

*Powerfully Teaching
Your Children
Gospel Principles*

Lesson Plan: “Preparing Our Family for Eternal Life”

Objectives:

- Talk about how families can provide companionship and happiness, help teach correct principles in a loving atmosphere, and help prepare for eternal life.
- Emphasize that each person can make a difference in creating a happy home.

Reinforces Principles of:

- Eternal Families

Each lesson contains 5 timed activities:

(Choose the activities that fit your family’s schedule.
Additional resources are provided as extra time may be available.)

Reverence Time: Song, prayer, scripture and video clip

Lesson Time: Lesson summary and points to ponder

Story Time: Story

Activity Time: Object lesson or activity

Treat Time: Prayer, theme related recipe & music video

LDS Family Fun



ReverenceTime

Approximate Time: 5 minutes

Sing Together:

Children's Songbook #92, "The Hearts of the Children."

If you wish to have an online music file to accompany you visit:

<http://www.lds.org/churchmusic>

(Note: Navigate to the *Interactive Church Music Player* where you can listen to and print Church hymns and children's songs.)

Prayer:

Scripture Time: Malachi 4:5-6

5. Behold, I will send you Elijah the prophet before the coming of the great and dreadful day of the LORD:

6. And he shall turn the heart of the fathers to the children, and the heart of the children to their fathers, lest I come and smite the earth with a curse.

Video Clip:

Watch chapter 10 (31:20) from The Modern Prophets *Howard W. Hunter* DVD.

LDS Family Fun



LessonTime

Approximate Time: 10-15 minutes

Lesson Summary:

(For younger children, it may be helpful to summarize the following ideas):

Being part of a family is a great blessing.

Some families have a father, mother, brothers, and sisters. Others have a single parent with children, while other families consist of just one or two persons.

Are all families important to Heavenly Father's plan?

"Your family can provide you with companionship and happiness, help you learn correct principles in a loving atmosphere, and help you prepare for eternal life. Not all families are the same, but each is important in Heavenly Father's plan." *For the Strength of Youth: Fulfilling Our Duty to God, p. 10* © 2008 Intellectual Reserve, Inc. All rights reserved.

When Howard W. Hunter was a boy, his father was not a member of the church, but his home was filled with correct principles and a loving atmosphere. Howard's mother faithfully prepared her family for eternal life. She taught her children to pray, took them to church and instilled in them a love for the gospel. As Howard's testimony grew, like his mother, he too became a great example to all who knew him.

How was Howard's family blessed by his and his mother's example? (Discuss ideas. Emphasize that Howard's father eventually joined the church and their family was sealed in the temple.)

What can each of us do to help our family prepare for eternal life? (Discuss ideas.)

"It is important to establish patterns of righteousness in your own life, which will enable you to set a good example for your family, whatever form your family may take. The example of your righteous life will strengthen your family. President Hinckley gave the young women 'a simple four-point program'... that will not only 'assure your happiness' but will bless your family as well.

He counseled each of us to '(1) pray, (2) study, (3) pay your tithing, and (4) attend your meetings.'" *Mary N. Cook, Oct 2007 General Conference* © 2008 Intellectual Reserve, Inc. All rights reserved.

Family Home Evening strengthens families.

President Hunter knew the importance of family and the gospel. As a stake president in California, He even started a Family Home Evening program fifteen years before the church officially announced their program. He later said, "We simply must have love and integrity and strong principles in our homes. ... We need to try harder to live the gospel in our family circles. Our homes deserve our most faithful commitments." *Howard W. Hunter, Ensign, May 1990* © 2008 Intellectual Reserve, Inc. All rights reserved.

Points to Ponder:

Can the actions of one person affect a family's happiness? (Discuss ideas. Emphasize how one person's actions can affect the family for good or bad.)

How can praying, studying the scriptures, paying our tithing and attending our church meetings bless our family? (Discuss ideas.)

"Family prayer, family scripture study, family home evening, and the other precious togetherness and individual one-on-one time binds a family together and fixes children's values on things of eternal worth." *Dallin H. Oaks, General Conference, October 2007 © 2008 Intellectual Reserve, Inc. All rights reserved.*

Why is it important to strengthen our family? (Discuss ideas.)

"The ultimate purpose of the adversary, who has 'great wrath, because he knoweth that he hath but a short time,' (Rev. 12:12) is to disrupt, disturb, and destroy the home and the family." *Boyd K. Packer, Ensign, May 1994 © 2008 Intellectual Reserve, Inc. All rights reserved.*

Does holding Family Home Evening strengthen our family? (Discuss ideas.)

"The ideal way to transform your home into a house of learning is to hold family home evening faithfully. In 1915, the First Presidency instructed local leaders and parents to inaugurate a home evening, a time when parents should teach their families the principles of the gospel." *Joseph B. Wirthlin, Ensign, May 1993 © 2008 Intellectual Reserve, Inc. All rights reserved.*

Quote:

"Strengthening families is our sacred duty as parents, children, extended family members, leaders, teachers, and individual members of the Church." Robert D. Hales © 2008 Intellectual Reserve, Inc. All rights reserved.

LDS Family Fun



StoryTime

(Approximate Time: 2 minutes)

“Mommy, when’s Lindsey gonna be home from school?” Holly inquired. “I wanna show her the ouchey I got on my knee when I fell down at preschool.”

Mother glanced at the clock. “She should be home anytime now. Does your knee still hurt?”

“It only hurts a little now, Mommy, ’cause you kissed it better. Remember?” Holly replied.

Mother smiled. “I remember. Do you need me to kiss it better some more?”

“No. I’m going to let Lindsey kiss it *all* better.”

Holly adored her big sister and Lindsey adored her. Lindsey had prayed for as long as she could remember for a baby brother or sister. On Christmas day, when she was ten years old, her prayers were answered.

When Lindsey got home from school, though, she was in a very bad mood. She rushed past Mother and Holly to her bedroom and slammed the door behind her.

“Oh, dear,” Mother worried, “I wonder what’s bothering her?”

“I’ll go see, Mommy,” Holly said as she ran down the hall to Lindsey’s room. Holly turned the doorknob and opened the door.

“Get out!” Lindsey screamed. “Why don’t you ever knock?”

“I’m sorry, Lindsey,” Holly apologized. “I got an ouchey today. Don’t you want to kiss it all better?”

“No, I don’t!” Lindsey hissed. “Now get out!”

Lindsey had never yelled at Holly before. Tears welled up in her eyes as she closed the door. “Click,” went the lock. Mother appeared in the hallway and put her arms around Holly. “I’m sorry, Honey. Daddy will kiss your ouchey all better when he gets home. You go finish watching your video and I’ll try and find out what’s bothering your big sister.”

