

Hatch Patch Creations

From Our Home To Yours

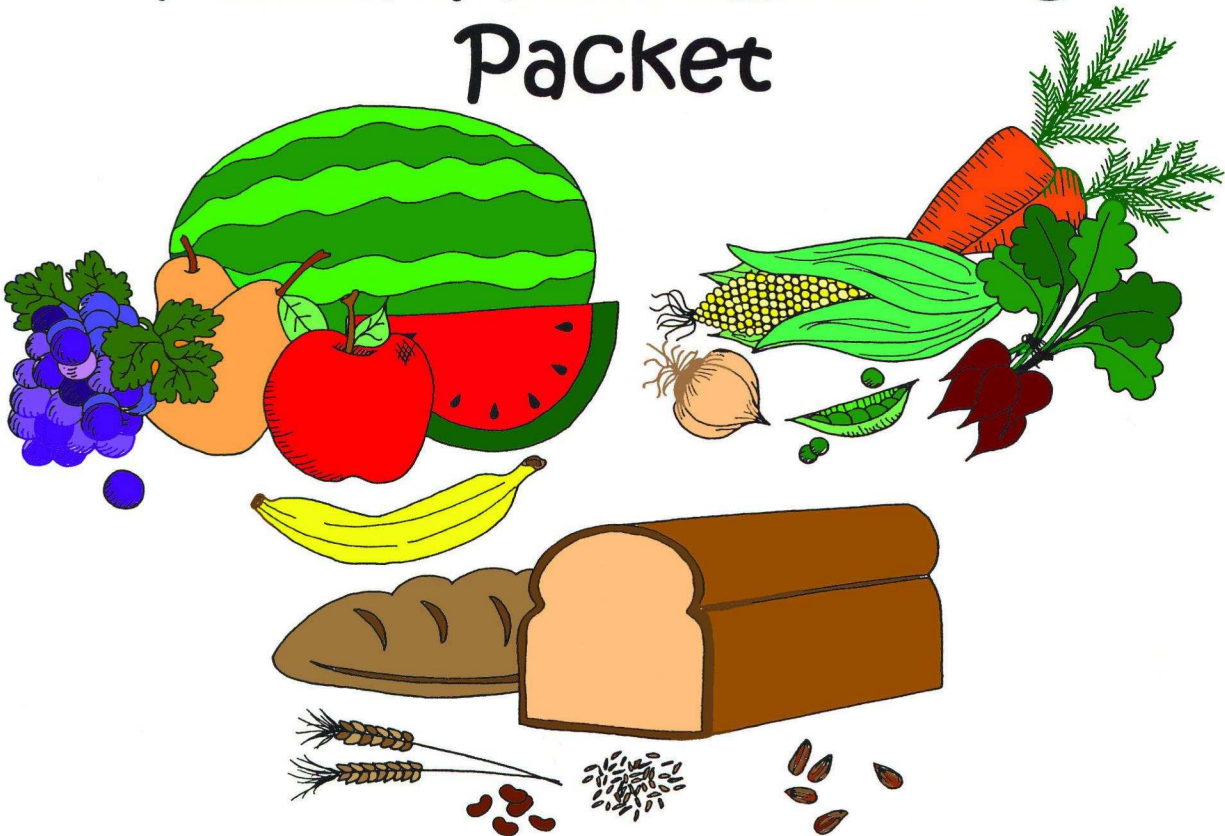
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Words of Wisdom Family Home Evening Packet



Contents:

Story, Picture Sheets, Activity, Scripture, Treat Recipe

\$7.00

Words of Wisdom Family Home Evening Packet

Home Evening Outline

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

Suggested Songs: "The Word of Wisdom", pg. 154 (Childrens)
"Choose the Right", pg. 239 (Hymn)
"In Our Lovely Deseret", pg. 307 (Hymn)

Scriptures: D&C 89:18-21, D&C 89:4

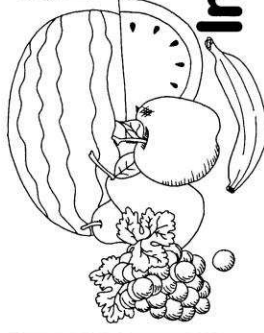
Story: Color graphics with markers, colored pencils, chalks, etc. Use flannel, or laminate and cut out and place magnets on back of graphics, etc.

Game: Preparation - Laminate and cut out each of the cards.

Object - To be the player with the most matches.

Play - Shuffle the cards. Deal the cards out to each player, until the entire deck has been dealt. If a player has a match in his hand, he lays it down in front of him. Choose a player to go first. That player then draws a card from someone else's hand in order to try and make a match with one of his own cards. Play continues to the left. A player does not want to draw a "Don't" card. There are three of these. A "Tobacco & Alcohol" card, a "Drug" card or a "Coffee & Tea" card. If one of these cards is drawn, the player should try and get rid of the card as soon as possible. If a player ends up with one of these cards, he cannot win. Continue the game until all the cards have been drawn and made into matches with the exception of the three "Don't" cards. The player with the most matches wins.

Wholesome "Word of Wisdom" Snacks



Ingredients:

Assorted fruit
Assorted veggies
8oz. package of cream cheese
1 small bottle of marshmallow creme
1 packet of Ranch dip
1 16oz. container of sour cream
Fruit topping or jam

Fruit Dip: Combine 1 small bottle of marshmallow creme, an 8oz. package of cream cheese and 4 to 6 tablespoons of your favorite fruit topping or jam. Mix together with a beater until stiff.

Veggie Dip: Combine 1 packet of Ranch dip with a 16oz. container of sour cream.

Slice and arrange the fruit and veggies on a tray.

Words of Wisdom

Through all the years since Joseph Smith lived on the earth, many things have happened to prove that his teachings are true and that he did, indeed, translate the Book of Mormon for us. The Word of Wisdom is one of those teachings.

What is the Word of Wisdom? **(Discussion)** The Word of Wisdom is a revelation from God that was given to Joseph Smith in February of 1833. It tells us the things that are good for our bodies and which things are bad for our bodies. For many years, scientists have studied the effects of different products on our bodies. Nutritionists have also studied food products and how they affect our health. All of these studies have proven that the Word of Wisdom is a true doctrine and that Joseph Smith was listening to revelation from God when he received it. There have been no experiments in all these years that have disproved the Word of Wisdom.

In the 89th section of the Doctrine and Covenants, Joseph Smith tells us about the Word of Wisdom. Why do you think we call it the Word of Wisdom? **(Discussion)** If a person is wise, then he knows the truth and knows how to use that truth. The Word of Wisdom is "wise advice."

