

FHE: The Family: A Proclamation to the World

“Husband and wife have a solemn responsibility to love and care for each other and for their children. ‘Children are an heritage of the Lord’ (Psalm 127:3). Parents have a sacred duty to rear their children in love and righteousness, to provide for their physical and spiritual needs, and to teach them to love and serve one another, observe the commandments of God, and be law-abiding citizens wherever they live. Husbands and wives—mothers and fathers—will be held accountable before God for the discharge of these obligations.”

(The Family: A Proclamation to the World, paragraph 6)

Thought

“Many children would have had the blessing of being raised by both of their parents if only their parents had followed this inspired teaching in the family proclamation: ‘Husband and wife have a solemn responsibility to love and care for each other and for their children. . . . Parents have a sacred duty to rear their children in love and righteousness, to provide for their physical and spiritual needs, and to teach them to love and serve one another.’ The most powerful teaching of children is by the example of their parents.”

—Elder Dallin H. Oaks

Song

“Home Can Be a Heaven on Earth,” Hymn #298

Scripture

“And again, inasmuch as parents have children in Zion, or in any of her stakes which are organized, that teach them not to understand the doctrine of repentance, faith in Christ the Son of the living God, and of baptism and the gift of the Holy Ghost by the laying on of the hands, when eight years old, the sin be upon the heads of the parents.” (Doctrine and Covenants 68:25)

Lesson

1. Read the sixth paragraph together. Teach that is important for parents to teach their children the gospel and for children to learn from their parents.

- Using a whiteboard or poster board, divide the board into two columns (“Parents” and “Children”). Have the family list duties and responsibilities of parents on one side (such as teach their children the gospel, provide physical needs, rear children in love) and the duties and responsibilities of children on the other side (such as learn from parents, be obedient, help brothers and sisters).
- Share your testimony of fulfilling our family responsibilities.

Activity

The Spray Bottle Game

This simple game has become an FHE favorite in many families!

- Form a circle. One person is in the middle of the circle and chooses a category (fruits, sports, US states, etc.). They could also incorporate the lesson by starting out with categories that relate to what was talked about (duties of parents, etc.). They think of one thing that fits in the category (that is easy enough to guess), but don't tell anyone what it is.
- Everyone in the circle takes turns naming something in the category. If someone says what the person in the middle is thinking of, the person in the middle can squirt them on top of the head with the spray bottle, and that person is the next it and picks a new category. If someone repeats something someone already said, they also get sprayed (but don't get to be it).

Refreshment

Brownie Cookie Bites

2 cups sugar
3 ½ cups flour
1 tsp. baking powder
1 tsp. salt
½ cup cocoa
¾ cup water
1 egg
½ cup powdered sugar

- Preheat oven to 350. Grease cookie sheets.
- In a large bowl, combine sugar, flour, baking powder, salt, and cocoa. Add water and egg; mix well with a wooden spoon.
- Place the powdered sugar in a small bowl. Drop cookie dough by spoonfuls and shape into balls; roll balls in powdered sugar until covered.
- Place balls on cookie sheet and bake for 12–15 minutes or until touching a cookie with your finger leaves only a very slight indentation. Cool on a wire rack.

Note: To keep these cookies soft, store them in an airtight container after they've cooled completely. On the other hand, if you love chewy brownies, let them sit out overnight, and they'll take on that awesome chewy brownie texture.

[*Chocolate Never Faileth*, Annette Lyon; Covenant Communications, Inc.; 2010]