



strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: Testimony

Packet #110104

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.

Testimony

Thought:

The testimony we have today will not be our testimony of tomorrow. Our testimony is either going to grow and grow until it becomes as the brightness of the sun, or it is going to diminish to nothing, depending on what we do about it." (*Stand Ye in Holy Places: Selected Sermons and Writings of President Harold B. Lee* [Salt Lake City: Deseret Book, 1984], p. 91).

Purpose:

Help family members learn what a testimony is and how to share it with others.

Song:

"The Church of Jesus Christ," *Children's Songbook*, p. 77.

Scripture:

For thus shall my church be called in the last days, even The Church of Jesus Christ of Latter-day Saints. Verily I say unto you all: Arise and shine forth, that thy light may be a standard for the nations; (Doctrine and Covenants 115:4-5)

Object Lesson:

Prepare five wordstrips: DESIRE, FAITH, PRAYER/SCRIPTURES, NEGATIVES, BELIEF.

Bring out a hoe, watering can, and seeds and tell the children that you are getting ready to plant a garden. At appropriate times during the object lesson refer to the hoe, can, and seeds.

Ask if anyone has ever planted a garden. What is the first thing we must do to plant a garden? (Prepare the soil.) What do we do next? (Plant the seed.) What does a seed need to grow? (Sunshine and water.) What happens if the soil is loosened and the seed gets plenty of water and sunshine? (It will start to grow.) Are we done with our garden? What else do we have to do? (Keep it free of weeds.) When all these things are done what will we have? (A good harvest.)

Tell the children that gaining a testimony is very much like planing a garden. First we must prepare. How do we prepare the soil? (Put up wordstrip DESIRE.) What seed do we need to plant? (Put up wordstrip FAITH.) What is the water and sunshine that helps a testimony grow? (Put up wordstrip PRAYER/SCRIPTURES.) What are the spiritual weeds that must be gotten rid of? (Ask for specific answers, then post NEGATIVES.) What is the harvest? (Put up wordstrip BELIEF.)

(Beth Lefgren and Jennifer Jackson, *Sharing Time, Family Time, Anytime* [Salt Lake City: Bookcraft, 1992], p.100.)

Story:

Steve's Testimony

Steve often saw other people bear their testimonies and he wondered what it felt like. He had prayed a little bit but still didn't feel that he had a testimony.

He remembered hearing about the seed of faith in a family home evening. If Heavenly Father wanted him to have a testimony, then Steve had to believe that he could gain a testimony. He would have faith.

Every night before he went to bed Steve read some scriptures and prayed to Heavenly Father about his testimony. Days turned into weeks as Steve continued to take care of that seed of faith about his testimony. Even though he didn't feel any different he knew that Heavenly Father would give him that blessing if he just kept trying.

One fast Sunday, testimony meeting started and Steve listened very carefully to the many testimonies that were given. More than anything else he wanted to stand and have a testimony to bear, to know that the gospel was true. Then he realized that he *could* stand and tell about his blessings.

As he stood, a feeling of happiness came to him and he was able to speak the words he had worked so hard to earn. "I know that Heavenly Father loves me. I know that he answers prayers. I believe in the gospel of Jesus Christ." Steve had a testimony.

(Beth Lefgren and Jennifer Jackson, *Sharing Time, Family Time, Anytime* [Salt Lake City: Bookcraft, 1992], p.101.)

Activity:

Get a bag and two or three items to go in it. Place an item in the bag, making sure the family does not see it. Invite a child to come up and feel what is in the bag. Instruct him or her to describe to the group what it feels like. The child should not tell what it is made of, only how it feels. (Example: "It feels long. It feels hard. It feels cold.") The child may give the group only three clues, and then the group must guess what it is. Usually they are unable to guess from just the description. Next invite another child from the group to feel the same object. Ask the child if he or she can tell what it is now. The child should be able to easily identify the object. Emphasize that it is much easier to tell what something is by feeling it yourself than by having it described to you. Liken this to a testimony. Someone can describe his or her testimony to you, but to really know what a testimony is you must feel it for yourself. You must have your own testimony. Repeat the activity one or two times.

