



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

JOURNALS AND REMEMBERING

(Ages ~8 and older)

PURPOSE

To help family members better understand the importance of keeping a journal

MATERIALS

- Scriptures

SONG SUGGESTION

- [“Count Your Blessings”](#) #241 in *Hymns*



LESSON IDEAS

1. Ask your family what they think the most important word in the dictionary is. Allow them to discuss it.
 - a. Explain that you are going to tell them of a special miracle in the Old Testament that might help them guess the very important word.
2. Tell your family about the miracle when Joshua and the children of Israel crossed the Jordan River on dry ground. Explain that a member of each tribe was asked to do something important while the water was still parted.
 - a. Read Joshua 4:1-7 (or tell in your own words)
 - b. Ask, “Why were the people commanded to select 12 stones?” (To help them remember God’s miracle)
3. Share the following quote:
 - a. Elder Spencer W. Kimball: “When you look in the dictionary for the most important word, do you know what it is? It could be ‘remember’. Because all of you have made covenants – you know what to do and you know how to do it – our greatest need is to remember” (*Circles of Exaltation*, 28 June 1968).
4. Explain that one of the things we can do to remember our blessings is to write in a journal. You may want to read or share ideas from the following articles:
 - a. [Count Your Blessings](#)
 - b. [A Journal Called Lucy](#)
 - c. [Keeping a Journal: Ten Techniques](#)
5. Testify of the value of remembering our blessings by writing in a journal.
 - a. Encourage family members to set aside time each Sabbath for writing about (or drawing) special things that have taken place during the week. Younger children can dictate to an older child or parent.

ACTIVITY IDEAS

- Share a special passage from your journal or a journal of an ancestor.
- Pass out a sheet of paper and have everyone write about (or draw) a special experience/memory. Discuss what each family member wrote (or drew).
- Purchase a journal for each family member.
- Make a simple journal using ideas from [this video](#).
- Have a [journal making party](#).

Image courtesy of InspireGraphics.com