

the PREPAREDNESS *minute*

A MONTHLY FLIER

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Family Home Evening Kit Suggestions

- Scriptures
- Family Home Evening Resource Book
- Gospel Principles
- Hymns
- Gospel Art Picture Kit
- Church magazines
- New Era posters
- Church pamphlets and booklets
- Church Videos
- Lesson and activity supplies - paper, pen, crayons...

"We store lesson and activity materials in a handy kit. All you need is a container big enough to store your materials." Melodie Webb, Ensign, Feb. 2003.

✧ Spiritual Well-being ✧

"I, the Lord, am bound when ye do what I say; but when ye do not what I say, ye have no promise" (D&C 82:10).

We've focused the past 6 issues on our temporal well-being, now we'd like to dedicate this issue to our spiritual well-being. "Spiritual well-being includes worshiping God, studying the gospel, strengthening the family, receiving ordinances, and giving service." (Church Handbook of Instructions, Book 2, 255)

We're so blessed to live in these latter days, not only do we have a living Prophet today, we also have teachings of the Prophets, Apostles and Leaders of past generations which we can learn from. They are available to us in several different forms of media; printed in scriptures, magazines, newspapers, recorded on videos, access through websites (lds.org), CDs and more. Let's take advantage of the age in which we live and learn of Christ and

His teachings personally and with our families.

We are able to tackle life's daily trials when we are spiritually prepared. We need not wait for a trial to kick us back into gear. If we're both spiritually & temporally prepared we'll have all of the blessings we are promised and of course we won't fear or be afraid.

We've included some tips and a reading chart to help with your personal, family study & FHE. "Let us in humility and faith refresh our dedication and our commitment to follow the prophets, seers, and revelators in all diligence." (Ensign, Jul 2008)

The Emergency Preparedness Committee

Personal Experience

A couple of years ago, my husband and I wanted to help our children increase their appreciation for the scriptures. So we had them bring a blanket, pillow, and their own set of

scriptures to the living room. With snacks nearby, we made ourselves comfortable on the floor and spent an hour taking turns reading from the Book of Mormon. Our children are young, and I was surprised that even our toddler enjoyed the activ-

ity. Depending on your children's ages, you could use selections from Book of Mormon Stories or other illustrated scripture readers to help young learners.

LDS.org, by Jennifer Dale, Ensign, Jan 2006