiting for us to help them.

Heavenly Father loves all his children, even those who are not baptized. In the spirit world, missionaries teach people who have died. Then they can choose to accept or reject the baptism that is done for them in the temple.

Share an experience about the first time you went to the temple to do baptisms for the dead. Tell if you had to travel far away or if you lived close to a temple. Consider telling about a grandparent or ancestor who had to travel far to visit a temple.

Elder Cook said, “For the dead, all the saving ordinances and covenants are received in the temple. Brigham Young taught, “There is not one thing that the Lord could do for the salvation of the human family that he has neglected to do.”

If we learn about the names and birth dates of our family members who died a long time ago, we can go to the temple and be baptized for people who are actually part of our family!

Elder Cook taught us at conference that we should prepare to go to the temple now by making good choices.

What are some good choices that we can make right now?

Lesson - older children

Elder Cook said, “When President Monson was called as an Apostle in 1963, there were 12 operating temples in the world. With the dedication of the Provo City Center Temple, there are now 150, and there will be 177 when all announced temples are dedicated. This is cause for us to humbly rejoice.”

How many temples were there when you were born? Use the chart above to find your birth year and see how many temples there were.

How many temples were there when Mom and Dad or Grandpa and Grandma were born?

Share a story about going to the temple for the first time, or another special temple experience. Possibly share about grandparents’ or ancestors’ experiences going to the temple. Did they have to travel far?

Choose an ancestor who was a convert and find out how many temples there were when they joined the church and how many when they died.

Why do you think there are so many temples now?

Elder Cook said, “The Lord has prospered our people and provided the **resources** and **prophetic guidance** so we can be valiant in attending to our temple responsibilities for both the living and the dead. The combination of increased numbers of temples and advanced technology to fulfill our sacred family history responsibilities for our ancestors makes this the most blessed time in all history.

What prophetic guidance has the Lord given us about temple and family history work?

- **It’s our greatest responsibility.** “The greatest responsibility in this world that God has laid upon us is to seek after our dead.” - [Joseph Smith](#)
- **Family History and Temple work are part of the work of salvation.** “Preaching the gospel and seeking after our dead are complementary parts of one great work—a labor of love intended to change, turn, and purify the hearts of honest seekers of truth. ... This is one great work of salvation.” - David A. Bednar ([Missionary, Family History, and Temple Work](#))
- **Doing temple work for our own ancestors brings blessings.** “If the youth in each ward will not only go to the temple and do baptisms for their dead but also work with their families and other ward members to provide the family names for the ordinance work they perform, both they and the Church will be greatly blessed.” - Quentin L. Cook ([Roots and Branches](#))

What resources has the Lord provided for us to do temple and family history work?

- Temples closer to us
- Highways, roads, cars, and other transportation to get to the temple
- Computers and internet
- Microfilm scanning technology to put family history records online
- Volunteer indexers who help make the family history records searchable online

- The church's family history website, [FamilySearch.org](https://www.familysearch.org), where you can request family names for temple work
- [Free subscriptions for members of the church to "partner" websites](#) – Ancestry.com, MyHeritage.com, FindMyPast.com, American Ancestors.com where you can find more historical records and information about your ancestors

Story

Elder Cook told this story: "Several years ago in a temple in Central America, the wife of one of our now-emeritus General Authorities assisted a father, a mother, and their children in receiving eternal covenants in the sealing room, where the temple mirrors are located. As they concluded and faced those mirrors, she noticed there was a face in the mirror that was not in the room. She inquired of the mother and learned that a daughter had passed away and accordingly was not physically present. The deceased daughter was then included by proxy in the sacred ordinance. Never underestimate the assistance provided in temples from the other side of the veil."

Quote

Elder Cook said, "It is our great desire that members of the Church will live to be worthy of a temple recommend. Please don't see the temple as some distant and perhaps unachievable goal."

"I pray that each of us will honor the Savior and make any necessary changes to see ourselves in His sacred temples."

Discussion

What changes can we make in our family to be more temple worthy?

When can we plan to go to the temple as a family next?

Who can help find family names for the temple?

