



strengthening  
our home  
and family

**Deseret Book<sup>®</sup>**  
Family Home Evening Materials

Theme: I Will Listen to Pleasing Music

Packet #030207

### **5 tips for successful Family Home Evenings**

- 1. Pray.** Pray about the needs of your family as you consider topics for home evenings, and pray as you prepare.
- 2. Prioritize.** Make Family Home Evening a priority; learn to say no to other activities.
- 3. Involvement.** Involve everyone in the family; help little children take part.
- 4. Commitment.** Be committed and be consistent. Set a designated time and stick to it. Holding Family Home Evening on a weekly basis takes dedication and planning on the part of all family members.
- 5. Relax** and enjoy it. The most important thing your children will remember is the spirit they feel in your family home evenings and activities. Be sure the atmosphere is one of love, understanding, and enjoyment.



## My Gospel Standard #11

# I Will Listen to Pleasing Music

### **Gospel Standard:**

I will only listen to music that is pleasing to Heavenly Father.

(*Faith in God* guidebooks, backcover)

### **Thought:**

When we hear good music, in whatever form of expression, let us listen and learn to broaden our tastes to enjoy it. When we hear bad music, let us have the spiritual courage to identify it as such and to reject it. When we discuss the subject, let us be open-minded and fair in our judgments.

(Randal S. Chase, "The Loudness Factor," *New Era*, Jul 1975, 32).

### **Song:**

"Lift Up Your Voice and Sing," *Children's Songbook*, p. 252

### **Lesson:**

One way we can keep our "temple brighter" is to "only listen to music that is pleasing to Heavenly Father." Help your family understand the influence of music in their lives by playing a CD of several songs that are unfamiliar to them. Ask the children how each song made them feel and why. Even though they didn't know the words, the tempo (speed) and volume and melody made them have different feelings. While one song made them want to sit and think, another may make them feel like dancing or marching.

Discuss things in music that are pleasing to Heavenly Father: appropriate words, messages that do not contradict gospel principles or suggest immoral behavior, tempo and volume and melodies that do not drive away the Spirit.

(Vicki F. Matsumori, "Sharing Time: Ye Are the Temple of God," *Friend*, May 2002, 44)

Ask yourself some of these questions when choosing the music you listen to:

- How do I act or imagine myself acting when I listen to this music?
- How is the music affecting those around me?
- Do I see my surroundings as light and hopeful while listening to this music, or dark and depressing?
- Could I comfortably speak the lyrics to my family and friends?
- Does the CD cover display immoral or degrading visual material?
- If this music is accompanied by a video, does the video portray immoral or degrading actions or ideas?

- Does the group or individual performing promote standards similar to my own?
- Is the music helping me accomplish my current goals? (Some music may help you while jogging but may not be the best when studying for school or preparing for a Church meeting.)
- Do I think, act, or feel contrary to the teachings of Christ when I listen to this music?

(Laura Andreasen, "Pop Quiz," *New Era*, Jun 2006, 8–9)

## Story:

### Gifts From My Mother

Sylvia Probst Young

Yesterday, at the home of a friend, I admired a delicately beautiful figurine. "That," she said proudly, "is a gift from my mother. It was imported from Italy."

On my way home I thought about the gifts my mother had given me. Materially I don't have much from her . . .

Mother had a deep appreciation for good music, and she helped us to gain a love for it. Whenever I think of our front room I remember the corner where the organ stood, and the young people who gathered around it to sing together. Some of us children were always practicing on that old pump organ, and Mother willingly did washings to pay for music lessons.

My mother was deeply spiritual; her family and my father's had come to America for the gospel, and to them it was the most precious thing in the world. We learned about the Lord very early, and we were taught the value and importance of prayer and faith, repentance and baptism, the paying of tithing and the Word of Wisdom.

Our winter nights were spent around a wood-burning stove reading the gospel together. We took turns reading chapters from the Bible and the Book of Mormon. Together, we read the life of Christ from the New Testament, and Joseph Smith's Story. From the Old Testament, we read the stories of all the wonderful old prophets—Moses, Joseph, Samuel, Daniel, or sometimes Mother told these stories. She loved to tell stories, and she was a wonderful storyteller. Through her teachings we learned the great value of spiritual blessings and gained a knowledge of the truth.

These are some of the gifts my mother gave to me. Time cannot efface them nor can thieves break in and take them from me. These gifts are far more precious than rubies, and for them I shall be eternally grateful to the wonderful woman who was my mother.

