



strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: I Will Keep the Sabbath Day Holy

Packet #020107

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.

My Gospel Standard #6

I Will Keep the Sabbath Day Holy

Gospel Standard:

I will do those things on the Sabbath that will help me feel close to Heavenly Father and Jesus Christ.

(*Faith in God* guidebooks, backcover)

Thought:

There is a growing tendency throughout the land to disregard the observance of the Sabbath day. The command: "Remember the Sabbath day to keep it holy," is as much the law today as when it was given to Israel on Mount Sinai.

(President Joseph F. Smith)

Song:

"The Chapel Doors" *Children's Songbook*, p. 156.

Lesson:

Make a line on the floor with tape and give each family member five coins or washers. Have each family member toss a coin at the line while standing approximately five feet from the line. The person who tosses his coin nearest to the line wins all of the coins tossed during that turn. Continue taking turns until one person has won all of the coins and is declared the winner.

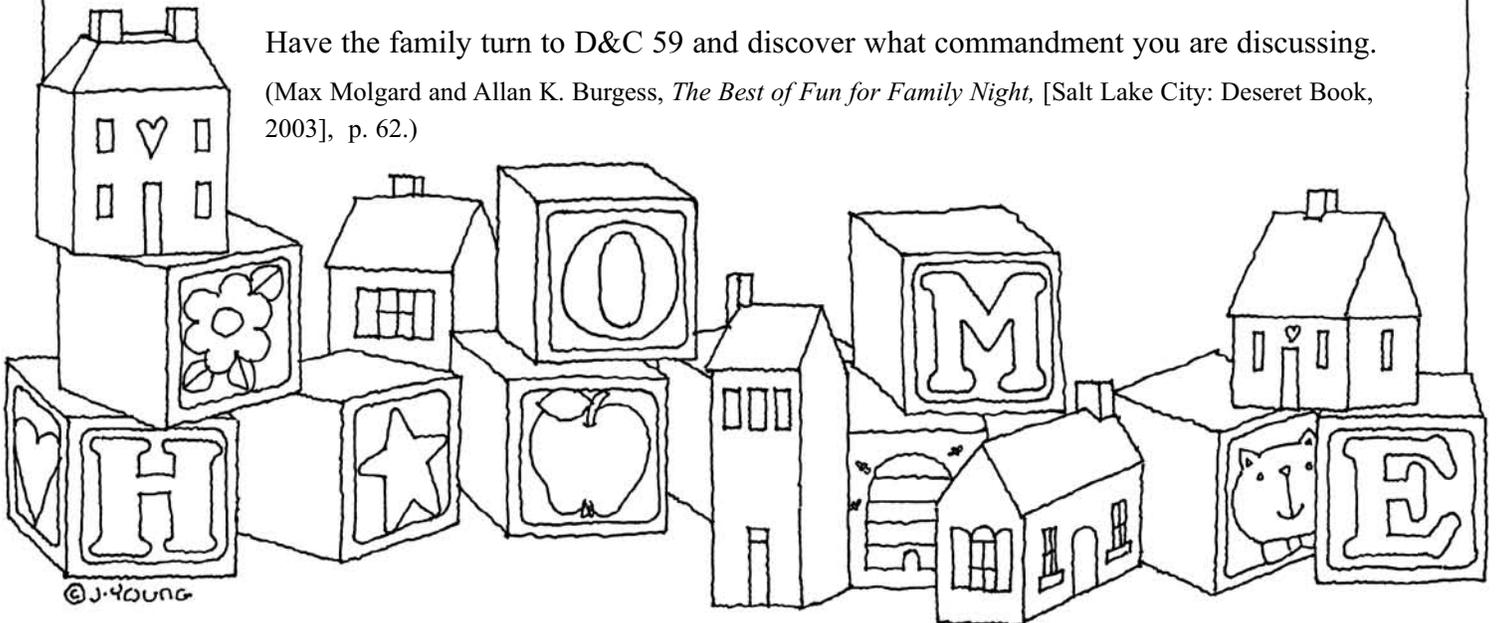
Explain to your family that the closer we get to doing all that Heavenly Father wants us to do, the more blessings we will receive. Tonight's topic is one of God's commandments. He promises us great blessings as we strive to live it fully.

