

Family Home Evening/Keep it Simple

Family Home Evening is a wonderfully inspired tool for us to use as parents to fulfill our obligations to our children as presented in [The Family A Proclamation to the World](#) . It is more important to be **consistent** than to present elaborate presentations once in awhile. **JUST DO IT!** Short is better than not at all. Even if you're by yourself do something.

Ideas:

-Tell **SCRIPTURE STORIES** –use your resources. They can be read, acted out, or presented using flannel board if you have access to one. Sometimes we view scripture stories on video tape or DVD, read the associated scriptures and discuss the principles taught.

-Discuss your ward theme from **Ward Conference**.

-Discuss the **themes** being used in Primary, Young Women's, Scouts, and Priesthood etc.

-**General Conference Talks**-The Monday after conference we discuss what we have learned and remember together as a Family. To help spark our memories I will cut out the summaries found in the Deseret News Sunday and Monday paper. <http://www.deseretnews.com/home>

-Have your own family **TESTIMONY** meeting.

-If you have been preparing a **TALK** or **LESSON** for some church meeting share some of it with your family.

-Use ideas that come to your mind while attending **SACRAMENT MEETING, RELIEF SOCIETY, PRIESTHOOD, STAKE CONFERENCE, LEADERSHIP TRAINING MEETING, ETC.**

-Use the **Church Magazines**:

-Ensign (www.ensign.lds.org) has suggestions for FHE at the end of some of the articles.

-New Era-(www.newera.lds.org) I let my children pick the stories.

-Friend-(www.friend.lds.org) Include playing some of the games found among its pages. Sometime let your children pick the stories to be read and discussed. (My daughter brought "The Friend" to me and told me she wanted to play a game from the Friend for FHE.)

-Discuss topic that are being presented in the **SCHOOL** like sex education so that your children know your family values and the teaching from the church.

-Share **CURRENT EVENTS** that affect them. When President Hinckley died I used the wonderful information from the newspaper to discuss our feelings and memories together.

-Teach **FINANCES**. Family Home Evening lessons on this subject can be found at:
<http://personalfinance.byu.edu/?q=node/311> you will find 5 **Family Home Evening lessons**.

-[mormonshare](#) This will take you to **FHE in a jar** plus a lot more. Print off the file and when you need a quick FHE lesson, pull out a card. Each card has a coordinating song, scripture and topic to discuss with your family. Instant FHE and it's fun!

-Coming up with a lesson shouldn't be a struggle or particularly lengthy. Know your audience and then plan accordingly. Here are some steps to prepare an **INSTANT LESSON**, and then share as prompted.

-A scripture on the topic.

-A quote from a general authority (just jump online to <http://www.lds.org> and search your topic, or look through the conference issues of the Ensign at their topic guides).

-Ask questions.

-Share a personal experience. This helps to bring home a topic for you and your family.

-End with your testimony.

