



strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: Fasting

Packet #020405

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.



Fasting

Thought:

Fasting, coupled with mighty prayer, is powerful. It can fill our minds with the revelations of the Spirit. It can strengthen us against times of temptation.

(Joseph B. Wirthlin, "The Law of the Fast," *Ensign*, May 2001, pp. 73–75.)

Purpose:

To help our family understand fasting brings us closer to our Father in Heaven.

Song:

"Bless Our Fast, We Pray" *Hymns*, 138.

Scripture:

Nevertheless they did fast and pray oft, and did wax stronger and stronger in their humility, and firmer and firmer in the faith of Christ, unto the filling their souls with joy and consolation, yea, even to the purifying and the sanctification of their hearts, which sanctification cometh because of their yielding their hearts unto God.

(Helaman 3:35)

Object Lesson:

Show a coat. Explain that coats are designed to keep us warm and to protect us from the cold. Yet they can only offer us this service if we wear them. Sometimes we don't want to take the time to put one on; other times we don't want to be encumbered with one; and still other times we are embarrassed to wear one because it isn't quite fashionable. So we deny ourselves the comfort our coats could give us and instead we suffer with the cold.

Point out that living the principle of fasting is similar to wearing a coat. Fasting can offer us protection and comfort, yet at times we won't make the effort to live the principle. So instead we suffer with the cold discomforts of a worldly life.

(Beth Lefgren and Jennifer Jackson, *More Power Tools for Teaching*. [Salt Lake City: Bookcraft, 1991], p. 26.)

Story:

Ask, Fast, and Go

Some places in missions are affectionately called "holes." That was what other missionaries had called the city that was to be my new assignment. But when I arrived and met the president and a newly formed branch, my feelings began to change. Although his branch was young and struggling, this man of faith seemed undeterred. He expected miracles and set out to obtain them.

My companion and I attended the branch's first correlation meeting. At the top of the list of the president's concern was the absence of young men and women in the branch. Heavenly Father knew where to find these young people, the branch president said—and the president knew what to do. We all knelt to pray. We would begin to fast to find young people for our branch, and my companion and I would go to work.

Shortly thereafter, a young woman asked a member about the Church, and the member

promptly invited her to attend our meetings on Sunday. The young woman came, and she brought five friends with her! We made appointments to visit them and their families. Less than three weeks later, eight young women and men were baptized and became the foundation of our youth program.

In our next correlation meeting, the branch president discussed the need for more priesthood holders. He prayed and presented our concern to the Lord. We all began to fast, and my companion and I went to work. The Lord knew where priesthood holders could be found, the president said. We just had to go find them.

Shortly thereafter, some members decided to introduce a few of their friends to the gospel. Some of those friends just happened to be men. Later that month two fine men were baptized into the Church, greatly strengthening the priesthood foundation of the branch.

During our next correlation meeting the Relief Society said they needed more members. The branch president again set the example by asking the Lord for help. We all agreed to fast for this special blessing, and my companion and I went searching. This time the Lord gave us more than we had asked for—he led us to an entire family to teach. The mother of the family was a welcome blessing to the branch’s fledgling Relief Society. The father added to the ranks of the priesthood, and the children made the branch to come alive.

This young branch president set an example of faith. He understood the most basic of gospel principles: Ask God for help; fast in faith; then go and do all you can. Within a few months of my arrival, the branch’s numbers had tripled. It was truly a miracle.

(As retold by Larry Barkdull, *Gifts: True Stories of God’s Love*, [Salt Lake City: Deseret Book, 2004], p. 87.)

Activity:

1. Divide the family into two teams.
2. Using two bowls, put ten cotton balls in each bowl and place the bowls on two chairs at one end of the room.
3. Place a cup on each chair, next to the bowl.
4. Blindfold one person from each team and give each a spoon.
5. On the word “go,” the two blindfolded people are each led by a teammate to one of the chairs. Each blindfolded person dips the spoon into the bowl twice, trying to pick up as many cotton balls as possible and place them in the cup. They must place their free hands behind their backs. The spoon is the only thing that is allowed to touch the cotton balls.
6. After they have their two tries, they take off the blindfold and return to their team and blindfold the next person. These first players then lead the newly blindfolded players to the chair for their two tries.
7. Play continues until everyone has had a chance at placing the cotton balls in the cup. Each team receives a point for each cotton ball placed in the cup.

