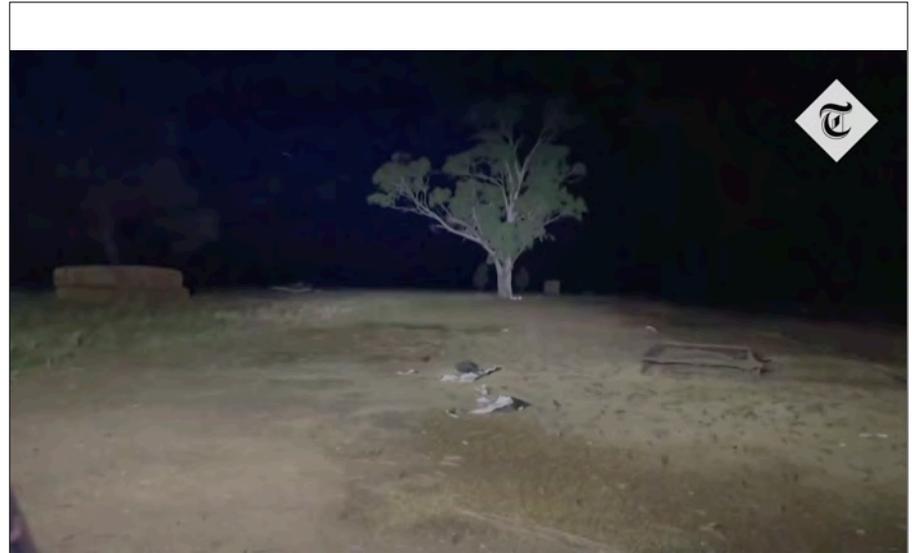




**LESSON 7:  
HOME  
FORTRESS**

“Christ-centered homes are fortresses for the kingdom of God on earth in a day when, as prophesied, the devil ‘rage[s] in the hearts of the children of men, and stir[s] them up to anger against that which is good’” (Ronald A. Rasband, April 2019).



