



strengthening  
our home  
and family

## Deseret Book®

Family Home Evening Materials

Theme: Easter

Packet #040104

### 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.

## Theme: Easter

### **Thought:**

“Easter is a sacred day, a day of thanksgiving and divine worship. It is not a day just for rejoicing because of the opening of springtime, not merely an opportunity to display beautiful hats and fine clothing—it is an occasion for the expression of gratitude to God for having sent His Only Begotten Son into the world to be ‘the way, the truth, the life.’”

(David O. McKay)

### **Purpose:**

To help our family understand the resurrection of our Lord Jesus Christ is the greatest and most significant miracle of all time.

### **Suggested Song:**

Jesus Has Risen, *Children’s Songbook*, p.70.

### **Scripture:**

“I am the way, the truth, and the life: no man cometh unto the Father, but by me.”

(John 14:6)

### **Object Lesson:**

Pass around a basket containing items that represent the true meaning of Easter. Have your children take turns picking up an item from the basket and telling what the item represents in the Easter story. Choose from the following ideas or select your own Easter symbols to place in your basket.

A small twig with leaves – The garden of Gethsemane where Jesus suffered for our sins

A gold coin (or any coin) – The price of Judas’ betrayal

A miniature crown of thorns – Jesus’ trial, mockery, and punishment at the hands of the Jews and Romans

A nail – His crucifixion

White cloth – His burial in the tomb

A small, round, flat stone – The stone that covered the borrowed tomb

Whole spices – The women who came to anoint and prepare Jesus’ body on the third day

An empty plastic egg – The empty tomb symbolizing Jesus’s resurrection

Flowers – The resurrected Christ’s appearance to Mary in the Garden near the tomb

### **Story:**

#### **The Belayer**

One winter our family make a day of visiting the Indianapolis Children’s Museum. We had a wonderful time! One of the most popular exhibits in the museum was the climbing wall. Most of the children were eager to try it, although it was so high that it almost reached the rafters. I was surprised that even our seven-year-old son, who was notoriously afraid of heights, wanted to climb. We gave our permission, and he excitedly began to buckle himself into the climbing gear.

Each climber, along with a designated helper, had to undergo brief training before attempting the climb. As a rule, my motivation to keep my son from killing himself is quite high, so I volunteered and listened intently to the instructions. Each helper was called a “belayer” and provided a fail-safe system for the climbers. The belayer braces himself below the wall and holds onto a rope that snakes around an overhead beam before attaching to the harness of the climber. If the climber should slip, the belayer can stop the climber’s fall by holding tightly onto the lifeline in his hands. Though our coach admitted that many children slip off the face of the wall while climbing, I was reassured that as long as I didn’t let go of the rope my son would only swing through the air until he could again get a toe-hold on the wall.

Responsibility for my son’s safety weighed on me, and I felt tense and nervous during his entire climb. He was the youngest climber on the wall and struggled as he slowly scaled to the top. More than halfway up his foot slipped and he began to fall. I saw him misstep and reflexively pulled on the rope swinging him up into the air. He thought it was great fun—I thought it was about time for him to get a new belayer.

I remembered my feelings as a belayer some months later when reading about a terrifying climbing experience of Alan Czenkusch, the head of a rock climbing school. Czenkusch was scaling up a high precipice while his belayer was braced on a ledge below him. Suddenly, Czenkusch slipped and tumbled backward in free fall. The force of his fall on the rope ripped three climbing braces out of the rock and jerked his belayer off the ledge. Plunging through space, the death of both men seemed certain had it not been for the belayer’s unbelievable strength and presence of mind. With outstretched arms, he reached for the rock face, found a hold, and clung to it—arresting his own fall and jerking Czenkusch to a halt just ten feet above the ground.

“‘Don saved my life,’ the climber later commented. ‘How do you respond to a guy like that? Give him a used climbing rope for a Christmas present? No. You remember him. You always remember him’” (in Eric Andersen, “The Vertical Wilderness,” *Private Practice*, November 1979, 21).

My mind jumped back from our adventure at the Children’s Museum to an upper room in ancient Jerusalem. I recognized again that Jesus Christ arrested our free fall to death more surely and completely than any mortal man has ever saved another. Perfect in his love, in his life, and in his sacrifice, he first broke bread as a reminder and then asked that we remember him—that we always remember him.

