

Tools & Methods for Cooking up FHE's from Scratch

Tool

Method

- Blender** - (Instant lessons)
 - Watch a *Mormon Message and discuss* the topic and how it applies to your family
 - Read a story from *the New Era Conference Issue and discuss*
 - Do a physical recreational activity (LDS.org-menu-family home evening-activities)
- Mixer** - (Lessons with 1/2 or less preparation)
 - Prepare a lesson from "*Quick Tips and Ideas*" from LDS.org (LDS.org- menu-family home evening)
 - Plan to do a "*Family Activity*" from (LDS.org-menu-family home evening-activities-family activities)
- Crock Pot** - (Longer preparation required)
 - Prepare a lesson from "*Lessons by Topic*" from LDS.org (LDS.org- menu-family home evening)
 - Prepare a lesson from the "*Family home Evening Resource Book*"
 - Have a lesson that requires the family to do something during the week and report back the next week.

FHE Lesson Tips for Children

Instant Lessons:

- LDS.org - The Friend Magazine - *Guide to the friend* (each month 4 ideas for simple FHE's)- (menu-family-children-friend-current issue-guide to the friend)
- LDS.org - The Friend Magazine - *Bringing Primary Home* pg. 40-41 (each month an idea for FHE that ties into the Primary Theme for that month)
- LDS.org - *Nursery Manual* - (menu-study -manuals-primary manuals- Nursery Manual) - Find simple lesson plans about gospel principles
- LDS.org - *Online scripture stories* - (menu-study-magazines-friend-scripture stories) - Watch and discuss scripture stories
- LDS.org - *Gospel Art Stories* - (menu-study-manuals-primary manuals-gospel art book) - Click on the picture and read the scriptures or tell the story that goes along with the picture)
- Work on a *Faith in God* goal or review progress or set a goal

FHE Lesson Tips For Teens

Instant Lessons:

- Youth.lds.org [or](#) LDS.org -(menu-family-youth) Watch a [video](#) and discuss the topic of how it applies in our lives.
- Youth.lds.org - [Gospel Topic](#)-(This will bring up all the topics in [True To The Faith](#). It has related church magazine articles, videos, scriptures and lesson manuals tied to that topic)
- LDS.org - [Primary Manuals](#) - (menu-study -manuals-primary manuals) - Find simple lesson plans about gospel principles to teach younger brothers and sisters
- Youth.lds.org - [For The Strength of the Youth](#) Lesson-(Click on the selected standard and this gives you scriptures, videos, discussion questions and answers, Mormon Ads and stories from our church leaders. All you have to do is add prayers, songs! If you have younger children in the family you might want to include an [activity](#) (LDS.org-menu-study-magazines-friend-activities archive) and treats.
- Youth.lds.org - [Seminary](#) - Study the scripture mastery scriptures and teach the family what that scripture means to you and how we can apply it to our lives.
- Work on a [Duty to God or Personal Progress](#) goal or review progress or set a goal

Making Monday Memories

Ryan Carr, "Making Monday Memories", *New Era*, Apr. 2004, 20

Teens share ways to make time for family home evening each week—and enjoy it.

It's 7:00 P.M., and you're on problem number four of your math homework. The first three problems have taken 20 minutes. Your sister pokes her head in the room and says, "Come on. Family home evening's about to start." What do you do?

If you're Tracy Brook, 15, of the Ottawa Ontario Stake, you drop your pencil and go. She says, "When I have a lot of homework, at first I think, 'Oh, I don't have time for family home evening.' But then after family night is finished, I feel a lot better."

Why does Tracy feel this way? Because family home evening blesses her life. "It strengthens everyone's testimony," she says. "We get to understand more about the Church and the scriptures."

Tracy's brother, Carl, 17, finds other blessings in family home evening. "It's a good way to catch up with my family during the week because I have a busy schedule," he says. "We read the scriptures as a family and experience special moments together. It brings the Lord's Spirit."

Their older sister, Lisa, 19, agrees: “Homework used to get in the way, but now I’ve realized it’s not that big of a deal. I can handle a half hour less studying. Spiritual things and the time I spend with my family—those are the things I remember and appreciate most.”

If you visited the Fifields of the Bismarck North Dakota Stake or the Maucotels of the Kent Washington Stake, you would hear similar comments from the teens in those families. They also do their best to have family home evening every week. These three families, like others that hold weekly family nights, have several things in common: (1) They make family home evening fun and involve everyone. (2) They make family home evening a priority. (3) They enjoy family home evening so much these teens all plan on having family home evening with their own children.