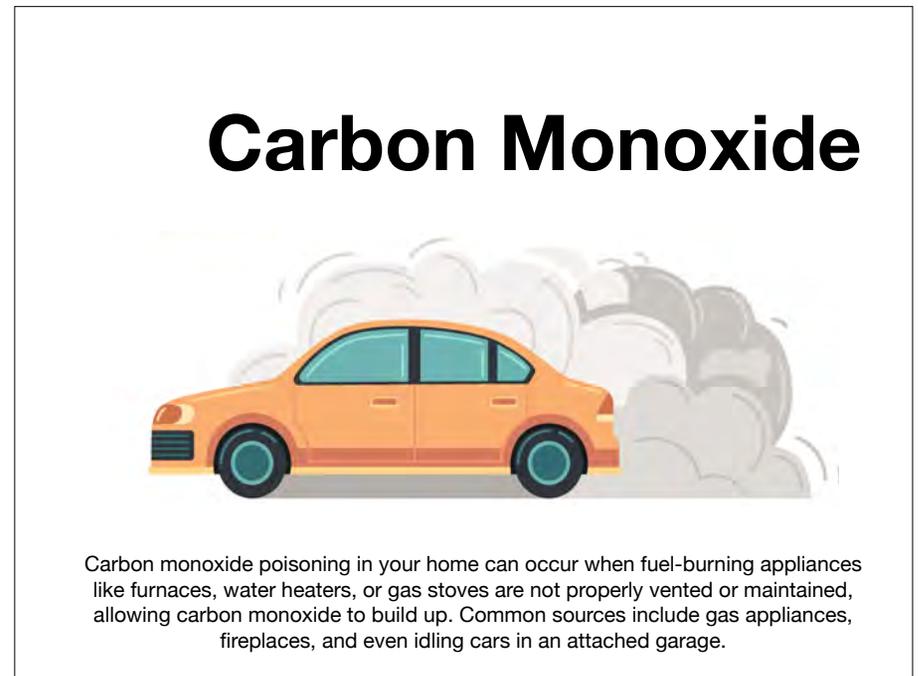
Australian mice plague of 2022



Things that can  
cause **PHYSICAL**  
damage to a home

**Mice**





**Hail**



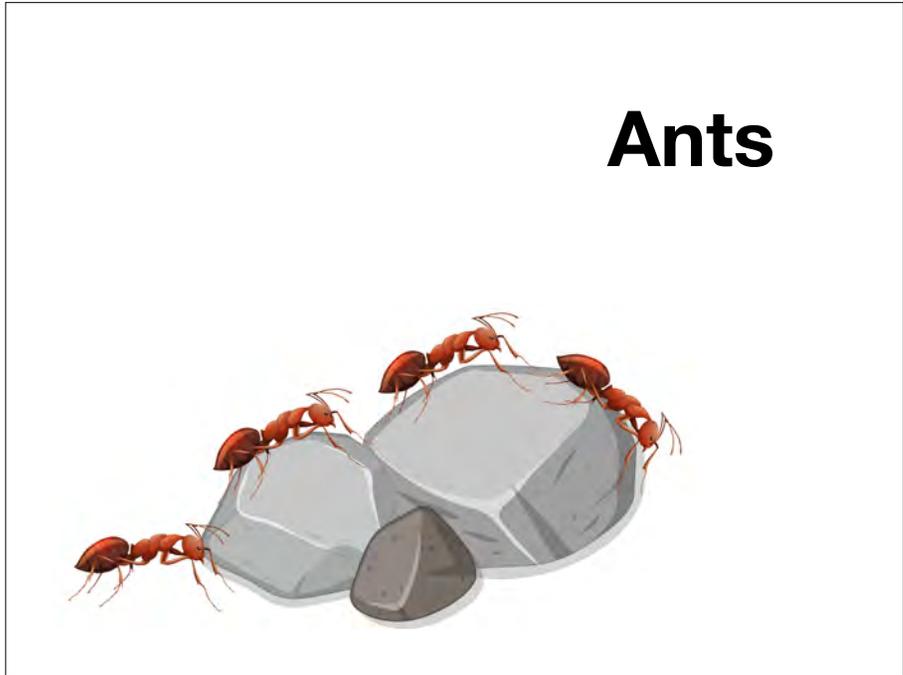
**Thief**



**Gecko**



**Ants**



# Radon



Radon poisoning occurs when radon gas, which is colorless and odorless, accumulates in your home, particularly in basements or areas with poor ventilation. It can enter through cracks in floors and walls, construction joints, or gaps around pipes, and prolonged exposure to high levels can increase the risk of lung cancer

# Lightning



  
**LET'S TALK ABOUT IT**  
**Which of these things will matter on your deathbed?**

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| <input type="checkbox"/> Mice       | <input type="checkbox"/> Gecko     |
| <input type="checkbox"/> Earthquake | <input type="checkbox"/> Ants      |
| <input type="checkbox"/> Flood      | <input type="checkbox"/> CO        |
| <input type="checkbox"/> Wind       | <input type="checkbox"/> Radon     |
| <input type="checkbox"/> Thief      | <input type="checkbox"/> Lightning |



# FORTRESS

From Old French  
*forteresse* meaning:  
**Strong Place**



Medieval Castle



Alcatraz



Fort Knox



Disneyland Castle



Castel Sant'Angelo in Rome, Italy



United States Mint



Great Wall of China



Bill Gates's home in Medina, Washington



Your Home in Lehi, Utah



## Things that can cause SPIRITUAL damage to a home

Mental • Spiritual • Immaterial • Intangible • Emotional



Things that can damage a home

## Divorce

**About 41% of first marriages are estimated to end in divorce, while the rate increases to 60% for second marriages and 73% for third marriages.**

