



strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: Sacrament

Packet #040204

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.



Sacrament

Thought:

"The partaking of the sacrament of the Lord's Supper is one of the most sacred ordinances of the Church of Christ."

(David O. McKay, *Millennial Star*, December 6, 1923, p. 776.)

Purpose:

To help our family learn what the sacrament means and how we can apply it in our lives.

Suggested Song:

"I Stand All Amazed," *Hymns*, 193.

Scripture:

"It is expedient that the church meet together often to partake of bread and wine in the remembrance of the Lord Jesus."

(D&C 20:75)

Object Lesson:

Show your family a piece of bread and glass of water. Ask them what they think about when they see these emblems. Discuss the following questions:

- What are you usually thinking and feeling when the sacrament is administered each week?
- How might your thoughts and feelings change if the sacrament were administered by the Savior himself?
- What are some of the things that make it easier or harder to think about the Savior during the sacrament in your ward or branch?
- What are some things the Aaronic priesthood could do to make it a more spiritual experience?
- What are some things you could do to focus more on the Savior?

(Dennis H. Leavitt and Richard O. Christensen, *Scripture Study for Latter-day Saint Families: Book of Mormon*, [Salt Lake City: Deseret Book, 2003], p. 300.)

Story:

When we value [the ordinances of the priesthood] and treat them with the reverence they deserve, our children come to more fully understand their importance as well. A single mother described the impact of her mother's positive example:

I learned about the importance of the sacrament at a very early age. When I was six, my mother underwent emergency surgery. After returning home, she was bedridden for over

a month. Each Sunday the priests in our ward came to our home and administered the sacrament. The first time they came, she cried when she partook of the bread. Later she frequently told me how much the sacrament meant to her and described the spiritual strength she received from partaking of it. Since that time, I have had a special reverence for the emblems of the Lord's supper.

(R. Wayne and Leslee S. Boss, *Arming Your Children with the Gospel*, [Salt Lake City: Deseret Book, 2003] pp. 31-32.)

Activity:

Have everyone stand up. Explain that you will do several actions such as clapping, shaking your head, touching your elbow, and so on. The children must watch carefully. They are to repeat your actions in the same order. Begin with only one action, and add an action each time. Challenge them to see how many actions they can follow. Encourage them to help each other too.

Praise them for watching, remembering, and following so carefully. Liken this to remembering Jesus and following his example.

(Beth Lefgren and Jennifer Jackson, *Sharing Time, Family Time, Anytime: Book Two*, [Salt Lake City: Bookcraft, 1994], p.84.)

Extras:

- Create a checklist of the things we can do to be more reverent and ready for the sacrament. It could include such things as: Sing the sacrament song; Listen to the sacrament prayers; Take the sacrament reverently; Think of the life of Jesus Christ; Think of the death of Jesus Christ; Think of my baptismal covenant.
- Have each member of the family mark the sacrament prayers in their scriptures. (D&C 20:77, 79.)
- Teach your family the following poem:

A Sacramental Song

Moiselle Renstrom

While I drink the water
And eat the broken bread
I'll be so very quiet
And bow my little head.

I will think of Jesus,
And silently I'll pray
To love and honor him
Upon his holy day.

(as quoted in: Joyce Bowen Maughan, *Talks for Tots*, [Salt Lake City: Deseret Book, 1985] p. 50.)

Refreshment:

Fruit Yogurt Shake

- 2 cups fresh or frozen fruit, cut up (peaches, strawberries, and bananas go well together)
- 2 2/3 cups (8 scoops) nonfat frozen yogurt
- 4 cups cold skim milk
- 4 tablespoons sugar

Put all ingredients into a blender, close the top, and puree. Pour into chilled glasses. Makes 4 servings.

(Peggy Hughes, *30 Days to a Healthier Family*, [Salt Lake City: Deseret Book, 2003], p. 47.)

