

# Book of Mormon at Breakfast

## Presenter - Jessica Duersch

*Certified Positive Discipline Associate*

Parent Educator -

*Positive Discipline, Love & Logic, Smart Solutions, Practical Principles for Positive Parenting*

Former Elementary School Teacher - grades 2<sup>nd</sup>, 6<sup>th</sup>, & Kindergarten

Former Behavior Consultant - *School Based Mental Health Services* - Madison School District #321

Chairman - Region 7 & Madison/Fremont Children's Mental Health Council

Professional Development Trainer for teachers and paraeducators

Respite Care provider

Marriage & Family Relations Teacher

Life-Long Learner

and my most favorite roles, Wife and Mother of 4 delightfully challenging children.

“And the (family) did meet together oft, (to eat breakfast) and to pray,  
and to speak one with another...”

“...That they might be remembered and nourished by the good word of God,  
to keep them in the right way...”

Moroni 6:5,4



## Promise of a Prophet:

*“I feel certain that **IF**, in our homes,  
**parents will read from the Book of Mormon prayerfully and regularly,**  
both by themselves and with their children,  
the spirit of that great book will come to permeate our homes and all who dwell therein.  
The spirit of reverence will increase;  
mutual respect and consideration for each other will grow.  
The spirit of contention will depart.  
Parents will counsel their children in greater love and wisdom.  
Children will be more responsive and submissive to the counsel of their parents.  
Righteousness will increase.  
Faith, hope, and charity - the pure love of Christ will abound in our homes and lives,  
bringing in their wake peace, joy, and happiness.”*

– President Marion G. Romney in general conference in April 1980 and emphasized by President Ezra Taft Benson in October 1986  
(emphasis added)

“The most important of the Lord’s work that you will ever do will be the work you do within the walls of your own home.”

– Harold B. Lee

“*Happiness* in family life is most likely to be achieved when founded upon the teachings of the Lord Jesus Christ. Successful marriages and families are established and maintained on principles of:

**faith,  
prayer,  
repentance,  
forgiveness,  
respect,  
love,  
compassion,  
work  
and wholesome recreational activities.”**

– *The Family: A Proclamation to the World*

**Basic Principles of Gospel Teaching**  
from *Teaching, No Greater Call*

Love those you Teach  
Teach by the Spirit  
Teach the Doctrine  
Invite Diligent Learning  
Create a Learning Atmosphere  
Use Effective Methods  
Prepare Every Needful Thing

“Organize yourselves; **prepare every needful thing...**” (D&C 88:118)

**Scripture Study Success:**

fill a basket with scriptures, cup of colored pencils, sharpener, book marks  
notebook(s) and cup of pencils, pens or crayons to draw pictures, write a statement of  
what was learned, applications to family life or questions  
tape scripture pictures or quotes to cereal boxes  
magazine rack on the kitchen counter filled with church magazines

*The Friend*

*The New Era*

*The Ensign*

gift bag or basket for filling each week with Family Home Evening lesson materials  
box of items to act out scripture stories

Ex. swords, shields, strips of cloth, bow and arrow, 16 clear stones, title of liberty,  
stuffed animals (2 of each kind), sheets, etc.

**Special Scripture Object Search:**

1. Place an object related to the scriptures in a visible place (kitchen counter, piano, etc.).
2. During the week have family members try find scriptures that talk about the object and then have a chance for sharing at the next Family Home Evening.
3. Rotate who finds the object to place in a special spot.
4. Use a basket or special box designated for the special scripture object.

**Possible Object Ideas:**

piece of fruit: “bring forth good fruit,” Garden of Eden, Tree of Life

plastic animals: creation, Noah, Nephites, Jaredites

boat: Noah, Nephi, Brother of Jared, Hagoth

seed: faith, harvest, etc.

soap: “pure heart and clean hands,” repentance

coins: lost coin

sheep (borrow from Nativity set): Good Shepherd, lost sheep, shepherds in  
Bethlehem

angel: ministering angels

gift: gift of the Holy Ghost, gifts of the Spirit

hand: finger of the Lord, “laying on of hands”

ear: “ears to hear”

bread: loaves & fishes, sacrament, bread of life

fish: “fishers of men,” loaves & fishes

blocks: building a temple, King Benjamin’s tower

rock: “build on the rock of our Redeemer”

bear: bear one another’s burdens

liahona: change the message to fit your family’s needs

## Resources for Parents

“Book of Mormon Before Breakfast,” by Betty Jan Murphy, *Ensign*, Aug. 2004, pgs. 42-43

*Gospel Art Picture Kit (Available at LDS Distribution Centers)*

*Primary - Supplement Pictures (Available at LDS Distribution Centers)*

*Teaching No Greater Call - A Resource Guide for Gospel Teaching,*  
Section on - Teaching in the Home, pgs. 126 - 143  
(Available at LDS distribution centers)

- Love those you teach
- Teach by the Spirit
- Teach the doctrine
- Invite diligent learning
- Create a learning atmosphere
- Use effective methods
- Prepare every needful thing

“Teaching Our Children,” by President Thomas S. Monson, *Ensign*, Oct. 2004, pgs. 3-7

1. Teach prayer
2. Inspire faith
3. Live truth
4. Honor God

*Who's Your Hero? Book of Mormon Stories Applied to Children-* Volume 1 by David Bowman  
Nephi Never Complains  
Abinadi Shows Great Courage  
Ammon Loves to Serve

*Who's Your Hero? Book of Mormon Stories Applied to Children-* Volume 2 by David Bowman  
Helaman's Warriors Respect Their Parents  
Enos Prays Sincerely  
Alma the Younger Apologizes

*Who's Your Hero? Book of Mormon Stories Applied to Children-* Volume 3 by David Bowman  
Captain Moroni Finds Protection in Righteousness  
Nephi & Lehi Follow the Spirit  
The Brother of Jared Shows Great Faith

*Who's Your Hero? Book of Mormon Stories Applied to Children-* Volume 4 by David Bowman  
Lehi's Family Hods Fast to the Word of God  
Amulek & Alma Cooperate  
Mormon & Moroni Act Responsibly

**Notes from Presentation:**

**One thing I will implement to improve our family scripture study:**