

# Hatch Patch Creations

*Family Home Evening Made Easy*

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## Fasting Family Home Evening Packet



### Contents:

Story, Picture Sheets, Game, Scripture, Treat Recipe

\$7.00

# Baked Potato Bar

## Ingredients:

- Vanilla ice cream
- Miniature chocolate chips or chocolate sprinkles
- Shredded coconut (Cheese)
- Whipped topping (Sour Cream)
- Raisins (Mushrooms)
- Whoppers (Olives)
- Yellow taffy (Butter)



## Directions:

Begin by softening vanilla ice cream. With hands, take two to three scoops of ice cream and mold into a baked potato shape, working quickly. Roll the baked potato shaped ice cream in miniature chocolate chips or chocolate sprinkles. Wrap in tin foil and place in the freezer. Repeat this process for as many potatoes as needed. For the cheese topping, take shredded coconut and color it with yellow and red food coloring. Cut yellow taffy into small squares for the butter. When ready to serve, place all toppings in bowls and have a potato bar. Be creative. You may come up with clever ideas for other sweet toppings. HAVE FUN!!!!

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# Fasting Family Home Evening Packet

## Home Evening Outline

- Opening Prayer
- Opening Song
- Scripture
- Story
- Game
- Closing Song
- Closing Prayer
- Refreshments

*Suggested Songs:* "Keep The Commandments", pg. 146 (Childrens)

"I Want To Live The Gospel", pg. 148 (Childrens)

"Because I Have Been Given Much", pg. 219 (Hymn)

*Scriptures:* D&C 88:76, Helaman 3:35

*Story:* Color graphics with markers, colored pencils, chalks, etc. Use flannel, or laminate and cut out and place magnets on back of graphics, etc.

*"Fasting Time" Game:* Preparation - Color game board clock by coloring the nose red. Color each of the three circles between the clock numbers, red, yellow and blue. On the graphics sheet, you will find two arrows. Color one arrow yellow and the other blue. Laminate game board and arrows. You may cut out clock if desired or leave as is. Cut out arrows. Punch 1/4 inch holes in each arrow where shown. Punch a 1/4 inch hole in the nose of the clock face (on the "X"). Place a brass Brad through both arrows, and through the hole in the clock face and fasten on back of clock face. Laminate and cut out game cards. Copy the cards front to back or glue them together.

*Object -* To be the first team to move their arrow from 12:00 to 12:00 in a clockwise direction.

*Play -* Divide family into two teams. Each team will need at least one set of scriptures. Place game cards face down on the playing surface. Choose which team will go first. The first team begins by drawing a card. There are scenario cards and trivia cards. Each card will give the number of spaces a team may move on their turn. The trivia cards give clues to aid with the answer. If a team lands on a clock number they have the option to trade positions with the opposite team if they desire. Obviously this is only beneficial if the opposite team is ahead. If the team does not want to trade positions, their turn ends, and play goes to the opposite team. The process is repeated. A team wins, when their arrow is returned to the 12:00 position. Use this activity as a teaching tool. Take the time to discuss and answer questions about each card. Also, remember that for small children, fasting should be a choice. Teach children to set goals with fasting. For example, maybe to try and skip one meal, or to go for two hours. This way, children will not resent fast Sunday, but learn the blessings and satisfaction that can come from fasting.

# Fasting

It was fast Sunday, again! "Didn't we just have fast Sunday last week?" called out eight year old Tyson Caldwell. "I don't want to fast again. Please, Mom, do I have to fast today?"

Mother looked down at her son, who was having a bit of a hard time tying his tie. "You never have to fast if you don't want to Ty. You know that. Besides, you only have to fast for a little while. I will fast for two meals worth!"

"Hmm," thought Ty, "I guess an hour or two isn't so bad, but I still don't want to!" Ty knew in his heart that fasting was a good thing. It was something that Heavenly Father has asked us to do as so we should do it. That feeling made Ty pass up the tray of crackers that were sitting on the sink that morning even though he didn't want to fast. "Can I have a snack in Sacrament meeting, Mom?" Ty quizzed.

"Yes, Dear," Mother answered, "Now finish getting ready please."

Mother hurried all four children with their dressing and began herding them to the car. Father had gone to an early meeting this morning which left the responsibility of getting the family ready and to the church on Mother. She was a little frazzled.