(Beth Lefgren and Jennifer Jackson, *Sharing Time, Family Time, Anytime: Book Two* [Salt Lake City: Bookcraft, 1994], p.92.)

Extras:

- Write your family's testimony in the front of some Books of Mormon. Give to the missionaries to distribute.
- As a family, share testimonies. If your child has the chance to hear and practice bearing her testimony in the small, intimate circle of your family, she will be better able to bear testimony to strangers or large groups of people. Teach your child to close her talks with her personal testimony.

(Janene W. Baadsgaard, *The LDS Mother's Almanac* [Salt Lake City: Deseret Book, 2003], p. 429.)

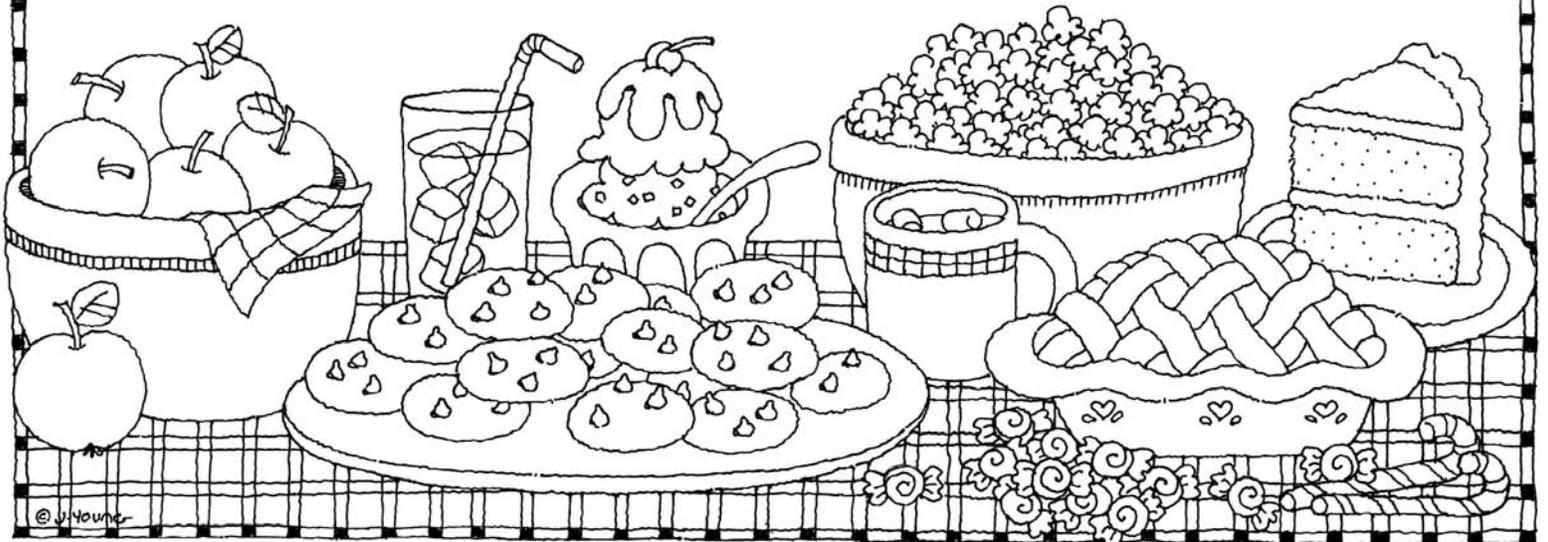
Refreshment

Layered Cookies

- 1/4 pound butter or margarine
- 1 cup graham cracker crumbs
- 1 cup coconut
- 1 cup chocolate chips
- 1 cup butterscotch chips
- 1 cup nuts
- 1 can sweetened condensed milk

Melt butter in 9x13-inch pan. Sprinkle remaining ingredients over butter, in layers. Bake at 350 degrees for 30 minutes. Immediately after removing from oven, cut cookies away from sides of pan. Cut in squares while still warm.

(Lion House Classics, [Salt Lake City: Shadow Mountain, 2004], p. 108.)



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