



strengthening  
our home  
and family

## **Deseret Book®**

Family Home Evening Materials

Theme: Happiness

Packet #110406

### **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.

A B C D E F G H I J K L M

# Happiness

**Thought:**

Having lived quite a few years now, I have concluded that since we don't always desire that which is good, having all our desires granted to us would not bring us happiness. In fact, instant and unrestrained gratification of all our desires would be the shortest and most direct route to unhappiness. The many hours I have spent listening to the tribulations of men and women have persuaded me that both happiness and unhappiness are much of our own making. . . . Our search for happiness largely depends on the degree of righteousness we attain, the degree of selflessness we acquire, the amount and quality of service we render, and the inner peace that we enjoy.

(James E. Faust, "Our Search for Happiness," *Ensign*, Oct. 2000, 2)

**Song:**

"Lift Up Your Voice and Sing," *Children's Songbook*, p. 252.

**Scripture:**

Behold, I say unto you, wickedness never was happiness.

(Alma 41:10)

**Lesson:**

Explain to your family members that Philippians 4 is about happiness and that they will be the ones to teach it. Depending on the ages and size of your family, divide them into two to four groups. Listed below are scripture blocks, and ideas for each group to help prepare them to teach. Assign them to read the verses, identify secrets to happiness, and then share them with the family.

Group 1: Verses 1–5

- How does the service in verse 3 bring happiness?
- Give an example of when serving brought you joy.
- What hymn does verse 4 remind you of? (See "Rejoice, the Lord Is King," Hymns, no. 66. You might even sing it together.)
- What difference does footnote 5a make to the meaning of the verse?
- How does gentleness bring happiness?

Group 2: Verses 6–7

- What insights do footnotes 6a and 6b add to these verses?
- How might making requests to God be better than worrying?
- In what ways does the peace of God "surpass all understanding"?
- Describe a time when God gave you peace in the midst of difficulties.

Z Y X W V U T S R Q P O N M L K J I H G F E D C B A

M N O P Q R S T U V W X Y Z A B C D E F G H I J K L

### Group 3: Verse 8–10

- What Article of Faith does verse 8 remind you of? (You might want to write Articles of Faith 1:13 next to verse 8.)
- How does thinking about the kinds of things mentioned in verse 8 bring happiness?
- How does exposure to evil influences take away our happiness?

### Group 4: Verses 11–13

- How did Paul learn to be content in every situation? (Verse 12; Paul’s personal experiences.)
- What is the opposite of “content”? (Dissatisfied.)
- How does contentment bring happiness?
- How would trusting in God’s strength help? (Verse 13.)
- When is a time that the Lord strengthened you?

Have your family list ways the gospel of Jesus Christ brings happiness to them.

(Dennis H. Leavitt and Richard O. Christensen, *Scripture Study for Latter-day Saint Families: The New Testament*, [Salt Lake City: Deseret Book 2006], p. 244.)

## Story:

### Grabbing After a Shadow

(Milton Hunter)

When I was in grade school I recall that there was a simple story in our primer that was merely interesting to me at that time. Now, however, it is more important, especially when I make an application of it to experiences of life.

I read about a dog that went to a meat market and got a large piece of meat. He started home with that piece of meat. On the way home he had to cross over a bridge that spanned a beautiful, sparkling stream of water. When he got in the middle of that stream of water he looked over the edge of the bridge into the water and saw another dog with a piece of meat in its mouth. This covetous dog opened his mouth to grab the meat from the other dog and thereupon dropped his meat into the water. It floated away. To his dismay he found that the other dog had lost his meat also.

Here is the application: The covetous dog found he was grabbing after a shadow. There are many, shadows of true happiness in this life after which human beings grab; and, just as the old dog lost his valuable meat, to our sorrow we lose what is most precious, most valuable to us in life, if we grab after those shadows of happiness and thereby substitute them for something that is real and of genuine value.

(“The Eternal Quest for Happiness,” *BYU Speeches of the Year*, May 12, 1964, pp. 4-5.)

