

TEN DAYS

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Developing a Healthier Personal Behavior Pattern



Written by: Scott Brown Froerer

Read by: John Scott Froerer

Links to Audio

Day	1	2	3	4	5
Morning	8.09	12.54	3.35	10.56	9.51
Evening	6.37	8.42	8.03	11.33	8.38
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Closing Comment

[1.57](#)

Complete Audio

[2:55:26](#)

Introduction

It is my faith that we have a loving Heavenly Father whose resurrected Son, Jesus Christ, has atoned for our sins. It is my hope that we will follow His teachings, receive His Spirit to guide us, and find greater peace in our life.

In this material, I have tried to create a healthy pattern for us to follow, one that will benefit and sustain us. This pattern includes reading daily from scriptures, recording our experiences, and praying. I believe becoming steady and consistent in these things will bring light into our lives.

I have also tried to illustrate how our choices have consequences, how important our self-talk is in the process of making good choices, and how we have a responsibility to seek to improve the welfare of ourselves and others.

May we follow this divine counsel:

“And as all have not faith, seek ye diligently and teach one another words of wisdom; yea, seek ye out of the best books words of wisdom; seek learning, even by study and also by faith.

“Organize yourselves; prepare every needful thing; and establish a house, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God” ([Doctrine & Covenants 88:118-119](#)).

I pray the Lord will bless us in our efforts to become a better son or daughter of God.

-- Scott Brown Froerer

Prepare Yourself

Ask God for help.

Be willing to Change.

Desire to do whatEver He asks...Forever.

God wants you to be Happy.

Ignore the world.

Just do what is right.

Keep the commandments.

Love one another.

Make up your mind to Never give up.

Don't ever stop Praying.

Quit complaining. Resist evil.

Start Today.

Don't Underestimate the power of His Victory.

Win the day with extra joy and Zeal.

Start to Develop a Healthier Personal Behavior Pattern

Morning & Evening

Prayer

Hymn

Scripture

Daily

Treat Others the Way You Want to Be Treated

Keep a Record of Your Actions & Feelings

Grow a little, every day !

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Author's Closing Comments
Your Good Name / Different Ways

- **Devotional:**

Hymn – [Lead Me into Life Eternal, # 45](#)

Prayer – To Heavenly Father in the name
of Jesus Christ.

Scripture – [Matthew 3:1–6](#)

- **Short Story: Harry's Good Fortune**

Harry stopped running so he could catch his breath while still keeping sight of the small grey mouse as it darted along the sunlit path. Assuming that the mouse was enjoying this game, Harry didn't understand how frightened the little animal was. To Harry, this was just a way of having fun. He didn't once consider the possibility that this was a life-or-death drama for the mouse.

Soon, after catching his breath, Harry again took up the chase. The small patch of weeds at the side of the trail provided the mouse only temporary cover until Harry's approach again caused him to dash off for a more secure hiding place.

Suddenly, a huge rattlesnake struck from the dark shadows along the trail. Harry leapt backward to avoid its deadly poison. His scrambling feet kicked up such a cloud of dust that at first he couldn't see, and then with eyes filled with fear, he strained to see whether the large snake was coming after him.

Once Harry was satisfied that he was safe, his concentration turned to read his mind for pain. "Did

it bite me?” he thought to himself. “The rattlesnake was so close. How could it have missed?” That’s when he saw his good fortune. There, motionless before the recoiled snake, lay the small gray mouse. The snake hadn’t missed!

- **Learning Activity:** [Making Sacrifices](#)
- **Commitment** – I will express appreciation to someone who has made a sacrifice for me.

Commitment Kept _____

Sign

- **A Note to Mom & Dad** – [Note](#)

~ Day 1, Evening ~

- **Short Story: A Talk with Dad**

That evening, while his father and Harry were cleaning up after dinner, Harry began to tell his father about his encounter with the rattlesnake.

Harry's father listened quietly.

"Sit down, Harry," said his father. "I'd like to tell you something."

Harry sat down on the long bench next to the kitchen table.

"I love you, Harry. You know that don't you?"

"Sure, Dad. I know."

"Let's review our rules," his father began. "You must always tell me where you're going, never go too far unless someone is with you, and remember to use your head or your whole body will suffer."

Harry nodded and repeated his dad's words in his mind, "Use your head or your whole body will suffer."

His father continued, "You know the foothills have many rattlers in them, especially at this time of the year. Generally, if you don't disturb them, they won't disturb you. And it's helpful to know that they always rattle before they strike . . . they always rattle first . . . unless, of course, they strike first."

Harry smiled so his dad would know he got the joke. "Okay, Dad. I'll be careful."

"Thanks, Harry," said his father. "I wouldn't want anything to happen to you."

"I know, Dad," said Harry.

“Your experience with the snake reminds me of a dream I had many years ago. I wrote it down in my journal. Would you like to hear about it?”

“Sure,” responded Harry.

Harry’s father retrieved his journal from the desk in his bedroom, joined Harry on the couch, and began to read.

In my dream, I saw myself as a young boy, playing with a tiny snake. But before long, I became interested in other things. I didn’t want to let go of the tiny snake, since I liked it and wanted to play with it later, so I continued to hold on with one hand and use my free hand to play with other fun things.

In a short time, I realized that the tiny snake was growing . . . growing rapidly. But I was too interested in other things to pay much attention to the snake. “I’ll get back to it later,” I told myself. The snake continued to grow and was becoming difficult to control. Soon both my hands were required to control the little snake. Although irritated, I thought to myself, “I’ll get to it in a minute.”

Soon, the snake’s wiggling required all my strength to keep from losing control. So reluctantly, I turned to see my snake. In total shock, I was not faced with a friendly little snake but a full-grown and dangerous cobra! Desperately I held on. I wanted to let go, to run, but didn’t dare loosen my grip in fear that the cobra would bite me. I then realized that I too had grown, and now as an adult, was struggling with a powerful enemy. My playful little snake, at

one time so easily controlled, was now deadly serious in its attempt to take my life.

Just then, I suddenly awoke, sat up in bed, and looked quickly around my room to make sure I was safe. While still breathing rapidly, I thanked my Heavenly Father that the cobra was only a dream.

Harry’s father looked lovingly at Harry. “I’ve always thought this was a lesson for me. The lesson was to learn that habits acquired when we are young should always be good ones. After you grow up, bad habits can be terrible to get rid of.”

It was time for bed. Harry and his father wrote in their personal journals, and then Harry read aloud to his father from his mother’s well-worn Bible.

They knelt together and his father said the evening prayer.

After Harry was under his covers, his father said, “Good night, Son. Have pleasant dreams. And remember, bad habits can be deadly!”

“I’ll remember. Good night, Dad,” said Harry.

- **Learning Activity:** [Small Habits](#)
- **A Note to Mom & Dad – [Note](#)**
- **Keep a Journal – What did you do today?**

Read – [Matthew 3:7–9](#)

Hymn – [Did You Think to Pray, # 140](#)

Prayer – To Heavenly Father in the name
of Jesus Christ.

~ Day 2, Morning ~

- **Personal Devotional**

Hymn – [More Holiness Give Me, # 131](#)

Prayer – To Heavenly Father in the name
of Jesus Christ.

Scripture – [Matthew 3:10-12](#)

- **Short Story: At School**

Harry quickly turned from staring out the classroom window when he heard Miss Brown call his name. It was painfully obvious from the laughter in the classroom that Miss Brown had been trying to get his attention for some time. Looking up, he could see her frowning down at him with that ‘What am I going to do with you?’ look on her face.

Miss Brown looked about the room and the class immediately quieted. Then, with a slight smile, she asked if Harry would like to be her reader for today’s story.

He loved reading. Enthusiastically, Harry responded, “Yes, I would, Miss Brown.”

“Miss Brown is the greatest,” thought Harry as his embarrassment turned to excitement!

“Today’s reading is a revised story originally written by Thomas Day in a book called The History of Merton and Sandford,” said Miss Brown. Mr. Day was born in London, England, in 1748. I hope you like it.” She nodded to Harry, “You may begin.”

Harry turned to the first page and began to read.

Rich Man / Poor Man

Harry finished the story just as the ending school bell rang. He returned the book to Miss Brown, thanked her, and hurried for the door.

But Miss Brown called out, “Wait a minute, Harry! Your father called the school and asked us to tell you not to ride the bus home today. He’ll pick you up at the front gate. Do you understand? Don’t take the bus home; you’ll be picked up at the front gate.”

“Yes, I understand,” said Harry and rushed for the door.

Miss Brown called, “Harry, thank you for reading today. You did a fine job.”

Harry smiled broadly as he hurried from the classroom.

When Harry arrived outside, he watched his classmates board their buses, pile into cars with smiling parents, or start to walk toward their nearby homes.

He put his backpack down by the school gate and looked up and down the road for his father’s car. When he glanced back at his pack lying on the grass, he noticed dozens of ants beginning to climb up its dark green sides. He quickly grabbed the pack and shook off the ants.

“I must have put my pack near an anthill,” thought Harry, and he began looking for its entrance.

Before he could locate the entrance to the anthill, Harry heard a car horn. He turned to see his father waiting for him. He scrambled for the car, checked once more for any ants, and jumped into the front seat by his dad.

“How was school today?” asked his father.

“Great! Miss Brown chose me to be reader today. She’s nice.”

“Good for you. Tell me about what you read.”

Harry began to tell his father about the man who could weave hats and baskets and then sell them for a living. Then in the middle of retelling the story about the rich man’s change of heart, he realized they weren’t driving home.

“Where are we going?” asked Harry.

“We’re picking up your cousin, Tommy, from the airport. His parents are having some problems and they’ve asked if he could live with us for a few days. I’m wondering how we can help him feel at home with us. Do you have any ideas?”

Harry was silent for quite a while and then said, “He can sleep in my room, and I’ll sleep on the couch in the living room.”

“That would be nice of you,” said his father.

- **Learning Activity:** [The Virtue of Charity](#)
- **Commitment** – I will develop greater charity by helping someone in a meaningful way.

Commitment Kept _____

Sign

- **A Note to Mom & Dad** – [Note](#)

~ Day 2. Evening ~

- **Short Story: Tommy at the Airport**

Harry and his father arrived at the airport and found Tommy sitting impatiently on one of his large suitcases and playing an electronic video game. Next to him was a well-dressed woman with a pleasant smile.

Harry ran ahead of his father to greet Tommy, and by the time Harry's father reached them, Harry was beginning to pick up luggage. Tommy looked shocked and blurted out, "Harry, let the baggage carriers do that!" But Harry continued to gather them up and replied, "I can do it."

"You must be Miss Guardiola?" Harry's father asked.

The smiling woman responded confidently, "Yes, I'm Tommy's escort. And you must be Harry's father. I'm very pleased to meet you." With that, she stepped forward with an outstretched hand.

Her outgoing manner made Harry's father uneasy. He had always felt awkward, even cautious, around attractive women, especially since his wife's passing five years earlier.

"Harry and I are very happy to have Tommy come live with us."

"I . . .," Miss Guardiola paused noticeably before continuing, "We will all miss Tommy. Here's my office phone number and address if you have any questions. I wish that I could stay longer,

but Tommy’s father insisted that his personal plane return as quickly as possible.”

Miss Guardiola gave young Tommy an affectionate hug, said goodbye with a bit of a quiver in her voice, and hurried off.

Tommy watched in amazement as Harry and his father loaded his many bags into their small car. On the drive to Harry’s home, Tommy asked why they didn’t have servants do such work. Harry tried to explain that it wasn’t difficult and said, “We try to do things for ourselves.”

Tommy was quiet – too quiet – on the long drive from the airport to Harry’s small home in the country. Mealtime and preparation for bed were equally quiet.

