



strengthening
our home
and family

Deseret Book®

Family Home Evening Materials

Theme: Jonah

Packet #050407

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.

Jonah

Thought:

Because the Lord is kind, He calls servants to warn people of danger. That call to warn is made harder and more important by the fact that the warnings of most worth are about dangers that people don't yet think are real. Think of Jonah. He fled at first from the call from the Lord to warn the people of Nineveh who were blinded to the danger by sin. He knew that wicked people through the ages have rejected prophets and sometimes killed them. Yet when Jonah went forward with faith, the Lord blessed him with safety and success.

Henry B. Eyring, "A Voice of Warning," *Ensign*, Nov 1998, 32

Song:

"Keep the Commandments" *Children's Songbook*, p. 95.

Scripture:

And behold, all that he requires of you is to keep his commandments; and he has promised you that if ye would keep his commandments ye should prosper in the land; and he never doth vary from that which he hath said; therefore, if ye do keep his commandments he doth bless you and prosper you.

(Mosiah 2:22)

Object Lesson:

Hold up your hands and show your family how you can move your fingers. Explain that you can choose how your hands will move. Help your family understand that although you can choose to move your own hands and fingers you cannot make that choice for anyone else.

Have your family members hold their hands up. Ask them to do something with their hands (open and close fingers, spread fingers wide, touch the thumb and pointer fingers, and so forth). Do several things with your family. Praise them for being obedient.

Tell your family that, just as they chose to be obedient with their hands, they can also choose to be obedient with their bodies and minds.

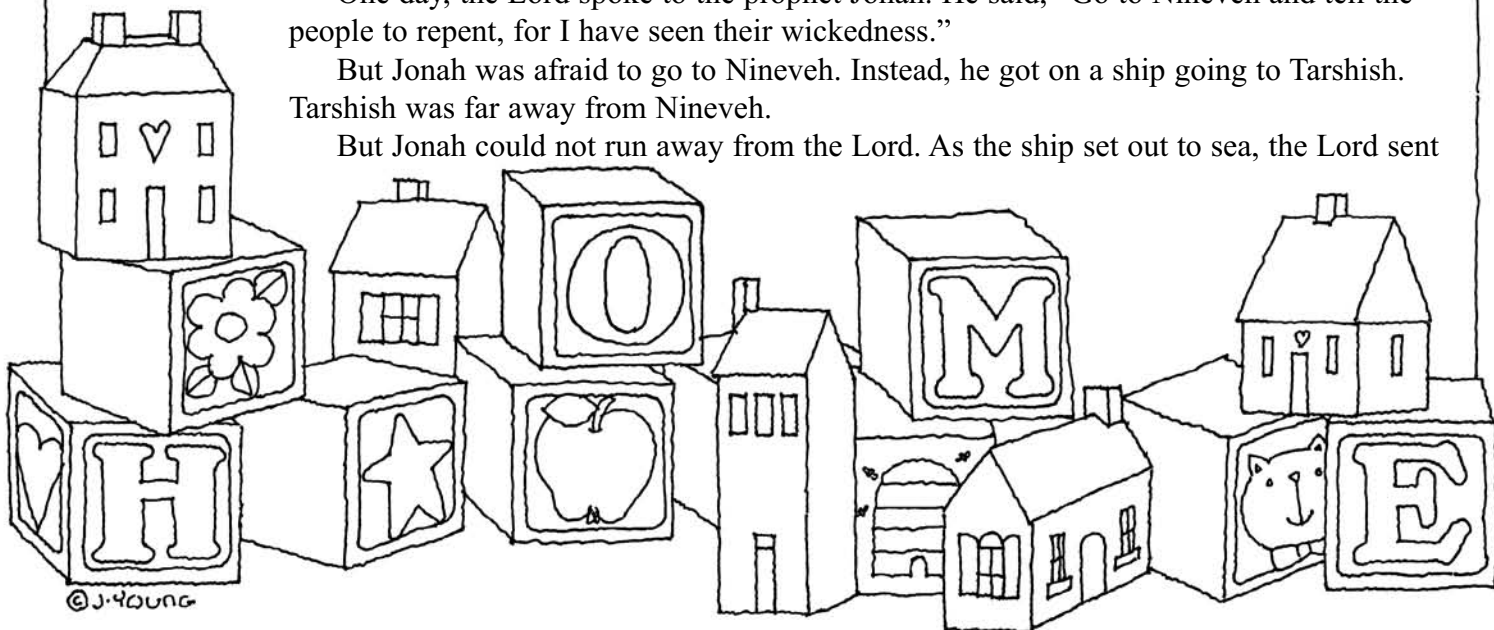
(Beth Lefgren and Jennifer Jackson, *Building Blocks for Better Lessons*, [Salt Lake City: Bookcraft, 1998], p. 46.)