Things that can damage a home

# Leaving the Covenant Path



**In the United States, approximately 28% of adults no longer identify with their childhood religion.**

Source: religionunplugged.org

Things that can damage a home

# Fighting



**“And ye will not suffer your children that they go hungry, or naked; neither will ye suffer that they transgress the laws of God, and **fight and quarrel one with another, and serve the devil**, who is the master of sin, or who is the evil spirit which hath been spoken of by our fathers, he being an enemy to all righteousness” (Mosiah 4:14).**

Things that can damage a home

# Smart Phones



**Americans spend an average of 5 hours and 16 minutes on their phones daily, which is a 14% increase from the previous year.**

Source: <https://explodingtopics.com/blog/smartphone-usage-stats>

Things that can damage a home

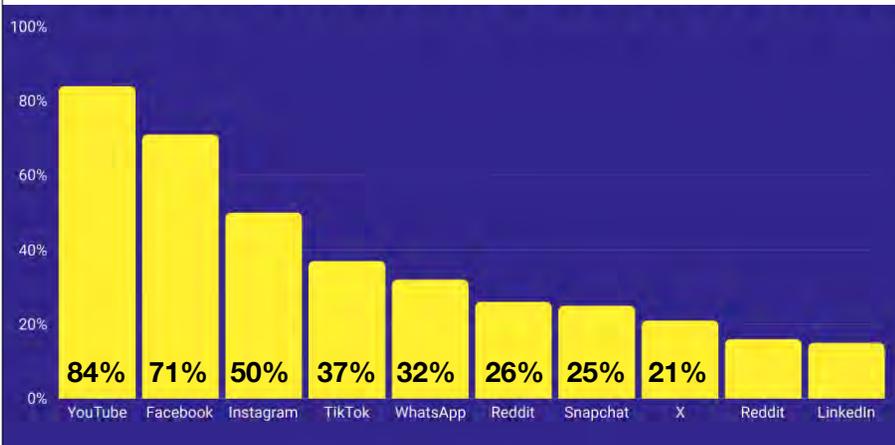
# Social Media



## Monthly Active Users

Facebook	3.07 billion
WhatsApp	3 billion
Instagram	3 billion
YouTube	2.58 billion
TikTok	1.99 billion
WeChat	1.41 billion
Messenger	1.01 billion
Telegram	1 billion
Snapchat	900 million
Reddit	850 million
Pinterest	578 million
X (Twitter)	650 million
Threads	400 million
LinkedIn	310 million

## Most used social media sites



Example: 84% of all adults use YouTube; 71% of all adults use Facebook, 50% Instagram, etc.

Things that can damage a home

## Internet



Things that can damage a home

## Porn

Americans spend an average of 7 hours and 3 minutes online daily, which adds up to over 18 years of their adult lives.



**41% of men and 11% of women report watching pornography at least once a month.**

Source: WorldMetrics.org

Things that can damage a home

## **Gambling**



**About 30% of people in the US surveyed in 2024 reported that they had bet on a sporting event in the past twelve months.**

Source: statista

Things that can damage a home

## **Television**



**On average, U.S. adults spend about 2 hours and 46 minutes per day watching TV.**

Source: BLS.gov

**Approximately 65% of Americans play video games.**

Source: theesa.com



Things that can damage a home  
**Gaming**



**LET'S TALK ABOUT IT**  
Besides physical dangers,  
what attitudes, influences, or  
behaviors can quietly infiltrate  
our homes?

## GOSPEL TRUTH:



Mothers and fathers hold the greatest responsibility for protecting their family.

