STRENGTH IN FAMILIES

PURPOSE
To help listeners better understand why Heavenly Father places us in families

MATERIALS
- A small stick (or popsicle stick) for each person
- A rubber band or string

LESSON
1. Give everyone a small stick. Ask someone to break a stick in half (the stick should be thin enough for someone to break).

2. Gather all of the sticks and put a rubber band or string around them. Give the sticks to someone. Ask if he/she can break the sticks now that they are together (the sticks should be difficult to break as a group).
   a. Ask, “How are those sticks like our family?” (When we ‘stick’ together we are stronger!)
   b. Ask, “What could the rubber band (or string) represent?” (Love, temple sealing)

3. Share the following quote by President Spencer W. Kimball: “It is against the home and family life that Satan has aimed his greatest efforts to destroy” (My Beloved Sisters, p.27).
   a. Ask, “Why do you think Satan is so determined to destroy families?”
   b. Help listeners understand that if Satan can destroy a family it makes it easier for him to ‘break’ and destroy the individuals one by one.

4. Discuss things families can do to keep strongly united.
   a. Family prayer
   b. Family home evening
   c. Family scripture study
   d. Attending church together
   e. Helping and serving each other
   f. Avoid fighting and arguing

5. Bear testimony of the importance of keeping your family strong through love, kindness and obedience.

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