

# Patriarchal Blessing Mutual Activity

**PREP:** Recipe Card, Loaf Pan with Nonstick Spray inside, Package of Yeast, Sugar, Oil, Flour, Kitchen Timer (all with “Scrapbooked” tags that correlate to the lesson, words for tags are in parenthesis below); Two lists of hints for the “Scavenger Hunt” (I changed the fonts on these to some fun fonts since the girls will use these lists to find our ingredients); Different homemade breads and jellies, jams, peanut butter, butter and knives, plates and napkins for the girls to eat bread while listening to the lesson; Kitchen display items: mixer, recipe book, scriptures etc.; Handout(s) about Patriarchal Blessings. **Quotes are in Green.**

Make a display in the kitchen with stand mixer, recipe book, Scriptures, handouts etc, and homemade breads for the girls to choose from. Split the girls into two groups. Send them out with a list each to find the ingredients for our bread and meet up in the kitchen. When the girls come to the kitchen, have them place their Scavenger Hunt items in a designated place on the counter (so the girls can come up and read their tags as the lesson goes along), allow them to get a napkin, a plate with some breads on it and take a seat on the counters to listen to the lesson while they eat (Youth always listen better when you feed them!).

**LESSON:** Okay, tonight we are going to discover how a Patriarchal Blessing is just like baking bread. How many of you have made bread before? Do you enjoy it? Isn't it wonderful when it is fresh and hot from the oven? Okay, well what is the first thing we need in order to make bread? (Have a girl come forward and pick up the recipe and read the tag that is on it)

**Recipe:** (This recipe shows us what to do to make bread, just like the Lord tells us what to do in our lives through our Patriarchal Blessing) Sister Julie B. Beck (1) said, “When you receive your blessing, you get a glimpse of eternity. You begin to see a picture of what lies ahead for you because your blessing will refer to your eternal purpose and journey. The patriarch who gives you your blessing does not know what your blessing will be until he gives it. He depends on the Spirit to tell him what to say.” “Like Abraham, you seek a blessing so you can possess greater knowledge and receive instructions from the Lord. When you receive your blessing, you will discover that the Lord knows you by name.” How does that make you feel to know that the Lord “knows you by name”?

Okay, so we have our Bread Recipe. What comes next, what do we need to get ready for our bread? (the pan with spray)

**Loaf Pan with Nonstick Spray:** (We need to prepare this pan with cooking spray so that the bread won't stick. We need to prepare ourselves spiritually before we receive our Patriarchal Blessings.) Sister Julie B. Beck (1) said, "This is the season for young women to prepare and then receive their patriarchal blessing. Your bishop and parents can help you decide when the right time is for you, because the age and readiness are different for each person. When you understand the meaning and purpose of a patriarchal blessing and have a sincere desire to do the work of the Lord, you should be mature enough to receive your blessing.. If you can qualify to receive a recommend to do baptisms at the temple, then you should be able to qualify for a patriarchal blessing. It is important to prepare for your blessing with fasting and prayer so that your spirit is humble and teachable. Your personal preparation is very important." So what kinds of things can should we be doing right now to prepare to receive our Patriarchal Blessing? They are probably things that we are already doing, but lets name them anyway. (Our personal preparation includes studying our Scriptures, attending Seminary, Church and Young Women activities, Prayer and Fasting and if necessary, Repentance.) I have a handout here that lists exactly what we need to do to prepare ourselves (Have your counselors/advisors pass them out) <http://downloads.sugardoodle.net/images/stories/YW%20Handout%20for%20Lesson%2013%20Patriarchal%20Blessings.jpg>

Now, what do we need to make this bread rise? (Yeast)

**Yeast:** (Yeast lightens the bread and causes it to rise. Our Patriarchal Blessing lifts us during times of trial, and lightens our burdens.) At times in our lives, we will get discouraged. You can get discouraged, and so can I, and so can the Bishop. We will all have times when we feel lonely and sad and at those times, we can turn to our Patriarchal Blessings to make us feel better. The promises that are contained in our Blessings are unique to us. Our Patriarchal Blessings provide us words that come straight from our Heavenly Father who understands us, knows us and loves us. We can be comforted to know that any trial that we receive in this life is going to last, "but a moment". God will NEVER allow us to be tempted above what we are able to resist. Anything that we are asked to do by our Father in Heaven he will give us the power to accomplish. Our Patriarchal Blessings will give us specific instruction on ways to prepare to face the trials of this life.