Number of Temples by Year

Year	# of Temples	New Temple Dedicated	Date Dedicated
2016	150	Provo City Center	20-Mar-16
2015	149	Tijuana Mexico	13-Dec-15
2015	148	Indianapolis Indiana	23-Aug-15
2015	147	Trujillo Peru	21-Jun-15
2015	146	Payson Utah	7-Jun-15
2015	145	Córdoba Argentina	17-May-15
2014	144	Phoenix Arizona	16-Nov-14
2014	143	Fort Lauderdale Florida	4-May-14
2014	142	Gilbert Arizona	2-Mar-14
2013	141	Tegucigalpa Honduras	17-Mar-13
2012	140	Calgary Alberta	28-Oct-12
2012	139	Brigham City Utah	23-Sep-12
2012	138	Manaus Brazil	10-Jun-12
2012	137	Kansas City Missouri	6-May-12
2011	136	Quetzaltenango Guatemala	11-Dec-11
2011	135	San Salvador El Salvador	21-Aug-11
2010	134	Kyiv Ukraine	29-Aug-10
2010	133	Cebu City Philippines	13-Jun-10
2010	132	The Gila Valley Arizona	23-May-10
2010	131	Vancouver British Columbia	2-May-10
2009	130	Oquirrh Mountain Utah	21-Aug-09
2009	129	Draper Utah	20-Mar-09
2008	128	Twin Falls Idaho	24-Aug-08
2008	127	Panama City Panama	10-Aug-08
2008	126	Curitiba Brazil	1-Jun-08
2008	125	Rexburg Idaho	10-Feb-08
2007	124	No new temples dedicated	
2006	124	Helsinki Finland	22-Oct-06
2006	123	Sacramento California	3-Sep-06
2005	122	Newport Beach California	28-Aug-05
2005	121	Aba Nigeria	7-Aug-05
2005	120	San Antonio Texas	22-May-05
2004	119	Manhattan New York	13-Jun-04
2004	118	Copenhagen Denmark	23-May-04
2004	117	Accra Ghana	11-Jan-04
2003	116	Redlands California	14-Sep-03
2003	115	Brisbane Australia	15-Jun-03
2002	114	The Hague Netherlands	8-Sep-02
2002	113	Nauvoo Illinois	27-Jun-02
2002	112	Asunción Paraguay	19-May-02
2002	111	Campinas Brazil	17-May-02
2002	110	Monterrey Mexico	28-Apr-02
2002	109	Lubbock Texas	21-Apr-02
2002	108	Snowflake Arizona	3-Mar-02

