



strengthening
our home
and family

Deseret Book[®]
Family Home Evening Materials

Theme: Exaltation

Packet #070208

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.



Exaltation

Conference Talk:

For more information on this topic read “Salvation and Exaltation,” by Russell M. Nelson, *Ensign*, May 2008, 7–10.

Thought:

To be exalted—or to gain exaltation—refers to the highest state of happiness and glory in the celestial realm. The time to prepare for our eventual salvation and exaltation is now.

(Russell M. Nelson, “Salvation and Exaltation,” *Ensign*, May 2008, 7–10)

Song:

“Where Love Is,” *Children’s Songbook*, p. 138-9

Scripture:

And when the chief Shepherd shall appear, ye shall receive a crown of glory that fadeth not away.

(1 Peter 5:4)

Object Lesson:

Materials needed: blindfolds for each member.

Procedure: Seat everyone on the floor in a circle. Tell the family that they are going on a long journey. Ask everyone to remove one shoe and place it in a center pile. Then blindfold everyone in the circle, and mix up the pile of shoes. Instruct each person to find his or her shoe.

Not all family members will find their shoes. Ask those that did find their shoes how they knew they were theirs. Most answers will include the idea of knowing what they were looking for, such as a broken shoelace, boots, sandals, or the pattern on the sole.

Remind everyone that life is a long journey with moments of spiritual blindness or uncertainty. By knowing gospel principles, we become familiar enough with them that, even during times of doubt, we will still know what we are looking for.

(Beth Lefgren and Jennifer Jackson, *Power Tools for Teaching*, [Salt Lake City: Bookcraft, 1988], p. 80.)

Story:

Elder Henry D. Taylor

Rather recently I enjoyed my first experience of traveling on a jet-propelled plane. It was amazing the speed at which we traveled. Less than two hours after leaving Denver, we were in Chicago. Prior to departure we were required to place our luggage on a pair of scales. If the weight was under forty pounds, the amount

allowed each passenger, a green light flashed. But if the weight exceeded forty pounds, a red light flashed and a bell rang. The weight exceeding the allowance is considered excess baggage and a penalty or additional charge is levied. When the red light flashes, one begins to consider the unnecessary articles he could have left behind, such as an extra pair of shoes, for example.

The thought occurred to me that this earth life is also a rapid flight or journey. We are traveling toward a desirable destination, that of eternal life and exaltation. Now the Lord has said, "For behold, this is my work and my glory—to bring to pass the immortality and eternal life of man." (Moses 1:39.)

Our goal should be to become perfect, even as our Father in heaven is perfect. It would be well in early life to select and make secure the characteristics and traits needed for this journey of life, discarding the ones which are harmful and which might be classed as excess baggage. We can then be sure, as we continue our journey, that the green light and not the red one will be flashing.

What are some of the traits that might be regarded as excess baggage on our journey toward perfection? To mention but a few: hate and anger and the holding of grudges, a hot temper and a quick tongue, envy, jealousy, and greed, a critical attitude resulting in faultfinding, backbiting, and judging harshly. All these are excess baggage, and we shall have to pay dearly for them.

In contrast there are certain basic, essential characteristics or traits that are very desirable. They constitute legitimate or necessary baggage on our life's journey.

(Leon R. Hartshorn, *Outstanding Stories by General Authorities*, vol. 3, [Salt Lake City: Deseret Book, 1974].)

Activity:

Play Ring Toss.

Throw rings at pegs placed at various distances from a starting line. The nearest peg could represent baptism; the next confirmation; the next temple marriage; the next the first resurrection; and the furthest peg the celestial kingdom. Players must progress in order from closest to most distant peg. Pegs are placed far enough apart that a person generally has to throw several times to get the ring over the peg. Players cannot progress to the next stage until they have thrown the ring over the peg. The pegs should have the stages written on them. (Note: for younger families, bean bags and baskets may be easier.)

Gospel application: Eternal progression gained slowly and only as one progressively meets requirements of higher laws. One must live the "lesser" law before he can live the "greater."

(Alma Heaton, *The LDS Game Book*, [Salt Lake City: Bookcraft, 1968], p. 42.)

Refreshment

Fudge Pudding Cake

They'll think it's magic! A fudgy chocolate pudding cake that "bakes" right in the microwave.