Let's talk about the "Do's" of the Word of Wisdom first. What types of things are good for our bodies? **(Discussion: Fruits, vegetables, milk, cheese, grains, etc.)**

Joseph Smith has told us that all wholesome herbs and every fruit in its season are to be used, thanking God often for these wonderful foods. Beasts of the field and fowl are to be eaten, but sparingly. What does it mean to eat meat sparingly? **(Discussion)**

All grains are good for the body and God calls them the "staff of life." What foods do we eat that contain grains? **(Discussion)**

As members of the Church of Jesus Christ of Latter-day Saints we strive to honor all of the advice given in the Word of Wisdom. This includes what we should eat and what we shouldn't eat. Even those scientists that we mentioned earlier are telling us to eat healthy foods. Through years of studying they have found that our bodies work better when we eat properly. In other words, by eating the right things. The United States government has even released a food pyramid that outlines those foods. It is identical to the Word of Wisdom. What happens when we eat healthy foods? **(Discussion)**

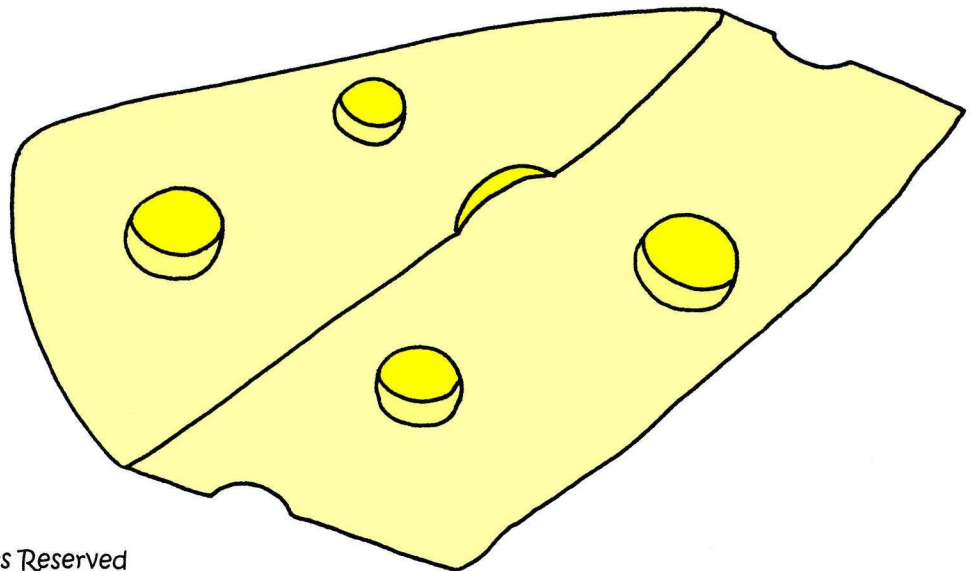
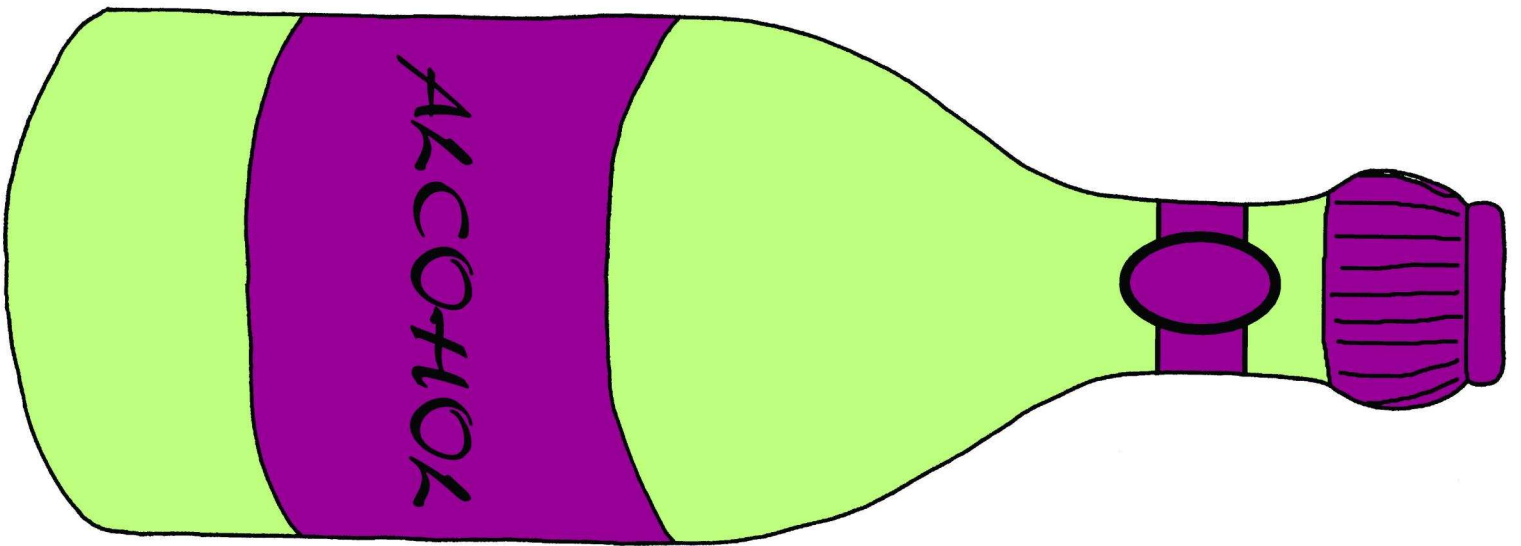
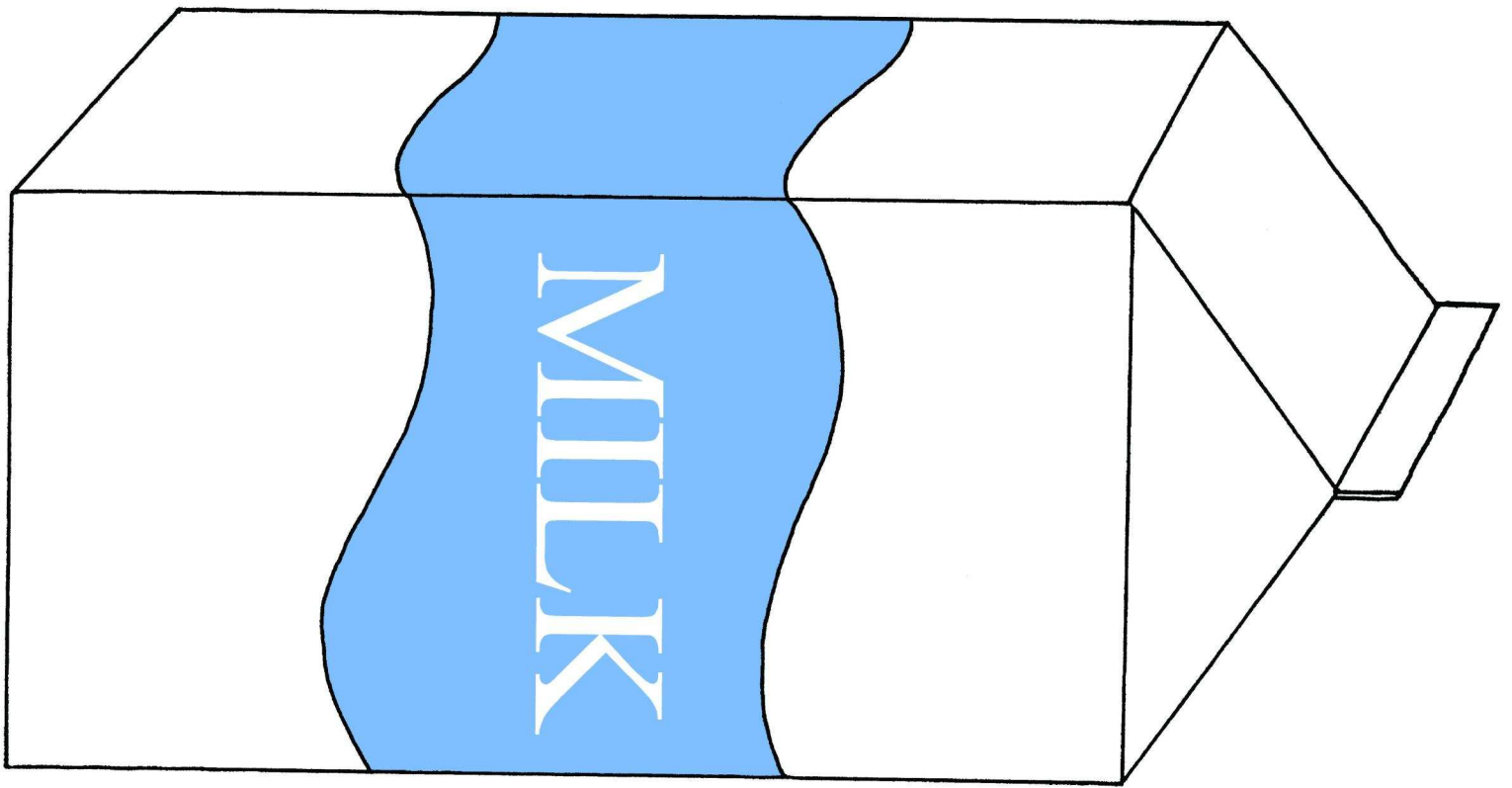
Now, let's talk about the "Don'ts" of the Word of Wisdom. God has warned us against taking certain things into our bodies. What types of things are bad for our bodies? **(Discussion: Alcoholic drinks, tobacco, hot drinks such as coffee and tea, and harmful drugs)**

