Question/ Discussion:

1. What is faith?
2. How do you exercise your faith?
3. How can we strengthen our faith?
4. Who in the scriptures showed faith?
5. How do we keep our faith?

Story:

<http://www.lds.org/friend/1974/08/faith-story-the-shoemaker-of-trondheim?lang=eng>

Activity:

Get out a chair and have some stand on it and tell them to close their eyes.

Then everyone else stand close and ready to catch that person. Tell the person on the chair to have faith and fall backward and everyone else catches that person.