



strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: I Will Keep My Mind and Body Pure

Packet #020307

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 #8

I Will Keep My Mind and Body Pure

Gospel Standard:

I will keep my mind and body sacred and pure, and I will not partake of any things that are harmful to me.

(*Faith in God* guidebooks, backcover)

Thought:

“How truly beautiful is a well-groomed young woman who is clean in body and mind. How handsome is a young man who is well groomed. He is a son of God, deemed worthy of holding the holy priesthood of God.”

(Gordon B. Hinckley, “A Prophet’s Counsel and Prayer for Youth,” *Ensign*, Jan. 2001, 2)

Song:

“The Lord Gave Me a Temple,” *Children’s Songbook*, p. 153.

Object Lesson:

Materials needed: An apple and a cookie.

Procedure: Invite a family member to help you. Select someone whose strength is the same or less than yours. Have him raise his arm straight out to the side, shoulder level. Place the apple in his hand and instruct him to try to keep the arm in place as you apply pressure to push the arm down. Use two fingers and apply firm pressure to the arm. He will be able to keep it in place. Next replace the apple with the cookie and repeat the procedure exactly. The person’s arm will have very little strength or resistance, and you will be able to push it down.

Use this to illustrate that choosing those things which are good for us will strengthen us. However, if we participate in or use things which are not good for us, we become weak and have less resistance to Satan.

(Beth Lefgren and Jennifer Jackson, *More Power Tools for Teaching*, [Salt Lake City: Bookcraft, 1991], p. 10.)

Story:

During World War II, I had an experience. Our bomber crew had been trained at Langley Field, Virginia, to use the latest invention—radar. We were ordered to the West Coast and then on to the Pacific.

We were transported on a freight train with boxcars fitted with narrow bedsprings that could be pulled down from the wall at night. There were no dining cars. Instead, camp kitchens were set up in boxcars with dirt floors.

We were dressed in light-colored summer uniforms. The baggage car got sidetracked, so we had no change of clothing during the six-day trip. It was very hot

crossing Texas and Arizona. Smoke and cinders from the engine made it very uncomfortable. There was no way to bathe or to wash our uniforms. We rolled into Los Angeles one morning—a grubby-looking outfit—and were told to return to the train that evening.

We thought first of food. The ten of us in our crew pooled our money and headed for the best restaurant we could find.

It was crowded, so we joined a long line waiting to be seated. I was first, just behind some well-dressed women. Even without turning around, the stately woman in front of me soon became aware that we were there.

She turned and looked at us. Then she turned and looked me over from head to toe. There I stood in that sweaty, dirty, sooty, wrinkled uniform. She said in a tone of disgust, “My, what untidy men!” All eyes turned to us.

No doubt she wished we were not there; I shared her wish. I felt as dirty as I was, uncomfortable and ashamed.

Later, when I began a serious study of the scriptures, I noticed references to being spiritually clean. One verse says, “Ye would be more miserable to dwell with a holy and just God, under a consciousness of your filthiness before him, than ye would to dwell with the damned souls in hell.” (Mormon 9:4)

(Boyd K. Packer, *Memorable Stories with a Message*, [Salt Lake City: Deseret Book, 2000], p. 31.)

Activity:

The Word of Wisdom teaches us how to keep our physical temples clean and pure so the Spirit of the Lord can be with us. Use the following activity to help the family become better acquainted with the Word of Wisdom:

Turn to section 89 in the Doctrine and Covenants. Read a question and have them find the verse that answers the question. You may want to discuss some of the verses as you read them.

1. What is tobacco supposed to be used for? (Verse 8. Sick cattle.)
2. What reason does God give for warning and forewarning us by giving us the Word of Wisdom? (Verse 4. The evils and designs which exist in the hearts of conspiring men. Such men, knowing that the things they make and sell destroy our health and even kill many people, meet together to plan how they can get more people to use their products so they can make more money.)
3. Name one of the promises of the Word of Wisdom. (Verses 18-21. These promises are spiritual and physical.)
4. What three verses talk about alcoholic beverages or strong drinks? (Verses 5-7.)
5. What grain does God say can be made into a mild drink? (Verse 17. Barley.)
6. The words *wholesome*, *prudence* (which means caution and wisdom), and *thanksgiving* are sometimes called the spirit of the Word of Wisdom. These quality help us judge what we should eat and drink. In which two verses are these three words found? (Verse 10-11.)
7. What has God ordained or chosen to be the staff of life? (Verse 14. Grains.)
8. In which city was the Word of Wisdom received? (Section heading or verse 1. Kirtland.)
9. Where does it say that the Word of Wisdom is “adapted to the capacity of . . . the weakest of all saints”? (Verse 3.)
10. Where does it say that hot drinks are not for the body or belly? (Verse 9. Joseph Smith indicated the Lord meant tea and coffee when he said “hot drinks.”)