Involve Everyone

These teens all used the same word to describe their family home evenings: *fun*. One reason they enjoy it so much is because they help home evenings succeed. They pray, share scriptures, teach lessons, and choose hymns, activities, and treats.

During lessons, they like hearing from their brothers and sisters. Sara Fifield, 14, says, “It’s fun to hear things that happened to them that have to do with that topic. Everyone feels like they can share their experiences because everyone listens.”

Her sister, Lisa, 19, tells about a time she learned from her siblings: “Once we were talking about personal revelation, and we were all sharing experiences of times we prayed and felt the Spirit. That was a neat family night because we shared experiences that we hadn’t heard before from everyone.”

Lisa Brook enjoys teaching: “My favorite thing now is sharing ideas from the scriptures, like a devotional. I find so many good scriptures to use. I make a mini-lesson out of it. My sisters also enjoy giving a lesson.”

Her sister Tracy likes how their lessons are active and visual. “When we were younger, we used to act out scripture stories with dolls,” she says. “Now we use pictures and movies.”

The Maucotels suggest another way to make family night enjoyable: relate the treat to the lesson. For instance, one Monday night they read some scriptures on patience and, at the same time, made homemade ice cream.

Fourteen-year-old Isaac taught the lesson, sharing scriptures on patience. He said that making ice cream by hand takes patience. You have to put in some work while you wait for the results you want.

His parents and four siblings listened to Isaac while they shook their bags of ice cream. Then they dug in, eating the cold, creamy chocolate ice cream right out of the bag. (See sidebar: A Lesson on Patience.)

It’s obvious that the children in these families don’t leave it up to their parents to do everything for home evening. Elder [L. Tom Perry](#) of the Quorum of the Twelve Apostles said: “The full burden of planning and preparing for family home evenings should not be left to parents alone. The most successful ones I have witnessed are when the youth of the family take an active part.”¹

Make Family Home Evening a Priority

These three families have family home evening every week, no matter what. If the children are busy with music practice, homework, or some other project, they take a break for family night.

Lisa Brook says, “I’ve noticed the importance of making time for it, rather than just trying to fit it in—really making it a priority over things. The family, in the big picture, is so important.”

President Gordon B. Hinckley also makes time for family home evening. In general conference he said, “There is nothing more important than your families. ... The decision was made that Monday evening would be devoted to [family home evening].” President Hinckley appreciates invitations to community gatherings on Monday evenings, but he turns them down “with the explanation that I have reserved Monday as family home evening time. I earnestly hope that each of you will do the same.”²

Enjoy the Blessings

The teens in these three families enjoy family night and have learned so much from it that they want to share its blessings with their future families. They say that peace, family unity, gospel-teaching skills, cooperation in the home, greater gospel knowledge, and improved communication skills come from holding family home evening.

Carl Brook says he loves “the feeling of having family home evening. I want my children to feel the same things I feel. It’s a warmth that you can sense. It’s a way to bond as a family and share a common goal and practice.”

Jeanee Maucotel, 16, will have family home evening with her future family “because I’ll love my children and want what’s best for them. With my own family, I’ll want them to have the kind of good experiences I had as a child.”

Home evening blesses their lives while creating some good memories. These families laugh as they recall memorable lessons they’ve had and silly games they’ve played. The Maucotels, for instance, change their emergency-preparedness kits every six months. They eat the food stored in them and refill the kits with new snacks. One time, they had put a can of portable-stove fuel with the snacks. They laugh as they remember taking a few bites of the snacks, which tasted like fuel.

The greatest blessing is that family night brings these teens closer to their families and to the Lord. Jeanee Maucotel says, “By the time you start seminary, you’ll be more familiar with the scriptures,” she says. “Your testimony is already growing pretty well. Then you enter seminary, and it grows even more.”

Lisa Fifield says their lessons help her feel the Spirit, which lets her “know that whatever we are talking about is an important and very influential piece of my life. It’s brought me closer to my Heavenly Father through my family.”

These teens, from one side of North America to the other, are saying the same thing: if you make family home evening a priority, it can be a fun time to learn the gospel, be with your family, and bring peace into your home.

The Blessings of Family Home Evening

When family home evening first started in 1915 as a formal program, the First Presidency promised youth blessings for joining in home evenings: “Faith will be developed in the hearts of the youth of Israel, and they will gain power to combat the evil influences and temptations which beset them” (in James R. Clark, comp., *Messages of the First Presidency*, 4:339).

A Lesson on Patience

The Maucotel family of the Kent Washington Stake shared this sweet idea for a family home evening lesson. Read the following scriptures on patience while making homemade ice cream.