1 cup all-purpose flour	1 teaspoon vanilla
1/4 cup granulated sugar	1 cup chopped nuts
2 tablespoons baking powder	1 cup packed brown sugar
1/4 teaspoon salt	1/4 cup baking cocoa
1/2 cup milk	1 3/4 cups boiling water
2 tablespoons vegetable oil	

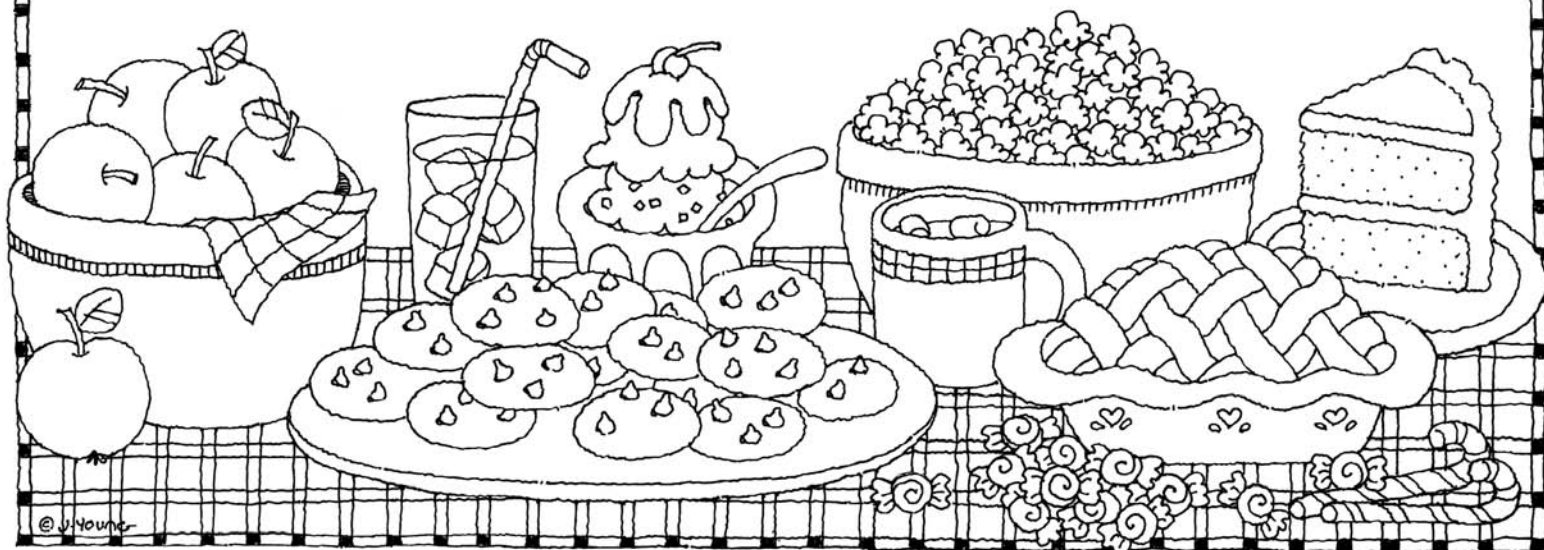
Mix flour, granulated sugar, 2 tablespoons cocoa, the baking powder, and salt in 2-quart microwaveable casserole.

Stir in milk, oil, and vanilla. Stir in nuts. Spread evenly in casserole. Mix brown sugar and 1/4 cup cocoa; sprinkle over batter. Pour boiling water over batter.

Microwave uncovered on medium (50%) 9 minutes; rotate casserole 1/2 turn. Microwave on high 5 to 6 minutes or until top is almost dry.

Serve warm with ice cream or whipped cream. Serves 9.

(Betty Crocker Sunday Cookbook, [Minneapolis: Wiley Publishing and Salt Lake City: Deseret Book, 2007], p.153.)



clip this coupon and save

20% OFF
AT DESERET BOOK

FHE 4909757



On this week's selected FHE titles:

Odds Are You're Going to Be Exalted: Evidence That the Plan of Salvation Works
Who's Your Hero? Vol. 4: Book of Mormon Stories Applied to Children

Or any regular priced item on Monday

(excludes scriptures, Church distributed items and Willow Tree figurines)

expires 7/25/2008