The Book of Mormon tells about a wicked man named Amalickiah. He wanted to destroy the Church and rule over the Nephites as their king.

Captain Moroni was a strong and righteous leader of the Nephite armies. Captain Moroni wanted to remind the people how important it was to defend their families and their faith. He tore his coat and made it into a flag, or banner. On it he wrote these words:

“In memory of our God, our religion, and freedom, and our peace, our wives, and our children.”

He called his banner “the title of liberty,” and he fastened it on the end of a pole. Then he knelt and prayed that the people could stay free so they could still worship God and receive His blessings. (See Alma 46:3–18.)

Today we have something to remind us how important our families and our faith are. It is “The Family: A Proclamation to the World.” Here are some of its words:

“The family is central to the Creator’s plan for the eternal destiny of His children. . . . The family is ordained of God.”

Ideas for Family Talk
Together with your family, you could read “The Family: A Proclamation to the World.” You could also talk about some ways you can all work together to make your family strong. Then you could choose one of those ways and make a plan for working on it.
Song and Scripture

- “Families Can Be Together Forever,” Children's Songbook, 188
- Alma 46:3–18

Family Banner Activity

Use a piece of paper or fabric to make a banner that represents your family. Use markers or crayons to draw things that are important to your family. Add a quote or a saying that expresses how your family members feel about their faith in Jesus Christ and Heavenly Father or about the blessings of being a family.