As usual, Harry’s father selected a book and asked, “Shall I read a story?”

“Oh, great,” said Harry.

“Sure,” said Tommy.

Harry’s father began to read.

Different Views

“I liked the story, Dad,” said Harry.

“I don’t get it,” said Tommy.

Harry’s father smiled, set the book back on the shelf, and turned to Tommy. “Well, that’s okay. I think it’s trying to tell us how people, good people, can see things differently. Sometimes our talents and skills affect how we see things.”

Tommy nodded.

“Tommy,” continued Harry’s father, “in our home we also read from the scriptures and then say an evening prayer together. Would you mind joining us?”

“That’s fine,” said Tommy. “I often say prayers with Miss Guardiola.”

- **Learning Activity:** [Variety and Unity](#)
- **A Note to Mom & Dad –** [Note](#)
- **Keep a Journal – What did you do today?**

- **Devotional**

Read – [Matthew 3:13-15](#)

Hymn – [God Is Love, # 87](#)

Prayer – To Heavenly Father in the name
of Jesus Christ.

- **Devotional**

Hymn – [Put Your Shoulder to the Wheel, # 252](#)

Prayer – To Heavenly Father in the name
of Jesus Christ

Scripture – [Matthew 3:16–17](#)

- **Short Story: Learning to Work**

The family garden, orchard, and farm animals kept Harry very busy, especially on Saturdays. And even though he could use the help, he decided to let Tommy sleep in.

It was mid-morning when Harry looked up from his hoeing and noticed his father take his well-worn watch from his pocket, shake it gently, and hold it to his ear. He gently shook it again and held it to his ear once more. Harry's father seldom checked his watch during the day. For him, relying on the position of the sun was usually accurate enough reckoning.

Something must be wrong with the watch, thought Harry.

“Something wrong with your watch?” called out Harry to his father. His father nodded, then lowered the watch and called back, “Would you like to help me try and fix it?”

“Sure!” Harry replied. “I’ve never seen the inside of a watch before.”

“I hope we can fix it,” said his father.

Harry placed his dirt-covered boots next to his father's on the back doorstep. The cool air of the kitchen was a welcome relief from the sun's burning heat. They washed their hands thoroughly before Harry's father poured two large glasses of cold water to quench their thirst. Harry was used to hard work, but he sure felt glad when the work was done.

Harry watched carefully as his father placed the pocket watch face down on the large kitchen table and carefully inserted a knife's blade between the back cover and the body of the watch, then slowly twisted the blade. The cover resisted for a moment and then popped open. Harry's father placed the cover aside and showed Harry the most fascinating world of small gears and levers he had ever seen.

Harry's father quietly studied each part of the watch and then said, "The mainspring has come loose and must be reattached."

"Mainspring? What's a mainspring?" asked Harry.

His father placed the watch closer to Harry and said, "Look here. This is the mainspring. It is held from unwinding by this lever. It must be secured here so that when the watch is wound it will hold the spring's coil from releasing too fast."

Harry peered ever closer as the light from the kitchen window reflected brightly off the now motionless timepiece.

"This gear," continued his father, "is released and then caught by this lever. This gear then turns this gear and this, this one. Each gear turns at

various speeds so that the second, minute, and hour hands all keep the correct time.”

Harry’s father carefully placed the mainspring back into its proper position, tightened the smallest screw Harry had ever seen, replaced the cover, and rewound the watch by turning the stem forward, backward, and forward. Then, holding the watch face up, Harry and his father stared intently as it began to tick rhythmically once more. All other sound seemed to disappear as the tick, tick, tick of the watch filled the air.

Long after Harry and his father were back at work in the hot sun, Harry continued to think about the pocket watch. “Perhaps someday I’ll be a watchmaker,” he told his father.

“Perhaps so,” said his father.

- **Learning Activity:** [Good Works](#)
- **Commitment** - Today, I will do my best to do my duty.

Commitment Kept _____

Sign

- **A Note to Mom & Dad** – [Note](#)

- **Short Story: No Lunch**

Near noon, Tommy came walking out to the far end of the garden where Harry and his father were nearly finished preparing the ground for a new planting.

“I’m hungry,” said Tommy. “When is lunch?”

“Oh, how unfortunate,” said Harry’s father. “We each prepared a sack lunch early this morning for our noon meal. Since you chose to sleep in and have not prepared a lunch, nor have you helped with the work, we have no lunch for you.”

The shock in Tommy’s expression turned from astonishment to rage when he realized that Harry’s father was serious. “I hate you! I never should have come here!” yelled Tommy and ran toward a nearby tree.

Harry couldn’t believe what just happened. He had never seen his father not share, not even if it meant going without himself. “Dad?!” was all Harry could say before running over to where Tommy was trying not to cry.

“Here, you can have mine,” said Harry.

Tommy’s curled lip and tightened fist quickly relaxed as he reached for the offered lunch.

“Thanks.”

“That’s okay,” added Harry. “I ate a big breakfast and I’m not that hungry.”

Harry’s father soon joined them in the tree’s shade and sat down on the cool green grass.

“I’d like to tell you a story” he said.

The Ant and the Grasshopper

“Tommy,” said Harry’s father, “on a farm we must be like the ant. You won’t be asked to do more than you are able to do – nor less. Where you come from, everything is done for you. Here, we must work.” He then handed his sack lunch to Harry and returned to the garden.

Harry began to see what his father was trying to do. “I’ll help you, Tommy,” said Harry. “Let’s start right after we finish our sandwiches.”

Tommy watched as Harry easily turned the dark soil with his shovel. But when he tried to do the same, his shovel barely broke the surface. After three or four more tries, he finally sank the shovel deep enough to turn over half a shovelful.

Tommy continued working like this for a short time when suddenly he cried, “Ouch!”

“What’s wrong?” With a quick look, it was easy for Harry to see the blisters forming on Tommy’s hands. “You need some gloves and a hat.” Harry showed him how to tighten the gloves and adjust his broad-rimmed hat. “You can do it. These gloves will help.”

That evening, Tommy was very quiet during dinner. He seemed to chew his corn on the cob slowly and take a drink of cold milk after each bite.

After the evening dishes were washed and put away, they gathered in the living room for their

evening reading of a scripture and family prayer. It was no surprise to Harry that Tommy was sound asleep before he could finish writing in his journal.

- **Learning Activity:** [Sharing](#)
- **A Note to Mom & Dad –** [Note](#)
- **Keep a Journal – What did you do today?**

- **Devotional**
Scripture – [Matthew 4:1–4](#)
Hymn – [Lead, Kindly Light, # 97](#)
Prayer – To Heavenly Father in the name
of Jesus Christ.

- **Devotional**

Hymn – [My Redeemer Lives, # 135](#)

Prayer – To Heavenly Father in the name of Jesus Christ.

Scripture – [Matthew 4:5–7](#)

- **Short Story: Sunday School**

Tommy followed Harry down the hall and into the small classroom. The teacher noticed him come into the room but didn't say anything, for which Tommy was grateful. He had barely sat down when the teacher began. "Good morning, I'm Brother Shreeve, and today's gospel question is why is a baptismal font sometime compared to a tomb?"

Tommy didn't even know what a baptismal font was, but a boy on the front row raised his hand and Brother Shreeve called on him.

"Because baptism represents being buried."

"That's correct," said the teacher. "Let's read about this in our scriptures. Turn to Romans chapter six in the New Testament. Who will read verse four?"

A girl was selected and began to read: *'Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life'* ([Romans 6:4](#)).

"Thank you, Lisa. Who would like to share their thoughts on this scripture?"

Again, Lisa raised her hand and was selected. “I like the newness of life part. I remember feeling so good after I was baptized. I felt warm inside.”

“Thank you. Anyone else? Okay, Cynthia.”

“In family home evening we talked about Christ’s death on the cross and how He was buried in a tomb for three days. And then how He was resurrected and talked with Mary. I like the part about how Christ was ‘raised up from the dead.’”

“Good point. Not only are we buried in water like Christ was buried in the tomb, but we are raised from the water like Christ was raised from the tomb,” added Brother Shreeve.

Tommy didn’t know what Cynthia meant about family home evening but was starting to get used to hearing new words he didn’t understand. He did notice her pale skin and big eyes. She was the prettiest girl he had ever seen.

Brother Shreeve pulled Tommy back to the lesson by asking if he would be willing to read from the Apostle John chapter three, but then paused. “Rather than reading, would you be willing to answer a question? I understand you are living with Harry for a few days. Tell us, where are you from and what is your name?”

Tommy’s panic subsided enough to answer. “I’m from San Bernardino, California. I’m Thomas Sessions.”

“Thank you, Thomas. Since you’re a visitor, let’s ask Harry to read from the Apostle John in the New Testament, chapter three, verse five.”

Tommy was so relieved he didn't really listen as Harry began to read.

“Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God” ([John 3:5](#)).

“Thank you, Harry. So, our Savior preached that everyone must ‘be born of water’ or, in other words, be baptized like He was.

“But this brings us to a problem. What if your little sister should die on the way to her baptism? Does this mean she can't ‘enter into the kingdom of God’ because she wasn't baptized? This doesn't seem fair.”

“That's why we do baptisms for the dead,” interrupted Shane, not waiting to be called on.

“Oh,” said Brother Shreeve, “so you agree with the Apostle Paul. Let's read in the New Testament once more, 1 Corinthians, chapter 15. Who will read verse 29? Thank you, Melissa.”

“Else what shall they do which are baptized for the dead, if the dead rise not at all? Why are they then baptized for the dead?” ([1 Corinthians 15:29](#)).

That's when Brother Shreeve got sort of serious. And before saying anything he looked at each person, then quietly said: “Paul was trying to bear witness that Christ had risen from the dead and he was using the practice of baptism for the dead to confirm his testimony. Where is baptism for the dead performed today?”

Shane again called out the answer: “In the temple.”

“That’s correct, Shane,” said Brother Shreeve, “but next time be sure to raise your hand before answering.”

“Paul also preached of different kingdoms of glory – one kingdom like the stars, another like the moon, and another like the sun. I want you to know that our Father in Heaven’s kingdom is like the sun, and all must be baptized to enter into His kingdom. Let’s read 1 Corinthians, chapter 15, verses 55, 57, and 58.”

After everyone’s pages quieted, he took a deep breath and slowly let it out, then began to read: “*O death, where is thy sting? O grave, where is thy victory? . . . But thanks be to God, which giveth us the victory through our Lord Jesus Christ*” ([1 Corinthians 15:55, 57](#)).

“So,” said Brother Shreeve after clearing his throat and again speaking with a forceful voice, “even death can’t keep us from returning to His kingdom.”

Just then the bell rang, signaling the end of class. “Let’s read the last verse before the closing prayer.”

“*Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord*” ([1 Corinthians 15:58](#)).

Again, Brother Shreeve spoke quietly. “I know that doing what the Lord wants us to do will bring us peace in this life and great joy in the next. So stay steadfast in doing what’s right.”

The prayer was said, and Tommy waited for Harry to lead him to the next meeting.

“That wasn’t so bad,” said Tommy as they walked down a long hall.

“Brother Shreeve lost his son last summer in an accident on the farm. He was six.”

“Oh,” said Tommy.

- **Learning Activity:** [Physical Death](#)
- **Commitment** – Today, I will remember Jesus Christ, my Redeemer, and treat my physical body with respect.
- **Commitment Kept** _____
Sign
- **A Note to Mom & Dad** – [Note](#)

- **Short Story – The Visit**

Tommy was delighted when he learned that he and Harry had been invited to dinner by Sister Lindsay.

“Perhaps I’ll get some real food for a change,” thought Tommy.

He hadn’t complained to Harry, but he sure missed the snacks and treats before and after dinner. And he missed the sweet dishes served by their servants back home. So, the shock couldn’t have been more complete had the earth opened up and swallowed him when they sat down to eat.

