

Filling our

HOMES

with LIGHT

and TRUTH



a Family Home Evening lesson based on
Cheryl A. Esplin's April 2015 General Conference Talk
Created by Montserrat Wadsworth at CranialHiccups.com

Materials needed: 2 soda cans - one empty, one unopened; page labeled with "Our Home"; strips cut-out with suggested ways to fill our homes; copy of Sister Esplin's talk for older kids and teens; quotes from Sister Esplin, cut-out and ready to pass out; lesson outline; poster to hang as a reminder.

SONG: Teach Me to Walk in the Light, Children's Songbook pg.

OBJECT LESSON: Show both soda cans. Ask a volunteer to squeeze the empty can. Ask, "Why did the can collapse?" Talk about their observations. Ask a volunteer to squeeze the unopened can of soda. Ask, "Why didn't the can bend or collapse like the empty can?" (Answer: because it was filled)

LESSON: We can liken this demonstration to our individual lives and to our home and family. *Have someone read quote #1 by Sister Esplin.*

What can we do to fill our our home spiritually so we can be like the filled can and not collapse under pressure? *(Let everyone answer in their own way. Discuss each answer using quotes from Sister Esplin when appropriate. Some of the answers your family gives won't be covered by the paper strips but talk about them anyway or write them in on the blank strips.)*

Prayer: *Have someone read quote #2.* How does praying help us draw nearer to God? How does Heavenly Father answer our prayers? *Have someone read quote #3.*

Listen to the Holy Ghost: *Have someone read quote #4.* How do you know when the Holy Ghost is speaking to you? What does he teach us? What are we supposed to do when we receive a prompting from the Holy Ghost?

Strengthen each other: *Have someone read quote #5. Why did God give us families? How do we strengthen each other? What does Dad do to strengthen our family? What does Mom do to strengthen our family? What does _____ do to strengthen our family? (Ask the last question over and over naming each person in your family)*

Do we strengthen each other by just doing one thing and then we are done? No! We have to work at it all the time, day after day. We each have to do our part. Have someone read quote #6.

Scriptures: What is your favorite scripture story or verse? What does that verse or story teach you? How do the scriptures fill us with light and gospel truth?

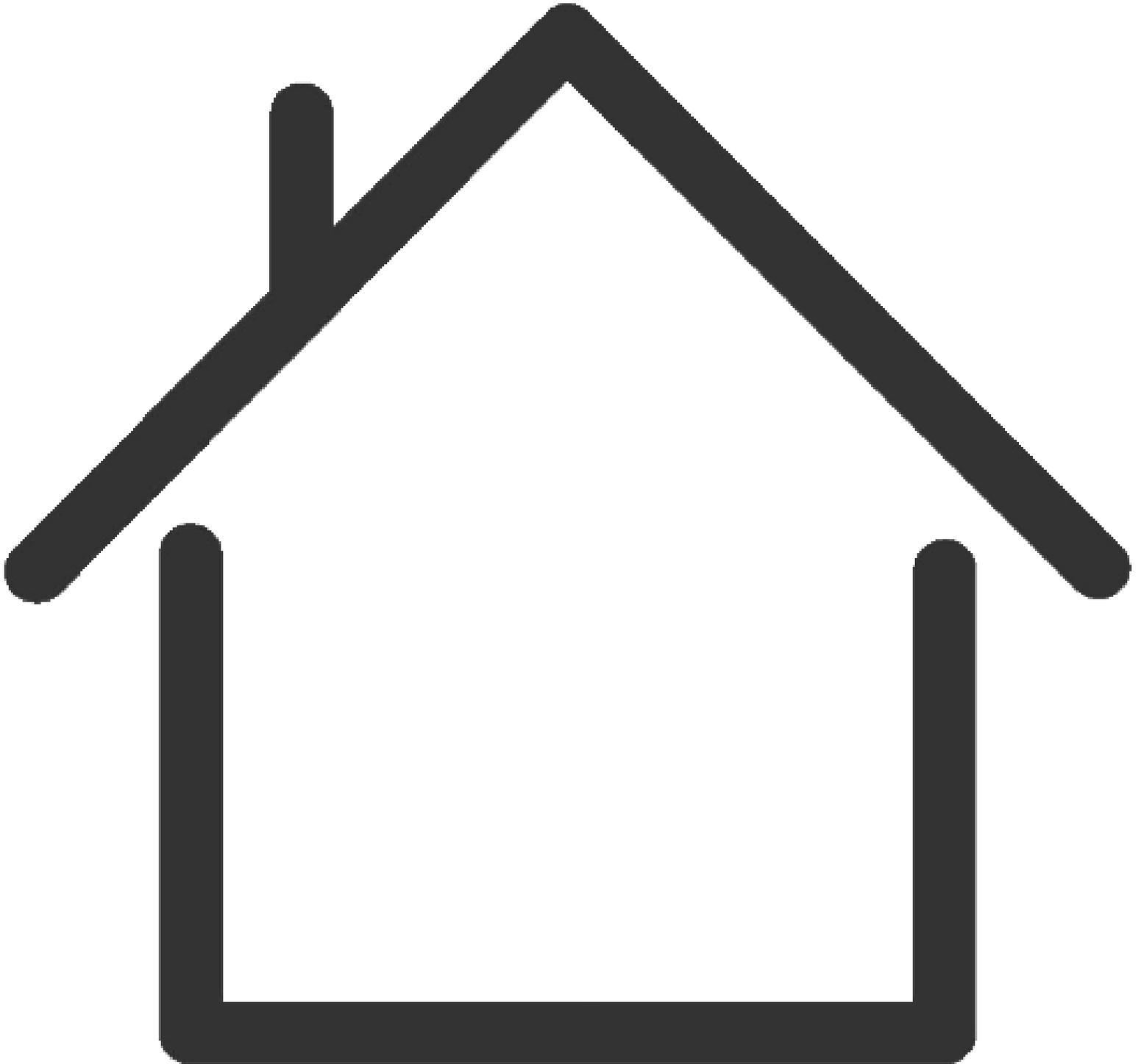
Study the Words of Living Prophets: *Have someone read quote #7. Where do we hear the words of the prophet and apostles? What do you remember about last General Conference? Where else can we find their words? Each issue of every church magazine - Ensign, The Friend, New Era, Liahona - have articles from one of the apostles or the Prophet.*

