



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

THE WORD OF WISDOM

(Ages ~5 to 12)

PURPOSE

To help family members better understand the importance of following the counsel found in the Word of Wisdom

MATERIALS

- Scriptures
- A copy of the pictures below

SUGGESTED SONG

- [“The Word of Wisdom”](#) *Children’s Songbook*, page 154



LESSON IDEAS

1. Explain that when Jesus Christ created the earth He made special food for all of His creatures to eat.
 - a. Show your children the pictures below and have them match the proper food with the correct animal.
2. Explain that Jesus Christ gave Joseph Smith a special revelation so we would know what kind of food is best for us to eat.
 - a. Read D&C 89:10-16 with your children and have them look for (or listen for) things that are best for man to eat.
 - b. Invite your children to read verses 7-9 and look for things we should not eat or drink. (Note: Latter-day prophets have taught that the term “hot drinks” refers to tea and coffee. See statement [here.](#))
 - c. Invite your family to look for the promises God makes to us if we follow His counsel (D&C 89:18-21).
3. You may want to share one or more the following:
 - a. Video: [The Word of Wisdom](#)
 - b. Story, [I Won't Drink Coffee!](#)
 - c. Several shorter stories, [Run and Not Be Weary](#)
4. Share experiences where living the Word of Wisdom has blessed your life. Bear testimony of the blessings that come when we follow the Word of Wisdom.

ACTIVITY

- Help your children make a loaf of bread with this [easy recipe](#).

