



By

John Hilton III

and

Anthony Sweat

Creators of <http://ldswhy.com>

Introduction

When we wrote the books [WHY?](#) and [HOW?](#) part of what we wanted to do was find ways for people to do hands-on activities that would help them understand the principles we were writing about. We called these “DO try this at home activities.” We’ve taken eight of these activities and put them together in this little e-book. Our hope is that you will be able to do some of these “DO try this at home” activities during Family Home Evening. We believe that hands-on learning and experimentation is one of the best ways to learn, and we hope this e-book will help you do that with your family.

Best wishes,

John Hilton III

Anthony Sweat

<http://ldswhy.com>

President Joseph F. Smith said, "Do not marry those out of the Church, as such unions almost invariably lead to unhappiness and quarrels and often finally to separation. Besides, they are not pleasing in the sight of heaven. The believer and unbeliever should not be yoked together, for sooner or later, in time or in eternity, they must be divided again."⁹ Choosing to marry someone worthy to take you to the temple will help you avoid many challenges you would otherwise face with the three-legged celestial race.

Find a six-sided die, and let's play a game. If you roll a 1, 2, 3, 4, or 5, you owe us \$1,000. However, if you roll a 6, we will pay you \$1,000. Wanna play? Probably not! The odds are stacked against you.

In the same way, if you marry outside the Church, it is unlikely that your spouse will ever get baptized and that you will be sealed

Roll the Dice!



together in the temple. President Spencer W. Kimball said: "Of course, most such people who marry out of the Church and temple do not weigh the matter sufficiently. . . . Only about *one out of seven* would be converted and baptized into the Church. This is a great loss. . . .

"We love those few who join the Church after marriage. We praise them and honor them, but the odds are against this happening. . . . The total program of the Lord for the family cannot be enjoyed fully if the people are unequally yoked in marriage.

"We call upon all youth to make such a serious, strong resolution to have a temple marriage that their determination will provide for them the rich promises of eternal marriage with its accompanying joys and happiness. This would please the Lord."¹⁰

**DO
TRY THIS
AT
HOME!**

Our exaltation hinges upon our having a celestial marriage. President Spencer W. Kimball said, "Any of you would go around the world for the sealing ordinance if you knew its importance, if you realized how great it is. No distance, no shortage of funds, no situation would ever keep you from being married in the holy temple of the Lord."¹¹

season for everything, and God has commanded that marriage must come before physical intimacy. If we do this in the wrong order, something sweet can become bitter.



not be misled by Satan's lies. There is no lasting happiness in immorality. There is no joy to be found in breaking the law of chastity. Just the opposite is true. There may be momentary pleasure. For a time it may seem like everything is wonderful. But quickly the relationship will sour. Guilt and shame set in. We become fearful that our sins will be discovered. We must sneak and hide, lie and cheat.

Think the order isn't important? Try this experiment. Pour a tall glass of orange juice and drink half of it. Tasty, isn't it? Now, brush your teeth and rinse with mouthwash. Nice and fresh! Now, drink the other half of your orange juice. How does it taste? Isn't it interesting that if we do this in the wrong order, something sweet can become bitter? Physical intimacy is no different.

Tips to Staying Sexually Pure: PROPHETIC PRINCIPLE

#4

Know "the line" and stay far from it.

For the Strength of Youth says we should not participate in passionate kissing or anything that arouses powerful emotions.⁸



Just like if we were driving next to a cliff, the further we stay away from "the line," the safer we will be.

Physical intimacy is similar to orange juice and mouthwash. If physical intimacy comes *after* the marriage covenant, it is beautiful and sacred. If physical intimacy comes *before* marriage, it leads to a whole list of ugly results. Read what President Benson taught: "Do

Tips to Staying Sexually Pure: PROPHETIC PRINCIPLE

#5

Don't steady date before a young man's mission.

"Avoid going on frequent dates with the same person."⁹



"When you are young, do not get involved in steady dating. When you reach an age where you think of marriage, then is the time to become so involved. But you boys who are in high school don't need this, and neither do the girls."—President Gordon B. Hinckley¹⁰

Read the following words out loud as fast as you can. Can you finish the list in five seconds? One trick though—don't say the color that the words spell, read the *color of ink* that the word is written in. Ready, set, go!

Red	Green
Yellow	Green
Red	Black
Blue	Yellow

Could you do it without making any mistakes? This activity shows that we tend to say the first thing that comes to mind—and that isn't always the right thing to say. The old saying "Think before you speak" is good counsel.

**DO
TRY THIS
AT
HOME!**



**TELL ME ONE
MORE TIME!**

Why Should I Use Clean Language?