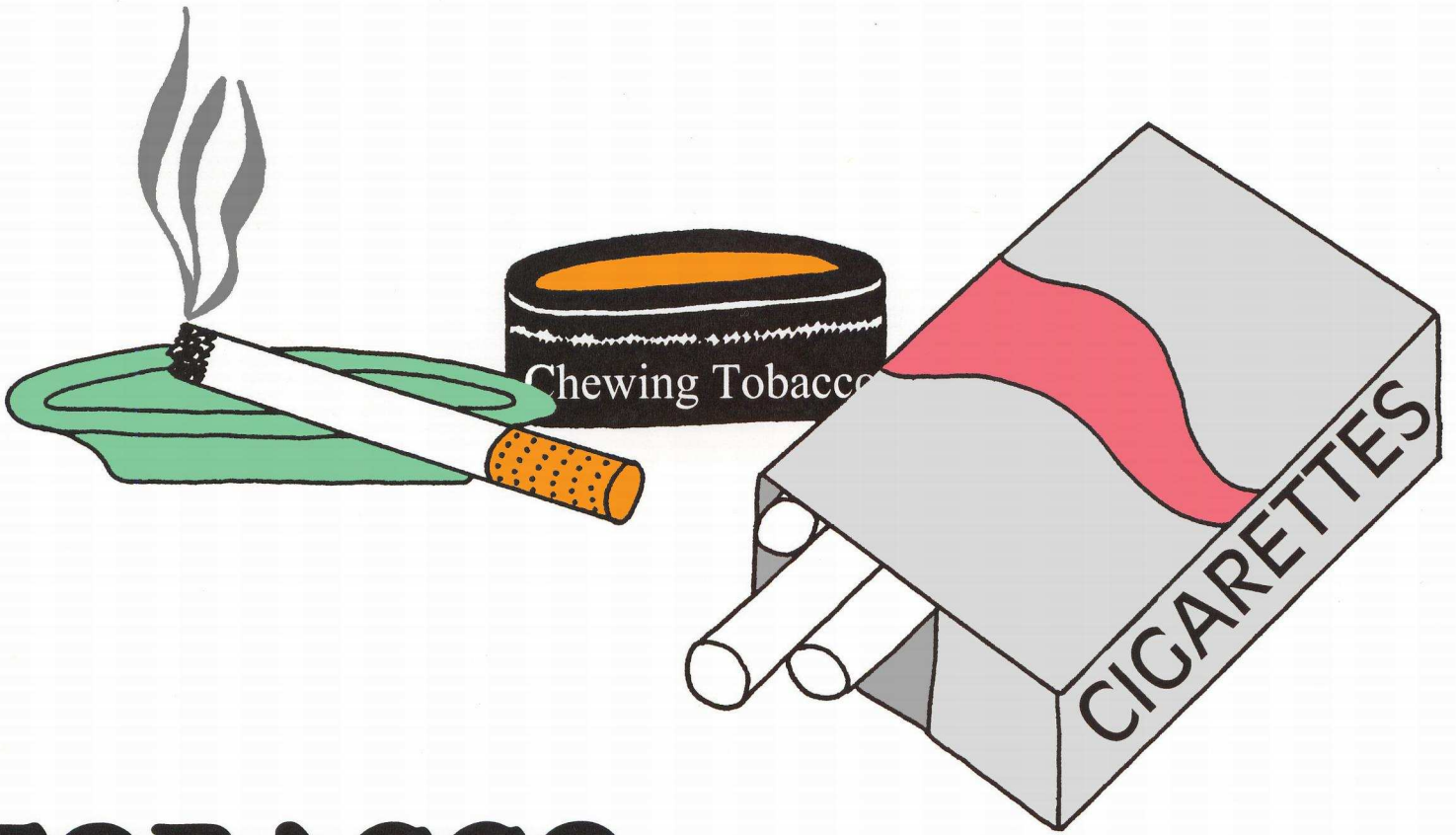
God gives us a wonderful promise if we obey the Word of Wisdom. He tells us: "And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones; And shall find wisdom and great treasures of knowledge, even hidden treasures; And shall run and not be weary, and shall walk and not faint. And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them" (D&C 89:18-21).

We have been given a very good guide to keep our bodies healthy and strong. We have been given a beautiful promise from the Lord as a reward for doing as we have been told.

