



**By President  
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# Loving Our Families

**T**he prophet Alma told his people that they should have their hearts “knit together in unity and in love one towards another” (Mosiah 18:21). Sometimes it can be hard to feel unity in our families, but the Holy Ghost can help us.

Once our young son was jumping on his bed. He was jumping so hard that I thought his bed might break! I felt frustrated. I went over and grabbed him by his shoulders. I lifted him up to where our eyes met.

Then in my mind I heard the quiet voice of the Holy Ghost say, “You are holding a great person.” Those words went deep into my heart. I gently set my son back on his bed and apologized.

Now my son has become a great man. I am eternally grateful that the Holy Ghost helped me see him as Heavenly Father sees him—as His child.

We can try to listen to the Holy Ghost when we see each other, and even when we think about each other. That will help us feel more love in our families. ●

*Adapted from “My Peace I Leave with You,” Ensign, May 2017, 15–18.*



## Growing in Love

Cut out the strips of paper and put them in a bowl. After you do one of the activities, add a link to your chain of hearts.

1. Fold the paper strip in half.
2. Bend the ends of the paper together to look like a heart. Staple or tape them together.
3. To make a chain, loop the ends of the next heart inside the first heart before stapling or taping it together.



**ASK WHAT YOU CAN DO TO HELP.**

**TALK ABOUT A FUN MEMORY.**

**PRAY FOR SOMEONE IN YOUR FAMILY.**

**WRITE SOMEONE A LOVING NOTE.**

**ASK SOMEONE ABOUT THEIR DAY.**

**BRING SOMEONE A DRINK OR SNACK.**

**TELL SOMEONE THEY ARE IMPORTANT TO YOU.**

**PLAY A GAME OR TAKE A WALK TOGETHER.**

**SAY, "I'M SORRY," WHEN YOU NEED TO.**



What can you do to help your family feel more love?