Now, which of these ingredients up here would be used in cookies as well as in bread? (Sugar)

**Sugar:** (Sugar makes things taste better, if we didn't put any in our bread it would be pretty bland. Through our Patriarchal Blessings we learn that life isn't bland and pointless. We have a purpose for being here. This knowledge adds meaning and direction to our lives and helps us meet our potential.) President Thomas S. Monson said, (2) “A patriarchal blessing is a revelation to the recipient, even a white line down the middle of the road to protect, inspire, and motivate activity and righteousness. A patriarchal blessing literally contains chapters from your book of eternal possibilities. I say eternal, for just as life is eternal, so is a patriarchal blessing. What may not come to fulfillment in this life may occur in the next. We do not govern God's timetable.” So in our Patriarchal Blessings we are given specific direction for our lives. We are given purpose, and promised blessings that can come to us if we are obedient to our Father in Heaven and the direction he sends us through our Patriarchal Blessings.

Which of our ingredients should we use a very small amount of? (Oil)

**Oil:** (Oil keeps our bread from getting hard after it is baked. Our Patriarchal Blessings warn of our weaknesses and guides us through our lives so that we do not become hard-hearted and fail to obtain our eternal rewards in heaven.) (3) “In these challenging times, when you are faced with temptations and pressures to compromise your beliefs, a patriarchal blessing can be the source of great strength that will instill faith in a loving, personal Heavenly Father.” Do you know that you are a precious Daughter of God? Do you know that He loves you and that He wants only the very very best for you? This is why He gives us the chance to receive Patriarchal Blessings. What kinds of things could make us hard hearted? (The world at large, temptations of every kind, media of all kinds etc.) Now which ingredient do we need lots of? (Flour)

**Flour:** (Flour is the main ingredient of our bread. The main reason we receive our Patriarchal Blessing is because Heavenly Father loves us so much and He wants to bless us and to guide us so that we can return home to Him someday.) President James E. Faust (4) said, “A patriarchal blessing.. can give us a star to follow, which is a personal revelation from God to each individual. If we follow this star, we are less likely to stumble and be misled. Our patriarchal blessing will be an anchor to our

souls, and if we are worthy, neither death nor the devil can deprive us of the blessings pronounced. They are blessings we can enjoy now and forever.”

Now how can we make sure that our bread doesn't burn? (Kitchen Timer)

**Kitchen Timer:** (In order for bread to turn out right, it needs to rise and bake for a certain amount of time. Our Patriarchal Blessing is a plan for our whole lives. It tells us what we can do here in our time on Earth if we are faithful and keep our covenants with our Heavenly Father.) President Thomas S. Monson said, (5) “The tenor of our times is permissiveness. All around us we see the idols of the movie screen, the heroes of the athletic field—those whom many young people long to emulate.. as disregarding the laws of God and rationalizing away sinful practices, seemingly with no ill effect. Don't you believe it! There is a time of reckoning.. even a balancing of the ledger. Every Cinderella has her midnight.. it's called Judgment Day, even the Big Exam of Life. Are you prepared? Are you pleased with your own performance? Help can come to you from many sources. One is your patriarchal blessing. Such a blessing contains chapters from your book of eternal possibilities. Read your blessing frequently. Study it carefully. Be guided by its cautions. Live to merit its promises.”

1. Sister Julie B. Beck: “You Have a Noble Birthright” Ensign, May 2006
2. President Thomas S. Monson: “Your Patriarchal Blessing: A Liahona of Light” Ensign, November 1986
3. Elder Richard P. Lindsay: “Chart Your Course By It” New Era, September 1990
4. President James E. Faust: “Priesthood Blessings” Ensign, November 1995
5. President Thomas S. Monson: “Standards of Strength New Era, October 2008