A small table had been moved to the center of the room. The kitchen, dining room, living room, and bedroom were all just one room. Three bowls were waiting on the table.

Sister Lindsay said a prayer, giving thanks for their meal and asking that Harry and he would be protected, then proceeded to fill their bowls with potato soup.

Tommy felt a strange warmth when she mentioned his name in the prayer. If ever a prayer would be heard, Tommy felt sure this sincere prayer would be answered by God.

A loaf of bread and a new jar of jelly were the only other food items on the table. In fact, the table was so small that there was no room for anything else.

Harry began to comment on how happy he was to be invited for dinner, giving Tommy a chance to look around the room. The couch could be made into a bed, the kitchen was divided by a curtain from the rest of the room, and down the narrow hall was the bathroom they had passed while entering the apartment.

Harry began retelling his encounter with the rattlesnake of a few days ago. This brought Tommy’s thoughts back to the conversation.

You sure were lucky,” Tommy exclaimed. He was very impressed by Harry’s story.

Harry paused, then said, “Perhaps I was protected more than just being lucky.”

“Let me share with you an experience my husband, John, had when he was a young man, long before we were married,” said Sister Lindsay. “He wrote it down in his journal.”

It Was No Accident

- **Learning Activity:** **God’s Blessings**
- **A Note to Mom & Dad – Note**
- **Keep a Journal – What did you do today?**

- **Devotional**

Scripture – [Matthew 4:8–11](#)

Hymn – - [Count Your Blessings, # 241](#)

Prayer – To Heavenly Father in the name
of Jesus Christ.

- **Devotional**

Hymn – [Be Thou Humble, # 130](#)

Prayer – To Heavenly Father in the name
of Jesus Christ.

Scripture – [Matthew 4:12–16](#)

- **Short Story: Missing the Bus**

Harry’s eyes sprang open when he realized that he had slept through the alarm. “Wow, I’ve done it again!” thought Harry. Without realizing it, he had turned off the noisy alarm and returned to dreaming.

Suddenly he threw the covers back, swung his feet out of bed, and raced for his clothes. He didn’t even notice the cold floor on his bare feet. He was going to be late for school!

“Tommy! Tommy! Get up!” shouted Harry to his cousin. “We’re going to be late for school!”

Tommy wasn’t thrilled.

“Stupid alarm clock,” mumbled Tommy to himself. He’d much rather stay in bed until noon. Especially when he discovered that it was raining.

Why didn’t his private teacher come with him to Harry’s? “Why is life so cruel?” thought Tommy.

“I’d better wear my old shoes,” thought Harry as he fumbled at the buttons on his shirt.

“We won’t have time for breakfast,” Harry yelled to Tommy as he ran down the hall to comb his hair. Soon Harry was running down the road toward the bus stop with Tommy trailing behind.

“We forgot our lunches,” called Tommy to Harry. “I’m going back.”

“We don’t have time for that,” Harry called back. “We have probably already missed the bus.”

So, Tommy reluctantly hurried on to the bus stop.

“Shoot, I guess I need to be more disciplined,” thought Harry.

“Why is life so stupid?” thought Tommy.

Rounding the corner, they saw the school bus drive away.

“One thing sure leads to another,” thought Harry.

“Stupid bus driver,” thought Tommy.

When Harry and Tommy finally arrived at school the class was just beginning to read the following story.

The Badger Sunrise

- **Learning Activity:** Positive Self-talk
- **Commitment** – Today, I will try to remain positive about my life’s challenges and seek alternative ways to make things better.

Commitment Kept _____

Sign

- **A Note to Mom & Dad** – Note

• **Short Story: Faith is Powerful**

Faith is powerful,” said Harry’s father. “You will remember that while the children of Israel wandered in the wilderness, after being led out of Egypt by Moses, fiery serpents came among them and bit many of them. Harry, will you please read what Moses did to help the people? You can find it in the Old Testament, the book of Numbers, chapter 21, verses 8–9.”

“Family home evening?” thought Tommy. “This must be like having home Sunday School.”

Harry turned to the verses and began to read: *“And the Lord said unto Moses, Make thee a fiery serpent, and set it upon a pole: and it shall come to pass, that every one that is bitten, when he looketh upon it, shall live. And Moses made a serpent of brass, and put it upon a pole, and it came to pass, that if a serpent had bitten any man, when he beheld the serpent of brass, he lived.”* ([Numbers 21:8-9](#))

“Why didn’t they just chop off their heads,” Tommy said loudly, “instead of letting them bite everyone? That’s what our gardeners would do. They would kill them.”

“That’s a good question,” said Harry’s father.

“Perhaps they didn’t want to hurt the snakes,” said Harry.

Tommy had never seen a poisonous snake before but didn’t understand why they shouldn’t all be killed.

“No!” said Tommy when Harry’s father asked if he wanted to read the next scripture. He hadn’t meant for it to sound so strong. “I never had to at home,” he thought to himself, “why should I have to here?”

“I’ll read,” Harry said eagerly.

“Okay,” said Harry’s father. “Read [2 Nephi 25:20](#) from the Book of Mormon – Another Testament of Jesus Christ.

Harry’s father thanked him and added: “So, the brass serpent represents Jesus Christ and as the brass serpent was nailed to the pole, so Jesus was nailed to the cross. Just as people then were healed by looking to the brass serpent, so people today can be healed by looking to Jesus Christ. How are we in need of healing today?”

Harry couldn’t help thinking about how close he had come to being bitten. He felt a shiver run down his neck, spread out over each shoulder, and run halfway down his back. He then tried to think about his father’s question, “How are we still in need of healing today?”

“When parents fight and want a divorce,” said Tommy.

“I think you’re right, Tommy,” Harry’s father responded.

“And when someone gets sick,” said Harry.

“Yes, I think you’re both right,” said Harry’s father.

“Faith is still needed today to heal our hurts and wounds.”

- **Learning Activity:** [Faith](#)
- **Commitment** – I will try to forgive all who have offended me and seek forgiveness from those I have offended.

Commitment Kept _____

Sign

- **A Note to Mom & Dad** – [Note](#)
- **Keep a Journal** – What did you do today?

- **Devotional**
 Scripture – [Matthew 4:17–22](#)
 Hymn – [I Need Thee Every Hour, # 98](#)
 Prayer – To Heavenly Father in the name
 of Jesus Christ.

- **Devotional**

Hymn – [The Lord is My Light, # 89](#)

Prayer – To Heavenly Father in the name of Jesus Christ.

Scripture – [Matthew 4:23–25](#)

- **Short Story: Sunday Question at School**

The in-class work sheet assignment was a perfect opportunity for everyone to begin talking. And as you can imagine, not everyone was talking about the class assignment.

Harry overheard one classmate say, “How can you believe that God has a physical body when the Bible says that ‘*God is a Spirit*!’” ([John 4:24.](#))

Another classmate replied, “How can you believe He’s a spirit when the Bible says He was resurrected!” (see [John 20:25–29](#); [Luke 24:36–43.](#))

After some arguing about who was right and who was wrong, it was obvious emotions were beginning to rise. These two were always debating something. One would take one point of view and the other would take another. Usually Harry tried not to listen – he didn’t like arguing, but this subject did interest him.

Tommy was apparently listening, too, because suddenly he volunteered Harry to answer the question. “Harry reads the Bible. He’ll know,” said Tommy.

Harry hesitated to answer. But with the added reassurance the teacher wasn't noticing their group, he finally said in a quiet voice, "I believe God has a physical body."

"How can you believe that when the scriptures say 'God is a Spirit'?" repeated his classmate.

Harry paused, looked at Tommy, and then turned to look at his friend. "If Christ is only a spirit today, what did He do with His physical body after He was resurrected?" Harry asked.

"What do you mean?" asked his friend.

"After Christ was resurrected, after Thomas felt the wounds in His hands, and after He ate fish with the apostles, what did Jesus do with His physical body?" Harry again asked.

"I don't know," said his friend. "I'll ask my father. He will know. He knows the scriptures really well."

Harry added, "I believe God has a spirit inside His resurrected physical body, just as we have a spirit inside our physical body, only His body is immortal." Everyone went silent as they thought about what Harry said.

Silence seemed to warn their teacher that something was up. "Have you completed your work sheet assignment?" she asked sternly. "I'll only give you five more minutes."

- **Learning Activity:** “Charity Never Faileth”

- **Commitment** - Today, I will find a way to express my faith in Jesus Christ to someone.

Commitment Kept _____

Sign

- **A Note to Mom & Dad** – Note

- **Short Story: Scouting**

Tommy had never been to Scouts before. Harry explained to him that Scouting is where the young men and young women in their church meet and learn to put their Sunday teachings into practice.

Tommy had never been to a Boy Scout meeting. Again, Harry explained that Scouting was fun because they learned things like first aid and camping skills, and they went camping every month.

After the Pledge of Allegiance, the knots relay race, and many other loud activities, the patrol leader called all the Scouts together. Harry had won nearly every competition, while Tommy sat and watched from a safe distance.

The patrol leader reminded the Scouts to meet at Sister Jones's on Friday after school to help clean up her yard and then turned the time over to the Scoutmaster for a closing thought.

The Scoutmaster told the following story:

Dishonesty Hurts

After the story, the patrol leader asked a boy to lead them in repeating the Boy Scout Law:

Boy Scout Law

A Scout is ...

Trustworthy, Loyal, Helpful, Friendly,
Courteous, Kind, Obedient, Cheerful,
Thrifty, Brave, Clean, and Reverent.

Later that evening, as usual, Tommy waited for Harry to write in his journal. He listened as Harry read that evening's scripture. Then they knelt and Harry said their evening prayer.

- **Learning Activity:** [Honesty](#)
- **Commitment** – I promise to be more honest.

Commitment Kept _____

Sign

- **A Note to Mom & Dad** – [Note](#)
- **Keep a Journal** – **What did you do today?**

- **Devotional**

Scripture – [Matthew 5:1–12](#)

Hymn – [True to the Faith, # 254](#)

Prayer – To Heavenly Father in the name
of Jesus Christ.

- **Devotional**

Hymn – [Truth Eternal, # 4](#)

Prayer – To Heavenly Father in the name
of Jesus Christ.

Scripture – [Matthew 5:13–16](#)

- **Short Story: Reading**

“Today, we’ll be reading as a group,” announced the teacher. “Everyone will take a turn reading a paragraph or two.”

Harry was excited. He loved reading and was one of the best readers in the class. Then he thought of Tommy. He glanced over to where he was sitting and could see the panic on his face.

Harry was one of the first to begin reading. He stood by his desk and read sentence after sentence without a flaw.

Much too soon it was Tommy’s turn. He slowly stood, noticed a girl with long black braids staring at him, and fumbled on the very first word. His eyes started to water and the whole page became blurry. Then he heard someone begin reading the words he could no longer see; it was Harry!

He felt the girl with the long black braids finally stop staring at him when it came her turn to read. The teacher helped her with a few words and thanked her when she finished reading quite a long paragraph.

As the reading continued, Tommy realized that though others struggled on a word or two, they all could read well.

And if that wasn't bad enough, during a film on the environment, Tommy's pen (he'd been sucking on so it would stick on his tongue) suddenly filled his mouth with ink! At first, he didn't know what to do, then he raced to the drinking fountain. "I hate school," he said to himself as he spit out the terrible taste.

- **Learning Activity:** [Knowledge is Power](#)
- **Commitment** - Today, I will seek to learn something new or teach something useful to someone else.