1. God will judge us by the things we say.
2. How we speak reveals our intelligence and character.
3. What we say affects our ability to feel the Holy Ghost.
4. Sticks and stones may break bones, but words will hurt forever.
5. Kind words lift spirits.

Cont.

Simply put, having a girlfriend back home distracts the missionary. Instead of being able to dedicate 100% of his focus on the Lord's work, part of his energy is focused on his girl back home. Remember the principle: We want to delay forming serious relationships *until the time we are ready to be married*. Young men are not ready to be married when they are called and set apart as a full-time missionary.

Being obedient to the Lord's commandments—including not steady dating in high school—will help you be happier. Depending on your

personal circumstances, avoiding a serious relationship in your

teens may be the toughest standard for you to live. But, for all the reasons listed in this chapter and many more, we promise you it will be worth it.



**DO
TRY THIS
AT
HOME!**

Attracted to One Another

Take two magnets that are strongly attracted to each other and place one on the table. Holding the other in your hand, bring it down as slowly as possible until you are as close as you can get to the other magnet without causing them to come together. What happened? Liken the results to pushing "the line" with physical familiarity and staying morally clean.



**TELL ME ONE
MORE TIME!**

Why Shouldn't I Steady Date in High School?

- 1. When we steady date we become increasingly familiar with our boyfriend/girlfriend. Steady dating leads to steady temptation to break the law of chastity.**

first group, congratulations, keep reading this chapter. If not, go straight to the celestial kingdom and be grateful you're not going to outer darkness. (Just kidding, you can keep reading too).

Write a list
of 100 things you are
thankful for. Too many? Then try
writing down:

- 10 living people you are grateful for.
- 10 people who have died you are grateful for.
- 10 physical abilities you are grateful for.
- 10 material possessions you are grateful for.
- 10 things about nature you are grateful for.
- 10 things about today you are grateful for.
- 10 places on earth you are grateful for.
- 10 modern-day inventions you are grateful for.
- 10 foods you are grateful for.
- 10 things about the gospel you are grateful for.

Guess what? A list of 100 blessings
doesn't even begin to scratch the
surface of all the things God has
given you that you could
possibly be grateful for.

**DO
TRY THIS
AT
HOME!**

Count 100 of Your Blessings

Elder Joseph B. Wirthlin said gratitude “is a quality I have found in every happy person I know.”³ Think about that. Do you know any happy person who is *not* grateful?

He might be lacking some gratitude!



Being Grateful Leads to More Blessings

There are many blessings that come from being grateful for the good things we enjoy. *For the Strength of Youth* says, “Live with a spirit of thanksgiving and you will have greater happiness and satisfaction in life.”⁴

REASON NUMBER 6,923 TO BE GRATEFUL

Some time in your life you have
tasted chocolate. (Millions of
people never have.)



Elder Wirthlin also taught that gratitude will make you “more likable and more at peace.”⁵

The Lord himself promised, “He who receiveth all things with thankfulness shall be made glorious; and the things of this earth

understand that when women dress in a revealing and immodest way, they become part of the problem of pornography.

One young woman said, “It’s not my fault if boys can’t control their eyes!” While boys should control their eyes, why would a faithful sister want to create a problem for her brother? The apostle Paul spoke to some of the saints who were following the trends of idol worship in his day, warning them to “take heed lest by any means this liberty of yours become a stumblingblock to them that are weak” (1 Corinthians 8:9). In other words, don’t do anything that would cause others to falter.

No one should knowingly want to be a source of temptation to another—especially not in matters of modesty.

Physical Obsession and Spirituality

A third reason why we should dress modestly relates to the effect that revealing our bodies has on our self-esteem and spirituality. If we constantly make our physical body a source of attention and public display, then that is where our focus will be. As the Savior taught, “For where your treasure is, there will your heart be also” (Matthew 6:21).

When we become overly self-conscious about how we look and are perceived—our dress size, our waistline, our tan, our biceps, our nails, our hair, and everything else in between—then other people’s opinions about our bodies begin to affect our self-confidence and self-worth. What *other* people think becomes more important than what we think. That can rob us of peace and happiness—and it shouldn’t be that way. Elder Jeffrey R. Holland explained: “I plead with you young women to please be more accepting of yourselves, including your body shape and style, with a little less

longing to look like someone else. . . . As one adviser to teenage girls said: ‘You can’t live your life worrying that the world is staring at you. When you let people’s opinions make you self-conscious you give away your power.’ . . .

“The [world’s] pitch is, ‘If your looks are good enough, your life will be glamorous and you will be happy and popular.’ That kind of pressure is immense in the teenage years, to say nothing of later womanhood. In too many cases too much is being done to the human body to meet just such a fictional (to say nothing of superficial) standard. . . .