As Mother locked Sarah into her car seat, she handed the two year old one of the crackers she had taken from the tray in the kitchen. A deep frown creased Tyson's forehead. He was thinking heavy thoughts. Finally, he could contain them no longer and he blurted out.

"Mom, how come Sarah gets a cracker? It's fast Sunday!!" He was not a happy camper when he realized that his little sister could eat and he couldn't.

"Tyson Alexander Caldwell!" snapped Mother. Ty knew that when Mother used all three of his names, he was in a little bit of trouble. "You know very well that little children can't fast. They don't understand what fasting is. Their little stomachs can't go very long without food. You are a big boy now and you can fast for a short time, but the choice is up to you."

Ty could tell that Mother was not very happy with him at the moment. He would be still and not make any more waves. He couldn't help but think about what Mother had said, though. Sure, little children couldn't understand why we fast, but he didn't know why either. He wanted to know why, but he wasn't going to bother Mother with it at this moment. He would ask Sister Deyo, his primary teacher.

Father met Mother and all of the children just inside the door of the church building. Father could tell that Mother wasn't having a good day so he hurried to help get everyone to their proper places. Jeb headed for young men's and Amy walked just ahead of Ty to the primary room. Mother whisked Sarah off to the nursery and Father turned toward the priesthood room. Ty raced to his seat because he could not wait to ask Sister Deyo his question.

Children had already crowded into the row of chairs where Sister Deyo sat. Ty could not even get close to her. His question would have to wait until class time.

Sister Evans, the primary president, quieted all of the children and welcomed them to primary. Then, Sister Brackin began leading the opening song. Ty felt grumpy today. He didn't want to sing, so he didn't. Sister Deyo noticed that he wasn't singing. She could tell something was bothering him.

Then, Tyson's stomach began to make strange noises. There was a little tickly feeling deep inside there. Ty suddenly realized what it was. He was hungry! "Oh, for one of those crackers," he thought. The whole time of opening exercises in primary that day, Ty could only think about his hungry belly. He could only think about how unfair it was that he was old enough to fast! He could only think of himself!

Class time soon came and the children left the primary room to sit in their classes. Sister Deyo began her lesson about Nephi and his broken bow. Some of the children were squirming in their seats, some were listening very nicely and some were being downright noisy. Ty just sat quietly, thinking about his stomach and how unfair fasting was. Suddenly, Sister Deyo stopped what she was saying and looked right at Ty.

"Ty, Dear, is something bothering you today?"

"Aw," Ty thought. "Here is my chance."

The words just came trickling out of his mouth in rapid succession. He wanted to know why we fast and how old we should be to fast and how long we should fast and why he should fast.

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"Wow," Sister Deyo said, as she let out a huge sigh. "That's a tall order and definitely not what we were going to talk about today but I can see that this is something that is very important to you. Let's see if I can help you."

Sister Deyo put her hand up to her chin and thought for a moment. Then she spoke. "Fasting is to go without food or water for a time. That amount of time depends on a person's age and his ability to go without those things. Little children are not asked to fast. It is much too hard for them."

Ty thought about Sarah. He felt a little bad that he had been mad at her this morning for eating that cracker! Sister Deyo went on.

"When the Lord established His Church again here on the earth, He told Joseph Smith to resume the law of the fast. We have a special Sunday every month called 'Fast Sunday.' This is the day we are asked to fast. Then, we take the money that we would have spent on two consecutive meals for our family and give it to the Bishop as 'Fast Offerings.' The money is then sent to the headquarters of the Church and given to the poor. Isn't that wonderful?"

"Wow," said Ty, "I didn't know that. You mean that when I fast I am helping someone else?"

"Yes," answered Sister Deyo, "as long as you make sure you give that money for your fast offerings."

Sister Deyo explained that there could be many different reasons to fast such as:

- Asking the Lord to bless someone who is sick or in need of a blessing
- To gain spiritual strength
- To receive guidance
- To receive answers to our prayers
- To bring us closer to our Heavenly Father and the Savior
- To humble us
- Because we want to be obedient to God

Sister Deyo continued, "There are many reasons for us to fast, but the main one is so that we show our Father in Heaven that we love Him and want to obey Him." Sister Deyo paused for a moment. "For it to be a proper fast, you must also pray to your Heavenly Father and tell him why you are fasting. This is very important and will make you feel so much better about fasting."

She explained that eight year olds should fast only as long as they feel they can. Then when they are older, they can fast for longer periods. She even suggested that it could be a challenge to see if they could increase their fasting time by just a minute each fast Sunday.

