



From November 1998 New Era

# Family Home Evening

## *Principles of the Gospel*

### LESSON 25

# Fasting

Opening Song:	Hymns # 138 <i>Bless Our Fast, We Pray</i> (see page 2)
Invocation (opening prayer)	
Praise Achievement	A moment of recognizing achievements and receiving enthusiastic support from each other.
Scripture	Doctrine & Covenants 88:76 (see page 2)
Picture	Mormonad - Fast Food (see page 4)
Lesson	Summarize Lesson 25 from the <i>Gospel Principles</i> manual
Memorize (for older children & adults)	3rd Nephi 27:1
Closing Song	Hymns # 138 <i>Bless Our Fast, We Pray</i> (see page 2)
Benediction (closing prayer)	
Refreshments	Caramel Popcorn Homes (see page 3)

**Nellis Manor Ward, North Las Vegas Nevada Stake**  
 Get other lessons from Family Home Evening: Principles of the Gospel series online at [www.SonsOfMoses.net](http://www.SonsOfMoses.net)

# Bless Our Fast, We Pray

Fervently ♩ = 76-96

1. On bend - ed knees, with bro - ken hearts, We come be - fore thee, Lord,  
 In se - cret and in o - pen prayer— Oh, wilt thou speak thy word?  
 Feed thou our souls, fill thou our hearts, And bless our fast, we pray,  
 That we may feel thy pres - ence here And feast with thee to - day.

Text: John Sears Tanner, b. 1950. © 1985 IRI  
 Music: James B. Welch, b. 1950. © 1985 IRI

Isaiah 58:6-11  
 Doctrine and Covenants 59:12-21

## Scripture

Also, I give unto you a commandment that ye shall continue in prayer and fasting from this time forth.

Doctrine & Covenants 88:76

# Caramel Popcorn Homes

Prep Time: 5 minutes

Cook Time: 10 minutes

Follow directions to make Caramel Corn. Then give each family member a handful of caramel corn to shape into a "Popcorn Home."

### Ingredients:

- 1 c. brown sugar
- 1 cube butter or margarine
- 1/4 c. white corn syrup
- 1 tsp. vanilla extract.
- 1/2 tsp. baking soda
- 1/2 tsp. salt (omit salt if using salted popcorn)
- 2 bags of microwave popcorn or 4 quarts of regular popped corn

### Treat Time:

Show your family the ingredients for the popcorn houses. Explain that each ingredient is important for the recipe to come together to make the yummy popcorn homes. Explain that each family member is like the ingredients. Each of us has our own strengths and talents. By ourselves we can do many things, but when we come together we can shape our house into a home and help prepare each other for eternal life.

### Directions:

Cook popcorn according to package directions. Pour into an extra large bowl. Remove any unpopped kernels. Place brown sugar, butter, corn syrup and vanilla in a 2 quart glass bowl. Microwave on high for three minutes. Remove from microwave oven and stir. Return to microwave and cook on high for an additional one and one half minutes.

Stir in baking soda (this is fun for children to watch the chemical change that takes place).

Pour over popcorn. Stir until popcorn is evenly coated.



(ldsfamilyfun.com/)

## Memorize

The disciples were gathered together and were united in mighty prayer and fasting.

3rd Nephi 27:1