Commitment Kept _____
Sign

- **A Note to Mom & Dad** – [Note](#)

• **Short Story: Friend or Enemy**

The secret hideout was going to be great fun. Harry and Tommy had been working on it after school for two days and had made considerable progress. Their plan was to finish digging a wide trench, cover it with wooden boards, and then top that with dirt, leaves, and branches to completely conceal it from others.

Its location was supposed to be secret. But Tommy was so excited about their attempt he bragged at school that his hideout was going to be the best in the world and proclaimed, “No one will find it.”

His challenge was taken up by a curious red-haired neighbor boy who was suddenly caught watching Harry and Tommy at work on their hideout.

Tommy yelled at him to leave and picked up a dirt clod and threw it toward the onlooker. Before Harry could stop him, Tommy picked up another dirt clod and sent it flying toward the boy. As soon as Harry reached Tommy, he told him not to worry about the intruder. He was just jealous of their great hut. But Tommy was still angry because their hideout had been found.

“You can’t play with us,” yelled Tommy.

“I wouldn’t play with you even if you wanted,” the boy yelled back. And with that, the boy picked up a rock and threw it toward Harry and Tommy.

Harry didn't see it coming until it was too late. It hit him hard by the side of his left eye, which immediately began to bleed. Harry fell to his knees in pain, placing one hand over his eye and the other on the ground to steady himself.

Tommy could see that Harry was bigger than the other boy and encouraged him to "Go beat him up."

Harry quietly said, "I don't have to. He'll get what he deserves."

Large drops of blood seeped between Harry's fingers and ran down his hand as they made their way home. Harry's father washed and bandaged the cut.

"That rock could have blinded you," said Harry's father when he saw how close it had come to his eye. "You need to remember that being a friend is safer than being an enemy. Tomorrow you should go and apologize for starting all this trouble."

Tommy was in shock. "Apologize!" he thought. "No way!"

Harry's father noticed Tommy's reaction and said, "Let me tell you of an experience I had when I was about your age."

Natural Consequences

- **Devotional**

Hymn – [Let Us All Press On, # 243](#)

Prayer – To Heavenly Father in the name of Jesus Christ.

Scripture – [Matthew 5:21–26](#)

- **Short Story: Flying Kites**

When the teacher announced that the day’s science project was going to be building kites and seeing whose could fly the highest, everyone was excited. She explained that two students could work together in constructing their kite, and then the class would go outside and the competition would begin. They would be given fifteen minutes before the highest kite would be declared the winner.

Immediately Harry and Tommy paired off and began studying the kite-building instructions given out by the teacher. Harry quickly read out loud, so Tommy could hear about angles, air pressure, lift, and design measurements.

Paper, balsa wood, glue, and string began to take shape.

“Be sure you follow the instructions carefully,” the teacher reminded the students. “Small mistakes can make big disappointments.”

When everyone was ready, they headed outside with their prized kites in hand. The teacher took a moment to show her impatient students how to read a barometer and explain how lowering pressure

often means a storm is coming, bringing with it strong winds. Then the contest began.

Children instantly ran in every direction. Before long kites were climbing into the cloudy sky. Harry and Tommy had attached their string to the kite at a sharp angle. This caused the kite to rise nearly straight above their heads, and it gained height quickly.

Tommy was sure they were going to win. He watched Harry let out string, then hold it tight between his fingers while it gained height, and then quickly let out more string.

Their kite climbed higher and higher until suddenly . . . an extra-strong wind snapped the string, and their kite began to fall back to earth. The teacher's whistle blew, calling an end to the competition, at the very moment their kite crashed onto the ground and another joyous team was declared the winner.

After they settled back down into their seats, the teacher asked everyone to share what they had learned from this project. She listed many things on the board. The teacher noticed Tommy's sad face and asked what was wrong. "My kite should have won," he said firmly. "If the stupid string hadn't broken, my kite would have won."

The teacher smiled and said, "So, you proved to be stronger than the string." Then she turned to the chalkboard and wrote these words: "Sometimes things that hold you down, hold you up."

Turning back to face the class she said, “Think about what this means. Can you gain great heights by breaking the laws of nature?”

She then opened a book and removed a small piece of paper. “Let me read a few lines of poetry to you, written by Henry Wadsworth Longfellow.”

*The heights by great men reached and kept
Were not attained by sudden flight,
But they, while their companions slept,
Were toiling upward in the night.*

– The Ladder of St. Augustine

- **Learning Activity:** [Upholding the Law](#)
- **Commitment** – Today, I will promise someone to do something good and will keep my promise.

Commitment Kept _____

Sign

- **A Note to Mom & Dad** – [Note](#)

- **Short Story: Saying Sorry**

Tommy reluctantly followed Harry down the gravel road toward his punishment. Harry's father was so insistent that they tell the neighbor boy they were sorry that there was no getting out of it.

"I probably won't get any dinner if I don't say I'm sorry," thought Tommy.

"How long will it be until we get to his house?" Tommy asked Harry.

"Pretty soon," answered Harry.

Tommy could see the bandage near the corner of Harry's eye, and he wished the stupid rock had missed.

"If he had just moved out of the way, we wouldn't be on this ridiculous journey and I wouldn't have to say I'm sorry, which I'm not! I'm not the one who threw the dumb rock."

When they finally arrived at the neighbors' door, Harry knocked politely. Soon a small girl who could barely reach the handle pulled the door open. In an instant another child came running, then another, and another, all noisily wanting to see who was visiting their home. Finally, the mother reached the front door with one hand holding onto her needle and mending and the other brushing a lock of hair from her eyes.

"What can I do for you?" she asked.

Harry looked up from the children and began to explain that he had come to apologize for how mean they had been and that they were sorry.

“We started it, not your son,” said Harry.

As soon as she realized why Harry and Tommy were there, she immediately invited them in. Tommy had never seen such a poor house. There was no carpet, no furniture except for one worn-out couch he was sure would fall apart if he sat on it, and no framed paintings hanging on the walls. One of the children wanted to know what was in the large basket Harry was carrying and inquired before his mother hushed him.

“My father asked us to bring some bread and potatoes to you,” said Harry.

With that, the children began to jump and dance and wave their arms.

“I’ll take them! I’ll take them!” said one child.

“No, let me! Let me!” chorused the others.

After the mother had calmed them and wiped something from her eye, she had her oldest son carry the welcome food to the kitchen. She then offered Harry and Tommy a drink of cool water, thanked them for their kindness, and expressed her concern for Harry’s injury.

“You would have thought it was Christmas,” said Tommy as they began their return trip home.

Harry explained, “They don’t have a father or much of anything, and my father always has me bring food to them when I travel this way.”

- **Learning Activity:** [Kindness](#)
- **Commitment** – I will strive to do a good deed every day and always express thanks to those who treat me kindly.

Commitment Kept _____

Sign

- **A Note to Mom & Dad** – [Note](#)
- **Keep a Journal** – What did you do today?

- **Devotional**
Scripture – [Matthew 5:27–32](#)
Hymn – [Lord, I Would Follow Thee, # 220](#)
Prayer – To Heavenly Father in the name of Jesus Christ.

- **Devotional**

Hymn – [Lead Me into Life Eternal, # 45](#)

Prayer – To Heavenly Father in the name of Jesus Christ.

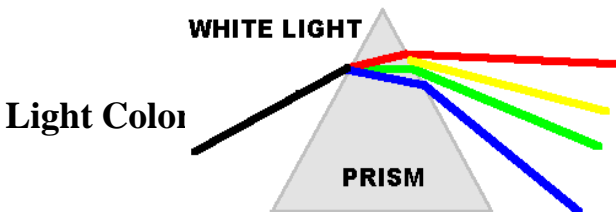
Scripture – [Matthew 5:33–37](#)

- **Short Story: Seeing Color**

“What has she done this time?” thought Harry as he and Tommy hurried toward the rainbow of color streaming from Miss Brown’s classroom onto the school hallway’s tiled floor.

Curious students from other classes were taking turns peering into Harry’s classroom to see what was making all the bright colors.

There, set on Miss Brown’s desk, was a bright light surrounded by triangle-shaped pieces of clear glass. A flood of color was coming from each triangle, painting the floor, ceiling, and walls. A large poster in the front of the class read:



Tommy sat in his assigned chair and read the words written on the front board:



Miss Brown handed each student a paper and then asked, “Matthew, will you be today’s reader?” Matthew eagerly agreed and began to read.

Open a New Tab: [Light Basics](#)

“He’s a good reader,” thought Tommy.

“Electromagnetic radiation,” thought Harry, and raised his hand.

“Harry, do you have a question?” Miss Brown asked.

“Isn’t radiation dangerous?” asked Harry.

“That’s a very good question. Light is called “electromagnetic radiation,” but this kind of radiation is not generally harmful. However, what happens if you stay out in the sun too long?”

“You get sunburned,” answered Harry.

“Correct,” said Miss Brown. “There are other kinds of electromagnetic radiation, too, such as

radio waves, microwaves, and X rays, but light is the part we can see, the part that makes the color of a rainbow.”

Miss Brown divided the class into five groups and then said, “Your assignment is to learn all you can about light and next week make a group presentation about what you have learned. You may begin your planning.”

- **Learning Activity:** [Light Brings Clarity](#)
- **Commitment** – Today, I will strive to be led by my conscience and stop to think before I act.

Commitment Kept _____

Sign

- **A Note to Mom & Dad** – [Note](#)

• **Short Story: When Things Aren't Perfect**

With their evening journal, prayer, and scripture reading completed, Harry and Tommy hurried to the backyard and rolled out their sleeping bags. This was Tommy's first time to sleepout.

Tommy stared up at the stars. Then, after a long pause, he turned his head toward Harry and asked, "What's it like – not having a mom?"

"Sometimes it's hard," Harry answered. "I miss her when I see moms pick my friends up from school or when I come home and she's not there. But most of the time it's not so bad. Even if your mom and dad get a divorce, at least you'll be able to see both of them. I haven't seen my mom for over two years."

"I've had fun here," said Tommy.

"I wish you could stay longer," said Harry.

"Me, too," said Tommy.

"Hey, do you know the story about the stars and the boy who broke his family's wagon?" asked Harry.

Tommy shook his head.

Harry pointed to a prominent star in the night sky and asked, "See that star? I'll tell you the North Star story my dad told me."

The Family Wagon

After the story, they looked up into the sky and tried to see who could count the most shooting stars. It wasn't long before counting gave way to sleep, and Tommy was so tired he didn't even notice the mosquito land on his nose.

- **Learning Activity:** [“Hope Unto the End”](#)
- **A Note to Mom & Dad** – [Note](#)
- **Keep a Journal** – **What did you do today?**

- **Devotional**
Scripture – [Matthew 5:38–42](#)
Hymn – [Come, Let Us Anew, # 217](#)
Prayer – To Heavenly Father in the name
of Jesus Christ.

- **Devotional**

Hymn – [For the Beauty of the Earth, #92](#)

Prayer – To Heavenly Father in the name
of Jesus Christ.

Scripture – [Matthew 5:43–48](#)

- **Short Story: Plants Already Know How to Grow**

Tommy was angry. He threw his hoe to the ground, began to walk back and forth, and yelled, “I give up!”

He didn’t care who heard him. Perhaps it was the hot sun or his swollen nose, but he had had enough.

Tommy continued his angry display until Harry came over to see what was bothering him. “Why are you yelling? Are you hurt?” asked Harry.

“No,” said Tommy. “It’s these stupid plants. I hate gardening. No matter how hard I try, your garden is always better than mine. Look how green your garden is and how brown mine is,” he scowled “I hate gardening!”

“I thought you liked seeing things grow,” said Harry.

“Well, I used to,” said Tommy, “but look at your garden . . . everything is a mile taller than mine. What’s wrong with my stupid plants!”

“Let’s take a look,” said Harry.