Mother knocked on Lindsey’s bedroom door, but there was no answer. “Lindsey, we need to talk. Open the door, please.”

Lindsey was still sulking in her room when Father got home. Holly rushed to greet him and he scooped her up into his arms. "How's, my princess?" he asked.

"I'm sad," Holly sighed. "Lindsey yelled at me and I got an ouchie on my knee."

After kissing Holly's knee all better, Father turned to Mother. She shook her head and shrugged her shoulders. "She came home in a bad mood and she won't tell me what's bothering her."

Father's happy mood turned to anger as he stomped down the hall. "Lindsey open this door right now!" he shouted.

Lindsey opened the door defiantly. "Why can't this family just leave me alone!"

"Well, if that's really what you want, missy, you're welcome to leave," Father shouted back.

After hearing all the shouting Mother entered Lindsey's room. "Look what you've done now!" she said to her daughter. "Now everyone is in a bad mood!"

"Well you don't have to worry about me causing any more trouble, because I'm leaving!" Lindsey said as she started to shove clothes into her backpack.

Just then Holly tiptoed into the room. "I made you a picture, Lindsey," she whispered. "Please don't go. I'm sorry. I'll knock from now on. I promise!"

Shame washed over Lindsey's face as her heart softened. She knelt down next to her sister and gave her a big hug. "I'm the one who's sorry, Holly. You didn't do *anything* wrong," she confessed. "It was me. I was feeling sorry for myself, because Mrs. Carter is making me dance with Ronald Rensky at the school dance festival."

After everyone apologized to each other they talked to Lindsay about how Ronald is a child of God, too, and that he deserves a dance partner who will treat him with kindness and respect. They also discussed what had happened in their home tonight.

"One person can make a big difference in a home. For better or for worse," Father said. "The spirit of contention can be like a row of dominos," he continued. "When *one* person lets it in it can trickle down to everyone."

"And," added Mother, "the spirit of love and peace can work the same way."

Lindsey put her arm around Holly. "That's right. It's a good thing Heavenly Father blessed *our* family with our *own* little peacemaker."

by Margie Nauta Lee © 2008 Living Scriptures, Inc.

LDS Family Fun

ActivityTime



What you need: A copy of “Go Home” activity (artwork included with this lesson), glue and scissors. Optional: cardstock.

Preparation

1. **Print** out the artwork.
2. **Fold** along solid black line.
3. **Glue** together. Optional: For more durable cards glue a piece of cardstock between the two layers.
4. **Cut** along dotted lines.

Activity:

(Younger children will need help from an older sibling or parent.)

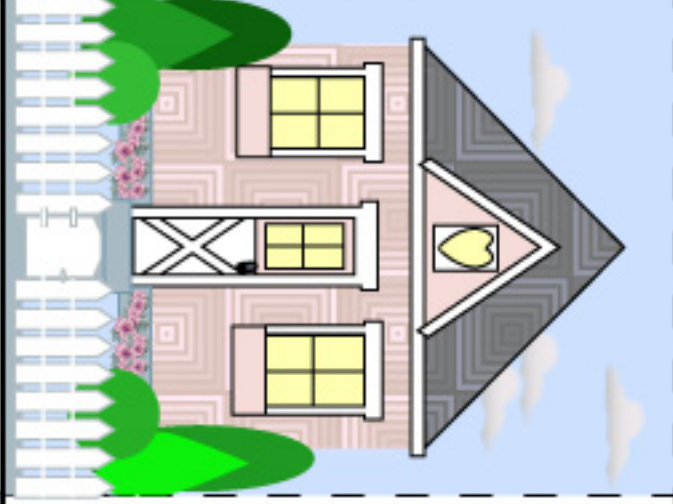
1. Explain that we can learn correct principles and prepare for exaltation from each from each other’s example. It is the duty of the family to teach and live these principles in our homes.
2. Play the “Go Home” card game.
 - A. Dealer shuffles cards.
 - B. Dealer gives each person 5 cards.
 - C. Stack remaining cards face down for a draw pile.
 - D. The player to dealer’s left starts (clockwise). A turn consists of asking a specific player for a specific group that they already hold at least one card of in their hand. For example, if it is my turn I might say: ‘Mary, please give me all your ‘Sharing’ cards. If the player who was asked (Mary) has cards of the asked group (‘Sharing’ in this case), she must give all her cards of this group to the player who asked for them. That player then gets another turn and may again ask any player for any group they have in their hand. (Help younger children by showing the card you are asking for to the group.)
 - E. If the person asked does not have any cards of the named group, they say “Go Home.” The asker must then draw the top card of the draw pile. If the drawn card is the group asked for, the asker shows it and gets another turn. If the drawn card is not the group asked for, the asker keeps it, but the turn now passes to the next person.
 - F. As soon as a player collects a book of 4 cards of the same group, they lead the group in sing the song on the card.
 - G. The game continues until all groups are collected. The winner is the person with the most groups.



Family Prayer



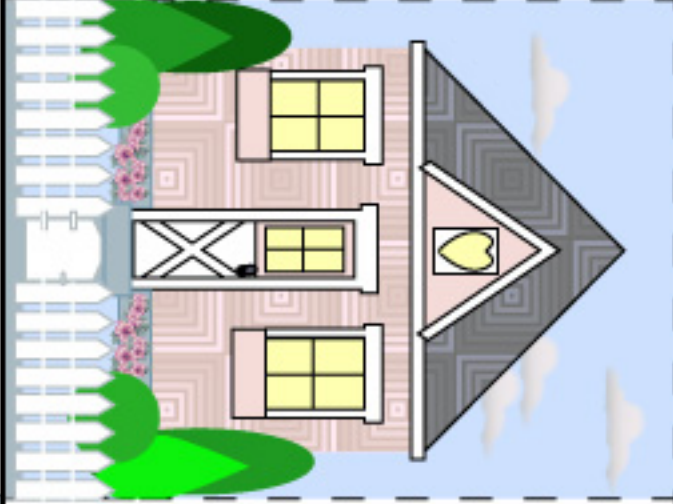
Children's Songbook #189
"Family Prayer"



Family Prayer



Children's Songbook #189
"Family Prayer"



