



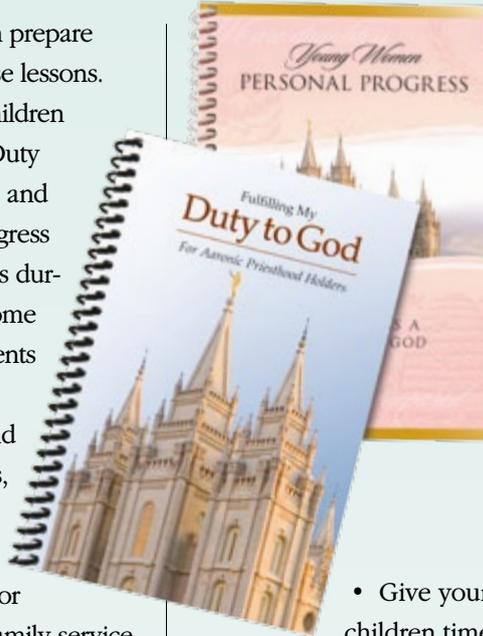
Incorporating Youth Programs into Family Home Evening

Elder Robert D. Hales of the Quorum of the Twelve Apostles counseled parents to “participate in Personal Progress and Duty to God with [their] children.”¹ To follow this counsel, you could consider implementing these programs into your family home evenings by doing the following:

- Adapt Personal Progress value experiences and activities in the Duty to God book as family home evening lessons. Help

your children prepare and give these lessons.

- Help your children create their Duty to God plans and Personal Progress value projects during family home evening. Parents and younger children could also set goals, or you could set goals as a family (for example, a family service project or family scripture study plan).



- Give your children time in family home evening to share experiences

they had while fulfilling their plans or projects.

Elder Hales has promised that by working on these inspired programs “you will grow together in a bond of faith and friendship that will allow you to strengthen each other and stay on the gospel path forever, to indeed be an eternal family.”²

NOTES

1. Robert D. Hales, “Our Duty to God: The Mission of Parents and Leaders to the Rising Generation,” *Liahona* or *Ensign*, May 2010, 96.
2. “Our Duty to God,” 96.

HELPS FOR HOME EVENING

“**T-I-M-E Spells Love,**” page 12: Review the article, giving attention to the ways each family implemented changes to make family time a priority. Are there specific ways your family could show greater love for one another by spending more time together? Invite family members to share their ideas. Consider planning an outing or activity together as a family. It could be as simple as a picnic at the park or a game night at home.

“**Be of Good Cheer: Choosing Happiness,**” page 56: Discuss the two false assumptions outlined in the article. Consider asking the following questions: Why do righteous people experience tribulation? How can we find joy even when we are going through hard times? Consider sharing an experience of when you were able to “be of good cheer” through a difficult time.

“**Getting out of Debt—for Good,**” page 62: After reviewing the article, reread this quote from President Hinckley: “I urge you . . . to look to the condition of your

finances. I urge you to be modest in your expenditures; discipline yourselves in your purchases to avoid debt to the extent possible.” Discuss the importance of following the counsel of prophets to get and stay out of debt. If you have children, consider discussing how they can start making good financial decisions now to avoid excess spending.

Be of Good Cheer
CHOOSING HAPPINESS

Challenges have always been part of mortality and God's plan for our growth. Through the power of His Atonement, we can still "be of good cheer."

The Key to Cheerfulness
We find the key to understanding the evening contribution to the success of the Last Supper. Speaking to the Apostles in His final moments before Conference, Jesus said, "In the world to which have tribulations but be of good cheer. I have overcome the world" (John 16:33). Elder Neal A. Maxwell explained, "The extraordinary agency of God's Atonement was about to descend upon Jesus' table. Jesus was to become. There would come Jesus' atonement and assignment, the atonement of the Prince. But during the joyful evening of the table, the spirit had to reach out to all of the participants, not of Jesus, and then they would participate on Calvary. What was there to be cheerful about?"

By Cecilia Frank Olson
Illustration: Jeffrey Peterson, Brigham Young University

The parallel man being brought on a "bad" personal progress. "Be of good cheer" (Matthew 24:29). In the English translation, the progression was, Jesus appeared on the water, declaring, "Be of good cheer" (Matthew 14:27). As Joseph Smith said with 18 others about to be sent on missions through trials, tribulation, and the last moments, "Be of good cheer" (D&C 45:16). In each instance, the people had every reason to be anxious, fearful, and hopeless, yet the Lord directed them toward a reason to rejoice.

How can the Lord's substitution of cheer stand in our world today? When economic uncertainties, career fears, and corruption provide no reason for the evening terms, how can the good news of the gospel overcome? When we experience personal loss in an untimely way and on many days, what is left to be cheerful about?

Cherishing the Last Supper
Just what Jesus said, He had overcome the world. The atonement was about to be a reality. The atonement of all mankind was assured. Death was to be done away forever. Jesus had indeed to keep the atonement."

Cherishing the Last Supper helps us find happiness and cheer amid trials and tribulation. The promise could be explained this way: "The more we know the Atonement, the more we know the love of the Father. The more we know the love of the Father, the more we know the love of the Son. The more we know the love of the Son, the more we know the love of the Father." (D&C 139:12)

False Assumption 1: We Can Avoid Tribulation
First is the false assumption that, if we are good enough, we can avoid tribulation. Change happens to us and then we know, "If we can pay for it all of the tribulation, we can have nothing, and we have daily prayer and we are ready, we can create members of Calvary."

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