And again, inasmuch as parents have children in Zion, or in any of her stakes which are organized, that teach them not to understand the doctrine of **repentance**, **faith in Christ** the Son of the living God, and of **baptism** and the gift of the **Holy Ghost** by the laying on of the hands, when eight years old, **the sin be upon the heads of the parents.** (D&C 68:25)

Nevertheless, the Nephites were inspired by a better cause, for they were not fighting for monarchy nor power **but they were fighting for their homes and their liberties, their wives and their children**, and their all, yea, for their rites of worship and their church.  
(Alma 43:45)

And they were doing that which they felt was the **duty** which they owed to their God...ye shall not suffer yourselves to be slain by the hands of your enemies. (Alma 43:46)

And again, the Lord has said that: Ye shall **defend your families** even unto bloodshed. Therefore for this cause were the Nephites contending with the Lamanites, to **defend themselves, and their families**, and their lands, their country, and their rights, and their religion. (Alma 43:47)

And it came to pass that he rent his coat; and he took a piece thereof, and wrote upon it—In memory of our **God**, our **religion**, and **freedom**, and our **peace**, our **wives**, and our **children**—and he fastened it upon the end of a pole. (Alma 46:12)



Every individual in the world is a child of a mother and a father. Neither can ever escape the consequences of their parenthood. Inherent in the very act of creation is responsibility for the child who is created. None can with impunity run from that responsibility. (Gordon B. Hinckley, "Bring Up a Child in the Way He Should Go," Oct. 1993).



**Advice to fathers:**

“Yea, verily, verily I say unto you, if all men had been, and were, and ever would be, like unto Moroni, behold, the very powers of hell would have been shaken forever; yea, the devil would never have power over the hearts of the children of men” (Alma 48:17).



**FATHERS:** “Yours is the basic and inescapable responsibility to stand as the head of the family. That does not carry with it any implication of dictatorship or unrighteous dominion. It carries with it a mandate that fathers provide for the needs of their families. Those needs are more than food, clothing, and shelter” (Gordon B. Hinckley, “Bring Up a Child in the Way He Should Go,” Oct. 1993).



**FATHERS:** “Those needs include righteous direction and the teaching, by example as well as precept, of basic principles of honesty, integrity, service, respect for the rights of others, and an understanding that we are accountable for that which we do in this life, not only to one another but also to the God of heaven, who is our Eternal Father” (Gordon B. Hinckley, “Bring Up a Child in the Way He Should Go,” Oct. 1993).



**Advice to mothers:**

“...yea, they had been taught by their mothers, that if they did not doubt, God would deliver them. And they rehearsed unto me the words of their mothers, saying: We do not doubt our mothers knew it” (Alma 56:47–48).



“Let every mother realize that she has no greater blessing than the children which have come to her as a gift from the Almighty; that she has no greater mission than to rear them in light and truth, and understanding and love; that she will have no greater happiness than to see them grow into young men and women who respect principles of virtue, who walk free from the stain of immorality and from the shame of delinquency” (Gordon B. Hinckley, “Bring Up a Child in the Way He Should Go,” Oct. 1993).



## LET'S TALK ABOUT IT

As a parent, what practices helped you invite the Spirit into your home and guide children toward gospel principles?

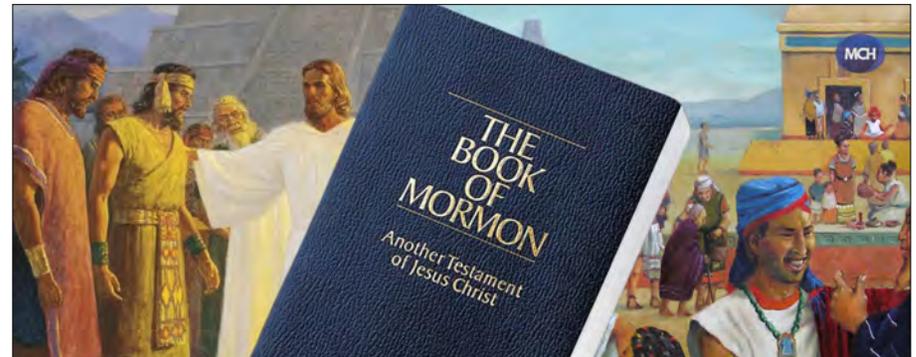


In medieval times, great fortresses were built around castles or cities to protect them from enemy attacks. In the Book of Mormon, the Nephites built fortresses to defend their families against their enemies. **We must make of our homes fortresses to protect our families against the constant attacks of the adversary.** (Horacio A. Tenorio, "Let Us Build Fortresses," Oct. 1994)

## GOSPEL TRUTH:



The Book of Mormon "war chapters" teach use how to protect our homes before the Second Coming.



