

Young Women Resource Guide 2012—Manual 1

The following resources have been selected to supplement the lessons in Young Women Manual 1 and provide Young Women leaders with updated general conference addresses, discussion questions, scripture references, and other resources that are applicable and relevant to issues young women face today. Prayerfully choose resources that will engage young women in learning and help them strengthen their faith and testimonies.

You may want to take more than one week to teach some of the lessons, and you should consider ways to reinforce the doctrine and gospel principles in these lessons during midweek activities. You can adjust the order of these lessons based on the needs of the young women or the counsel of priesthood leaders. Consider teaching lessons about the Savior during the Easter and Christmas seasons. In the week following each general conference and the general Young Women meeting, take time to discuss the recent words of the prophets, other General Authorities, and general Young Women leaders.

LESSON 1

A Daughter of God

Note to teachers: Be careful to ensure that young women understand the differing roles of God the Father and Jesus Christ. Consider using the full text under “God the Father” in *True to the Faith* (2004, 74–76), as well as the text under “Worship” (188–89), which is very helpful in explaining how to worship the Father.

Discussion Questions

- What are some qualities and attributes of our Father in Heaven? In what ways does His plan of salvation provide for our needs at every stage of life?
- In what ways can we increase our worship of Heavenly Father?

- How can knowing that we are daughters of a loving Heavenly Father help us stay true to gospel standards and understand our divine worth?
- How can we understand our true identity as daughters of God when the world sends us so many conflicting messages about who we are, how we came to be, what we should be, and what we should do?

Words of the Prophets

- Dieter F. Uchtdorf, “Your Happily Ever After,” *Ensign* and *Liahona*, May 2010, 124–27. Consider using the three paragraphs beginning with, “Today I want to draw your attention . . .”
- Jeffrey R. Holland, “To Young Women,” *Ensign* and *Liahona*, Nov. 2005, 28–30.
- Boyd K. Packer “Our Moral Environment,” *Ensign*, May 1992, 66–68.

Additional General Conference Talks

- Elaine S. Dalton, “Remember Who You Are!” *Ensign* and *Liahona*, May 2010, 120–23.
- Mary N. Cook, “A Virtuous Life—Step by Step,” *Ensign* and *Liahona*, May 2009, 117–19. Consider using the first paragraph of this talk to emphasize to the young women that they are daughters of God.

Additional Resources

- [Acts 17:28](#); [Romans 8:16–17](#); [Hebrews 12:9](#); [1 Nephi 11:17](#); [Doctrine and Covenants 76:23–24](#); [Moses 1:3–7](#).
- “The Family: A Proclamation to the World,” *Ensign* and *Liahona*, Nov. 2010, 129; see also *Young Women Personal Progress* (2009), 101. Consider using the second and third paragraphs of the proclamation in the section of the lesson titled “You Were and Are Loved.”
- Young Women theme, *Personal Progress*, 3.

Media

- Music: “O My Father,” *Hymns*, no. 292; “I Know My Father Lives,” *Hymns*, no. 302.
- Video: Dieter F. Uchtdorf, “[Our True Identity](#),” [lds.org/youth/video](#).

Accept and Act

- Personal Progress: Divine Nature, value experience 1; Individual Worth, value experience 1.
- Consider having the young women make a book of virtuous qualities, an activity suggested by Susan W. Tanner in “Daughters of Heavenly Father,” *Ensign* and *Liahona*, May 2007, 106–9.

LESSON 2

Jesus Christ, the Savior

Discussion Questions

- What would you say to someone who does not believe Latter-day Saints are Christians?
- In what ways can we show our gratitude for the Savior’s atoning sacrifice?

Words of the Prophets

- Thomas S. Monson, “At Parting,” *Ensign* and *Liahona*, May 2011, 114. Consider using the three paragraphs beginning with, “Now, before we leave today . . .”
- Richard G. Scott, “He Lives! All Glory to His Name!” *Ensign* and *Liahona*, May 2010, 75–78.
- Dallin H. Oaks, “The Atonement and Faith,” *Ensign*, Apr. 2010, 30–34.
- Quentin L. Cook, “We Follow Jesus Christ,” *Ensign* and *Liahona*, May 2010, 83–86.

Additional General Conference Talks

- C. Scott Grow, “The Miracle of the Atonement,” *Ensign* and *Liahona*, May 2011, 108–10.
- Kent F. Richards, “The Atonement Covers All Pain,” *Ensign* and *Liahona*, May 2011, 15–17.
- Gary J. Coleman, “Mom, Are We Christians?” *Ensign* and *Liahona*, May 2007, 92–94.

Additional Resources

- [Acts 4:12](#); [2 Nephi 2:9](#); [2 Nephi 25:23–26](#); [Mosiah 3:7](#); [Alma 7:11–12](#); [Alma 22:13–14](#); [Alma 38:9](#); [Helaman 5:9](#); [Moroni 7:41](#).

Media

- Music: “I Stand All Amazed,” *Hymns*, no. 193.
- Art: *Jesus Praying in Gethsemane, The Crucifixion, and Mary and the Resurrected Lord, Gospel Art Book* (2009), 56–57, 59.
- Video: “[He Lives: Testimonies of Jesus Christ](#),” [lds.org/media-library](#), Mormon Messages.
- Video: Jeffrey R. Holland, “[The Only True God and Jesus Christ Whom He Has Sent](#),” [lds.org/media-library](#), Mormon Messages.
- Video: *Strength of Youth Media 2011 DVD*, “[We Believe in Christ: Personal Testimony](#).”

Accept and Act

- Personal Progress: Faith value experience 5; Divine Nature value experience 4; Faith value project, bullet 1.

LESSON 3

Following the Example of Jesus Christ

Discussion Questions

- As we partake of the sacrament every Sunday we are reminded to follow the example of Jesus Christ, but it is sometimes easy to become distracted by worldly influences throughout the week. What can we do to follow Christ’s example all week long?
- In what specific ways can we follow the example of Jesus Christ when we are at home and with our families?
- What can we do to influence our friends, family, and others to better follow the Savior’s example?

Words of the Prophets

- Dieter F. Uchtdorf, “You Are My Hands,” *Ensign* and *Liahona*, May 2010, 68–74.
- Quentin L. Cook, “We Follow Jesus Christ,” *Ensign* and *Liahona*, May 2010, 83–86.
- Russell M. Nelson, “Be Thou an Example of the Believers,” *Ensign* and *Liahona*, Nov. 2010, 47–49. Consider reading the final 16 paragraphs

beginning with, “Paul’s counsel, ‘Be thou an example of the believers, . . .’”

Additional General Conference Talks

- Mary N. Cook, “Be an Example of the Believers,” *Ensign* and *Liahona*, Nov. 2010, 80–82.

Additional Resources

- [3 Nephi 12:48](#); [Moroni 7:48](#).
- *Preach My Gospel*, Chapter 6: How Do I Develop Christlike Attributes?

Media

- Music: “Lord, I Would Follow Thee,” *Hymns*, no. 220.
- Music: “I’m Trying to Be like Jesus,” *Children’s Songbook*, 78–79.
- Video: “[He Lives: Testimonies of Jesus Christ](#),” [lds.org/media-library](#), Mormon Messages.
- Video: “[Charity: An Example of the Believers](#).”

Accept and Act

- Personal Progress: Divine Nature value experience 7.
- *For the Strength of Youth* (pamphlet, 2001), “Service to Others,” 38, or [online at youth.lds.org](#). Make a list of everyday acts of kindness you can do for others.

LESSON 4

Seeking the Companionship of the Holy Ghost

Discussion Questions

- How do we feel impressions from the Holy Ghost? Do all people feel promptings and impressions in the same way?
- How can we qualify for the companionship, guidance, and protection of the Holy Ghost each day?

Words of the Prophets

- Robert D. Hales, “To Act for Ourselves: The Gift and Blessings of Agency,” *Ensign* and *Liahona*, May 2006, 4–8. Consider using the paragraph beginning with, “The promptings that come to us to flee evil . . .”

- David A. Bednar, “Receive the Holy Ghost,” *Ensign* and *Liahona*, Nov. 2010, 94–97.
- David A. Bednar, “The Spirit of Revelation,” *Ensign* and *Liahona*, May 2011, 87–90.
- Dieter F. Uchtdorf, “Waiting on the Road to Damascus,” *Ensign* and *Liahona*, May 2011, 70–77.
- Boyd K. Packer, “Guided by the Holy Spirit,” *Ensign* and *Liahona*, May 2011, 30–33.

Additional General Conference Talks

- Jay E. Jensen, “The Holy Ghost and Revelation,” *Ensign* and *Liahona*, Nov. 2010, 77–79.
- Julie B. Beck, “And upon the Handmaids in Those Days Will I Pour Out My Spirit,” *Ensign* and *Liahona*, May 2010, 10–12.

Additional Resources

- [1 Kings 19:11–12](#); [Galatians 5:22–23](#); [2 Nephi 32:5](#); [Mosiah 2:36–37](#); [Helaman 5:45–46](#); [3 Nephi 12:6](#); [3 Nephi 19:9](#); [Ether 12:41](#); [Doctrine and Covenants 6:23](#); [Doctrine and Covenants 11:12](#).
- *True to the Faith* (2004), “Holy Ghost,” 81–84.

Media

- Music: “The Holy Ghost,” *Children’s Songbook*, 105.
- Video: “[Voice of the Spirit](#).”

Accept and Act

- Personal Progress: Choice and Accountability value experience 5; Integrity value experience 2; Virtue value experience 2.

LESSON 5

Finding Joy in Our Divine Potential

Note to teachers: In addition to a grandmother, mother, and young married sister, you may want to invite a single sister to speak to the young women about the joys of being a woman.

Discussion Questions

- How would you explain the concept of “divine potential” to a friend?
- How can the knowledge of our divine potential help us find happiness?
- How can we gain confidence in taking on the responsibilities of marriage and motherhood?

- How can our experiences on this earth prepare us to achieve our divine potential in the next life?

Additional General Conference Talks

- Elaine S. Dalton, “Remember Who You Are!” *Ensign* and *Liahona*, May 2010, 120–23. Consider using the three paragraphs beginning with, “You are young women of great faith . . .” at the beginning of the lesson.
- Margaret D. Nadauld, “The Joy of Womanhood,” *Ensign*, Nov. 2000, 14–16; *Liahona*, Jan. 2001, 17–19. Consider using the two paragraphs beginning with, “You can recognize women who are grateful . . .” at the end of the lesson.

Additional Resources

- [Romans 8:16–17](#); [Mosiah 2:41](#).
- Study by Topic: [Eternal Life](#), [lds.org/study/topics/eternal-life](#).
- Study by Topic: [Women in the Church](#), [lds.org/study/topics/women-in-the-church](#).
- Mormonads: [Individual Worth](#).

