

Light in the Home

A Family Listening, Prayer, Scripture, Discussion & Kindness Activity

A calm, structured activity for a family evening, Sunday reflection, or any quiet moment when a home needs a little more light.



This is an independent creative family resource and is not an official publication of The Church of Jesus Christ of Latter-day Saints.

Time needed: 25-40 minutes	Best for: families, mixed ages, small groups	Printing: A4
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INFINITE FORGE STUDIO

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Purpose of the Activity

The purpose is simple: to help a family pause, pray together, read a chosen scripture, listen with care, discuss kindly, and choose one small act of goodness to carry into the coming week.

What You Will Need

- This printed activity pack.
- One suitable song to listen to together. This may be from the website, from your own family playlist, or another peaceful and uplifting selection.
- A phone, tablet, computer, or speaker for playing the song.
- Your family scriptures, Bible, or Book of Mormon passage chosen by the family.
- Pens, pencils, or coloured pencils.
- Scissors, if you plan to cut out the Kindness Lantern cards. Children should be supervised.
- A small bowl, envelope, jar, or folded paper “lantern” to hold the prompt cards.
- Optional: a small torch, battery candle, or lamp as a visual centrepiece.
- Optional: a family notebook, fridge magnet, or noticeboard to record the chosen act of kindness.

Family Roles

Role	What this person does
Keeper of the Light	Welcomes everyone, explains the activity, and keeps the tone warm and kind.
Opening Prayer	Offers the opening prayer when the family is gathered.
Scripture Reader	Reads the family’s chosen scripture passage aloud.
Song Chooser or Starter	Chooses or starts the song for the listening portion.
Kindness Messenger	Places the prompt cards in the bowl or “lantern” and draws one when needed.
Scribe / Action Recorder	Writes the chosen family action on the action sheet.
Closing Prayer	Offers the closing prayer at the end of the activity.

Before You Begin

- Choose the song before the family gathers, or let the family choose from two or three suitable options.
- Choose a scripture together. It may be a verse about light, love, kindness, service, peace, gratitude, or Christ.
- Print the Kindness Lantern cards and cut them out, or read them straight from the page.
- Place the cards in a bowl, envelope, jar, or folded paper lantern.
- Choose someone to lead, but keep the tone conversational rather than like a lesson.
- Agree that no one will mock, correct, or rush another person's answer.

Optional Scripture Themes

Choose any scripture meaningful to your family. These references are suggestions only: Matthew 5:14-16, John 13:34-35, Psalm 119:105, Mosiah 2:17, Moroni 7:45-48, or 3 Nephi 12:14-16.

How to Proceed: The Clear Structure

Follow the steps in order. The timings are guides, not rules. If younger children are present, keep each spoken answer short and gentle.

1	Prepare the room: reduce distractions, place the cards in the centre, and have the song ready to play. Optional: place a small lamp or battery candle where everyone can see it.
2	Gather and assign roles: the Keeper of the Light welcomes everyone and reminds the family that the activity is about prayer, scripture, listening, discussion, kindness, and one small act of goodness.
3	Opening prayer: the chosen family member offers the opening prayer.
4	Read the scripture: the Scripture Reader reads the family's chosen verse or short passage. A brief comment may be shared, but there is no need to turn this into a formal lesson.
5	Opening question: ask, "What is one thing that brought light into our home this week?" Each person may answer in one sentence or pass.
6	Listen once: play the chosen song all the way through without talking over it. Younger children may draw quietly while listening.
7	Choose one word: after the song, each person chooses one word, phrase, feeling, or image that stood out. The Scribe may write these around the lantern on the action sheet.
8	Draw a Kindness Lantern card: the Kindness Messenger draws one prompt card. The family answers it together. Keep answers brief, honest, and kind.
9	Choose the family action: agree on one realistic act of kindness or service to complete before the next family activity. It should be small enough to actually happen.
10	Closing prayer and reminder: read the chosen action aloud, place the action sheet somewhere visible, and let the chosen family member offer the closing prayer.
11	Follow up: within the week, ask, "Did our little light reach anyone?" Celebrate effort, not perfection.

Kindness Lantern Cards

Print and cut out this page if you would like to draw prompt cards during the activity.

Cut around the cards, place them in a bowl, envelope, jar, or folded paper lantern, then draw one or two cards during the activity.

<p>Gratitude</p> <p>Name one blessing from this week that might otherwise have been overlooked.</p>	<p>Listening</p> <p>Who in our home needs to feel heard? What would listening look like this week?</p>	<p>Service</p> <p>Choose one person we could help quietly, without needing praise.</p>
<p>Forgiveness</p> <p>Is there a small hurt we can soften with patience, apology, or kindness?</p>	<p>Courage</p> <p>What good thing feels difficult but still worth doing?</p>	<p>Peace</p> <p>What is one habit that would make our home feel calmer this week?</p>
<p>Remembering</p> <p>Tell one good family memory that deserves to be kept alive.</p>	<p>Hope</p> <p>What are we looking forward to, even if life feels imperfect?</p>	<p>Prayer</p> <p>Who could we remember in our private or family prayers this week?</p>
<p>Love</p> <p>How can we show love in a way the other person will actually recognise?</p>	<p>Honesty</p> <p>What is one true thing we can say kindly?</p>	<p>Light</p> <p>Where did we see goodness today, even in a small thing?</p>

Tip: print this page on slightly heavier paper if you want the cards to last longer.