(Leon R. Hartshorn, *Remarkable Stories from the Lives of Latter-day Saint Women*, vol. 1, [Salt Lake City: Deseret Book, 1973].)

## Activity:

Have each family member write the last line of the thirteenth article of faith, "If there is anything virtuous, lovely, or of good report, or praiseworthy, we seek after these things," on a large paper musical note. Have each one decorate their note and show it to the family. Then place it by their radio or CD player as a reminder to choose good music.

Vicki F. Matsumori, "Sharing Time: Ye Are the Temple of God," *Friend*, May 2002, 44

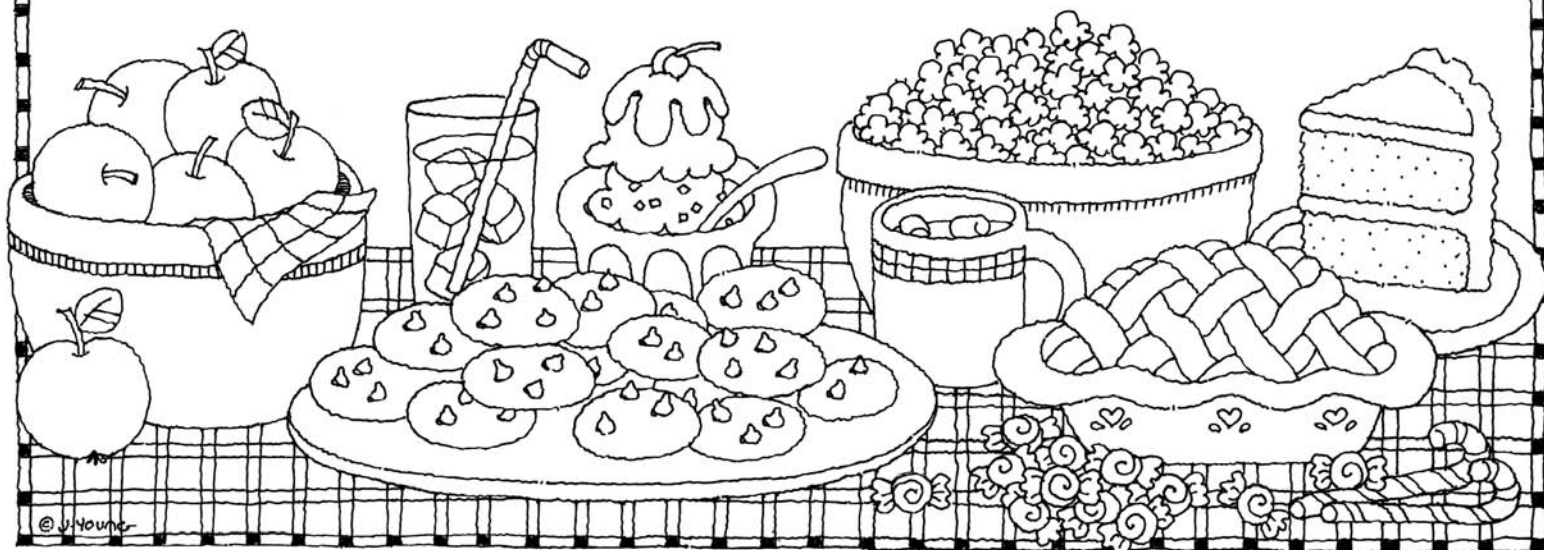
## Refreshment

### Apple Spice Cake

- |                       |                       |
|-----------------------|-----------------------|
| 1/2 cup shortening    | 1/2 teaspoon salt     |
| 1 1/2 cups sugar      | 1/2 teaspoon cinnamon |
| 1 egg                 | 1/2 teaspoon cloves   |
| 1 1/2 cups applesauce | 1/2 teaspoon allspice |
| 2 1/2 cups flour      | 1/2 cup hot water     |
| 2 teaspoons soda      | 1/2 cup nuts          |
|                       | 1 cup raisins         |

Preheat oven to 350° F. Grease and flour a 9x13x2-inch cake pan or two 8-inch round pans. Cream shortening and sugar together in a large mixing bowl. Add egg and beat until creamed; add applesauce and mix well. In a separate bowl, sift together the flour, soda, and spices. Add half of the flour mixture and blend in, followed by half of the water. Repeat, adding remaining flour and water. Fold in nuts and raisins. Pour into prepared pan(s) and bake for 45 minutes. Cut into squares. Makes 15 to 20 servings.

(Lion House Desserts, [Salt Lake City: Eagle Gate, 2000] p. 10.)



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