Personal Prayer



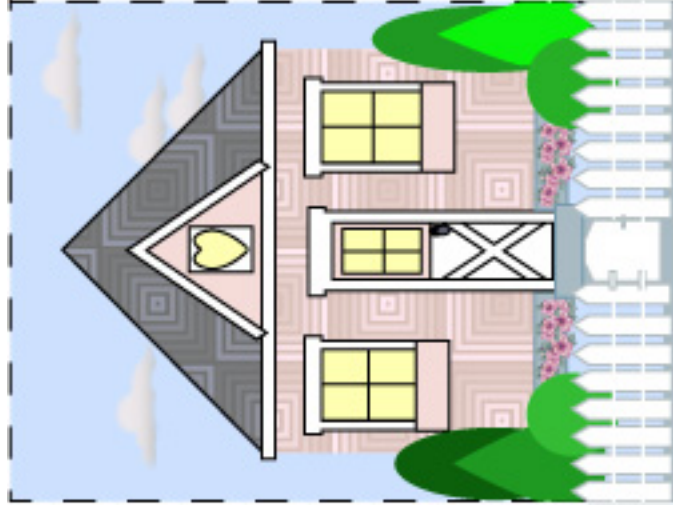
Children's Songbook #25
"I Love to Pray"



Personal Prayer



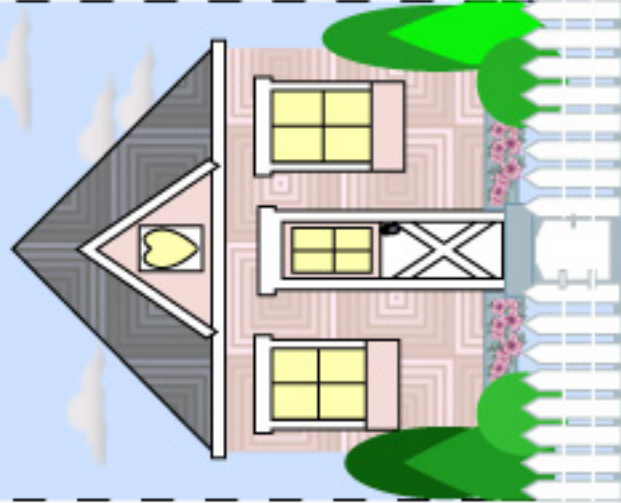
Children's Songbook #25
"I Love to Pray"



Scripture Study



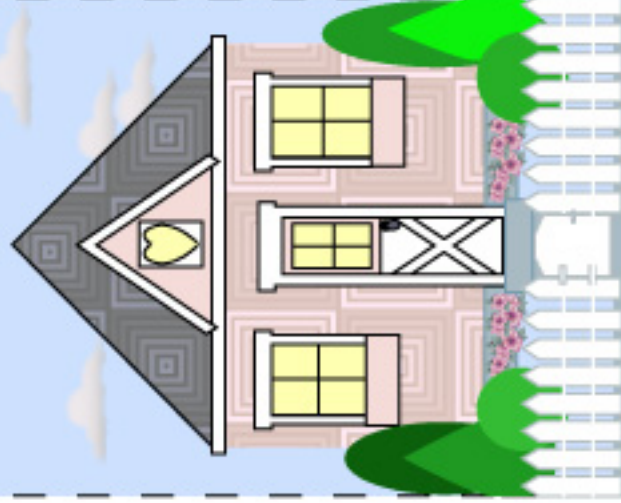
Children's Songbook #109
"Search, Ponder and Pray"



Scripture Study



Children's Songbook #109
"Search, Ponder and Pray"



Temple Work

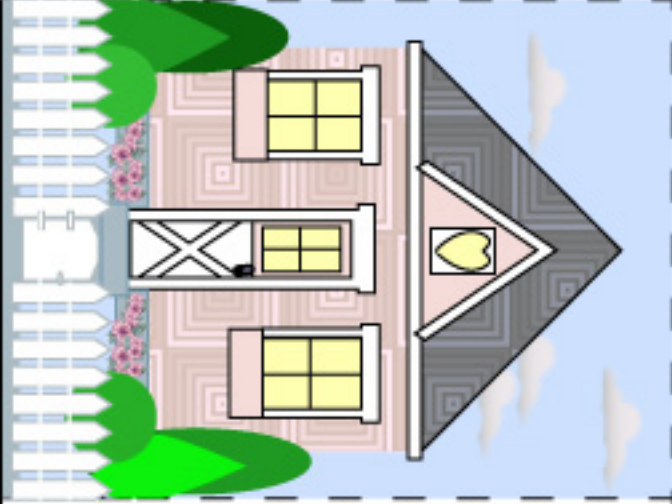
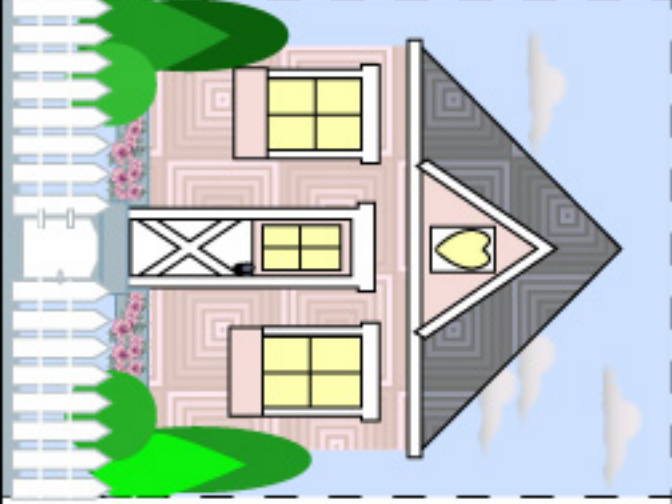


Children's Songbook #95
"I Love to see the Temple"

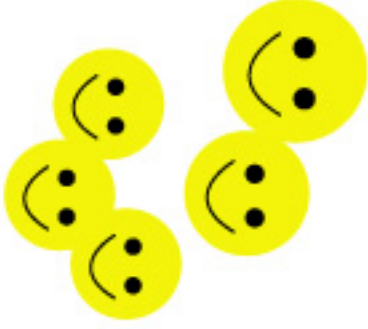
Temple Work



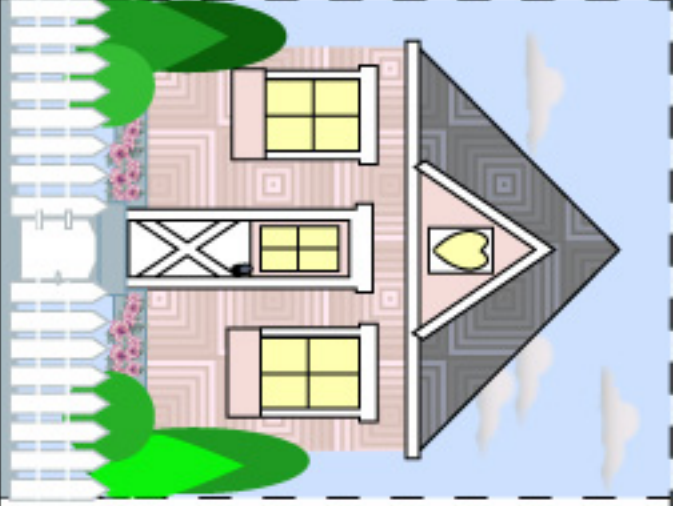
Children's Songbook #95
"I Love to see the Temple"



