



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



## Looking for Heroes

(Ages ~ 6 and older)

### PURPOSE

- To help family members better understand:
  - The Lord's definition of a hero is different from the world's definition of a hero
  - Those who keep the commandments and serve others are heroes in the Lord's eyes

### MATERIALS

- Scriptures for everyone

### SUGGESTED SONG

- ["A Poor Wayfaring Man of Grief"](#) #29 in *Hymns*

### LESSON IDEAS

1. Ask each family member who their favorite super hero is and why.
2. Ask each family member who their favorite scripture hero is and why. (To make family members think deeper tell them they cannot use Jesus as one of their heroes.)
3. Explain that the world considers super heroes as people who have super powers, special outfits and fight bad guys. A hero in the Lord's eyes are those who are faithful in keeping the commandments and serving others.
  - a. Discuss the things that made the man in the hymn, *Poor Wayfaring Man of Grief*, a hero to the Lord.
4. Invite your family to read Alma 48:11-17 and watch for things that made Captain Moroni a hero.
  - a. You may want to show the video, [Firm in the Faith](#) (14 min). In this video a grandfather uses Captain Moroni as an example of a true hero for his grandson.
5. Explain that there are heroes all around us in our everyday lives. Share with your family one or more of the stories below. Discuss what made them heroes.
6. Testify that each of us can be a hero by keeping the commandments and serving others.

### ACTIVITY IDEA

- Your family may enjoy playing some of the free "super hero" online games at [MarvelKids.com](http://MarvelKids.com).

### **“No Crown Is Worth It”**

The modesty Katie Millar demonstrated in winning Miss Utah 2006 started long before she entered the pageant. Katie was raised in a Latter-day Saint home where modesty was taught and practiced. That modesty was apparent in what Katie wore to school, at school dances and in competitions. She and her mother teamed together to sew modest prom dresses and costumes.

Being Miss Utah gave Katie the opportunity to compete for Miss America. And while many in Utah may appreciate the concept of modesty, it is certainly not promoted in the national competition.

When Katie began to select clothing for the pageant she was plainly told that her modesty would cost her the chance for victory. Designers strongly encouraged her to choose differently. But Katie was determined to prove that a person can and should be modest even on a national stage.

Katie made it as one of the top 10 finalists. In the final competition contestants were asked to select and wear an evening gown and a swimsuit. Not only was her gown modest, but Katie was the only one to walk onstage in a one-piece swimsuit.

After the competition Katie was surprised when a fellow Utahn approached her and criticized her for her modesty. “You were our one chance for Miss America and you blew it,” he told Katie.

“I’m sorry, sir,” she replied, “I can’t change who I am. I guess no crown is worth it” (see *Church News*, Saturday, January 26, 2008).

## Gulp!

By Rand Packer

When I was 14, I went camping with some friends. As we sat in a circle talking, one of the guys reached into his pack and pulled out a can of beer. Everyone went silent as he popped the lid and held it high above his head. “If any of you are men,” he bellowed, “you’ll have a drink with me.” Tilting the can to his lips, he took a large swallow.

All the eyes were on the can as the boy next to him received it in his waiting hand. He didn’t hesitate. He took a swig with great bravado in front of us all. The can moved to the next boy in the circle.

As it moved in my direction, my mind searched for a quick solution, a cool response that would rescue me. I knew what was right and wrong. I knew what the Word of Wisdom said. I knew how seven-year-old Joseph Smith refused any liquor to dull the pain of the operation on his leg.

These things raced through my mind as the can found its way to the third boy. He had not come to be tempted. He thought he was just going camping. As he held the can, I could sense the frantic debate going on in his mind. All eyes were upon him, staring, seeming to demand that he drink as the others had. I could almost hear his cries pleading for his mother to come save him, but she was nowhere to be found. Try as he did, he could not handle the pressure. He took a drink and hurriedly passed the can to my friend—my example—Rick.

My heart was pounding as I realized that I was the next one in the circle to receive the can. I didn’t know how I was going to get out of this one. I imagined that if I didn’t take a drink, they would bury me up to my neck in the hills somewhere and let the ants crawl through my nose and ears. “Rick,” I thought to myself, “if you take one sip of that, I’m going to slug you.”

Rick held the can. He looked at me, and I looked at him. We then both looked at the can he was holding and up at the dozen other faces waiting anxiously.

For a moment, Rick just stared at the can. Then he casually put it down, reached into his pack, and fished around until he found what he was looking for. He raised a purple can into the air for all to see.

“If any of you are men,” Rick yelled, “you’ll have a drink of grape soda with me!” Rick popped the lid, brought the can to his lips, and tilted his head back dramatically as he drank from it. Then he passed it back in the direction from which the beer had come.

The kid next to Rick found himself holding the soda now. Everyone was staring at him. He gladly drank some and passed it on. As they were enjoying the grape soda, Rick grabbed the beer can and threw it as far as he could. The can, frothing at one end as it twirled in the air, dropped into the gully below.

It takes just one person to stand up for what’s right, to stop the darkness from creeping in. Just as one bulb can light a dark room, so can one person chase away the adversary. I’ll always remember Rick for the light he turned on for us all (*New Era*, July 2004, 26).

## **I Won't Play on Sunday**

Aleisha Cramer Rose began playing soccer when she was 6 years old. At 16 she was playing on the U.S. women's national soccer team. She was later named the national high school player of the year and recruited by every national college soccer team. She finally settled on BYU where she became a two-year All-American.

During her college years she also played on the U.S. national team where her coach called her the "most impactful player" in women's college soccer. She was in training for the 2003 World Cup and the 2004 Olympic soccer team.

Then, at the age of 20, Aleisha quit the national team. Why? "There are games on Sundays," she said, "and I won't play on Sunday, no matter what."

Was the decision hard for her?

"If I had to do it over again I'd make the right decision. But when you make the right decisions it's still going to be hard. I was going to all these cool countries and now it's like I'm not going to do that anymore"<sup>1</sup>.

Does she have any regrets?

"Sure, it'd be so awesome to be like Mia Hamm or Michelle Akers and represent your country — I loved those things. ... I guess my standards are more important to me than being Mia Hamm. I'd rather follow what I believe. When you do what you feel is right, you have a peaceful feeling".<sup>2</sup>

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<sup>1</sup> *Church News*, November 30, 2002, 12

<sup>2</sup> [Soccer America](#), October 7, 2002, 14