Media

- Music: “Walk Tall, You’re a Daughter of God,” [lds.org/youth/music](#).
- Music: “O My Father,” *Hymns*, no. 292.
- Video: Dieter F. Uchtdorf, “Our True Identity,” [lds.org/youth/video](#).
- Video: “Significant in Every Way,” [lds.org/youth/video](#).

Accept and Act

- Personal Progress: Divine Nature value experience 2; Individual Worth value experience 1; Individual Worth value experience 4.
- Consider having the young women study the proclamation on the family to learn more about the roles and divine potential of women.

LESSON 6

Finding Joy Now

Discussion Questions

- Many people seem to have a negative outlook on life. How can we avoid this attitude and help others look at things in a positive way?

- How does listening for and being aware of ideas or promptings from the Holy Ghost increase the potential for joy?

- How does trusting in our Heavenly Father and Jesus Christ affect the joy we feel in our lives?

- How do obeying the commandments and keeping covenants increase our happiness and joy?

Words of the Prophets

- Thomas S. Monson, “Finding Joy in the Journey,” *Ensign* and *Liahona*, Nov. 2008, 84–87. Consider using the paragraph beginning with, “This is our one and only chance . . .” as an introduction to the lesson.
- Dieter F. Uchtdorf, “Of Things That Matter Most,” *Ensign* and *Liahona*, Nov. 2010, 19–22. Consider using the four paragraphs beginning with, “Let’s be honest . . .” in the section of the lesson titled “We Can Have Joy Now.”
- Richard G. Scott, “The Path to Peace and Joy,” *Ensign*, Nov. 2000, 25–27; *Liahona*, Jan. 2001, 31–33. Consider using the paragraph beginning with, “Are you taking full advantage of . . .” in the section of the lesson titled “Heavenly Father Wants Us to Have Joy.”

Additional General Conference Talks

- Mary N. Cook, “Remember This: Kindness Begins with Me,” *Ensign* and *Liahona*, May 2011, 118–21. Consider using the paragraph beginning with, “We can follow the example of the good Samaritan . . .” in the section of the lesson titled “We Can Have Joy Now.”
- Ann M. Dibb, “I Believe in Being Honest and True,” *Ensign* and *Liahona*, May 2011, 115–18. Consider using the five paragraphs beginning with, “President Howard W. Hunter taught . . .” in the section of the lesson titled “We Can Have Joy Now.”

Additional Resources

- [Proverbs 29:18](#); [2 Nephi 2:13](#); [2 Nephi 5:27](#); [Alma 50:24](#).

Homemaking

Discussion Questions

- What kind of feeling do you want in your future home?
- What gifts and talents can help us contribute to a happy home now and in the future?
- What skills and attitudes do we need to further develop to have successful and happy homes?

Words of the Prophets

- L. Tom Perry, “Mothers Teaching Children in the Home,” *Ensign* and *Liahona*, May 2010, 29–31.
- M. Russell Ballard, “Mothers and Daughters,” *Ensign* and *Liahona*, May 2010, 18–21.

Additional General Conference Talks

- Richard J. Maynes, “Establishing a Christ-Centered Home,” *Ensign* and *Liahona*, May 2011, 37–39.
- Gary E. Stevenson, “Sacred Homes, Sacred Temples,” *Ensign* and *Liahona*, May 2009, 101–3. Consider using the two paragraphs beginning with, “Recently, in a stake conference, . . .”
- Susan W. Tanner, “Stand as a Witness,” *Ensign* and *Liahona*, May 2008, 113–15. Consider using the two paragraphs beginning with, “As you stand as a witness in your home, . . .”

Additional Resources

- [Proverbs 31:10–31](#); [2 Nephi 5:17](#); [Mosiah 4:14–15](#); [Doctrine and Covenants 88:119](#).
- “The Family: A Proclamation to the World,” *Ensign* and *Liahona*, Nov. 2010, 129; see also *Young Women Personal Progress* (2009), 101.
- Susan W. Tanner, “Strengthening Future Mothers,” *Ensign*, June 2005, 20–24; *Liahona*, June 2005, 16–20.

Media

- Art: *Mary and Martha*, *Gospel Art Book* (2009), 45.
- Music: “Home Can Be a Heaven on Earth,” *Hymns*, no. 298; “Love Is Spoken Here,” *Children’s Songbook*, 190.

- Video: Jeffrey R. Holland, “[Motherhood: An Eternal Partnership with God](#),” [lds.org/media-library](#), Mormon Messages.
- Video: Dieter F. Uchtdorf, “[Create](#),” [lds.org/media-library](#), Mormon Messages.
- Video: Robert D. Hales, “[Becoming Provident Providers](#),” [lds.org/media-library](#), Mormon Messages.

Accept and Act

- Personal Progress: Divine Nature value project, bullets 1 and 4; Knowledge value experience 2; Knowledge value project, bullets 1 and 5.
- Share with another young woman a quality you admire about her that will help her become a good mother.
- Invite a sister or sisters from your ward or branch to an activity meeting to teach homemaking skills or talents the young women would like to learn.

Attitudes about Our Divine Roles

Discussion Questions

- With so many conflicting worldly views of women’s roles, how can we know and follow Heavenly Father’s plan for womanhood?
- How can following the prophets’ counsel to obtain an education help us fulfill our divine roles?

Words of the Prophets

- Thomas S. Monson, “Three Goals to Guide You,” *Ensign* and *Liahona*, Nov. 2007, 118–21.
- L. Tom Perry, “Mothers Teaching Children in the Home,” *Ensign* and *Liahona*, May 2010, 29–31.
- M. Russell Ballard, “Mothers and Daughters,” *Ensign* and *Liahona*, May 2010, 18–21.
- Quentin L. Cook, “LDS Women Are Incredible!” *Ensign* and *Liahona*, May 2011, 18–22. Consider using the three paragraphs beginning with, “We recognize that there are enormous forces arrayed . . .”

Additional General Conference Talks

- Julie B. Beck, “What Latter-day Saint Women Do Best: Stand Strong and Immovable,” *Ensign* and *Liahona*, Nov. 2007, 109–12.

- Elaine S. Dalton, “Guardians of Virtue,” *Ensign* and *Liahona*, May 2011, 121–24. Consider using the two paragraphs beginning with, “Young women, in a world ever growing in moral pollution . . .”
- Silvia H. Allred, “Steadfast and Immovable,” *Ensign* and *Liahona*, Nov. 2010, 116–18. Consider using the paragraph beginning with, “I know that each of us has a vital and essential role . . .”
- Julie B. Beck, “A Mother Heart,” *Ensign* and *Liahona*, May 2004, 75–77.
- Margaret D. Nadauld, “The Joy of Womanhood,” *Ensign*, Nov. 2000, 14–16; *Liahona*, Jan. 2001, 17–19.

Additional Resources

- Proverbs 31; [Luke 1:28](#); [Alma 56:47–48](#); Doctrine and Covenants 25.
- “The Family: A Proclamation to the World,” *Ensign* and *Liahona*, Nov. 2010, 129; see also *Young Women Personal Progress* (2009), 101. Consider using paragraphs six and seven.

Media

- Music: “As Sisters in Zion,” *Hymns*, no. 309; “Love Is Spoken Here,” *Children’s Songbook*, 190.
- Video: M. Russell Ballard, “[Mothers and Daughters](#),” lds.org/media-library, Mormon Messages for Youth.
- Video: Jeffrey R. Holland, “[Motherhood: An Eternal Partnership with God](#),” lds.org/media-library, Mormon Messages.

Accept and Act

- Personal Progress: Divine Nature value experience 3; Divine Nature value project, bullet 3.
- Invite the young women to read paragraph seven of the family proclamation and identify principles related to their divine roles.

LESSON 9

Honoring Parents

Discussion Questions

- What can you do to strengthen your relationship with your parents?
- How can we show respect to our parents and grandparents even when their beliefs or opinions are different than ours?

Words of the Prophets

- Thomas S. Monson, “Be Thou an Example,” *Ensign* and *Liahona*, May 2005, 112–15. Consider using the three paragraphs beginning with, “My, how your parents love you . . .”
- Henry B. Eyring, “Our Perfect Example,” *Ensign* and *Liahona*, Nov. 2009, 70–73. Consider using the paragraph beginning with, “Now here is my counsel to children . . .” in the section of the lesson titled “Heavenly Father Has Commanded Each Young Woman to Honor Her Parents.”

Additional General Conference Talks

- Richard J. Maynes, “Establishing a Christ-Centered Home,” *Ensign* and *Liahona*, May 2011, 37–39.
- Bradley D. Foster, “Mother Told Me,” *Ensign* and *Liahona*, May 2010, 98–100.

Additional Resources

- [Ephesians 6:1–3](#); [1 Nephi 1:1](#); [1 Nephi 2:16](#); [1 Nephi 16:23](#); [Alma 56:47–48](#); [Alma 57:21](#).
- “The Family: A Proclamation to the World,” *Ensign* and *Liahona*, Nov. 2010, 129; see also *Young Women Personal Progress* (2009), 101.
- *For the Strength of Youth* (pamphlet, 2001), “Family,” 10–11, or [online at youth.lds.org](http://youth.lds.org).
- Name Withheld, “When Dad Doesn’t Believe,” *New Era*, Jan. 1995, 14.
- Mormonads: [Family](#).

Media

- Music: “Home Can Be a Heaven on Earth,” *Hymns*, no. 298.
- Art: [Lehi and His People Arrive in the Promised Land](#), *Gospel Art Book* (2009), 71.
- Video: M. Russell Ballard, “[Mothers and Daughters](#),” lds.org/media-library, Mormon Messages for Youth.

Accept and Act

- Personal Progress: Divine Nature value experience 5; Individual Worth value, project bullet 1; Virtue value experience 2

Supporting Family Members

Note to teachers: As you prepare this lesson, be sensitive to those class members who may not have a father, a mother, or siblings in their homes or who may have family members who are not active in the Church.

Discussion Questions

- Think about members of your family that need support right now. What can you do to show love and support for them?
- What can we do to love and support family members who may not be living the gospel?

Words of the Prophets

- Dieter F. Uchtdorf, “Of Things That Matter Most,” *Ensign* and *Liahona*, Nov. 2010, 19–22. Consider using the paragraph beginning with, “Our second key relationship is with our families . . .”
- L. Tom Perry, “Fatherhood, an Eternal Calling,” *Ensign* and *Liahona*, May 2004, 69–71. Consider using this talk to supplement the discussion about the role of fathers.

Additional General Conference Talks

- Richard J. Maynes, “Establishing a Christ-Centered Home,” *Ensign* and *Liahona*, May 2011, 37–39. Consider using the five paragraphs beginning with, “It is difficult to overstate the importance parents have . . .”
- Mary N. Cook, “Strengthen Home and Family,” *Ensign* and *Liahona*, Nov. 2007, 11–13.
- Susan W. Tanner, “I Am the Light Which Ye Shall Hold Up,” *Ensign* and *Liahona*, May 2006, 103–5.

