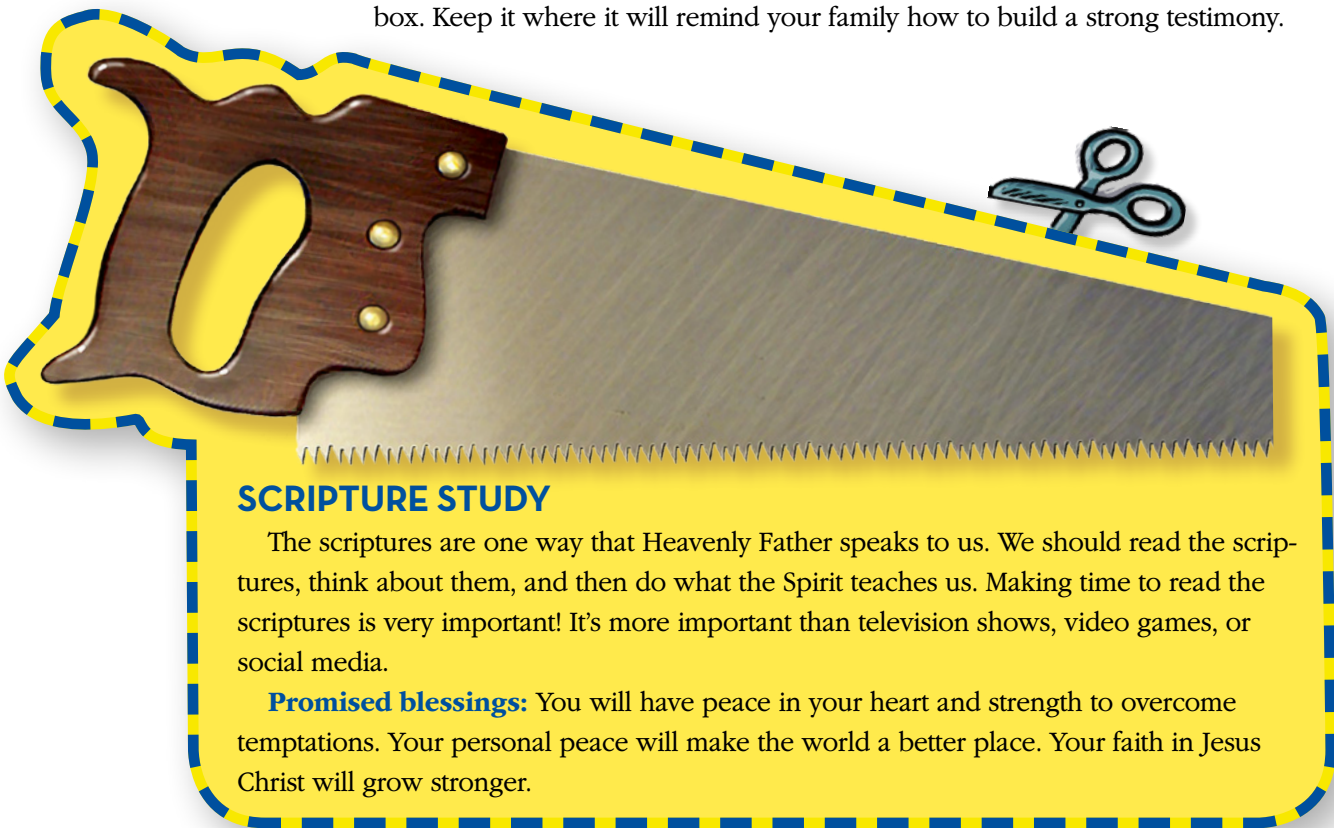




# TESTIMONY TOOLBOX

- ur Father in Heaven has given us tools to build a strong testimony. Cut out the tools and toolbox. Glue the toolbox to an envelope. As a family, talk about how you can make each tool part of your daily life. Then put the tools in the toolbox. Keep it where it will remind your family how to build a strong testimony.



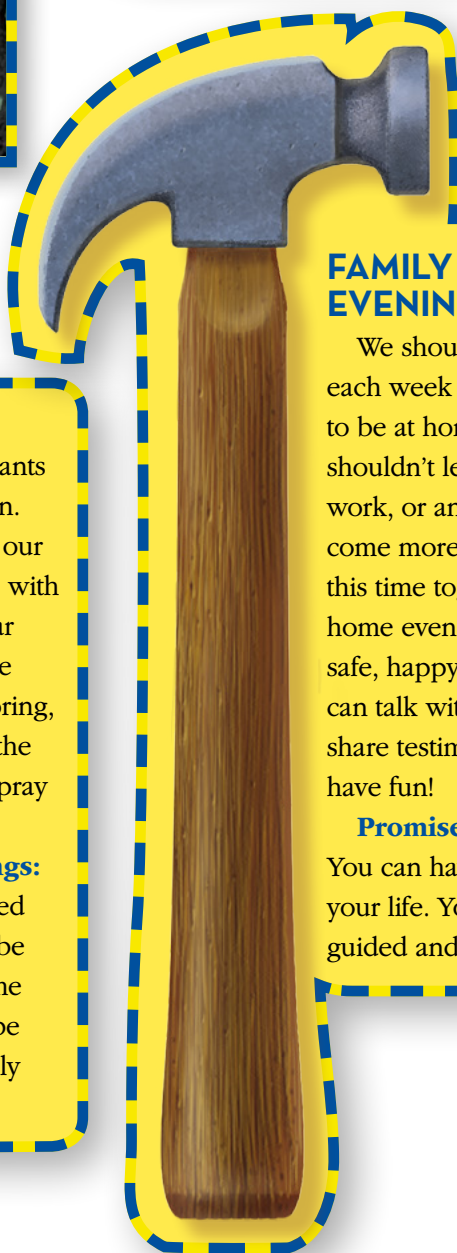
Print more copies at [friend.lds.org](http://friend.lds.org).



## GOING TO THE TEMPLE

The temple is the most peaceful place on earth. We can all either get a temple recommend or set a goal to get one someday. Make time to be in and around the temple.

**Promised blessings:** You will feel peace and learn about the Savior. You will learn about your family's history as you prepare names to take to the temple.



## FAMILY HOME EVENING

We should set aside a night each week for our family to be at home together. We shouldn't let sports, homework, or anything else become more important than this time together. Family home evening should be a safe, happy time when we can talk with each other, share testimonies, and have fun!

**Promised blessings:** You can have less stress in your life. Your family will be guided and protected.

## PRAYER

Heavenly Father wants us to talk to Him often. He wants us to share our thoughts and feelings with Him. He wants to hear about everything—the good, the bad, the boring, the challenging, and the exciting. We need to pray morning and night.

**Promised blessings:** Your heart will be filled with peace. You will be more able to overcome challenges. You will be protected from worldly influences.