## Activity:

Select an “it” to start the game. He will choose some officer in the Church, such as the bishop, and say, “I am the bishop. I am happy when . . . (Think of something which would make the bishop happy.)” Then beginning at his right each member of the family in turn says, “I am the bishop” and he names some way in which people can make the bishop happy. For example, “I am the bishop; I am happy when the priests are reverent at the sacrament table.” When a family member names what “it” is thinking about, that person becomes “it.”

(Alma Heaton *The LDS Game Book*, [Salt Lake City: Bookcraft, 1968], p. 58.)

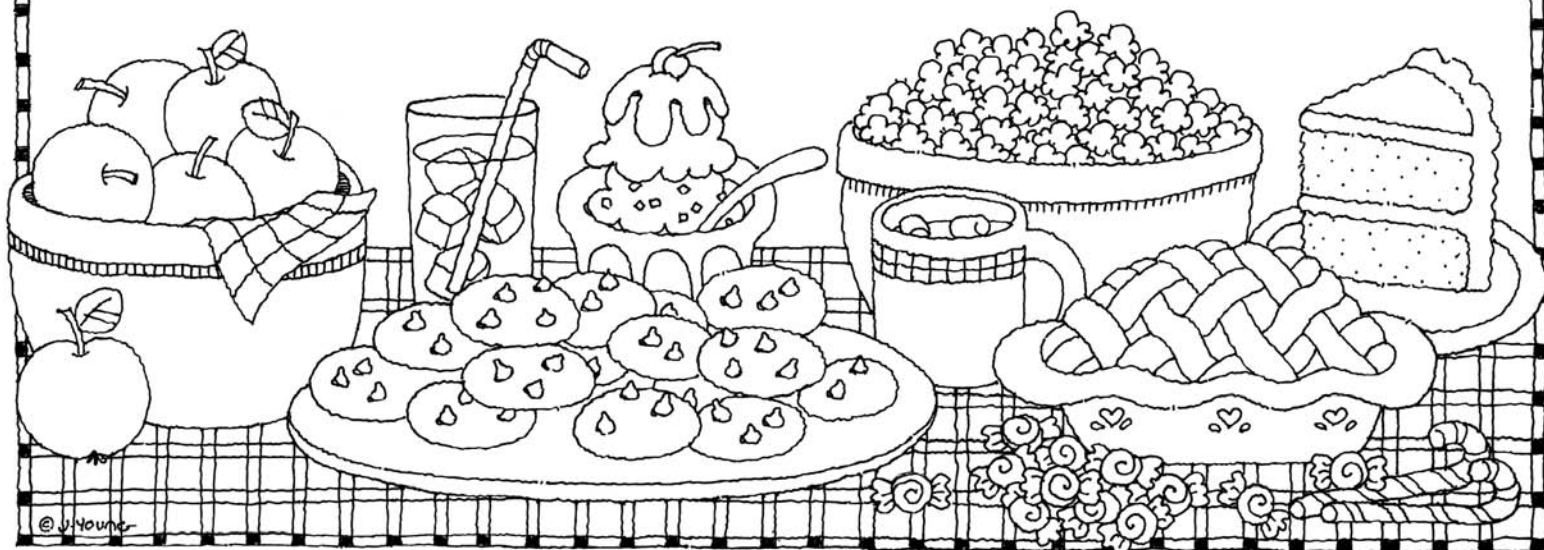
## Refreshment

### Pumpkin Cake

- 3/4 cup shortening
- 1 1/4 cups sugar
- 2 eggs
- 1 cup canned or cooked pumpkin
- 3/4 cup milk
- 1 teaspoon soda
- 2 1/4 cups sifted flour
- pinch salt
- 3 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- 1/2 teaspoon nutmeg
- 1 cup broken nuts

Cream together shortening and sugar. Add eggs; beat until light and fluffy. Combine pumpkin, milk, and soda; add alternately with sifted dry ingredients. Stir in nuts. Pour into a greased and floured 9 x 13-inch pan. Bake at 350 degrees for 40 to 45 minutes or until done. Frost, if desired, with cream cheese frosting.

(Winnifred C. Jardine, *Mormon Country Cooking*, [Salt Lake City: Bookcraft, 1980], p. 260.)



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