President Joseph F. Smith told us a great many things about fasting. He said that fasting for twenty-four hours is not an absolute rule but that we should decide for ourselves how long we can fast. He said: "Many are subject to weakness, others are delicate in health, and others have nursing babies; of such it should not be required to fast. Neither should parents compel their little children to fast. I have know children to cry for something to eat on fast day. In such cases, going without food will do them no good. Instead, they dread the day to come, and in place of hailing it, dislike it; while the compulsion engenders a spirit of rebellion in them, rather than a love for the Lord and their fellows." (Mormon Doctrine p. 277)

"Fasting really does make you feel good," Sister Deyo continued. "It makes you feel close to the Lord and it gives you a good feeling because you know you are doing what Heavenly Father wants you to do. Fasting can bring great blessings to you and those you care about but you must do it with the right attitude. If not, it really won't do any good."

Ty thought about what Sister Deyo had said all through Sacrament meeting. When Mother handed him a small bag of crackers, Ty shook his head back and forth to say "No." Mother couldn't believe her eyes but Ty just sat quietly thinking. He could make it for a minute longer.

We have been told many times in the scriptures that some things will take fasting to receive them. Fasting is very powerful and shows that we are willing to make a sacrifice for those blessings we are in need of. To gain a testimony of fasting, we must try fasting and prayer. It is a wonderful blessing that our Father in Heaven has given us so that we may succeed in obtaining great gifts from Him. Not only do we receive blessings from Heaven, but through our fast offerings, we are helping others who also need those blessings.

## **DISCUSSION**

- Why is it important that we try to fast?
- What blessings can come from fasting?
- How can fasting help us to feel closer to our Heavenly Father?

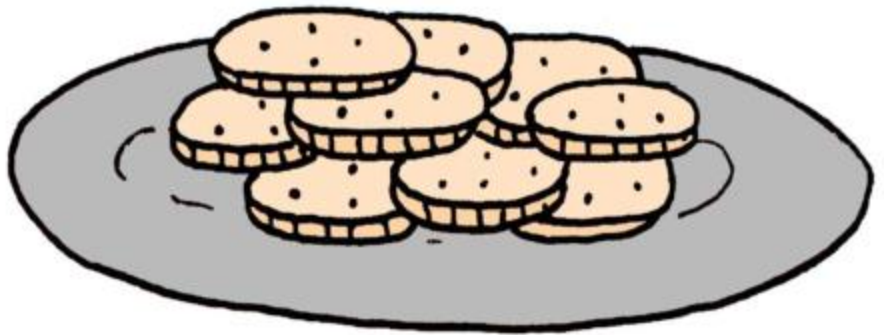
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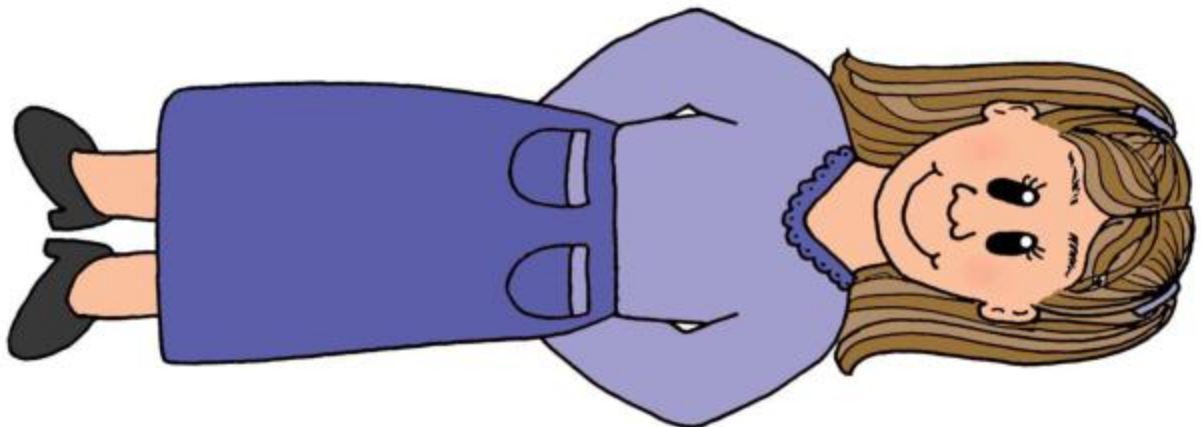
Father