Additional Resources

- [Mosiah 4:14–15](#); [Alma 39:10](#); [3 Nephi 18:21](#).
- *For the Strength of Youth* (pamphlet, 2001), “Family,” 10–11, or [online at youth.lds.org](http://youth.lds.org).
- Mormonads: [Family](#).

Media

- Video: “[Fathers and Sons](#),” lds.org/media-library, Mormon Messages for Youth.
- Video: “[Two Brothers Apart](#),” lds.org/media-library, Mormon Messages for Youth.

- Video: “[A Father Indeed](#),” lds.org/media-library, Mormon Messages.

Accept and Act

- Personal Progress: Divine Nature value experience 3.

Growing and Maturing in Self-Reliance, Part 1

Discussion Questions

- What does it mean to “govern yourself”? (See *Young Women* manual 1, 43).
- How does following the Lord’s standards help us govern ourselves?
- Becoming self-reliant also means learning to live providently. What does provident living mean?
- What does it mean to become spiritually self-reliant? How can we become more spiritually self-reliant?

Words of the Prophets

- Henry B. Eyring, “Opportunities to Do Good,” *Ensign* and *Liahona*, May 2011, 22–26. Consider using the three paragraphs beginning with, “Here are some principles . . .” in the section of the lesson titled “We Can Become More Self-Reliant.”
- M. Russell Ballard, “Becoming Self-Reliant—Spiritually and Physically,” *Ensign*, Mar. 2009, 50–55.
- L. Tom Perry, “Becoming Self-Reliant,” *Ensign*, Nov. 1991, 64–66.
- Robert D. Hales, “A Gospel Vision of Welfare: Faith in Action,” 2009 Worldwide Leadership Training Meeting: Basic Principles of Welfare and Self-Reliance.

Additional General Conference Talks

- H. David Burton, “The Sanctifying Work of Welfare,” *Ensign* and *Liahona*, May 2011, 81–83. Consider using the paragraph beginning with, “Self-reliance is a product of . . .”
- Julie B. Beck, “What Latter-day Saint Women Do Best: Stand Strong and Immovable,” *Ensign* and *Liahona*, Nov. 2007, 109–12. Consider replacing the poem in the *Young Women* manual with the quotation from the talk beginning with, “If every

sister was self-reliant enough to be able . . ." (110). If you replace the poem with the quotation, use [Doctrine and Covenants 58:27–29](#) in the scripture discussion instead of [Doctrine and Covenants 29:1–2](#).

Additional Resources

- [2 Thessalonians 3:10–13](#); [1 Nephi 16:23, 31](#); [4 Nephi 1:7–10, 15–18](#).
- Mormonads: [Education](#), [Finances](#).

Media

- Music: "Put Your Shoulder to the Wheel," *Hymns*, no. 252.
- Video: Robert D. Hales, "[Becoming Provident Providers](#)," [lds.org/media-library](#), Mormon Messages.

Accept and Act

- *For the Strength of Youth* (pamphlet, 2001), "Agency and Accountability," 4–5, or [online at youth.lds.org](#). Read the two paragraphs beginning with, "You are responsible for . . ." and decide how you can become spiritually and temporally self-reliant.
- Personal Progress: Choice and Accountability value experience 1.

LESSON 12

Growing and Maturing in Self-Reliance, Part II

Discussion Questions

- How can we strengthen our relationships with our parents?
- How can we keep our parents' trust?
- How can we keep Heavenly Father's trust?

Words of the Prophets

- Robert D. Hales, "How Will Our Children Remember Us?" *Ensign*, Nov. 1993, 8–10.

Additional General Conference Talks

- Mary N. Cook, "Strengthen Home and Family," *Ensign* and *Liahona*, Nov. 2007, 11–13.
- Jean A. Stevens, "Become as a Little Child," *Ensign* and *Liahona*, May 2011, 10–12. Consider reading

the first three paragraphs, beginning with, "Our Father in Heaven . . ."

- Mervyn B. Arnold, "What Have You Done with My Name?" *Ensign* and *Liahona*, Nov. 2010, 105–7. Consider reading the five paragraphs beginning with, "Shortly after my sweetheart . . ."

Additional Resources

- [2 Nephi 28:30](#); [Mosiah 4:27](#); [Helaman 10:4–5](#); [Doctrine and Covenants 42:42](#).
- M. Russell Ballard, "Becoming Self-Reliant—Spiritually and Physically," *Ensign*, Mar. 2009, 50–55.

Media

- Video: Dieter F. Uchtdorf, "[Continue in Patience](#)," [lds.org/media-library](#), Mormon Messages.

Accept and Act

- Personal Progress: Divine Nature value experience 5.

LESSON 13

Sustaining Priesthood Bearers

Note to teachers: You may consider teaching lesson 15, which gives an overview of the doctrine of the priesthood, before teaching this lesson. Young women will more fully respect and honor the priesthood if they understand the doctrine.

Discussion Questions

- How can you be a positive influence on the young men you know, especially those who hold the Aaronic Priesthood?
- Why is it important to respect and support the bishop? What keys does the bishop hold that can bless us and our families?

Words of the Prophets

- Henry B. Eyring, "Your Friend the Bishop," *New Era*, Oct. 2002, 10–13.
- L. Tom Perry, "The Priesthood of Aaron," *Ensign* and *Liahona*, Nov. 2010, 91–94. Consider using the four paragraphs beginning with, "President Ezra Taft Benson once said . . ."

Additional General Conference Talks

- Elaine S. Dalton, “Guardians of Virtue,” *Ensign* and *Liahona*, May 2011, 121–24. Consider reading the paragraph beginning with, “Being a guardian of virtue means you will always be modest . . .”

Additional Resources

- [3 Nephi 12:1](#); [Doctrine and Covenants 1:37–38](#); [Doctrine and Covenants 21:4–5](#); [Doctrine and Covenants 68:2–4](#); [Doctrine and Covenants 84:36–39](#); [Doctrine and Covenants 124:144](#).
- Ardeth G. Kapp, “By The Way She Is,” *New Era*, Sept. 1976, 10–13.

Media

- Music: “Ye Elders of Israel,” *Hymns*, no. 319.
- Music: “Priesthood Men,” lds.org/youth/music.
- Video: *Strength of Youth Media 2011 DVD*, “Something Different about Us: Example.”

Accept and Act

- Invite your bishop or branch president to attend the lesson or activity night to answer questions about his responsibilities and explain how he can bless the lives of the young women through his calling.

LESSON 14

Patriarchal Leadership in the Home

Note to teachers: The young women in your class come from varied backgrounds and family situations. Some have fathers who are righteous patriarchs in their families. Others may have fathers who are not active in the Church or who are not members. Some may not have fathers in their homes. Be sensitive to each young woman’s situation. Regardless of present family situations, the objective of this lesson is to teach what the patriarchal order is and how a father, as patriarch in the home, can bless his family.

Discussion Questions

- How can the priesthood bless our lives now, regardless of our individual circumstances?
- What spiritual qualities should we seek in a husband? How can these qualities help him lead a family in righteousness?

- Consider your relationship with your Father in Heaven. How has He shown you His great care and love for you as an individual?

Words of the Prophets

- Dieter F. Uchtdorf, “Continue in Patience,” *Ensign* and *Liahona*, May 2010, 56–59. Consider reading the two paragraphs beginning with, “As priesthood bearers and representatives of the Lord Jesus Christ . . .”
- Dieter F. Uchtdorf, “The Love of God,” *Ensign* and *Liahona*, Nov. 2009, 21–24. Consider reading the four paragraphs beginning with, “Think of the purest, most all-consuming love . . .”
- Dallin H. Oaks, “Priesthood Authority in the Family and the Church,” *Ensign* and *Liahona*, Nov. 2005, 24–27.
- James E. Faust, “Message to My Grandsons,” *Ensign* and *Liahona*, May 2007, 54–56. Consider reading the three paragraphs beginning with, “All you young men who hold the priesthood . . .”

Additional General Conference Talks

- Mary N. Cook, “Strengthen Home and Family,” *Ensign* and *Liahona*, Nov. 2007, 11–13.

Additional Resources

- [Exodus 20:12](#); [1 Nephi 1:1](#); [1 Nephi 16:18–25, 30–32](#).
- “The Family: A Proclamation to the World,” *Ensign* and *Liahona*, Nov. 2010, 129; see also *Young Women Personal Progress* (2009), 101. Use the family proclamation to find answers to the nine questions in the lesson.

Media

- Music: “O My Father,” *Hymns*, no. 292; “Love Is Spoken Here,” *Children’s Songbook*, 190.
- Video: Robert D. Hales, “Parenting: Touching the Hearts of Our Youth,” lds.org/media-library, Mormon Messages.
- Video: “The Family Is Central to God’s Plan,” classic.lds.org/family.

The Melchizedek Priesthood

Note to teachers: Much of the material in this lesson focuses on the Melchizedek Priesthood. You may want to teach about the Aaronic Priesthood to the same degree. It is valuable for the young women to learn about the priesthood that young men their age hold and are learning about. You might also consider acquainting the young women with the oath and covenant of the priesthood.

Discussion Questions

- How has the priesthood blessed your life?
- Think of a priesthood holder you respect. Describe how he honors the priesthood and share why you respect him.

Words of the Prophets

- Thomas S. Monson, “The Priesthood—a Sacred Gift,” *Ensign* and *Liahona*, May 2007, 57–60.
- Dieter F. Uchtdorf, “Pride and the Priesthood,” *Ensign* and *Liahona*, Nov. 2010, 55–58.
- Boyd K. Packer, “The Power of the Priesthood,” *Ensign* and *Liahona*, May 2010, 6–10. Consider reading the three paragraphs beginning with, “Some years ago I gave a talk entitled . . .”
- Thomas S. Monson, “Priesthood Power,” *Ensign* and *Liahona*, May 2011, 66–69.
- James E. Faust, “The Key of the Knowledge of God,” *Ensign* and *Liahona*, Nov. 2004, 52–55.

Additional Resources

- [Alma 13:1–19; Doctrine and Covenants 107:1–4, 18–19.](#)
- Art: [Melchizedek Priesthood Restoration](#) (picture of Peter, James, and John restoring the Melchizedek Priesthood to Joseph Smith and Oliver Cowdery), *Gospel Art Book* (2009), 94.
- Study by Topic: [Priesthood](#).

Media

- Video: Thomas S. Monson, “[Priesthood Power](#),” lds.org/youth/video.
- Video: L. Tom Perry, “[Elder Perry on the Priesthood, Part One: The Oath and Covenant](#),” lds.org/media-library.

Accept and Act

- Personal Progress: Integrity value experience 7.
- Invite each young woman to ask her father or a priesthood leader to share his personal testimony of the priesthood and how it blesses his family and affects his daily choices.

