

# Fortifying Families



## **This lesson is based on this scripture:**

[Jacob 7:25](#) “Wherefore, the people of Nephi did fortify against them with their arms, and with all their might, trusting in the God and rock of their salvation; wherefore, they became as yet, conquerors of their enemies.”

## **Object/Visual lesson:**

Get a box of cereal or gallon of milk that says on the label “fortified with \_\_\_\_\_”. Ask questions like (What is the purpose of fortifying cereal? What does fortify mean?) The answers should center on the fact that fortifying helps build something up, adds to it, makes it better, stronger.

## **Story:**

Tell the story of “The Three Little Pigs”. You can tell it in your own words, read the book, or have the family act it out. Discuss the reasons why the third little pig’s house was the best.

## **Activity:**

Gather up a boxful of Legos, deck of cards, or other building toys. Before FHE begins, make up a small, easily destroyed building of cards or Legos. Allow one of the younger family members to destroy the building. Ask the family what could possibly be done to fortify the building next time? Together, brainstorm ideas of how to make a stronghold. Possible ideas include better building materials, firmer foundation, some sort of cementing material, etc. Then, together, create a fortified house of building materials of your choice. (Obviously you don’t want to super glue your Legos together, but it could be good for discussion’s sake.)

## **Wrapping things up:**

Drawing from the activities that were done in the lesson, brainstorm ideas that would fortify your family. What are some of the things we should do daily as a family? Can each member contribute something towards the strength of the whole family? What can you do? Share the scripture with your family and determine what Nephi used to help strengthen his people. Can we improve our scripture study time? Are we working on being more helpful to one another? Do we pray for each other?

**Treat idea:**

Make up a fun trail mix with things that would fortify a person hiking along a path. This can include mixed nuts, pretzels, white chocolate chips, dried fruit, etc. We can even be reminded while eating this that we are trying to stay on the straight and narrow path and on our journey we need to be fortified.

**Songs:**

[How Firm a Foundation](#) #85

[A Happy Family](#) Pg # 198

[Families Can be Together Forever](#) Pg #188