Sarah eating  
her cracker



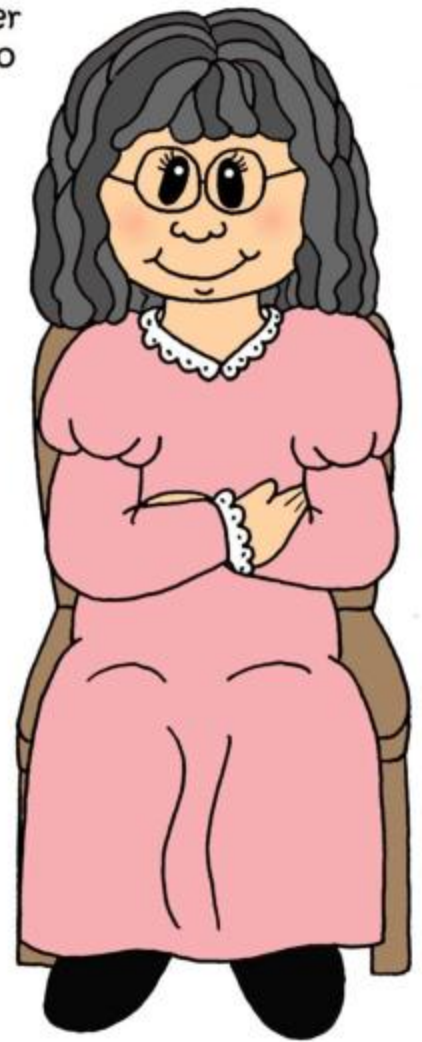
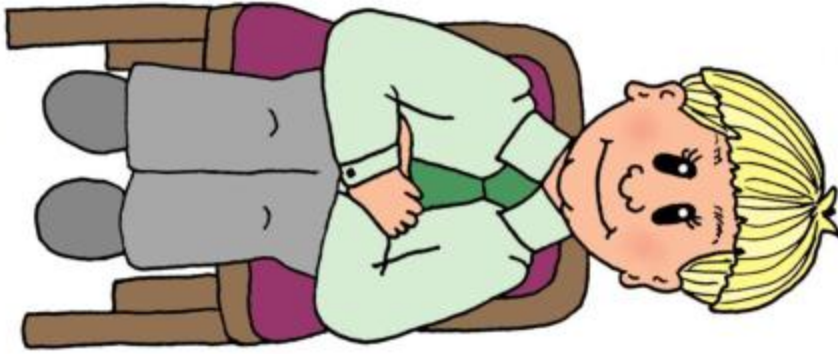
Tray of  
crackers



