



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

## EXPERIMENTS IN HAPPINESS

(Ages ~8 and older)

### PURPOSE

- To help family members discover the peace and happiness that comes from living the teachings of Jesus Christ

### MATERIALS

- Scriptures for family members
- Print or show pictures below
- String and materials for bracelet, if desired



### SUGGESTED SONG

- “[Redeemer of Israel](#)” #6 in *Hymns*

### LESSON IDEAS

1. Share the following short story with your family. Show each of the pictures (available at the end of lesson) as you tell the story:

There once was a young man who was often unhappy and who felt that something was missing from his life. One day a friend came to him and gave him a small pamphlet. The friend encouraged him to read it and told him that it might help him find what he was looking for. The young man opened the pamphlet and began to read.

(Show picture #1) On the first page he saw a cartoon of a sad boy. The boy reminded him of himself. Underneath the cartoon he read the words: “In everyone’s life there is a hole. And the hole can’t be filled with . . .”

(Show picture #2) “. . . MONEY”

(Show picture #3) “. . . or DRUGS and ALCOHOL”

(Show picture #4) “. . . or IMMORALITY”

(Show picture #5) “. . . but only JESUS!

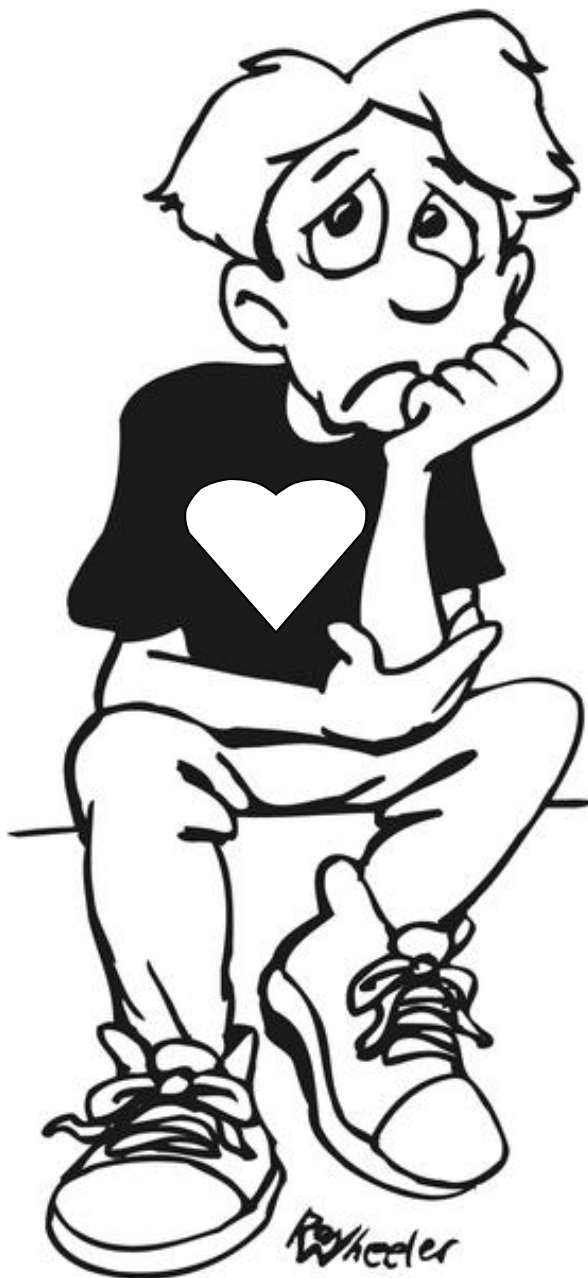
The young man closed the pamphlet and thought about what he had read. He believed in Jesus but wasn’t sure that living His teachings would make him any happier.

He decided to try an experiment. For 30 days he would try to live the teachings of Jesus and see if it made him any happier. What he discovered in those 30 days changed his life. He came to know that the teachings of Jesus bring us peace and happiness.