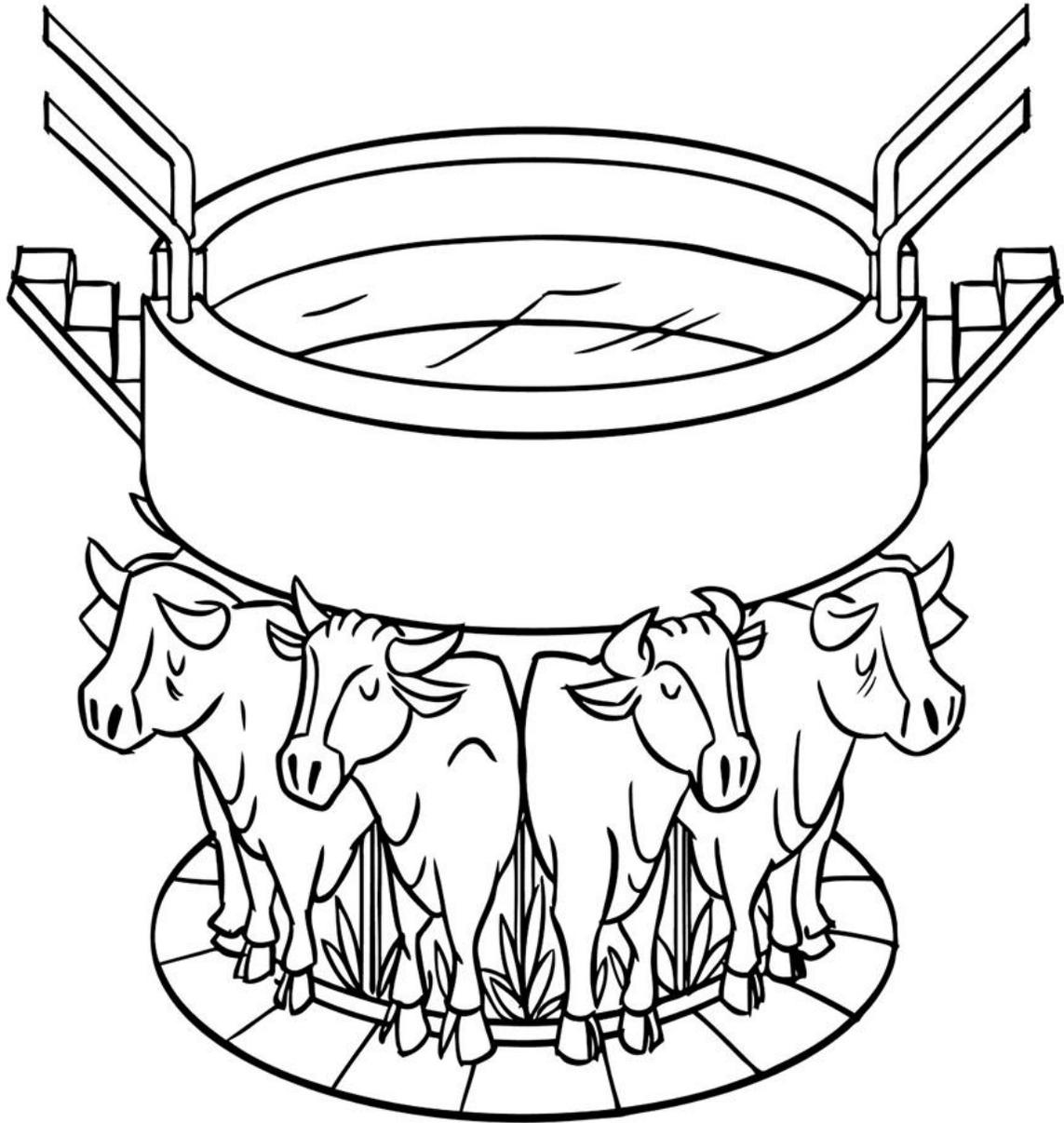
Year	# of Temples	New Temple Dedicated	Date Dedicated
2001	107	Columbia River Washington	18-Nov-01
2001	106	Perth Australia	20-May-01
2001	105	Guadalajara Mexico	29-Apr-01
2001	104	Winter Quarters Nebraska	22-Apr-01
2001	103	Montevideo Uruguay	18-Mar-01
2000	102	Porto Alegre Brazil	17-Dec-00
2000	101	Recife Brazil	15-Dec-00
2000	100	Boston Massachusetts	1-Oct-00
2000	99	Santo Domingo Dominican Republic	17-Sep-00
2000	98	Birmingham Alabama	3-Sep-00
2000	97	Houston Texas	26-Aug-00
2000	96	Caracas Venezuela	20-Aug-00
2000	95	Oklahoma City Oklahoma	30-Jul-00
2000	94	Baton Rouge Louisiana	16-Jul-00
2000	93	Veracruz Mexico	9-Jul-00
2000	92	Mérida Mexico	8-Jul-00
2000	91	Suva Fiji	18-Jun-00
2000	90	Melbourne Australia	16-Jun-00
2000	89	Adelaide Australia	15-Jun-00
2000	88	Fukuoka Japan	11-Jun-00
2000	87	Montreal Quebec	4-Jun-00
2000	86	San José Costa Rica	4-Jun-00
2000	85	Villahermosa Mexico	21-May-00
2000	84	Nashville Tennessee	21-May-00
2000	83	Tampico Mexico	20-May-00
2000	82	Cochabamba Bolivia	30-Apr-00
2000	81	Memphis Tennessee	23-Apr-00
2000	80	Reno Nevada	23-Apr-00
2000	79	Medford Oregon	16-Apr-00
2000	78	Fresno California	9-Apr-00
2000	77	Palmyra New York	6-Apr-00
2000	76	Louisville Kentucky	19-Mar-00
2000	75	Tuxtla Gutiérrez Mexico	12-Mar-00
2000	74	Oaxaca Mexico	11-Mar-00
2000	73	Albuquerque New Mexico	5-Mar-00
2000	72	Hermosillo Sonora Mexico	27-Feb-00
2000	71	Ciudad Juárez Mexico	26-Feb-00
2000	70	Kona Hawaii	23-Jan-00
2000	69	St. Paul Minnesota	9-Jan-00
1999	68	Raleigh North Carolina	18-Dec-99
1999	67	Edmonton Alberta	11-Dec-99
1999	66	Billings Montana	20-Nov-99
1999	65	Regina Saskatchewan	14-Nov-99
1999	64	Halifax Nova Scotia	14-Nov-99

