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Family Home Evening Ideas

This issue contains articles and activities that could be used for family home evening.
The following are some examples.



“Becoming Perfect in Christ,” page 14:

Using Elder Gong’s teachings about perfec-
tionism, put together a true-or-false quiz

for your family to help
them realize if they have
perfectionist tendencies.
You could use state-
ments like “I can be
happy even when I make
mistakes” or “It’s hard
for me to forgive others”
in your quiz. Together,
read what Elder Gong
teaches about relying
on the Savior. You could
also use pages 146–47
in *Preach My Gospel:
A Guide to Missionary
Service* to teach how to
set appropriate goals and
overcome perfectionism.

“The Gift of Our Physical Bodies,”

page 66: Consider discussing with your fam-
ily the section called “A Tool for Service and

Learning.” In what ways
do our bodies give us
opportunities for physical
and spiritual growth?
You may also want to
review with your children
the related article “My
Body Is a Temple” on
page 24 of this month’s
Friend. Use the ques-
tions in the *Friend* article
to teach your children
how to respect and love
their bodies. Encourage
them to reach out to a
child or teenager in their
ward, branch, or school
who has disabilities. You
could also sing “I’ll Walk
with You” (*Children’s
Songbook*, 140).

IDEA CONTAINER

For meaningful family home eve-
ning activities that require little
preparation, I like to put a variety
of ideas in a decorated container.
The day before family home eve-
ning, we draw out an idea and
make plans. Some of the ideas
we’ve used include dressing up
as scripture characters, reading
to housebound neighbors, and
delivering food boxes to the
needy. We’ve especially enjoyed
an activity we call “Consequence
Drive,” in which we travel along
a designated path in our home
and, at each intersection, flip
a coin to decide which way to
go. This can lead to a discussion
about the importance of small
decisions in our lives.

Karee Stosich, Utah, USA

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