



strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: Courage

Packet #070404

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.

thank you so very much

Courage

Thought:

As we stand up to them, the bullies of life will likely vanish along with the fear they caused.
(Don Staheli, *It's the Principle of the Thing*, p. 37)

Purpose:

Help family members understand that real heroes are those who have the courage to do what is right.

Song:

"Nephi's Courage," *Children's Songbook*, 120.

Scripture:

Be strong and of a good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.

(Deut. 31:6)

Lesson:

Show your family the picture of Abinadi before King Noah found in a paperback copy of the Book of Mormon (or, if available, use Gospel Art Picture Kit, no. 308). Allow each family member to look carefully at the picture and then read together Mosiah 13:1–9. Ask the following questions:

- Why was Abinadi sure he would not be “destroyed at this time”? (See verse 3.)
- How was Abinadi protected from King Noah’s men? (See verse 5.)
- Why were King Noah and his priests angry with Abinadi? (See verses 6–8.)
- How might this story give you courage when you face difficult tasks?

Have someone read the following statement: “When we know who we are and what God expects of us—when his ‘law [is] written in [our] hearts’—we are spiritually protected.” (Russell M. Nelson, “Children of the Covenant,” *Ensign*, May 1995, p. 34.)

(Dennis H. Leavitt and Richard O. Christensen, *Scripture Study for Latter-day Saint Families: Book of Mormon*, [Salt Lake City: Deseret Book, 2003], p.129.)

Story:**“Where Are the Other Guys?”**

Matthew E. Christensen

When Wayne Mills was sixteen, he left home for three months to work at Camp Billy Rice, a Boy Scout camp located some three hours north of Boise, Idaho. Billy Rice was situated next to Warm Lake, so named because of its favorable temperature. Wayne was one

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of several camp counselors who helped the youth earn merit badges and rank advancements. The counselors worked Monday through Friday, then had Saturday and Sunday off to relax, recreate, and worship.

Wayne served on the lake's waterfront, teaching younger Scouts to exercise responsibility in the water as they played or participated in various water sports. He also taught and assisted the boys in earning four merit badges—Canoeing, Rowing, Swimming, and Lifesaving.

On Saturdays, Wayne played chess with his friends, enjoyed water games in the lake, or went canoeing, rowing, swimming, or hiking. Sometimes they hiked or canoed to a lodge located across Warm Lake. They bought sodas or candy at the lodge and enjoyed the freedom of getting away from camp for awhile. Once or twice Wayne and his friends found and picked wild gooseberries and encouraged the camp's chief cook to prepare and bake gooseberry pies. And sometimes they traveled to Cascade, Idaho, a nearby resort town, where they sought entertainment, enjoyed fast food, and purchased needed supplies.

One Saturday Wayne and his friends drove to Cascade. They bought refreshments, walked around, played a game of billiards with some local teenagers, and ate lunch. Then the group decided to check out and possibly watch a matinee movie. They walked to the theater and saw that a movie rated PG-13 was playing. "Look what's on!" one of the boys exclaimed. "I've been wanting to see that." The others agreed.

But Wayne had heard about that particular movie. It had crude language and inappropriate scenes. "You guys go ahead if you like," Wayne said. "I think I'll pass." He didn't make a big deal of it, but he wasn't about to lower his standards for that movie.

Wayne knew that his parents or bishop would never find out if he saw the movie. They were back home, far away. Besides, it wasn't even rated R. His parents, however, had taught him well. He had been blessed by family home evening lessons, scripture readings, and many family prayers that served to teach him right from wrong. And besides, he held the office of priest in the Aaronic Priesthood and knew that priests should not be watching that kind of entertainment.

The friends went into the theater and Wayne began walking down Cascade's main street, wondering what to do with himself for the next two hours. Minutes later, Billy Rice's camp director, Marvin Laub, drove into town and spotted Wayne walking alone. Mr. Laub knew that Wayne had originally gone to town with a group. He pulled his vehicle over. "Where are the other guys? Why are you alone?" Wayne hesitated. He didn't want to cast his friends in a bad light. But as he considered it, he decided to share with Mr. Laub, also a member of the Church, his decision not to watch that particular movie.

Mr. Laub was pleased. "Wayne, it took real courage to make the proper decision—even though it left you alone in town with nothing to do. And I know that your friends might try to make fun of you later. Don't let them get to you. I'm really proud of you and of the fine young man you are choosing to be even when your parents may never know of your decision."

Mr. Laub drove on his way. But he was so impressed with Wayne's choices that he later contacted Wayne's parents. "I just want you to know what a wonderful boy you're raising," he said. "Let me tell you about the day I saw him walking alone in a little town in the mountains. . . ."

(as quoted in Jay A. Parry, *Everyday Heroes*, [Salt Lake City: Eagle Gate 2002], p. 83.)

Activity:

Hero Bingo

Have family members decide whether they want to play as individuals or as pairs. Create a bingo sheet for each family member or pair by making a grid 5 squares wide by 5 squares tall on a sheet of paper. Write FREE on the middle square.