Women and Priesthood Bearers

Discussion Questions

- What can you do to help your young men friends honor their priesthood, defend and preserve their virtue, and be ready for their future responsibilities?
- What can *you* do to help build the kingdom of God, now and in the future?

Words of the Prophets

- Dieter F. Uchtdorf, “The Influence of Righteous Women,” *Ensign*, Sept. 2009, 4–9; *Liahona*, Sept. 2009, 2–7.
- Quentin L. Cook, “LDS Women Are Incredible!” *Ensign* and *Liahona*, May 2011, 18–21.
- M. Russell Ballard, “[Prepare and Think in Terms of the Future](#),” lds.org, Prophets and Apostles Speak Today. Consider reading the two paragraphs beginning with, “This year in August . . .”
- Gordon B. Hinckley, “The Women in Our Lives,” *Ensign* and *Liahona*, Nov. 2004, 82–85.

Additional General Conference Talks

- Elaine S. Dalton, “It Shows in Your Face,” *Ensign* and *Liahona*, May 2006, 109–11.

Additional Resources

- [2 Timothy 1:2–7; Alma 56:45–48; Alma 57:19–21.](#)
- *For the Strength of Youth* (pamphlet, 2001), “Dating,” 24, or [online at youth.lds.org](http://online.at.youth.lds.org).

Media

- Video: Gordon B. Hinckley, “[The Women in Our Lives](#),” lds.org/media-library, Mormon Messages.
- Video: Jeffrey R. Holland, “[Motherhood: An Eternal Partnership with God](#),” lds.org/media-library, Mormon Messages.

Accept and Act

- With the approval and recommendation of the bishop or branch president, invite one or a few young men to share how their Aaronic Priesthood experiences are helping them prepare for their future responsibilities, such as a mission, marriage, and supporting a family. Ask them to share how young women can support them in their priesthood and future responsibilities. You may want to ask the Young Women president to consult with the bishop about which young man or young men to invite.

LESSON 17

The Purpose of Covenants and Ordinances

Discussion Questions

- What are the purposes of ordinances and covenants?
- How can some kinds of activities or interests keep us from honoring our covenants with God?

Words of the Prophets

- David A. Bednar, “Receive the Holy Ghost,” *Ensign* and *Liahona*, Nov. 2010, 94–97. Consider using the three paragraphs beginning with, “Baptism by immersion is . . .” in the section of the lesson titled “When We Receive Priesthood Ordinances, We Make Sacred Covenants.”
- David A. Bednar, “That We May Always Have His Spirit to Be with Us,” *Ensign* and *Liahona*, May 2006, 28–29.
- D. Todd Christofferson, “The Power of Covenants,” *Ensign* and *Liahona*, May 2009, 19–23.

Additional General Conference Talks

- Mervyn B. Arnold, “What Have You Done with My Name?” *Ensign* and *Liahona*, Nov. 2010, 105–7. Consider using the first three paragraphs beginning with, “When President George Albert Smith was young . . .” in the section of the lesson titled “We Are Responsible for Keeping the Covenants We Make with the Lord.”
- Mary N. Cook, “Be an Example of the Believers,” *Ensign* and *Liahona*, Nov. 2010, 80–82. Consider using the three paragraphs beginning with, “Next, be an example of the believers in purity . . .” in the section of the lesson titled “When We Receive

Priesthood Ordinances, We Make Sacred Covenants.”

Additional Resources

- [1 Nephi 22:11](#); [Alma 13:8, 16](#).
- Quotations by Church leaders: [ordinances](#) and [covenant](#), lds.org.

Media

- Music: “More Holiness Give Me,” *Hymns*, no. 131.
- Video: Elaine S. Dalton, “[Return to Virtue](#),” lds.org/media-library, Mormon Messages for Youth.
- Video: Quentin L. Cook, “[Seek the Higher Ground](#),” lds.org/media-library, Mormon Messages.

Accept and Act

- Personal Progress: Faith value experience 4; Divine Nature value experience 4.

LESSON 18

Temple Marriage—Requirement for Eternal Family Life

Discussion Questions

- In what ways does a temple marriage bless a family?
- What can you do now to prepare to be married and sealed in the temple?

Words of the Prophets

- Thomas S. Monson, “The Holy Temple—a Beacon to the World,” *Ensign* and *Liahona*, May 2011, 90–94. Consider using the two paragraphs beginning with, “Until you have entered . . .” in the section of the lesson titled “Temple Marriage is an Eternal Ordinance.”
- Richard G. Scott, “The Eternal Blessings of Marriage,” *Ensign* and *Liahona*, May 2011, 94–96. Consider using the paragraph beginning with, “Two of the vital pillars . . .” in the section of the lesson titled “Temple Marriage is an Eternal Ordinance.”
- Russell M. Nelson, “Celestial Marriage,” *Ensign* and *Liahona*, Nov. 2008, 92–94. Consider using the three paragraphs beginning with, “The subject of

marriage is debated . . .” as an introduction to the lesson.

Additional General Conference Talks

- Elaine S. Dalton, “Guardians of Virtue,” *Ensign* and *Liahona*, May 2011, 121–24. Consider using the two paragraphs beginning with, “Last month I had the opportunity to attend . . .” in the section of the lesson titled “Now Is the Time to Prepare for Temple Marriage.”
- Gerrit W. Gong, “Temple Mirrors of Eternity: A Testimony of Family,” *Ensign* and *Liahona*, Nov. 2010, 36–38. Consider using the three paragraphs beginning with, “I recently stood in a house of the Lord . . .” in the section of the lesson titled, “Joy Can Come to a Young Woman Through Temple Marriage.”

Additional Resources

- [Genesis 1:27–28](#); [4 Nephi 1:11](#); [Doctrine and Covenants 131:1–3](#); [Doctrine and Covenants 132:15–16](#).
- “The Family: A Proclamation to the World,” *Ensign* and *Liahona*, Nov. 2010, 129; see also *Young Women Personal Progress* (2009), 101.
- *New Era* Special Issue: Dating and Temple Marriage, Oct. 2004.
- Mormonads: [Marriage](#).

Media

- Music: “Families Can Be Together Forever,” *Hymns*, no. 300; “In That Holy Place,” Young Women music, <http://lds.org/youth/music>; “I Love to See the Temple,” *Children’s Songbook*, 95.
- Art: *Young Couple Going to the Temple*, *Gospel Art Book* (2009), 120.
- Video: Elaine S. Dalton, “Return to Virtue,” lds.org/media-library, Mormon Messages for Youth.

Accept and Act

- Personal Progress: Choice and Accountability value experience 6; Integrity value experience 1.
- Invite the bishop or branch president to teach the young women about temple recommend interviews (see *True to the Faith* [2004], 172).

Personal Records

Discussion Questions

- What blessings from the Lord could we record in our journals? How can recording these blessings remind us of the Lord’s love for us?
- Who else might be blessed when we keep personal records? How?

Words of the Prophets

- Henry B. Eyring, “O Remember, Remember,” *Ensign* and *Liahona*, Nov. 2007, 66–69.

Additional General Conference Talks

- Don R. Clarke, “Becoming Instruments in the Hands of God,” *Ensign* and *Liahona*, Nov. 2006, 97–99. Consider reading the paragraph beginning with, “I have a little book that I carry with me . . .”

Additional Resources

- [1 Nephi 1:1, 16–17](#); [1 Nephi 3:19–20](#); [2 Nephi 5:29–33](#); [2 Nephi 4:15](#); [3 Nephi 23:9–13](#).
- Questions and Answers: Journals, *New Era*, Sept. 2003, 16–18.
- Salli Hollenzer, “My Journal, My Testimony,” *Ensign*, Apr. 2008, 51–53.
- Mormonad: “Choose to Write.”
- Art: *Mormon Abridging the Plates*, *Gospel Art Book* (2009), 73.

Media

- Video: Henry B. Eyring, “O Remember, Remember,” lds.org/media-library, Mormon Messages.

Accept and Act

- For three weeks, every night before going to sleep, ponder Elder Henry B. Eyring’s question, “Did God send a message that was just for me? Did I see His hand in my life?” (*Ensign* and *Liahona*, Nov. 2007, 69). Record these experiences in your journal.
- Review your Personal Progress journal. How has your testimony grown in the past six months? What have you learned?

Reach Out to Others

Discussion Questions

- In what ways can we reach out to others and encourage their activity in Church meetings?
- How can we overcome our own self-consciousness to reach out to others?

Words of the Prophets

- Henry B. Eyring, “Be Ready,” *Ensign* and *Liahona*, Nov. 2009, 59–62. Consider using the seven paragraphs beginning with, “We can help them choose . . .” in the section of the lesson titled “We Can Reach Out to Others.”
- M. Russell Ballard, “Finding Joy through Loving Service,” *Ensign* and *Liahona*, May 2011, 46–49. Consider using the four paragraphs beginning with, “Another place where we have ample opportunity . . .” in the section of the lesson titled “We Can Reach Out to Others.”
- Russell M. Nelson, “Be Thou an Example of the Believers,” *Ensign* and *Liahona*, Nov. 2010, 47–49.

Additional General Conference Talks

- Mary N. Cook, “Remember This: Kindness Begins with Me,” *Ensign* and *Liahona*, May 2011, 118–21.
- Silvia H. Allred, “The Essence of Discipleship,” *Ensign* and *Liahona*, May 2011, 84–86.
- Marlin K. Jensen, “Friendship, a Gospel Principle,” *Ensign*, May 1999, 64–65.

Additional Resources

- [Matthew 25:40](#); [Luke 15:4–7](#); [1 Thessalonians 2:7–8](#); [Mosiah 2:17](#); [Mosiah 18:8–9](#); [Moroni 7:45–48](#); [Doctrine and Covenants 81:5](#).

Media

- Music: “Have I Done Any Good?” *Hymns*, no. 223; “Brightly Beams Our Father’s Mercy,” *Hymns*, no. 335; “Dear to the Heart of the Shepherd,” *Hymns*, no. 221.
- Video: “Charity: An Example of the Believers.”
- Video: Thomas S. Monson, “Have I Done Any Good in the World Today?” lds.org/media-library, Mormon Messages.

- Video: *Strength of Youth Media 2011 DVD*, “Inviting All to Come unto Christ: Sharing the Gospel.”
- Video: “For Madison,” lds.org/media-library, Mormon Messages for Youth.

Accept and Act

- Personal Progress: Individual Worth value experience 3.
- Activity: Gather the young women (you may include the young men as well) and read pages 12 and 13 of *For the Strength of Youth* (pamphlet, 2001) as a group. Discuss friendship and how to be a good friend.

A Righteous Example Influences Others

Discussion Questions

- How do your friends react when you live Church standards? How can you respond if they label your obedience as being self-righteous?
- What are some ways you can respond to others who may tease you or put you down for living Church standards?
- How does our honesty with others impact our relationships with them?