Ask family members to guess the topic from the following clues:

1. It helps us overcome sins.
2. It helps us to worship the Lord and show him that we love him.
3. It gives us time to serve the Lord better.
4. If we obey this commandment properly, we are promised that our joy will be full.
5. If we properly obey this commandment, we are promised that the good things of the earth will be ours.
6. We can learn more about these blessings in section 59 of the Doctrine and Covenants.

Have the family turn to D&C 59 and discover what commandment you are discussing.

(Max Molgard and Allan K. Burgess, *The Best of Fun for Family Night*, [Salt Lake City: Deseret Book, 2003], p. 62.)



Story:

The Day of Rest

(M. Preston)

Stonewall Jackson [a Civil War general] never mailed a letter without calculating whether it would have to travel on Sunday to reach its place of destination, and if so, he would not mail it until Monday morning.

In the winter of 1861-62, while Jackson's forces were at Winchester, he sent a brigade to destroy the canal leading to Washington. The expedition proved a failure, and he attributed it, in some measure to the fact that Sunday had been needlessly trespassed upon. so when a second expedition was planned, he determined there should be no Sabbath-breaking connected with it that he could prevent. The advance was to be made early on Monday morning. On Saturday he ordered my husband (Colonel Preston) to see that the necessary powder was in readiness. The quartermaster could not find a sufficient quantity in Winchester on Saturday, but during Sunday it was procured. On Sunday evening the fact in some way got to Jackson's ears. At a very early hour on Monday he dispatched an officer to Sherpherdstown for more powder, which was brought. Then summoning Colonel Preston, he said very decisively:

“Colonel, I want you to see that the powder which is used for this expedition is not the powder that was bought on Sunday.”

(Rich Walton and Fern Oviatt, editors, *Stories for Mormons*, [Salt Lake City: Bookcraft, 1983], p. 111.)

Activity:

Too many of us spend too much time worrying about what we *can't* do on the Sabbath when we should be looking for all the things that we *can* do on this holy day.

Divide the family into two or three groups. Give each group a pencil and paper and ten minutes to see how many things they can think of that would be appropriate to do on the Sabbath day.

Then have the groups take turns reading, one at a time, the things they have written down. No activity can be mentioned twice, so teams should check off their lists any activity mentioned.

The group that still has activities left on their paper when the other groups have run out is declared the “Can Doers” of the family.

Here is a sample list of twenty activities that may be appropriate for the Sabbath:

1. Write letters to missionaries, grandparents, friends, etc.
2. Read scriptures, Church magazines, and other uplifting materials.
3. Have Family Home Evening.
4. Plan gospel games as a family.
5. Prepare lessons and work on other Church materials.

6. Visit family members or shut-ins, widows, elderly neighbors, lonely people, etc.
7. Prepare an inspirational program. Visit some of the people mentioned in idea number 6 above and present the program to them.
8. Write in a journal or do other family history work.
9. Sing songs together and have family talent shows.
10. Do home teaching and visiting teaching.
11. Attend Church meetings including special broadcasts and firesides.
12. Share lessons taught at church.
13. Look at family pictures, slides, or movies.
14. Take gifts to those who are sick.
15. Study the lives and teachings of the prophets.
16. Hold family council meetings.
17. Read with the younger children.
18. Hold interviews with family members.
19. Visit the temple grounds.
20. Watch uplifting videos, movies, etc.

Church leaders have counseled that we should not fill the Sabbath so full of extra meetings that there is no time for prayer, meditation, family fellowship, and counseling.