Ask family members to name twenty-four people who could be considered heroes. Write them down on twenty-four blank strips.

Each person or pair writes the names of the heroes in the squares of their Bingo sheet, in random order.

Put the twenty-four strips with the heroes' names written on them into a bowl or sack.

Give each individual or pair a set of markers.

Begin by drawing a name from the bowl and reading it. (For a more difficult version, give clues about the person rather than reading the name.) Each person or pair then places a marker on the square naming the correct person. The first person to get five markers in a row and yell "Bingo" wins. You might want to have some kind of reward for the winner of each game.

After someone has won, you may play again. Clear the cards of markers, put all the names back into the bowl, and begin again.

(Max H. Molgard and Allan K. Burgess, *The Best of Fun for Family Night*, [Salt Lake City: Deseret Book, 2003], p. 29.)

Extras:

- Review scripture stories of people who had courage, such as: Samuel the Lamanite; Daniel; Shadrach, Meshach, and Abednego; Nephi; Ammon; etc.
- Play Find Captain Moroni. Take turns hiding an action figure dressed to look like Captain Moroni from the Book of Mormon. Have them give "warmer" and "colder" clues to the rest of the family until you find him.

Refreshment

Banana Cream Dessert

Victor Cline

1 c. flour	1 tsp. vanilla
2 Tbs. sugar	2 to 3 bananas, sliced
1/2 c. nuts	2 (3.4-oz.) pkg. instant vanilla pudding
1/2 c. butter	3 c. milk
8 oz. cream cheese, softened	1/2 tsp. banana extract
1 c. powdered sugar	Chocolate shavings (optional)
1 (12-oz.) tub Cool Whip®, divided	

Preheat oven to 400° F. Combine flour, sugar, and nuts. Cut in butter and press mixture into a 9x13-inch baking pan. Bake 8 to 12 minutes or until lightly browned.

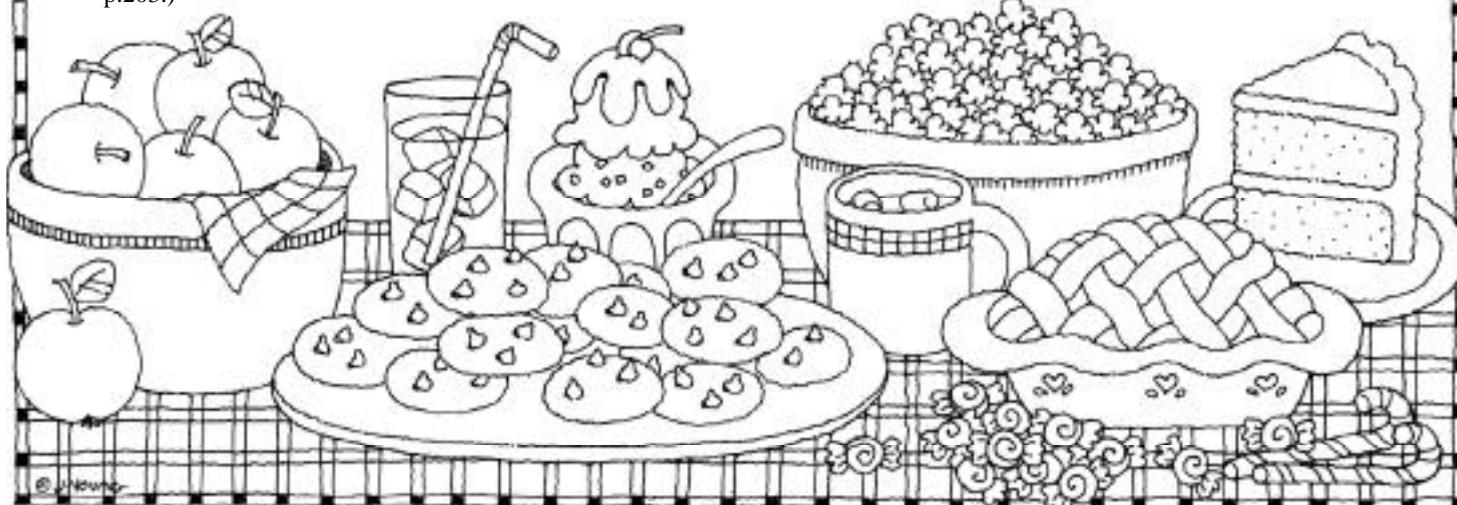
Prepare the cream cheese layer by combining cream cheese, powdered sugar, 3 cups of the Cool Whip, and vanilla in a mixing bowl. Mix on medium speed until well blended.

Spread cream cheese mixture on top of baked shortbread; top with 2 to 3 sliced bananas.

Prepare pudding layer by mixing pudding, milk, and banana extract on low speed for 2 minutes. Spread over sliced bananas. Cover with remaining 1 1/2 cups Cool Whip. If desired, sprinkle with milk chocolate shavings.

Serves 12.

(Elaine Cannon, compiler, *Five Star Recipes from Well-Known Latter-day Saints*, [Salt Lake City: Eagle Gate, 2002], p.203.)



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