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of Jesus Christ Teaches the Reality of Our
Premortal Existence



20 Making Time to Be Holy

ON THE COVER

Photograph by Adam C. Olson.

THE FRIEND COVER

Illustration by Brandon Dorman.

FAMILY HOME EVENING IDEAS

*These teaching suggestions can
be used in the classroom as
well as in the home. You
may tailor these ideas to
your family or class.*

"Making Time to Be Holy,"

p. 20: Teach the idea of
making time for priori-
ties by doing the following activity.
Show your family an empty con-
tainer and some sand, pebbles, and
rocks. Put the sand in the container,
followed by the pebbles and then
rocks. (Determine the amounts
beforehand so all the rocks do not

fit at this point.) Explain that we
must plan time for the most impor-
tant things. Redo the activity, put-
ting in the rocks first and
then adding the pebbles and
sand in the remaining space.

Using the article, dis-
cuss what the "rocks,"
or priorities, are in our lives and
how to make time for them.

"A Call to Grow," p. 28: Read
aloud the section "A Lesson on
Testimony." Discuss how Elder
Soares gained his testimony
and how it helped him live the



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Virginia Augusta de Pádua Lima

Pereira



As you look for the Cambodian CTR ring hidden in this issue, think of how choosing the right can help you prepare to go to the temple.



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F8 Faith in God

standards of the gospel. List what we can do to strengthen our testimonies. How does a testimony help us live the gospel?

"Experiencing a Change of Heart," p. 39: On a paper heart, write "faith," "righteousness," "love," and "overcoming the world" (see the section "Blessings of Being Born Again"). Discuss how each of these four principles can help family members experience a change of heart. Illustrate this change by sharing the story about Ivan. On the other side of

the paper heart, list what your family can do to live these principles.

"Faith in God," p. F8: Invite family members to tie their shoes using only one hand. Discuss why this is difficult. Now have them tie each other's shoes. Discuss how working together made the task easier. Read the article, and discuss how your faith in God will be strengthened as you work together to complete this program. Choose an activity from the *Faith in God* guidebook to work on together this coming week.

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