



Program

By Jessica Herbert

(Based on a true story)

Fear not, nor be dismayed, be strong and of good courage (Joshua 10:25).

Leah had the jitters. That's what Mommy and Daddy called it when she got a little scared.

Leah was a Sunbeam. Her Primary had been practicing their sacrament meeting program for the past few weeks. She had enjoyed saying her part during the practices.

But today was the real program, and she was nervous. She wanted to stay with Mommy and Daddy. She did not want to look out at all the grown-ups.

"There are too many people," Leah whispered to Mommy.

"Do you have the jitters, Leah?" Mommy asked.

Leah nodded.

Mommy put her arm around Leah and hugged her tight. Leah sang some of the songs in her mind that she had learned for the program. She felt calmer, but she was still a little nervous.

The bishop invited the Primary children to the stand. Mommy walked with

Jitters

Leah up to her seat in the front. Mommy showed her that the chair had a special tag with her name on it.

When Mommy gave her a kiss and turned to leave, Leah felt full of jitters again. Then she noticed Daddy and her little brother Taylor smiling as Mommy left to sit down. Daddy gave her a little wave, and Taylor blew her a kiss.

Leah paid attention as Sister Cassidy raised her hands to tell everyone to stand up. Leah knew exactly what to do. She knew the song the pianist started to play. Leah sang as loud and as pretty as she could, just like her teachers had shown her. Soon it was her turn to say her part.

She walked to the microphone and said, "I know Heavenly Father loves me. He hears me when I say my prayers and helps me to be good."

Leah reverently walked back to her seat. The jitters were gone. ♦



HOW TO

PREPARE FOR YOUR PRIMARY PROGRAM

- Attend Church every Sunday. The songs you will sing in the program are the songs you sing in Primary!
- Family home evening is a great place to practice saying your part or singing. You can invite your family to sing along with you.
- Practice smiling in the mirror. Then you can see what everyone else will see.
- Pray for help. You can ask Heavenly Father to help you learn the songs and your speaking part. You can even ask Him to help you not be nervous.
- Draw a picture about one of the songs in the program. Thinking about your picture can help you remember what to sing.