Patience: Proverbs 14:29 [[Prov. 14:29](#)]; [Eccl. 3:1](#); [Rom. 8:25](#); [Mosiah 4:27](#); [D&C 3:33–36](#); [D&C 10:4](#); [D&C 101:16](#).

Ice cream: Gather some sealable one-gallon-size plastic bags, sealable sandwich-size plastic bags, ice, salt, and spoons.

Combine the following ingredients in each sandwich bag: 1/3 cup whole or chocolate milk, one tablespoon sugar, 1/8 teaspoon vanilla. Seal the bags.

In each larger plastic bag, put three to four cups of ice and six tablespoons of salt. Add to that bag one or two smaller bags filled with the ice cream ingredients. Seal and shake for a few minutes until the ingredients are frozen. Enjoy.

Family Home Evening Suggestion Box

"Family Home Evening Suggestion Box", *Ensign*, Sept. 2004, 52

These once-in-a-while ideas for family home evening can add variety to your Monday nights.

Like most of us, Matthew and Judy Morrise of the West Hills Ward, Beaverton Oregon Stake, are always looking for new ideas for family home evening lessons and activities. The *Family Home Evening Resource Book* (item no. 31106) is the mainstay, but other ideas are also welcome. While looking through the resource book, Judy Morrise came across an idea calling for the use of a suggestion box.

“This seemed like a good way to find out how our children felt about family home evening,” says Sister Morrise. “I made the box and placed it on a shelf where I knew the children would see it. Imagine my delight when after a few days I found notes from my six-year-old and eight-year-old daughters. They wanted to use the family home evening ideas they saw monthly in the *Friend* magazine. We gave it a try, and within the next two months each girl gave a short lesson that included an opening song, scripture references, a story, and an activity. Of course, we ended with treats.”

The suggestion box worked for the Morrises. Following is a “suggestion box” for you, full of family home evening ideas and testimonies gathered from readers. As you read these suggestions, choose some that best fit your situation and give them a try.

Feast upon the Scriptures

The scriptures are a ready source of family home evening lessons. When Sister Fortunata Mandalari of the Reggio Calabria Branch, Calabria Italy District, took a vacation to visit her daughter’s family, she turned to the scriptures for a family home evening lesson.

“I prepared a piece of paper for each of the seven family members,” she says, “and I wrote on it: ‘For the next family home evening, come prepared with your favorite scripture and a comment. You will have five minutes.’”

“On Monday, when we sat down at the table, there was already a peaceful feeling. I knew everything was going to go well. Each family member spoke of a different scripture, and everyone had a chance to speak up and learn from one another. We were so happy with this format that we used it for the remainder of my vacation.

“After I returned home, my daughter told me that her family still enjoys this approach for family home evening. Everyone studies, speaks, and listens. There is no time for boredom.”

Pray for Inspiration

Susan Wolf, now of the Vashon Branch, Seattle Washington Stake, remembers when she received inspiration for a special family home evening. “We had just moved, and I was expecting a new baby,” says Sister Wolf. “With two preschoolers, I wanted to find a family home evening on the topic of preparing children for a new sibling. Nothing I read seemed quite right. So I prayed. My great desire was for our children to realize that having more children in our family did not equate to less love for them. And I wanted to emphasize that [Jesus Christ](#) is the source of all love. As I got up from my knees, an idea occurred to me.

“That Monday evening after singing and having an opening prayer, I handed each child a paper cup. I poured water into each cup and asked, ‘What happens if I run out of water?’ My son answered, ‘You go to the sink and fill up the pitcher, Mommy.’”

“I explained, ‘We are going to have a new baby, and Mommy will be much busier. I won’t have as much time to play with you. But Mommy won’t run out of love for you. Do you know why?’”

“This time my son and his three-year-old sister looked thoughtful but didn’t have an answer. I said, ‘I’ll just pray to Heavenly Father, and Jesus will fill up my heart with more love. So everyone in the family will have all the love they need.’ My children broke into happy smiles, as did my husband. The feelings in our hearts confirmed the presence of the Holy Ghost bearing testimony of the truth that God is love. “My daughter, now 23, recently repeated word for word this family home evening lesson of years ago. That was a testimony to me that even a very small child can be spiritually taught when love is the subject and Jesus Christ is the source.”

Write to the Missionaries

Even though she was 90 years old, Aletha Gilbert of the Lakeview Ward, Bountiful Utah Central Stake, loved to invite her family over for family home evening. Before her death in 2002, Aletha wrote of these special home evenings: “I make sure I have a supply of pens or pencils, writing paper, and envelopes. Sometimes I address the envelopes in advance. We each write a message to missionaries in the family and ward. What fun! Everyone likes this idea—the one who sends it and the one who receives it.”

