



strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: Inspiration

Packet #020210

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.

Inspiration

Conference Talk:

For more information on this topic read “Ask, Seek, Knock,” by Russell M. Nelson, *Ensign*, Nov 2009, 81–84.

Thought:

Every Latter-day Saint may merit personal revelation. The invitation to ask, seek, and knock for divine direction exists because God lives and Jesus is the living Christ.

(Russell M. Nelson, “Ask, Seek, Knock,” *Ensign*, Nov 2009, 81–84.)

Song:

“Tell Me Dear Lord,” *Children’s Songbook*, p. 176.

Scripture:

For behold, thus saith the Lord God: I will give unto the children of men line upon line, precept upon precept, here a little and there a little; and blessed are those who hearken unto my precepts, and lend an ear unto my counsel, for they shall learn wisdom; for unto him that receiveth I will give more; and from them that shall say, We have enough, from them shall be taken away even that which they have.

(2 Nephi 28:30)

Object Lesson:

Objective: To demonstrate the effect of personal inspiration in our lives.

Materials needed: An alarm clock.

Procedure: Display the alarm clock. Ask the class if they ever lie in bed and, without looking at the clock, know that the alarm is about ready to go off? Point out that those instinctive feelings can be very strong.

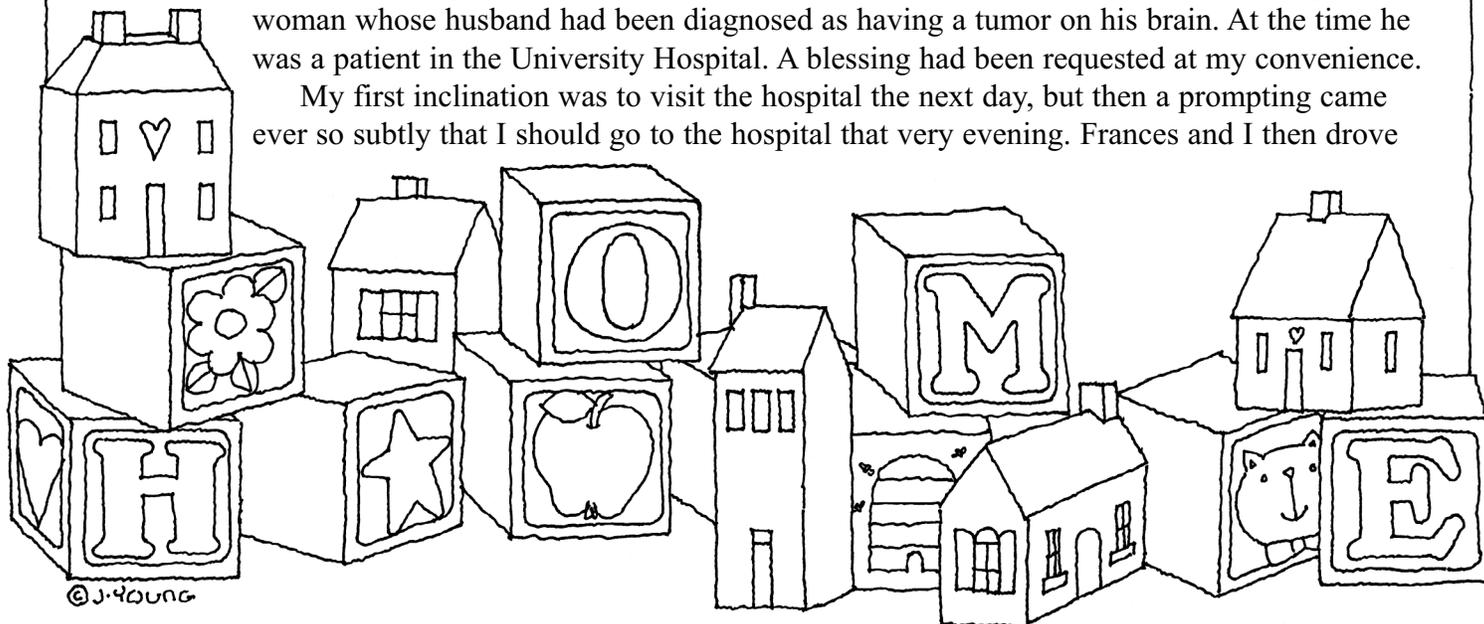
Draw a parallel between this and personal inspiration we receive. Explain that we can be prompted or inspired to say or do things without prior thought. The feelings can be just as strong as the intuitive knowledge that the alarm clock is due to go off.