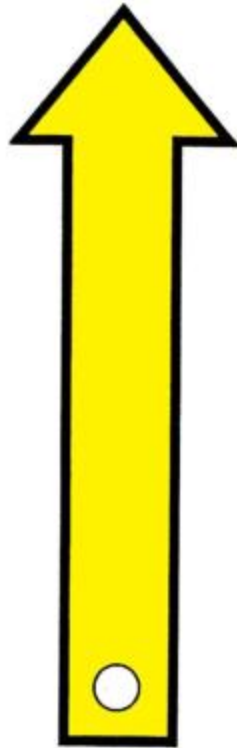
Primary  
President

Sister  
Deyo

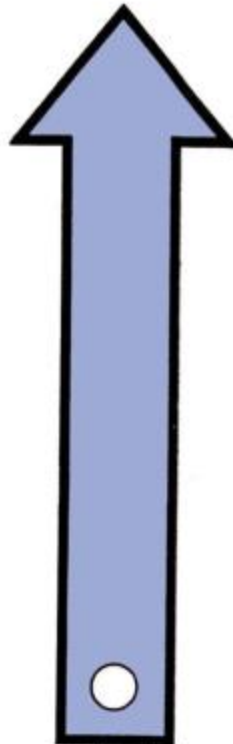
Ty sitting in primary class



Ty's  
mother



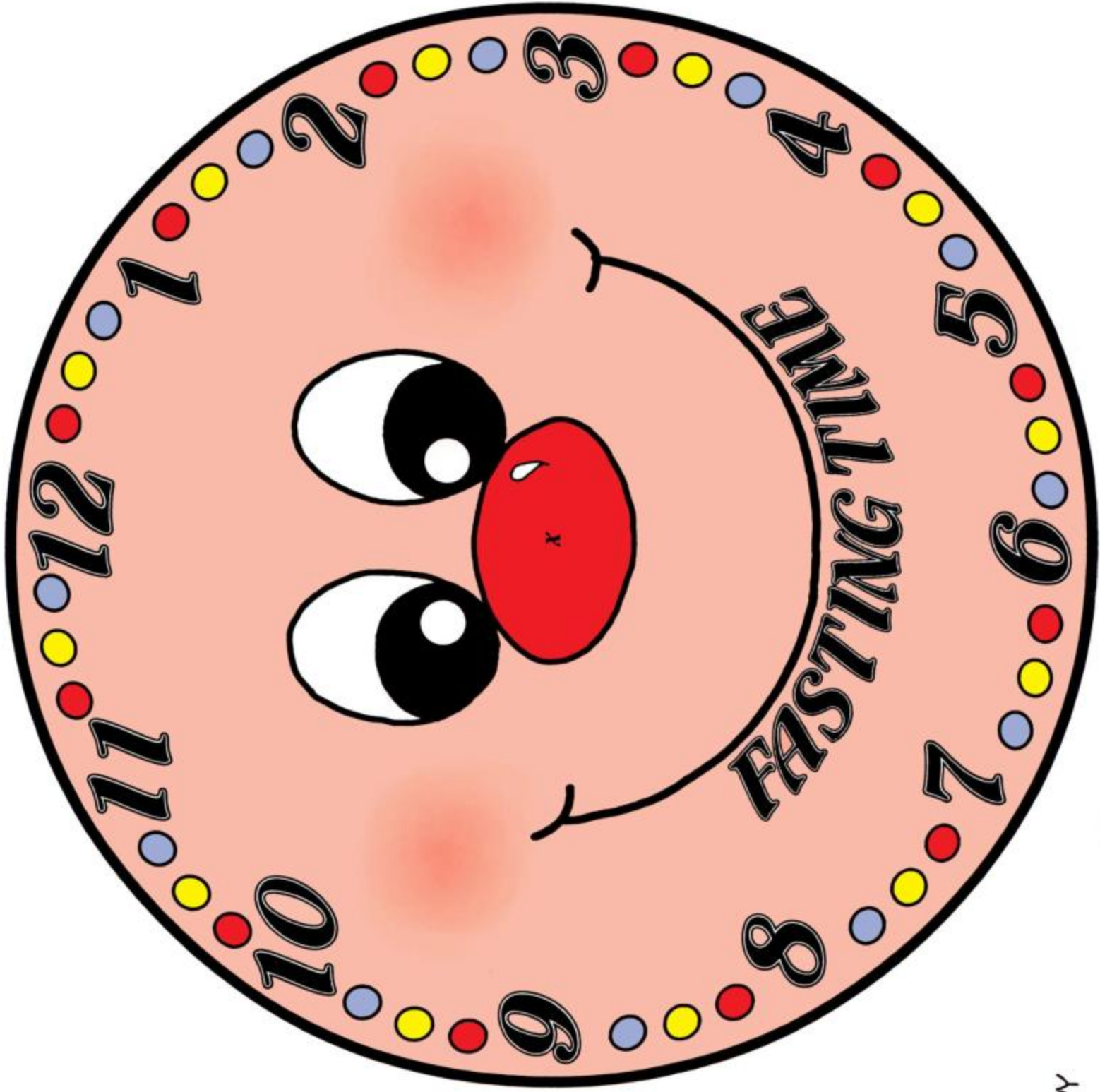
Color this  
arrow yellow



Color this  
arrow blue

Ty, fixing  
his tie





Fasting, accompanied  
by prayer  
increases what?  
*Clue: Ether 12:6*

**Go Ahead 3 spaces**

*Answer: Faith*

Fasting fosters  
a spirit of what?  
*Clue: D&C 59:10*

**Go Ahead 2 spaces**

*Answer: Devotion*

Fasting  
encourages what?  
*Clue: Helaman 6:5*

**Go Ahead 1 space**

*Answer: Humility*

Fasting aids  
in obtaining what?  
*Clue: 1 Nephi 22:26*

**Go Ahead 3 spaces**

*Answer: Righteousness*

Fasting teaches us of  
our nothingness  
and our \_\_\_\_\_  
upon God.  
*Clue: Mosiah 4:19, 21*