Elder Nicholas D. Germer, who served in the Brazil Brasília Mission, has been on the receiving end of a family home evening activity. He writes: “I received three letters from members of a family that I knew before my mission. They wrote the letters during a family home evening, and the three-year-old daughter even got help from her father to write to me. I could feel their love and will never forget these letters.”

Another family has a new idea for writing to missionaries. They spread out a large piece of paper. Then each family member takes a colored marker and writes a message in a circle, pattern, or other fun and interesting way. The young children frame off a section and draw a picture. Then they fold up the paper and mail it in a large envelope. Missionaries can hang this “banner” on their walls and enjoy it for weeks.

Draw upon Life Experiences

When your family shares an experience that results in gospel questions, family home evening can be a place where discussion and scripture study help resolve pressing questions.

During a family vacation, the Bart and LeAnne Dahneke family of the Grandview Fifth Ward, Provo Utah Grandview Stake, shared an unusual experience.

“My husband and I decided to take our children for a walk along the beach in search of shells,” says Sister Dahneke. “While walking we met a nice couple. Bart struck up a conversation with them, and we became quick friends.

“The next day we had dinner together and discovered that this couple was soon going to be married by a local minister. They had no family with them, so they invited us to serve as witnesses. We agreed.

“The wedding was held on a beautiful beach as the sun was setting over a calm, clear ocean. The bride and groom were radiant as they held hands and made the promise to love, honor, and respect each other. My children were happy for our new friends, but they had a lot of questions about the wedding ceremony. So our next family home evening was on eternal marriage.

“We talked about the importance of eternal marriage as found in [D&C 132:15, 19](#). We taught our children about the importance of living their lives so they are worthy to go to the temple to be sealed for eternity. We felt the inspiration of the Holy Ghost as we talked about the beauty of a temple marriage and its eternal sealing power, compared to an earthly wedding and its ‘until death do us part’ promise.

“Drawing upon this shared experience provided a powerful foundation to teach the gospel principles surrounding eternal marriage. Our children were receptive because they had experienced firsthand the

wedding on the beach. We were motivated because we know firsthand the joys of temple marriage. The result was a powerful family home evening.”

Use Church Magazines

“You don’t have to be a child to enjoy the activities in the children’s section of the *Liahona*,” says Martha Mabel Martínez of the Caleta Olivia Ward, Comodoro Rivadavia Argentina Stake. “Our family consists of my father, my mother, and me—their grown daughter. It used to be very difficult for us to hold family home evening, but ever since we started using the children’s section, everything has improved—especially the good spirit we feel when we’re together. Sometimes other members of our family just happen to come by, and they participate too and are just as enthusiastic about family home evening as we are.”

Ideas for family home evening are found in all Church magazines—on page 1 of the *Liahona*, on the “Making the Most of This Issue” page in the *Ensign*, on the “What’s in It for You” page in the *New Era*, and on the “Guide to the *Friend*” page in the *Friend*. A family home evening can also be built around a subject from the topic index found in each Church magazine. Linked to each topic are stories or articles found in that issue. It is easy to read a story or article together and then discuss a particular topic.

Be Consistent

When you hold family home evening week after week, lesson after lesson, some Monday evenings may seem like failures and others may exceed your greatest hopes. But it’s consistency that is essential.

One young woman shares her testimony of the power of holding family home evening each week. “I cannot recall one single family home evening that significantly changed my life,” she says. “Rather it is my memory of family home evenings as a whole that has strengthened my testimony and led me down the path of truth. We spent each Monday night as a family for as long as I can remember. We studied the scriptures, played kickball, held family councils, played games, and learned to love and respect one another despite our individual faults and weaknesses. My father eagerly tried to instill in us a love for the gospel and the happiness that could be ours if we obeyed the commandments.

“By the time I turned 14, I refused to go to church, but family home evenings continued. My father continued to have hope for me. Eventually family home evening became my only link to the gospel of Jesus Christ. I headed down the wrong path and made several mistakes, but somewhere deep inside my heart I knew that the gospel was true and that nothing I did could change that fact.

“At the age of 18, I knew I had to make a decision: Would I follow the Savior or would I follow the world? I could not serve two masters. I chose to follow the Lord and through repentance returned to full Church activity. I believe it was the determination of my father to continue to hold family home evening—even though I chafed against it—that made the difference.

“Now my husband and I hope to help instill a love of the Savior and His Church in our children through, of course, regular family home evening.”