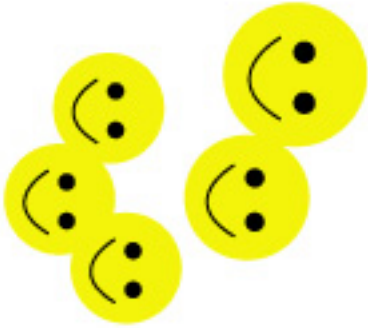
Being Happy



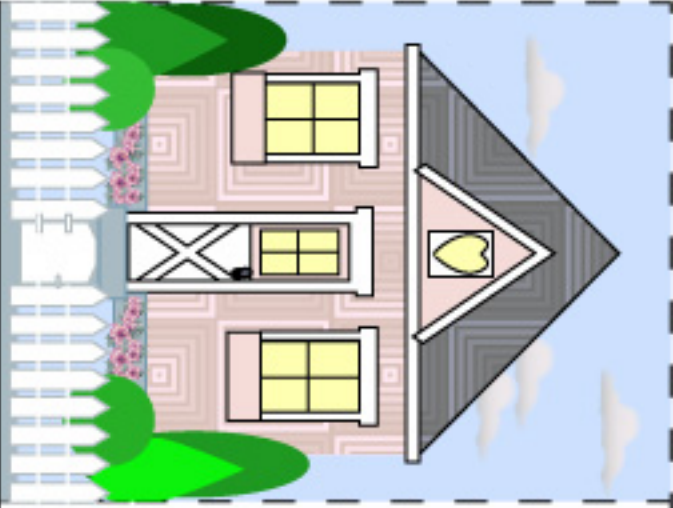
Children's Songbook #198
"A Happy Family"



Being Happy



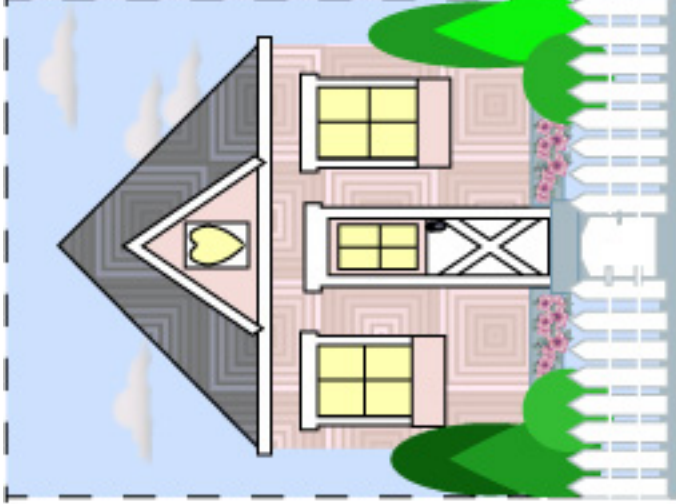
Children's Songbook #198
"A Happy Family"



Hymn #294
"Love At Home"



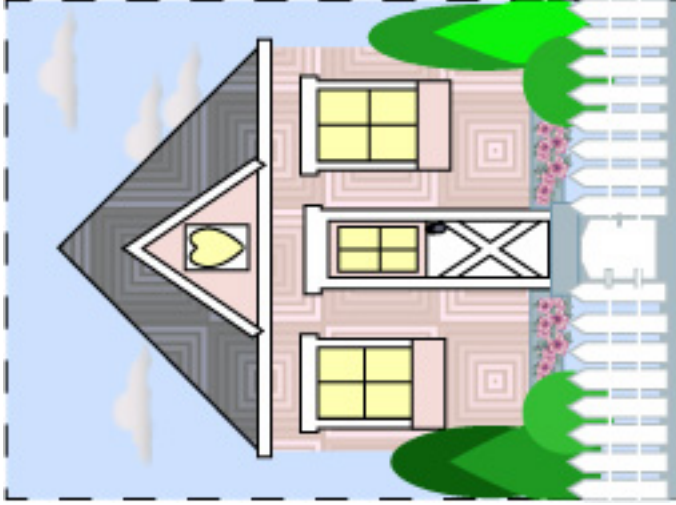
Loving One Another



Hymn #294
"Love At Home"



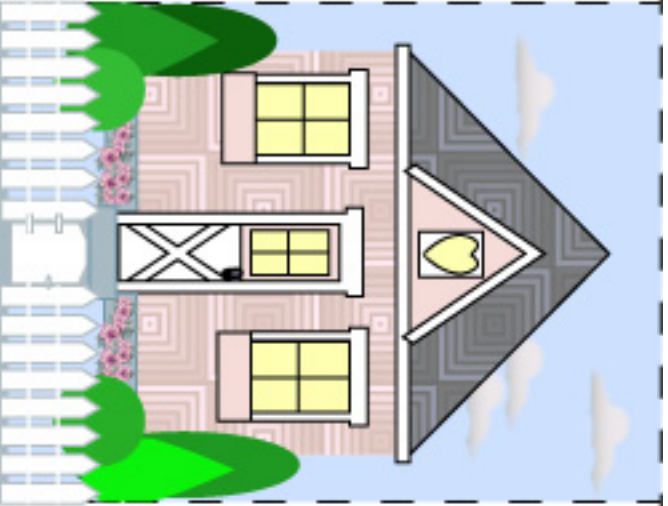
Loving One Another



Paying Tithing



Children's Songbook #150a
"I'm Glad to Pay a Tithing"



Paying Tithing

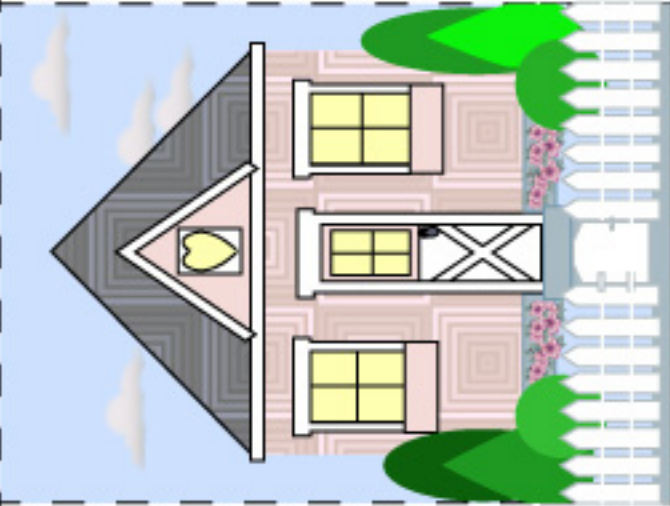


Children's Songbook #150a
"I'm Glad to Pay a Tithing"

