



strengthening
our home
and family

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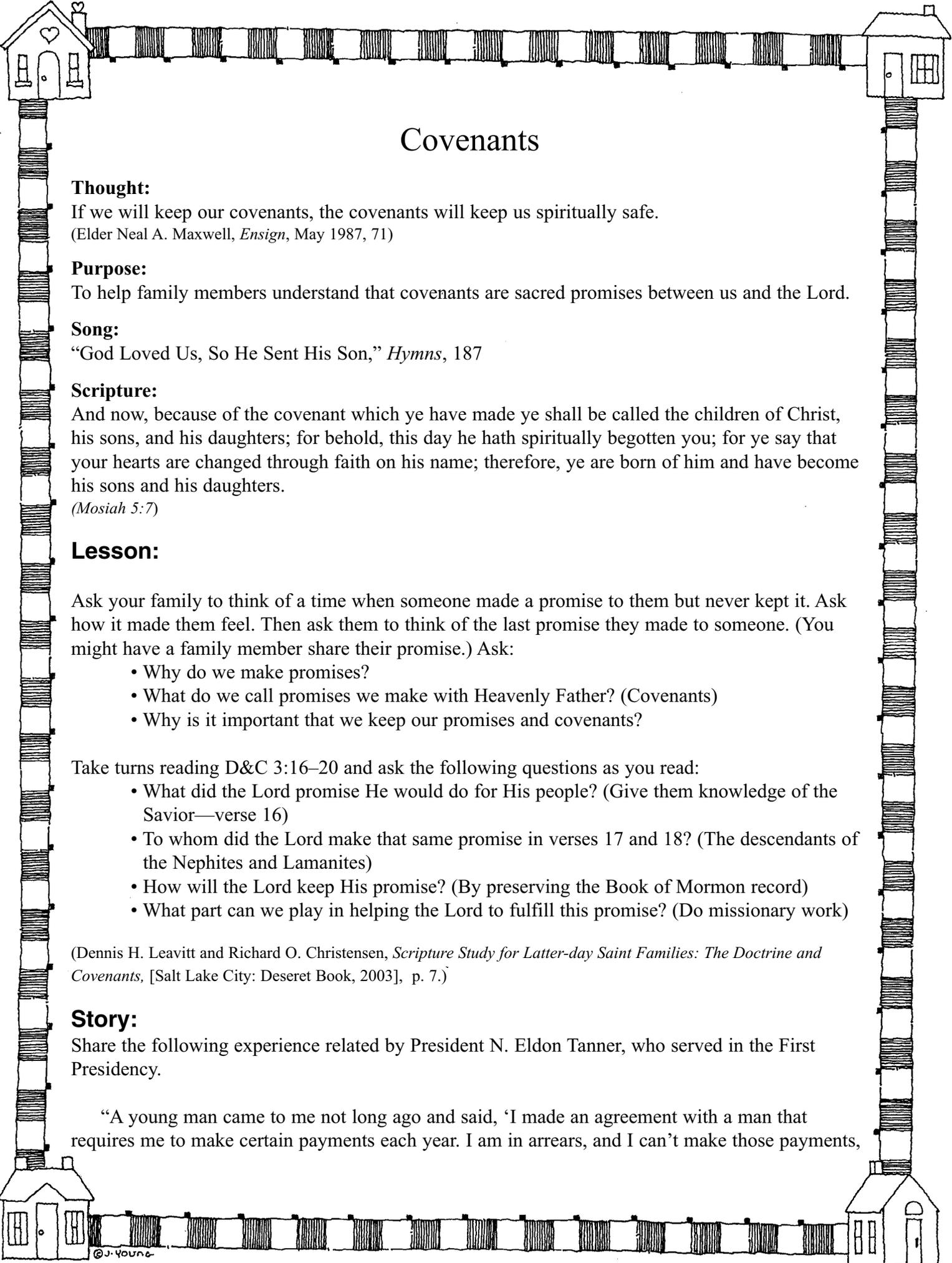
Family Home Evening Materials

Theme: Covenants

Packet #120104

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.



Covenants

Thought:

If we will keep our covenants, the covenants will keep us spiritually safe.

(Elder Neal A. Maxwell, *Ensign*, May 1987, 71)

Purpose:

To help family members understand that covenants are sacred promises between us and the Lord.

Song:

“God Loved Us, So He Sent His Son,” *Hymns*, 187

Scripture:

And now, because of the covenant which ye have made ye shall be called the children of Christ, his sons, and his daughters; for behold, this day he hath spiritually begotten you; for ye say that your hearts are changed through faith on his name; therefore, ye are born of him and have become his sons and his daughters.

(*Mosiah 5:7*)

Lesson:

Ask your family to think of a time when someone made a promise to them but never kept it. Ask how it made them feel. Then ask them to think of the last promise they made to someone. (You might have a family member share their promise.) Ask:

- Why do we make promises?
- What do we call promises we make with Heavenly Father? (Covenants)
- Why is it important that we keep our promises and covenants?

Take turns reading D&C 3:16–20 and ask the following questions as you read:

- What did the Lord promise He would do for His people? (Give them knowledge of the Savior—verse 16)
- To whom did the Lord make that same promise in verses 17 and 18? (The descendants of the Nephites and Lamanites)
- How will the Lord keep His promise? (By preserving the Book of Mormon record)
- What part can we play in helping the Lord to fulfill this promise? (Do missionary work)

(Dennis H. Leavitt and Richard O. Christensen, *Scripture Study for Latter-day Saint Families: The Doctrine and Covenants*, [Salt Lake City: Deseret Book, 2003], p. 7.)

