

strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: Individual Worth

Packet #030112

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.

Individual Worth

Conference Talk:

For more information on this topic read “You Matter to Him,” by President Dieter F. Uchtdorf, *Ensign*, Nov. 2011, 19.

Thought:

The Lord uses a scale very different from the world’s to weigh the worth of a soul.

(Dieter F. Uchtdorf, “You Matter to Him,” *Ensign*, Nov. 2010, 24–274.)

Song:

“Every Star is Different,” *Children’s Songbook*, p. 142

Scripture:

Remember the worth of souls is great in the sight of God.

(Doctrine and Covenants 18:10)

Object Lesson:

Materials needed: An apple, an orange, and a banana.

Procedure: Ask which of the fruits you display is better than the others. Ask for personal favorites. Explain that even though you might like one kind of fruit better than another, it does not take away from the value of the other fruits; and explain that not everyone will prefer the same kind of fruit over another.

Liken the fruit to people. People are just a little different from each other in personality and in physical stature, but that does not lessen their worth to their Father in Heaven.

(Beth Lefgren and Jennifer Jackson, *More Power Tools for Teaching*, [Salt Lake City: Bookcraft, 1991], p. 36.)

Story:

It was our last day in Hawaii, and I had carefully selected several gifts to take to my family at home. I already had several small gifts for five-year-old Kent, but I could not resist buying a T-shirt that caught my eye as we were waiting in the airport. When we arrived home and opened our luggage to hand out the various souvenirs to the children in our family, the gift that received the greatest response was the T-shirt presented to Kent.

At first it appeared to be just another T-shirt, of which he had plenty, but when his sister read the message printed on the front, it became much more. Kent immediately pulled and pulled to get his shirt over his head,

ready to replace it with this gift with big letters in bright colors that read “Inside this Hawaiian shirt is one terrific kid.” He smoothed the shirt over his chest and stomach and walked around proudly for everyone to see. It was obvious that this statement worn so boldly made him feel he was one terrific kid, and with the T-shirt on, he had the evidence to prove it. He ran out to the neighbors’ homes to show his friends. That night he slept in his new T-shirt.

The next afternoon, after he had played outside all morning, Kent’s mom suggested that he change his shirt. He agreed only after she gave in to his request that she wash it immediately and then put it in the dryer so he could wear it again as soon as possible.

One evening a couple of weeks later, when I agreed to take care of Kent while his parents were away for a few hours, I was surprised to see him wearing his special T-shirt. By now it was showing signs of considerable wear. He didn’t need anyone to read the message on the front. He knew what it said and was anxious to remind me. Pointing to his chest, he announced with confidence, “Inside this Hawaiian shirt is one terrific kid,” and I agreed.

When I got him ready for bed, together we pulled the shirt over his head. Then he folded it carefully ready for another day. I thought to myself, what if that message, which seems to increase his confidence, could be written on his skin so he could wear it always, so he would never take it off and would always be reminded that he is a terrific boy.

I rubbed his bare back. “Kent,” I said, “this shirt of skin is made of fine material.” He laughed and said, “Rub it some more.” I continued to rub his back and to explain. “This shirt of skin is washable and it grows with you. You will never outgrow it. If you fall down and get a hole in it, such as when you skin your knee, it will even mend itself without a needle or thread. It is really very fine. It’s like a coat of skin, and you look wonderful in it.”

Often since that evening together, Kent has asked me to tell him about his coat of skin and how inside that coat of skin is one terrific kid. I want him to know that when his T-shirt wears out or when he grows out of it, he is still the same wonderful little boy inside.

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

Activity:

Play musical bean bag. Pass the bean bag around the group as music is played. When the music stops whoever is holding the bean bag must say something kind about one of the other family members.

Refreshment

Fruit Kabobs and Dip

Kabobs

- 8 strawberries, quartered
- 30 small pineapple triangles
- 30 red grapes
- 30 toothpicks

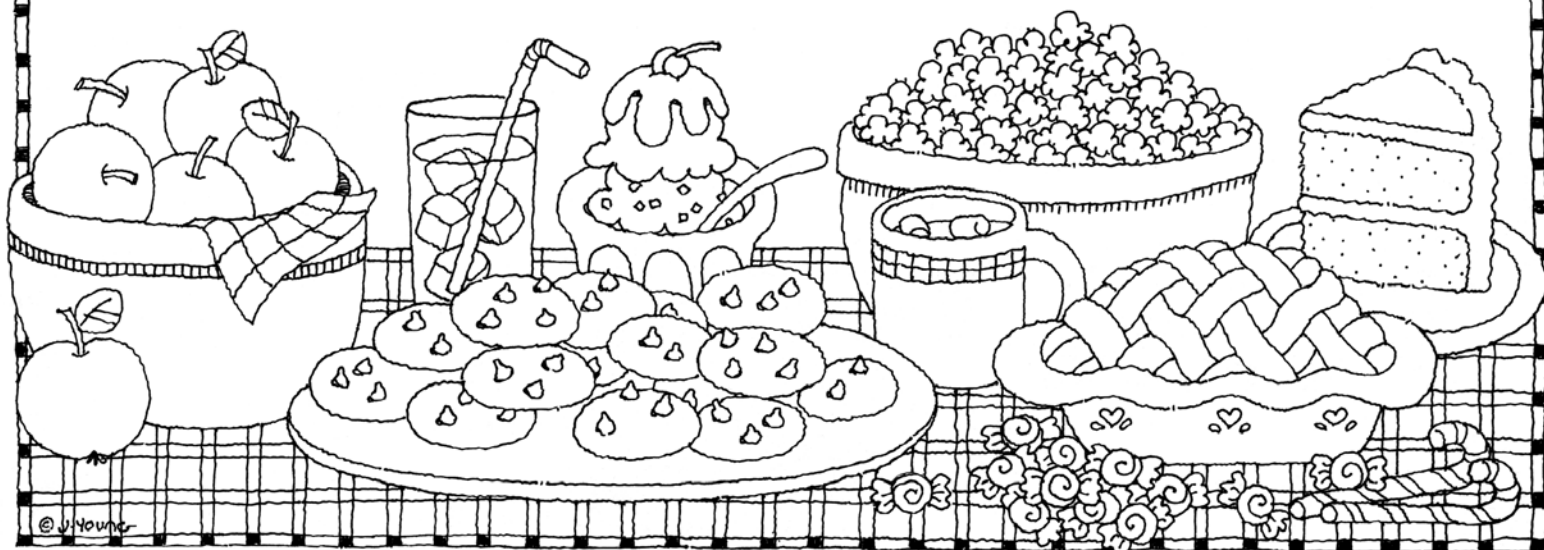
Fruit Dip

- 1 (6-ounce) container strawberry yogurt
- 7 ounces whipped topping

For the kabobs: Insert a toothpick through the middle of a strawberry quarter, pineapple triangle, and grape. Repeat process until all kabobs are made. Place kabobs on a small platter and serve with fruit dip.

For the fruit dip: In a small bowl, gently fold yogurt into whipped topping. Cover and chill.

(Recipes from *the Roof*, [Salt Lake City: Deseret Book, 2011] p. 16.)



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