



strengthening  
our home  
and family

## **Deseret Book®**

Family Home Evening Materials

Theme: Joy

Packet #100208

### **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.

# Joy

**Conference Talk:**

For more information on this topic read “My Soul Delighteth in the Things of the Lord,” by Susan W. Tanner, *Ensign*, May 2008, 81–83.

**Thought:**

We . . . should delight in the things of the Lord for it will lift our hearts and give us cause to rejoice.

(Susan W. Tanner, “My Soul Delighteth in the Things of the Lord,” *Ensign*, May 2008, 81–83.)

**Song:**

“Smiles,” *Children’s Songbook*, p. 267.

**Scripture:**

Behold, my soul delighteth in the things of the Lord; and my heart pondereth continually upon the things which I have seen and heard.

(2 Nephi 4:16)

**Object Lesson:**

Preparation: Obtain two pans, sand, rock, water, two pictures showing “pleasure” (i.e. watching TV, playing games), and four pictures showing joy (i.e. baptism, family, temple wedding, missionary work). In one pan, place the rock; in the other pan shape the damp sand like a rock and allow it to dry.

Lesson: Show the family the two pans. Talk about the similarities between the rock and the sand. (They are found in the same place, they are shaped the same, sand is made from many tiny little rocks, and so on.)

Tell them that there is one important difference between the rock and the sand. Pour water on the rock and on the sand simultaneously. Discuss what happened to the rock and the sand. Remind them that even though the sand is made from tiny rocks, it still washed away.

Liken the sand to pleasure and the rock to joy. Tell the family that pleasure is very much like joy because it makes us feel glad, but pleasure lasts for a shorter time than joy. Joy is like the rock, because the feelings it gives us can last for a long time.

Discuss the difference between joy and pleasure. Help them to understand that pleasure is a kind of temporary happiness, but joy is a happiness that can last forever. Joy can also be described as the feeling of happiness we have when we obey Heavenly Father. Explain that pleasure is not always a bad thing, but we must be very careful that it does not control our lives. If we are always looking for things that bring pleasure, we may miss some things that bring us joy.

Show the pictures. Have your family decide which pictures depict joy and which pictures depict pleasure.

(Beth Lefgren and Jennifer Jackson, *Sharing Time, Family Time, Anytime: Book Two*, [Salt Lake City: Bookcraft, 1994], p. 57-58.)

### **Story:**

#### **The Traveling Smile**

by Jane Bunker Newcomb

I sat on a San Francisco bus going home, tired and depressed after one of those days when nothing seemed to go quite right. It was rush hour, and the bus was packed with people—dull-eyed, tired, aching, and short-tempered.

A large, package-laden lady got on the bus. Every seat was taken, so she had to stand in the aisle near me. *War Horse*, I thought as I looked at her drawn and bitter face. That seemed a pretty good description.

Seated across the aisle next to her was a small plain-looking lady, someone you wouldn't ordinarily notice. She looked up at "War Horse" and her face was lit with a smile. "Could I hold your packages?" she asked. "It's so hard to stand when your arms are full."

The woman glowered in confusion and looked away. But when she looked back, the smile was still there. Her wrinkled brow eased some as she handed over the packages. "They are very heavy," she said. "There are two pairs of specially made shoes for my crippled son, and they weigh twenty pounds a pair." She paused, and the next words seemed very hard for her to say: "Thank you." They chatted on, and as they did, she smiled. Her whole face softened and her body relaxed.

Soon the seated lady got off and the other woman sat down in her place. But her expression had changed, and she smiled up at the young coed standing above her. "Could I hold your books for you? It's difficult to hold on with books sliding every which way."

The girl smiled back, and as she gave up her books I heard her ask, "Did I hear you say you have a son who goes to Jefferson? That's where I go to school."

I had to get off at the next stop, but I imagined that smile traveling all over San Francisco. I too smiled, and wasn't so tired anymore.

(*Good Deeds*, [Salt Lake City: Deseret Book, 2003], p. 10.)

