



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

## IN THIS THERE IS SAFETY

### PURPOSE

To help listeners understand that the commandments of our Heavenly Father keep us safe and happy

### MATERIALS

- A bicycle helmet or picture of boy riding his bike (below)



### LESSON IDEAS

1. Hold up the bicycle helmet and ask, “Why do parents want their children to wear safety gear?” Or hold up the picture (below) of the father helping his son ride his bike and ask, “Why does this father want his son to wear a bicycle helmet?” (Because parents love their children and want them to be safe)
2. Explain that our Heavenly Father loves us and has given us something to keep us safe while we are here on the earth – commandments.
3. Help listeners understand how keeping the commandments can keep us spiritually (and even physically) safe. Examples:
  - a. When we pray we can be safe from Satan’s temptations (D&C 10:5).
  - b. When we keep the Word of Wisdom we can be safe from things that hurt our bodies (D&C 89).
4. Testify that obeying Heavenly Father’s commandments keeps us safe and happy.

