

Follow the Recipe!

PURPOSE

To help listeners better understand the importance of following the Lord's 'recipe' for happiness

MATERIALS

- A recipe for cookies
- Pre-baked cookies (without using a recipe)
- Pre-baked cookies (using a recipe)
- A set of scriptures



LESSON IDEAS

1. Explain that you wanted to make cookies for the group but didn't have a recipe. Because of that you had to guess on:
 - a. The needed ingredients
 - b. The baking temperature
 - c. The baking time
2. Show them the cookies you baked without using a recipe (these should not look or taste good!) Ask if anyone would like to try one.
3. Explain that in life there is something much more important than making cookies. It is finding true happiness!
 - a. Help listeners understand that many people struggle in finding happiness because they don't have the 'recipe'.
 - b. Ask, "Where can we find Heavenly Father's recipe for happiness?"
 - c. Hold up a set of scriptures
4. Testify that Heavenly Father loves us and wants us to be happy so He put the recipe for happiness in the scriptures. You may want to share the following quote:
 - a. President Gordon B. Hinckley: "The way of the Lord is the way of happiness. 'Wickedness never was happiness' [Alma 41:10]. Transgression never was happiness. Sin never was happiness. Disobedience never was happiness. The way of happiness is following the way of the Lord. I believe this with all my heart" (*Ensign*, Aug. 1997, 3).
5. Bring out the pre-baked cookies you made using a recipe.
 - a. Hold up the recipe.
 - b. Tell them how easy it was to make when you used the recipe.
 - c. Allow the group to taste the difference between the cookies!
 - d. Testify that happiness is easy when we follow the our Father's recipe.