Story:

One day, the Lord spoke to the prophet Jonah. He said, "Go to Nineveh and tell the people to repent, for I have seen their wickedness."

But Jonah was afraid to go to Nineveh. Instead, he got on a ship going to Tarshish. Tarshish was far away from Nineveh.

But Jonah could not run away from the Lord. As the ship set out to sea, the Lord sent



a great storm. The wind beat against the ship so hard the sailors thought it would break. They threw out their belongings into the water to make the ship lighter. But that did not help.

Jonah was asleep inside the ship. He didn't even know about the storm. When the shipmaster found Jonah, he woke him. "Why are you sleeping?" he asked. "Get up and pray to your God so that we will not die!"

But the storm went on. The sailors cast lots to find out who was causing this trouble. The lot fell upon Jonah.

The men asked Jonah, "What work do you do? Where do you come from?"

Jonah answered, "I am a Hebrew. I fear the Lord who has made the sea and the dry land." Then he told them how he had come to be on the ship.

When the sailors knew Jonah had fled from the Lord, they were even more afraid. "Why have you done this?" they asked. "What shall we do with you now?"

Jonah replied, "Throw me into the sea. Then the sea will be calm. For I know it is because of me that this great storm has come."

The men did not want to hurt Jonah. They rowed hard and tried to bring the ship to land, but they couldn't. Not knowing what else to do, they finally threw Jonah into the raging sea. As soon as they did, the storm stopped.

As for Jonah, the Lord sent a great fish to swallow him. Jonah stayed in the belly of the fish for three days and three nights. While he was there, he prayed to the Lord. He repented of the wrong he had done in not going to Nineveh. After Jonah repented, the Lord spoke to the fish. It spit Jonah out onto the dry land.

Again the Lord said to Jonah, "Go to Nineveh and preach to the people."

This time Jonah obeyed. He went to Nineveh and preached the word of the Lord. To his surprise the people listened and believed. To show their repentance, they fasted and put on sackcloth. Even the king arose from his throne, covered himself with sackcloth, and sat in ashes. Because of this, the judgments of God did not fall upon the people of Nineveh.

(Sherrie Johnson, *Bible Treasury for LDS Children*, [Salt Lake City: Deseret Book, 1999], p. 85.)

Activity:

Have each family member evaluate his attitude of obedience with the help of an "obedience meter." Give each family member a piece of paper and a pencil or pen and have them answer each question with "yes," "sometimes," or "no." Then have each one total his points and see how he has done. Tell the family in advance that no one will see the evaluation but the writer, so they can be honest with themselves. If some family members desire to share with others some of the things they are not doing, it may be helpful to discuss ways family members can improve in these areas.

1. I study the scriptures daily.
2. I have my personal prayers daily.
3. I live the Word of Wisdom.
4. I willingly attend all three "block" meetings.
5. I am properly selective in the TV and movies I watch.
6. I pay an honest tithe.
7. I am morally clean and dress modestly.
8. I am a peacemaker and try not to argue with family members.
9. I am honest. I tell the truth and do not cheat or steal.
10. I stand up for the right even when I have to stand alone.

Obedience meter: 10 points for yes, 5 points for sometimes, 0 points for no.

1-29: Not looking good, 30-49: On shaky ground, 50-79: Good start but still need improvement, 80-100: future looks "rock" solid—but don't relax.

(Allan K. Burgess and Max H. Molgard, *Fun for Family Night: Book 3, The New Testament Edition*, [Salt Lake City: Bookcraft, 1995], p. 46.)

