



strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: My Body is a Temple

Packet #040305

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 Body is a Temple

Thought:

Did you ever think that your body is holy? You are a child of God. Your body is His creation.

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

Purpose:

To help our family understand that they should treat their bodies with love and respect.

Song:

"The Lord Gave Me a Temple" *Children's Songbook*, p. 153.

Scripture:

Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? . . . For the temple of God is holy, which temple ye are.

(1 Corinthians 3: 16–17))

Object Lesson:

Show your family a picture of a temple. Ask them how they would feel if someone painted graffiti on it. Have a family member read 1 Corinthians 6:19 and tell what Paul said our bodies were like.

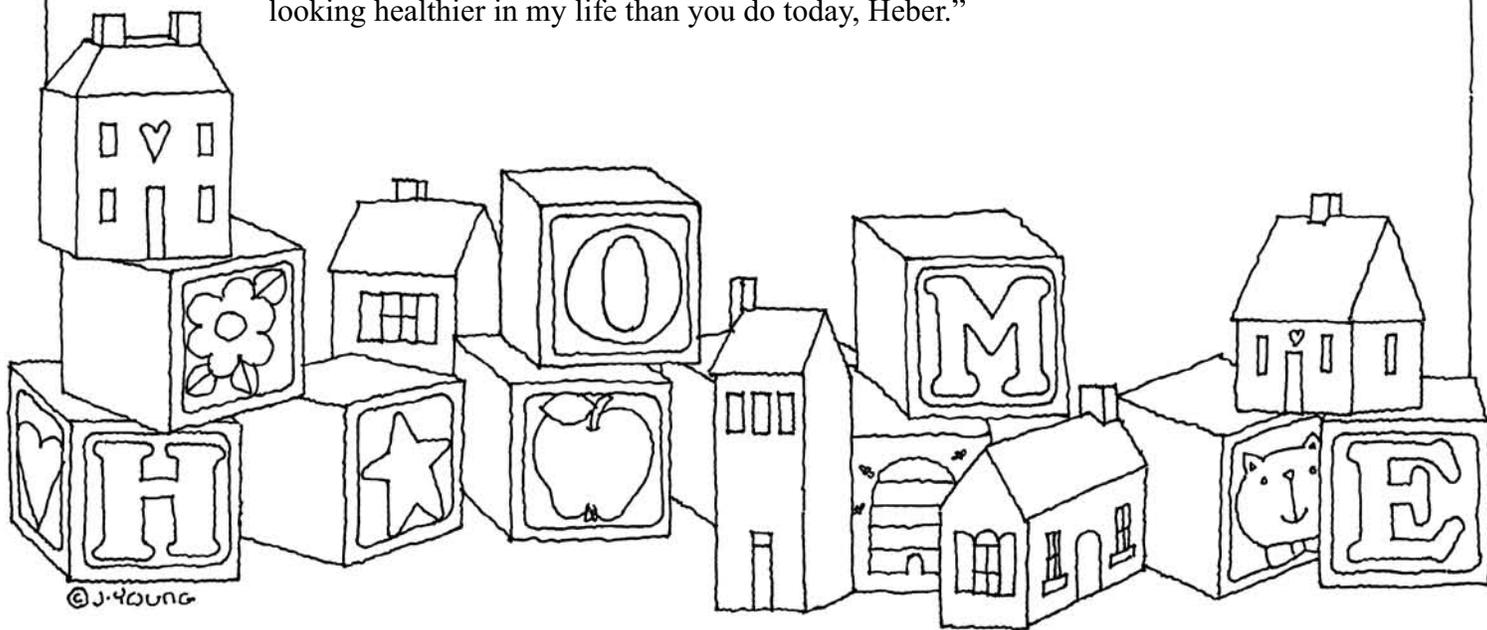
(Dennis H. Leavitt and Richard O. Christensen, *Scripture Study for Latter-day Saint Families: The Book of Mormon*, [Salt Lake City: Deseret Book, 2003], p. 94.)

Story:

What Kind of Heart Did I Have?

(President Heber J. Grant)

When my appendix was removed it had broken, and blood poisoning, so they said, . . . had set in. There were nine doctors present and eight said I had to die. The chief surgeon in the Catholic hospital turned to President Joseph F. Smith, and said: "Mr. Smith, you need not think of such a possibility or probability as that this man shall live. Why, if he should live it would be a miracle, and this is not the day of miracles." That was the message delivered to me by Joseph F. Smith himself during his last sickness, and he said: "Our doctor friend who said it would be a miracle has passed away. I never saw you looking healthier in my life than you do today, Heber."



I said to the nurse who told me regarding these nine doctors that I did not want to meet any of them, except the one who said and believed that I would pull through. She said: “He is the house doctor; I will call him in.”

I asked him why he disagreed with the others, and he smiled, . . . and he said: “Mister Grant, I just took a chance, sir. I have felt the pulse . . . of thousands of patients, being a house doctor, in many many hospitals, but I never felt a pulse just like yours. . . . Why, do you know, . . . in all of the tests that I made during an hour and three quarters that you were under the knife your heart never missed one single, solitary beat, and I made up my mind that that heart would pull you through.”

What kind of a heart did I have? I had a heart that had pure blood in it, that was not contaminated by tea, coffee or liquor.

