



strengthening  
our home  
and family

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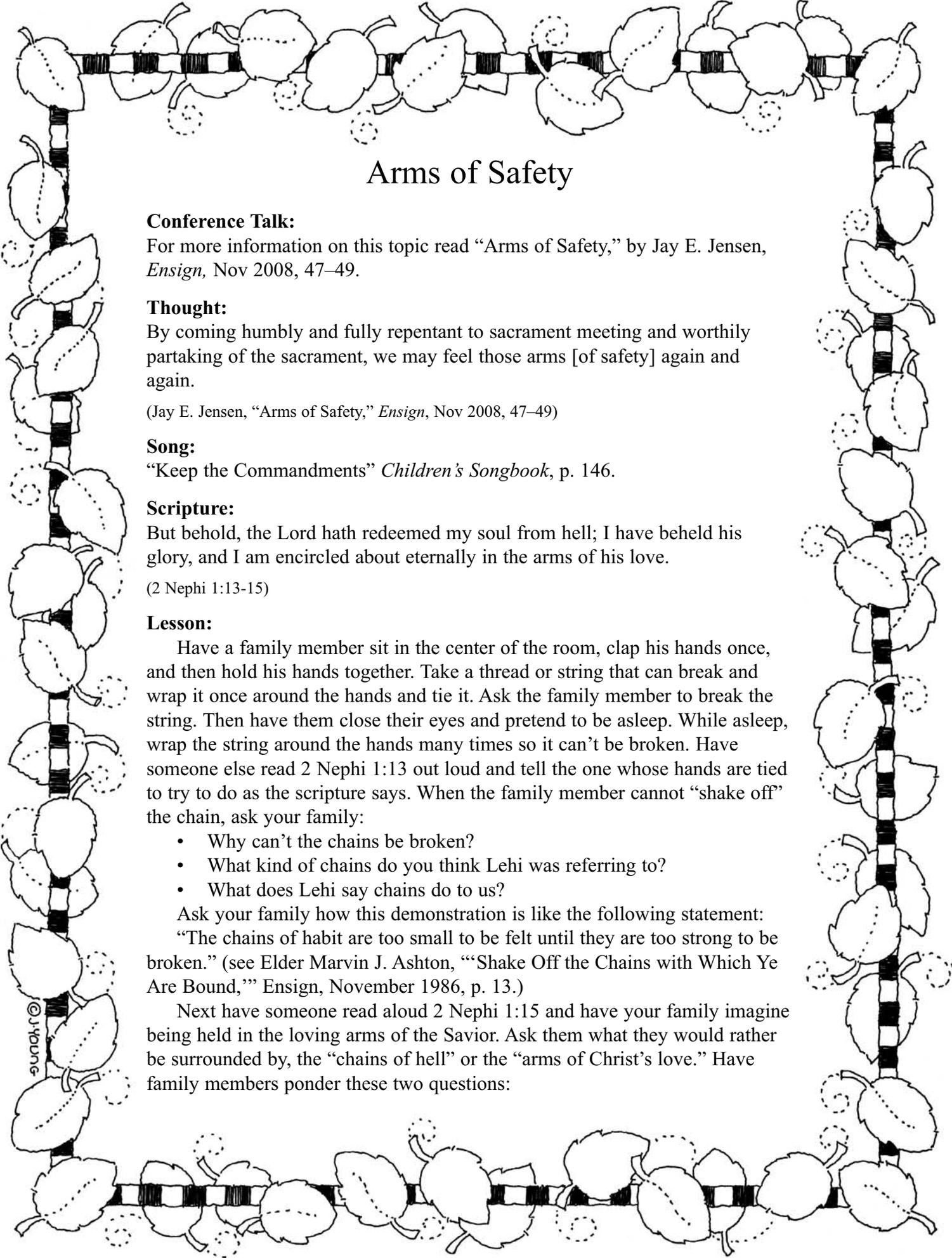
Family Home Evening Materials

Theme: Arms of Safety

Packet #050409

### **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.



## Arms of Safety

### Conference Talk:

For more information on this topic read “Arms of Safety,” by Jay E. Jensen, *Ensign*, Nov 2008, 47–49.