Discussion

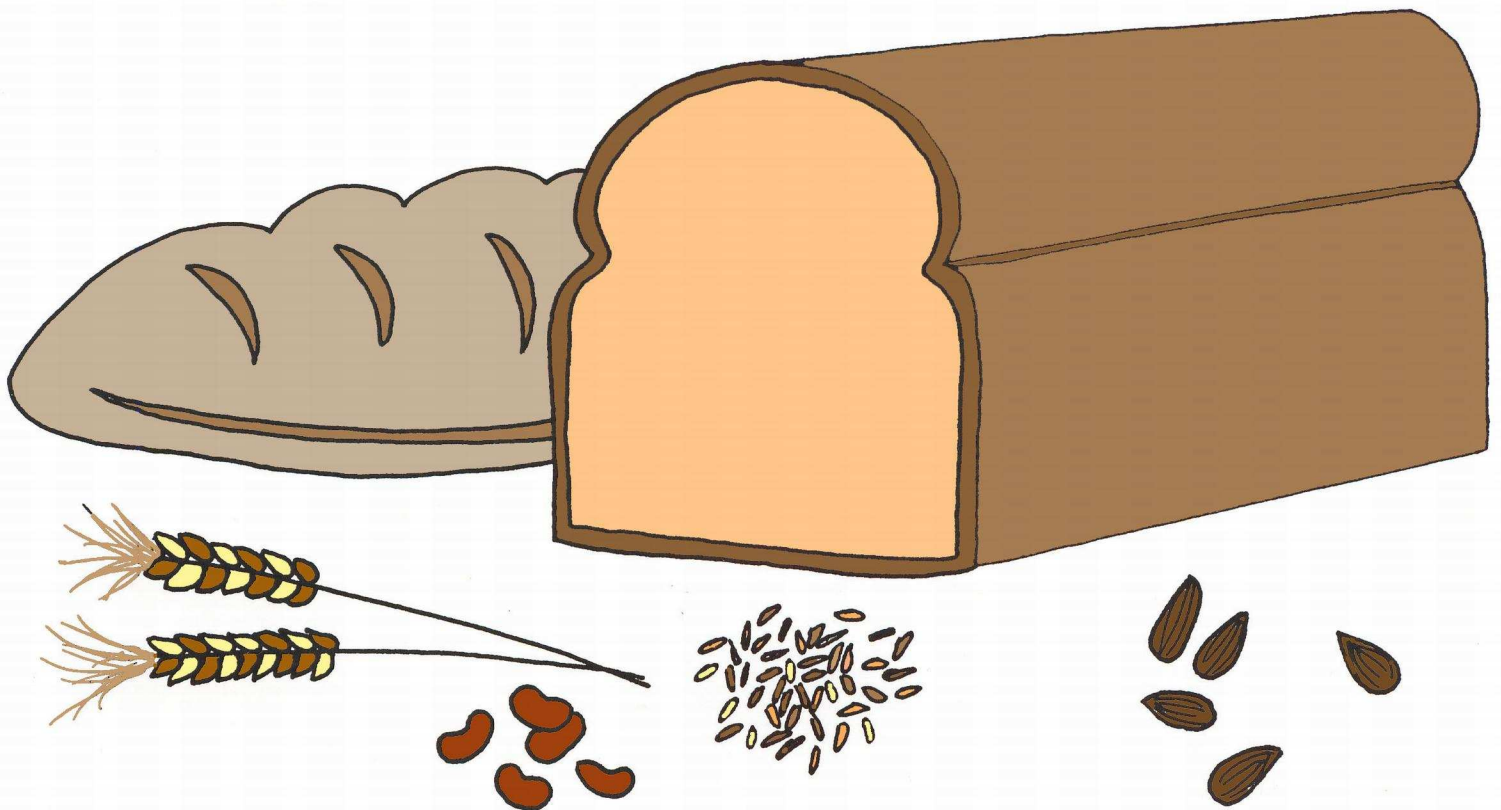
- What will happen to us if we obey the Word of Wisdom?
- What will happen to us if we do not obey the Word of Wisdom?
- Let's name as many healthy foods as we can.



