

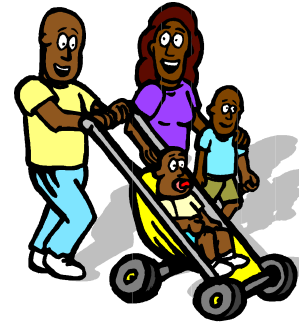
## Strength In Families

### 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.