

Family Prayer

A suggested outline for family home evening follows:

- Opening song
- Opening prayer
- Scripture reading
- Lesson
- Activity
- Closing song
- Closing prayer
- Refreshments

As you prepare lessons for family home evening, remember to base them on the scriptures, the teachings of latter-day prophets, and personal experiences and testimony. This book can help in selecting topics to teach. In addition, you may want to refer to other Church publications, such as the *Family Home Evening Resource Book* (item number 31106), *Gospel Principles* (31110), the *Family Guidebook* (31180), and Church magazines.

See also Family

Family Prayer (*See* Prayer)

Fasting and Fast Offerings

To fast is to go without food and drink voluntarily for a certain period of time. Fasting combined with sincere prayer can help you prepare yourself and others to receive God's blessings.

Purposes of Fasting

On one occasion, the Savior cast a devil out from a child and used this experience to teach His disciples about the power of prayer and fasting. His disciples asked Him, "Why