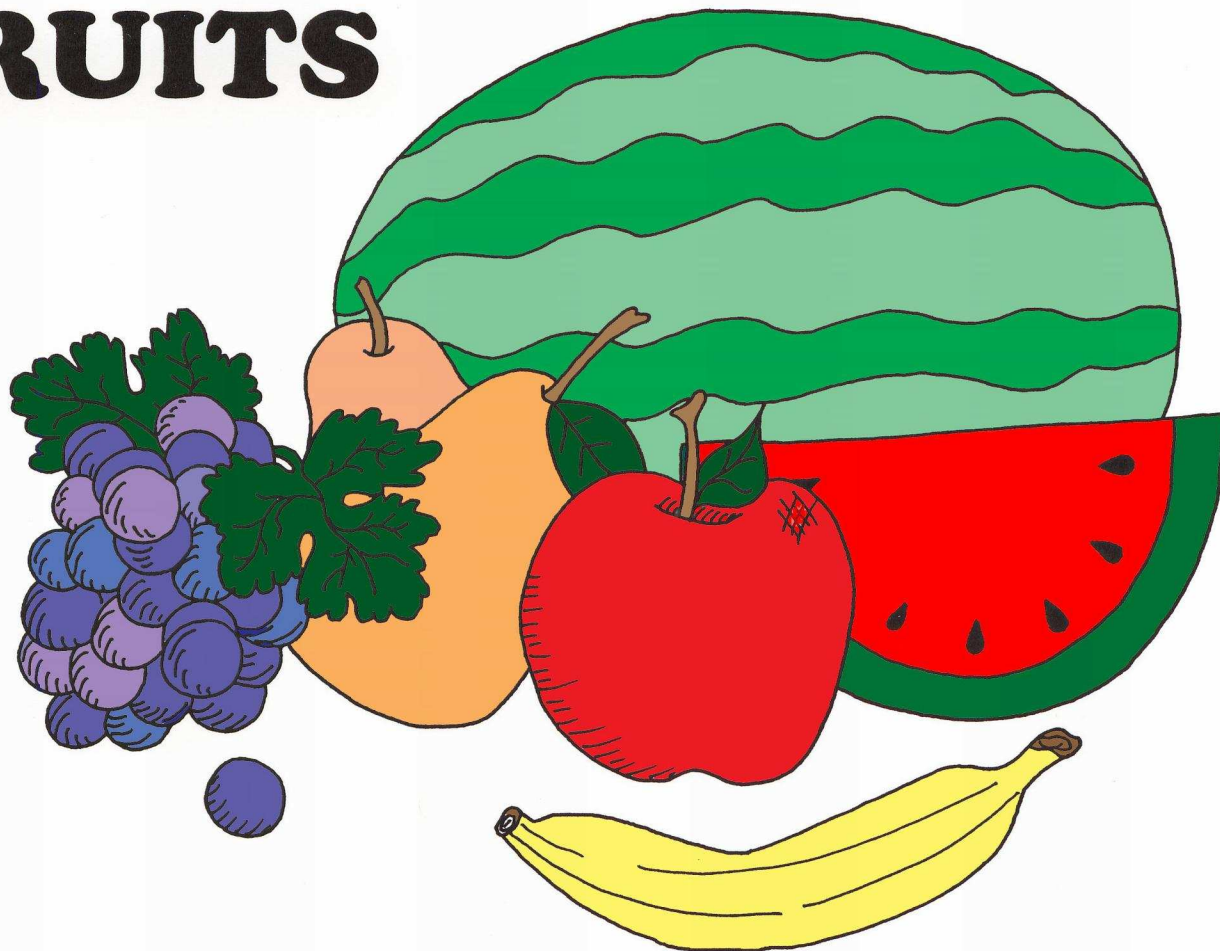


TOBACCO

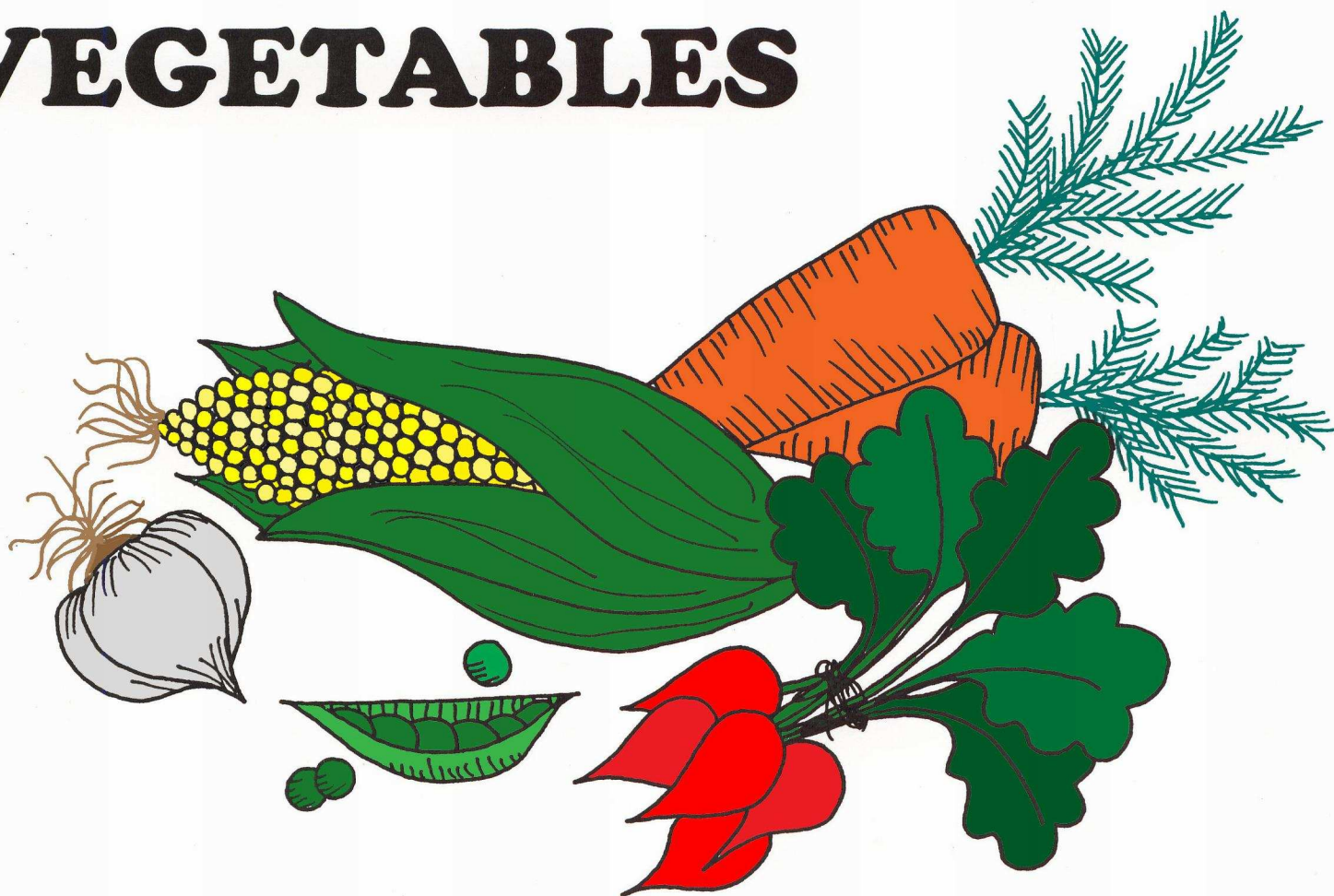
GRAINS



FRUITS



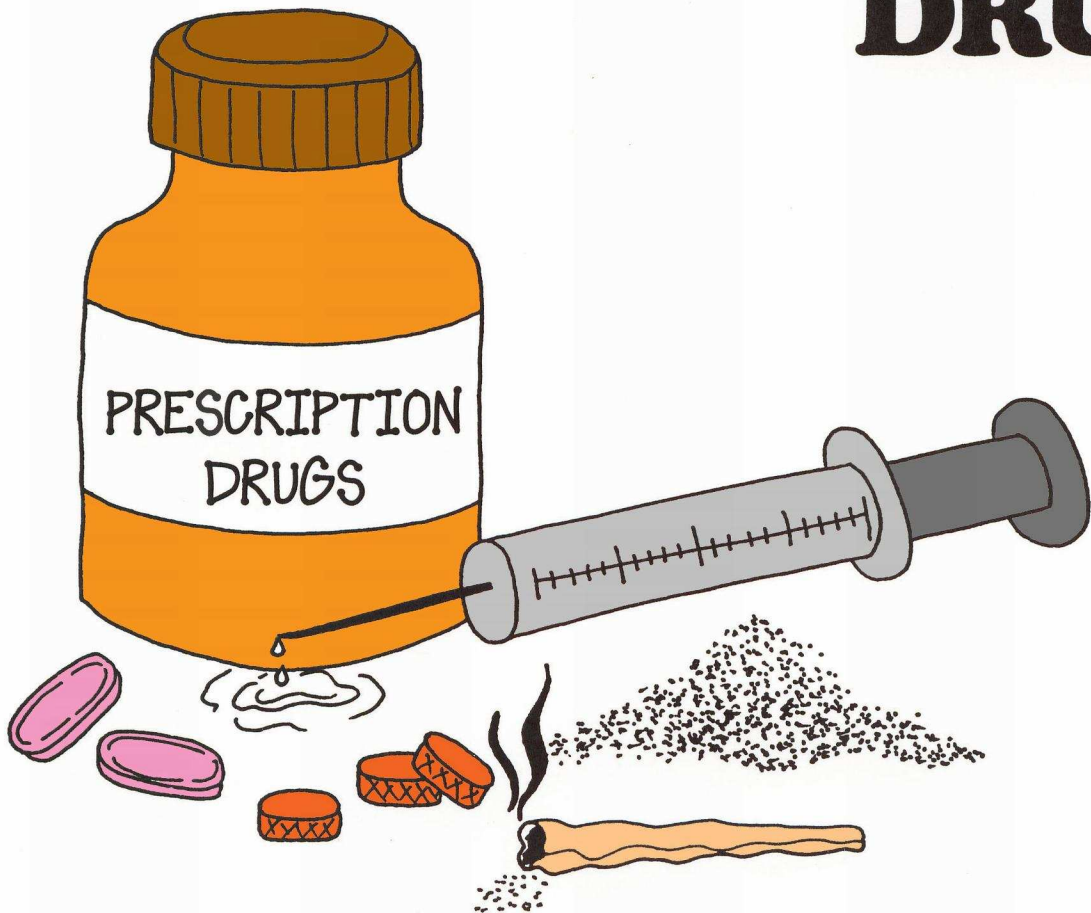
VEGETABLES

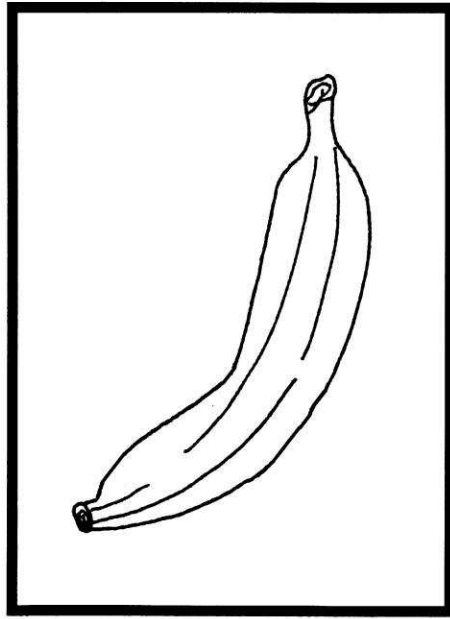