We are at war with Satan who wants to infiltrate our homes and capture our souls. Thus, we must use every strategy possible to keep the adversary and his minions out of our homes.

**The Book of Mormon teaches us how.**

And Moroni placed **spies** round about, that he might know when the camp of the Lamanites should come.  
(Alma 43:28)

And he also knowing that it was the only desire of the Nephites to preserve their lands, and their liberty, and their church, therefore **he thought it no sin that he should defend them by stratagem;** therefore, he found by his spies which course the Lamanites were to take. (Alma 43:30)

[The Nephites were] **shielded** from the strokes of the Lamanites, by their breastplates, and their armshields, and their head-plates.  
(Alma 43:38)

Now it came to pass that while Amalickiah had thus been obtaining power by fraud and deceit, Moroni, on the other hand, had been **preparing the minds of the people to be faithful unto the Lord their God.**  
(Alma 48:7)

Yea, he had been strengthening the armies of the Nephites, and erecting small **forts**, or places of resort; throwing up **banks of earth** round about to enclose his armies, and also building **walls of stone** to encircle them about, round about their cities and the borders of their lands; yea, all round about the land.  
(Alma 48:8)

But behold, to their astonishment, the city of Noah, which had hitherto been a **weak place**, had now, by the means of Moroni, **become strong**, yea, even to exceed the strength of the city Ammonihah. (Alma 49:14)

And now it came to pass that Moroni **did not stop making preparations for war, or to defend his people** against the Lamanites... digging up heaps of earth round about all the cities. (Alma 50:1)

And upon the top of these ridges of earth he caused that there should be **timbers**, yea, works of timbers built up to the height of a man, round about the cities. (Alma 50:2)

And he caused that upon those works of timbers there should be a frame of **pickets** built upon the timbers round about; and they were strong and high. (Alma 50:3)

And he caused **towers** to be erected that overlooked those works of pickets, and he caused places of security to be built upon those towers, that the stones and the arrows of the Lamanites could not hurt them. (Alma 50:4)

And they were **prepared** that they could cast stones from the top thereof, according to their pleasure and their strength, and slay him who should attempt to approach near the walls of the city. (Alma 50:5)

Thus Moroni did prepare **strongholds** against the coming of their enemies, round about every city in all the land.  
(Alma 50:6)



## LET'S TALK ABOUT IT

When you read the Book of Mormon accounts of fortifying cities and preparing for battle, what spiritual parallels do you see in protecting your home and family today?

## GOSPEL TRUTH:



Your duty is to create a home where Jesus Christ would want to live.



Christ-centered homes are fortresses for the kingdom of God on earth in a day when, as prophesied, the devil “rage[s] in the hearts of the children of men, and stir[s] them up to anger against that which is good.” (Ronald A. Rasband, “Build a Fortress of Spirituality and Protection,” April 2019)