Going to Church



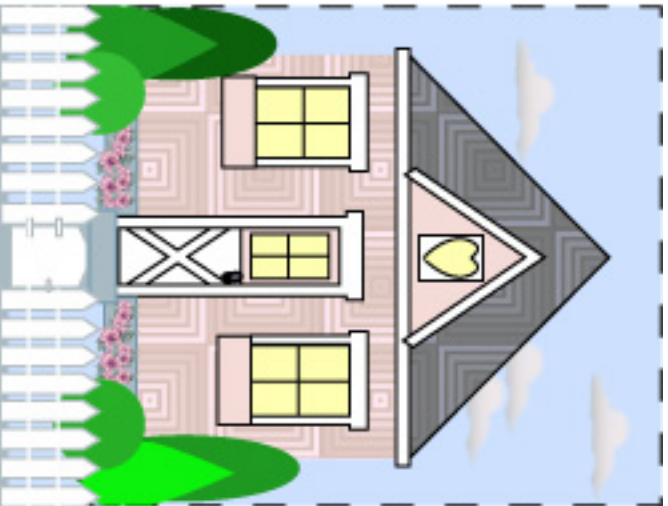
Children's Songbook #157
"When I Go to Church"



Going to Church



Children's Songbook #157
"When I Go to Church"

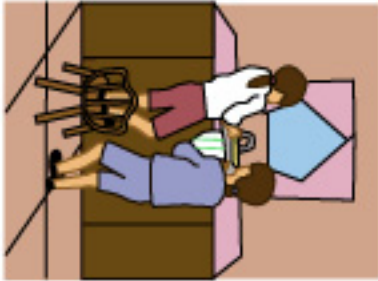


Helping One Another



Children's Songbook #198
"When We're Helping"

Helping One Another



Children's Songbook #198
"When We're Helping"

Following God's Plan



Children's Songbook #164
"I Will Follow God's Plan"

Following God's Plan

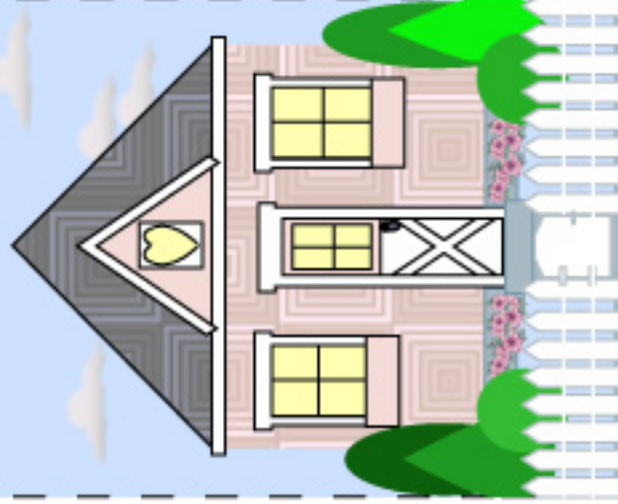


Children's Songbook #164
"I Will Follow God's Plan"

Family Home Evening



Children's Songbook #195
"Family Night"



Family Home Evening



Children's Songbook #195
"Family Night"

Children's Songbook #253
"Sharing with my
Family is Fun to Do"

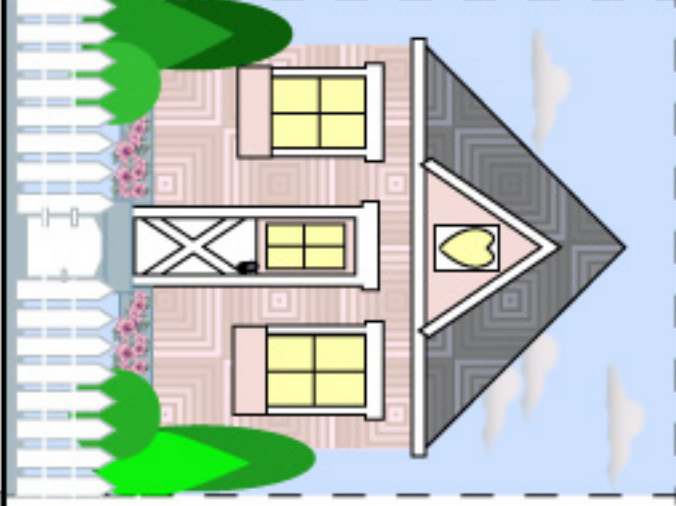
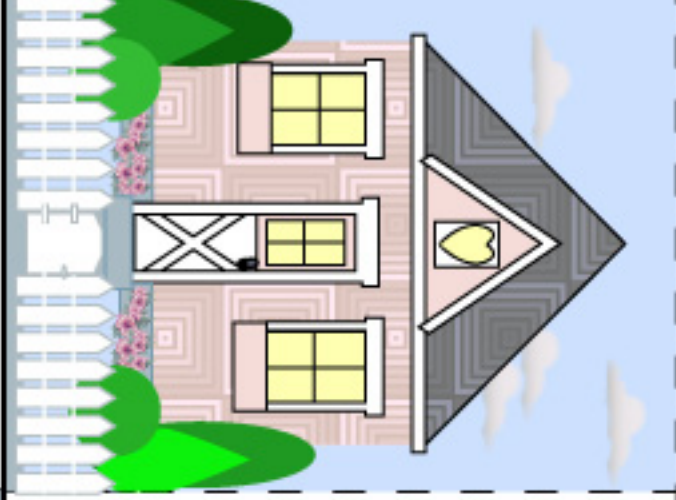


Sharing

Children's Songbook #253
"Sharing with my
Family is Fun to Do"



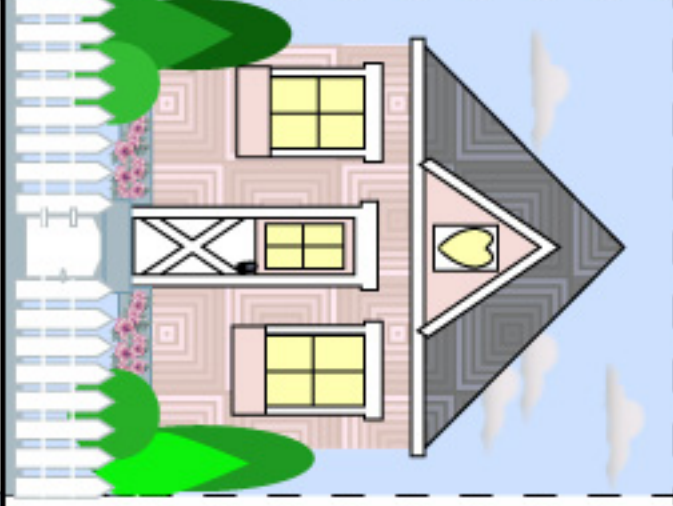
Sharing



Family Prayer



Children's Songbook #189
"Family Prayer"



