



strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: Divine Nature

Packet #080408

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.

Divine Nature

Conference Talk:

For more information on this topic read “Do You Know Who You Are?,” by Dean R. Burgess, *Ensign*, May 2008, 53–55.

Thought:

Knowing who you are and keeping your promises and covenants with the Lord will bring you happiness in your life.

(Dean R. Burgess, “Do You Know Who You Are?,” *Ensign*, May 2008, 53–55.)

Song:

“I Am a Child of God,” *Children’s Songbook*, p.2.

Scripture:

The Spirit itself beareth witness with our spirit, that we are the children of God.

(Romans 8:16)

Object Lesson:

Materials needed: One apple and a knife.

Procedure: Cut the apple in half widthwise, and show the inner part. Tell your family that every apple has a similar five sided star inside that holds seeds. No matter what the condition of the apple is (withered, bruised, or ready for picking), the star and its seeds are still inside.

Explain that we are like the apple. Each of us has the potential (seed) of becoming like Heavenly Father. No matter what happens to us, we still have the seeds of a divine nature and the potential of godhood.

(Beth Lefgren and Jennifer Jackson, *Power Tools for Teaching*, [Salt Lake City: Bookcraft, 1988], p. 19.)

Story:

I was once driving on a dirt road far from any town, when I rounded a corner and saw a large flock of buzzards feasting on some carrion in the middle of the road. Buzzards are ugly. They have no feathers on their heads, and their skin is red. Their feathers are dusty brown. They have their purpose, but not many really admire them. There must have been about fifteen of them squabbling and fighting over the dead animal in the road.

One of them however, looked much larger than the others. I had never before seen a buzzard that big. He towered above the others. As my truck drew near, the buzzards began to fly off—all but the large one in the center. He seemed hesitant to leave the carrion and stayed long after the others had scattered. I had to slow down to avoid hitting him. When I was very close, I could see that he was not a buzzard at all but a golden eagle.

I love to see eagles circle and ride the air currents of the canyons. This was the first time I had seen such a magnificent bird accompanied by buzzards feasting on road kill. I felt a stab of sorrow that such a beautiful bird had stooped to sharing such an unwholesome meal with such unwelcoming fellows.

I believe that the one doctrine Lucifer fears the most, and wants most to keep deeply veiled, is the conviction that we are literal sons and daughters of God. Lucifer hopes that if he

can get us to see ourselves as belonging with the buzzards, to acquire a taste for carrion, we will forget our true identity and lose our taste for eternal things.

(S. Michael Wilcox, *Don't Leap With the Sheep*, [Salt Lake City: Deseret Book, 2001], pp. 111, 113.)

Activity:

Have each family member write classified ads about another member of the family. You can only take five minutes to write it, and everything stated must be positive. At the end of the time, each person reads their ad aloud and the others guess whom it was about.

Sample ads:

For Sale: Eleven-year-old girl. Easy to love. Fun to be with. Never lies. Always ready to help out. Very clean and pure. Doesn't get involved with bad people or bad things. Is very sweet and considerate. Awakens with a great big smile.

For Sale: One thirteen-year-old man. Does work and babysits for only a small plate of food. Knows how to clean house and can save you money by balancing your books. Does light yard work and likes animals. Showers regularly. If interested call GOOD GUY.

(Mina S. Coletti and Roberta Kling Giese, *The Family Idea Book Two*, [Salt Lake City: Deseret Book, 1982], p. 219.)

Refreshment

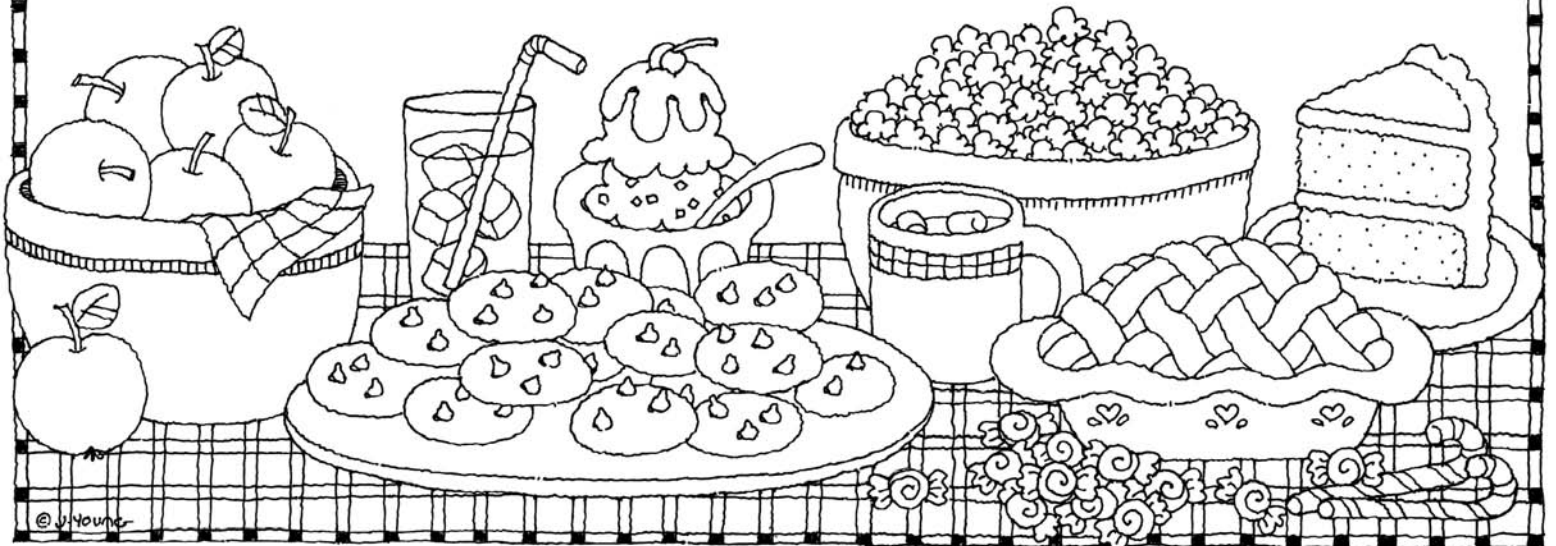
Bear Lake Raspberry Shake

This shake is a double-thick treat.

- 3 cups vanilla ice cream, divided
- 1/2 cup milk
- 3/4 cup fresh raspberries, divided

Place 2 cups vanilla ice cream in blender. Add milk and 1/2 cup raspberries. Blend well. Pour into a bowl. Add remaining 1 cup ice cream. Stir in by hand. Gently stir in remaining raspberries. Pour into a tall ice cream glass. Makes 2 servings.

(Julie Badger Jensen, *The Essential Mormon Cookbook*, [Salt Lake City: Deseret Book, 2004] p. 51.)



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