



strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: Gratitude

Packet #070109

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.

Gratitude

Conference Talk:

For more information on this topic read "Finding Joy in the Journey," by Thomas S. Monson, *Ensign*, Nov 2008, 84–87.

Thought:

Send that note to the friend you've been neglecting; give your child a hug; give your parents a hug; say "I love you" more; always express your thanks.

(Thomas S. Monson, "Finding Joy in the Journey," *Ensign*, Nov 2008, 84–87.)

Song:

"Thanks to Our Father" *Children's Songbook*, p. 20.

Scripture:

It is a good thing to give thanks unto the Lord, and to sing praises unto thy name, O most High.

(Psalms 92:1)

Lesson:

Ask your family if they have ever done something nice for someone and never received any thanks. How did they feel? Have family members read Mosiah 24:21–22 and find what Alma and his people remembered to do after they had been delivered from bondage. Ask why it is important to show gratitude. (See D&C 59:21.) Ask each family member to suggest a way to show more gratitude in your family and to Heavenly Father for your blessings.

(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. 144.)

Story:

A rancher in Kamas, at the base of Utah's Uinta mountains, decided he wanted to sell his ranch. He hired a real estate agent, who came out to inspect his property and write up an ad.

Later the realtor called the rancher to go over the ad copy with him before placing it in the paper. "For sale," read the realtor, "Picturesque white frame ranch house with white picket fence and eighty acres of rich farmland in the middle of beautiful Kamas Valley. Clear streams of mountain water flow nearby, well stocked with rainbow trout. House faces rugged mountain peaks and is located in a small, friendly farming community with good schools and a new church."

"Stop!" said the rancher. "The deal's off! This is the kind of place I've wanted all my life!"

(Richard Nash, *Lengthen Your Smile*, [Salt Lake City: Shadow Mountain, 1996], 205.)

Activity:

Hand out paper and pens, pencils, markers, or crayons. Have each person create an award to thank another member of the family for a kind deed or for just being himself. Then hold an “awards ceremony” to present the awards.

Examples of thank you awards could be: Thank you for being patient, Thank you for cleaning your room, Thank you for working hard, Thank you for being a good friend to others, Thank you for standing for the right, Thank you for making others feel happy, Thank you for doing your homework.

(adapted from Melodie Webb, *250 Ways to Connect With Your Family*, [Salt Lake City: Deseret Book, 2003], 181-183.)

Refreshment

Meltaways

2 sticks butter (no substitutes)
3/4 cup cornstarch
1/3 cup confectioners' sugar
1 cup flour, stirred and measured

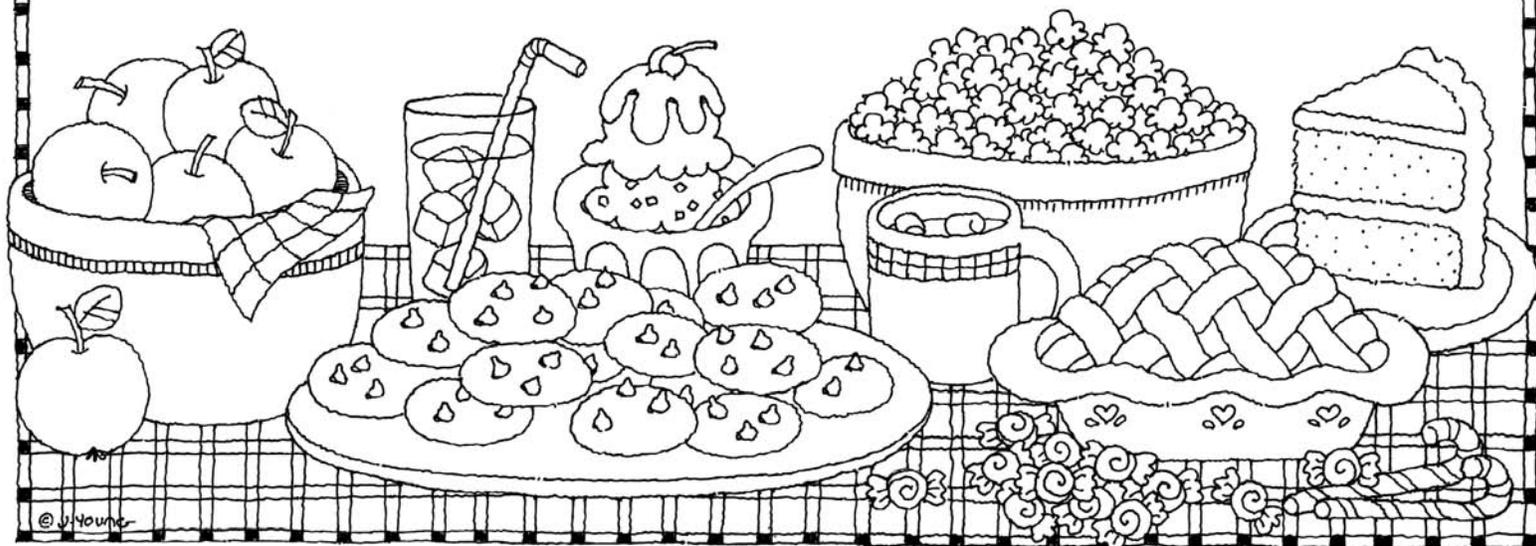
Cream butter; gradually add cornstarch and sugar. Blend in flour. Drop mixture by teaspoonfuls onto ungreased baking sheet. Bake at 350 degrees for 10 to 12 minutes until done, but not brown. Cool and frost.

Frosting:

1 package (3 oz.) cream cheese, softened
1 teaspoon vanilla
1 cup confectioners' sugar
few drops food coloring (yellow, pink, or light green)

Cream together all ingredients.

(Winnifred C. Jardine, *Mormon Country Cooking*, [Salt Lake City: Bookcraft, 1983], p. 291.)



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