



strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: The Armor of God

Packet #040306

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.



The Armor of God

Thought:

We were dressed in our home each morning, not only with hats and raincoats and boots to protect us from physical storm, but even more carefully our parents dressed us each day in the armor of God. As we would kneel in family prayer and listen to our father, a bearer of the priesthood, pour out his soul to the Lord for the protection of his family against the fiery darts of the wicked, one more layer was added to our shield of faith.

(L. Tom Perry, "Build Your Shield of Faith," *Ensign*, May 1974, 98)

Song:

"Keep the Commandments" *Children's Songbook*, p. 146.

Scripture:

Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

(Ephesians 6:11)

Object Lesson:

Show your family a piece of protective equipment that is essential to the safety of the person wearing it, such as a football helmet. Ask them what is likely to happen if a person tried to play a serious football game without a helmet. Have your family identify what kind of serious battle we are in and who we are fighting against.

Ask your family to take turns reading D&C 27:15–18. Invite them to look for ways we can protect ourselves in our war against Satan. Assign someone to be a scribe and have the rest of the family help him or her list on a poster or paper pieces of "armor" the Lord invites us to "put on." Next to each piece of armor, list what the Lord said it represents spiritually. Your chart may look something like this:

Physical Armor

Loins girt
Breastplate
Feet shod

Shield
Helmet
Sword

Spiritual Armor

Truth
Righteousness
Preparation of the
gospel of peace
Faith
Salvation
Spirit

Discuss each piece of armor with the help of the following explanations:

“Loins girt about with truth.” Tell your family that to be “girt about” is to have a large belt around you, and that the “loins” are your many vital organs and the sacred procreative parts of your body.

“Breastplate of righteousness.” Ask, “What important organ does a breastplate cover?” (The heart.)

“Feet shod with the preparation of the gospel of peace.” Ask your family how far they think they could walk without shoes compared to how far they could walk with shoes. Remind them that mortal life is like a long journey to a place we can’t really see at this time.

“Shield of faith.” Have your family look again at D&C 27:17 and identify what the shield specifically does. (Stop the fiery darts of the wicked.) Ask them why they think Satan’s weapon is compared to a dart rather than a large tank or cannon. Invite them to give examples of how others (including Satan) have tried to get them to doubt the truths of the gospel. How has your faith helped you to overcome?

“Helmet of Salvation.” A helmet of salvation shall guide our thinking all through our days. How would remembering Christ more regularly help us resist the influence the devil tries to have over us?

“Sword of my Spirit.” Ask your family how the sword is different from the other pieces of armor listed. (It is a weapon rather than merely protection.) What are some ways we can receive God’s word through the Spirit?

(Dennis H. Leavitt and Richard O. Christensen, *Scripture Study for Latter-day Saint Families: The Doctrine and Covenants*, [Salt Lake City: Deseret Book, 2004], p. 55–6.)

Story:

One day I was made an attractive offer by a group of marines, buddies of mine, as we were about to go on liberty. It wasn’t until after we were on our way that I discovered this was not the best of company to be in. It was then that I found out the reason they had invited me. It was because they knew of my standards. They knew that I would be sober when it was time to return to the base, and I could guide them back.

We found ourselves in Los Angeles on a streetcar headed toward a dance hall. They had already started to drink a little, and I was ready to part their company. It was here that that protective shield took over and I knew of the prayers of my parents for my welfare. The streetcar stopped and allowed new passengers to come aboard. The new passengers separated me from my buddies and pushed me to the back of the car. It was there that I discovered a nice group of young people standing and seated. Immediately upon finding me in their company, one spoke up and said, “Hi, Marine! We’re Mormons. What do you know about our Church?”

I answered, “Plenty,” and got off the streetcar with them and went to a ward social.

You see, the shield of faith was there. It was protecting me from the fiery darts of the wicked in order that in a proper time in my life I would be worthy to take an angel into the temple of the Lord and there at its altar be sealed together for time and all eternity.

I know by personal experience the value of having noble parents to build around their children a

protective shield of faith of our Lord and our Savior Jesus Christ. I give you my witness that it works. Should not every child of God be given that opportunity in their lives—to start each day having their fathers blessing their home and giving them that protective shield of faith as they depart from the home to go about their every activity.