They walked closer to the first row of plants and knelt down. Harry began to study each leaf. Then he reached down and took hold of a plant near its base

and let it gently pass through his hand until he could spread out the last leaf flat against his open palm. The leaf was noticeably smaller and pale; aphids were unusually numerous on the fragile plant. Letting go of the leaf, he reached for a handful of soil, squeezed it, and let it drop to the ground.

Tommy watched Harry more intently than ever. “Why don’t these stupid plants grow for me like they do for you?” Tommy asked.

“Your soil is too dry,” Harry answered confidently. “Look how the soil breaks apart and doesn’t hold together. While trying to care for your garden, you haven’t made sure water reached the end of the row.”

Tommy took a handful of soil and squeezed. It was dry and easily broke through his fingers.

At Harry’s suggestion, they walked to Harry’s garden plot and knelt near the first row of dark green plants. The soil was cool and moist.

“Can you feel the difference?” asked Harry.

“Yes,” responded Tommy.

“If you watch how much you water your plants, they’ll be just fine.” Then remembering what his father taught him, Harry added, “Plants already know how to grow! If we provide for them and keep out the weeds, they’ll do the rest.”

Harry’s father had been watching them for a few minutes and finally decided to join them. After hearing what they had been talking about, he said, “Let me tell you a story I think you might enjoy.”

Is There a Creator?

- **Learning Activity:** Maximizing Your Potential

- **Commitment** - Today, I will express gratitude for my life by choosing to smile frequently.

Commitment Kept _____

Sign

- **A Note to Mom & Dad – Note**

• **Short Story: Saying Goodbye**

That night, Harry wrote in his journal:

“Tommy returned home today on his father’s private jet. Miss Guardiola was happy to see him. I think she is as old as my dad. Tommy said he will call soon. He wants me to visit him. It would be fun to ride in his jet. I hope the tomato plant I gave him grows okay. We had fun. I hope he can come back soon. It is sad his father and mother don’t get along. My dad is great. Sometimes he’s too serious but most of the time he’s okay. I better close before my eyes are too tired to read tonight.”

Harry’s father hadn’t returned home from irrigating yet, so Harry read from the scriptures alone before putting his journal back on its shelf.

He knew his father would read the same verses later that night after their water turn. Harry still hadn’t figured out why the irrigation water couldn’t come at the same time every week instead of random days and all hours of the day and night. He’d have to ask his dad to explain it.

He was ready for sleep and climbed quickly into bed right after his prayer.

- **Learning Activity:** [Saying Goodbye](#)
- **A Note to Mom & Dad** – [Note](#)
- **Keep a Journal** – **What did you do today?**

- **Devotional**

Scripture – [Matthew 6:1–4](#)

Hymn – [O My Father, # 292](#)

Prayer – To Heavenly Father in the name
of Jesus Christ.

SHORT STORIES

Rich Man, Poor Man

There once was a certain rich man who saw a poor man singing as he worked. The rich man envied the poor man's happiness. His envy turned to anger and in anger the rich man burned the rushes that the poor man used for weaving baskets. Without baskets, the poor man would not be able to sell them in the marketplace to provide for his modest needs. And not only were the rushes burned but his small house also caught fire and was destroyed.

The law arrested the rich man, found him guilty of community destruction, and, as punishment, banished him to a distant island for two years. Also, with the poor man's approval, the wise judge requested the poor man accompany the rich man so they might learn to live in harmony with each other. Now the poor man was always eager for a new adventure and since he was left with nothing with which to make a living, he willingly accepted the judge's request.

They soon arrived on the island, and for the first time in his life, the rich man had no servant to wait upon him, no one to prepare his meals, and no one to carry out his demands. The rich man, who had been accustomed to every convenience, did nothing but sit on the beach and curse the judge who had been so unfair.

That night he trembled with fear and went without food all the next day until he nearly gave in

to total despair. By the end of the first day, he realized he would be eating well if only he had the discarded leftovers he once had after each of his lavish meals back home.

The poor man, on the other hand, was well adapted to such hardships, since from childhood he was forced to provide for his own needs. He immediately began to make use of what the island offered and quickly constructed a sturdy shelter to protect himself from the frequent rains. Then he set out to satisfy his hunger by gathering an ample variety of wild plants which he knew to be edible. And well before dark he also provided himself with eating utensils by cutting and polishing a familiar species of hard driftwood from the beach. Soon, he was quite comfortable and satisfied with his labors.

On the second day, he began to investigate his new surroundings, and it wasn't long before he met a small group of native islanders. They admired his style of woven hats and baskets so much that he began to spend most of his time weaving for his new neighbors. In exchange, he was provided with every possible comfort.

The rich man, as you can imagine, became increasingly desperate and finally begged the poor man for help. The poor man agreed to share his food with him if the rich man would gather the rushes he needed for weaving. The rich man eagerly agreed.

While the rich man gathered rushes, the poor man taught the island children about other people

from around the world. Before long, the poor man's original shelter was replaced with a larger and more comfortable one by grateful parents, and the rich man joyfully moved into the poor man's small shelter. In this way, the rich man began to serve the poor man, and thus the two years of exile passed.

At the end of two years, the day finally came to return home. The poor man was greatly loved by the islanders, and they all came to bid him farewell. They sorrowfully waved their woven hats back and forth as the departing boat moved slowly away from shore. The rich man watched quietly.

Immediately upon the pair's arrival, the wise judge called the rich man and the poor man before him. He asked the rich man if he had learned to love his neighbor – for if not, he feared the rich man would again be a danger to the community.

“From my childhood,” said the rich man, “I only knew great wealth, and yet I was poor because of it. I never gave any thought to the kind of learning that might help me become self-reliant and never cared to live providently.

[Miss Brown interrupted Harry and said, “Class, this means to live within your means. You don't waste things. Okay, continue reading.”]

“But now” said the rich man, “I have known want and I am richer because of it. I realize that my self-indulgence and greed were the cause of my own unhappiness.”

“Now that I have been restored to my inheritance,” continued the rich man, “I wish to

divide half my wealth and property with the poor man who once bore the consequences of my envy.”

Thus were they reconciled, rich and poor, to a new life – both richer than before.

[Return to Day 2](#)

Different View

Randy Raccoon wasn't trying to upset Beverly Beaver. They had become instant friends when they first met in the spring. And now, as the autumn leaves began turning brilliant red and gold, Randy felt a new urgency to have Beverly understand.

"We can't control our world," said Randy. "It's too big, too powerful."

"I disagree," said Beverly. "We can build the kind of world we want to live in."

Now, this wasn't their first disagreement and in many ways, Randy enjoyed Beverly's different views. He yearned to explore, to investigate, and to sample everything. He couldn't understand why Beverly saw things so differently, why she was so set in her thinking.

"No way," said Randy. "Why should we waste our time trying to change the world? We can't make any real difference."

Beverly agreed that trying to control the forces in life wasn't easy and that there would be setbacks.

"Instead of trying to control our world, we must learn to live with it," continued Randy. "We've got to learn new ways of doing things and be ready to move on or out of the way when we have to. We must outsmart life and be more clever than our challenges. Don't you see?" asked Randy. "We can't change the way things are."

"I don't agree," said Beverly. "We can work hard and make our world what we want it to be."

Suddenly, Mother Beaver slapped her tail and Beverly knew she had been talking much too long. She said goodbye and hurried off. Randy was sorry she couldn't stay. He decided it was time he went home too.

Before leaving, though, Randy washed his paws one more time in the ever-deepening pond. As he dipped his paws into the cool water, Randy noticed the reflection of an eagle silently gliding overhead. Looking up, he said to himself, "I wonder what the eagle would say?"

Return to Day 2

The Ant and the Grasshopper

One warm summer afternoon a grasshopper noticed his friend, the ant, carrying a very large kernel of corn down the long path toward his busy anthill.

“Why don’t you rest for a while?” chirped the grasshopper. “Don’t you realize that you work too hard? Come and visit; you can work on that kernel later.”

“I’m in too great a hurry to visit today,” replied the ant. “I’m putting food away for the winter, and I suggest you do the same.”

“Why are you so worried? There’s plenty of time for gathering food. The winter is so far away and it’s such a beautiful day. Why not enjoy the day?” The ant shook its head and continued on its way while the grasshopper rested in comfort on a large leaf overhead.

Each new day the grasshopper would invite the ant to rest and visit, but each day the ant would politely respond, “No, thank you,” and go on with its work.

One day, a cold winter wind began to blow, and the grasshopper suddenly realized that the summer was over and he had not prepared a nest nor stored any food for himself to eat, while his friend, the ant, was safe and sound deep in the ground and well prepared for the long winter.

Too late, the grasshopper learned that it is better to prepare for days of want during days of plenty.

[Return to Day 3](#)

It Was No Accident

I was on vacation with my family. We had a great time, but it finally came time to return home. The hour was late, long past dark, before I began my drive home. The radio was my only companion as I turned onto the road that climbed to the high mountain pass known as Monte Cristo. Since the road around the mountain pass would take longer and since it was already late, I decided to take the shorter route over the pass.

Within minutes it began raining lightly. Although July is usually the hottest month of the year, this year it was unseasonably cold. As the car climbed higher, raindrops soon turned into snowflakes, then into a full snowstorm.

I knew as the car climbed higher that the storm would only intensify. For a moment, I wondered if I should turn back. I even stopped the car but then drove on.

The road was quickly buried under five inches of pure white snow, and I was still several miles from the summit. I knew it would be difficult to keep good traction if the tires were to start spinning so I pressed down on the gas pedal with a steady pressure. With no car tracks ahead of me to follow, I had to rely on my knowledge of the twisting road and keep the car headlights centered between the walls of forest trees on either side of me.

Suddenly, a dark figure came from the forest and stopped in the middle of the road. I cautiously

slowed the car until the headlights revealed a man, perhaps in his early thirties, wearing a sleeveless outdoor vest and no hat. I stopped the car, rolled my window down slightly, and waited for the man to come to the window.

The shivering man asked for a ride, saying he had been hiking along a side road for hours and his wife and children needed help. I turned up the heater as he came around to the passenger side. The man sat wearily, still covered with snow, and embraced himself with his bare arms.

The man explained that he and his family had been enjoying a weekend outing when the wet weather turned the dirt road to mud. They soon abandoned their trailer and continued on in their truck. After only a few miles, the truck also sank deep into the red, slick mud. That's when he decided to hike out for help.

Here he was, still twenty or thirty miles from the nearest town, eleven o'clock at night, in the middle of a summer snowstorm, and asking if I could turn up the car heater. By this time, I was sweating heavily and had to tell him the heater was already as high as it could go. He thanked me and spoke about getting home as soon as possible, where he could call family and friends together and head back to rescue his wife and children. He spoke of the last days and how times and seasons would change. He spoke of his fear that wild animals might attack

his family and yet said nothing of his own courage to walk through the storm alone to save his loved ones.

When we arrived at the man's home, he assured me that his family and friends would help him, and he hurried off to begin phoning. I watched until he safely entered his home, and I turned off the heater and bowed my head. This family had a long and difficult night still ahead, and I asked for a blessing to be upon them. A shiver went through me as I wondered what would have happened if I had taken the other road, or if I had passed by a minute too soon to have seen him. I gave thanks, for I knew that our meeting was no accident.

[Return to Day 4](#)

The Badger Sunrise

Many years ago, when summers lasted long enough to see one's dreams come true, there lived a happy Badger family. Billy Badger loved his family.

One day, Grandpa Badger excitedly announced that on the following morning the family was arising early to watch the sun come up.

"Watch what come up?" Billy asked. What he wanted to say (but didn't) was "You must be kidding! Why would anyone want to get up early enough to watch the sun come up?" Billy didn't understand the excitement Grandpa obviously felt about this event, and in spite of Billy's doubts, the event was "going to be fun," or so his mother told him.