Family Prayer



Children's Songbook #189
"Family Prayer"

Personal Prayer



Children's Songbook #25
"I Love to Pray"



Personal Prayer



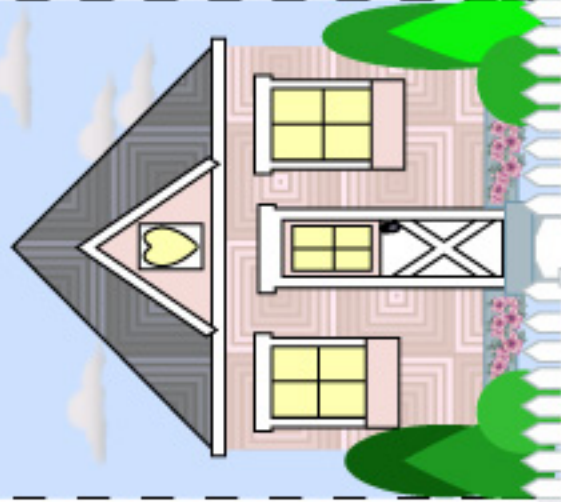
Children's Songbook #25
"I Love to Pray"



Scripture Study



Children's Songbook #109
"Search, Ponder and Pray"



Scripture Study



Children's Songbook #109
"Search, Ponder and Pray"



Temple Work

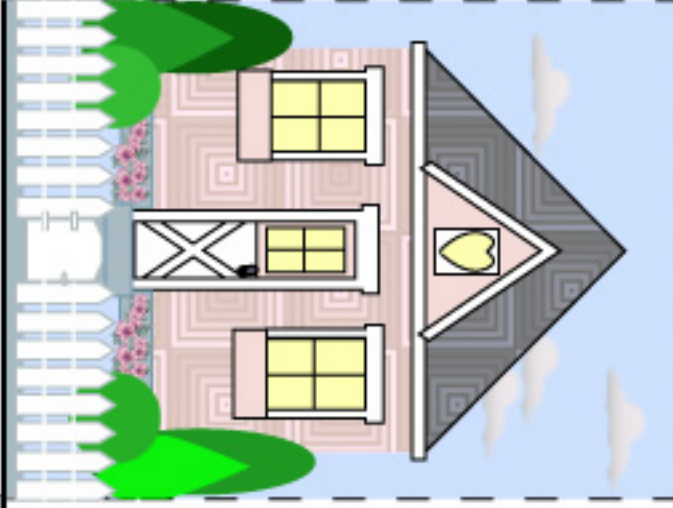
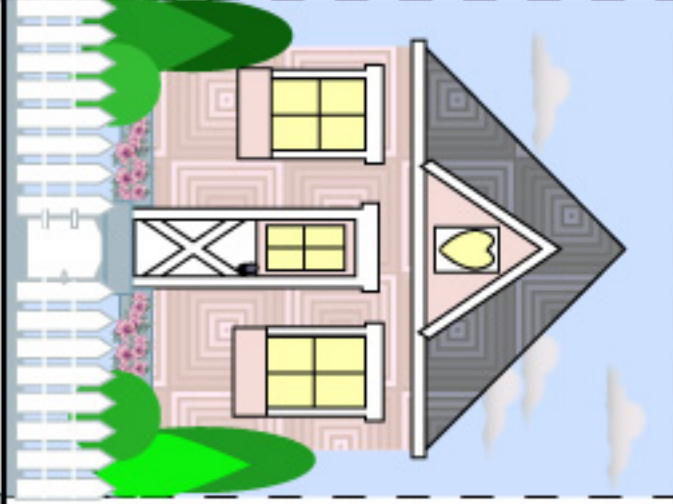


Children's Songbook #95
"I Love to see the Temple"

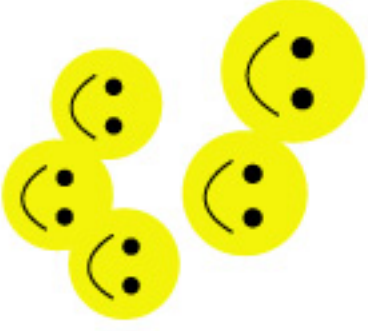
Temple Work



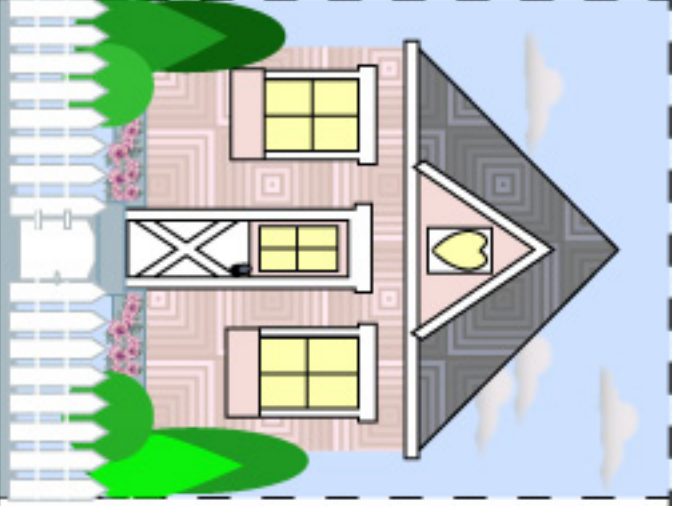
Children's Songbook #95
"I Love to see the Temple"



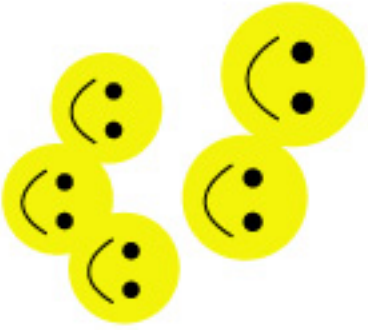
Being Happy



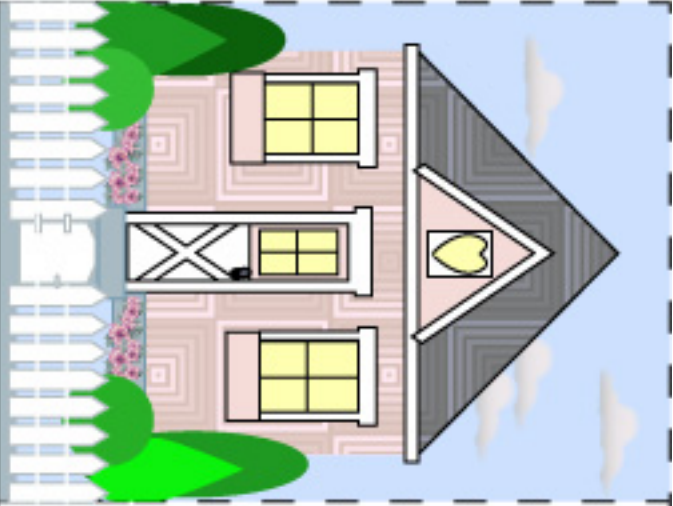
Children's Songbook #198
"A Happy Family"