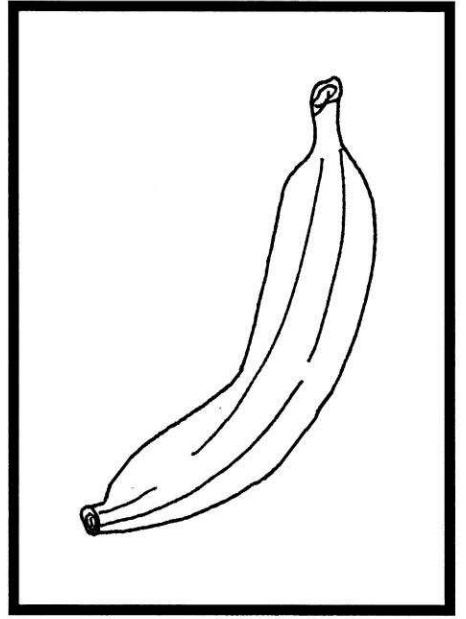
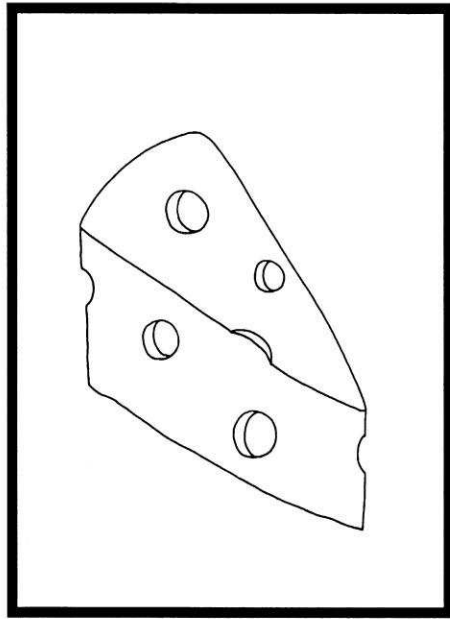
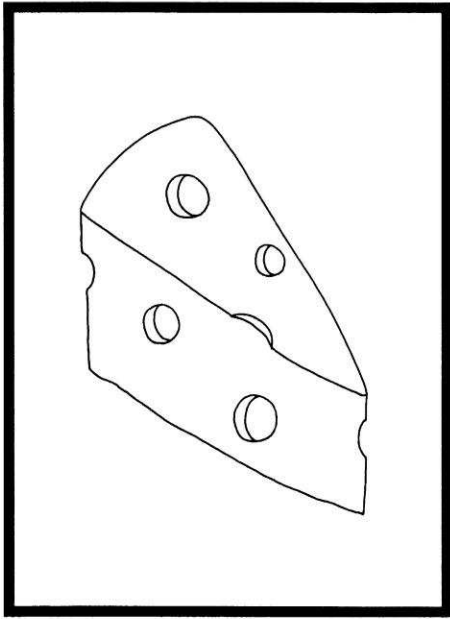
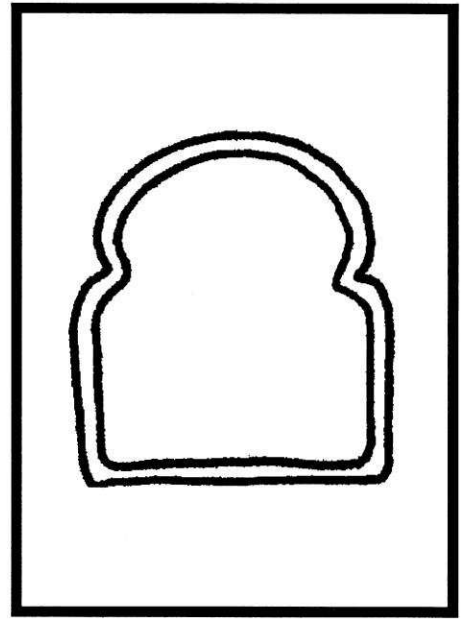
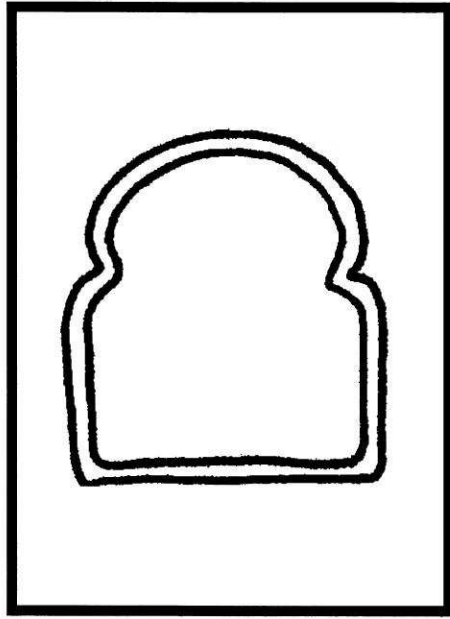
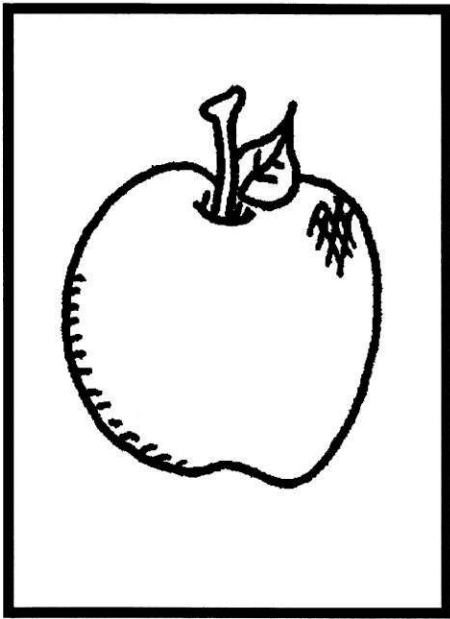


