

Come Follow Me FHE

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GO & DO Family Activity

Heavenly Father hears and answers my prayers.

Joseph Smith-History 1:13-14

As a family read and discuss Joseph Smith-History 1:13-14. When Joseph Smith was 14 years old his family lived near Palmyra, New York. At the time people in the area were excited about religion. There were many preachers of different churches that tried to convince people that other church's beliefs were wrong. Joseph went to different churches and became very confused. Joseph's mother, Lucy Mack Smith, and three of his siblings joined the Presbyterian Church, but Joseph wasn't confident it was Christ's true church. One day Joseph was studying in the Bible and read James 1:5 "If any of you lack wisdom, let him ask of God... and it shall be given him." Joseph felt the power of the Holy Ghost fill his heart telling him to ask God which church to join. Joseph decided to pray and ask God. Joseph Smith said he had never tried praying out loud before going to the Sacred Grove and he was nervous about going to pray.

As a family discuss these questions together:

- What does it look like when we pray?
- What does it sound like when we pray?
- What are some words we use when we pray?
- Who do we pray to?

Parents share a time when you have said a prayer out loud and a time when you have said a prayer in your heart. Share a time when your prayers were answered. Give your children the opportunity to share their experiences with prayer. Remind your family that Heavenly Father will always be there to help us. When we need His help, we can pray at any time and in any place. Heavenly Father wants us to pray to Him both out loud and silently.

As a family use the Prayer Pretzel recipe to make pretzels together. Share this popular legend with your family.

A popular legend tells us that a long time ago (around 610 BC) there was a kind monk who knew the importance of prayer. He created a very special treat for the children who memorized their prayers. The monk made soft bread dough into long strips and then folded them into special shapes before baking them. The simple shape of the pretzel is like a child with folded arms. He called them "preiola," which is Latin for "little rewards." Just like to little children in the story, we are reminded when we fold our arms and bow our heads in prayer to our Heavenly Father, He answers our prayers.

Supplies Needed:

- Ingredients to make Prayer Pretzels.



Prayer Pretzels

Prep Time: 10 minutes

Total Time: 20 minutes

Serves: 24

Ingredients

2 c. hot water
1 1/2 TB. yeast
3 c. flour
4 TB. soft butter
1 tsp. salt
2 TB. sugar
2 1/2 c. flour
3 TB. melted butter
pretzel salt or coarse
sea salt

Directions

Using an electric mixer, combine water and yeast. Add 3 c. flour, soft butter, salt and sugar.

Beat 3 minutes. Slowly add remaining flour (2 1/2 c.) and mix until dough-like consistency, and it is easy to mold. Roll out and shape into pretzels.

Bake on greased cookie sheet for 10 minutes at 400 degrees, or until golden brown. Brush with melted butter, sprinkle with pretzel salt or coarse sea salt.

