



strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: Fasting

Packet #050306

5 tips for successful Family Home Evenings

- 1. Pray.** Pray about the needs of your family as you consider topics for home evenings, and pray as you prepare.
- 2. Prioritize.** Make Family Home Evening a priority; learn to say no to other activities.
- 3. Involvement.** Involve everyone in the family; help little children take part.
- 4. Commitment.** Be committed and be consistent. Set a designated time and stick to it. Holding Family Home Evening on a weekly basis takes dedication and planning on the part of all family members.
- 5. Relax** and enjoy it. The most important thing your children will remember is the spirit they feel in your family home evenings and activities. Be sure the atmosphere is one of love, understanding, and enjoyment.

Fasting

Thought:

Fasting, coupled with mighty prayer, is powerful. It can fill our minds with the revelations of the Spirit, it can strengthen us against times of temptation.

(Joseph B. Wirthlin, "The Law of the Fast," *Ensign*, May 2001, 73.)

Song:

"In Fasting We Approach Thee," *Hymns*, 139.

Scripture:

And on this day thou shalt do none other thing, only let thy food be prepared with singleness of heart that thy fasting may be perfect, or, in other words, that thy joy may be full.

Verily, this is fasting and prayer, or in other words, rejoicing and prayer.

(Doctrine and Covenants 59:13–14)

Lesson:

Have your family silently read Alma 28:1–5. Ask them to ponder these events. Then discuss these questions together:

- Why would this war have been difficult to witness?
- How might it feel to lose a loved one during battle?
- What do you think you might have done to help deal with the sorrow and pain you would have felt if you were living then?

Have your family read Alma 28:6 and look for what the people did to help ease their pain. How would fasting and prayer bring relief? Have you ever fasted to gain help during times of great sorrow?

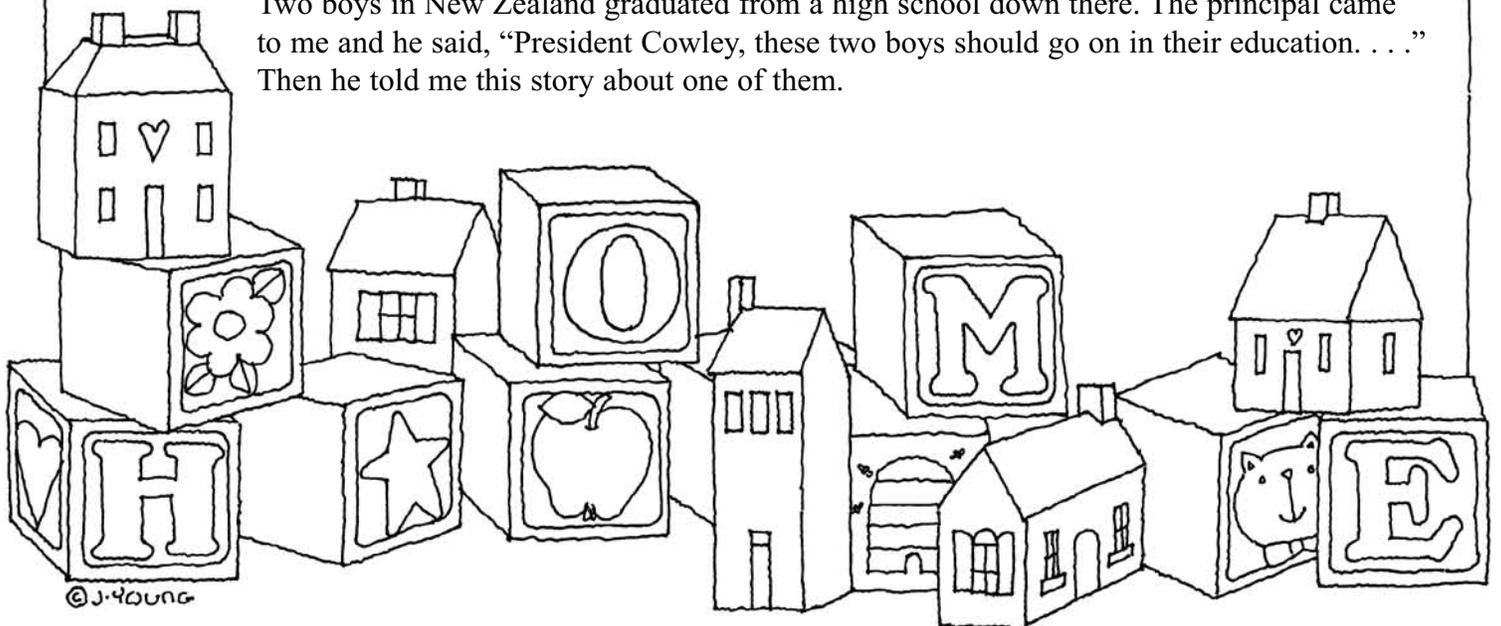
(Dennis H. Leavitt and Richard O. Christensen, *Scripture Study for Latter-day Saint Families: The Book of Mormon*, [Salt Lake City: Deseret Book, 2003], p. 204.)

Story:

"He Fasted, and He Prayed"

(Matthew Cowley)

Two boys in New Zealand graduated from a high school down there. The principal came to me and he said, "President Cowley, these two boys should go on in their education. . . ." Then he told me this story about one of them.



