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Photographs by Robert Casey,
posed by model.

THE FRIEND COVER

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Lessons from the
Book of Mormon

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.*

"A Split-Second Decision,"

p. 8: Discuss the idea
that sacrifice can mean
giving up something good to
have something even better.
Explain that "sacrifice brings forth
the blessings of heaven" (*Hymns*,
no. 27). Read Hugo's story;
then discuss the blessings he

received because of his sacrifice.

"Choosing Liberty and Eternal Life," p. 26: After relating Elder

Craig A. Cardon's experience,
ask family members to
choose a topic (such as edu-
cation, finance, nutri-
tion), and invite them
to write down examples of how
good choices in that area lead to
more freedom. Allow them to share
their examples. Emphasize that we
are free to choose our behavior but
not the consequences.



As you look for the French CTR ring hidden in this issue, think about how studying the scriptures can help you choose the right:



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8 A Split-Second Decision

“Living a Balanced Life,” p. 38: Give a family member a stack of several large items to hold. After letting the person struggle to balance the items for a moment, give the person a bag or basket to place the items in. Compare the items to our responsibilities and the bag to placing our burdens on the Lord. Share ideas from the section “Guidance of the Spirit,” and discuss how we can find balance if we let the Lord help us.

“My Family History Miracle,” p. F6: As a family, make a treat (such

as cookies) that takes some time to make. Read aloud this story, emphasizing the part about having to wait to find the ancestors' names. How is this idea similar to waiting for the treat? Plan a time to visit a family history library to start or continue researching your own family history.

“Like Nephi,” p. F12: After retelling Tanya's story, discuss what Nephi did when his family left their homeland (see 1 Nephi 2:16). What experiences in your life could you apply Nephi's example to?

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F12 Like Nephi

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