



strengthening  
our home  
and family

## **Deseret Book®**

Family Home Evening Materials

Theme: Self-Reliance

Packet #010212

### **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.

# Self-Reliance

## Conference Talk:

For more information on this topic read “Providing in the Lord’s Way” by President Dieter F. Uchtdorf, *Ensign*, Nov 2011, 53.

## Thought:

The Lord’s way of self-reliance involves in a balanced way many facets of life, including education, health, employment, family finances, and spiritual strength. Familiarize yourself with the modern welfare program of the Church.

(President Dieter F. Uchtdorf, “Providing in the Lord’s Way” *Ensign*, Nov 2011, 53.)

## Song:

“The Prophet Said to Plant a Garden,” *Children’s Songbook*, p. 237.

## Scripture:

And again Alma commanded that the people of the church should impart of their substance, every one according to that which he had; if he have more abundantly he should impart more abundantly; and of him that had but little, but little should be required; and to him that had not should be given.

(Mosiah 18:27)

## Lesson:

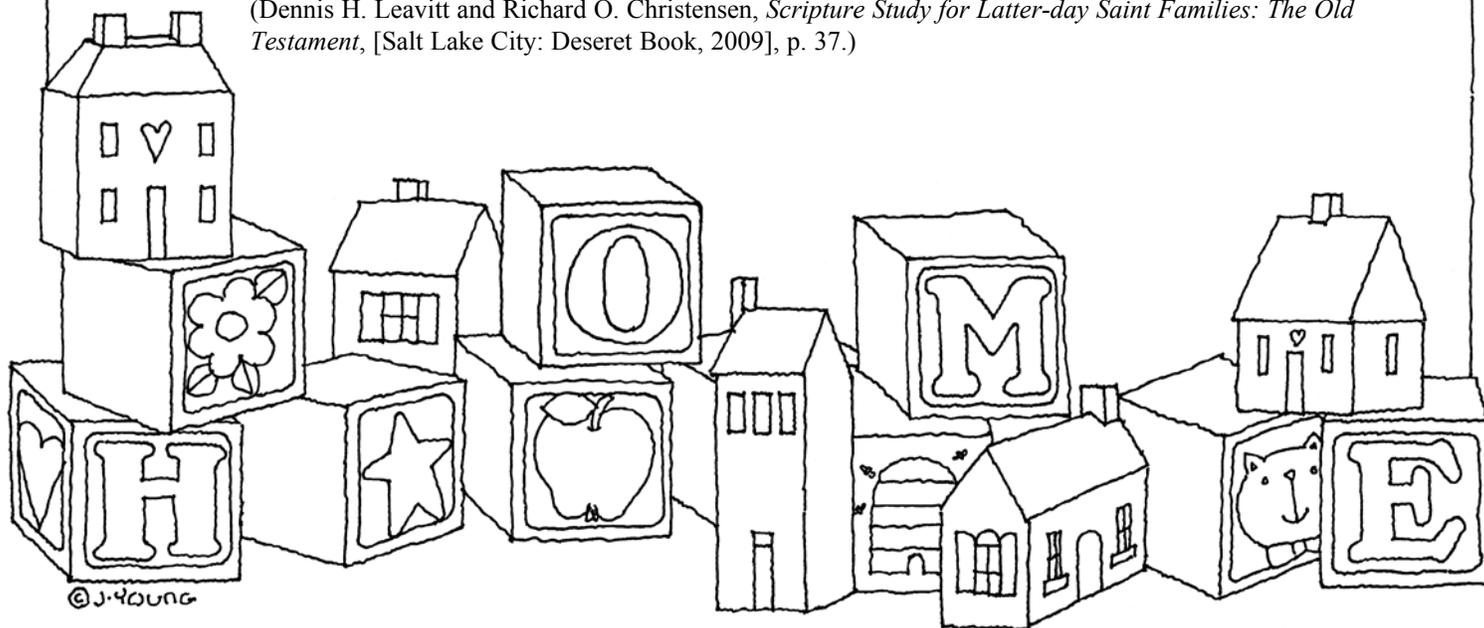
Display a 72-hour kit, or other food storage item. Explain that when a natural disaster occurs, people often begin to think about preparations they wish they had made. Have your family suggest things they think are important to have prior to a natural disaster. Invite a family member to read Exodus 11:1–3. Ask:

- What was Israel asked to do?
- Why were they successful in their requests of their Egyptian neighbors?

Ask your family to silently read Exodus 11:5–10, looking for the plague about to come upon the Egyptians. Ask your family why they think Pharaoh would not let the children of Israel go, even after all the previous plagues sent upon Egypt (see footnote 10a).

Read D&C 43:23–27 aloud. Testify that the Lord continues to speak to us by the voice of disasters and plagues, and that it is important for us to heed His warnings. Make a plan to be prepared both physically and spiritually and to follow the warnings of our modern prophet.

(Dennis H. Leavitt and Richard O. Christensen, *Scripture Study for Latter-day Saint Families: The Old Testament*, [Salt Lake City: Deseret Book, 2009], p. 37.)