### Thought:

By coming humbly and fully repentant to sacrament meeting and worthily partaking of the sacrament, we may feel those arms [of safety] again and again.

(Jay E. Jensen, “Arms of Safety,” *Ensign*, Nov 2008, 47–49)

### Song:

“Keep the Commandments” *Children’s Songbook*, p. 146.

### Scripture:

But behold, the Lord hath redeemed my soul from hell; I have beheld his glory, and I am encircled about eternally in the arms of his love.

(2 Nephi 1:13-15)

### Lesson:

Have a family member sit in the center of the room, clap his hands once, and then hold his hands together. Take a thread or string that can break and wrap it once around the hands and tie it. Ask the family member to break the string. Then have them close their eyes and pretend to be asleep. While asleep, wrap the string around the hands many times so it can’t be broken. Have someone else read 2 Nephi 1:13 out loud and tell the one whose hands are tied to try to do as the scripture says. When the family member cannot “shake off” the chain, ask your family:

- Why can’t the chains be broken?
- What kind of chains do you think Lehi was referring to?
- What does Lehi say chains do to us?

Ask your family how this demonstration is like the following statement:

“The chains of habit are too small to be felt until they are too strong to be broken.” (see Elder Marvin J. Ashton, “Shake Off the Chains with Which Ye Are Bound,” *Ensign*, November 1986, p. 13.)

Next have someone read aloud 2 Nephi 1:15 and have your family imagine being held in the loving arms of the Savior. Ask them what they would rather be surrounded by, the “chains of hell” or the “arms of Christ’s love.” Have family members ponder these two questions:

- What bad habits or other things do I have in my life that bind me and keep me from becoming a better person?
- What must I do to break the chains that bind me?

(Dennis H. Leavitt and Richard O. Christensen, *Scripture Study for Latter-day Saint Families: The Book of Mormon*, [Salt Lake City: Deseret Book, 2003], p. 48.)

### **Story:**

As a young girl I remember standing at the kitchen window of our home and looking down the gravel road toward the east as far as I could see. On each side of the road was tall grass in the summer and deep snow in the winter, and there were only a few houses sprinkled along the way. I used to wonder, "What is out there for me? Where do I belong?" I'm sure you must wonder that sometimes. Things didn't seem too hopeful at that time. School had been very difficult for me. My friends were moving on without me, and I felt dumb. Do you have any idea what that feels like? It's awful.

When I was twelve years old and feeling very discouraged after a long, hard winter, my mom and dad had a plan they worked out at some sacrifice that they hoped would give me hope. They determined to take me with them beyond our gravel road, out across the Canadian border, through the big states of Montana and Idaho, and on to Salt Lake City, Utah, the headquarters of the Church, to attend general conference.

We arrived early on the first day of conference and waited in line, hoping to enter the great dome-shaped Tabernacle, which I had seen only in pictures. Finally we found seats in the balcony, where I could look down and actually see the prophet in real life, and hear him speak, a thing I had never dreamed would ever happen to me. The feeling I had at that time was one of hope, and I began to understand about the real road to somewhere. I determined right then to plant my feet on that road, the straight and narrow path leading to the celestial kingdom, and to never ever give up. I have come to know without any question that the gospel of Jesus Christ is the pathway to hope that leads us back to our Heavenly Father and our eternal home.

Listen to our Father's promise to us. He says, "Be faithful and diligent in keeping the commandments of God, and I will encircle thee in the arms of my love." (D&C 6:20.) And he comforts us, saying, "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls." (Matthew 11:28-29.)

Now if we were sitting together on my back porch, I would stop and ask you, "Do you understand the plan of our Heavenly Father and your part in it?" To every young [man and] woman, I plead: Find your own back porch, away from the demanding, loud voices of the world. Learn to listen, not to the crickets, but to the constant whisperings of the Spirit with its messages of hope that will prompt you each step of the way on your road to the celestial kingdom.

(Ardeth Green Kapp, *I Walk by Faith*, [Salt Lake City: Deseret Book, 1987].)