Being Happy



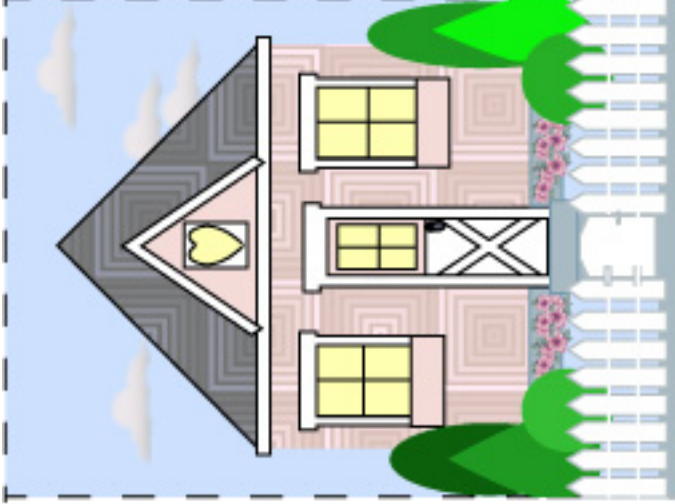
Children's Songbook #198
"A Happy Family"



Hymn #294
"Love At Home"



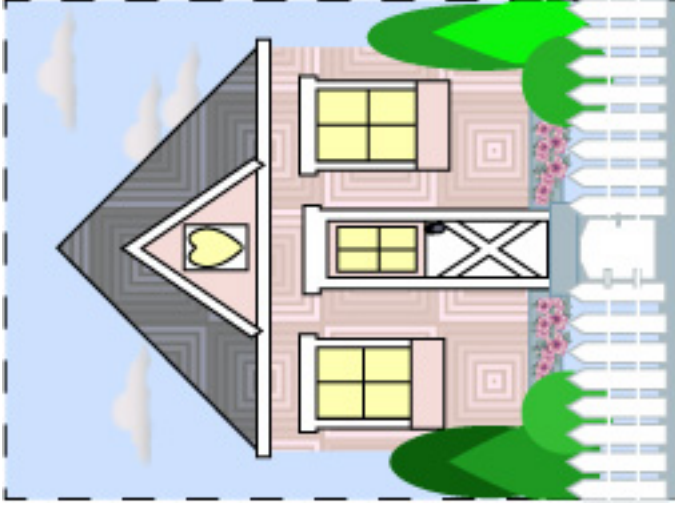
Loving One Another



Hymn #294
"Love At Home"



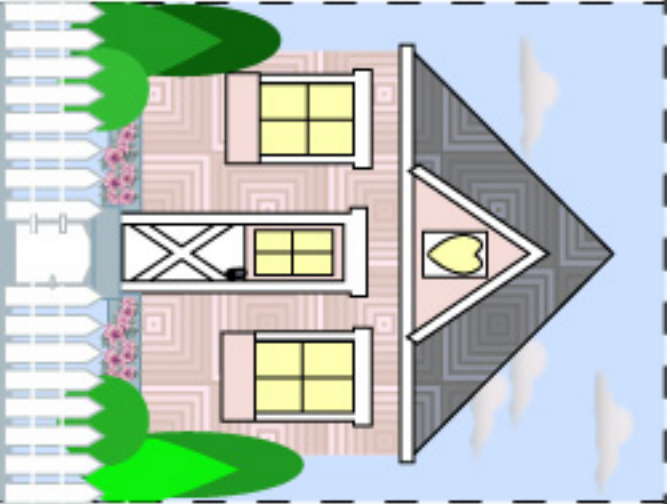
Loving One Another



Paying Tithing



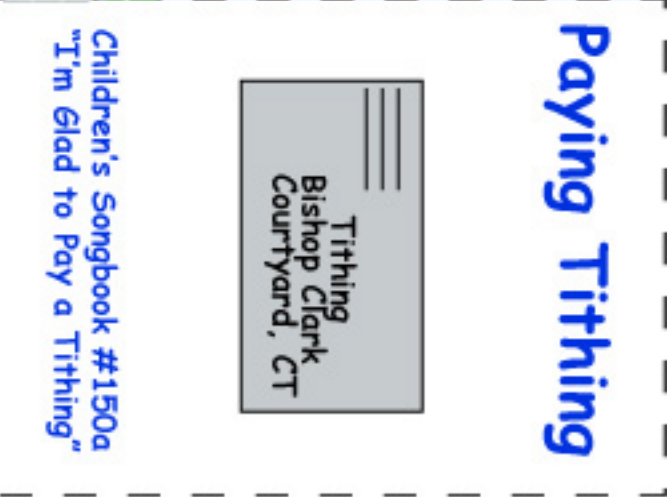
Children's Songbook #150a
"I'm Glad to Pay a Tithing"



Paying Tithing



Children's Songbook #150a
"I'm Glad to Pay a Tithing"



Children's Songbook #157
"When I Go to Church"

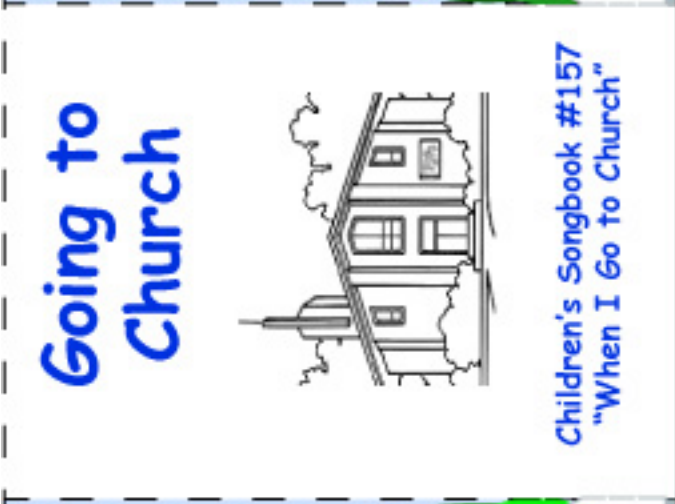
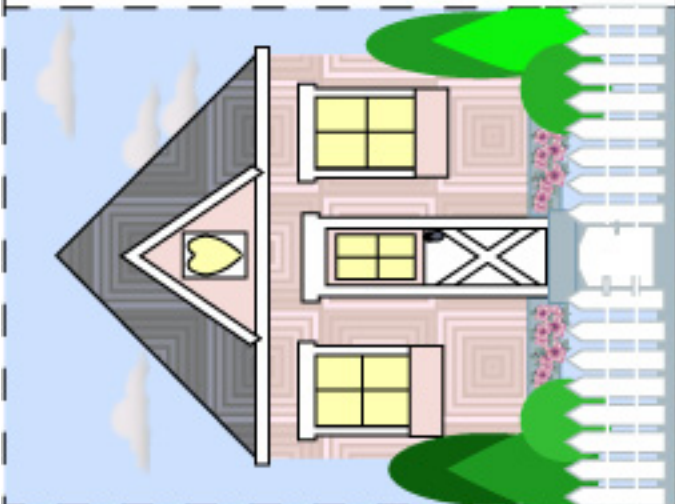