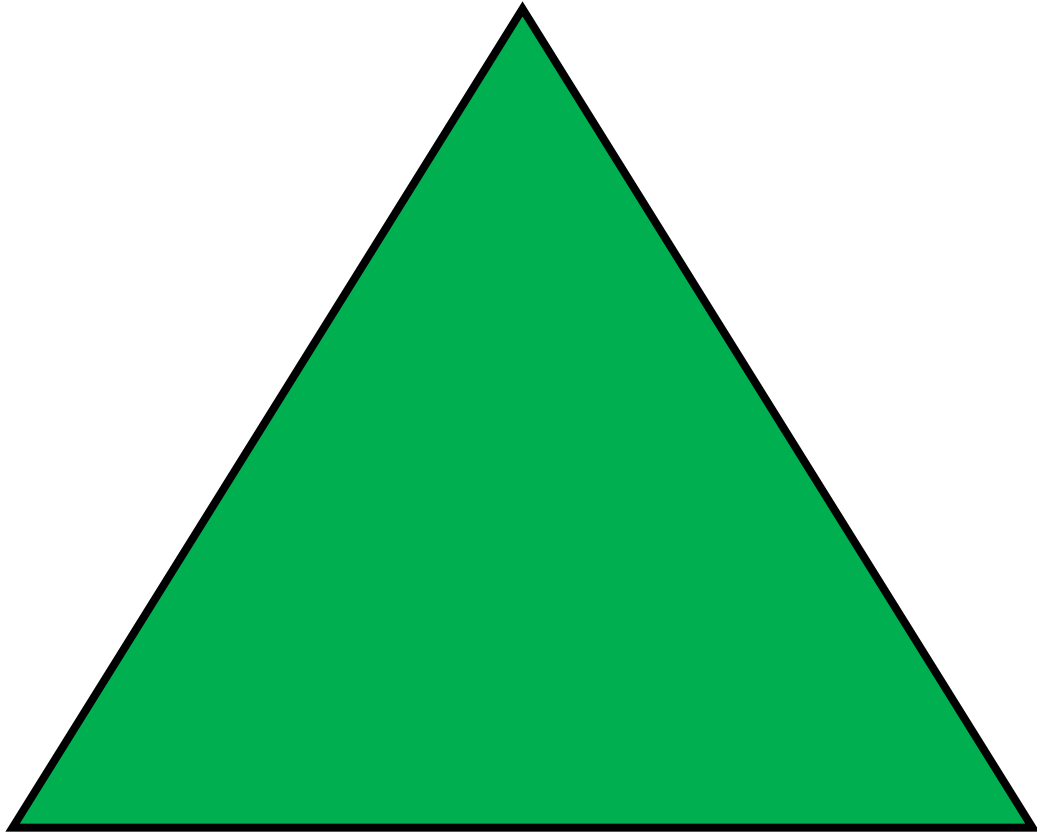
2. Explain that Jesus has invited everyone to put His teachings to the test.
  - a. Read John 7:17 as a family
3. Tell your family that they are going to watch a true story about another young man who put the Savior's challenge to the test.
  - a. Show [Two Brothers Apart](#) (6 minutes)
  - b. Ask your family, "What changed in the life of Sam to make him happier?" (Sam repented and started living the teachings of Jesus Christ)
4. Explain to your family that during the next 30 days they will have the opportunity to try an "experiment in happiness" – to see whether the teachings of Jesus Christ help them feel greater happiness.
  - a. Invite them to think of one of the teachings of Jesus they would like to put to the test for the next 30 days (e.g. prayer, service, scripture reading, tithing, keeping the Sabbath day holy, etc.)
  - b. Note: Many people find it very helpful to make a string bracelet to wear during the 30 days to remind them daily of their experiment. See ACTIVITY below for videos on how to make string bracelets.
5. Show video, [Live Like You Believe](#) (5 minutes)
6. Testify that the thing Heavenly Father and our Savior want most for us is to be happy. The more we live the teachings of Jesus Christ that happier we will be.