1/9



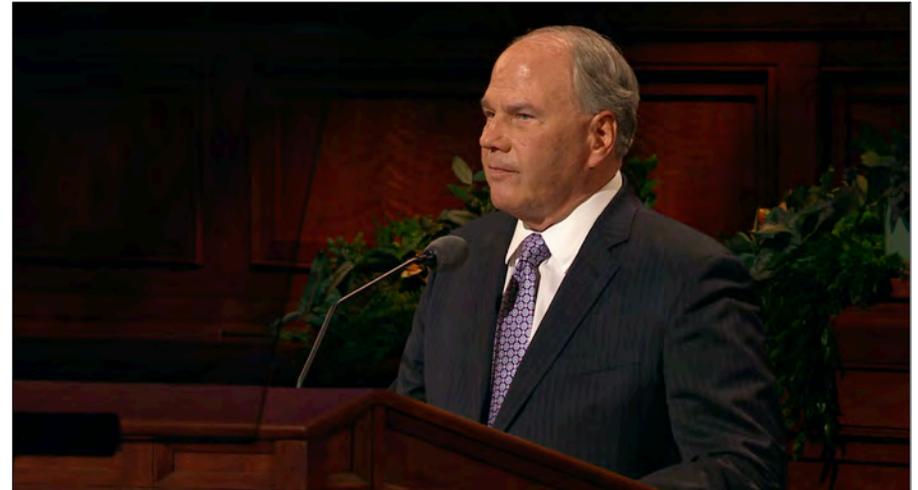
People have built **fortresses** throughout history to keep the enemy outside. Often those **fortresses** included a guard tower where watchmen—like prophets—warned of menacing forces and coming attacks. (Ronald A. Rasband, April 2019)

2/9



So it is with us. Our homes are **fortresses** against the evils of the world. In our homes we come unto Christ by learning to follow His commandments, by studying the scriptures and praying together, and by helping one another stay on the covenant path.  
(Ronald A. Rasband, April 2019)

3/9



As we live with devotion born of faith in Jesus Christ, we will feel the peaceful presence of the Holy Ghost, who guides us to truth, inspires us to live worthy of the Lord's blessings, and bears witness that God lives and loves us.  
(Ronald A. Rasband, April 2019)

4/9



All this within the **fortress** of our own homes. But remember, our homes are only as powerful as the spiritual strength of each one of us within the walls. (Ronald A. Rasband, April 2019)

5/9



Brothers and sisters, we are at war with Satan for the souls of men. The battle lines were drawn in our pre-earth life. Satan and a third of our Father in Heaven's children turned away from His promises of exaltation. Since that time, the adversary's minions have been fighting the faithful who choose the Father's plan. (Ronald A. Rasband, April 2019)

6/9



For our protection, we must build a **fortress** of spirituality and protection for our very souls, a **fortress** that will not be penetrated by the evil one. (Ronald A. Rasband, April 2019)

7/9



When we build a **fortress** of spiritual strength, we can shun the advances of the adversary, turn our backs on him, and feel the peace of the Spirit. (Ronald A. Rasband, April 2019)

8/9



What are some ways we can **fortify** ourselves in troubled times, that we may be “instruments in the hands of God to bring about this great work”? Let’s look to the scriptures.  
(Ronald A. Rasband, April 2019)

9/9



## LET’S TALK ABOUT IT

Before we read Elder Rasband’s counsel, what personal or family practices help you feel spiritually fortified during uncertain or troubled times?



Elder Rasband gives us specific things we can do to **fortify** ourselves in these troubled times.