Story:

Share the following experience related by President N. Eldon Tanner, who served in the First Presidency.

“A young man came to me not long ago and said, ‘I made an agreement with a man that requires me to make certain payments each year. I am in arrears, and I can’t make those payments,

for if I do, it is going to cause me to lose my home. What shall I do?’

“I looked at him and said, ‘Keep your agreement.’

“‘Even if it costs me my home?’

“I said, ‘I am not talking about your home. I am talking about your agreement; and I think your wife would rather have a husband who would keep his word, meet his obligations, keep his pledges or his covenants, and have to rent a home than to have a home with a husband who will not keep his covenants and his pledges.’” (Conference Report, October 1966, p. 99.)

Testify to your family that if we make and keep sacred covenants with the Lord, he will certainly bless us. Express your hope that they will all, one day, go to the temple and there make sacred covenants with the Lord.

(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. 219.)

Activity:

To illustrate the value of making covenants with the Lord, invite the strongest and smallest members of your family to stand. Ask the person to imagine that the strongest family member represents Christ while the smallest represents each of us. Using a rope, handcuffs, or other material, tie the hands of these two people together. Ask them how the weaker person would be helped by uniting with the strongest. How is a covenant with Christ similar to being tied to or bound to Him?

(Dennis H. Leavitt and Richard O. Christensen, *Scripture Study for Latter-day Saint Families: Book of Mormon*, [Salt Lake City: Deseret Book, 2003], p. 121.)

Extras:

- Have the children draw a picture of what they think the scene of Alma baptizing in the Waters of Mormon would look like (See Mosiah 18: 1–7).
- Discuss the covenants we make when we are baptized.
- Discuss the covenants we make when we take the sacrament.

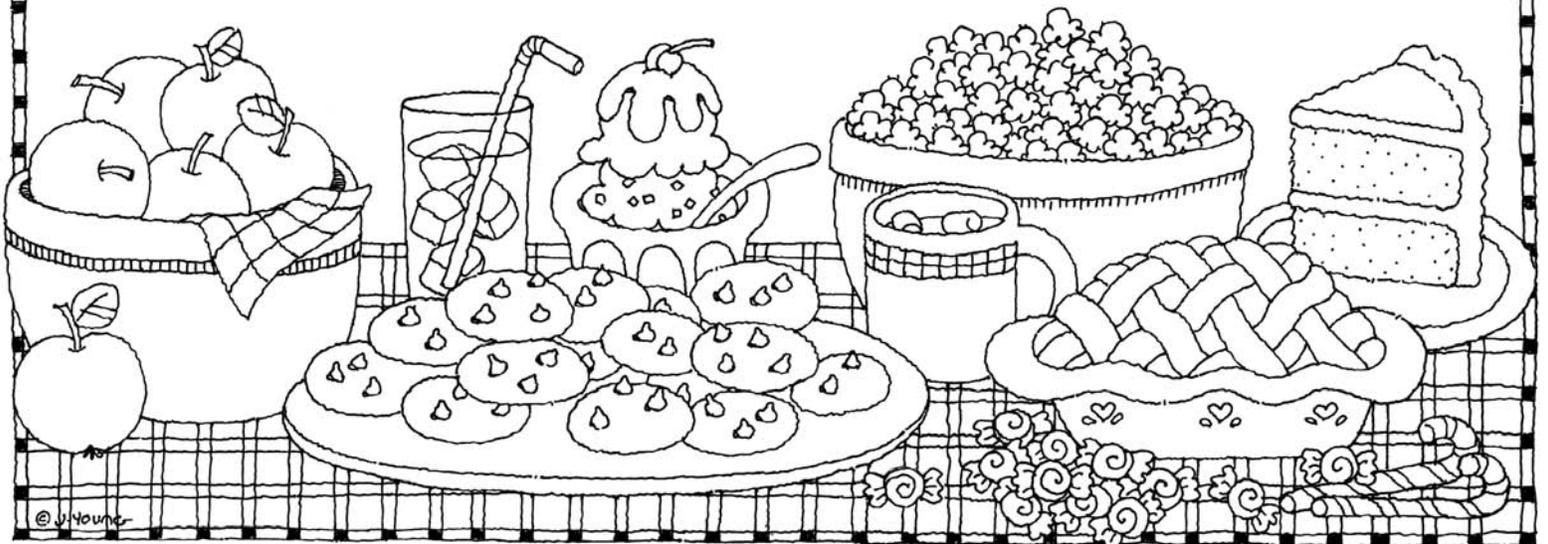
Refreshment

Monticello Sopaipillas

1 package (1 tablespoon) active dry yeast
3 cups warm water
6 tablespoons shortening
2 tablespoons sugar
2 teaspoons salt
6 tablespoons nonfat dry milk
6 1/2 cups flour
shortening or oil for frying

In a large bowl, dissolve yeast in warm water. Add shortening, sugar, salt, and dry milk. Stir in flour to make a soft dough. Mix well. Knead dough 15 to 20 times; set aside to rest for 10 minutes. Roll dough to 1/4-inch thickness; cut in squares or triangles. Fry, turning once, in hot fat until lightly browned on each side. Makes 20 to 24 sopaipillas.

(Paula Julander and Joanne Milner, *Utah State Fare*, [Salt Lake City: Shadow Mountain, 1995] p. 39.)



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