Words of the Prophets

- Thomas S. Monson, “Examples of Righteousness,” *Ensign* and *Liahona*, May 2008, 65–68. Consider using the paragraph beginning with, “My young friends, be strong . . .” at the conclusion of the lesson.
- Quentin L. Cook, “LDS Women Are Incredible!” *Ensign* and *Liahona*, May 2011, 18–21. Consider using the three paragraphs beginning with, “When I was recently assigned . . .” in the section of the lesson titled “A Good Example Can Bring Joy to Many People.”
- Russell M. Nelson, “Be Thou an Example of the Believers,” *Ensign* and *Liahona*, Nov. 2010, 47–49. Consider using the paragraph beginning with, “In a letter to one of his most trusted companions . . .” in the section of the lesson titled “The Scriptures Stress the Importance of Example.”
- Quentin L. Cook, “Let There Be Light!” *Ensign* and *Liahona*, Nov. 2010, 27–30. Consider using the three

paragraphs beginning with, “The thirteenth article of faith begins . . .” in the section of the lesson titled “A Righteous Example Can Influence Others.”

Additional General Conference Talks

- Mary N. Cook, “Be an Example of the Believers,” *Ensign* and *Liahona*, Nov. 2010, 80–82. Consider using the four paragraphs beginning with, “Now, may I say a word to the marvelous youth . . .” in the section of the lesson titled “A Righteous Example Can Influence Others.”

Additional Resources

- [2 Nephi 31:9, 16](#); [Alma 17:11](#); [Alma 39:11](#); [3 Nephi 18:16](#); [Moroni 7:10](#).
- Quotations by Church leaders: [example](#).

Media

- Music: “We Believe,” [lds.org/youth/music](#).
- Video: “I’m a Young Woman, and I Believe,” [lds.org/youth/video](#).
- Video: “No Cussing Club,” [lds.org/media-library](#), Mormon Messages for Youth.
- Video: “Charity: An Example of the Believers.”

Accept and Act

- Personal Progress: Good Works value experience 7.

LESSON 22

Repentance

Discussion Questions

- Sometimes even after we repent, we may still feel guilty. How can we know if we have been truly forgiven?

Words of the Prophets

- Dieter F. Uchtdorf, “Point of Safe Return,” *Ensign* and *Liahona*, May 2007, 99–101. Consider reading the six paragraphs beginning with, “President Harold B. Lee said . . .”
- Boyd K. Packer, “I Will Remember Your Sins No More,” *Ensign* and *Liahona*, May 2006, 25–27.
- Russell M. Nelson, “Repentance and Conversion,” *Ensign* and *Liahona*, May 2007, 102–4.

- Neil L. Andersen, “Repent . . . That I May Heal You,” *Ensign* and *Liahona*, Nov. 2009, 40–43.

Additional General Conference Talks

- C. Scott Grow, “The Miracle of the Atonement,” *Ensign* and *Liahona*, May 2011, 108–10.

Additional Resources

- [Mosiah 26:29–30](#); [Alma 26:22](#); [Helaman 12:23](#); [3 Nephi 9:22](#); [Doctrine and Covenants 18:10–13](#); [Doctrine and Covenants 58:42–43](#).
- *True to the Faith* (2004), “Repentance,” 133–35.

Media

- Music: “How Gentle God’s Commands,” *Hymns*, no. 125.
- Art: *Jesus Praying in Gethsemane*, *Gospel Art Book* (2009), 56.
- Video: “Lifting Burdens,” [lds.org/media-library](#), Mormon Messages.

Accept and Act

- *For the Strength of Youth* (pamphlet, 2001), “Repentance,” 29–30, or [online at youth.lds.org](#). Read the section on repentance and record in your journal the consequences of knowingly breaking God’s commandments. You could also include examples of repentance from the scriptures.
- Personal Progress: Faith value experience 3; Virtue value experience 4.

LESSON 23

Forgiveness

Discussion Questions

- What does it mean to forgive others? Why is it important to forgive others?
- How can we forgive someone who has really hurt us?
- How have you felt when you have forgiven someone? How have you felt when someone has forgiven you?

Words of the Prophets

- Thomas S. Monson, “Charity Never Faileth,” *Ensign* and *Liahona*, Nov. 2010, 122–25. Consider

reading the eight paragraphs beginning with, “A young couple . . .”

- Dieter F. Uchtdorf, “Point of Safe Return,” *Ensign* and *Liahona*, May 2007, 99–101.
- Richard G. Scott, “To Be Free of Heavy Burdens,” *Ensign* and *Liahona*, Nov. 2002, 86–88. Consider reading the paragraph beginning with, “You may be carrying a heavy burden . . .”
- Gordon B. Hinckley, “Forgiveness,” *Ensign* and *Liahona*, Nov. 2005, 81–84.
- James E. Faust, “The Healing Power of Forgiveness,” *Ensign* and *Liahona*, May 2007, 67–69.

Additional General Conference Talks

- C. Scott Grow, “The Miracle of the Atonement,” *Ensign* and *Liahona*, May 2011, 108–10. Consider reading the paragraph beginning with, “If you are suffering from feelings of guilt . . .”

Additional Resources

- [1 Nephi 7:16–21](#); [3 Nephi 12:38–44](#); [3 Nephi 13:11, 14–15](#); [Doctrine and Covenants 64:9–11](#); [Doctrine and Covenants 82:1](#).

Media

- Music: “Lord, I Would Follow Thee,” *Hymns*, no. 220.
- Music: “I Will Forgive,” [lds.org/youth/music](https://www.lds.org/youth/music).
- Video: “Forgiveness: My Burden Was Made Light,” [lds.org/media-library](https://www.lds.org/media-library), Mormon Messages.

Accept and Act

- Personal Progress: Integrity value experience 2.

LESSON 24

Prayer and Meditation

Discussion Questions

- What does it mean to pray with real intent?
- How can we be more committed to act on answers we receive? (See *Preach My Gospel*, 2004, 73.)

Words of the Prophets

- Russell M. Nelson, “Lessons from the Lord’s Prayers,” *Ensign* and *Liahona*, May 2009, 46–48.

- Richard G. Scott, “Using the Supernal Gift of Prayer,” *Ensign* and *Liahona*, May 2007, 8–11.
- Richard G. Scott, “Learning to Recognize Answers to Prayer,” *Ensign*, Nov. 1989, 30–32.
- Boyd K. Packer, “Prayer and Promptings,” *Ensign* and *Liahona*, Nov. 2009, 43–47. Consider reading the two paragraphs beginning with, “Pray even if you are young and wayward . . .”

Additional General Conference Talks

- Ann M. Dibb, “Be of a Good Courage,” *Ensign* and *Liahona*, May 2010, 114–16. Consider reading the four paragraphs beginning with, “Joshua and the children of Israel . . .”

Additional Resources

- Prayer: [2 Nephi 32:8–9](#); [Alma 34:17–28](#); [3 Nephi 14:7–8](#); [Doctrine and Covenants 6:14–16, 21–23](#); [Doctrine and Covenants 9:7–9](#). Ponder: [2 Nephi 4:15–16](#); [3 Nephi 17:3](#); [Moroni 10:3–4](#).
- Topical Guide: Ponder, p. 375.
- *True to the Faith* (2004), 119. This entry identifies the proper language to use when praying.
- Mormonads: [Prayer](#).

Media

- Music: “Sweet Hour of Prayer,” *Hymns*, no. 142; “Prayer is the Soul’s Sincere Desire,” *Hymns*, no. 145.
- Video: Thomas S. Monson, “Prayer,” [lds.org/media-library](https://www.lds.org/media-library), Mormon Messages.
- Video: Elaine S. Dalton, “You’re Never Alone.”

Accept and Act

- Personal Progress: Integrity value experience 2; Divine Nature value experience 3; Choice and Accountability value experience 1.

LESSON 25

Sabbath Day

Discussion Questions

- How can we best evaluate what is appropriate and uplifting to do on the Sabbath?
- In what ways can the Sabbath be a “day of rest”?

- What blessings are available to us as we keep the Sabbath day holy? (See [Doctrine and Covenants 59:9–21](#).)
- How can the way we dress affect our worship and activities on the Sabbath?

Words of the Prophets

- L. Tom Perry, “The Sabbath and the Sacrament,” *Ensign* and *Liahona*, May 2011, 6–9.
- Dallin H. Oaks, “Gospel Teaching,” *Ensign*, Nov. 1999, 78–80.
- Jeffrey R. Holland, “To Young Women,” *Ensign* and *Liahona*, Nov. 2005, 28–30. Consider reading the paragraph beginning with, “I make a special appeal regarding how young women . . .”
- James E. Faust, “The Lord’s Day,” *Ensign*, Nov. 1991, 33–35.

Additional General Conference Talks

- Mary N. Cook, “Anchors of Testimony,” *Ensign* and *Liahona*, May 2008, 120–22.

Additional Resources

- [Isaiah 58:13–14](#); [Mosiah 18:23](#); [Doctrine and Covenants 59:9–29](#).
- John H. Groberg, “The Power of Keeping the Sabbath Day Holy,” *Ensign*, Nov. 1984, 79–81.
- *For the Strength of Youth* (pamphlet, 2001), “Sabbath Day Observance,” 32–33, or [online at youth.lds.org](http://youth.lds.org).
- David A. Edwards, “The Sabbath: A Personal Priority,” *New Era*, Mar. 2009, 40–42.

Media

- Music: “’Tis Sweet to Sing the Matchless Love,” *Hymns*, no. 177; “Welcome, Welcome, Sabbath Morning,” *Hymns*, no. 280.
- Art: *Passing the Sacrament*, *Gospel Art Book* (2009), 108.
- Video: “Remembering the Sacrament,” lds.org/youth/video.
- Video: “The Miracle of Personal Progress,” lds.org/media-library, Mormon Messages for Youth.

Accept and Act

- Personal Progress: Faith value experience 3.

LESSON 26

Testimony

Discussion Questions

- What is a testimony? Why is it important to continually strengthen our testimonies?
- How can we share our testimonies with others without saying, “I want to bear my testimony”?

Words of the Prophets

- Thomas S. Monson, “He Is Risen!” *Ensign* and *Liahona*, May 2010, 87–90.
- Henry B. Eyring, “A Living Testimony,” *Ensign* and *Liahona*, May 2011, 125–28. Consider using this talk in the section of the lesson titled “A Testimony Should Be Continually Strengthened and Shared.”
- Dieter F. Uchtdorf, “The Power of a Personal Testimony,” *Ensign* and *Liahona*, Nov. 2006, 37–39.
- M. Russell Ballard, “Pure Testimony,” *Ensign* and *Liahona*, Nov. 2004, 40–43.

Additional General Conference Talks

- Cecil O. Samuelson Jr., “Testimony,” *Ensign* and *Liahona*, May 2011, 40–42.
- Ann M. Dibb, “Be of a Good Courage,” *Ensign* and *Liahona*, May 2010, 114–16. Consider reading the paragraph beginning with, “As members of The Church of Jesus Christ of Latter-day Saints . . .”