So, preparations began. Breakfast fixin's were double checked, special attention was given the evening sky, evening prayers were said sooner than usual, and "hurry to bed" orders were strictly enforced.

Very early the next morning, tired eyes were shaken open, and soon the night's dreams were turned to curiosity as a more hurried pace filled Billy's home. Before Billy could even get out of bed, his father began encouraging him to "Get dressed quickly," "Wash your face," "Make your bed," and "Hurry outside; you don't want to miss the sun!" Billy's attempts to complain that you can't miss the sun were of no avail, and he soon found himself

sitting on a large cold rock wishing to be back in his warm den.

Finally, they were all together: father, mother, brothers, sisters, grandpa, and grandma, sitting in the semi dark. Billy had the distinct feeling that if you had to talk you should whisper. Grandpa looked delighted as he announced “Soon” to the question “How much longer?” “Soon? Soon? I’ll be as old as Grandpa soon,” Billy thought to himself. “Let me know when it’s really here,” whispered Billy, and he closed his sleepy eyes.

“It’s almost here!” said Grandpa. Billy opened his eyes. “Listen to the birds,” said Grandma. Billy began to look around to see if he could see one of the singing birds. That’s when he noticed the dew on the flowers, and he sniffed to smell their sweet perfume. He began to wonder if this particular morning was unusual. Bright colors began to replace the nighttime shadows as the morning sky continued to brighten.

Suddenly, Billy realized that this morning was exciting. There was a happy feeling being together, smelling breakfast, and listening to Grandpa telling about his father getting him up to see the sun. Time was passing so slowly and yet, for the first time in his life, it was okay.

Billy tried to guess where on the mountain’s silhouette the sun would first appear. He would guess one point and then pick another further along the rugged outline. Finally, he knew right where it would happen. The trees and rocks were aglow, and

the sun's white light was burning to break free from its hiding place.

“Wow!” There it was. Light beamed directly down on Billy – first a small stream of brilliant light, and then a full flood. Claps and cheers greeted those welcome rays from heaven. Billy's joyful eyes looked from mountaintop to his family's smiling faces and then back to the shining peaks. Billy was actually having fun! “That was neat” he told his Mom. “Now can we eat?”

Return to Day 5

Dishonesty Hurts

One day, while shopping with my mother at the local grocery store, I caught sight of a shiny silver cap gun. It was just what I wanted. I imagined myself playing for hours, hiding behind the couch and chairs, defending myself from imaginary enemies. Each time the bad guys would lose, and I would win.

Nothing I could say changed mother's answer. "No, we can't buy a cap gun."

"But why not, why not?" I pleaded.

"We aren't going to buy a cap gun," she said.

My mind wouldn't let it go. Hours after returning home I still thought about that shiny silver cap gun and how much fun I would have. That's when things started to go wrong.

I decided to go see how much it cost. In spite of my mother's warnings not to cross the busy street by myself, I thought I was big enough. 'I'll be careful,' I told myself.

I waited for the streetlight to change and then hurried across the street, passing the corner gas station, and on toward the store. I entered the store and walked to where the cap gun was on display.

The price made me gasp. "I'll never have that much money," I said to myself. Then a thought came into my mind: "Just take it."

I walked up and down all the aisles in the store, stopping to look at the candy, and then slipped back

to the shelf where the cap gun waited. “Just take it,” I thought.

Strangely, all the clerks were out of sight. I slipped the cap gun into my pocket. Then another thought came to my mind: “If you don’t leave the store, no one can accuse you of stealing. Just stand by the door for a while, check to be sure no one is around, and then hurry out the door.”

Suddenly, I felt a huge hand tightening on my shoulder. My heart jumped and I turned my head to see who held me.

A very tall man with unhappy eyes glared down at me. “What do you have in your pocket?” he asked.

“Nothing,” I barely managed to say.

“We’d better go to my office.” Now it seemed dozens of clerks were watching as the large hand easily guided me to a small office.

“What do you have in your pocket?” the man in a red vest asked once again.

Again, I responded, “Nothing.” But by now my head was swirling and my heart was pounding.

“Empty your pockets,” he said, and I did.

“Is this yours?” he asked.

“No,” I admitted.

“Maybe I should call the police. Do you want me to call the police?” His voice grew louder each time he spoke the word “police.”

“No!” I said quickly. Panic was starting to take over. How could things get worse, I thought. And then they did.

“Who’s your father?”

“Fred Brown,” I said, with eyes that began to blur.

“Maybe I should call your father. Do you want me to call your father?”

“No!” I said with a quiver in my voice.

I’d rather he call the police than my father. I didn’t want my father to know.

“If I don’t call the police or your father, will you promise never to steal again?” he offered.

“Yes!” I said, my head nodding its agreement.

“Do you promise?” the blurry figure repeated.

“I promise,” came from my mouth and heart.

“Okay, you can go this time, but next time I’ll call the police and your father,” he added, with more than adequate emphasis.

I hurried to the door and to freedom, past all the smiling clerks. For months I refused to go with my mother back to that store. I learned that dishonesty hurts. I never wanted to feel like that again.

[Return to Day 6](#)

A Natural Consequences

When I was a young boy, someone injured me – much like Harry, and I was tempted to go “beat him up.” But like Harry, I didn’t. Instead, I walked home where my mother bandaged me up.

In a few days, I saw the boy sitting on the green lawn in front of his house. I was shocked to see the whole side of his face scraped terribly. I asked him what had happened. He explained he had fallen from his bike, due to some gravel in the road, and his face had slid along the pavement.

I was shocked to hear myself say to him, “I guess you got what you deserved.” And I was even more stunned to hear him say back to me, “I guess so.”

He soon moved from our neighborhood, and I never saw him again.

That experience changed my heart. It took any desire for revenge right out of me. I really felt people would be punished, if they didn’t repent, for their own sins. And I believed that if they didn’t repent, they would suffer far more than any revenge I could inflict. The natural consequences of sin can be very harsh.

[Return to Day 7](#)

The Family Wagon

One cold winter day, a young man went to his father and asked if he could drive the family wagon to town for supplies. His father agreed to let him but warned him to be careful and to stay on the main road. The young man agreed.

On the way to town, he decided it would be great fun to show his friend he was driving the family wagon, so he turned off the main road toward his friend's house.

Suddenly, from the snow-covered forest appeared a giant dragon that immediately frightened the horse, tipped over the wagon, and would have swallowed the boy if it hadn't been for his friend's brave father who heard his cry and came running and killed the dragon. Although the wagon was broken beyond repair, the boy returned to his father and confessed his mistake.

Of course, his father was grateful to see his son home safely, but the loss of the family wagon would make life difficult. Thankfully, the father still had the use of a small wagon.

"That's why, in the winter, the big wagon appears upside down," explained Harry.

[Return to Day 9](#)

Is There a Creator?

Two men, one named Thomas, the other Jonathan, were returning from a long journey. The path was easy to follow, and they were not concerned about finding their way. Many travelers had come this way before and undoubtedly many would follow.

As they walked, the younger Thomas was explaining to Jonathan his growing confusion. During his travels to a far country, he had met a certain philosopher who did not believe in a Creator. He claimed that there was no proof of such a being and ideas like these were only “silly superstitions that were passed down to control weak minds. People are merely an accident of nature,” he claimed, and young Thomas was becoming more and more perplexed.

“What if he’s right?” Thomas asked.

Jonathan listened carefully to his companion as they walked under the tall trees of the forest, and he pondered the feelings of his own heart.

Just at that moment, before he could form an answer to his friend’s question, a ray of light caught a shiny object laying on the path just ahead of them. A few steps closer and a beautiful gold pocket watch with an exquisitely decorated cover came to view.

Reaching the watch first, Thomas instinctively opened the cover, glanced at the time, and held it to his ear. It was ticking perfectly.

Jonathan suggested that this would be a good place to stop for a rest and consider what should be done with the watch. They found a fallen log and soon were sitting comfortably. After a few moments, Jonathan thought of a question to ask his friend.

“Tom, I wonder what that philosopher would say about this watch?”

“What do you mean?” responded Thomas. Jonathan continued, “Surely, if man, who is a hundred times more extraordinary than this watch, could be an accident of nature, as your philosopher suggests, then this pocket watch might also. Perhaps it has rested here long enough that its parts have fallen into just the right places. And it’s very likely, if we leave it here, it may become a grandfather clock!”

They laughed, decided to leave a note in a prominent location instructing anyone who came looking for the watch where it could be recovered and continued their journey.

Then a thought came to Thomas: “Perhaps this forest will transform into a great sailing ship for our next journey.” Again, they laughed. “Jonathan,” added Thomas, “I think you’re right. Man is no accident and there is a Creator.”

[Return to Day 10](#)

LEARNING ACTIVITES

Making Sacrifices

When a person chooses to give up something of present value for something of greater future value, it's often called a sacrifice. Sacrifice is one of the greatest expressions of love.

Very often, our good fortune comes from someone else's loss. Some dwell on what is being lost, while others focus on what is being gained.

Examples of sacrifice include a mother giving birth, a father working to support his family, a soldier fighting and dying for freedom, an ancestor keeping a journal for posterity. The greatest of all examples of sacrifice is the Atonement of Jesus Christ.

What sacrifices have been made for you?

What can you do to show your appreciation?

Commitment: I will express my appreciation to someone who has made a sacrifice for me.

Commitment Kept: _____

Signature

Return: [Day 1 Morning](#)

Small Habits

A habit is a frequent behavior that doesn't require conscious effort to perform.

Habits develop slowly. When habits are formed in our youth, they often stay with us for the rest of our life.

Many habits prove to be good for us, yet some prove to be harmful. Good habits remain true servants. Bad habits become demanding masters we call addictions.

Tying our shoelaces becomes a good habit and we appreciate not thinking about each loop of the string. On the other hand, bad habits can destroy our happiness and even our life.

Healthy habits include, pondering the words of a hymn, praying often, reading scriptures, keeping a journal, choosing to be cheerful, and helping others.

During the next 10 days, make a commitment to complete the chart

Healthy Personal Behavior Pattern!

Commitment: I will complete the Healthy Personal Behavior Pattern chart.

Commitment Kept: _____

Signature

Return: Day 1 Evening

The Virtue of Charity

A “virtue” is a strong personal belief that affects behavior in a positive or admirable way. A “virtue” guides the choices a person makes and helps define how they treat others. Virtues lift and make our life more meaningful. A virtuous person acts in ways that benefit all those around them.

A few characteristics of a virtuous person include being just, honest, cheerful, reverent, and charitable.

Charity is a virtue that is often expressed through serving, especially when it helps someone accomplish something they couldn’t do on their own.

Sharing, when one person shares something meaningful with another person, is another important virtue.

What important service or kindness has someone provided you?

What important things have others shared with you?

What can you share that is important to you and helpful to someone else?

Commitment: I will develop greater charity by helping someone in a meaningful way.

Commitment Kept: _____

Signature

Return: [Day 2 Morning](#)

Variety and Unity

Variety is a part of life. Plants, animals, and landscapes vary widely. Variety, like a rainbow of color or a symphony of sound, can combine to enrich our life's experience. Differences in size, color, and form add wonder to our lives.

Differences among people can lead to misunderstandings and contention. Jesus prayed to His father, "*Holy Father, keep through thine own name those whom thou hast given me, that they may be one, as we are...that they may be made perfect in one*" ([John 17:11, 23](#)).

How does contention make your life more difficult?

How can respect for others enrich your life?

Commitment: I will show respect for others.

Commitment Kept: _____

Signature

Return: [Day 2 Evening](#)

Good Works

Work is the physical or mental effort required to accomplish, to create, or to move something in a different direction. Work is frequently how we fulfill our duty.