**Go Ahead 2 spaces**

*Answer: Dependence*

Fasting, accompanied  
by prayer  
increases this.  
*Clue: 2 Nephi 9:39*

**Go Ahead 1 space**

*Answer: Spirituality*

Fasting can be used to  
help \_\_\_\_\_.  
*Clue: D&C 84:68*

**Go Ahead 2 spaces**

*Answer: Heal the sick*

Fasting can be used to  
gain what?  
*Clue: D&C 76:51*

**Go Ahead 1 space**

*Answer: A Testimony*

Fasting can be used for  
\_\_\_\_\_ of  
non-members to the  
truth.  
*Clue: Psalms 19:7*

**Go Ahead 1 space**

*Answer: Conversion*

Fasting can  
be for Heavenly  
\_\_\_\_\_.  
*Clue: Psalms 25:9*

**Go Ahead 1 space**

*Answer: Guidance*

Fasting can  
be used for \_\_\_\_\_  
one's soul.  
*Clue: 1 Timothy 4:5*

**Go Ahead 1 space**

*Answer: Sanctifying*

Fasting can  
be used when you are  
in need of a special  
\_\_\_\_\_.  
*Clue: D&C 58:4*

**Go Ahead 1 space**

*Answer: Blessing*





A member of your ward has been ill for quite some time. Your bishop has asked the entire ward to fast for this ill member. You participate in the ward fast.  
**Go Ahead 3 spaces**

You have a friend that is not a member of the Church. Your friend is currently taking the missionary discussions. You ask your family to fast with you for this friend to be converted to the truth.  
**Go Ahead 3 spaces**

You are studying the Book of Mormon in your Sunday School class. You decide to fast and pray to receive a testimony of what you have been studying.  
**Go Ahead 2 spaces**

You have a very important test coming up in a few weeks. You have studied and done all that you can. You decide to fast and pray for your Heavenly Father's help with your upcoming test.  
**Go Ahead 2 spaces**

You are struggling with a decision you're faced with and you are not sure what you need to do. You fast and pray for the answer to your dilemma.  
**Go Ahead 3 spaces**

Your best friend is really struggling with his testimony of the Church. You pray to your Heavenly Father to help guide this friend and fast to receive guidance as to what you should do to help.  
**Go Ahead 2 spaces**

You feel like you need to draw closer to your Heavenly Father. You study your scriptures and fast and pray.  
**Go Ahead 2 spaces**

It is Fast Sunday. The doughnuts sitting on the kitchen counter look too good to pass up, so you sneak a doughnut before Church.  
**Go Back 2 spaces**

Your aunt needs to have surgery. Your uncle has asked that the family fast for her. You decide that your stomach is too weak to fast and it wouldn't matter if you fasted or not.  
**Go Back 3 spaces**

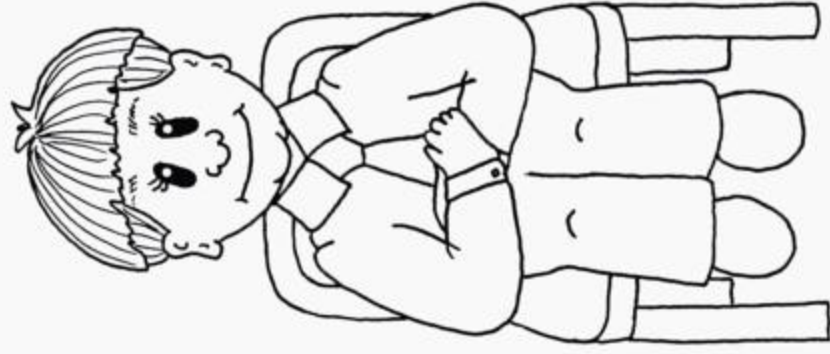
You have to decide between two colleges as to which one you will attend. You can't decide, but you are not going to fast and pray over the decision. You feel that you are in charge and capable of making the decision on your own.  
**Go Back 3 spaces**

Your family is having a fast to help your sister in a decision she is in the process of making. You don't want to go without eating that long, so you continually snack all day and then tell your mother that you fasted with the family.  
**Go Back 2 spaces**

You wake up on Fast Sunday and decide that you are not going to fast just to be contrary. Instead, you should have tried to fast and obey your Heavenly Father.  
**Go Back 2 spaces**



"Also, I give unto you a  
commandment that ye  
shall continue in



prayer and  
fasting from  
this time forth."

D&C 88:76