**“We are obedient. Do we act with the willing obedience of Nephi?”**

**QUESTION: How does this fortify our home?**

Ronald A. Rasband, April 2019

**“We trust the Lord, who said to Joshua as he prepared to lead the Israelites into the promised land.”**

**QUESTION: How does this fortify our home?**

Ronald A. Rasband, April 2019

**“We stand for the truth, as did the prophet Abinadi in the Book of Mormon.”**

**QUESTION: How does this fortify our home?**

Ronald A. Rasband, April 2019

**“We make and renew our covenants by partaking of the sacrament and by worshipping in the temple.”**

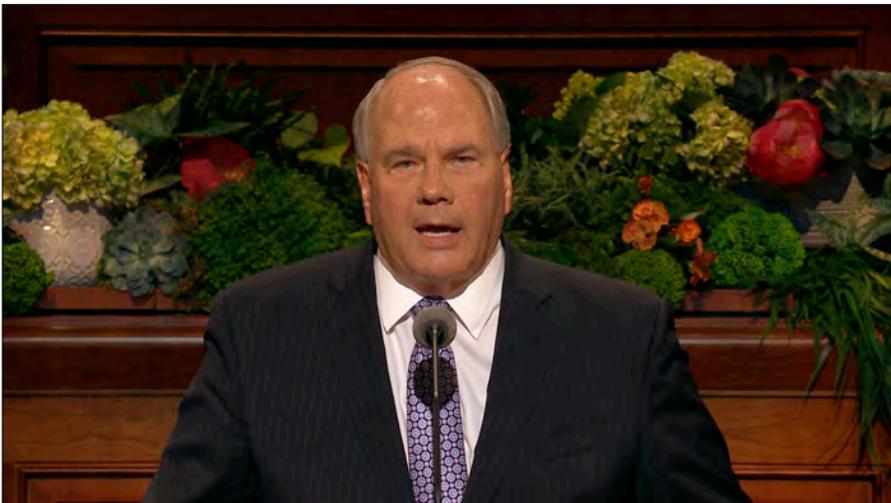
**QUESTION: How does this fortify our home?**

Ronald A. Rasband, April 2019

**“We should have integrity in all that we do. We should develop discernment and discipline so that we do not have to continually determine what is right and what is wrong.”**

**QUESTION: How does this fortify our home?**

Ronald A. Rasband, April 2019



As we diligently strengthen our **fortifications**, we become like Jesus Christ, as His true disciples, with our very souls in His protection. (Ronald A. Rasband, April 2019)

1/4



Your testimony of Jesus Christ is your personal **fortress**, the security for your soul. (Ronald A. Rasband, April 2019)

2/4



When we live the gospel of Jesus Christ, when we draw upon the Savior's Atonement and press forward with faith, not fear, we are **fortified** against the wiles of the adversary.  
(Ronald A. Rasband, April 2019)

3/4



My dear brothers and sisters, I leave you with my blessing to go forth with confidence in the Lord and in His gospel. Put your arms around those who stumble and, with the strength of the Spirit within you, lead them lovingly back to the **fortress** of spirituality and protection. Seek "to be like Jesus" in all that you do; shun evil and temptations; repent, as we were admonished yesterday by our dear prophet; be honest in heart; be upright and pure; show compassion and charity; and love the Lord your God with the devotion of a true disciple. (Ronald A. Rasband, April 2019)

4/4



## LET'S TALK ABOUT IT

After today's discussion, what is one small but intentional change you will make to strengthen your home spiritually?



# TO DO

## HOMWORK ASSIGNMENT

## WEEK 7 CHALLENGE

### HOME FORTRESS

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Will you do your best to make your home into a spiritual fortress like a temple—a place where Christ would like to live?

Bishop Caussé said: “We can make our homes places where the Lord would want to stay. In the scriptures, we read numerous accounts of kindly people who welcomed and hosted the Savior in their homes. So let us ask ourselves these questions: Is my home acceptable to the Lord? **Is it a safe, peaceful, and Spirit-filled place where He would feel comfortable?** Our homes need not be spacious or luxurious. A humble dwelling, centered on the gospel and filled with caring family and friends, would make Him happy” (Gérald Caussé, “Preparing a Place for the Lord,” Ensign 2016).

## ONLINE CLASS

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Watch this lesson online or download a PDF of today’s slides.

