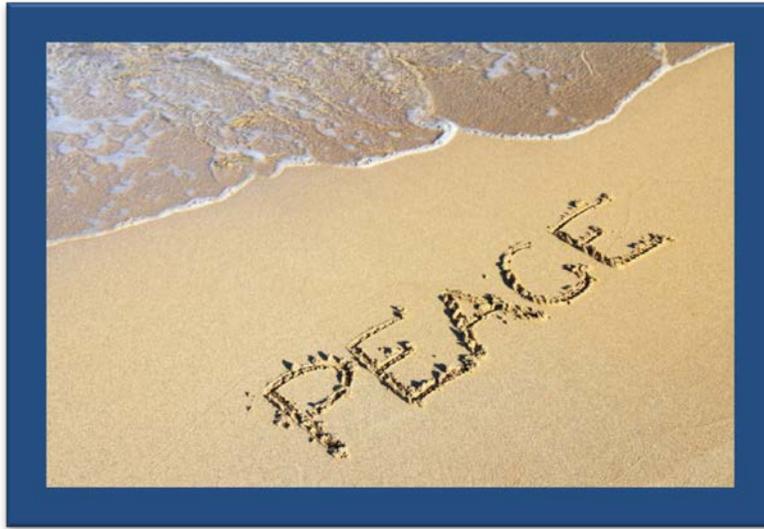


# Peace, Be Still



For family home evening one time, we kept it simple. We talked about the Lord's hand in our lives. We pointed out to the kids that in order to really have the Lord with us, we must take time to be still during the day to listen and to feel. We discussed this, asking questions and gathering each other's comments.

- What does it really mean to listen and to feel while we are being still?
- Why is it important to take some time to be still?
- What distractions do we need to get rid of for a few minutes so that we can truly be still?

We then did an easy activity. We picked a scripture verse for each member of the family (the older kids chose their own that was meaningful to them). Each person hand wrote their verse (or part of the verse) on a blank sheet of paper. (We wrote it for the little ones) Then, everyone decorated their paper in various ways like these:

- Added color
- Used fancy lettering
- Made designs on the letters
- Made designs around the edge of the paper
- Added pictures
- Traced the letters
- Added stickers
- Other

with color, fancy lettering, designs on the lettering, or pictures as they saw fit. The young ones enjoyed tracing and coloring their own. Then we hung the decorated sheets in various places around the house.

Some verses we included are:

[Hymn #140](#)

[Proverbs 3:5-6](#)

[Alma 37:37](#)

[John 20:19](#)

[Mark 4:39](#)

The end challenge was to hang up our verses and they were to serve as a reminder, whenever we saw them, to take a short moment to be still. It is amazing what a difference it makes to do this several times during the day. It gives you a chance to reflect on the things of the spirit and it really only takes a minute.

Optional Idea:

Learn a little bit about other religions with your family. Talk about Buddhism & Hinduism. Both of these religions think highly of meditation. Meditation is a form of “Peace, be still”. The family could make mandalas if desired. Mandalas are things that Buddhists and Hindus use to help them in their meditations. A mandala is a symmetrical design. If you were to divide the design in four sections, it would all have symmetry. Do you see how these could possibly be of help to get you to think a little more deeply or take time for being still?

