

strengthening our home and family

Deseret Book

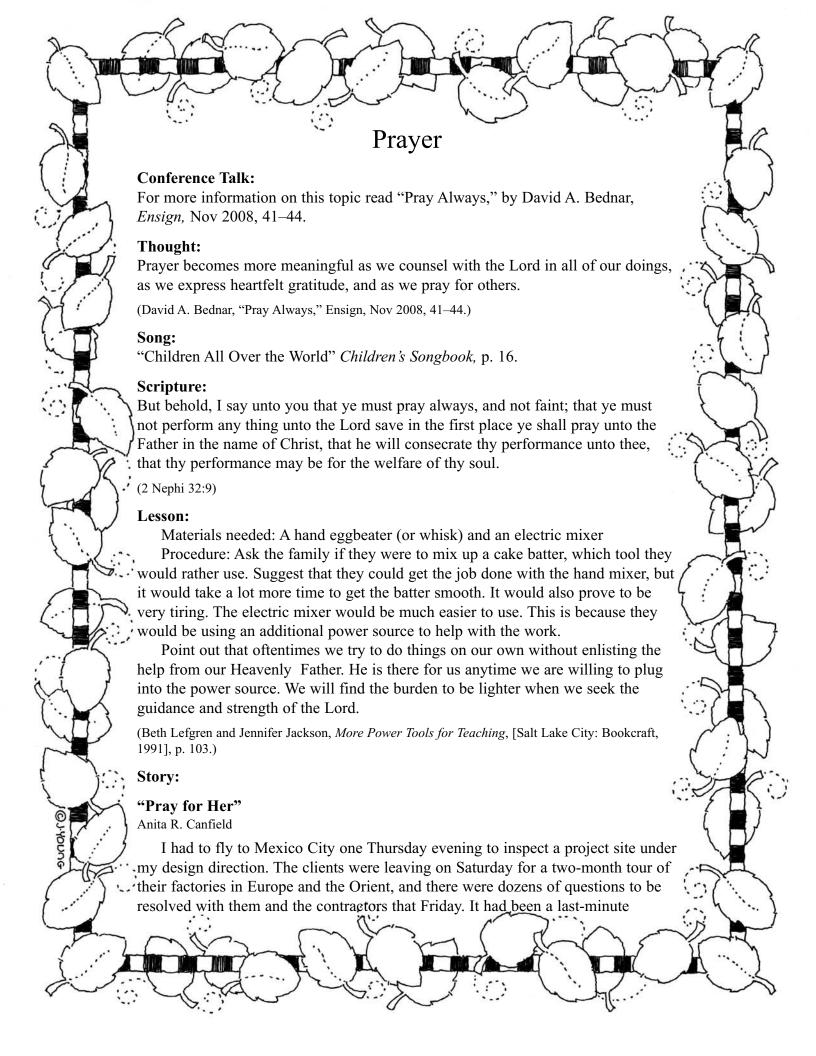
Family Home Evening Materials

Theme: Prayer

Packet #030209

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.



request on their part, and my trip was going to be an overnight but very intense visit.

I arrived at the hotel around midnight and went immediately to sleep. Around 3:00 in the morning, I was awakened by an excruciating, stabbing pain in my mouth with what would be classified as an extreme dental emergency.

My husband had done some dental work on me earlier in the week in preparation for further work the next week. I was in excruciating pain. I didn't know what to do. A million dollars' worth of decisions was resting on me the next day. I had to be clearminded and alert, especially with the language barrier; my Spanish is only adequate and requires great concentration on my part.

My first thought was to call my husband and get the name of a drug that would stop the pain. Then I worried that it wouldn't be the same dosage or type in Mexico. Then I wondered if the concierge would be able to find someone at 3:00 in the morning to even obtain it. And then, with complete realization, it occurred to me that any drug strong enough to knock out this pain would completely knock me out, and I would be useless the next day. I didn't know what to do.

Then came the distinct and clear message: "You have faith. You know what to do."

I climbed out of bed, knelt in prayer, and told the Lord of my situation and all that concerned me, and I asked him to please take away the pain long enough for me to complete my work the next day. Before I said "in the name of Jesus Christ, amen," the pain vanished. Instantly, in a moment, it was gone. I thanked him and went back to sleep.

The next day I was able to answer the questions, make urgent and very critical decisions, and finish on time to catch my flight home. By the time I was in customs in Los Angeles, the pain was returning. When I landed in Las Vegas several hours later, I had another full-blown dental emergency!

But that is not the whole story. Two days later was fast Sunday. In our monthly family testimony meeting, I told of my experience and my witness of the power of faith and prayer.

My fifteen-year-old son grew amazed. I could see his countenance change. When I finished speaking he asked, "Mom, was this Thursday night?"

"Yes," I said.

"And was it about 2:00 in the morning?"

I thought about that. It was 3:00 in Mexico, but with the hour time change, I told him it was 2:00 in Las Vegas.

Suddenly he was filled with emotion and told me the beginning of the story. He had been awakened at 2:00 in the morning that night with a voice that said, "Your mother is in trouble; pray for her." He had slipped out of bed, and on his knees, with real intent, had said, "Heavenly Father, my mom has faith. Tell her what to do."

The Lord heard his prayer and reminded his mother of her faith and that she knew what to do.

(Jay A. Parry, editor, Everyday Answers, [Salt Lake City: Deseret Book, 2003], p. 40.)

Activity:

Play "Listen."

One player is blindfolded and seated near one end of the room. The other players line up and one at a time attempt to pass "it," without being discovered. Players whom "it" hears passing him drop out. The last player left in the game wins. First player caught is "it" for the new game.

Remind your family that they have to listen, or we may not know the answers to our prayers.

(Alma Heaton, *The LDS Game Book*, [Salt Lake City: Bookcraft, 1968], p. 103.)

Refreshment

Blueberry Pizza

Crust:

1/2 cup butter

1/4 cup powdered sugar

1 cup flour

Filling:

1 cup powdered sugar

8 ounces cream cheese, softened

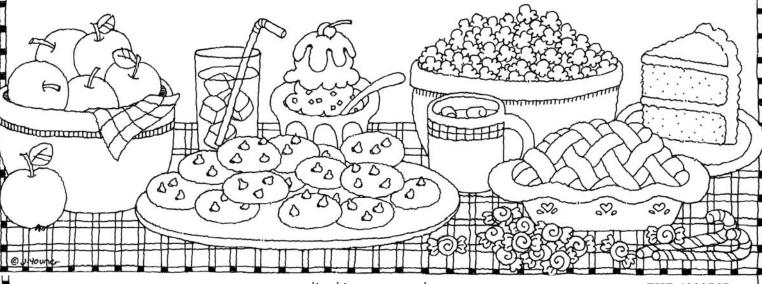
2 cups whipped topping

8 ounces blueberry jam

Mix crust ingredients and pat into a well-greased round pizza pan. Bake for 15 minutes at 325 degrees. Let cool.

Beat powdered sugar and cream cheese; fold in whipped topping and spread over crust. Top with jam and chill.

(Hollee Eckman and Heather Higgins, All that Jam, [Salt Lake City: Shadow Mountain, 2003], p. 102.)



clip this coupon and save

20% OFF AT DESERET BOOK

FHE 4909757



On this week's selected FHE titles:

When Your Prayers Seem Unanswered

Prayer Time

Or any regular priced item on Monday (excludes scriptures, Church distributed items and Willow Tree figurines)

expires 3/21/2009