



Funtastic Family Home Evenings
Easy to Prepare! Fun to Share!



CLEAN SPEECH

PURPOSE

- To help family members better understand the importance of using clean speech

MATERIALS

- Scriptures

SUGGESTED SONG

- “[Love Is Spoken Here](#)” *Children’s Songbook*, p. 190

LESSON IDEAS

1. The apostle James said there is a part of the body that is the most difficult to control. Ask your family if they can guess which part of the body James was referring to.
 - a. Invite your family to discover the answer as they read James 3:1-10.
2. Ask, “Which of the Ten Commandments has to do with our tongue?” (Thou shalt not take the name of the Lord thy God in vain.)
 - a. You may want to read and discuss Alma 12:14 with your family
3. Consider sharing one of the stories below:
 - a. “Thou Shalt Not Take the Name of God in Vain” (below)
 - b. “[He Is My Savior Too](#)”
4. You may wish to share the following quote from President Gordon B. Hinckley. Point out what he suggests for overcoming a profanity habit:

If you have the habit, how do you break it? You begin by making a decision to change. The next time you are prone to use words you know to be wrong, simply stop. Keep quiet or say what you have to say in a different way. As you practice such restraint, it will become easy.

Remember that it is the same voice which prays to the Lord on the one hand which, on the other hand, may be [tempted] to speak language foul and filthy.

Don’t swear. Don’t profane. Avoid so-called dirty jokes. Stay away from conversation that is sprinkled with foul and filthy words. You will be happier if you do so, and your example will give strength to others (*Friend*, November 2004).

5. Ask your family, “What are some of the things we can do when someone around us uses profanity?”
 - a. Watch the video, [No Cussing Club](#) and discuss what McKay did to influence his friends.

6. Testify of the importance of keeping our language clean and wholesome.

ACTIVITY

- Your family may enjoy having a ‘tongue competition’ to see who can say tongue twisters the fastest with the fewest mistakes: [Tongue Twisters](#)
- Younger children may enjoy helping a [Chameleon](#) catch bugs with his tongue.

Thou Shalt Not Take the Name of God in Vain

By President Gordon B. Hinckley

“When I was a small boy in the first grade, I experienced what I thought was a rather tough day at school. I came home, walked in the house, threw my book on the kitchen table, and let forth an expletive that included the name of the Lord.

“My mother was shocked. She told me quietly, but firmly, how wrong I was. She told me that I could not have words of that kind coming out of my mouth. She led me by the hand into the bathroom, where she took from the shelf a clean washcloth, put it under the faucet, and then generously coated it with soap. She said, ‘We’ll have to wash out your mouth.’ She told me to open it, and I did so reluctantly. Then she rubbed the soapy washcloth around my tongue and teeth. I sputtered and fumed and felt like swearing again, but I didn’t. I rinsed and rinsed my mouth, but it was a long while before the soapy taste was gone. In fact, whenever I think of that experience, I can still taste the soap. The lesson was worthwhile. I think I can say that I have tried to avoid using the name of the Lord in vain since that day. I am grateful for that lesson” (*Ensign*, November 1987, 46).