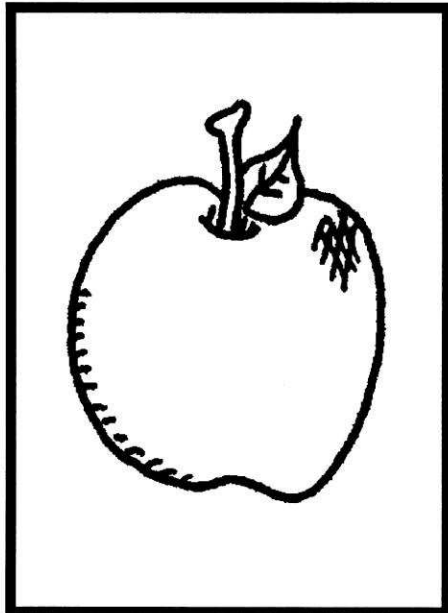
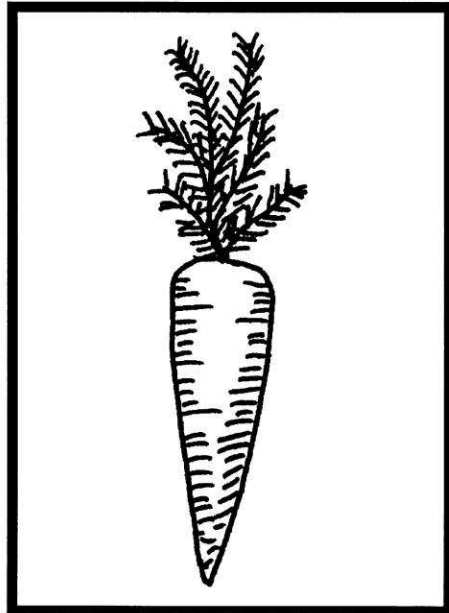
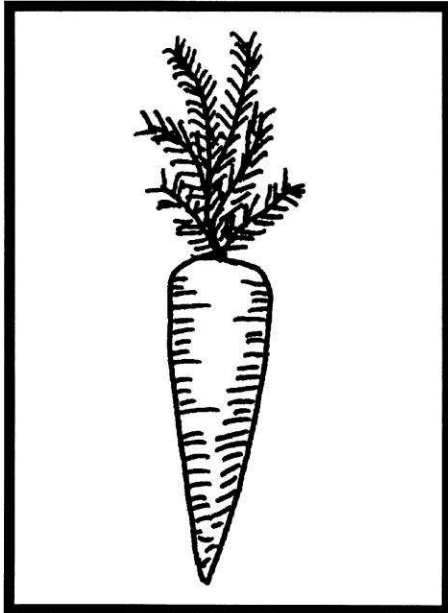
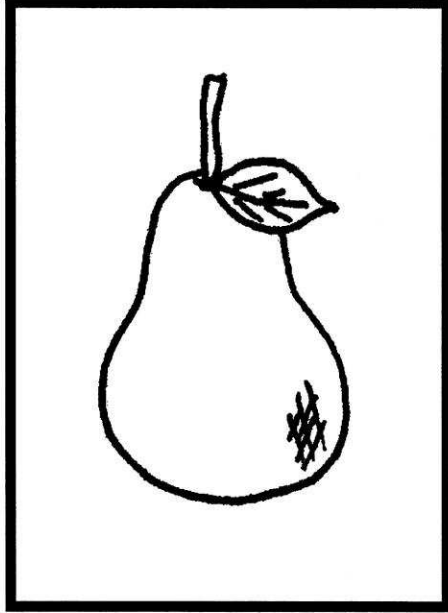
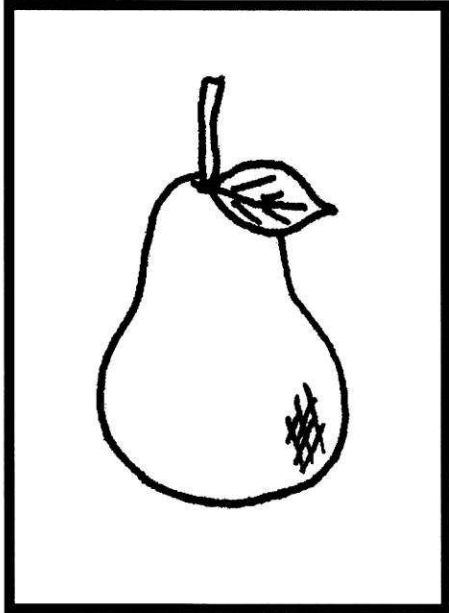
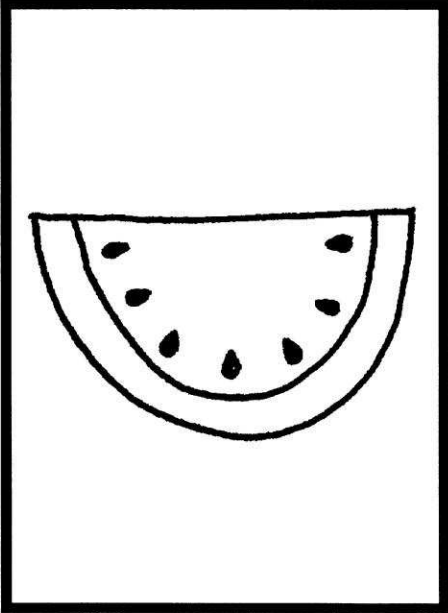
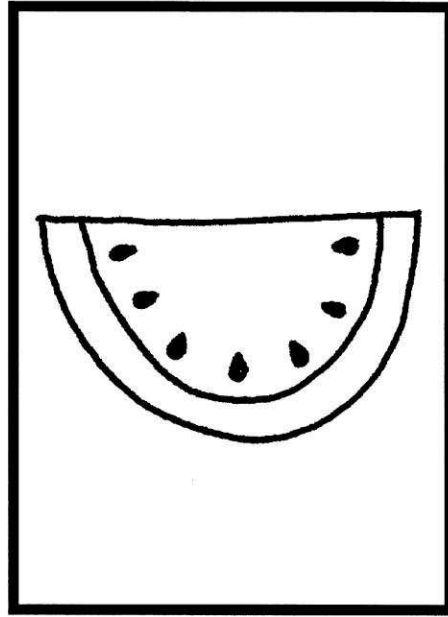
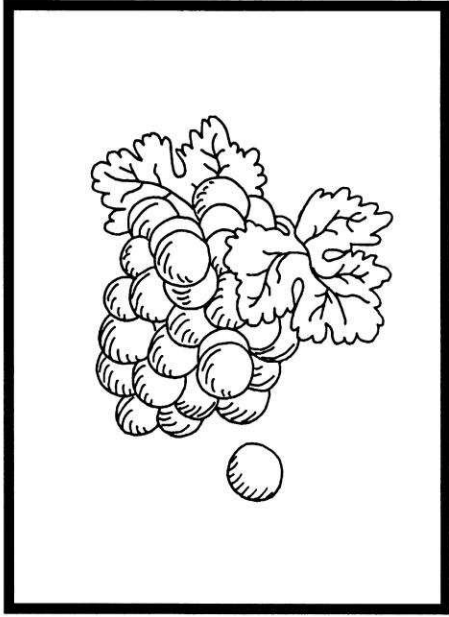
HOT DRINKS