#### ACTIVITY

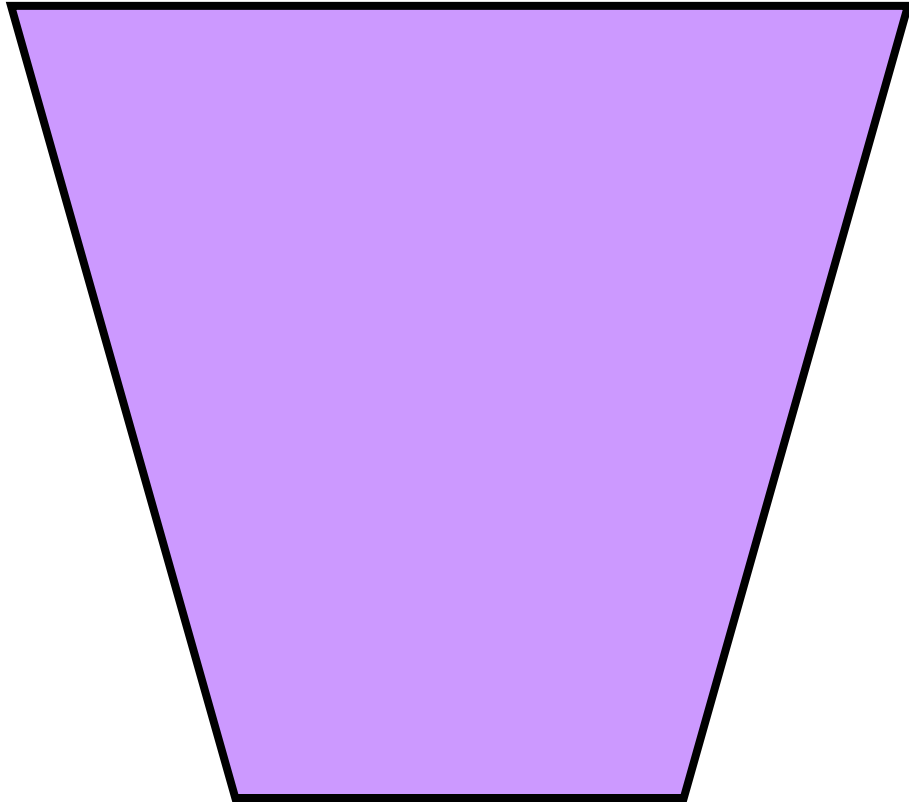
- Watch these videos to learn how to make fun string bracelets:
  - [How to Make a Simple String Bracelet](#)
  - [How to Make a Fancier String Bracelet](#)



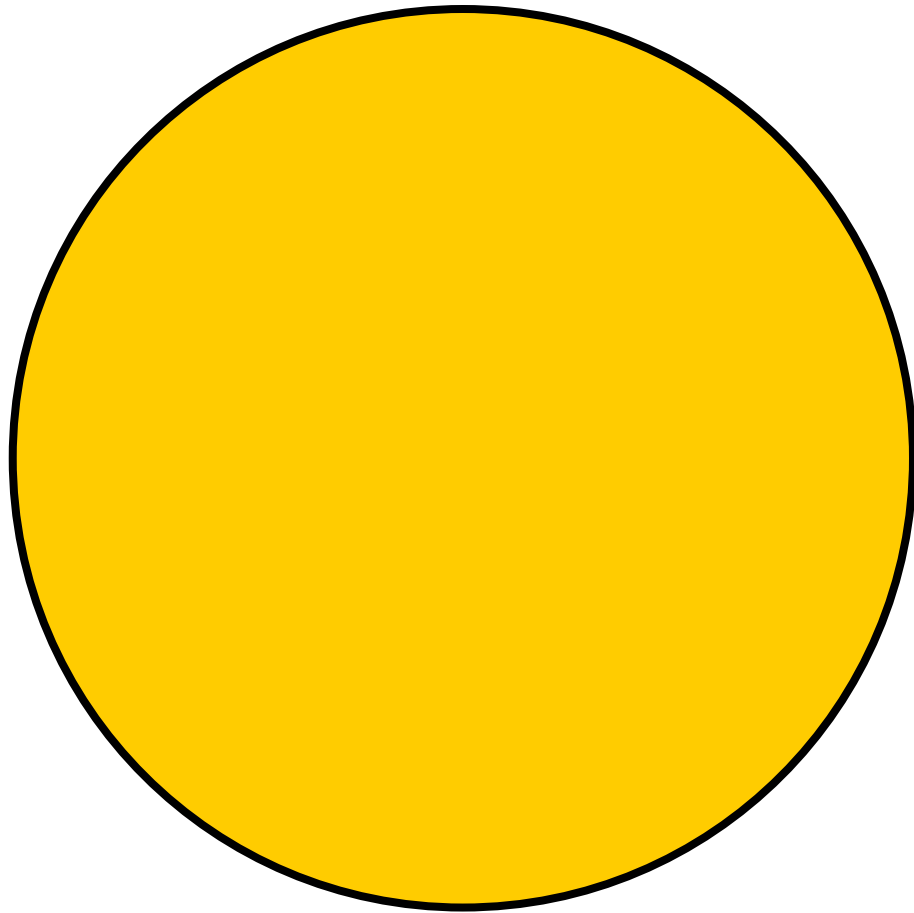
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is a hole. And the hole  
can't be filled with . . .**