As a family, discuss why it was hard to place the cotton balls in the cup. (It was hard to put the cotton balls in the cup because it was difficult to feel them.) Explain to the family that fasting helps us feel Heavenly Father’s power.

(Beth Lefgren and Jennifer Jackson, *Building Blocks for Better Lessons*, [Salt Lake City: Bookcraft, 1998], p. 9.)

Extras:

- Discuss at what age your family feels is appropriate for beginning to fast, such as: one meal at age 8, two meals at age 12.
- As a family, fast for a specific purpose each month (illness, school, family concerns, etc.)

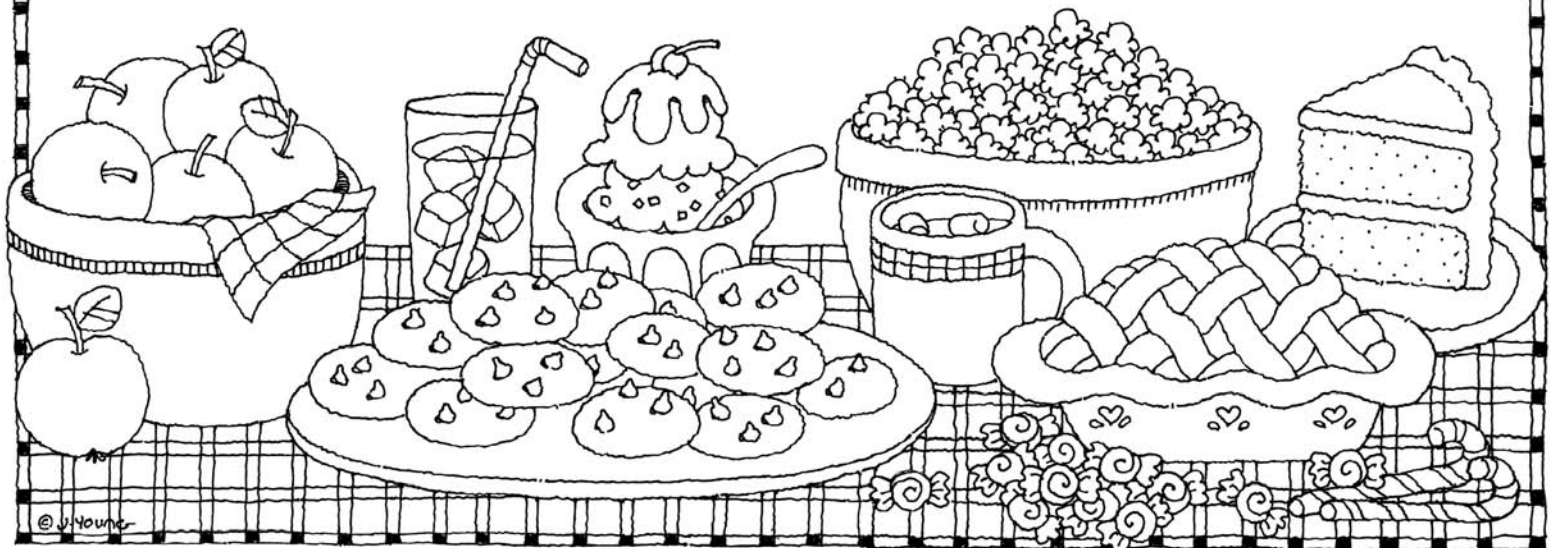
Refreshment

Fruit and Yogurt Parfait

- 1 quart blueberry yogurt
- 1 quart peach yogurt
- 1 quart raspberry yogurt
- 1 16-ounce box granola cereal
- 4 cups raspberries
- 4 cups strawberries, quartered
- 4 cups blueberries
- Raspberries, for garnish
- Mint sprigs, for garnish

In tall parfait-style glasses alternate yogurt, granola cereal, and berries to fill each glass. Garnish top with whole raspberries and a sprig of mint. Makes 20 parfaits.

(*Lion House Weddings*, [Salt Lake City: Eagle Gate, 2003], p. 65.)



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