Work helps keep our life-watch, our heart, ticking. Work develops physical and mental strength.

After labor comes the harvest. It is said that a man who cuts his own firewood is warmed twice, once while cutting the logs and again while burning them. But it doesn't end there. Peace of mind comes from being prepared, from sharing with a neighbor, and from watching the fire's light dance across the room.

The passing of time is made meaningful by measuring the quality of work that has been accomplished. Life gives proof that *"faith without [good] works is dead"* - see [James 2:14-26](#)

What good work can you perform near where you live?

How will others benefit from your labor?

Commitment: I will do a good work.

Commitment Kept: _____

Signature

Return: [Day 3 Morning](#)

Sharing

Our life, like a garden, has seasons. There is a season to prepare, a season to plant, a season to harvest, and a season to store up and rest from our labors. (see [Ecclesiastes 3:1-8](#))

You cannot harvest what you have not planted. You must plant wheat today if you want to enjoy eating bread tomorrow. (see [Galatians 6:7](#))

A wise person will work to produce sufficient for self, family, and for others who are in need. Good works and good gifts come from a good heart. (see [1 Timothy 6:17-19](#))

What can you share with someone who is in need?

Why is sharing important?

How will gaining useful knowledge help you grow?

Commitment: I will share a cheerful smile and kind words.

Commitment Kept: _____

Signature

Return: [Day 3 Evening](#)

Physical Death

Physical death is part of our mortal experience. *"The body without the spirit is dead"* (see [James 2:26](#)). When someone we love dies, their spirit body is separated from their physical body, and we mourn the loss of their companionship.

Resurrection is the reuniting of the spirit body and the physical body. *"For as in Adam all die, even so in Christ shall all be made alive"* ([1 Corinthians 15:21–23, 55](#)). The “sting” of death is overcome through Jesus Christ, our Redeemer. In this way, life is restored to our physical body and loving companionships can be eternally renewed. Read: [Job 19:25-27](#). Since *"in my flesh shall I see God,"* how should I treat my physical body?

How do you feel about Job's testimony?

Knowing that we shall see our Redeemer someday, how should you live your life today?

Commitment: I will thank Heavenly Father for His Son, Jesus Christ.

Commitment Kept: _____

Signature

Return: [Day 4 Morning](#)

God's Blessings

When good things happen we call it a blessing. Blessings are from God. Because God is a loving Heavenly Father, He wants to bless all His children.

Some blessings are given to all freely. The sun shines down on all of God's children. (see [Matthew 5:43–45](#).) All will be resurrected through Jesus Christ.

Some blessings are given only to those who deserve them, or have repented, for “*no unclean thing can inherit the kingdom of heaven*” ([Alma 11:37](#), see [3 Nephi 27:19–22](#)). God's greatest blessings are reserved for those who obey His will and keep His commandments.

What good things have happened to you, or in other words, what blessings have you received in your life?

What good things have happened to you?

How can you show your appreciation to God?

Commitment: I will show Heavenly Father that I love Him by treating others the way I want to be treated.

Commitment Kept: _____

Signature

Return: [Day 4 Evening](#)

Positive Self-talk

Self-talk is how we talk to ourselves, most often with our thoughts. It reveals our emotions and attitudes towards ourself, others, and the world around us.

Self-talk allows us to place meaning or value on the knowledge and information we receive. It helps us explain and justify our feelings and behavior. It lets us define our motivation for doing, or not doing, something.

Self-talk gives us time to choose what action should be taken and to consider whether the consequences will be good or bad. Thus, we are free to choose. (see [Helaman 14:31](#))

Why is positive self-talk healthier for us than negative self-talk?

Does the way someone treat you affect the way you talk to yourself?

How do you talk to yourself when things go wrong?

Commitment: I will talk kindly to myself.

Commitment Kept: _____

Signature

Return: [Day 5 Morning](#)

Faith

"Faith is to hope for things which are not seen, but which are true..."(see [Bible Dictionary, Faith](#); [Hebrews 11:1](#); [Alma 32:21](#)).

A person's faith is expressed in many different ways. In an earlier story, Brother Shreeve expressed his belief in the resurrected Jesus Christ. For him, the scriptures taught correct principles, or ideas, that can be trusted. As a result, his attitude was affected, and his actions were guided by this faith.

And faith "*...must be centered in Jesus Christ in order to produce salvation.*" (see, [Bible Dictionary, Faith](#)).

For example, a follower of Jesus will choose to be baptized because they have faith in Him, hope to be saved in His kingdom, and therefore strive to obey all his words.

Even though you have never seen your ears, what evidence is there that you have ears?

How can we 'look' to Jesus Christ today?

How can we increase our faith in Jesus Christ?

Commitment: I will listen to good music or taste good food and thank Heavenly Father for my body.

Commitment Kept: _____

Signature

Return: [Day 5 Evening](#)

“Charity Never Faileth”

Charity is Christ-like love. Read [1 Cor. 13:1-13](#)

How has Christ shown His love for us?

How should we treat others?

Commitment: I will forgive someone who has hurt my feelings.

Commitment Kept: _____

Signature

Return: [Day 6 Morning](#)

Honesty

Honesty is telling and living the truth.

An honest person can be trusted to tell what really happened, even if it means they get in trouble. When George Washington's father asked, "Who chopped down the cherry tree?" George truthfully answered, "I did."

People re-tell this story because it represents the kind of person we should be...trustworthy.

Honesty is living the truth. An honest person will not lie, steal, or cheat. When we know it's wrong to steal, and we don't, we are being honest to what we believe. This is called integrity. Honesty is a companion of goodness and purity. *"And ye shall know the truth, and the truth shall make you free."* (see [John 8:32](#)).

How difficult is it to be honest?

Commitment: I promise to be more honest from now on.

Commitment Kept: _____

Signature

Return: [Day 6 Evening](#)

Knowledge is Power

Reading wasn't Tommy's problem; it was his attitude towards reading. He told himself reading wasn't important, when he really knew it was. He told himself he could always have others do things for him, but he learned that wasn't true.

Learning is a gift and knowledge is power. Reading and writing open doors to sharing. We are able to learn from others and others are able to learn from us. Sharing can make both the learner and the teacher better.

Why did Tommy's eyes water after he started to read?

Why did Harry start reading for Tommy?

How can we learn to read and write better?

Commitment: I will read the scriptures and write in my journal consistently.

Commitment Kept: _____

Signature

Return: Day 7 Morning

Justice and Mercy

“We believe that men will be punished for their own sins, and not for Adam’s transgression” (Articles of Faith 1:2). Sooner or later, wrongs will be punished...this is justice.

“We believe that through the Atonement of Christ, all mankind may be saved, by obedience to the laws and ordinances of the Gospel” (Articles of Faith 1:3). If we repent, we can avoid being punished . . . this is mercy.

If we want to be forgiven, forgive others. Pray for those who have hurt you and you will find your pain soothed.

Perhaps there is someone you should apologize to. What could you say to someone you have offended?

What could you say to someone who has offended you?

Commitment: I will say "I'm sorry" when I do something wrong.

Commitment Kept: _____

Signature

Return: [Day 7 Evening](#)

Upholding the Law

Sometimes things that hold you down hold you up. The string that was connected to Harry's and Tommy's kite was holding it down and at the same time holding it up. As soon as the string broke, the kite began falling to earth.

Nature's laws and God's eternal laws are much alike. They are intended to restrain us and lift us, both at the same time. If you break God's laws, you will fall. No matter how high you climb above others, if you break the law, you will fall.

On the other hand, if you continue to live the law, you never need worry about falling. When you make and keep a promise with God, your life's string will be strengthened and made secure.

What promises you have made?

How can you remember your promises?

How can you strengthen your ability to keep a promise?

Commitment: I will promise God to remember and keep His commandments.

Commitment Kept: _____

Signature

Return: [Day 8 Morning](#)

Kindness

Kindness is when we show compassion or caring for or to someone.

Kindness is often most needed when it is the most difficult to give. *"Be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."*

(see [Eph. 4:32](#))

Kindness is expressed in words: *"A soft answer turneth away wrath."* (see [Prov. 15:1](#)) Kindness is expressed in deeds: *"Be ye doers of the word, and not hearers only."* (see [James 1:22](#)).

Kindness won't change the world, but it will change the people who live in it.

How do you feel toward someone who has been kind to you?

How did it make you feel?

Commitment: I will write a thank you letter.

Commitment Kept: _____

Signature

Return: [Day 8 Evening](#)

Light Brings Clarity

As a child, you were probably afraid of the dark and light quickly brought you comfort. Darkness must flee from light. Light brings clarity, discloses hidden dangers, and reveals a spectrum of color.

Light is more than electromagnetic radiation. The scriptures teach: "*God is light, and in him is no darkness.*" ([1 John 1:5](#).) God's light is truth and shines on the path of life so we can walk with confidence. It clearly reveals good from evil.

"Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." ([Matt. 5:14–16](#).) Heaven's light shines from happy eyes, kind words, and acts of service.

What has brought light into your life?

What kind of music brings light into your life?

Commitment: I will avoid images, stories, and thoughts of darkness.

Commitment Kept: _____

Signature

Return: [Day 9 Morning](#)

“Hope Unto the End”

This life isn't perfect. Sometimes bones break, old age follows youth, and family relationships are painful instead of sweet.

Hope, for a better life, is centered in Christ. *"For God is not unrighteous to forget your work and labour of love, which ye have shewed toward his name, in that ye have ministered to the saints, and do minister. And we desire that every one of you do shew the same diligence to the full assurance of hope unto the end: That ye be not slothful, but followers of them who through faith and patience inherit the promise."* ([Hebrew 6:10-12](#))

"And, if you keep my commandments and endure to the end you shall have eternal life, which gift is the greatest of all the gifts of God." ([Doctrine & Covenants 14:7](#))

Why is enduring to the end so important?

What can you do to help someone who is struggling?

Commitment: I will help someone in need.

Commitment Kept: _____

Signature

Return: [Day 9 Evening](#)

Maximizing Your Potential

Life appears to be self-directed. “Plants already know how to grow.” But that includes weeds too.

Learning how to cultivate living things that are beneficial to man isn't easy. Maximizing their potential is equally difficult. Changing seasons and weather create new challenges. Bugs and weeds infest our efforts.

In the end, life is designed to make us work for a living. We should strive to do our best to fulfill the full measure of our creation. We should learn, we should work, and we should pass these treasures on to our children.

Why have you been created?

What are your special talents and interests?

How can you contribute to the garden of life?

Commitment: I will try to develop one of my talents, like practicing the piano.

Commitment Kept: _____

Signature

Return: [Day 10 Morning](#)

Saying Goodbye

Being with a friend or loved one brings us happiness. Parting from them brings a longing to be together once again and we look forward to our reunion.

Some goodbyes are made more difficult because we don't know when we will be together again, we will miss their help, or because we fear for their safety.

Some goodbyes are made less difficult because their journey will be rewarding, they will be with loved ones, or perhaps they are helping others in important ways.

What makes saying goodbye sad?

What makes saying goodbye happy?

What can you do to strengthen one of your friendships?

Commitment: I will express my appreciation to someone who is an important part of my life.

Commitment Kept: _____

Signature

Return: [Day 10 Evening](#)

A NOTE TO MOM & DAD

Day 1 ~ Morning

You can't always protect your loved ones. They are going to journey out on their own and find adventure...or misadventure.

Since we can't always be near our loved ones, all the more reason to pray with them when possible and pray for them when apart.

~ ~ ~ ~ ~

Additional thoughts on Prayer

Day 1 ~ Evening

Young children focus on things immediately at hand. They can only understand what they touch and see. As children mature, they begin to comprehend future time and distant places. We are going to the park tomorrow, makes sense only when they begin to understand beyond the present moment. Young adults start to comprehend how healthy behavior patterns like brushing their teeth, washing their hands, and exercising can result in long term benefits.

