
SMALL AND SIMPLE

JOURNAL

Daily family prayer, scripture study and weekly family home evening will strengthen family relationships, fortify family members' testimonies, and prepare family members to deal with life's challenges. This journal page is a tool to help us commit to, and reflect on these three things - prayer, scripture study and family home evening - in an effort to create good habits and keep a meaningful record for individuals and families of these "simple" things. *Alma 37:6-7*

PRAYER

"Let every family in this Church have prayer together. Now, it is important to have individual prayer, but it is a wonderful thing to have family prayer. Pray to your Father in Heaven in faith. Pray in the name of the Lord Jesus Christ. You can do nothing better for your children than to have them taking their turn in the family prayer, expressing gratitude for their blessings. If they do that while they are young, they will grow with a spirit of thanksgiving in their hearts" (President Gordon B. Hinckley, "Inspirational Thoughts," *Ensign*, Aug. 5, 1997).

STUDY

"I feel certain that if, in our homes, parents will read from the Book of Mormon prayerfully and regularly, both by themselves and with their children, the spirit of that great book will come to permeate our homes and all who dwell therein. The spirit of reverence will increase; mutual respect and consideration for each other will grow. The spirit of contention will depart. Parents will counsel their children in greater love and wisdom. Children will be more responsive and submissive to the counsel of their parents. Righteousness will increase. Faith, hope, and charity—the pure love of Christ—will abound in our homes and lives, bringing in their wake peace, joy, and happiness" (President Marion G. Romney of the First Presidency in Conference Report, Apr. 90, 1980; or *Ensign*, May 67, 1980).

F H E

The First Presidency wrote: "If the Saints obey this counsel (to hold regular Family Home Evening), we promise that great blessings will result. Love at home and obedience to parents will increase. Faith will be developed in the hearts of the youth of Israel, and they will gain power to combat the evil influence and temptations which beset them" (James R. Clark, comp., *Messages of the First Presidency of The Church of Jesus Christ of Latter-day Saints*, 6 vols. [4:339, 175-1965]).

Suggestions for journaling include recording name of family member that prayed, and/or specific things prayed for, or inspiration received. Note scripture references read that day that are significant, and feelings or goals that develop as a result of scripture study. Keep a record of Family Home Evening topics and happenings - memorable discussions, talents shared, activities, humorous moments, future planning, etc.

MONDAY

Morning Prayer

Evening Prayer

Scripture Study

F
H
E

Topic and Highlights

MONDAY Date:

Morning Prayer

Evening Prayer

Scripture Study

TUESDAY Date:

Morning Prayer

Evening Prayer

Scripture Study

WEDNESDAY Date:

Morning Prayer

Evening Prayer

Scripture Study

THURSDAY Date:

Morning Prayer

Evening Prayer

Scripture Study

FRIDAY Date:

Morning Prayer

Evening Prayer

Scripture Study

SATURDAY Date:

Morning Prayer

Evening Prayer

Scripture Study

SUNDAY Date:

Morning Prayer

Evening Prayer

Scripture Study

FFHE Topic and Highlights