



strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: Choice and Accountability

Packet #100406

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.

Choice and Accountability

Thought:

In this life we have to make many choices. Some are very important choices. Some are not. Many of our choices are between good and evil. The choices we make, however, determine to a large extent our happiness or our unhappiness, because we have to live with the consequences of our choices. Making perfect choices all of the time is not possible. It just doesn't happen. But it is possible to make good choices we can live with and grow from.

(James E. Faust, "Choices," *Ensign*, May 2004, 51)

Song:

"Choose the Right Way," *Children's Songbook*, p. 160.

Scripture:

And they are free to choose liberty and eternal life, through the great Mediator of all men, or to choose captivity and death.

(2 Nephi 2:27)

Object Lesson:

Materials needed: Several nickels.

Hold one of the nickels up and describe the two sides of the nickel. On a table, balance each coin on its edge. Ask one family member to carefully place each coin face up. Discuss how they made deliberate choices to place the coins in a certain position.

Reposition the coins on their edges. Explain that, like the coins, we have two sides—positive and negative. We can usually make the choice that decides which side we will show the world. Sometimes, however, we allow outside influences (stress, fear, etc.) to make that decision for us (hit the table with your fist)—then things don't turn out quite the way we planned. Discuss ways that negative influences can be lessened or brought under control, so we can be in charge of the decisions we make.

(Beth Lefgren and Jennifer Jackson, *More Power Tools for Teaching*, [Salt Lake City: Bookcraft, 1991], p. 9.)

Story:

"I Must Join the Church"

(Marvin J. Ashton)

In the mission field I once met a young woman who had been a member of the Church for three years and who had been serving as a full-time missionary for three months. "How is your missionary life going?" I asked. "Quite well," she said. I could tell by her tone that perhaps she wanted to say more, so I said, "Share with me. Why do you report 'quite well' instead of 'very well'?" She replied, "Sometimes my heart

aches when I look back and realize what a decisive choice I had to make.” When I probed further, she told me this story:

“I had to make a choice between membership in The Church of Jesus Christ of Latter-day Saints and my mother’s continuing love. My testimony and the conviction of my heart and mind told me the Church was true and that I must accept it. When I went to my mother and shared with her my desires and feelings, she told me, ‘If you join the Mormon Church, just remember you don’t have a mother anymore.’ Elder Ashton, it was not easy for me to say to my mother, ‘I must join the Church. It is true, and I cannot deny it. I hope, Mother, that this will not be your decision, but if I must choose, I must choose the Church.’” Then she concluded, “It is not a pleasant and happy situation to be without a mother, but I know that with God’s help I will win her back.”

Not many of us must choose between church and parents. We have to admire a person who not only has joined the Church, accepted it fully, and is now sharing with others, but who also has the courage, after having made this important choice, to say, “I know that with God’s help I will win my mother back.”

(Sunshine for the Courageous Latter-day Saint Soul, [Salt Lake City: Eagle Gate, 2001], p. 134–5.)

Activity:

Play the game Hangman. Draw the hangman gallows on a piece of paper and provide fourteen blank spaces for the word “accountability.” Add a part of the body each time a wrong letter is guessed. Once the word accountability is guess, explain what that word means (responsible for one’s choices and actions).

(adapted from Dennis H. Leavitt and Richard O. Christensen, Scripture Study for Latter-day Saint Families: The New Testament, [Salt Lake City: Deseret Book, 2006], p. 116.)

Refreshment

Meltaway Cookies

These cookies literally melt in your mouth.

- 1 cup butter
- 3/4 cup cornstarch
- 3/4 cup powdered sugar
- 1 cup flour
- 1 recipe Cream Cheese Frosting (see below)

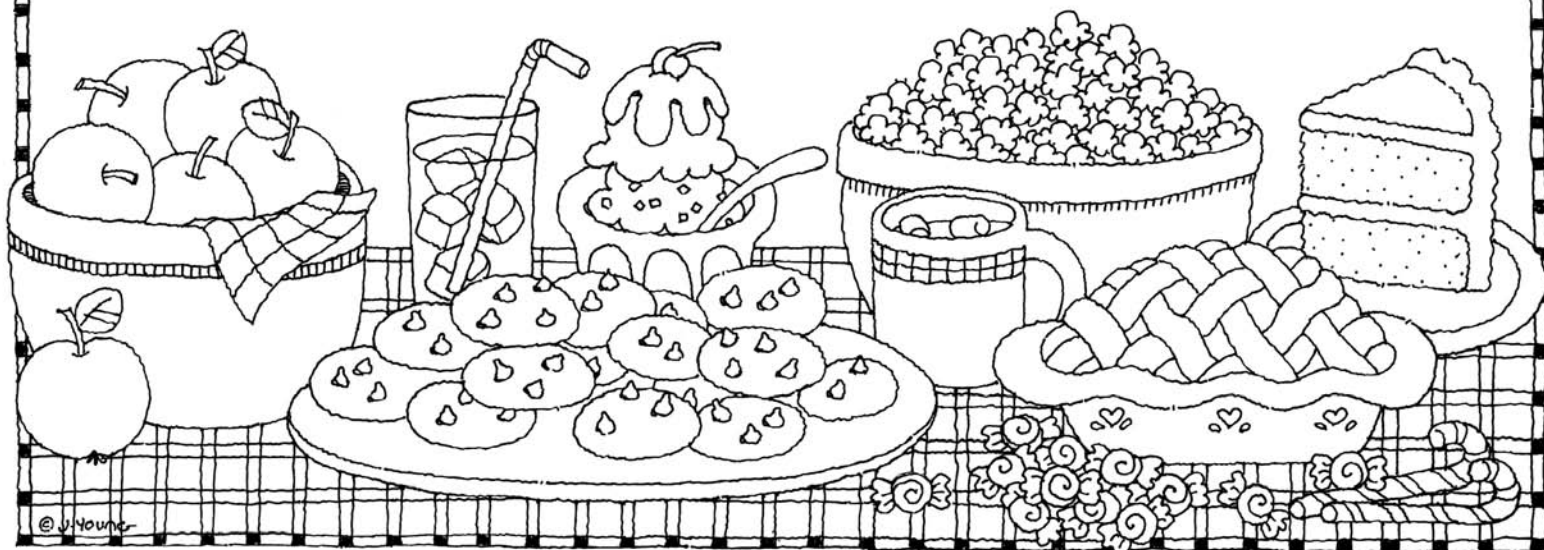
In a medium bowl cream butter until fluffy. Add cornstarch and sugar and blend well. Beat in flour until thoroughly mixed. Drop by small teaspoons onto baking sheet and flatten out with the bottom of a glass. (Dip glass in powdered sugar to prevent sticking). Bake at 350° F. for 10 to 12 minutes. Cool on wire rack and frost with Cream Cheese Frosting.

Cream Cheese Frosting

- 1 (3-ounce) package cream cheese, softened
- 1 cup powdered sugar
- 1/2 teaspoon vanilla

Mix all ingredients together. Color with food coloring if desired.

(Julie Badger Jensen, *Essential Mormon Cookbook*, [Salt Lake City: Shadow Mountain, 2004], p. 118.)



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