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1999	63	Detroit Michigan	23-Oct-99
1999	62	Columbia South Carolina	16-Oct-99
1999	61	Bismarck North Dakota	19-Sep-99
1999	60	Columbus Ohio	4-Sep-99
1999	59	Spokane Washington	21-Aug-99
1999	58	Guayaquil Ecuador	1-Aug-99
1999	57	Bogotá Colombia	24-Apr-99
1999	56	Madrid Spain	19-Mar-99
1999	55	Colonia Juárez Chihuahua Mexico	6-Mar-99
1999	54	Anchorage Alaska	9-Jan-99
1998	53	Monticello Utah	26-Jul-98
1998	52	Preston England	7-Jun-98
1997	51	Vernal Utah	2-Nov-97
1997	50	St. Louis Missouri	1-Jun-97
1996	49	Mount Timpanogos Utah	13-Oct-96
1996	48	Hong Kong China	26-May-96
1995	47	Bountiful Utah	8-Jan-95
1994	46	Orlando Florida	9-Oct-94
1993	45	San Diego California	25-Apr-93
1991-1992	44	No new temples dedicated	
1990	44	Toronto Ontario	25-Aug-90
1989	43	Las Vegas Nevada	16-Dec-89
1989	42	Portland Oregon	19-Aug-89
1988	41	No new temples dedicated	
1987	41	Frankfurt Germany	30-Aug-87
1986	40	Denver Colorado	24-Oct-86
1986	39	Buenos Aires Argentina	17-Jan-86
1986	38	Lima Peru	10-Jan-86
1985	37	Seoul Korea	14-Dec-85
1985	36	Johannesburg South Africa	24-Aug-85
1985	35	Chicago Illinois	9-Aug-85
1985	34	Stockholm Sweden	2-Jul-85
1985	33	Freiberg Germany	30-Jun-85
1984	32	Guatemala City Guatemala	14-Dec-84
1984	31	Taipei Taiwan	17-Nov-84
1984	30	Dallas Texas	19-Oct-84
1984	29	Manila Philippines	25-Sep-84
1984	28	Sydney Australia	20-Sep-84
1984	27	Boise Idaho	25-May-84
1983	26	Mexico City Mexico	2-Dec-83
1983	25	Papeete Tahiti	27-Oct-83
1983	24	Santiago Chile	15-Sep-83
1983	23	Nuku'alofa Tonga	9-Aug-83
1983	22	Apia Samoa	5-Aug-83
1983	21	Atlanta Georgia	1-Jun-83

Year	# of Temples	New Temple Dedicated	Date Dedicated
1982	20	No new temples dedicated	
1981	20	Jordan River Utah	20-Nov-81
1980	19	Seattle Washington	17-Nov-80
1980	18	Tokyo Japan	27-Oct-80
1979	17	No new temples dedicated	
1978	17	São Paulo Brazil	30-Oct-78
1975-1977	16	No new temples dedicated	
1974	16	Washington D.C.	19-Nov-74
1973	15	No new temples dedicated	
1972	15	Provo Utah	9-Feb-72
1972	14	Ogden Utah	18-Jan-72
1965-1971	13	No new temples dedicated	
1964	13	Oakland California	17-Nov-64
1959-1963	12	No new temples dedicated	
1958	12	London England	7-Sep-58
1958	11	Hamilton New Zealand	20-Apr-58
1957	10	No new temples dedicated	
1956	10	Los Angeles California	11-Mar-56
1955	9	Bern Switzerland	11-Sep-55
1945-1954	8	Idaho Falls Idaho	25-Sep-45
1928-1944	7	No new temples dedicated	
1927	7	Mesa Arizona	23-Oct-27
1924-1926	6	No new temples dedicated	
1923	6	Cardston Alberta	26-Aug-23
1920-1922	5	No new temples dedicated	
1919	5	Laie Hawaii	27-Nov-19
1894-1918	4	No new temples dedicated	
1893	4	Salt Lake	6-Apr-1893
1889-1892	3	No new temples dedicated	
1888	3	Manti Utah	21-May-1888
1885-1887	2	No new temples dedicated	
1884	2	Logan Utah	17-May-1884
1878-1883	1	No new temples dedicated	
1877	1	St. George Utah	6-Apr 6-1877
1856-1876	E	No new temples dedicated	
1855	E	Endowment House	5-May-1855
1849-1854	0	No new temples dedicated	
1848	0	(Nauvoo Temple destroyed by fire)	None
1847	1	No new temples dedicated	
1846	1	Nauvoo Illinois original	1-May-1846
1839-1845	0	No new temples dedicated	
1838	0	(Kirtland temple abandoned)	None
1836-1837	1	Kirtland Ohio	27-Mar-1836



In the temple, you can do baptisms for the dead. Ask a family member or friend to tell you how he or she felt the first time he or she visited the temple.