Additional Resources

- Jay E. Jensen, “Bearing Testimony,” *Ensign*, Oct. 2005, 22–25; *Liahona*, Oct. 2005, 20–22.
- [Alma 5:45–46](#); [Alma 34:8](#); [Doctrine and Covenants 62:3](#); [Doctrine and Covenants 76:19–24](#); [Doctrine and Covenants 80:4](#); [Doctrine and Covenants 84:61](#).
- Mormonad: “Without a Doubt.”

Media

- Music: “I Know That My Redeemer Lives,” *Hymns*, no. 136.

- Video: “[He Lives: Testimonies of Jesus Christ](#),” [lds.org/media-library](#), Mormon Messages.

Accept and Act

- Personal Progress: Faith value experience 5.

LESSON 27

Scripture Study

Discussion Questions

- What are some of the blessings that come as a result of scripture study? (See [1 Nephi 15:24](#).)
- In what ways will scripture study help us in our lives? (See [2 Nephi 32:3](#).)

Words of the Prophets

- Thomas S. Monson, “How Firm a Foundation,” *Ensign* and *Liahona*, Nov. 2006, 62–69. Consider reading the six paragraphs beginning with, “My second guideline: . . .” and discussing how reading scriptures can assist youth in answering their questions.
- David A. Bednar, “Watching with All Perseverance,” *Ensign* and *Liahona*, May 2010, 40–43.
- D. Todd Christofferson, “The Blessing of Scripture,” *Ensign* and *Liahona*, May 2010, 32–35.

Additional General Conference Talks

- Julie B. Beck, “My Soul Delighteth in the Scriptures,” *Ensign* and *Liahona*, May 2004, 107–9.

Additional Resources

- Gordon B. Hinckley, “A Testimony Vibrant and True,” *Ensign* and *Liahona*, Aug. 2005, 2–6.
- [1 Nephi 15:23–25](#); [2 Nephi 4:15](#); [2 Nephi 31:20](#); [Alma 17:2](#); [3 Nephi 23:6–14](#); [3 Nephi 26:1–2](#); [Doctrine and Covenants 1:37](#); [Doctrine and Covenants 10:43–52](#); [Doctrine and Covenants 18:34–36](#).
- Mormonad: “Questions? Answers.”

Media

- Music: “The Iron Rod,” *Hymns*, no. 274; “As I Search the Holy Scriptures,” *Hymns*, no. 277.

- Video: Craig C. Christensen, “[A Book with a Promise](#),” [lds.org/media-library](#), Mormon Messages.

- Video: Jeffrey R. Holland, “[Testimony of The Book of Mormon](#),” [lds.org/media-library](#), Mormon Messages.

- Video: Jeffrey R. Holland, “[God’s Words Never Cease](#),” [lds.org/media-library](#), Mormon Messages.

Accept and Act

- Personal Progress: Choice and Accountability value experience 1. Challenge the young women to establish a pattern of regular scripture study and prayer. Encourage them to set individual reading goals. Provide opportunities for young women to share insights or experiences from their personal scripture study.

LESSON 28

Resisting Sin

Discussion Questions

- How can we strengthen our ability to resist temptation?
- What scriptures have given you strength to resist temptation?

Words of the Prophets

- Richard G. Scott, “How to Live Well amid Increasing Evil,” *Ensign* and *Liahona*, May 2004, 100–102.
- M. Russell Ballard, “O That Cunning Plan of the Evil One,” *Ensign* and *Liahona*, Nov. 2010, 108–10.
- D. Todd Christofferson, “Moral Discipline,” *Ensign* and *Liahona*, Nov. 2009, 105–8.

Additional General Conference Talks

- Jairo Mazzagardi, “Avoiding the Trap of Sin,” *Ensign* and *Liahona*, Nov. 2010, 103–5.
- Elaine S. Dalton, “Guardians of Virtue,” *Ensign* and *Liahona*, May 2011, 121–24.

Additional Resources

- [Genesis 39:1–9](#); [2 Nephi 4:27–28](#); [2 Nephi 9:39](#); [Alma 39:9](#); [Alma 59:9](#); [Doctrine and Covenants 10:5](#); [Doctrine and Covenants 27:15–18](#).
- Study by Topic: [Temptation](#).

- Mormonads: [Temptation, Obedience](#).

Media

- Music: “As Zion’s Youth in Latter Days,” *Hymns*, no. 256; “True to the Faith,” *Hymns*, no. 254; “Dare to Do Right,” *Children’s Songbook*, 158.
- Video: Boyd K. Packer, “[Counsel to Youth](#),” [lds.org/media-library](#), Mormon Messages.
- Video: Dallin H. Oaks, “[Within Bounds](#).”

Accept and Act

- Personal Progress: Divine Nature value experience 5; Choice and Accountability value experience 2.

LESSON 29

The Second Coming

Discussion Questions

- How can we remain calm and at peace when some of the signs of the Second Coming seem troubling?
- How can we make preparations to be ready when the Savior comes again?

Words of the Prophets

- Dallin H. Oaks, “Preparation for the Second Coming,” *Ensign* and *Liahona*, May 2004, 7–10.
- Neil L. Andersen, “Preparing the World for the Second Coming,” *Ensign* and *Liahona*, May 2011, 49–52. Consider reading the four paragraphs beginning with, “I love Harry Anderson’s painting . . .”

Additional General Conference Talks

- Keith B. McMullin, “Lay Up in Store,” *Ensign* and *Liahona*, May 2007, 51–53. Consider reading the six paragraphs beginning with, “The doctrine of the Second Coming of the Messiah . . .”

Additional Resources

- Matthew 24 (Joseph Smith—Matthew 1); [Luke 21:34–36](#); [1 Corinthians 15:22–28](#); [1 Thessalonians 5:1–6](#); [2 Peter 3:10–14](#); [Ether 4:19](#); [Doctrine and Covenants 29:14–23](#); [Doctrine and Covenants 38:30](#); [Doctrine and Covenants 45:17–57](#); [Doctrine and Covenants 68:11](#); [Doctrine and Covenants 88:87–94](#); [Doctrine and Covenants 133:42–52](#).
- Study by Topic: [Second Coming of Jesus Christ](#).

- *True to the Faith* (2004), “Second Coming of Jesus Christ,” 159–61.
- *Gospel Principles* (2009), Chapter 43: “Signs of the Second Coming.”
- *Doctrine and Covenants and Church History Gospel Doctrine Teacher’s Manual* (1999), Lesson 21: “Looking Forth for the Great Day of the Lord to Come,” 115–20.
- Art: *The Second Coming*, *Gospel Art Book* (2009), 66; *The Ten Virgins*, *Gospel Art Book* (2009), 53.

Media

- Music: “Come, O Thou King of Kings,” *Hymns*, no. 59; “Jesus, Once of Humble Birth,” *Hymns*, no. 196; “When He Comes Again,” *Children’s Songbook*, 82.
- Video: Quentin L. Cook, “[Seek the Higher Ground](#),” [lds.org/media-library](#), Mormon Messages.
- Video: “[They that Are Wise](#),” [lds.org/media-library](#).

Accept and Act

- Consider recording answers to the following questions in your journal: In what areas of my life am I prepared for the Second Coming? What areas of my life need improvement?

LESSON 30

Service

Discussion Questions

- How can we learn to be more thoughtful of the feelings and needs of others?
- What are some ways we can serve our families, friends, and communities?
- How does service bless both the giver and the receiver?
- How might the intentions of our hearts affect how we serve?

Words of the Prophets

- Thomas S. Monson, “May You Have Courage,” *Ensign* and *Liahona*, May 2009, 123–27.
- Dieter F. Uchtdorf, “You Are My Hands,” *Ensign* and *Liahona*, May 2010, 68–75.

- Dallin H. Oaks, “Unselfish Service,” *Ensign* and *Liahona*, May 2009, 93–96.

Additional General Conference Talks

- Mary N. Cook, “Remember This: Kindness Begins with Me,” *Ensign* and *Liahona*, May 2011, 118–21.

Additional Resources

- [Mosiah 2:17](#); [Mosiah 4:16–21, 26–27](#); [Alma 34:28–29](#); [3 Nephi 12:40–44](#).

Media

- Music: “Have I Done Any Good?” *Hymns*, no. 223; “Each Life That Touches Ours for Good,” *Hymns*, no. 223
- Art: *Service*, *Gospel Art Book* (2009), 115.
- Video: “[For Madison](#),” [lds.org/media-library](#), Mormon Messages for Youth.
- Video: “[Time to Give](#),” [lds.org/youth/video](#).
- Video: *Strength of Youth Media 2011 DVD*, “[We Believe in Doing Good to All Men: Service](#).”
- Video: Thomas S. Monson, “[Have I Done Any Good in the World Today?](#)” [lds.org/media-library](#), Mormon Messages.

Accept and Act

- Personal Progress: Divine Nature value experience 2; Good Works value experience 2; Good Works value experience 5; Good Works value experience 6; Good Works value project, bullet 5.

LESSON 31

Group Activities: A Basis for Wise Dating

Discussion Questions

- Why have youth been counseled to avoid going on frequent dates with the same person?
- There may be times when you are pressured to go against the counsel of the prophet in regard to early or steady dating. What can you do or say in these situations to remain true to the Lord’s standards?
- How can following Church dating standards bless your life?

Words of the Prophets

- Thomas S. Monson, “Preparation Brings Blessings,” *Ensign* and *Liahona*, May 2010, 64–67. Consider using the three paragraphs beginning with, “Begin to prepare for a temple marriage . . .” in the section of the lesson titled “Group Activities Form a Good Foundation for Dating.”

Additional General Conference Talks

- John B. Dickson, “Commitment to the Lord,” *Ensign* and *Liahona*, May 2007, 14–15.

Additional Resources

- [Jacob 2:28](#); [Doctrine and Covenants 87:8](#).
- Elaine S. Dalton, “Guardians of Virtue,” *Ensign* and *Liahona*, May 2011, 121–24.
- *For the Strength of Youth* (pamphlet, 2001), “Dating,” 24–25, or [online at youth.lds.org](#).
- *New Era* Special Issue: Dating, Apr. 2010.
- Questions and Answers: [Dating](#), [youth.lds.org](#).
- Idea List: “[The Do’s of Dating](#),” [youth.lds.org](#).
- Mormonads: [Dating](#).

Media

- Music: “Choose the Right,” *Hymns*, no. 239; “Dearest Children, God Is Near You,” *Hymns*, no. 96.
- Video: “[Virtue: For Such a Time as This](#),” [lds.org/media-library](#), Mormon Messages.

Accept and Act

- Personal Progress: Choice and Accountability value project, bullet 1

LESSON 32

Personal Purity through Self-Discipline

Discussion Questions

- How can deciding now to stay morally clean help you maintain personal purity?
- In what ways do music and other forms of entertainment influence our thoughts and actions?
- How can our thoughts and actions influence what kind of women we become?