### **Activity:**

Have young children stand on a chair and jump into your arms. Older children can stand on the floor and fall backwards to land in your arms. Help them know that your arms are there to prevent them from hitting the floor. Relate this to our relationship with our Heavenly Father. His arms are there to prevent us from failing in our stewardships. If we jump in to carry out our responsibilities, He'll be there to help us.

(Mina S. Coletti and Roberta Kling Giesea, *The Family Idea Book Two*, [Salt Lake City: Deseret Book, 1982], p. 91.)

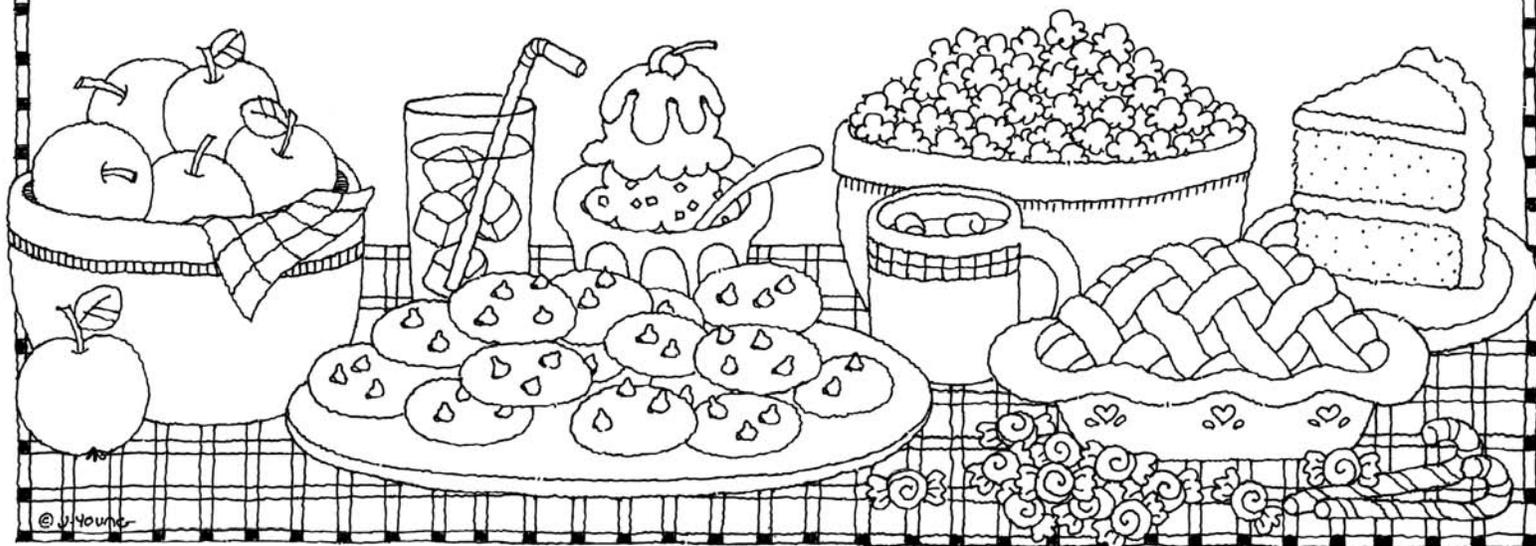
## Refreshment

### Rocky Road

- 1 (14-ounce) can sweetened condensed milk
- 2 (6-ounce) Hershey's® milk chocolate bars with almonds
- 1 (1-ounce) square unsweetened chocolate
- 2 tablespoons butter
- 1 teaspoon vanilla
- 3/4 cup toasted pecan halves or almonds
- 3/4 cup miniature marshmallows

In the top of a double boiler, combine sweetened condensed milk, Hershey's chocolate bars, unsweetened chocolate square, and butter. Stir over low heat until melted. Stir in vanilla. Cool for about 15 minutes. Stir in nuts and marshmallows. Pour into a greased 8x8-inch pan. Let cool until firm. Cut into squares. Makes 16 pieces.

(Julie Badger Jensen, *Essential Mormon Celebrations*, [Salt Lake City: Deseret Book, 2005] p. 92.)



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