

# Testimony Glove

**H**ave you ever worn gloves? Some gloves protect your hands when you work. Other gloves keep your hands warm. Another kind is worn when playing a sport. In this activity you can make your own “testimony glove” to help you remember five parts of your testimony.

A testimony is a spiritual witness of the gospel’s truthfulness given to us by the Holy Ghost. There are essential parts to a testimony. If you have a desire to believe those things, your belief can grow into a knowledge that they are true.



# THE ESSENTIAL PARTS OF A TESTIMONY



## MY TESTIMONY

1. I know that God is our Heavenly Father and He loves us.
2. I know that His Son, Jesus Christ, is our Savior and Redeemer.
3. I know that Joseph Smith is a prophet of God. He restored the gospel of Jesus Christ to the earth and translated the Book of Mormon by the power of God.
4. I know that The Church of Jesus Christ of Latter-day Saints is the Lord's Church on the earth today.
5. I know that this Church is led by a living prophet who receives revelation.

**Instructions:** Find a white glove.\* Cut out the pictures on this page, and mount them on heavy paper. Put the glove on. As you say the five parts of a testimony, one by one, attach a picture to a glove finger, starting with the thumb. You can attach the pictures to the glove using Velcro, tape, glue, safety pins, snaps, or string.

As you develop your testimony, don't be afraid to share it! As you bear your testimony, you can use phrases like "I testify that . . ." or "I know that . . ." Your testimony will grow stronger when you share it with others. ●

*\*This activity can be adapted to your circumstances. The glove does not have to be white. If gloves are not available, you could make paper gloves or even attach the pictures to your fingers with tape.*