Role-Play Example: A Family Using the Activity

This example shows the tone: simple, warm, and spoken in ordinary family language. Names are fictional and can be changed.

Daniel: “Tonight we are doing Light in the Home. It is not a test and there are no perfect answers. We are going to pray, read a scripture, listen to a song, discuss what we noticed, draw a Kindness Lantern card, and choose one small thing we can do this week.”

Rebecca: “Before we begin, let’s choose our roles. Emma, would you like to say the opening prayer?”

Emma: “Yes, I can do that.”

Daniel: “Noah, would you like to draw the Kindness Lantern card later?”

Noah: “Yes. That is the best job.”

Gran Margaret: “I can read the scripture if you like.”

Rebecca: “Perfect. I will write down our family action. Daniel, you can lead us. Noah, would you like to say the closing prayer at the end?”

Noah: “I will.”

Narrator: Emma offers the opening prayer.

Daniel: “Tonight we chose a scripture about light because it fits our theme.”

Narrator: Gran Margaret reads the chosen scripture aloud.

Daniel: “Thank you. Before we listen, let’s answer one question. What is one thing that brought light into our home this week?”

Rebecca: “Mine was when Noah helped set the table without being asked.”

Noah: “I forgot I did that.”

Emma: “That still counts.”

Gran Margaret: “Mine was hearing everyone laugh in the kitchen yesterday.”

Daniel: “Now we will listen to the song. While it plays, think of one word or phrase that stands out.”

Narrator: The family listens quietly. Rebecca keeps the action sheet nearby. Emma doodles a lantern in the corner of the page.

Role-Play Example: Discussion and Action

Daniel: “One word from me: steady.”

Rebecca: “Mine is home.”

Emma: “I wrote not alone. It made me think that people can feel lonely even when the house is full.”

Gran Margaret: “My word is remembered. Sometimes a song brings back people we still love.”

Noah: “Mine is light, because the song felt bright.”

Daniel: “Good. Noah, please draw a Kindness Lantern card.”

Noah: “The card says Service: Choose one person we could help quietly, without needing praise.”

Rebecca: “Sister Hale next door has been unwell. We could make dinner for her, or at least take some soup.”

Emma: “I can make a card for her. Not a sad one. A cheerful one.”

Noah: “I can draw a rocket on it.”

Gran Margaret: “A soup-and-rocket delivery. That may be exactly what the world needs.”

Daniel: “Then our family action is this: on Tuesday evening we will take soup and a cheerful card to Sister Hale.”

Rebecca: “I will write that down now and put the action sheet on the fridge.”

Daniel: “Thank you, everyone. Noah, would you close for us with prayer?”

Narrator: Noah offers the closing prayer.

Simple Rule of Warmth

Every person may speak, every person may pass, and every answer is received kindly. The activity fails only if it becomes harsh, forced, or hurried.

Printable Family Action Sheet

Print this page for the family to complete during the activity. Younger children may draw rather than write.

Date	
Song chosen	
Scripture chosen	
Words or feelings we noticed	
Prompt card drawn	
Our family action	
Who will do what?	
When will we do it?	
Follow-up: what happened?	

Lantern Space

Draw a lantern, candle, window, or another symbol of light. Around it, write or draw the words each person noticed while listening.

Adaptations for Different Homes

The structure can be shortened or expanded depending on the age, attention span, and needs of the family.

For Younger Children

- Use only one question and one prompt card.
- Let children draw the word they felt rather than explain it.
- Keep the family action very small, such as “say thank you to someone” or “help put away dishes”.
- The bonus colouring pages may be used while older children or adults are speaking.

For Teenagers

- Invite them to choose the song or help lead the discussion.
- Use more open questions, such as “What felt honest in this song?” or “What did not feel simple?”
- Let the family action involve real trust, such as apologising, visiting someone, or giving time to a person who feels unseen.

For One Parent, Couples, or Small Households

- Use the same structure but answer slowly and personally.
- Write the action on a card and place it somewhere visible.
- The activity can also be used by grandparents with grandchildren, friends, or a small home evening group.

For a Larger Family or Small Group

- Assign more than one person to help with leading, reading, music, and recording the family action.
- Let people share in pairs first if the group feels too large for everyone to answer every question.
- Choose one action for the whole group or one small action per household.

A Gentle Closing Thought

A small light is still light. A family does not need a perfect evening to practise kindness. It only needs a moment of willingness, a little patience, and one good action carried into the week.

Bonus Colouring Page

Jesus with children - a scripture-inspired colouring page.



Bonus Colouring Page

Nephi praying - a scripture-inspired colouring page.