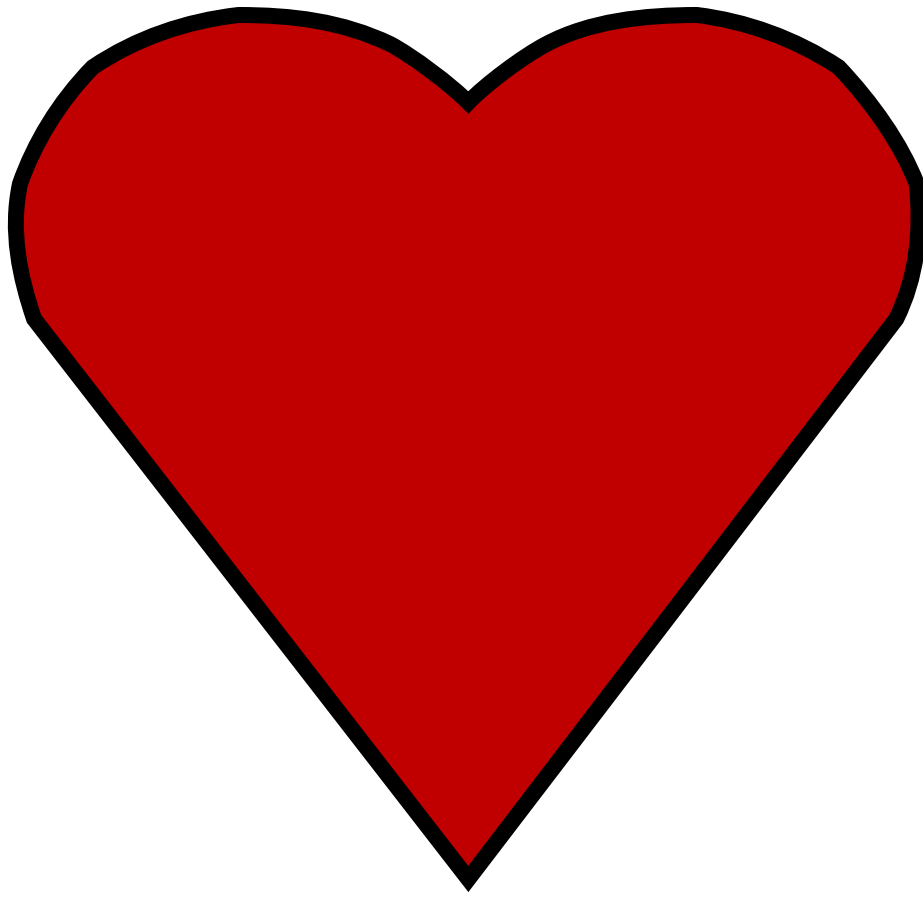
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**... but only  
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