

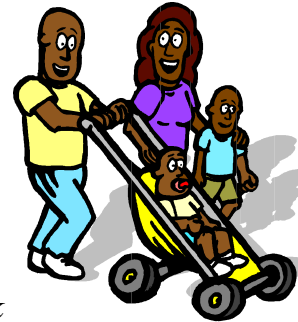
Strength In Families

PURPOSE

To help family members better understand why Heavenly Father places us in families

MATERIALS

- A small stick (or popsicle stick) for each member of the family
- A small string or rubber band
- Story, [The List](#)

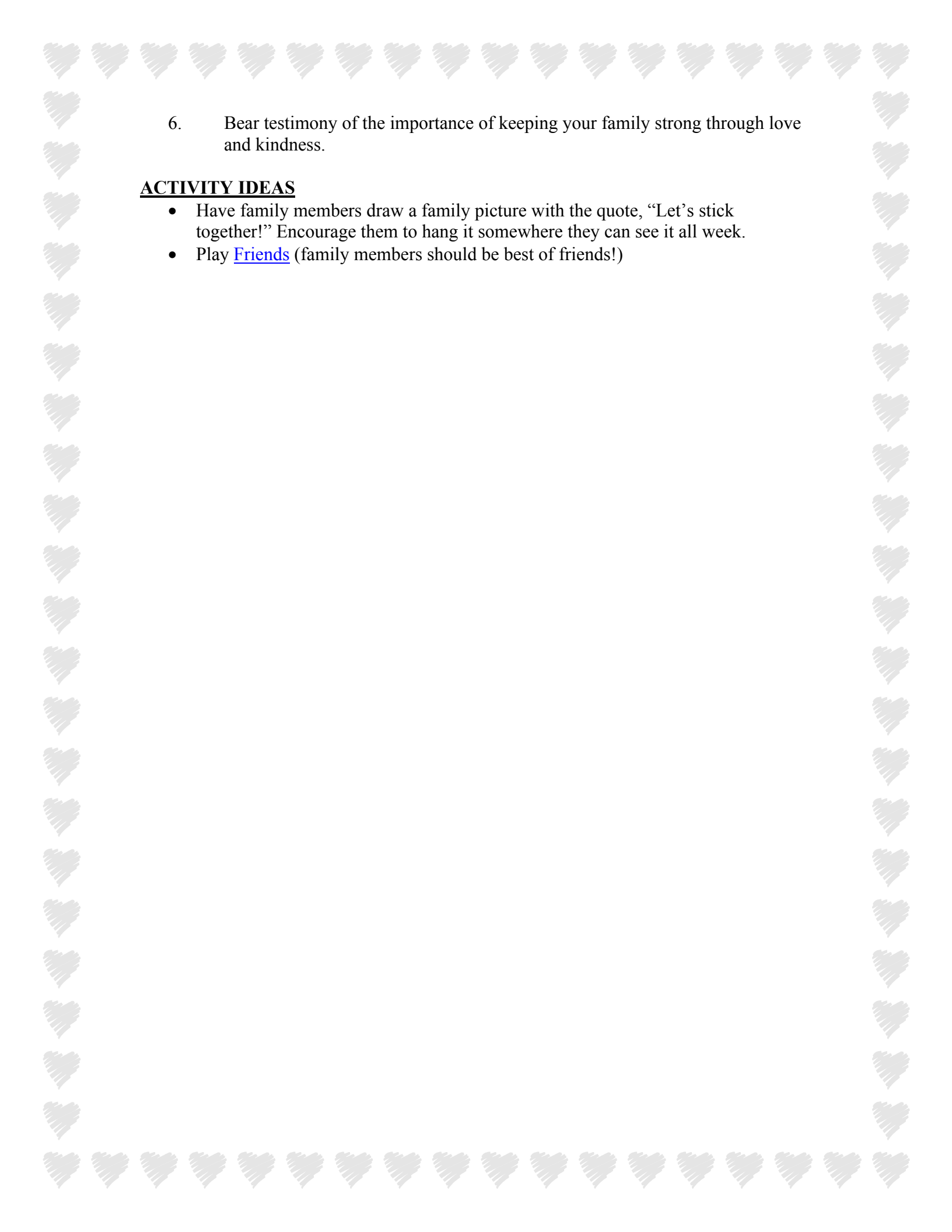


SUGGESTED SONGS

- “Love Is Spoken Here” page 190 in the *Children’s Songbook*
- “Home” page 192 in the *Children’s Songbook*

LESSON

1. Give everyone in the family a small stick. Ask someone to break a stick in half (the stick should be thin enough for someone to break).
2. Gather all of the sticks and put a string/rubber band around them. Give the sticks to someone in the family. Ask if he/she can break the sticks now that they are together (the sticks should be difficult to break as a group).
 - a. Ask, “How are those sticks like our family?” (When we ‘stick’ together we are stronger!)
 - b. Ask, “What could the rubber band represent?” (Love, temple sealing)
3. Share the following quote by President Spencer W. Kimball: “It is against the home and family life that Satan has aimed his greatest efforts to destroy” (*My Beloved Sisters*, p.27).
 - a. Ask, “Why do you think Satan is so determined to destroy families?”
 - b. Help your family understand that if Satan can destroy a family it makes it easier for him to ‘break’ and destroy the individuals one by one.
4. Invite the family to name things families can do to keep strongly united.
 - a. Family prayer
 - b. Family home evening
 - c. Family scripture study
 - d. Attending church together
 - e. Helping and serving each other
 - f. Avoid fighting and arguing
5. Read Mosiah 4:14 as a family.
 - a. You may want to share the following story, [The List](#)

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6. Bear testimony of the importance of keeping your family strong through love and kindness.

ACTIVITY IDEAS

- Have family members draw a family picture with the quote, “Let’s stick together!” Encourage them to hang it somewhere they can see it all week.
- Play [Friends](#) (family members should be best of friends!)