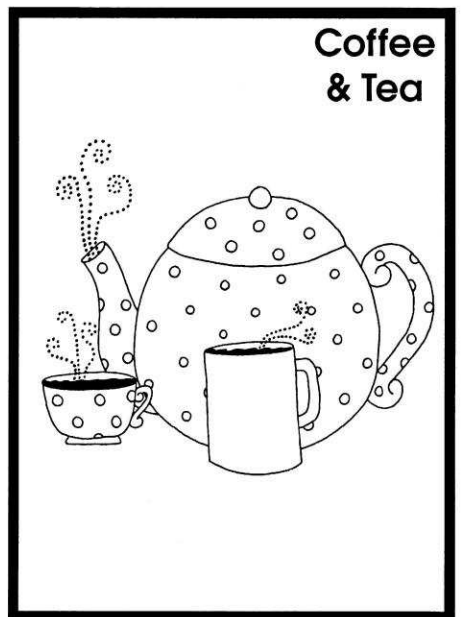
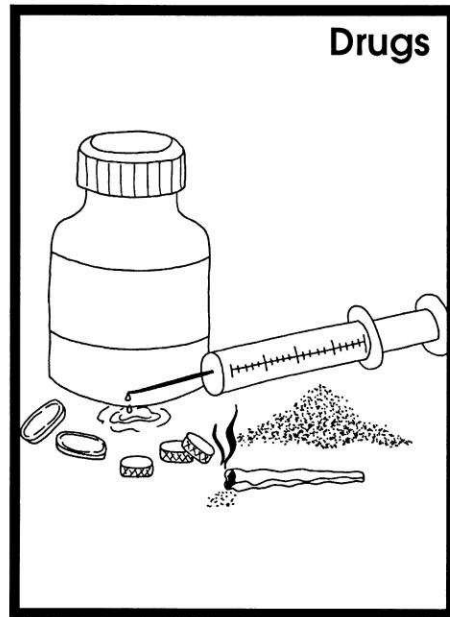
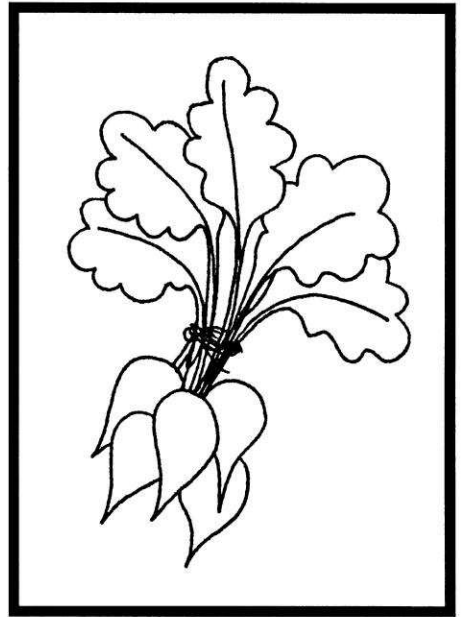
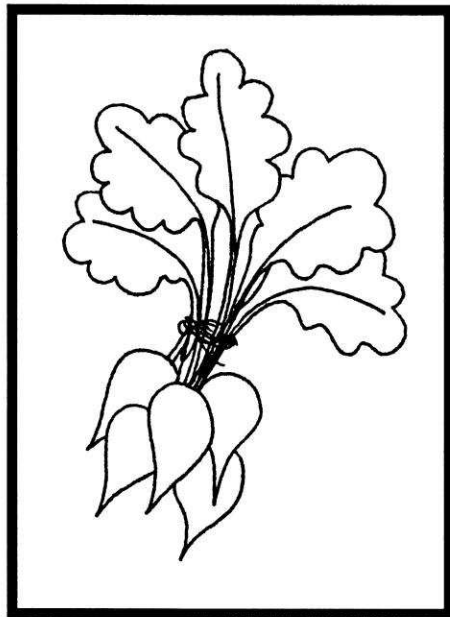
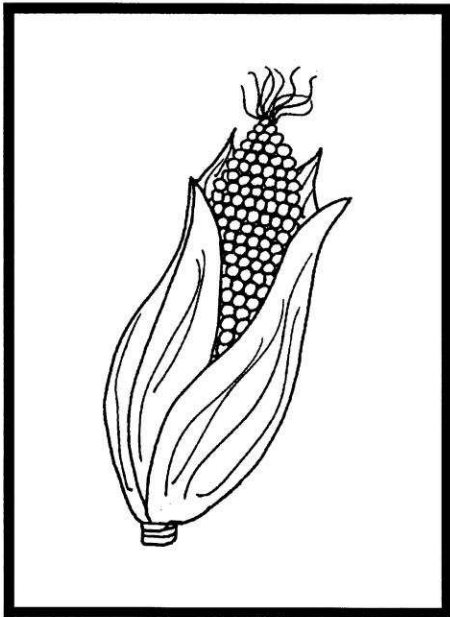
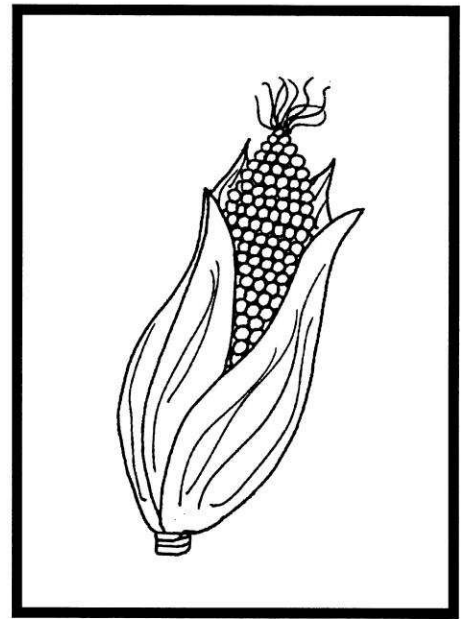
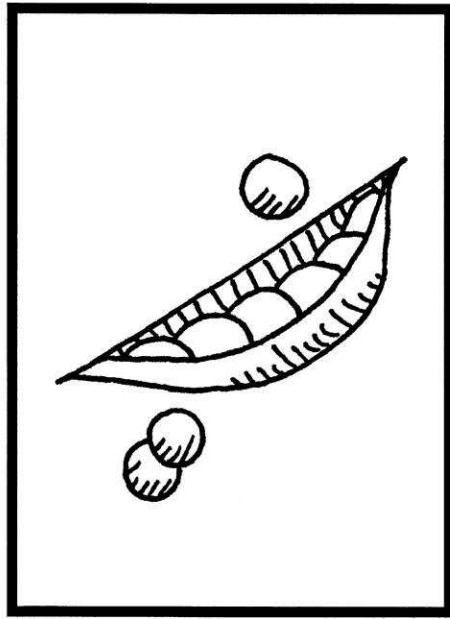
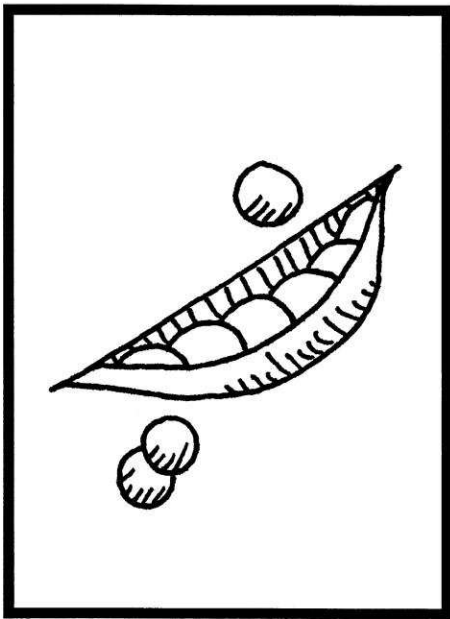


DRUGS









Words of Wisdom

“And all saints who remember to keep
and do these sayings, walking in
obedience to the commandments,
shall receive health in their navel and
marrow to their bones. And shall find
wisdom and great treasures of
knowledge, even hidden treasures;

And shall run and not be weary,
and shall walk and not faint.”