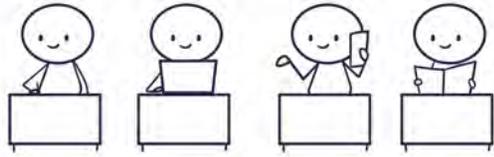


[www.iloveinstitute.com](http://www.iloveinstitute.com)

## READING LIST

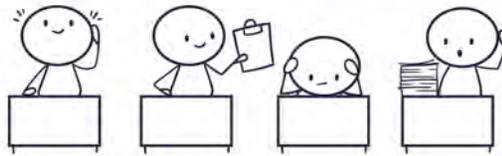
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- > Ronald A. Rasband, “Build a Fortress of Spirituality and Protection,” April 2019
- > Gordon B. Hinckley, “Bring Up a Child in the Way He Should Go,” October 1993
- > Horacio A. Tenorio, “Let Us Build Fortresses,” October 1994
- > Joseph B. Wirthlin, “Spiritually Strong Homes and Families,” April 1993



# LESSON REVIEW

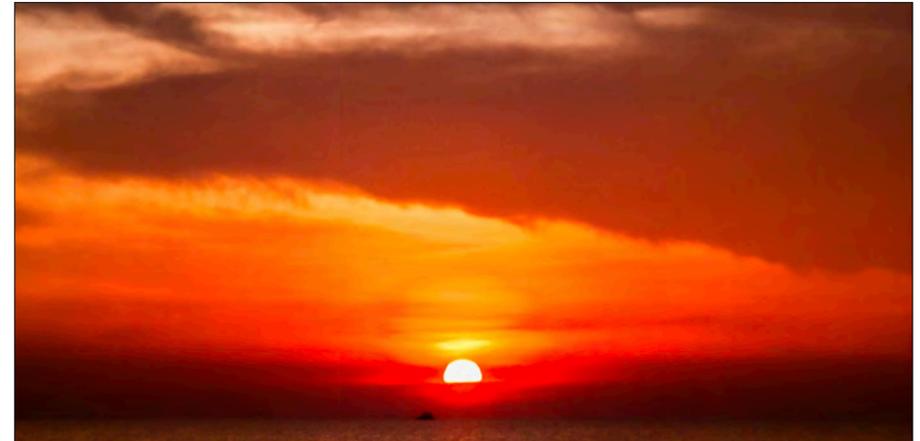
Preparing for the Second Coming



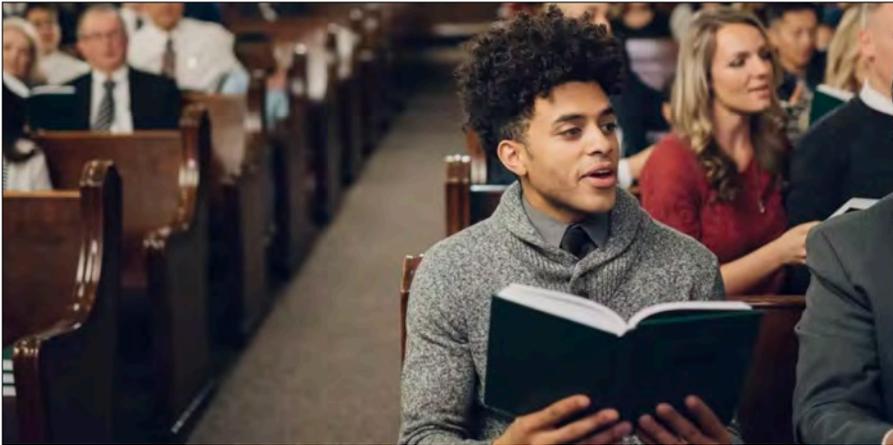
**How can you prepare for  
the Second Coming of  
Jesus Christ?**



**LESSON 1**  
**Prepare – don't fear**



**LESSON 2**  
**Watch for the signs**



**LESSON 3**  
**Spiritually prepare**



**LESSON 4**  
**Study the Atonement**



**LESSON 5**  
**Study the Book of Mormon**



**LESSON 6**  
**Go to the temple**



## LESSON 7

### Fortify your home



## NEXT CLASS

▶ February 26  
**Temporal Preparation**

“We need to make both temporal and spiritual preparation for the events prophesied at the time of the Second Coming” (Dallin H. Oaks, April 2024).