(Max Molgard and Allan K. Burgess, *The Best of Fun for Family Night*, [Salt Lake City: Deseret Book, 2003], p. 71.)

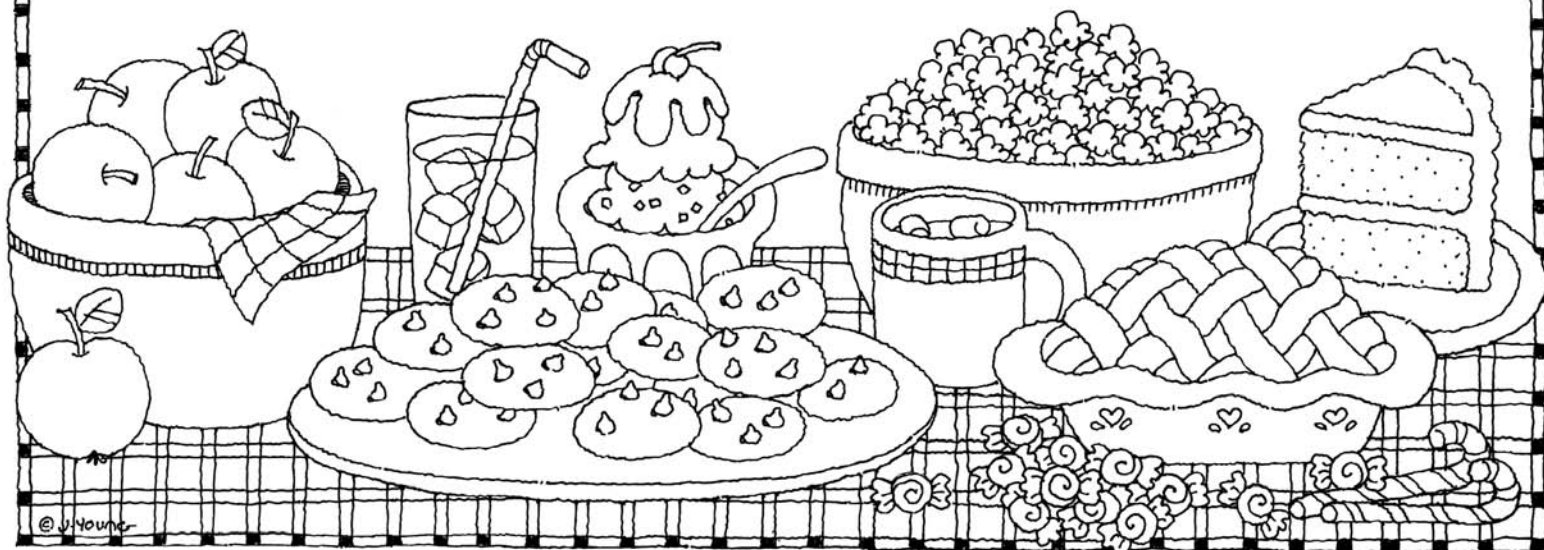
Refreshment

Mystery Dessert

- 1 cup sugar
- 1 cup flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 egg
- 1 can fruit cocktail or other “mystery” fruit
- 1 teaspoon vanilla
- 1/2 cup brown sugar (to sprinkle on top)

Combine all ingredients, except brown sugar, in a baking dish. Level and top with brown sugar. Bake at 325° F. for 45 minutes. Tastes great topped with ice cream.

(Janene W. Baadsgaard, *The LDS Mother's Almanac*, [Salt Lake City: Deseret Book, 2003] p. 330.)



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