

1-22-15

Ponder pad...write down a few things that you think about and then set a time to sit and ponder them. Some you will cross off and some you need to do.

I want you to keep a journal this 8 weeks. It's not a diary of facts. It's not just about what happened today. Listen to the Holy Ghost as you write in your journal and cultivate that spirit. This is a 'feeling' journal. Testimony. Spiritual feelings.

Listen to the Holy Ghost. Write about how you are cultivating relationships and how those experiences are creating feelings for your child. Record your feelings. Things are in a different perspective when you write them down. You study them out and you become more aware of the love that is growing in your heart.

There will be some days that will be coming and you will be discouraged. Go back and re-read those entries. They will lift you.

Take an opportunity during the next 8 weeks and pick a child...pick one each week or something. During that week...observe the child with real intent to understand, not correct, or change. Come to know the heart of that child. During that whole week multiple times, I want you to pray about and for that child...how you can help them, understand them, and lift them. Then one week do the same thing with your spouse. Then record those things in your journal. As you read your scriptures daily you will have impressions that will correspond with whatever child you are focusing on that week. As you pray you talk to him and as you read your scriptures he will talk to you. Impressions will come to you...in the temple, buying groceries.

4 Legs of the Table: Prayer, Scriptures, FHE, Temple

Homework: Elder Richard G. Scott ["Make the Exercise of Your Faith Your First Priority."](#) Read all the footnotes. Don't just stop with the article.

Fold the paper in half. At the top of one column write "To-do". At the top of the other column write "Blessings". These won't match. You will have topics...Prayer, Scriptures, FHE, Temple. As you read that section write down everything that is a 'to-do'. He will say "Pray", but then list an adverb 'How you pray'. I want you to see the "To-do" and the "Blessings".

Generically speaking the church comes out with stuff 10 years before we actually need it. FHE came out in 1915, but it is critical for today. The reason we hear this isn't because the Lord want to nag us. He wants to prepare us. He wants us to be safe.

2 Kings---Naaman

He was a great commander of an army. He had leprosy. His servant told him about the prophet-Elijah and how he could help him. He decided to go and seek help. Elijah wouldn't even come out. He only sent his servant out. Naaman was offended. He was asked to dip in the Jordan river 7x. He decided he wouldn't do it. The servant asked him if he had told you to do some big thing would you have done it. He said Yes. Then why don't you do this. He did do it.

[2 Kings: 5:10-14](#)

10 And Elisha sent a messenger unto him, saying, Go and wash in Jordan seven times, and thy flesh shall come again to thee, and thou shalt be clean.

11 But Naaman was wroth, and went away, and said, Behold, I thought, He will surely come out to me, and stand, and call on the name of the Lord his God, and strike his hand over the place, and recover the leper.

12 Are not Abana and Pharpar, rivers of Damascus, better than all the waters of Israel? may I not wash in them, and be clean? So he turned and went away in a rage.

13 And his servants came near, and spake unto him, and said, My father, if the prophet had bid thee do some great thing, wouldest thou not have done it? how much rather then, when he saith to thee, Wash, and be clean?

14 Then went he down, and dipped himself seven times in Jordan, according to the saying of the man of God: and his flesh came again like unto the flesh of a little child, and he was clean.

When you are asked to do something by the Lord, you do it. With us...when we partially keep the commandments does he partially bless us. Do we get the whole blessing? Not unless you keep the whole commandment with exactness. Does that seem harsh? It is fair. He blesses us in small ways along the way. Can we say, "I'm not capable of doing it along the way." It doesn't get us anywhere. The truth of the Atonement is that with him we can do it. He made up the difference. You don't have creative ideas...I'll give you a few. You don't know how to draw...I'll give you a child

that knows how to draw. He will always make up the difference if we do our part AND then you have to ask. He still respects our agency.

Here is my lousy FHE could you fix it? Here are my little rocks. Can you help them shine?

If you start on Tuesday for the next week's lesson...he will give you ideas.