- What are some ways we can develop stronger self-discipline?

Words of the Prophets

- Richard G. Scott, “The Transforming Power of Faith and Character,” *Ensign* and *Liahona*, Nov. 2010, 43–46. Consider using the paragraph beginning with, “You cannot be passive . . .” as an introduction to the lesson.
- David A. Bednar, “Clean Hands and a Pure Heart,” *Ensign* and *Liahona*, Nov. 2007, 80–83. Consider using the paragraph beginning with, “The gospel of Jesus Christ encompasses . . .” in the section of the lesson titled “By Disciplining Ourselves We Can Live a Virtuous Life.”
- Jeffrey R. Holland, “Personal Purity,” *New Era*, Feb. 2000, 4–7.
- L. Tom Perry, “Thy Speech Reveals Thee,” *New Era*, July 2007, 2–5. Consider using the five paragraphs beginning with, “To anyone who has followed the practice . . .” in the section of the lesson titled “We Can Learn to Discipline Ourselves.”

Additional General Conference Talks

- Elaine S. Dalton, “Come Let Us Go Up to the Mountain of the Lord,” *Ensign* and *Liahona*, May 2009, 120–23. Consider using the two paragraphs beginning with, “What does it mean to return to virtue?” in the section of the lesson titled “We Can Learn to Discipline Ourselves.”
- Elaine S. Dalton, “Remember Who You Are!” *Ensign* and *Liahona*, May 2010, 120–23.
- Elaine S. Dalton, “A Return to Virtue,” *Ensign* and *Liahona*, Nov. 2008, 78–80.

Additional Resources

- [Jacob 2:28](#); [Mosiah 4:30](#); [Alma 38:12](#); [Moroni 10:30](#); [Doctrine and Covenants 10:5](#); [Doctrine and Covenants 121:45–46](#); [Articles of Faith 1:13](#).
- Elaine S. Dalton, “Come Let Us Go Up to the Mountain of the Lord,” *Ensign* and *Liahona*, May 2009, 120–23. Consider using the two paragraphs beginning with, “What does it mean to return to virtue?” in the section of the lesson titled “We Can Learn to Discipline Ourselves.”
- David L. Beck and Elaine S. Dalton, “Dating and Virtue,” *Ensign*, Sept. 2010, 14–20.

- *For the Strength of Youth* (pamphlet, 2001), “Entertainment and the Media,” 17–19, or [online at youth.lds.org](#).
- *For the Strength of Youth* (pamphlet, 2001), “Language,” 22–23, or [online at youth.lds.org](#).
- *For the Strength of Youth* (pamphlet, 2001), “Sexual Purity,” 26–28, or [online at youth.lds.org](#).
- Mormonads: [Language, Media, Music, Self-discipline](#).

Media

- Music: “More Holiness Give Me,” *Hymns*, no. 131; [“Guardians of Virtue,”](#) [lds.org/youth/music](#).
- Video: *Strength of Youth Media 2011 DVD*, “[Honest, True, Chaste, Benevolent, Virtuous: Values.](#)”
- Video: “[Guardians of Virtue,](#)” [lds.org/youth/video](#).
- Video: “[No Cussing Club,](#)” [lds.org/media-library](#), Mormon Messages for Youth.
- “[Worthy Music, Worthy Thoughts](#)” videos, [lds.org](#).

Accept and Act

- Personal Progress: Integrity value experiences 1 and 2.

LESSON 33

Avoiding Degrading Media Influences

Discussion Questions

- What are some indications that we are spending too much time watching TV, playing video games, texting on cell phones, using social media and the Internet, or using other forms of media? (Note: As you consider how to use these questions, think about the circumstances of the young women in your ward and adapt the questions accordingly.)
- How can you help your friends understand and respect your personal media standards?
- All forms of media are tools. How can we use such tools to bless our lives and the lives of others? How can these tools be harmful or detrimental?
- How have you used Church media sites, such as [youth.lds.org](#)?
- How can we share the gospel using social media?

Words of the Prophets

- Thomas S. Monson, “Priesthood Power,” *Ensign* and *Liahona*, May 2011, 66–69. Consider using the three paragraphs beginning with, “Many movies and television shows portray . . .”
- Thomas S. Monson, “True to the Faith,” *Ensign* and *Liahona*, May 2006, 18–21. Consider using the four paragraphs beginning with, “Next, the evil one also dangles before us . . .”
- M. Russell Ballard, “Sharing the Gospel Using the Internet,” *Ensign*, July 2008, 58–63.

Additional General Conference Talks

- L. Whitney Clayton, “Blessed Are All the Pure in Heart,” *Ensign* and *Liahona*, Nov. 2007, 51–53.

Additional Resources

- [Moroni 7:12–17](#); [Doctrine and Covenants 25:10](#); [Doctrine and Covenants 45:32](#); [Articles of Faith 1:13](#).
- *For the Strength of Youth* (pamphlet, 2001), “Entertainment and the Media,” 17–19, or [online at youth.lds.org](#).
- Christa Skousen, “Out of the Best Books, Movies, or Music,” *New Era*, Aug. 2009, 20–22.
- “[Social Media Helps for Members](#),” [lds.org](#); “[Using Social Media for Gospel Purposes](#),” [lds.org](#).
- Mormonads: [Media](#), [Music](#).

Accept and Act

- Personal Progress: Choice and Accountability value experience 5; Choice and Accountability value experience 6; Choice and Accountability value project, bullet 3.

LESSON 34

Worthy Thoughts

Discussion Questions

- We may sometimes find ourselves in settings where we are surrounded by words that are offensive to us. What can we do to remove these words from our thoughts?
- How can the music we listen to and the visual media we see affect our thoughts? How do our thoughts affect our actions?

Words of the Prophets

- Boyd K. Packer, “Worthy Music, Worthy Thoughts,” *New Era*, Apr. 2008, 6–11.
- Jeffrey R. Holland, “The Tongue of Angels,” *Ensign* and *Liahona*, May 2007, 16–18. Consider reading the paragraph beginning with, “In all of this, I suppose it goes without saying . . .”
- Jeffrey R. Holland, “Place No More for the Enemy of My Soul,” *Ensign* and *Liahona*, May 2010, 44–46. Consider using the two paragraphs beginning with, “Like thieves in the night . . .”

Additional General Conference Talks

- Jay E. Jensen, “The Nourishing Power of Hymns,” *Ensign* and *Liahona*, May 2007, 11–13.
- Elaine S. Dalton, “Guardians of Virtue,” *Ensign* and *Liahona*, May 2011, 121–24.

Additional Resources

- [Proverbs 23:7](#); [Mosiah 4:30](#); [Alma 12:14](#); [Alma 37:36](#); [Doctrine and Covenants 6:36](#); [Doctrine and Covenants 25:12](#).
- Bruce Fordham, “Think About What You Are Thinking,” *Ensign*, Apr. 2009, 68–69.
- *For the Strength of Youth* (pamphlet, 2001), “Language,” 22–23, or [online at youth.lds.org](#).
- Mormonads: [Music](#), [Thoughts](#).

Media

- Video: “[No Cussing Club](#),” [lds.org/media-library](#), Mormon Messages for Youth.

Accept and Act

- Personal Progress: Choice and Accountability value project, bullet 3. For a weekday activity, consider reading from the hymnbook, “Music in our Personal Lives,” First Presidency Preface. Sing several of your favorite hymns. Consider memorizing a hymn as a class.

LESSON 35

Living Righteously Amid Pressures

Discussion Questions

- How can our desires affect our choices?

- How can you respond to people who harass or make fun of you because of your beliefs or standards?
- How can you be a good example to friends who are not living the standards without being annoying or coming across as self-righteous?

Words of the Prophets

- Thomas S. Monson, “The Three Rs of Choice,” *Ensign* and *Liahona*, Nov. 2010, 67–70. Consider using the six paragraphs beginning with, “When faced with significant choices . . .” in the section of the lesson titled “We Can Live Righteously in an Unrighteous World.”
- Thomas S. Monson, “May You Have Courage,” *Ensign* and *Liahona*, May 2009, 123–27. Consider using the three paragraphs beginning with, “May I speak first . . .” in the section of the lesson titled “We Can Live Righteously in an Unrighteous World.”
- Thomas S. Monson, “How Firm a Foundation,” *Ensign* and *Liahona*, Nov. 2006, 62–69.
- Dallin H. Oaks, “Desire,” *Ensign* and *Liahona*, May 2011, 42–45. Consider using the two paragraphs beginning with, “I have chosen to talk about . . .” as an introduction to the lesson.

Additional General Conference Talks

- Ann M. Dibb, “I Believe in Being Honest and True,” *Ensign* and *Liahona*, May 2011, 115–18. Consider using the five paragraphs beginning with, “Being true to our beliefs . . .” in the section of the lesson titled “We Can Live Righteously in an Unrighteous World.”
- Mary N. Cook, “Never, Never, Never Give Up!” *Ensign* and *Liahona*, May 2010, 117–19. Consider using the paragraph beginning with, “As you are growing older . . .” at the conclusion of the lesson.

Additional Resources

- [1 Timothy 4:12](#); [1 Nephi 15:34](#); [2 Nephi 31:16](#); [Alma 17:11](#); [3 Nephi 12:16](#); [3 Nephi 18:24](#).

Media

- Music: “True to the Faith,” *Hymns*, no. 254; “Choose the Right,” *Hymns*, no. 239.
- [Mormon Messages for Youth videos](#), lds.org/media-library.

Accept and Act

- Personal Progress: Choice and Accountability value experience 2; Integrity value experience 1; Integrity value experience 2; Integrity value experience 5.

LESSON 36

The Importance of Truth in Living a Virtuous Life

Discussion Questions

- What are some gospel truths and standards that the world distorts?
- How can we explain living the law of chastity, a sacred and sensitive topic, to friends who may not believe the same way?
- What does integrity mean? What are the blessings of living true to what you know is right?

Words of the Prophets

- Richard G. Scott, “Truth: The Foundation of Correct Decisions,” *Ensign* and *Liahona*, Nov. 2007, 90–92.
- Neil L. Andersen, “It’s True, Isn’t It? Then What Else Matters?” *Ensign* and *Liahona*, May 2007, 74–75.

Additional General Conference Talks

- Elaine S. Dalton, “Stay on the Path,” *Ensign* and *Liahona*, May 2007, 112–14.
- Ann M. Dibb, “I Believe in Being Honest and True,” *Ensign* and *Liahona*, May 2011, 115–18.
- Elaine S. Dalton, “Come Let Us Go Up to the Mountain of the Lord,” *Ensign* and *Liahona*, May 2009, 120–23. Consider reading the paragraph beginning with, “In order to be virtuous and remain virtuous . . .”