Going to
Church

Children's Songbook #157
"When I Go to Church"



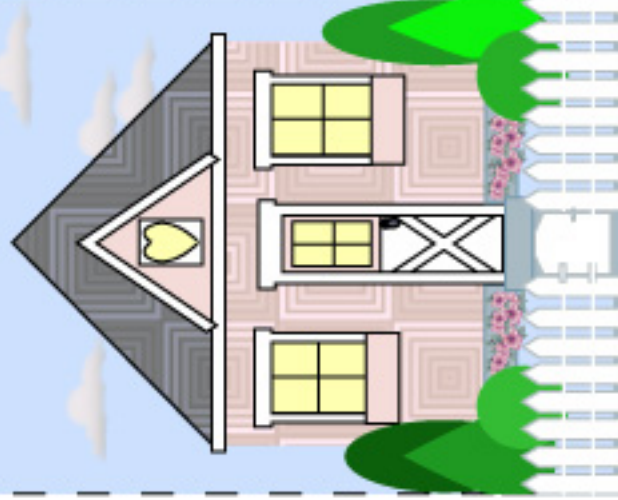
Going to
Church



Family Home Evening



Children's Songbook #195
"Family Night"



Family Home Evening



Children's Songbook #195
"Family Night"

Children's Songbook #253
"Sharing with my
Family is Fun to Do"

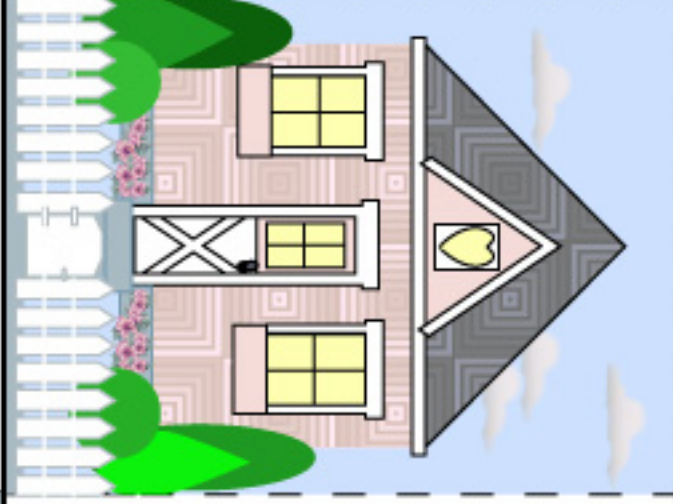
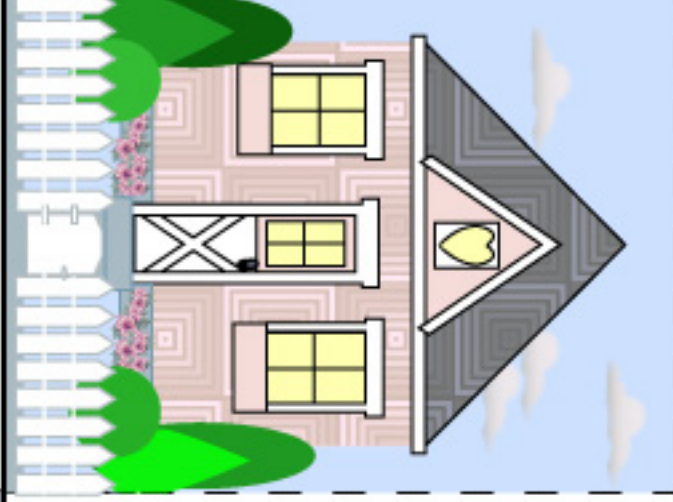


Sharing

Children's Songbook #253
"Sharing with my
Family is Fun to Do"



Sharing

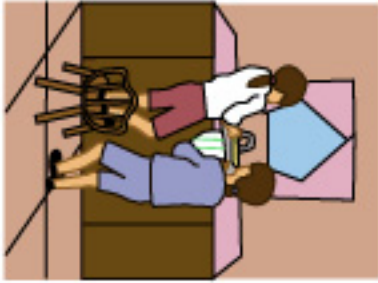


Helping One Another



Children's Songbook #198
"When We're Helping"

Helping One Another



Children's Songbook #198
"When We're Helping"

Following God's Plan



Children's Songbook #164
"I Will Follow God's Plan"

Following God's Plan



Children's Songbook #164
"I Will Follow God's Plan"



Approximate Time: 15 minutes

Prep Time: 5 minutes

Cook Time: 10 minutes

Caramel Popcorn Homes

- 1 c. brown sugar
- 1 cube butter or margarine
- 1/4 c. white corn syrup
- 1 tsp. vanilla extract
- 1/2 tsp. baking soda
- 1/2 tsp. salt (omit salt if using salted popcorn)
- 2 bags of microwave popcorn or 4 quarts of regular popped corn



Treat Time:

Show your family the ingredients for the popcorn houses. Explain that each ingredient is important for the recipe to come together to make the yummy popcorn homes. Explain that each family member is like the ingredients. Each of us has our own strengths and talents. By ourselves we can do many things, but when we come together we can shape our house into a home and help prepare each other for eternal life.

Cook popcorn according to package directions. Pour into an extra large bowl. Remove any unpopped kernels. Place brown sugar, butter, corn syrup and vanilla in a 2 quart glass bowl. Microwave on high for three minutes. Remove from microwave oven and stir. Return to microwave and cook on high for an additional one and one half minutes. Stir in baking soda (this is fun for children to watch the chemical change that takes place). Pour over popcorn. Stir until popcorn is evenly coated. Give each family member a handful of caramel corn to shape into a "Popcorn Home."

Closing Prayer and blessing on the food.