(Janet and Joe Hales, *A Christ-Centered Easter*, [Salt Lake City: Eagle Gate, 2002], p.21–22.)

## **Activity:**

### **Easter Story Cookies**

#### **Ingredients and Props:**

- 1 cup whole pecans
- 1 teaspoon vinegar
- 3 egg whites
- Pinch of salt
- 1 cup sugar
- 1 zipper baggie

1 wooden spoon  
Masking tape  
Bible

### **Directions and Activity**

1. Preheat oven to 300° F.
2. Place pecans in a zipper baggie and let children beat them with a wooden spoon to break them into small pieces. Set aside.

*Explain that after Jesus' arrest, he was beaten by Roman soldiers. Read John 19:1–3.*

3. Let each child smell the vinegar. Pour 1 teaspoon vinegar into the mixing bowl.

*Explain that when Jesus was thirsty on the cross he was given vinegar to drink. Read John 19:28–30.*

4. Add egg whites to vinegar.

*Tell the children that eggs represent life. Explain that Jesus gave his life so that we could be resurrected and have eternal life. Read John 10:10–11.*

5. Sprinkle a little salt into each child's hand. Let them taste it and brush the rest into the bowl.

*Explain that this represents the salty tears shed by Jesus' followers during the crucifixion. Read Luke 23:27. Ask your children if any of the ingredients used to this point seem very appetizing.*

6. Add 1 cup sugar.

*Explain that the sweetest part of the Easter story is that Jesus died because he loves us. He wants us to know and belong to him and be able to return to the Father. Read Psalm 34:8. Read John 3:16.*

7. Beat with a mixer on high speed for 12 to 15 minutes, until stiff peaks are formed.

*Explain that the color white represents the purity, in God's eyes, of those whose sins have been cleansed by Jesus. Read Isaiah 1:18.*

8. Fold in the broken nuts. Drop the dough by teaspoons onto a cookie sheet covered with wax paper.

*Explain that each mound of dough represents the rocky tomb where Jesus' body was laid. Read Matthew 27:57–60.*

9. Put the cookie sheet into the oven, close the door and turn the oven OFF. Give each child a piece of tape and help them seal the oven door.

*Explain that Jesus' tomb was sealed. Read Matthew 27:65–66*

10. Go to bed! Or proceed with the events of the night and leave the cookies in the oven until morning.

*Explain that the children might feel sad to leave the cookies in the oven overnight. Jesus' followers despaired when the tomb was sealed. Read John 16:20, 22.*

11. Before the children are up the next morning, remove the tape and open the oven door. After the children awaken, gather them in the kitchen and give everyone a cookie. Tell them to notice how the surface is cracked and to take a bite. The cookies will be hollow.

*Explain that on the first Easter Jesus' followers were amazed to find the tomb open and empty. When they understood what it meant, they rejoiced! Read John 11:25–26*

## Extras:

- Awaken your family Easter morning with Handel's "Hallelujah Chorus" from the Messiah.
- Meet as a family Easter morning for an Easter devotional: Sing a resurrection hymn. Offer a prayer of thanksgiving. Retell the sacred story of the resurrected Lord's first appearances found in John and Luke (John 20:1-18; Luke 24: 13-35) Share personal testimonies of Christ's atonement and resurrection.
- Invite a guest to have Easter dinner with the family

## Refreshments

Serve cheese ball with wheat crackers and grapes or raisins. Explain that wheat, cheese, and fruit are some of foods that were eaten at the time of Christ.

### Cheese Ball

Hilary Weeks

- 1 (8-oz.) pkg. cream cheese
- 1 (5-oz.) jar Kraft® Old English Cheese
- 1 (5-oz.) jar Kraft® Roka Bleu Cheese
- 2 to 3 green onions, diced
- 2 tsp. Worcestershire sauce
- Pecans, chopped
- Crackers of choice

In mixer, thoroughly combine cheeses, green onions, and Worcestershire sauce. Form into ball; wrap and chill. When ball is firm, roll in chopped pecans until covered.

Serves 12.

*(Five Star Recipes from Well-Known Latter-day Saints, compiled by Elaine Cannon, [Salt Lake City: Deseret Book, 2002], p. 13.)*

