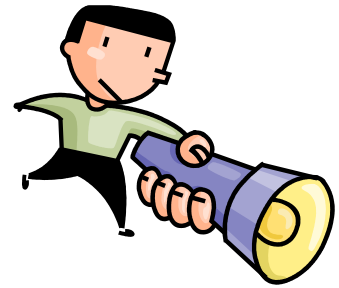




Funtastic Family Home Evenings  
*Easy to Prepare! Fun to Share!*



## HOLD UP YOUR LIGHT

(Ages ~5 and older)

### PURPOSE

To encourage family members to be examples of Christ to those around them

### MATERIALS

- Scriptures
- A flashlight
- A paper and pencil for each family member

### SONG SUGGESTION

- [“Jesus Once Was a Little Child”](#) page 55 in *Children’s Songbook*

### LESSON IDEAS

1. Prior to the lesson:
  - a. Turn the flashlight on and hide it somewhere in the room where the light is bright enough that the family will not notice that the flashlight is on.
2. Tell your family that you have hidden a flashlight somewhere in the room. Ask them to see if they can see where it is without getting up from where they are sitting.
3. Have a family member turn out the lights in the room.
  - a. Ask your family to see if they now can see where the flashlight is.
  - b. Ask, “Why were you able to see it much more easily with the lights turned off?”
4. Explain to your family that we are living in a world that is becoming darker. As the world darkens, our examples will become much brighter to those around us.
5. Read 3 Nephi 18:24 as a family.
  - a. Ask, “What is the Savior asking us to do?”
  - b. Ask, “What is the light we are to hold up?”
  - c. Ask, “How do we hold up that light?” (By doing the things Jesus would do)
6. You may want to share one of the following and discuss how each person held up the light of the Savior:
  - a. Video, [Pass It On](#)
  - b. Story, [Trying to Be Like Jesus](#) (for younger children)
  - c. Story, [The Snob](#) (for older children)
7. Testify of the importance of being a light to those around us. Challenge each family member to write down (or draw) one thing he/she can do this week to hold up the light of the Savior.

### ACTIVITY IDEAS

- Play, “Can You See It?” (Can be played indoors or outside in the dark)
  1. Select 5 objects that can be easily recognized (for example: a teddy bear, a book, a hat, a glove, etc.)
  2. Show the 5 objects to your family and explain that they will be timed to see how quickly they can spot the 5 objects in the dark using the flashlight.
  3. Have all family members leave. Hide each object.
  4. If inside, turn off the lights.
  5. One by one, give each family member the flashlight and see how long it takes to find all 5 objects. (Older children can help younger ones by hinting “warmer” or “colder”)
  6. The player with the fastest time could be the one who serves the treats.
- Younger children may enjoy playing this [Hidden Picture](#)