(A Story To Tell: Second Edition, [Salt Lake City: Deseret Book, 2004], p.42.)

Activity:

Play the following matching game. On a poster make a chart similar to the one below. Use a marker to draw lines to match the phrases. This will help the family to see the similarity between taking care of the temple and taking care of their bodies.

TEMPLE

1. Grounds kept clean
2. Lovely flowers and plants
3. Inside kept clean
4. A feeling of love
5. Obedient may enter

YOU

1. Obey the commandments
2. Love one another
3. Dress modestly
4. Clean and groomed
4. Pure thoughts

Briefly review the phrases listed under “YOU.” Point out that these are some of the things we must do in order to treat our bodies like a temple.

(Beth Lefgren and Jennifer Jackson, Sharing Time, Family Time, Anytime, [Salt Lake City: Bookcraft, 1992], p. 58.)

Extras:

- Have each child decorate a frame with a picture of themselves inside.
- Draw shadow silhouettes of each family member.
- Display a temple picture in your home.

Refreshment

Chocolate Waffle-Iron Cookies

3 squares unsweetened chocolate
1 cup butter or margarine
4 eggs
1 1/2 cups sugar
2 cups flour
1/2 teaspoon salt
1 teaspoon vanilla
1/2 cup walnuts or pecans, chopped

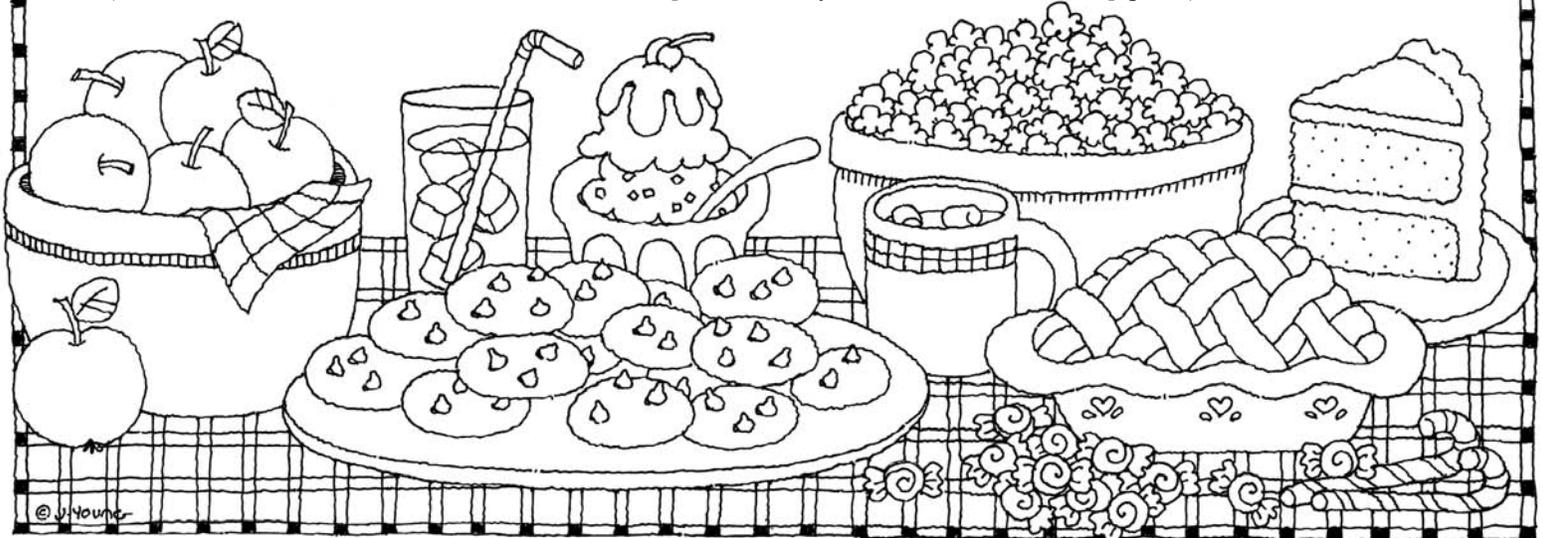
Chocolate Frosting

1 square (1 ounce) unsweetened chocolate
5 tablespoons butter
1/4 cup milk
1/2 cup granulated sugar
1 1/2 to 2 cups powdered sugar

Preheat waffle iron, according to manufacturer's directions, and grease lightly if necessary. In a small saucepan, melt chocolate and butter or margarine. Stir, then set aside. In a medium bowl, beat eggs, then add sugar. Pour chocolate mixture into egg mixture. Add flour, salt, vanilla, and nuts, and mix well. When waffle iron is ready to use, drop tablespoons of batter onto lower half to form cookies; be sure cookies are at least 1/2 inch from edge. Bring cover down gently, and bake for 25 to 30 seconds, or until done. Cool, then frost with Chocolate Frosting. Makes 2 dozen cookies.

For frosting: In a saucepan combine chocolate, butter, milk, and granulated sugar. Stirring constantly, bring mixture to a boil; cook until sugar is dissolved. Remove from heat. Beat in powdered sugar until smooth. Cool, then frost cookies.

(Paula Julander and Joanne Milner, *Utah State Fare*, [Salt Lake City: Shadow Mountain, 1995], p. 81.)



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