



strengthening  
our home  
and family

## **Deseret Book®**

Family Home Evening Materials

Theme: Covenants

Packet #020409

### **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.



# Covenants

## Conference Talk:

For more information on this topic read “Holy Temples, Sacred Covenants,” by Silvia H. Allred, *Ensign*, Nov 2008, 112–14.

## Thought:

Covenants elevate us beyond the limits of our own power and perspective. We make covenants to show our devotion to build up the kingdom. We become covenant people as we are placed under covenant to God. All the promised blessings are ours through our faithfulness to these covenants.

(Silvia H. Allred, “Holy Temples, Sacred Covenants,” *Ensign*, Nov 2008, 112–14.)

## Song:

“Fourth Article of Faith” *Children’s Songbook*, p. 124.

## Scripture:

And again, every person who belongeth to this church of Christ, shall observe to keep all the commandments and covenants of the church.

(Doctrine and Covenants 42:78)

## Lesson:

Alma explained the covenant of baptism just before he baptized the people. On a sheet of paper make two columns. Label one column “I Covenant,” and the other “That I May.” As you read Mosiah 18:8–10, have a family member list what we covenant to do at baptism and what we will receive of the Lord if we keep our covenants. Your chart may look like the following:

### I covenant to:

“come into the fold of God”  
be “willing to mourn with those that mourn”  
“be called his people”  
“comfort those . . . in need of comfort”  
“stand as a witness of God at all times and in all things, and in all places . . . even unto death”  
“serve him and keep his commandments”

### That I may:

“be redeemed of God”  
“be numbered with those of the first resurrection”  
“have eternal life”  
have “his spirit more abundantly”

Ask how Alma's people felt about the covenants they made with the Lord. (See Mosiah 18:11.) How will keeping our covenants show the Lord how we feel about our baptism? Discuss as a family ways they can mourn with, comfort, share a witness with, or bear the burdens of another person, especially other family members.

(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. 135.)

**Story:**

I would like to tell the young people of an experience I had when I was a very young man and was talking with a very old man. This is the story he told me.

When he was a little boy—that would be nearly one hundred years ago—he lived in a very small community a long way from Salt Lake City. One of the men in the ward, a close relation to the President of the Church, had passed away. When the funeral was held, everyone in the ward went to the funeral, as was the custom. So this little boy went with his father and mother to the funeral. Just as the service was about to begin, to their great surprise in walked the prophet, the President of the Church. He had come a long way by train and then by buggy to attend the funeral service of his relative.

The service was similar to those of other funerals. Some kind things were said about the deceased man. He was described as a good man. Someone said that he had given flour to the widows, and he had helped those in the ward. We like to say kind things at funerals, of course.

The concluding speaker was the President of the Church. What he said was not comforting. He gave a talk that perhaps only the President of the Church could give; and he perhaps could speak in that way only because he was speaking about a relative. He confirmed that this man had been a good man and said that the good things he had done would earn him a reward; but then he said: "The fact is, he did not keep his covenants."

This man, when he was young, had gone to the temple to be married, to be sealed. Some sweet young girl had persuaded him to change his habits and become worthy, so he stopped doing some wrong things, began to pay his tithing and attend church, eventually received a temple recommend; and then the couple went to the temple and were sealed. But after a while, because the temple was a long way away and they did not return, he forgot. He began to slip back into some of his old habits. He forgot to pay his tithing. He ceased being the man he had become.

His relative, the President of the Church, knew all this, so he acknowledged that all the good he had done would earn him rewards, but he said, "The fact is, he did not keep his covenants." There were things he did that he should not have done, for he had covenanted not to do them. Similarly there were things he had covenanted to do that he had not done. So he had covenanted not to do some things and covenanted to do some things, and he had become loose and lazy on those things. He was basically a good man, maybe a good Christian as far as the world would judge it. But he had not kept his covenants, his agreements.

(Boyd K. Packer, *Memorable Stories and Parables*, [Salt Lake City: Deseret Book, 1997], p. 48.)