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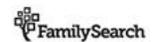
 FamilySearch

FamilyLocket.com



You can go to the temple and do baptisms for the dead when you are 12 years old. Plan a trip to the temple with your family when you turn 12. Prepare now so you can take family names with you when you go.

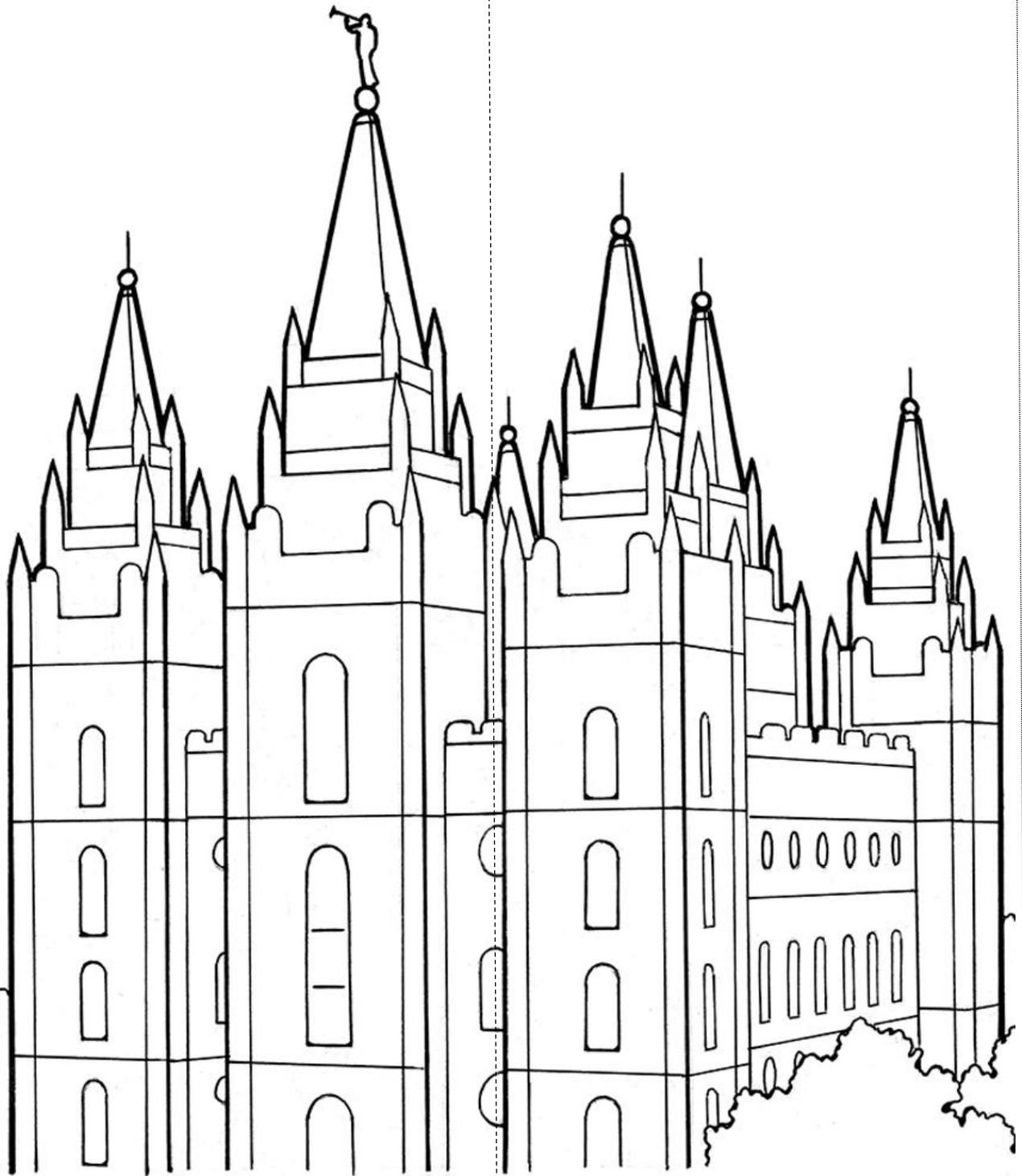
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Fold



Fold



I See Myself in the Temple