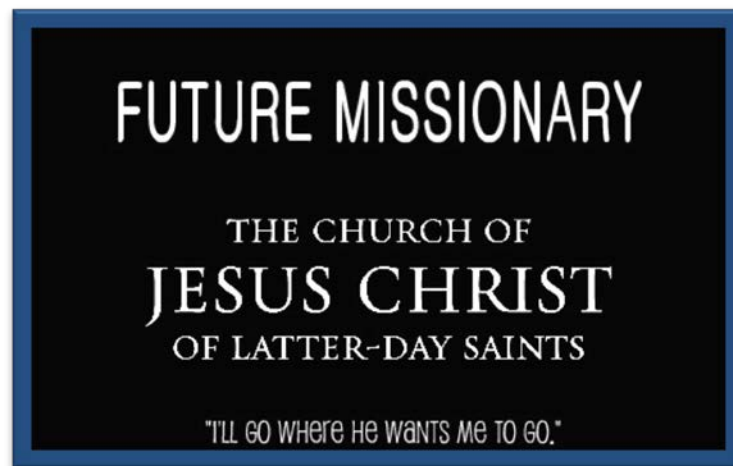


Prepare for Missionary Service—Part 1

(What can I do now?)



Pick and choose any of the following items for your Family Home Evening. Come back to this lesson each year and choose different items or reinforce the same ones.

Songs PSB=Primary Song Book

1. [I'll Be a Missionary](#) (This is a song I wrote that can be paired with “Called to Serve” or sung by itself.) <http://shop.completeleefamily.com/Missionary-Medley-HYMNS1023.htm?categoryId=1>
2. [I Hope They Call Me on a Mission](#) PSB #169
3. [Called to Serve](#) PSB #174
4. [We'll Bring the World His Truth](#) PSB #172
5. [This Little Light of Mine](#) Bible Song
6. [Behold! A Royal Army](#) Hymn #251
7. [I'll Go Where You Want Me to Go](#) Hymn #270
8. [Hark, All Ye Nations](#) Hymn #264

Scripture Quotes & Stories

1. *[Mosiah 18:9](#)—Stand as a witness at all times
2. [Matthew 4:19-20](#)—Fishers of men
3. [Luke 24:47-48](#)—ye are witnesses
4. [John 4:35-41](#)—Fields are ready for harvest
5. [John 21:15-17](#)—Feed my sheep
6. [D&C 1:23](#)—gospel proclaimed by weak and simple
7. [D&C 18:15](#)—Work all your days, save one soul, worth it

8. [D&C 4:1](#)—a marvelous work is about to come forth
9. [Jonah](#) (the whole book)—Story of Jonah and the whale
10. Stories of Sons of Mosiah & Alma the Younger

Stories & Articles

1. Missionary stories from your own family history
2. Missionary stories from pioneers
3. Missionary stories from modern-day missionaries
4. [Preparing Your Future Missionary by S. Brent Scharman](#)—The Ensign October 2004 Pages 17-21—Discuss the three main points of the article. 1. Setting Goals 2. Learning How to Work 3. Taking care of emotional health Also, within the article are a couple of subarticles with more ideas, such as social skills, priesthood duties, developing independence, developing leadership experience, managing money, domestic skills, increasing enthusiasm for missionary service. (see also article references)

Games

1. Strengthen your spiritual side by playing a scripture game, homemade or commercial.
2. Have a scripture chase.
3. Play “Find the Ready One”. Take a deck of cards and spread them out face down on the floor, so each card occupies its own space. The person demonstrating the game picks up a card and looks at it. If it is not the queen of hearts, the card is replaced in the same location. Keep trying until the queen of hearts is found. Keep track of how many tries it took to get the queen of hearts. Anyone else that wants a turn can do so in the same manner. When all have had turns, discuss aspects of missionary work, including discouragement, having a plan when you tract, so as not to overlap where you have already been. Who wins the game? Anyone who did not give up. See [D&C 18:15](#). The Lord thinks it is worth it to spend all your days working on feeding His sheep, even to only help one soul!
4. Play “Discouragement Busters!” Divide into teams and do charades to act out the following or similar ideas for the other team to guess. Props are allowed.
 - Serve someone
 - Read favorite scripture
 - Recite some scriptures
 - Listen to uplifting music
 - Get Busy!
 - Laugh
 - Act “as if”

- Pray
- Talk to someone
- Exercise
- Sing
- Play an instrument
- Look over your goals
- Read patriarchal blessing
- Go for a walk
- Hum
- Whistle
- Read an uplifting book
- Write a letter
- Think about uplifting people you want to be like
- Write in your journal
- Mentally turn over discouraged thoughts to the Lord and ask for help finding replacement thoughts.
- Share something
- Hug someone
- Count your blessings
- Get something done on your to do list and cross it off

Outings

1. Set up a budget and a bank account for each kid.
2. Go with the missionaries to an investigator's home (or invite them to yours).
3. Put your family's testimony into a Book of Mormon and go deliver it to someone.

Reference

1. [Ensign March 2007](#) The whole magazine is devoted to missionary work.

Activities

1. Have everyone share a spiritual experience.
2. Read missionary letters together.
3. Write to a missionary.
4. It is good for missionaries to know how to fix simple from scratch meals. Learn how to do at least one this week. You can use this book, *Feed My Sheep... A Cookbook for Missionaries*, to help you (see details on the next page). <http://completeleefamily.com/Missionaries.html>

5. Here is a checklist of household chores that are needed for independence—how are they doing with these? Where can we improve? Discuss any issues that arise.
 - a. Laundry sorting, folding, stain removal
 - b. Cleaning the bathroom
 - i. Proper use of cleaning chemicals, hazards, etc.
 - ii. What to use for mirrors, sinks, toilet, tub, floors
 - c. Cleaning the kitchen
 - i. How to sweep a floor well—you never know, it may help to deter any number of unwanted large and small insects!
 - ii. The fridge—how often should you clean it out, what is safe to eat?
 - iii. The rest of the kitchen
 - d. What about the rest of the house?

Refreshment Ideas

1. Try a foreign dish
2. Anything will do. Missionaries will eat anything.

Discussion Questions

1. How could you find joy in working hard each day?
2. How would you help a discouraged companion?
3. How can preparing for a mission now help one throughout life?
4. Why is goal setting important in missionary work?
5. Why is the ability to work hard important? See above mentioned article page 18 last paragraph.
6. What are some ideas for overcoming discouragement?
7. What is the most important preparation you can do to succeed as a missionary?
8. What ways is missionary work done?
9. Is temple work missionary work?