



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



FOLLOW THE RECIPE!

(Ages ~5 and older)

PURPOSE

To help family members better understand the importance of following the Lord's 'recipe' for happiness

MATERIALS

- Ingredients for cookies (or a cake)
- A recipe for cookies (or a cake)
- Pre-baked cookies (or cake)
- Scriptures

SONG SUGGESTION

- Music video: "[I Will Follow God's Plan](#)" page 164 in the *Children's Songbook*

LESSON IDEAS

1. Explain that the family will have the opportunity to make cookies (or a cake). Explain that no one will be allowed to use a recipe. (Mom might give a few hints, but avoid helping them be too successful!)
2. Begin making the cookies. Allow family members to:
 - a. Decide on needed ingredients and add them to a bowl
 - b. Determine a temperature for baking and set the temperature
 - c. Pick an amount of time for cooking and set the timer
 - d. Put the cookies in the oven
3. While the cookies are baking, you may want to discuss the following:
 - a. How hard is it not to have a recipe?
 - b. Did everyone agree on the ingredients, the baking temperature and baking time?
4. Bring out the pre-baked cookies.
 - a. Hold up the recipe.
 - b. Tell them how easy it was to make when you used the recipe.
5. Explain that there is something much important than making cookies. It is finding true happiness!
 - a. Help family members understand that many people struggle finding happiness because they don't have the 'recipe'.
 - b. Ask, "Where can we find Heavenly Father's recipe for happiness?"

6. Hold up a set of scriptures. Testify that Heavenly Father loves us and wants us to be happy so He put the recipe for happiness in the scriptures. You may want to share the following quote:
 - a. President Gordon B. Hinckley: “The way of the Lord is the way of happiness. ‘Wickedness never was happiness’ [Alma 41:10]. Transgression never was happiness. Sin never was happiness. Disobedience never was happiness. The way of happiness is following the way of the Lord. I believe this with all my heart” (*Ensign*, Aug. 1997, 3).
 - b. Testify that happiness is easy when we follow the instructions He has given us.
7. When the baking is finished allow families members to taste the difference between the cookies!

ACTIVITY IDEAS

- Have younger children color the posters below to hang in their room.
- Many people are seeking to find happiness. Play “[Seek and Find](#)” games on LDS.org.
- Make another cake or batch of cookies following the recipe.



*I will follow Heavenly Father's
recipe for happiness!*



*I will follow Heavenly Father's
recipe for happiness!*



*I will follow Heavenly Father's
recipe for happiness!*