### **Activity:**

Have everyone lie on the floor roughly in a circle, each with the back of his head on someone else's stomach. The first person to begin says "ho, ho, ho," then the second says "hee, hee, hee," the third "ho, ho, ho," and so on around the circle. Soon everyone begins to laugh.

Happiness and joy are contagious. Be cheerful and everyone among you will be affected by your cheerfulness.

(Alma Heaton, *The LDS Game Book*, [Salt Lake City: Bookcraft, 1968], p. 43.)

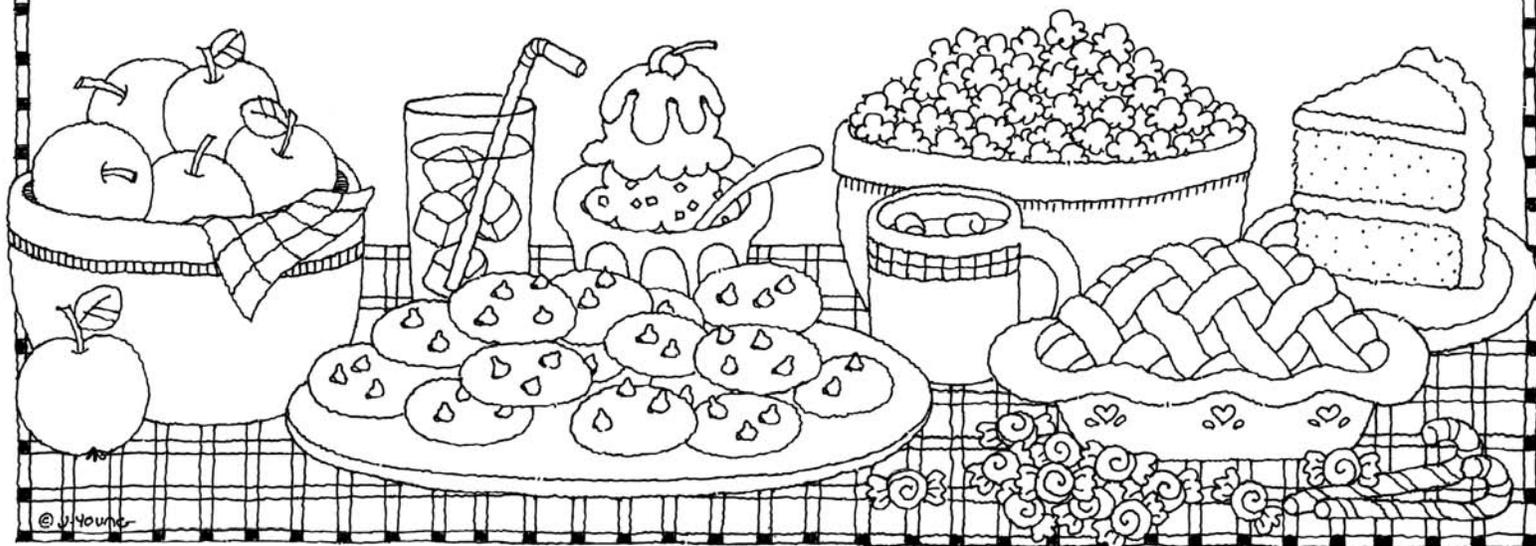
## Refreshment

### Grandchildren's Popcorn

- 1 bag microwave popcorn
- 1/2 cup butter
- 1/2 (10.5-ounce) bag miniature marshmallows

Pop popcorn in the microwave; set aside. With a grown-up's help, melt butter in a large saucepan over low heat. Add marshmallows; stir until melted. Remove from heat. Add popped popcorn and stir until coated. Spread out on a piece of waxed paper to cool. You can also form into popcorn balls. Then eat 'em up . . . YUM!

(Julie Badger Jensen, *Essential Mormon Celebrations*, [Salt Lake City: Deseret Book, 2005], p. 116.)



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