“This young man came to me one day. He was living in the dormitory. He was what they called the monitor. It wasn't a native high school, but he was a native. He came to me one day, and he said, ‘Mr. Hogan, I want to go home for three days.’ I said, ‘Why, you can't go home, you have a job here. What do you want to go home for?’ He said, ‘Well, I am preparing to take my matric,’ [as they call it down there, matriculation examination for entrance into a university]. He said, ‘I want to go home for three days and fast and pray.’

“I was astonished. I excused myself and went to my office and called up one of your members, one of our native members, and I said, ‘Listen to me, do you people have in your Church something you call fasting?’ He said, ‘Yes.’ I said, ‘What do you do it for?’ ‘When we want a blessing, we fast and pray.’ I said, ‘Well, I have read about it in the Bible, but I have never heard of anybody doing it.’ I went back to the young man and said, ‘You go home for three days.’ He went home, and he fasted, and he prayed, and he was the top man in passing his matric examination.”

So he and his cousin went on to the university—one to study dentistry and one to study medicine.

(Jay A. Parry, Jack M. Lyon, and Linda Ririe Gundry, editors, *Best-Loved Stories of the LDS People, Volume 2*, [Salt Lake City: Deseret Book, 1999], p. 63.)

Activity:

Play “My Eyes Are Open.”

From one to four people are sent out of the room and an object is hidden in plain sight. The people come back and try to see the object. When one person sees it, he returns to his seat and says, “My eyes are open.” Continue until all have found it. Play as many times as you'd like.

Remind your family that sometimes we can't see things that are right before our eyes. We need to use spiritual insight as well as physical vision. Fasting can increase our spirituality and help us “see” the things the Lord wants us to do.

(Alma Heaton, *The LDS Game Book*, [Salt Lake City: Bookcraft, 1968], p. 50.)

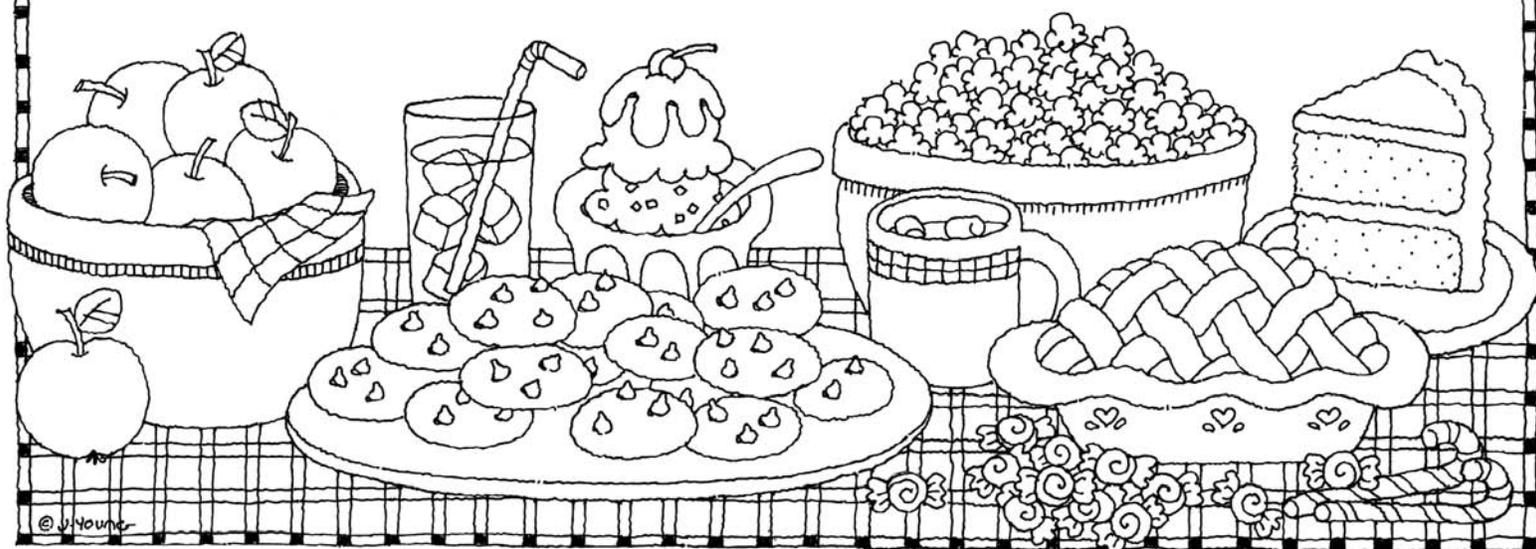
Refreshment

Doughnut Balls

- | | |
|--------------------------|--|
| 2 1/2 cups flour | 1 teaspoon vanilla |
| 1 teaspoon baking powder | 1/4 teaspoon salt |
| 2 eggs | 1 1/4 cups vegetable oil for deep-frying |
| 1 1/2 cups sour cream | 1 cup powdered sugar |
| 2 tablespoons sugar | |

In a large mixing bowl, combine flour, baking powder, eggs, sour cream, sugar, vanilla, and salt until well blended. (The batter will be soft.) Heat oil in a deep skillet until oil is hot enough to fry a 1-inch cube of bread in 1 minute. Carefully place dough by tablespoonfuls into the oil. Fry doughnuts, a few at a time, for 3 to 5 minutes or until golden brown on all sides. Remove from pan with slotted spoon. Drain on paper towels. When all doughnuts are cooked, pour powdered sugar into a plastic or paper bag. Add a few doughnuts at a time, close bag, and shake gently until well coated. Serve warm. Makes 25.

(Lion House International Recipes, [Salt Lake City: Deseret Book, 1997], p. 114.)



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