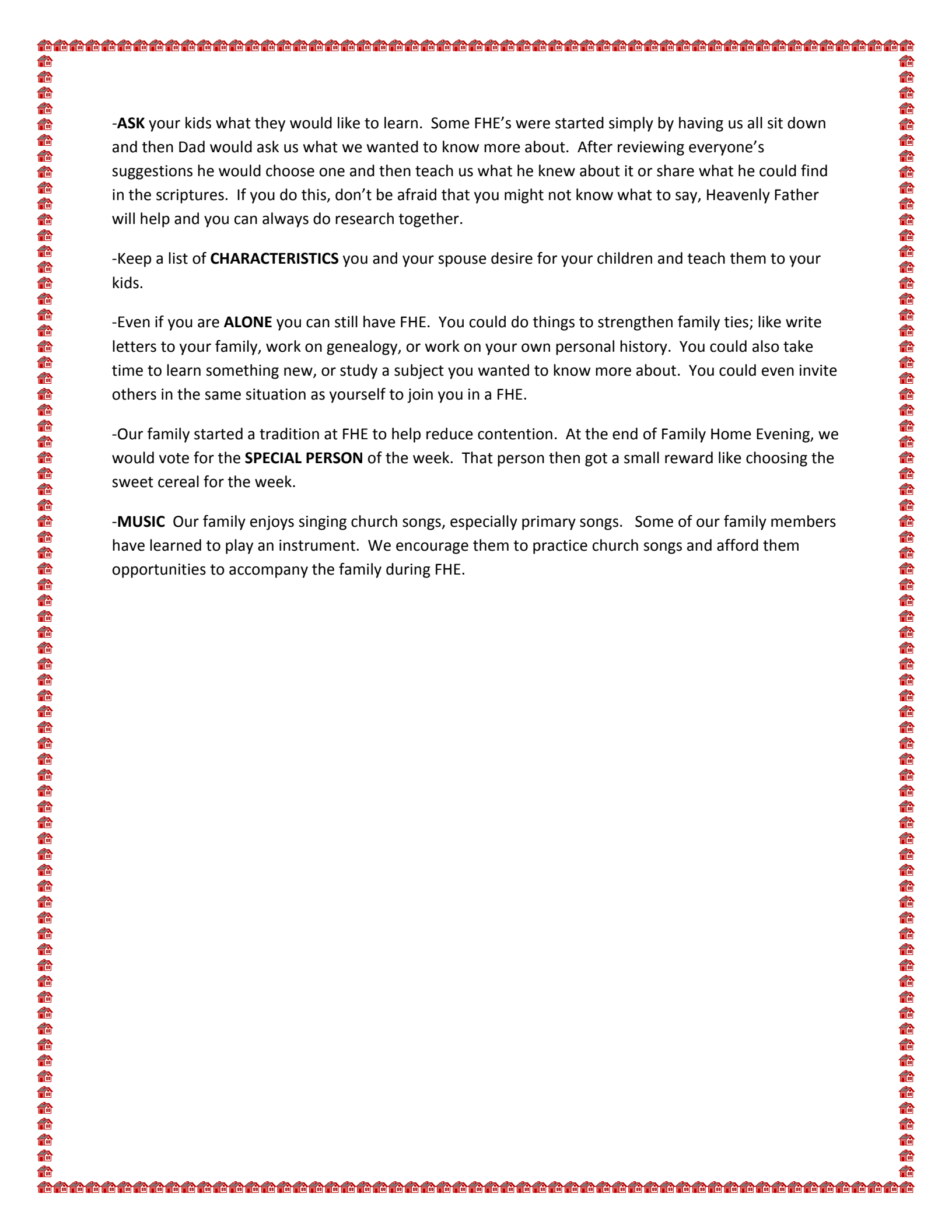
Remember, the abilities of each family member and allow all an opportunity to participate.

-There are many **RESOURCES** out there, like the church's online guide. There you can find links to 25 lesson topics, the gospel art kit and more: <http://www.lds.org/hf/fhe/welcome/0,16785,4210-1,00.html>. The **gospel art kit** is a set of 160 pictures depicting scripture or Church history stories, portraits of the Presidents of the Church, or illustrates gospel principles in action. Text on the back of the pictures tells stories or provides information about the picture and usually gives several scripture references for additional study. Some the same resources are also found at your local church distribution center also including **primary manuals** and **primary visual aid cutout sets**.

-**ESTABLISH A PATTERN**. It is easier for children to participate when they know what is expected of them. Set up a pattern. We have FHE each week and which starts with an opening song and prayer. After that we will study our scriptures, have a lesson or activity, and end with a treat 😊. Be consistent and by doing so Family Home Evening will be easier to do.

-**HAVE A PLAN**. Growing up my parents had a three week rotation of what we were going to do during our lesson/activity time. The first week we learned something spiritual. The second week we learned something practical (i.e. our emergency plan, how to cook certain foods, etc.). The third week we played games.

-**REMINDERS**. If you are unsure of whether or not your message got through, you could do handouts if you are so inclined. One of my friends would make a little thing to hang in each bathroom of the house to remind her family of what they learned for FHE. Her handouts were simple, like a print out of the quote or scripture that was shared during the lesson.



-**ASK** your kids what they would like to learn. Some FHE's were started simply by having us all sit down and then Dad would ask us what we wanted to know more about. After reviewing everyone's suggestions he would choose one and then teach us what he knew about it or share what he could find in the scriptures. If you do this, don't be afraid that you might not know what to say, Heavenly Father will help and you can always do research together.

-Keep a list of **CHARACTERISTICS** you and your spouse desire for your children and teach them to your kids.

-Even if you are **ALONE** you can still have FHE. You could do things to strengthen family ties; like write letters to your family, work on genealogy, or work on your own personal history. You could also take time to learn something new, or study a subject you wanted to know more about. You could even invite others in the same situation as yourself to join you in a FHE.

-Our family started a tradition at FHE to help reduce contention. At the end of Family Home Evening, we would vote for the **SPECIAL PERSON** of the week. That person then got a small reward like choosing the sweet cereal for the week.

-**MUSIC** Our family enjoys singing church songs, especially primary songs. Some of our family members have learned to play an instrument. We encourage them to practice church songs and afford them opportunities to accompany the family during FHE.