**Story:**

During a particularly difficult financial time, I turned to God for help. I suppose that I am like other people whose prayers are offered with more feeling in times of urgent need. I remember feeling ashamed that I had not previously put more effort into my relationship with God when money had been plentiful. Still, believing that such petitioning could help, I arose one morning and began to plead for help.

The answer came in a strange way. A thought entered my mind: Your friend Paul [name changed] has no food in his house. Go and take him some money.

“But I have so little,” I said aloud. Then, considering to whom I was talking, I asked, “How much?”

One hundred dollars.

I felt anxiety shoot through me. One hundred dollars was all I had in the bank! I searched myself, hoping that I had imagined the whole thing. I tried to pray again but felt only silence. Then, through the quiet I perceived a message. It seemed to say, Will you trust me or not?

Paul was a good man who had recently lost his income source and was struggling through very difficult financial times. No effort of his had seemed to be able to stop the rapid decline of his assets and reserves.

I drove to the bank, withdrew one hundred dollars, and headed to Paul’s house. When I pressed the money into his hand, he couldn’t hold back the tears. He said, “My wife and I totally ran out of food last night. We have been up since four o’clock this morning praying for a miracle.”

I never missed the one hundred dollars. One thing after another fell into place that allowed me to sustain my family. But no miracle was as great as the one that occurred inside me when I discovered that God truly loves his children and often uses other people to prove it.

(Larry Barkdull, *Gifts: True Stories of God’s Love*, [Salt Lake City: Deseret Book, 2004], p. 101.)

**Activity:**

Build a pyramid with canned goods. Try for highest, largest, or most creative.

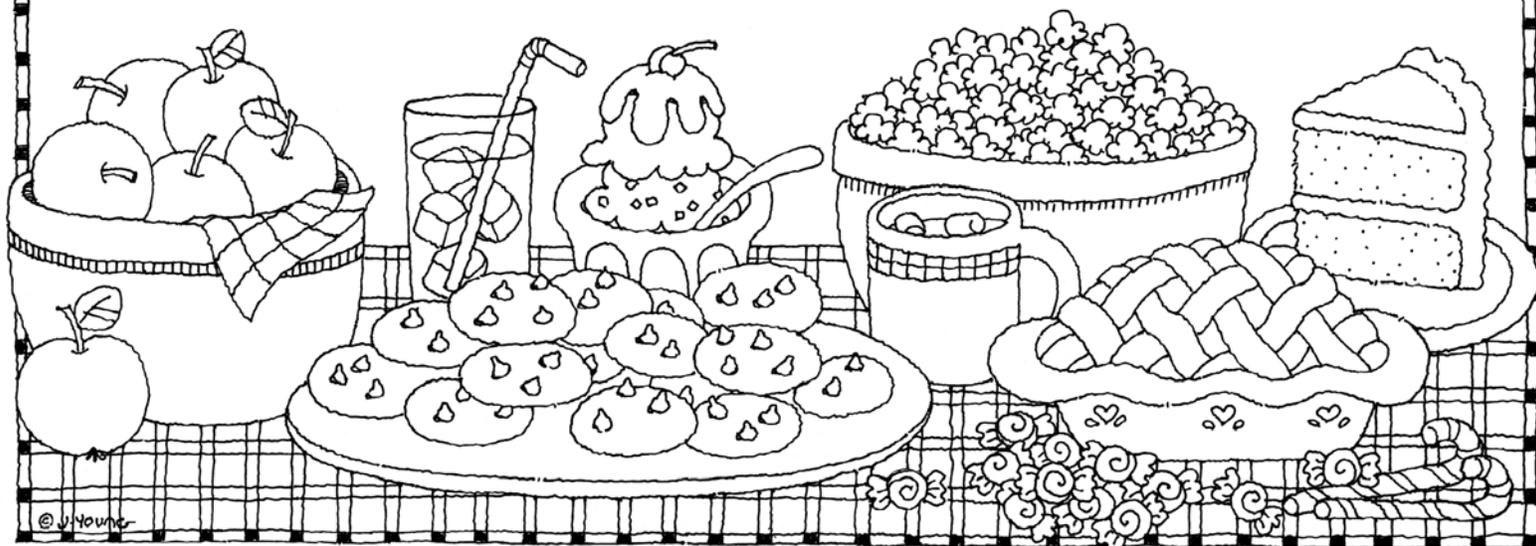
## Refreshment

### Shufly Cake

- |                         |                       |
|-------------------------|-----------------------|
| 4 1/4 cups flour        | 1 cup molasses        |
| 1 cup light brown sugar | 1/4 cup apricot jam   |
| 1 cup sugar             | 1 tablespoon cinnamon |
| 1 cup butter            | 2 teaspoons soda      |
| 2 cups boiling water    |                       |

Blend flour, sugars, and butter into crumbs. Set aside 1 cup of crumbs for topping. Mix boiling water, molasses, jam, cinnamon, and soda. Add to remaining crumbs. Grease and flour 13 x 9-inch pan. Pour in batter and sprinkle with reserved crumbs. Bake at 350 degrees for 40-45 minutes. Do not overbake.

(Holle Eckman and Heather Higgins, *All that Jam*, [Salt Lake City: Shadow Mountain, 2003], p. 81.)



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