Fathers who plan and labor today for an unseen future tomorrow are demonstrating a valuable example for generations to come.

~ ~ ~ ~ ~

Additional thoughts on: Planning

A NOTE TO MOM & DAD

Day 2 ~ Morning

Learning the value of and the purpose of sharing can be one of the best lessons learned as a child. It will serve the individual, family, and community well for a lifetime.

~ ~ ~ ~ ~

Additional thoughts on:

Sharing

Day 2 ~ Evening

Just as Beverly Beaver and Randy Raccoon have real differences in the story, so do all people. We each see things from a different perspective.

Good people will often disagree with each other. Youth may disagree with their parents. Real understanding must start by listening to each other's ideas and then treating each other with respect.

When both parent and child adopt an eternal perspective, a lasting and productive harmony can be achieved.

~ ~ ~ ~ ~

Additional thoughts on:

Eternal Perspective

A NOTE TO MOM & DAD

Day 3 ~ Morning

Spending time with a child is essential when trying to transmit virtues such as the importance of work, reverence, and charity.

Just as a child learns to speak in the same language and dialect as those they spend time with, so it is as they learn the language of character. In imperceptible steps, moment by moment, they begin to establish a pattern of behavior that will define who they are.

~ ~ ~ ~ ~

Additional thoughts on:

Virtue

Day 3 ~ Evening

Teaching children with firmness is sometimes necessary. Teaching children with love and kindness must always come first. Teaching children to be successful adults starts when they are young.

~ ~ ~ ~ ~

Additional thoughts on:

Firmness

A NOTE TO MOM & DAD

Day 4 ~ Morning

Our mortal existence is short. Life is eternal. Who we listen to and how we behave now will affect the rest of our life...and that's a long, long time. Correcting mistakes now will help us enjoy forever.

~ ~ ~ ~ ~

Additional thoughts on:

Life is Eternal

Day 4 ~ Evening

The children in our care are no accident. Life is no accident, it is a gift. Our lack of planning and mistakes doesn't mean our Father in Heaven isn't able to still rescue us. Through His Son, Jesus Christ, we can be delivered into our Heavenly Father's arms again.

~ ~ ~ ~ ~

Additional thoughts on:

Rescuing Us

A NOTE TO MOM & DAD

Day 5 ~ Morning

Thoughts lead each of us down life's path towards personal behavior. Thoughts can be positive or negative, healthy or unhealthy. Perhaps you can help open your children's eyes to see the coming light rather than remain closed to life's beauty. Perhaps you can show, by example, how to avoid blaming others for missed opportunities and start taking responsibility for creating new ones.

~ ~ ~ ~ ~

Additional thoughts on:

Example

Day 5 ~ Evening

A Note to Mom & Dad

Once a week, meet with your family and speak about important things. Plan the coming week, learn about Jesus, and have fun together. Put other things on hold while you meet together. Spending time together will surprise you what everyone will learn from each other.

~ ~ ~ ~ ~

Additional thoughts on:

Family Time

A NOTE TO MOM & DAD

Day 6 ~ Morning

A Man Like Thee

"Oh please, teach me how to be more like you,"
said the young boy to his father tall.

"Teach me how to jump, and run,
and how to climb a wall."

Taking his son by hand, the father said,
"Come with me."

Then, kneeling alongside the bed,
both heads were bowed in prayer.

"Heavenly Father, please teach our son.
Oh please, make of him...and of me,
a man more like thee."

~ ~ ~ ~ ~

Our Father

Day 6 ~ Evening

Dishonesty costs more than any earthly treasure can pay. Lying, stealing, or misrepresenting will break trust and lead to the loss of one's freedom. Time is wasted and hearts are broken. Give your children an honest father.

~ ~ ~ ~ ~

Additional thoughts on:

Trust

A NOTE TO MOM & DAD

Day 7 ~ Morning

Read to your children. Read consistently. It doesn't take long to be a good example.

~ ~ ~ ~ ~

Additional thoughts on:

Read

Day 7 ~ Evening

A Note to Mom & Dad

Excluding and pretending we're better than others or speaking unkindly will lead to contention and conflict. "Turning the other cheek" can start with an apology and end with a new friendship.

~ ~ ~ ~ ~

Additional thoughts on: Grace

A NOTE TO MOM & DAD

Day 8 ~ Morning

"Sometimes things that hold you down, hold you up."
A string holds a kite down, yet it also holds it up. Rules, laws, and commandments seem to hold us down. And yet, like the kite string, they are the very things which raise us up.

"It is impossible to break the law. We can only break ourselves against the law." - Cecil B. Demille.

~ ~ ~ ~ ~

Additional thoughts on: Law

Day 8 ~ Evening

Happiness cannot be bought and is not found in anger and contention. Peace and lasting happiness comes from doing and being kind. Children need to learn what being kind feels like. With their parent's help, they can learn.

~ ~ ~ ~ ~

**Additional thoughts on:
Being Kind**

A NOTE TO MOM & DAD

Day 9 ~ Morning

Learn All You Can!

The human ability to learn seems unlimited. A child's curiosity should only be adapted, not lost, as we age. We should learn, learn, and learn some more.

We should learn to avoid making mistakes if we can and learn from our mistakes if we must. We must learn to know, do, and be a better person:

2 Peter 5-8

5. And beside this, giving all diligence, add to your faith virtue, and to virtue knowledge;

6. And to knowledge temperance, and to temperance patience; and to patience godliness;

7. And to godliness brotherly kindness; and to brotherly kindness charity.

~ ~ ~ ~ ~

Additional thoughts on: Learning

Day 9 ~ Evening

As a father, you are expected to do many things and your choices are extremely important. So, remain calm, confident, and do what you know is right. Things will work out.

~ ~ ~ ~ ~

A Family Man

Links: [family_man.wmv](#) ; [family.man.2012.mp4](#)

"A Father Does Just What a Father Should"

A NOTE TO MOM & DAD

Day 10 ~ Morning

Let your children know you love them. Simply tell them, "I love you!" Perhaps you can also share how they have brought joy into your life.

~ ~ ~ ~ ~

Additional thoughts on Love

Day 10 ~ Evening

Your children will always find peace of mind in doing what's right. Sooner or later, doing what's right will bring positive feelings and lasting happiness. Keep looking forward!

~ ~ ~ ~ ~

Additional thoughts on: Happiness

A NOTE TO MOM & DAD

Prayer

By [Enrique R. Falabella](#)

When my son Daniel was six years old, he saw that I was worried because I had to attend a stake conference. I was unsure about what to teach the Saints. He came up to me and said, “Daddy, that’s really easy.” That’s how children see everything.

“Let’s see, Son,” I told him. “Since it’s easy, tell me what I can talk to them about.”

“Talk to them about prayer,” he told me.

“That’s a good subject,” I told him, “but they’ve heard a lot of talk about prayer; what could I tell them that’s new?”

“That’s easy too, Daddy. First tell them, ‘Before you start to talk to Heavenly Father, think about the things you want to tell Him.’”

“That sounds like a magnificent idea,” I replied. “And then?”

“Well, once you’ve thought of it, tell it to Him! When you finish, wait and see if He has something to tell you.” ([LDS General Conference, October 2007](#))

~ ~ ~

Gospel Topics ~ [Sacrifice](#)

[Moses 2:27](#) *“And I, God, created man in mine own image, in the image of mine Only Begotten Created I him; male and female created I them.”*

[Moses 3:8](#) *“And I, the Lord God, planted a garden eastward in Eden, and there I put the man whom I had formed.”*

[Moses 4:12](#) *“And when the woman saw that the tree was good for food, and that it became pleasant to the eyes, and a tree to be desired to make her wise, she took of the [forbidden] fruit thereof, and did eat, and also gave unto her husband with her, and he did eat.”*

~ ~ ~

As a result, Adam and Eve were drive out of the garden....

[Moses 5:5-8](#) *And [the Lord] gave unto them commandments, that they should worship the Lord there God, and should offer the firstlings of their flocks, for an offering unto the Lord. And Adam was obedient unto the commandments of the Lord.*

And after many days an angel of the Lord appeared unto Adam, saying: Why dost thou offer sacrifices unto the Lord? And Adam said unto him: I know not, save the Lord commanded me.

And then the angel spake, saying: This thing is a similitude of the sacrifice of the Only Begotten of the Father, which is full of grace and truth.

Wherefore, thou shalt do all that thou doest in the name of the Son, and thou shalt repent and call upon God in the name of the Son forevermore.

~ ~ ~

When we worship the Lord “*and call upon God in the name of the Son*” it is called prayer.

Through prophets we continue receiving commandments which frequently require sacrifice. Today we sacrifice by fasting, paying our tithing, and attending and serving in the church. We are promised that “*Sacrifice [will bring] forth the blessings of heaven.*” – [Praise to the Man, LDS Hymn 27](#). Blessings are often answers to prayer.

Adam worshipped the Lord. This means he showed reverence for Jesus Christ’s atoning sacrifice. Love filled Adam’s heart for our Heavenly Father. Today we remember our Savior’s redeeming sacrifice as we partake of the sacramental bread and water.

The prophet Isaiah expressed his faith in sacrifice and prayer by saying: [Isaiah 58:2-11](#)

CLOSING COMMENT

[Home](#)

By Scott B. Froerer

It is my faith that we have a loving Heavenly Father whose resurrected Son, Jesus Christ, has atoned for our sins. It is my hope that we will follow His teachings, receive His Spirit to guide us, and find greater peace in our life.

In this material, I have tried to create a healthy pattern for us to follow, one that will benefit and sustain us. This pattern includes reading daily from scriptures, recording our experiences, and praying. I believe becoming steady and consistent in these things will bring light into our lives.

I have also tried to illustrate how our choices have consequences, how important our self-talk is in the process of making good choices, and how we have a responsibility to seek to improve the welfare of ourselves and others.

May we follow this divine counsel:

“And as all have not faith, seek ye diligently and teach one another words of wisdom; yea, seek ye out of the best books words of wisdom; seek learning, even by study and also by faith.

“Organize yourselves; prepare every needful thing; and establish a house, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God” ([Doctrine & Covenants 88:118–119](#)).

I pray the Lord will bless us in our efforts to become a better son or daughter of God.

Names and words are given meaning by individuals, families, and communities. Here are some examples from the Bible:

Name	Meaning
Aaron	Son of Amram and Jochebed, of the tribe of Levi.
Ab	A designation in Hebrew meaning father.
Abba	A personal, familial term for father.
Abel	A son of Adam and Eve.
Abiathar	Father of excellence, or plenty.
Abinadab	Noble father.
Abner	Father of light.
Abraham	Father of a multitude.
Abram	Exalted father.
Absalom	Father of peace.
Adam	The father and patriarch of the human race on earth.
Ahijah	A Shilonite prophet.
Alpha	First letter of the Greek alphabet.
Altar	Used for sacrifices and offerings.
Amaziah	Strong is the Lord.
Amen	Firm, true. Used to denote acceptance.
Amram	Father of Moses and Aaron.
Andrew	Brother of Simon Peter and one of the Twelve.
Angels	Messengers of the Lord.

Anoint	To apply oil or ointment to the head of the person.
Apostle	“One sent forth” as a special witness of Jesus.
Ararat	An area now called Armenia.
Arimathaea	A disciple of Jesus.
Ark	The vessel built by Noah, about 450 feet long.
Asa	Physician or healer.
Asher	Happy, son of Jacob, father of the tribe of Asher.

– [Bible Dictionary](#)

When friends and family hear your name, what meaning do you want them to associate it with?

Additional Raccoon Short Story

~ [Different Ways](#) ~

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