(Max Molgard and Allan K. Burgess, *The Best of Fun for Family Night*, [Salt Lake City: Deseret Book, 2003], p. 62.)

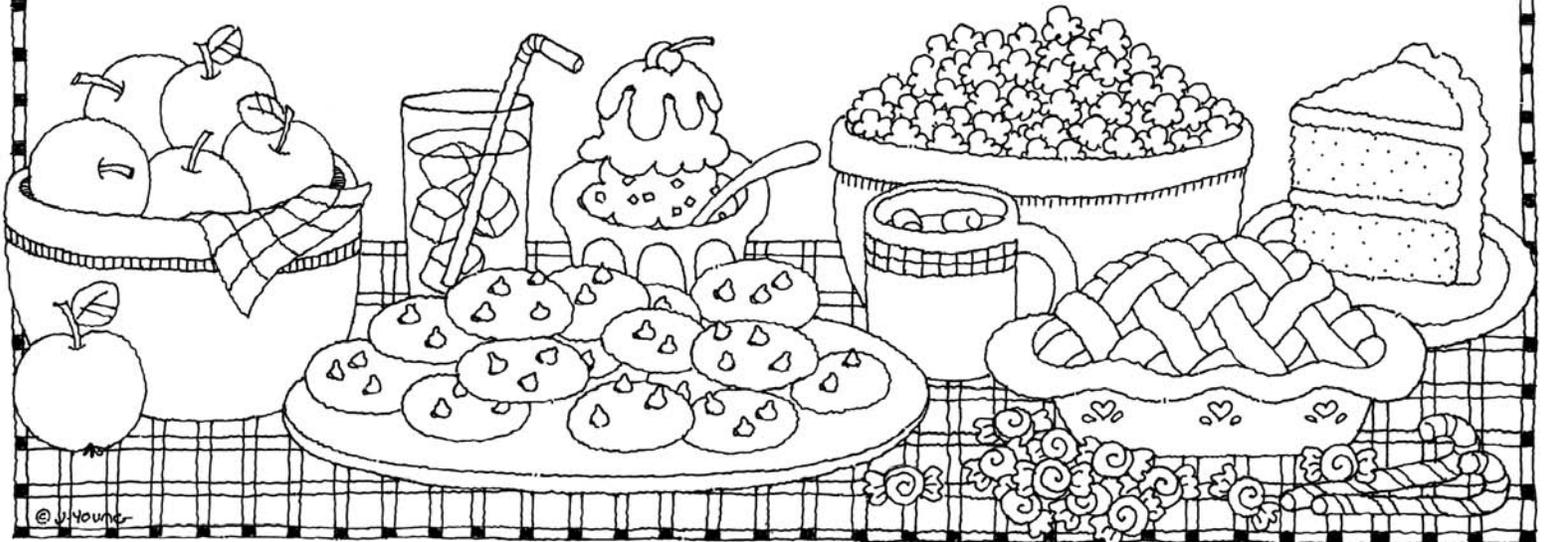
Refreshment

Chocolate Chip Cookies

- 1 3/4 cups softened butter
- 1 3/4 cups brown sugar
- 1 1/4 cups granulated sugar
- 4 eggs
- 5 1/2 tablespoons water
- 1 1/2 teaspoons vanilla
- 6 cups flour
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons baking soda
- 3 cups chocolate chips

Line cookie sheet with waxed paper; set aside. In large mixing bowl, cream butter and sugars. Add eggs, water, and vanilla; mix until creamy. Add flour, salt, and baking soda; mix well. Gently fold in chocolate chips, mixing only until chips are evenly distributed. (Over mixing results in broken chips and discolored dough.) Drop by spoonfuls onto prepared cookie sheet. Bake at 350 degrees for 8 to 10 minutes or until golden brown. Makes 5 to 6 dozen 3 1/2-inch cookies.

(Lion House Classics, [Salt Lake City: Shadow Mountain, 2004], p. 110.)



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