Do it with exactness and the Lord helps, sustains, and lifts you. It is in the thought process. In your heart when you use excuses and you say, "My home is chaos and I don't know if this will work, can you show me how to make it work?" It might not be good right away, but the hearts of your children and family will soften if you continue to pray.

Elder David A Bednar ["More Diligent and Concerned at Home"](#) October 2009

"As our sons were growing up, our family did what you have done and what you now do. We had regular family prayer, scripture study, and family home evening. Now, I am sure what I am about to describe has never occurred in your home, but it did in ours.

Sometimes Sister Bednar and I wondered if our efforts to do these spiritually essential things were worthwhile. Now and then verses of scripture were read amid outbursts such as "He's touching me!" "Make him stop looking at me!" "Mom, he's breathing my air!" Sincere prayers occasionally were interrupted with giggling and poking. And with active, rambunctious boys, family home evening lessons did not always produce high levels of edification. At times Sister Bednar and I were exasperated because the righteous habits we worked so hard to foster did not seem to yield immediately the spiritual results we wanted and expected.

Today if you could ask our adult sons what they remember about family prayer, scripture study, and family home evening, I believe I know how they would answer. They likely would not identify a particular prayer or a specific instance of scripture study or an especially meaningful family home evening lesson as the defining moment in their spiritual development. What they would say they remember is that as a family we were consistent.

Your children need to remember that you are consistent.

Class member: I had 2 boys who were little. I just couldn't keep up with life. I went to the Lord and said, in Malachi they list the things about tithing. One of the blessings is that the devourer before their time. I have paid my tithing and I need some help. I had

an immediate softening of my heart. I had the Spirit more with me and I could see what was more important. They were changing too. Whatever he touches lives.

Do you remember the talk that Elder Bednar gave on Tithing? The blessings are not that you will get a pay raise, but your gratitude for small things will increase. Your children will be healthy so you don't have medical bills.

She has 8 under 8. I think the Lord was preparing her for what was coming. Did you hear what she said when she went to pray. She said she was paying her tithing and she said I want a blessing from that. She didn't tell him how to give it. What did the Brother of Jared do with the stones? I've done this and you said you would help. We have the problem of praying the job list. We need to ask in faith. We need to tell him what we are doing and what we need. When you are at the temple you have to ask...at the veil...even at the temple.

He will empower us! He does soften their little hearts.

Class member: My 4 oldest kids...we are a blended family...2 and 2 and now we have twins. We did FHE and just wanted to beat them. They are 12-16 and now these 4 year olds that will beg for family night. It does get better.

It can be so fun in the little ages.

Elder David A Bednar "[More Diligent and Concerned at Home](#)" October 2009

"In my office is a beautiful painting of a wheat field. The painting is a vast collection of individual brushstrokes—none of which in isolation is very interesting or impressive. In fact, if you stand close to the canvas, all you can see is a mass of seemingly unrelated and unattractive streaks of yellow and gold and brown paint. However, as you gradually move away from the canvas, all of the individual brushstrokes combine together and produce a magnificent landscape of a wheat field. Many ordinary, individual brushstrokes work together to create a captivating and beautiful painting.

Each family prayer, each episode of family scripture study, and each family home evening is a brushstroke on the canvas of our souls. No one event may appear to be very impressive or memorable. But just as the yellow and gold and brown strokes of paint complement each other and produce an impressive masterpiece, so our consistency in doing seemingly small things can lead to significant spiritual results. "Wherefore,

be not weary in well-doing, for ye are laying the foundation of a great work. And out of small things proceedeth that which is great” ([D&C 64:33](#)). Consistency is a key principle as we lay the foundation of a great work in our individual lives and as we become more diligent and concerned in our own homes.”

Richard G. Scott [“Jesus Christ, Our Redeemer”](#) April 1997

“Whether you intend to or not, when you live as though the Savior and His teachings are only one of many other important priorities in your life, you are clearly on the road to disappointment and likely on the path to tragedy.”

These 4 things are simple, but they are the foundation for everything else. This is the foundation on which you build. This is the beginning. The foundation of the Salt Lake Temple had to be taken out when it cracked after they had worked on it for 7 years.

