



strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: Reverence

Packet #040304

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.



Reverence:

Thought:

“When the names of God the Father and his son, Jesus Christ, are used with reverence and authority, they invoke a power beyond what mortal man can comprehend.”

(Elder Dallin H. Oaks, *Ensign*, May 1986, p. 51)

Purpose:

To help our families understand that reverence is a feeling of love and respect towards Heavenly Father and Jesus. We show reverence by being quiet and attentive in our Church meetings.

Suggested Song:

“Reverence is Love,” *Children’s Songbook*, p. 31

Scripture:

“Ye shall keep my sabbaths, and reverence my sanctuary; I am the Lord.”

(Leviticus 19:30)

Object Lesson:

Display a special item of value to you (a piece of crystal or a vase, for example). As you show it, explain how important it is to you. Tell the children why. (Who gave it to you? How long did you have to save for it?) Help them to understand how special it is to you. Have them imagine that someone borrowed it. You would lend it only to a person whom you trusted to be careful with such a special item. By taking good care of it such a person shows she also cares about you, because she knows the item is special to you.

In a similar way, we can show our love or reverence to Heavenly Father by treating those things that are his very carefully. Review with the children his many creations and things that are special to him: the church buildings, temples, scriptures, and so on. All these things are precious to him and should be treated with great care.

(Beth Lefgren and Jennifer Jackson, *Sharing Time, Family Time, Anytime: Book Two*, [Salt Lake City: Bookcraft, 1994], pp. 82-83)

Story:

A couple of years ago I was serving as a counselor in our Primary presidency. Reverence is a common theme in Primary, and we discussed it often. One of our concerns was how to help children realize that reverence was more than just being quiet. We wanted them to feel reverence, to feel profound awe and respect. I was asked to conduct a sharing time on reverence. I had been taking a class on meditation and visualization, and I thought a visualization exercise might help. I approached that sharing time with more than a little bit of anxiety. I had never seen this kind of thing done in an LDS setting. I wasn't sure how it would be received. Here is what the children and I did.

First I told the children what reverence is and that we were going to do an exercise to help them experience it. I asked them to sit quietly and do everything I told them. (After you read through this, you might try the exercise yourself.) I asked them to close their eyes. Then I asked them to imagine themselves in the following scenario: You are walking down a path in a meadow. The meadow is filled with beautiful flowers. Birds are singing. The sky is blue and the sun is warm. You feel quiet and happy. As you walk, you realize that someone is approaching you from far down the path. You walk toward each other for a while. Now you can see him clearly. You stop as you realize it is the Savior.

He continues to walk steadily toward you. As he nears, you fall to your knees. He stops before you, reaches down to take your hand, and lifts you to your feet. Then he embraces you. As his arms fold around you, you feel his spirit wash over your entire body. He steps back, and as you look into his eyes you see his gentle love and concern for you. You stay there for a moment just looking into his eyes. Then, slowly, you turn and go back the way you have come. You walk back through the meadow and into your seats in this room. Now, open your eyes.

The room was totally still. Many of the children had tears in their eyes as I asked them to remember to take this imaginary walk with Jesus during the sacrament quiet time. I recalled with them the words to one of our sacrament hymns: "Jesus, the very thought of thee / With sweetness fills my breast."

(Joan B. McDonald, *The Holiness of Everyday Life*, [Salt Lake City: Deseret Book, 1995], pp. 128-129.)

Activity:

Write the following phrases on separate slips of paper and put them in a bag.

1. Walk quietly in the church building.
2. Sing the hymns.
3. Listen to the teachers.
4. Bow head, fold arms, and close eyes during prayer.
6. Talk softly.

Let the children take turns choosing paper slips out of the bag and pantomiming the phrases for the group to guess. They do not need to guess the exact wording.

(Beth Lefgren and Jennifer Jackson, *Sharing Time, Family Time, Anytime: Book Two*, [Salt Lake City: Bookcraft, 1994], pp. 82-83.)

Extras:

- Review the story of Christ cleansing the temple (see Matthew 21: 12–13 and Mark 11:15–17)
- Teach your family the following poem:

My Heavenly Father's House

Anna Johnson

I come to Heavenly Father's House,
And, when I enter here,
I take my seat—and think of him,
Because he's very near.

He hears my song of praise and thanks;
He hears the words I say;
He watches when I bow my head;
He listens when I pray.

I like my Heavenly Father's house,
And I will let him know
I will be reverent while I'm here,
Because I love him so.

(as quoted in: Joyce Bowen Maughan, *Talks for Tots*, [Salt Lake City: Deseret Book, 1985], p. 49.)

Refreshments

Quick Fruit Dessert

- 1 can crushed pineapple
- 1 can apple pie filling
- 1 package yellow cake mix
- Nuts (optional)
- 3/4 cup margarine, melted

Grease and flour a 9x13-inch pan. Layer pineapple and pie filling on bottom. Layer dry cake mix over top. Sprinkle with nuts. Drizzle melted butter over top. Bake in oven according to cake mix directions.

(Janene W. Baadsgaard, *The LDS Mother's Almanac*, [Salt Lake City: Deseret Book, 2003], p. 333.)