(Beth Lefgren and Jennifer Jackson, *More Power Tools for Teaching*, [Salt Lake City: Bookcraft, 1991], p. 38.)

Story:

In October of 1984, I returned from an assignment out of the state, arriving home at perhaps eight P.M. I discovered that an urgent telephone call had come from the mother and father of a young woman whose husband had been diagnosed as having a tumor on his brain. At the time he was a patient in the University Hospital. A blessing had been requested at my convenience.

My first inclination was to visit the hospital the next day, but then a prompting came ever so subtly that I should go to the hospital that very evening. Frances and I then drove



through the winter snow to the University Hospital, where I was welcomed warmly by the young couple, and a blessing was provided.

As we left the hospital at about nine P.M., I paused at the exit when the thought entered my mind, "I wonder if my friend Hyrum Adams is still a patient here? It has been some months since I was here at the hospital giving him a blessing. Surely he would be discharged by now." The thought persisted, however, and after some difficulty, a custodian showed me to the switchboard area, where I inquired if Hyrum were still a patient. I was advised that indeed he was. After a difficult period of searching, I located the wing in which his room was situated.

As we approached the door to his room, and knowing that Hyrum was terminally ill with cancer, I felt that perhaps I would enter into a room of pain and quiet. Upon opening the door, however, I found just the opposite. Assembled around Hyrum's bedside were three of his sons and a son-in-law. Hyrum was in his bed in a half-lying, half-sitting position. A string extended from one corner of the room to another, from which were suspended perhaps a dozen birthday cards. On a table was a lovely birthday cake with the inscription "Happy Birthday, Dad."

Hyrum recognized me, and a great smile came over his face as he exclaimed, "Brother Monson, my friend! How in the world did you know it was my birthday?" Of course I did not know prior to entering the room that it was his birthday. I mentioned to him that the Spirit of the Lord had directed me to his bedside, and surely we should acknowledge the kindness of our Heavenly Father and provide a blessing. Hyrum's fine sons and son-in-law joined me as we surrounded Hyrum Adams and gave him a priesthood blessing.

Before leaving the room, I sang in quiet tones the traditional "Happy birthday to you," embraced Hyrum warmly, and waved good-bye. This was the last time in mortality I was to see my longtime friend. He died a month later.

At his funeral service, I recounted this special experience and mentioned to the family that surely He who notes the fall of the sparrow had noted, with great impact, that twilight of Hyrum Adams' mortal life and had provided a moment of true inspiration for all of us who were in his room that special birthday evening.

(Thomas S. Monson, *Inspiring Experiences That Build Faith: From the Life and Ministry of Thomas S. Monson*, [Salt Lake City: Deseret Book, 1994].)

Activity:

Play "Hot or Cold." Everyone leaves the room except for one person, who hides a small object, such as a coin, key, or thimble. Most of the object needs to be in plain sight. The rest of the family then returns to the room and searches for the object. When someone spots the object, he or she sits down and yells out some prearranged comment such as "Hot dog," or "I know where it is." The rest of the family continues to hunt until everyone has found the object.

If the object is difficult to find, the players can ask for help. The person who hid the object then tells the players, based on how close they are to the object, whether they are hot or cold. The closer they are to the object, the hotter they are. The one helping can use words such as "You are in the deep freeze," or "You are getting warmer," or "You are burning up."

When everyone has found the hidden object, the person who found it first gets to hide it, and the game continues.

Application: Sometimes we can solve problems by ourselves, but many times we need to listen for the direction of the Holy Ghost.

