

## Do You Have Faith?

### PURPOSE

To illustrate that faith is trusting in things we have not seen or touched

### MATERIALS

- A nut or a sunflower seed that is still in the shell

### LESSON

1. Hold up a closed fist with the nut inside. Explain that you are holding something in your hand that has never been seen or touched. Ask if anyone believes you.
2. Pull someone aside and show him/her the nut in your hand. Help him/her understand that the nut inside the shell has never been seen or touched.
3. Invite the person to witness to the rest of the group that you indeed have something in your hand that has never been seen or touched. Ask if anyone else believes you.
4. Open your hand, crack open the nut and show it to the group.
5. Read Alma 32:17-21. Explain that believing in things that we haven't seen or touched is called 'faith'. Help the group understand that in this life we are required to walk by faith; to learn to trust in things that are true even though we have not seen nor touched them. Ask the group to mention some things that are true but hard for people to imagine as existing (God, heaven, Jesus Christ, Holy Ghost, etc.).
6. Bear your testimony that there are many things you've never seen or touched but that you know are true. You may want to share an experience when you were helped by exercising faith in something you had never seen nor touched.

