



strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: Individual Worth

Packet #100506

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.



Individual Worth

Thought:

You were preserved to come to the earth in this time for a special purpose. Not just a few of you, but all of you. There are things for each of you to do that no one else can do as well as you. ... If you will let Him, I testify that our Father in Heaven will walk with you through the journey of life and inspire you to know your special purpose here.

(Elder H. Burke Peterson, *New Era*, May 1979, pp. 4, 5.)

Song:

"I Am a Child of God," *Children's Songbook*, p. 1.

Scripture:

Ye are gods; and all of you are children of the most High.

(Psalms 82:6)

Object Lesson:

Preparation: Cut out of paper a few snowflakes.

Discussion: Snowflakes are wonderful. Each is beautiful and yet each is different. Show the snowflakes you cut. Explain that every snowflake was made from the same color and size of paper, but they still turned out so differently. Just as these snowflakes are beautiful but different, so are each of us. As children of Heavenly Father we are very important and precious. We are also different from each other. We have different thoughts, ideas, talents, and needs. We can all be different and also all be important.

(Beth Lefgren and Jennifer Jackson, *Sharing Time, Family Time, Anytime*, [Salt Lake City: Bookcraft, 1992], p. 43.)

Story:

I Doubted My Worth

(Julie Stinson Black)

I grew up in a family with four older brothers. My father was a good man in many ways but he was very opinionated and filled with pride. In contrast to my assertive and confident brothers and father, I was very timid. I sometimes felt outnumbered, ganged-up on, unimportant, and not good enough. I struggled with the feeling that men were more important or better than women.

One night when I was about fifteen or sixteen years old, I sat in my bed crying and praying, saying, "I guess men are better than women. They hold the

priesthood. They hold leadership positions in the Church and in the world. We don't read much of women in the scriptures."

Then, as clear as my own thoughts, I understood these words in my mind: "Jesus died for women too." I knew those words were from my Heavenly Father, that he sent them in answer to my prayer. I knew then in my heart that God regarded women as equal to men and that Jesus loved woman as he loved man.

I was able at that moment to dismiss all the untruths that I had almost accepted. I could go on with no doubt and for the rest of my life know that God loved me as much as he would have loved me if I were a man. I never again doubted Heavenly Father's regard for all his children. And while in some people's eyes women are the lesser of the two genders, I know and always will know that men and women are of equal value, worth, and importance in the eyes of God.

(Jay A. Parry, *Everyday Miracles*, [Salt Lake City: Eagle Gate, 2001], p. 21.)

Activity:

Have each member of the family cut one or two snowflakes. Display them in your home.

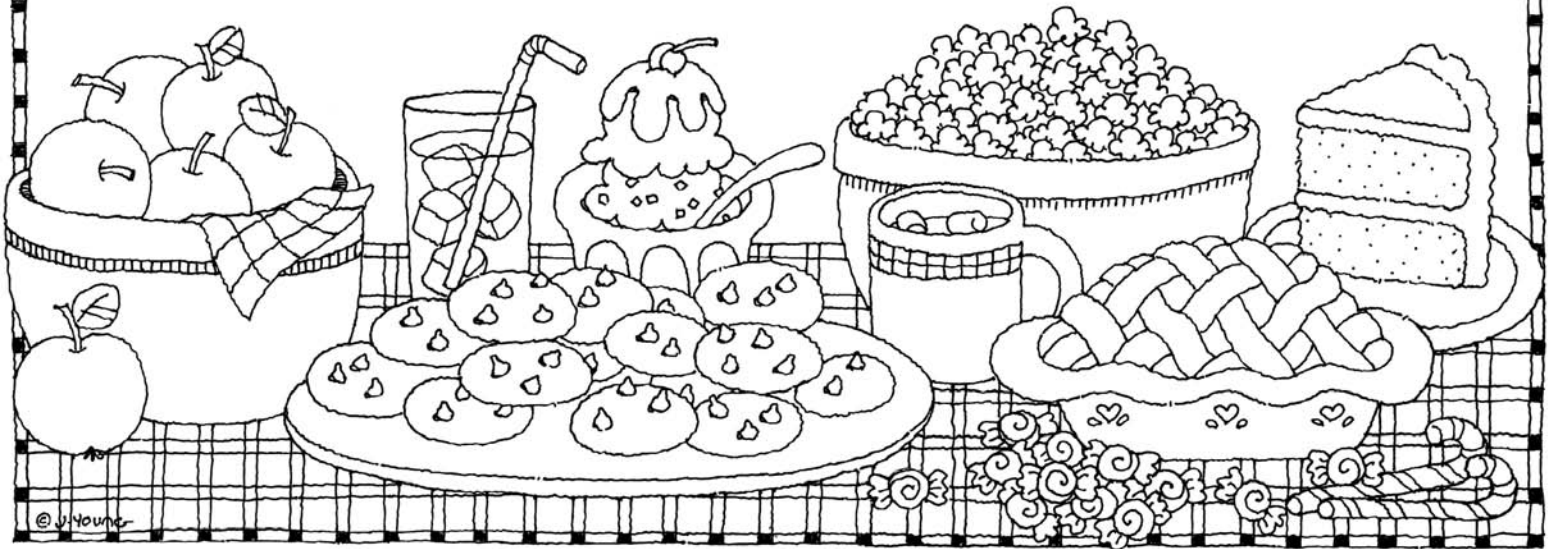
Refreshment

Soda Cracker Cookies

- 35 saltine crackers
- 1 cup packed brown sugar
- 1 cup butter
- 2 cups chocolate chips
- 1/2 cup chopped nuts

Preheat oven to 350 degrees. Line a 15x10-inch jelly roll pan with foil or parchment paper; grease the foil. Line the pan with saltines, placed as close together as possible. Combine sugar and butter in a small saucepan and bring to a boil, stirring often. Boil for 21/2 minutes, stirring constantly. Pour butter sauce over crackers. Place coated saltines in preheated oven for 5 minutes. Remove from oven and sprinkle chocolate chips on top. When the chips are melted, spread chocolate over cookies and sprinkle with nuts. Cool and cut or break into small squares. Makes 3 dozen cookies.

(*Lion House Christmas*, [Salt Lake City: Shadow Mountain, 2006], p. 117.)



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