**Activity:**

Ask each family member to write "what my family means to me . . ." on a slip of paper. Mix them up and try to guess who wrote each one.

(Mina S. Coletti and Roberta Kling Giese, *The Family Idea Book*, [Salt Lake City: Deseret Book, 1980], p. 48.)

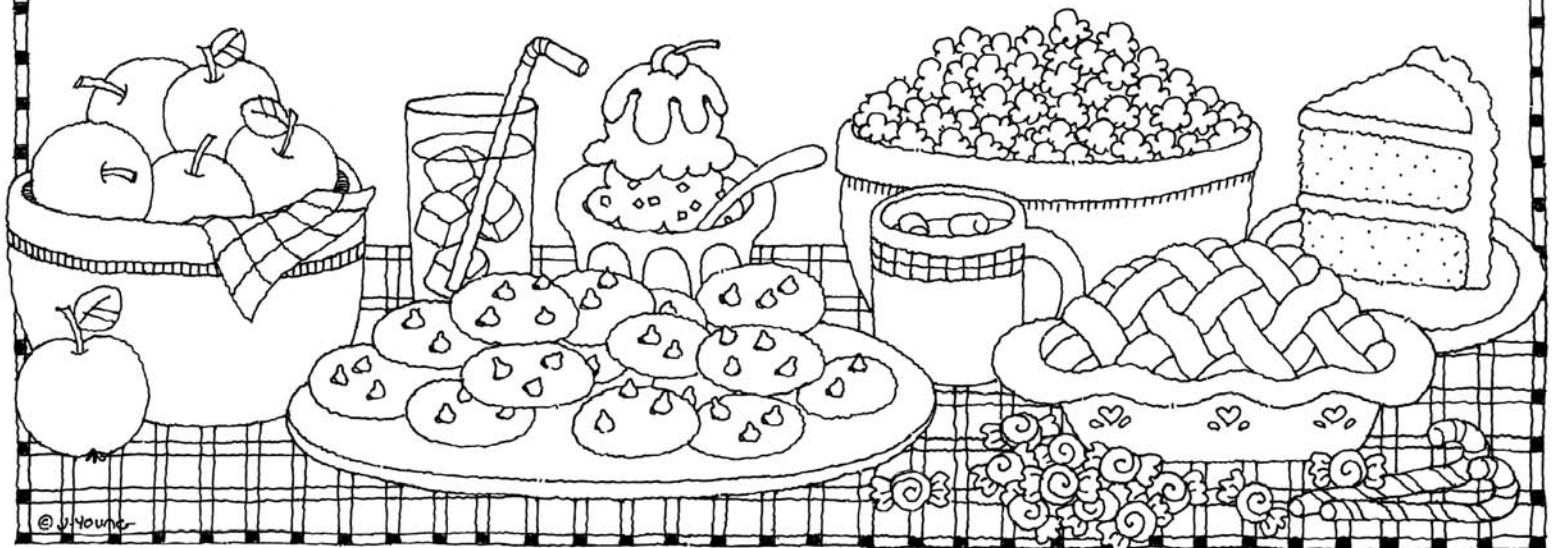
## Refreshment

### Strawberry-Banana Sorbet

- 1 medium ripe banana
- 3 cups frozen unsweetened strawberries
- 1/2 cup frozen concentrate cranberry juice cocktail
- 1 tablespoon light corn syrup

Wrap peeled banana in plastic and freeze. In a food processor or blender, puree the strawberries until very smooth. Add the juice concentrate and continue blending until smooth, about 1 minute. Slice the frozen banana and add slices a few at a time, continuing to blend until completely smooth. Blend in corn syrup. May be served immediately, or place in a chilled bowl, covered, and frozen for 50 minutes. Sorbet will keep in freezer for up to 1 week, let soften slightly before serving. Makes 6 servings.

(*Lion House Lite Recipes*, [Salt Lake City: Deseret Book, 1996] p. 152.)



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