“[This] fixation on the physical . . . is more than social insanity; it is spiritually destructive, and it accounts for much of the unhappiness women, including young women, face in the modern world.”¹⁰

CHECK OUT THE SCRIPTURAL PATTERN!

Look up these scriptures to see how the Book of Mormon teaches about the way clothing is linked to sins such as pride and selfishness.

- Jacob 2:13
- 4 Nephi 1:24–26
- Mormon 8:37

**DO
TRY THIS
AT
HOME!**

The Dove company released an incredible video that illustrates how makeup and computer software create unrealistic physical standards that truly are fictional. See for yourself by watching the clips at <http://ldswhy.com>



We practice fire drills at school at least twice a year, and yet the odds of being caught in a building fire are 1 in 111,445.¹³ But thanks to those fire drills, we know exactly what to do in a fire . . . just in case we are part of that unfortunate 0.000008973% of people who are caught in a burning building.

Pornography Fire Drill

**DO
TRY THIS
AT
HOME!**

According to a recent study of Internet use among 10- to 17-year-olds, "forty-two percent of youth Internet users had been exposed to online pornography in the past year."¹⁴ If we practice what to do to escape from a burning building (which, odds are, we will never need to do), how much more should we practice, rehearse, talk about, and know what to do if we come across pornography, because odds are, we will! *For the Strength of Youth* says, "If you encounter pornography, turn away from it immediately."¹⁵

Discuss with your parents what to do when you encounter pornography. If you have not already done so, install filters on your computer that will help block pornographic web sites. Decide as a family what you will do to better prepare yourself to avoid this danger that is more deadly than fire.



Pornography Degrades Others

Pornography is degrading to all those who participate—men, women and children. In countries where pornography is prevalent, rape and other violent crimes are higher. President Thomas S. Monson reported, "One study points out that pornography may have a direct relationship to sex crimes. In the study, 87 percent of convicted molesters of girls and 77 percent of convicted molesters of boys admit to the use of pornography, most often in commission of their crimes."¹⁶ In perhaps the most graphic and infamous example of the link between pornography and sex crimes, serial rapist and murderer Ted Bundy blamed his addiction to pornography for his atrocious crimes against women.¹⁸

PORNOGRAPHY AND WOMEN

Although statistically speaking, more men than women view pornography, 1 out of every 3 visitors to an adult web site is a female, and 17% of women in America admit to having a pornography addiction.¹⁷ Young men and young women must learn to avoid pornography.

"ITH'S TOO METHY"

Anthony Says:

Each week my kids have to clean their toy room. If they stay on top of it each week it doesn't take too long on a Saturday morning to clean up the mess they made during the week. There was a stretch of time where, for some reason or another, my kids skipped cleaning for about three weeks.

The playroom was a disaster. Toys were strewn about like a hurricane had hit.

I sent them down to the playroom to clean it up and told them I would check on them in about thirty minutes. When the time had elapsed, I went down to see the progress. To my surprise, the room hadn't been touched. I found my six-year-old daughter sitting in the middle of the chaos, surrounded by toys, and asked her why nothing had been cleaned up yet.

She looked at me, and with tears in her eyes, threw back her head and said with her little lisp, "Ith too methy! I don't know where to sthstart!"

Overwhelmed, my little girl had looked around the room that had gotten out of hand and had given up without trying because it just seemed like too much work.

Similarly, some of us have made a mess of our lives, procrastinating our repentance and waiting to clean up our life until "later." Sadly, we find that when the time comes to straighten things up, our lives are in such a mess, we don't know where to begin to clean up our lives. Consequently we lose hope, and never make our way back.



Procrastination TEMPTATION

On a level of 1 to 10, what is your procrastination level?—or would you like to decide later?



President Spencer W. Kimball taught, "Sin is intensely habit-forming and sometimes moves men to the tragic point of no return. . . . As the transgressor moves deeper and deeper in his sin, and the error is entrenched more deeply and *the will to change is weakened*, it becomes increasingly near-hopeless, and he skids down and down until either he does not want to climb back or he has lost the power to do so."⁶

We must repent quickly to avoid the downward spiral of sin.

**DO
TRY THIS
AT
HOME!**

ZYXW

How fast can you recite the alphabet? If you're fast, you can probably do it in less than four seconds. But what about reciting the alphabet *backward*? How fast can you do that? Go ahead—try it!

The lesson here is that it is hard to change deeply ingrained habits. When you're used to saying the alphabet a certain way, doing it any different is hard! If we get in a habit of sinning, it can be difficult to change that pattern. Another reason why it is better to repent now and not later!

To download more excerpts from [WHY?](http://ldswhy.com) and [HOW?](http://ldswhy.com) please visit <http://ldswhy.com>.

Look for the *WHY?* DVD coming out in November 2010.