(L. Tom Perry, “Build Your Shield of Faith,” *Ensign*, May 1974, 98)

Activity:

Create a cardboard and aluminum foil armor for the smallest person in your family. Assign family members to certain elements of the armor.

Refreshment

Angel Fluff

- 1 9-ounce loaf angel food cake
- 1 cup whipped cream, whipped until stiff
- 1 cup half-and-half cream
- 1 cup sugar
- 1/3 cup lemon juice
- Pineapple Sauce (below)

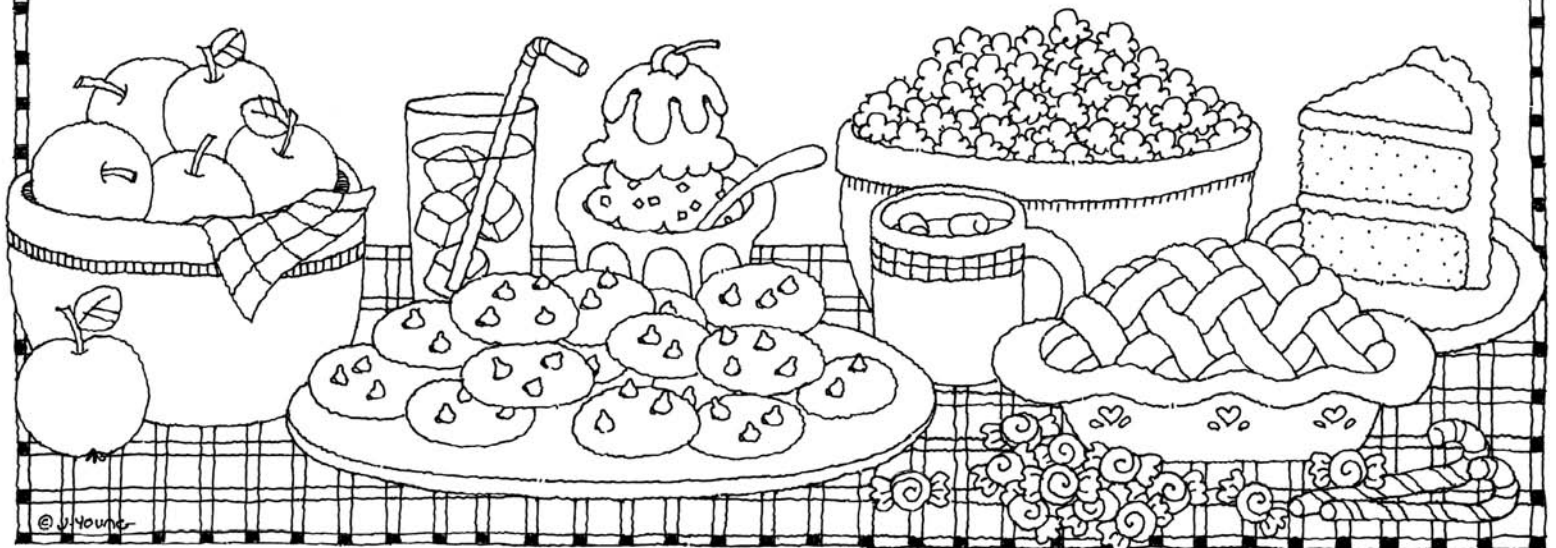
Pineapple Sauce

- 4 tablespoons cornstarch
- 1 cup sugar
- 2 1/4 cups pineapple juice
- 1/4 cup lemon juice

In large, attractive, 2-quart serving bowl, break cake into bite-sized pieces. In small bowl of electric mixer or with hand electric mixer, gradually whip half-and-half into a fluffy, thick liquid. Beat sugar gradually into cream mixture, then slowly beat in lemon juice. Pour mixture over cake pieces. Chill for at least 2 hours. Spoon onto dessert plates and serve with Pineapple Sauce. Makes 8 servings.

For Pineapple sauce: In small saucepan, combine cornstarch and sugar; mix well. Add pineapple juice; cook on medium heat, stirring constantly, until clear and thickened, about 5 minutes. Add lemon juice. Remove from heat. Chill.

(*Lion House Classics*, [Salt Lake City: Deseret Book, 2004], p. 101.)



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