Family Prayer & Personal Prayer:

Commandment: Family Prayer 2x a day. Personal Prayer at least 2x a day. This is the minimum commandment. Can you pray more than that? Absolutely. Can you pray less than that? No. That’s like ‘dipping 5x in the Jordan’.

James E. Faust [“The Greatest Challenge in the World—Good Parenting”](#) Oct 1990

“A few years ago, Bishop Stanley Smoot was interviewed by President Spencer W. Kimball. President Kimball asked, “How often do you have family prayer?”

Bishop Smoot answered, “We try to have family prayer twice a day, but we average about once.”

President Kimball answered, “In the past, having family prayer once a day may have been all right. But in the future it will not be enough if we are going to save our families.”

Class member: We end up doing it 4x a day because of when my children and husband are home.

Personal morning prayers....there are those that like to stay in bed until the very last second when they have to get up to meet the kids. Get up 15 minutes earlier. It is more important to be up and saying your prayers. It is more important to get up and visit with the Lord.

Children running off to school. The kids had to say them before they left the house. Say your prayers at my knee. Then I know that you said them. Did you say your prayers as you get older? Yes. Great. If they say no, then send them back to do it.

Class member: At Costco you can get a big bag of gummy bears before dinner. They are called prayer bears..before breakfast. Sometimes I see 4 kids come to the kitchen and I see them drop to their knees.

They need to be learning.

Tad Callister...His Mom asked him...Are you praying for your wife?

Teach them to pray for important things.

The attitude is as important as the fact that you are doing it. Attitude before and after. Help them learn what they are praying for. Some people have a family cheer after. Some people like to sing a song first. You need to teach them how to pray for each other. The evening prayer is to count tender mercies...to become aware of his hand in your life. You need to talk before both prayers. It creates the Spirit. It's the "why". We want his protection.

Blessings:

1. Empower angels to help our children—by invitation.
2. Over time...the family will bond
3. Less fighting
4. Less contention
5. More unity
6. More spirituality.

Experience on prayer this week:

We had a really hard Christmas holiday. My son-in-law passed away on December 15th. They have 3 children. Needless to say it's been very difficult. I planned on staying down there for a month. The day after Christmas, Mike came home right after the funeral. He was desperately ill. I had to come home and take care of him. I was so torn. My daughter is all alone. They have fallen away from the church. I've called her everyday, but it's been a real hard thing. All of us in the family have been praying that she will receive the strength to carry on.

Tuesday night I talked to her on the phone. That was the first day they went back to school because they are on year round school. I called to find out how her day had gone being alone for the very first time. She has joined with a Universal Unitarian Church. A lady called and wanted to go on a hike. We went on a hike. We went to Mount Helix. When I got home Dr. Frank (their pastor) came over and he had brought lap blankets for the 3 kids and her. His degree is in counseling. He told her one of the things you are going to need is to repeat your story often. That's part of healing. You need someone to listen to. You can talk to me as often as you want to. You just need someone to listen. Then someone had brought dinner over. Someone else had set up a meal train. She had gone online and opened it to the church and school and work community. People could sign up 2x a week to bring in meals. This is because people need to have a way to help you. Not because you need it. This is more for them than you.

There were 2 other ladies in her church that said, we know you have a quilt on. Let us come over and just be together. Once a month they will get together and do that. I finished on the phone. I'm already making Christmas presents for my kids. I just had this blanket of love that engulfed me and I heard the Spirit whisper "Your prayer is being answered. I am taking care of her. I love her."

There was another time we had family prayer just before we drove back from Provo. Jana was an EFL counselor. Jana & Ashley rolled the car and they should have been killed, but they both walked away.

Don't think for a moment that those prayers are not answered. If you want that protection then you have to do those prayers with exactness. You will receive those blessings.

Family Home Evening

Commandment: It is Family Home Evening. Not Family Home Hour. That commandment is to every member of the church.

What is the "why"/purpose of FHE? To strengthen your family.

What if your husband dies? You are never exempt from that blessing.

What if I'm single? Write letters, do genealogy, meet with others.

