



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

LET VIRTUE GARNISH THY THOUGHTS

PURPOSE

To help listeners understand:

1. How strongly our minds are influenced by what we allow ourselves to view
2. How important it is to protect our minds with virtuous thoughts



MATERIALS

- A paper with the words PEAR, APPLE, BANANA (below)
- A paper with the words COWBOY, HORSE, SADDLE (below)
- A paper with the words LUST, PORNOGRAPHY, IMMORALITY (below)
- A paper with the partial word R _ PE in large letters (below)
- A pencil and blank paper for each person

LESSON IDEAS

1. Give each person a piece of paper and pencil.
2. Divide the group into three different groups. Explain that you are going to show each group a different list of words while the other two groups close their eyes. Tell them that you will then show the entire group a partial word that they will need to complete.
3. Show group #1 the words PEAR, APPLE, BANANA while the other two groups close their eyes.
4. Show group #2 the words COWBOY, HORSE, SADDLE while the other two group close their eyes.
5. Show group #3 the words LUST, PORNOGRAPHY, IMMORALITY while the other two groups close their eyes.
6. Invite everyone to open their eyes. Show them the partial word R_PE and ask them to write on the paper the first word that comes to their minds.
7. Invite each group to show what they wrote. The first group will most likely write the word RIPE. The second group will most likely write the word ROPE. The third group will likely write the word RAPE. Ask them why they came up with such different answers.

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Thanks for being honest!

8. Show everyone the list of words that were shown to each group. Help listeners understand that what we allow ourselves to view strongly influences what we think.
9. You may want to share the following quote:
 - a. President Gordon B. Hinckley: “You live in a world of terrible temptations. Pornography, with its sleazy filth, sweeps over the earth like a horrible, engulfing tide. It is poison. Do not watch it or read it. It will destroy you if you do. It will take from you your self-respect. It will rob you of a sense of the beauties of life. It will tear you down and pull you into a slough of evil thoughts and possibly of evil actions. Stay away from it. Shun it as you would a foul disease, for it is just as deadly. Be virtuous in thought and in deed” (*Ensign*, Nov. 1997, 51).
10. Discuss things that are helpful in keeping thoughts protected with virtuous thoughts:
 - a. Singing or thinking a hymn
 - b. Memorizing a scripture
 - c. Saying a quiet prayer
 - d. Quickly avoiding things that are unwholesome or unclean
11. Testify of the peace, purity and power that come from protecting our thoughts with virtue.

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PEAR

APPLE

BANANA

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COWBOY

HORSE

SADDLE

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LUST

PORNOGRAPHY

IMMORALITY

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R _ PE

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