



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

THE HOLY GHOST IS A COMFORTER

(Ages ~7 and older)

PURPOSE

To help family members understand that one of the roles of the Holy Ghost is to bring peace and comfort to us during times of sorrow or discouragement.

MATERIALS

- Scriptures
- A blanket

SONG SUGGESTION

- [“The Holy Ghost”](#) page 105 in *Children’s Songbook*



LESSON IDEAS

1. Hold up a blanket and ask a family member how the blanket can be compared to the Holy Ghost.
2. Help your family understand that our Heavenly Father knew we would experience times of sorrow and discouragement while we are here on earth. Because He loves us He provides His obedient children with comfort of the Holy Ghost.
 - a. Read John 14:15-17 to your family.
3. You may want to do one of the following activities to invite the Spirit and then ask your family if they feel the peace the Comforter brings:
 - a. Sing a hymn together
 - b. Listen to peaceful music
 - c. Share an experience when the Holy Ghost provided comfort for you in a time of sorrow or discouragement.
4. President James E. Faust:
 - a. “In the marvelous experience of Brigham Young in February of 1847, when the Prophet Joseph appeared to him in a dream or vision, Brigham pleaded to be reunited with the Prophet. Brigham Young asked the Prophet if he had a message for the Brethren. The Prophet said: ‘Tell the people to be humble and faithful, and be sure to keep the spirit of the Lord and it will lead them right. Be careful and not turn away the small still voice; it will teach you what to do and where to go; it will yield the fruits of the kingdom. Tell the brethren to keep their hearts open to conviction, so that when the Holy Ghost comes to them, their hearts will be ready to receive it.’

“The Prophet further directed Brigham Young as follows: ‘They can tell the Spirit of the Lord from all other spirits; it will whisper peace and joy to their souls; it will take malice, hatred, strife and all evil from their hearts; and their whole desire will be to do good, bring forth righteousness and build up the kingdom of God’” (*Ensign*, April 1996, 6).

5. You may want to share one of the following:
 - a. Story, [The Comforter](#) (for younger children)
 - b. Mormon Channel, [The Holy Ghost](#)
 - c. Story (below) by President James E. Faust (for older children)
6. Testify that Heavenly Father loves us and if we are striving to be faithful He will send the Holy Ghost to comfort us in times of sorrow or discouragement.

ACTIVITY IDEAS

- Since the Holy Ghost speaks to us with a “still, small voice” your family may enjoy playing *The Chinese Whisper Game*.
 1. The first person in the family decides on a long sentence to whisper to the second person. The second person whispers the same sentence (as best he/she can remember) to the third person.
 2. The last person then says out loud what he/she heard. It is often MUCH different from what the first person said.
 3. Here is a [video](#) that demonstrates the fun of Chinese Whispering.

The Shield of Faith

By President James E. Faust

At Haun's Mill, a heroic pioneer woman, Amanda Smith, learned by faith how to do something beyond her abilities and the scientific knowledge of her time. On that terrible day in 1838, as the firing ceased and the mobsters left, she returned to the mill and saw her eldest son, Willard, carrying his seven-year-old brother, Alma. She cried, "Oh! my Alma is dead!"

"No, mother," he said, "I think Alma is not dead. But father and brother Sardius are [dead]!" But there was no time for tears now. Alma's entire hipbone was shot away. Amanda later recalled:

"Flesh, hip bone, joint and all had been ploughed out. ... We laid little Alma on a bed in our tent and I examined the wound. It was a ghastly sight. I knew not what to do. ... Yet was I there, all that long, dreadful night, with my dead and my wounded, and none but God as our physician and help. 'Oh my Heavenly Father,' I cried, 'what shall I do? Thou seest my poor wounded boy and knowest my inexperience. Oh, Heavenly Father, direct me what to do!' And then I was directed as by a voice speaking to me.

"... Our fire was still smouldering. ... I was directed to take ... ashes and make a lye and put a cloth saturated with it right into the wound. ... Again and again I saturated the cloth and put it into the hole ... , and each time mashed flesh and splinters of bone came away with the cloth; and the wound became as white as chicken's flesh.

"Having done as directed I again prayed to the Lord and was again instructed as distinctly as though a physician had been standing by speaking to me. Nearby was a slippery-elm tree. From this I was told to make a ... poultice and fill the wound with it. ... The poultice was made, and the wound, which took fully a quarter of a yard of linen to cover, ... was properly dressed. ...

"I removed the wounded boy to a house ... and dressed his hip; the Lord directing me as before. I was reminded that in my husband's trunk there was a bottle of balsam. This I poured into the wound, greatly soothing Alma's pain.

" 'Alma my child,' I said, 'you believe that the Lord made your hip?'

" 'Yes, mother.'

" 'Well, the Lord can make something there in the place of your hip, don't you believe he can, Alma?'

" 'Do you think that the Lord can, mother?' inquired the child, in his simplicity.

" 'Yes, my son,' I replied, 'he has showed it all to me in a vision.'

"Then I laid him comfortably on his face, and said: 'Now you lay like that, and don't move, and the Lord will make you another hip.'

"So Alma laid on his face for five weeks, until he was entirely recovered—a flexible gristle having grown in place of the missing joint and socket, which remains to this day a marvel to physicians. ...

"It is now nearly forty years ago, but Alma has never been the least crippled during his life, and he has traveled quite a long period of the time as a missionary of the gospel and [is] a living miracle of the power of God" (excerpt from *Ensign*, May 2000, 17).