1. Teach the gospel to your family.
2. Bind the hearts together.

Sometimes you are going to do fun things. It is imperative that we do the teaching.

Who should teach FHE? Everyone.
Who should preside? Father
Can a 3 year old teach? Yes
Can a 16 year old teach the 3 year old? Yes.
Mom & Dad need to delegate it more.

FHE is the time to use Primary handout to teach the lesson. The Friend, Ensign, & New Era...filled with ideas. LDS.org has fabulous ideas to teach. Duty to God. Personal Progress. Do projects & activities for. FHE needs to be taught more by the youth in the teaching and training. FHE learn about your ancestors.

"Bolton" is the home of John Tanner. There are 6 stars. That represents the 6 generations from John Tanner. He had a company meeting the other day...he showed them the John Tanner movie. His whole focus his prayer is that he has the integrity of John Tanner. All of you have a John Tanner in your family. Find it and teach it. Let them know their heritage.

Rules:

1. They need to be fun. They need to be exciting.

Blessings:

- Love at home will increase
- Obedience at home will increase
- Faith will be developed in youth
- They will gain power to combat the evil influences that confront them.

Class member: We were watching Ephraims Rescue. My son who is 11 piped up and said I don't know why they are doing that. If they just prayed then they would know that the book was true. Had I not done that for Family Night I would never have known that because he didn't share that with me.

Family Scripture Study

Commandment: Daily on both levels...personal & individual members of family, and daily as family

Most of us have scripture reading, not scripture study. Is it ok to read the Book of Mormon from front to back? Yes, but there is more. You need to teach your children how during scripture reading to do scripture study.

What is the doctrine? If I tell you something that is a practice. Doctrine...you and each member in your home has scripture study each day.

These are practices:

- Every child has their own scriptures regardless of their own age. There is a bonding that comes when you have your own. There is a bonding that comes with ownership with scriptures. Your purpose is to teach how to study. They need to learn how to mark and color in the margins. They need to have a piece of paper and a pencil to write down ideas. Write it and circle it. The scriptures need to be a workbook. Teach them how to mark them up.
- With little tiny people you need to have access to gospel art. For scripture time you discuss the story of Samuel the Lamanite on the wall. They need to hear the scripture language. They have a picture and you tell them what it means. That becomes the years they love to hear the language of the scriptures. We have videos and they are good, but it can't replace hearing scripture language.
- They need to be able to go to the back of their scriptures and write down the ones you love the most.
- Along with the scriptures they need to have their own copy of the Ensign. 6 years+
- Draw pictures in the scriptures.
- Tracy now has Senior to 10. Each of them comes with a scripture to discuss. Carson might have one from the D&C. They lead the discussion. They have said...6:30-6:45 is Scriptures Study. They know when to be there and when to be done.

Blessings:

Spirit of reverence will increase

Parents will counsel in love and wisdom

Children more responsive and submissive

Peace, joy, and happiness

Henry B Eyring ["This Day"](#) April 1997

"A morning prayer and an early search in the scriptures to know what we should do for the Lord can set the course of a day. We can know which task, of all those we might choose, matters most to God and therefore to us. I have learned such a prayer is always answered if we ask and ponder with childlike submission, ready to act without delay to perform even the most humble service."

TEMPLE:

Commandment: Regular temple attendance

Indexing, Family Search, Baptisms for the Dead. Do family Baptisms.

Picture of the temple in each child's room

If you can get a temple recommend you can get one.

Blessings:

If a man become mighty, woman righteous

Protection in marriages

Children will go on missions

Children will get married in the temple

Receptive to divine guidance

Become Christlike

There is great power to sanctify you in temple attendance. Over time your whole soul will be filled with light. Every time you go if you go in the right spirit you can be enlightened. Your capacity to have light increases. It is a blessing.

When you are committed with full intent to do it he will bless you to find a way to make it happen.

[D&C 123:17](#)

“Therefore, dearly beloved brethren, let us cheerfully do all things that lie in our power; and then may we stand still, with the utmost assurance, to see the salvation of God, and for his arm to be revealed.”