End the lesson by having someone read quote #8 and then bearing your testimony of what your family discussed tonight. Hang the posters up to remind your family what you learned. They are great quotes to memorize together!

For Older Kids and Teens: *Read the story about Elizabeth Staheli Walker and discuss what they can do to 'not bury their testimonies into the ground.'*

Dessert: Have ice cream floats with the soda from the cans you used in the object lesson. Vanilla ice cream goes great with all flavors of soda!

OUR HOME



PRAYER

SCRIPTURES

Study the words of
LIVING PROPHETS

**LISTEN to the
HOLY GHOST**

STRENGTHEN
each other

Quote #1

When filled with the Spirit and with gospel truth, we have the power to withstand the outside forces of the world that surround and push against us. However, if we are not filled spiritually, we don't have the inner strength to resist the outside pressures and can collapse when forces push against us.

Cheryl A. Esplin

Quote #2

Sister Esplin quoted President Uchtdorf who said,
"God cares about you. He will listen, and He will answer your personal questions. The answers to your prayers will come in His own way and in His own time, and therefore, you need to learn to listen to His voice."

Quote #3

"The Everlasting and Almighty God ... will speak to those who approach Him with a sincere heart and real intent.

"He will speak to them in dreams, visions, thoughts, and feelings."

President Dieter F. Uchtdorf

Quote #4

Many of us have been baptized and have received the gift of the Holy Ghost, whose role it is to reveal and teach the truth of all things. With the privilege of that gift comes the responsibility to seek truth, to live the truth we know, and to share and defend the truth.

Cheryl A. Esplin

Quote #5

One place where we best seek to be filled with light and truth is in our own homes. The words in the chorus of the song we heard remind us, "God gave us families to help us become what He wants us to be." Families are the Lord's workshop on earth to help us learn and live the gospel. We come into our families with a sacred duty to help strengthen each other spiritually.

Cheryl A. Esplin

Quote #6

Strong eternal families and Spirit-filled homes do not just happen. They take great effort, they take time, and they take each member of the family doing his or her part. Every home is different, but every home where even one individual seeks for truth can make a difference.

Cheryl A. Esplin

Quote #7

We are continually counseled to increase our spiritual knowledge through prayer and through studying and pondering the scriptures and the words of the living prophets.

Cheryl A. Esplin

Quote #8

As we fill our hearts and homes with the Savior's light and truth, we will have the inner strength to withstand in every circumstance.

Cheryl A. Esplin

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Cheryl A. Esplin