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STREAMING

## The Family

### The Family: A Proclamation to the World

#### Objectives:

- Learn about the importance of families and the responsibilities of family members.

#### Reinforces Principles of:

- Family

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## Reverence Time

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**Song:** A Happy Family, Children's Songbook page 198

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/a-happy-family>

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**Scripture:** The Family: A Proclamation to the World (paragraph 7)

"Happiness in family life is most likely to be achieved when founded upon the teachings of the Lord Jesus Christ. Successful marriages and families are established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities."

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**Video:** Watch this week's clip from the Living Scriptures Streaming Library. Find the clip at <https://www.livingscriptures.com/fhe-lesson-family>

### Lesson

**Summary:** *The Family: A Proclamation to the World* is a document published by the Church of Jesus Christ of Latter-day Saints in 1995. It helps us to understand the importance of families and our duties as family members.

Heavenly Father created us in His image. He gave us bodies and He has a plan for us to live in families on earth and to be united as families eternally. Husbands and wives have a sacred responsibility to love and care for each other and their children. Families will be most happy if they live by the teachings of Jesus Christ.

We are warned not to abuse or neglect family members, and that the disintegration of the family will bring about the calamities foretold by prophets. We should do all we can to maintain and strengthen our families.

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### Quote:

*"We simply must have love and integrity and strong principles in our homes... We need to try harder to live the gospel in our family circles. Our homes deserve our most faithful commitments." Howard W. Hunter*

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**Questions:** Read *The Family: A Proclamation to the World*. What are some of the duties of fathers?

What are some of the duties of mothers?

What are the duties of extended families?

What can we do to be happy in our family?

**Description:** Make a jar of some of your favorite wholesome recreational activities that you can do as a family, and then choose one to do today!

**What you need:**

- A copy of the “Family Activity Jar” label and activity papers, tape, scissors, pen or pencil, and a clean empty jar, cup, or can.

**Preparation:**

1. Cut out the jar label. Tape it to your jar, cup, or can.
2. Set aside the activity papers to fill out together as a family. You’ll cut them apart when you’re finished.

**Activity:** Explain: One of the fun things we can do to build good family relationships is to participate in wholesome recreational activities. That means we should have fun together!

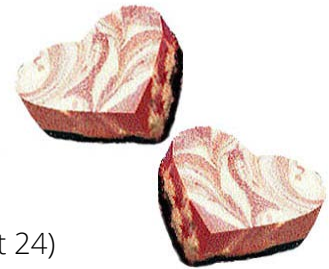
Ask: What are some of your favorite activities to do as a family?

Write answers on the activity paper strips. Activities can be free or have minimal cost. Examples include watching a wholesome movie together, playing ball together, playing a board game, putting together a jigsaw puzzle, going for a walk, making cookies, dancing to music, drawing or coloring pictures, etc. Be sure to include some that you can do on the sabbath day.

Cut apart the activity paper strips and put them in the jar. Draw out one to do today - and have fun together! Place your jar somewhere you can see it frequently and choose activities to do together often.



**Prep Time:** 50 minutes  
**Chill Time:** At least 1 hour



**Ingredients:** 2 cups finely crushed chocolate sandwich cookies (about 24)  
3 tablespoons butter or margarine, melted  
3 (8-ounce) packages cream cheese, softened  
1 (14-ounce) can sweetened condensed milk  
3 eggs  
2 teaspoons vanilla extract  
1/2 cup white chocolate chips  
5 drops red food coloring

**Instructions:** Preheat oven to 300 degrees. Combine cookie crumbs and butter; press firmly on bottom of 9x13 inch baking pan. With mixer, beat cream cheese in a large bowl until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs and vanilla; mix well. Pour half of the batter evenly over prepared crust.

Melt white chocolate chips in microwave for 30 seconds. Stir in food coloring. Heat for an additional 3 seconds and stir until completely melted. Stir melted chocolate chips into remaining batter; spoon over vanilla batter. With table knife or metal spatula, gently swirl chocolate batter through vanilla batter to marble. Bake 40 to 45 minutes or until set. Cool. Chill at least 1 hour.

Treat Time: Help children cut out individual servings with heart-shaped cookie cutter.

Optional: Share heart treats or recipe with grandparents or extended family members.