Refreshment

Grandpa Glen's Famous Oatmeal Chocolate Chip Cookies

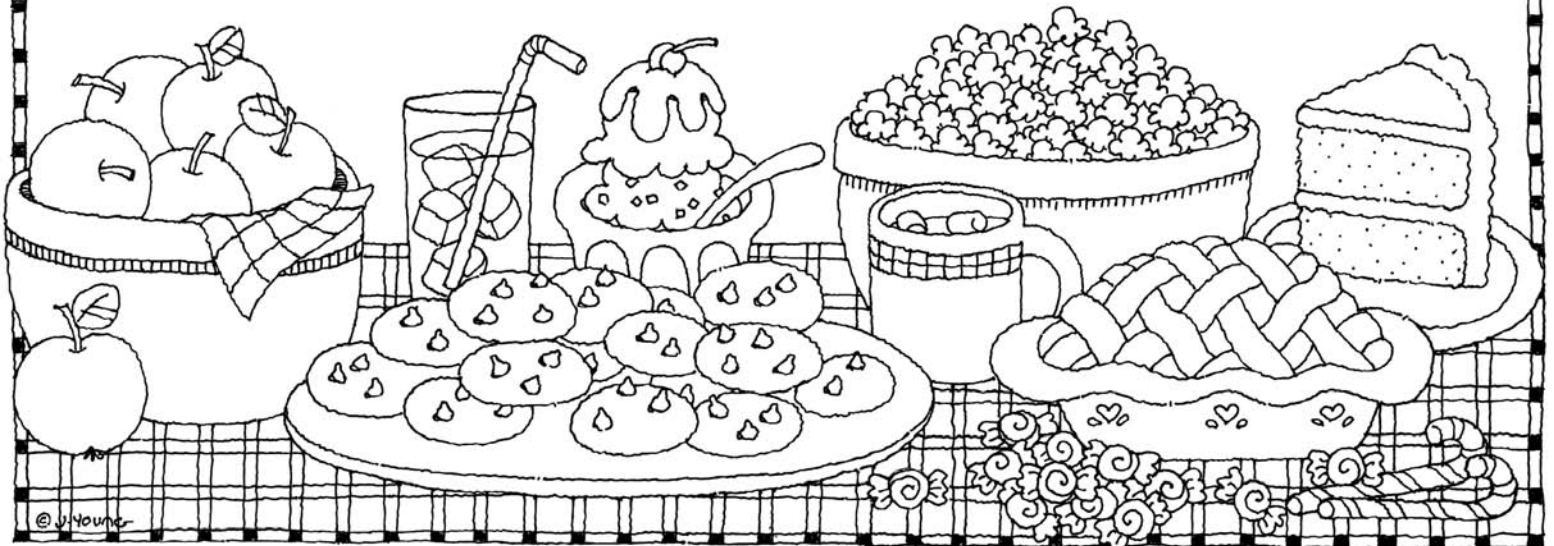
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|----------------------------|--|
| 1 c. butter, softened | 1 tsp. baking soda |
| 1 c. brown sugar, packed | 1 tsp. cinnamon |
| 1/2 c. granulated sugar | 1/2 tsp. salt |
| 2 eggs | 3 c. old-fashioned oatmeal (don't use quick cooking) |
| 1 tsp. vanilla | 1 c. semisweet chocolate chips |
| 1 1/2 c. all-purpose flour | |

Preheat oven to 350° F. Cream together butter and sugars; add eggs and vanilla; beat well. Combine flour, baking soda, cinnamon, and salt. Mix well and add to above mixture. Stir in oatmeal and chocolate chips. Drop by rounded tablespoonfuls onto ungreased cookie sheet. Bake 8 to 10 minutes, or until light golden brown. Cool on cookie sheet for one or two minutes. Remove to wire rack. Serve with tall glass of cold milk. Expect lots of smiles and hugs.

For bar cookies: spread batter in an ungreased 9x13-inch baking pan. Bake at 350° F. for 30 to 35 minutes. Cut into squares and serve.

Makes 3 dozen cookies.

(Contributed by Glen Hopkinson. Elaine Cannon, compiler, *Five Star Recipes from Well-Known Latter-day Saints*, [Salt Lake City: Eagle Gate, 2002], p. 235.)



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