Additional Resources

- [Job 27:5–6](#); [John 8:32](#); [1 Nephi 16:2](#); [Alma 24:19](#); [Alma 56:45–48](#); [Alma 57:21–27](#); [Doctrine and Covenants 93:39](#); [Joseph Smith—History 1:23–25](#).

Media

- Music: “Oh Say, What is Truth?” *Hymns*, no. 272; “True to the Faith,” *Hymns*, no. 254.

- Video: Neil L. Andersen, “[You Know Enough](#),” [lds.org/media-library](#), Mormon Messages.
- Video: Elaine S. Dalton, “[Return to Virtue](#),” [lds.org/media-library](#), Mormon Messages for Youth.
- Video: *Strength of Youth Media 2011* DVD, “[Honest, True, Chaste, Benevolent, Virtuous: Values](#).”

Accept and Act

- Personal Progress: Integrity value project, bullet 5.

LESSON 37

Caring for Our Physical Bodies

Discussion Questions

- In what ways will caring for your body now affect your future health? How will developing healthy habits in your teens prepare you to bear and raise children?
- What are some ways that people in the world harm their bodies? In times of temptation to misuse our bodies, how can we respect them instead?
- How can good physical health contribute to good emotional health?
- How is our agency compromised when we don’t take care of our bodies?
- How do eating disorders jeopardize health, feeling the Spirit, and the future?

Words of the Prophets

- Thomas S. Monson, “True to the Faith,” *Ensign* and *Liahona*, May 2006, 18–21.
- Gordon B. Hinckley, “A Prophet’s Counsel and Prayer for Youth,” *Ensign*, Jan. 2001, 2–11; *Liahona*, Apr. 2001, 30–41.

Additional General Conference Talks

- Susan W. Tanner, “The Sanctity of the Body,” *Ensign* and *Liahona*, Nov. 2005, 13–15. Consider using the two paragraphs beginning with, “What would happen if we truly treated our bodies . . .” at the conclusion of the lesson.

Additional Resources

- [1 Corinthians 3:16–17](#); [1 Corinthians 6:19–20](#); [Doctrine and Covenants 89:18–21](#).

- *For the Strength of Youth* (pamphlet, 2001), “Physical Health,” 36–37, or [online at youth.lds.org](#).
- Riley M. Lorimer, “Take Care,” *New Era*, July 2007, 34–37.
- Provident Living Website: [Physical Health](#), [providentliving.org](#).
- Mormonads: [Idleness](#).

Media

- Music: “The Lord Gave Me a Temple,” *Children’s Songbook*, 153.
- Video: “[A Brand New Year: Physical Health](#),” [lds.org/youth/video](#).

Accept and Act

- Personal Progress: Knowledge value project, bullet 3.
- Consider inviting the young women to share with their families what they learn about caring for our bodies in the following sources: *For the Strength of Youth* (pamphlet, 2001), “Physical Health,” 36–37; *True to the Faith* (2004), “Body Piercing,” 27, “Tattooing,” 167.

LESSON 38

Nutrition and the Word of Wisdom

Discussion Questions

- Peers, the media, and others often tell us we need to look a certain way. How can following good nutrition standards and the Word of Wisdom help us feel healthy and confident?
- Why do you think the Word of Wisdom promises both physical and spiritual blessings? In what ways have you experienced the promised blessings of the Word of Wisdom?

Words of the Prophets

- Gordon B. Hinckley, “Words of the Prophet: The Body Is Sacred,” *New Era*, Nov. 2006, 2–5.
- M. Russell Ballard, “O That Cunning Plan of the Evil One,” *Ensign* and *Liahona*, Nov. 2010, 108–10.

Additional General Conference Talks

- John B. Dickson, “Commitment to the Lord,” *Ensign* and *Liahona*, May 2007, 14–15.

- Julie B. Beck, “Remembering, Repenting, and Changing,” *Ensign* and *Liahona*, May 2007, 109–12.
- Elaine S. Dalton, “Guardians of Virtue,” *Ensign* and *Liahona*, May 2011, 121–24. Consider reading the paragraph beginning with, “What can each of you do to be a guardian of virtue?”

Additional Resources

- Harold G. Hillam, “Not for the Body,” *Ensign*, Oct. 2001, 18–21.
- Russell Wilcox, “Energy Drinks: The Lift That Lets You Down,” *New Era*, Dec. 2008, 30–33.
- [1 Corinthians 3:16–17](#); [Doctrine and Covenants 59:15–20](#); [Doctrine and Covenants 88:124](#); [Doctrine and Covenants 89:1–21](#).
- Mormonads: [Word of Wisdom](#).

Media

- Music: [“Walk His Way,”](#) [lds.org/youth/music](#).
- Mormonad: [“Just Once Will Hurt,”](#) [lds.org/youth/video](#).

Accept and Act

- Personal Progress: Good Works value experience 2.

LESSON 39

Drug Abuse

Discussion Questions

- How might taking a stand against the use of harmful substances affect others around you?
- What effects can drug abuse have on your future? Schooling? Marriage? Motherhood? Occupation? Physical health?
- What are some ways we can avoid the temptation of substance abuse? How can we ensure we never become addicted to any substance?
- Where can we turn for help if we or our friends are involved in abusing drugs?

Words of the Prophets

- Thomas S. Monson, “True to the Faith,” *Ensign* and *Liahona*, May 2006, 18–21. Consider reading the two paragraphs beginning with, “Each one of us has a body that has been entrusted . . .”

- Boyd K. Packer, “Counsel to Young Men,” *Ensign* and *Liahona*, May 2009, 49–52. This talk provides an answer to the fourth discussion question. Consider reading the paragraph beginning with, “Avoid the deadly poisons . . .”
- M. Russell Ballard, “O That Cunning Plan of the Evil One,” *Ensign* and *Liahona*, Nov. 2010, 108–10.

Additional General Conference Talks

- James E. Faust, “The Power to Change,” *Ensign* and *Liahona*, Nov. 2007, 122–24. Consider reading the 11 paragraphs beginning with, “Another kind of change I wish to address . . .”
- Charles W. Dahlquist II, “Who’s on the Lord’s Side?” *Ensign* and *Liahona*, May 2007, 94–96. Consider reading the paragraph beginning with, “President George Albert Smith . . .”

Additional Resources

- [Daniel 1](#); [2 Nephi 15:20](#); [Moroni 10:30](#); [Doctrine and Covenants 59:17–20](#); [Doctrine and Covenants 89:4](#).
- *For the Strength of Youth* (pamphlet, 2001), “Physical Health,” 36–37, or [online at youth.lds.org](#).
- Provident Living, [Addiction Recovery Program](#), [providentliving.org](#). This can provide answers to the fourth discussion question.
- Provident Living, [Articles on Substance Abuse](#), [providentliving.org](#). These articles can provide answers to the fourth discussion question.

Media

- Music: “As Zion’s Youth in Latter Days,” *Hymns*, no. 256.
- Art: [Daniel Refusing the King’s Food and Wine](#), *Gospel Art Book* (2009), 23.
- Video: [“The Mormon Mustang,”](#) [lds.org/youth/video](#).
- Mormonad: [“Just Once Will Hurt,”](#) [lds.org/youth/video](#).

Accept and Act

- *For the Strength of Youth* (pamphlet, 2001), “Message from the First Presidency,” 2–3. Make a list of the blessings promised when we are obedient to the commandments of God. Consider

sharing this list with your family, a class member, or a Young Women leader.

- With the approval of your bishop, consider inviting a qualified professional to a midweek activity to speak with the youth and their parents about this topic.

LESSON 40

Health Care in the Home

Note to teachers: Consider teaching this lesson as a midweek activity rather than during Sunday instruction.

Additional Resources

- Video: [“In Sickness and Health,”](#) [lds.org/media-library](#), Mormon Messages.

LESSON 41

The Ability to Succeed

Discussion Questions

- The Young Women theme says, “We are daughters of our Heavenly Father who loves us.” How can this knowledge give us confidence? How does knowing we are daughters of God affect our goals?
- How would you define success? How does your definition of success differ from the world’s definition of success?
- How is success determined by our desires and our efforts?

Words of the Prophets

- Dieter F. Uchtdorf, “Your Happily Ever After,” *Ensign* and *Liahona*, May 2010, 124–27.
- Dallin H. Oaks, “Desire,” *Ensign* and *Liahona*, May 2011, 42–45. Consider reading the paragraphs beginning with, “Let us remember that desires dictate our priorities . . .”
- Dieter F. Uchtdorf, “Have We Not Reason to Rejoice?” *Ensign* and *Liahona*, Nov. 2007, 18–21. Consider using portions of this article to strengthen the conclusion of the lesson.

Additional General Conference Talks

- Gordon B. Hinckley, “Words of the Prophet: Daughters of the Almighty,” *New Era*, Nov. 2003, 4–7.
- Gordon B. Hinckley, “The Quest for Excellence,” *Ensign*, Sept. 1999, 2–5; *Liahona*, Sept. 1999, 2–8. Consider reading the five paragraphs beginning with, “My wife likes to tell the story of a friend . . .”
- Elaine S. Dalton, “Remember Who You Are!” *Ensign* and *Liahona*, May 2010, 120–23. Consider using this in the section of the lesson titled “Our Attitudes about Ourselves Help Us Succeed.”
- Charles W. Dahlquist II, “Who’s on the Lord’s Side?” *Ensign* and *Liahona*, May 2007, 94–96.

Additional Resources

- [Proverbs 31:10–31](#); [Doctrine and Covenants 58:27–28](#); [Doctrine and Covenants 103:36](#); [Doctrine and Covenants 104:82](#); [Doctrine and Covenants 121:7–8](#); [Doctrine and Covenants 128:22](#); [Moses 1:39](#).

Media

- Music: “True to the Faith,” *Hymns*, no. 254; “I Am a Child of God,” *Hymns*, no. 301.
- Video: Dieter F. Uchtdorf, [“Continue in Patience,”](#) [lds.org/media-library](#), Mormon Messages.
- Video: Dieter F. Uchtdorf, [“Our True Identity,”](#) [lds.org/youth/video](#).
- Video: [“I Am a Child of God,”](#) [lds.org/media-library](#), Mormon Messages.

Accept and Act

- Personal Progress: Individual Worth value experience 7

LESSON 42

Courage to Try

Note to teachers: This lesson focuses on courage to try and learn new and *uplifting* things, as well as courage to persist in difficult situations. Be sure the young women do not confuse this courage with daring to do that which is foolhardy or unrighteous.

Discussion Questions

- What worthwhile experiences have you had that required you to exhibit courage?
- How does preparation help develop confidence and courage to try something new?
- What future experiences might make us feel intimidated? What can we do to have courage to face these experiences?

Words of the Prophets

- Thomas S. Monson, “May You Have Courage,” *Ensign* and *Liahona*, May 2009, 123–27.
- Thomas S. Monson, “The Call for Courage,” *Ensign* and *Liahona*, May 2004, 54–57.

Additional General Conference Talks

- Mary N. