



strengthening  
our home  
and family

## **Deseret Book®**

Family Home Evening Materials

Theme: Eternal Life

Packet #040105

### **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.

# Eternal Life

## Thought:

I testify that the only way we and all mankind can come unto our Heavenly Father and know Him, and thus obtain eternal life, is to come unto the Lord Jesus Christ and know Him. (John M. Madsen, "Eternal Life through Jesus Christ," *Ensign*, May 2002, 78)

## Purpose:

To help family members understand that through our Savior, Jesus Christ, we can have eternal life.

## Song:

"I Lived in Heaven," *Children's Songbook*, p. 4

## Scripture:

And, if you keep my commandments and endure to the end you shall have eternal life, which gift is the greatest of all the gifts of God. (Doctrine and Covenants 14:7)

## Lesson:

From colored paper, cut a set of six 2- to 4-inch circles for each family member. Label the six circles PRE-EARTH LIFE, BIRTH, EARTH LIFE, DEATH, SPIRIT WORLD, and LIFE WITH HEAVENLY FATHER. Punch a hole in the top of each circle. Give each person a hanger, some string or yarn, and a set of circles. Have each person cut the string into 6 lengths, then tie one end of each string through the hole in each circle. Tie the other end of each string to the hanger to make a mobile. Talk to the children about how each of us is a spirit child of our Heavenly Father. Explain the phases of the plan of salvation as follows:

1. *Pre-Earth Life.* Before the earth was created, we lived with Heavenly Father. In this pre-earth life, Heavenly Father taught us about his plan and how we could become like him.
2. *Birth.* Eventually, each of us left the pre-earth life and the presence of our Heavenly Father. We were born on earth with a body of flesh and bones.
3. *Earth Life.* On earth, we have the chance to learn about the gospel and to make righteous choices.
4. *Death.* As our bodies become old, or sick, or are damaged by accidents or injuries, they stop working, and we die. At death our bodies and spirits are separated.
5. *Spirit World.* After we die, our spirits will go to the spirit world to receive further teachings.
6. *Life with Heavenly Father.* After our time in the spirit world, we will be resurrected and our spirits and physical bodies will be united. Those who are worthy will be able to live with Heavenly Father and Jesus.

(Shauna Mooney Kawasaki, *My Family Can Be Forever*, [Salt Lake City: Deseret Book, 2003], p. 12.)

## Story:

David heard a thud in the family room. "Oh no," he thought, "a bird must have flown into the window." He raced outside and found that, unfortunately, he was correct. There on the ground

was a tiny sparrow, stunned from the blow. Carefully he picked up the pile of warm feathers and carried it into his sister's bedroom.

Melissa's room smelled like a doctor's office. But at least she was home now, instead of at the hospital. She sat up in her bed, trying to be cheerful.

"Look what just hit the window," said David, holding out the sparrow. "I think it's still alive. What should I do?"

Melissa pointed to her closet. "Get a shoe box and a washcloth. We've got to keep it warm, if it's going to make it."

Melissa had become an avid bird-watcher ever since her illness. Her family had hung birdhouses and feeders just outside her window. The jays and finches kept her company during the long hours that David was in school.

Melissa gently placed the bird's trembling body under the washcloth in the box. David secured the box near a warm furnace vent for the evening.

The next morning, David had to go to school. But Melissa diligently fed the sparrow with an eye-dropper several times during the day. Her feathered friend started sitting up, begging for more. It seemed to be gaining strength.

First thing Saturday morning David rushed to take his turn at the feedings. But when he lifted the washcloth, the sparrow was dead. David's heart sank. He carried the shoe box into Melissa, and started to cry.

Melissa tenderly stroked the cold feathers with her pale fingers. "Don't worry, David," she said. "This little sparrow will live again. When something dies, its spirit leaves its body. That's why its body feels cold and can't move. But remember how Jesus was resurrected? Because he died for us, and was resurrected, all of us will be resurrected someday."

David looked into his sister's eyes. He knew she was not just thinking about the sparrow. He, too, had worried what would happen if Melissa died.

A few months later, Melissa did die. David loved and missed his sister very much. He was sad. But he often remembered her stroking the feathers of the bird and saying, "Don't worry, David. This little sparrow will live again."

(Christena C. Nelson, *Sharing Times for Special Occasions*, [Salt Lake City: Deseret Book, 1993], p. 18.)

## **Activity:**

Make a one-year time box for your family to open the following Easter. Have each family member write a letter of his or her testimony of Christ. Then have everyone write down three things that they want to do better. Draw pictures and write what you think you will be doing the following year at this time. Weigh and measure everyone, and, last of all put in hand prints. Seal the box and put it in your Easter Holiday box to be opened next Easter. It is exciting to see how your family has grown spiritually and physically in a year.

(Jeni Gochnour, *Family Home Evening Games*, [Salt Lake City: Bookcraft, 1999], p. 65.)

## **Extras:**

- Have a treasure hunt with clues placed in plastic Easter eggs.
- Talk about the good memories you have of family members who have died.

## Refreshment

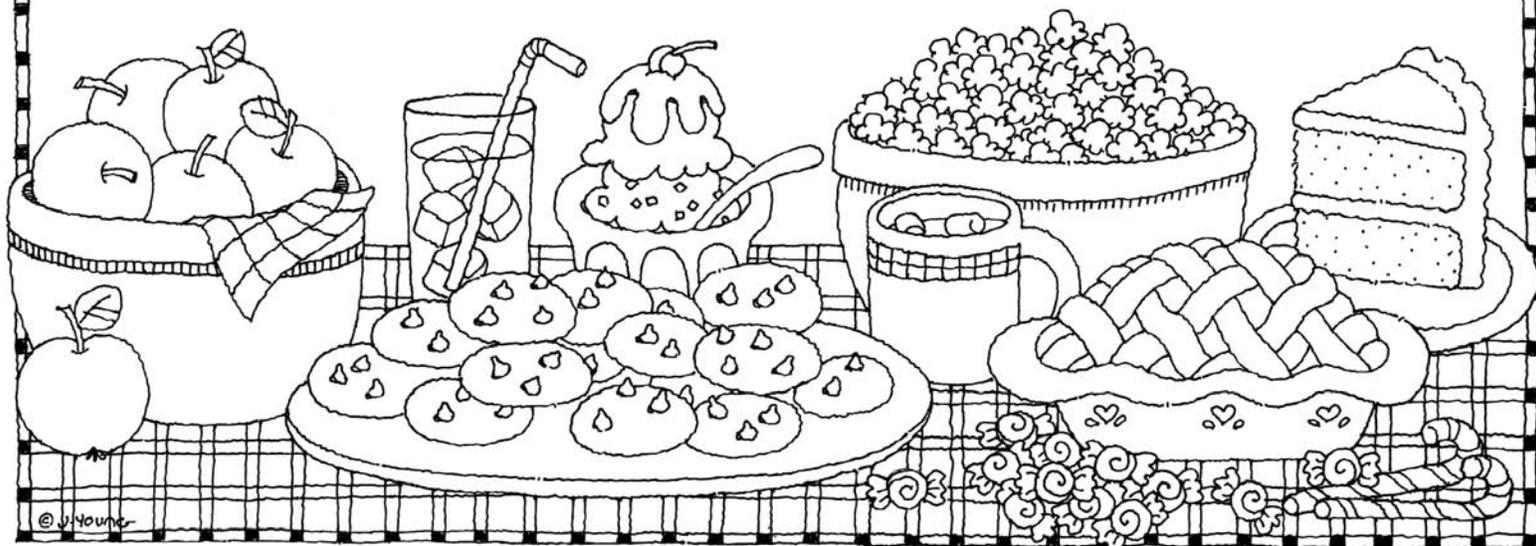
### Angel Food Cake

- 1 cup plus 2 tablespoons sifted cake flour
- 1 1/2 cups sifted sugar
- 1 1/4 cups (10 to 12) egg whites, at room temperature
- 1/4 teaspoon salt
- 1 1/4 teaspoons cream of tartar
- 1 teaspoon vanilla
- 1/4 teaspoon almond extract

Preheat oven to 375° F. In a medium bowl, sift flour and H cup sugar together. Set aside. Combine egg whites, salt, cream of tartar, and flavorings in large bowl. Beat with flat wire whip, sturdy egg beater, or at high speed of electric mixer until soft peaks form. Add remaining 1 cup sugar gradually, G cup at a time, beating well after each addition. When beating by hand, beat 25 strokes after each addition. Sift in flour mixture in four additions, folding in with 15 fold-over strokes each time and turning bowl frequently. (Do not stir or beat.) After last addition, use 10 to 20 extra folding strokes.

Pour batter into ungreased 9- or 10-inch tube pan. Bake 35 to 40 minutes for 9-inch cake and 30 to 35 minutes for 10-inch cake, or until cake springs back when pressed lightly. Cool cake in pan, upside down, 1 to 2 hours. Then loosen from sides and center of tube with knife and gently pull out cake. (An angel cake pan with a removable bottom is ideal for removing cake in perfect condition.)

(*Lion House Desserts*, [Salt Lake City: Eagle Gate, 2000] p. 29.)



clip this coupon and save

**20% OFF**  
**AT DESERET BOOK**

On this week's selected FHE titles:

*My Family Can Be Forever: Sharing Time Activities*  
*Lion House Desserts*

FHE 4909757



expires 4/16/2005