(Max H. Molgard and Allan K. Burgess, *The Best of Fun for Family Night*, [Salt Lake City: Deseret Book, 2003], p. 36.)

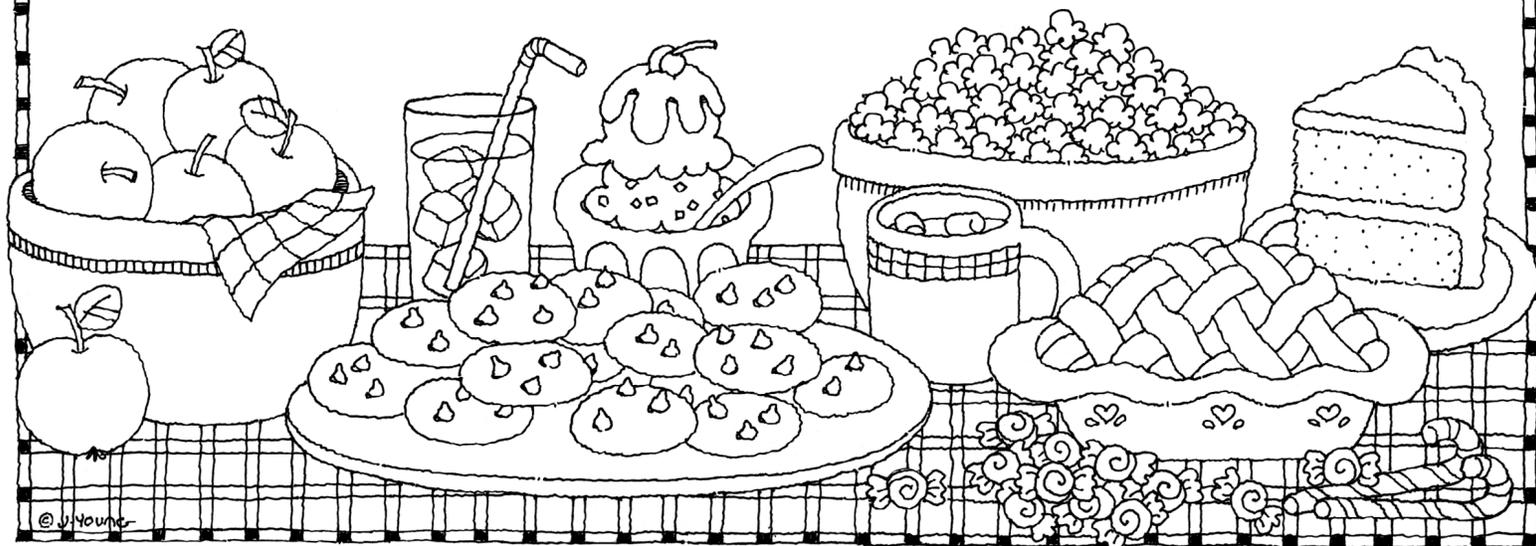
Refreshment

Chocolate Caramel Bars

- 1 1/2 cups flour
- 1 1/2 cups old-fashioned oats
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1 1/2 cups packed brown sugar
- 1 cup plus 2 tablespoons butter or margarine, melted
- 1 (14-ounce) bag caramels (48)
- 1/2 cup whipping cream
- 1 (12-ounce) package milk chocolate chips

In a large bowl combine first 6 ingredients to form a crumbly mixture. Unwrap caramels (let kids help). Melt caramels and whipping cream in a saucepan over low heat. Sprinkle half of crumbly mixture into a greased 9x13-inch pan. Bake at 350° F. for 10 to 15 minutes. Sprinkle chocolate chips over baked mixture and top with melted caramel mixture. Sprinkle remaining crumbly mixture on top. Bake at 350° F. for 15 minutes. Make a day ahead or several hours ahead to allow time for caramel to set. Makes 2 dozen bars.

(Julie Badger Jensen, *The Essential Mormon Cookbook*, [Salt Lake City: Deseret Book, 2004], p. 133.)



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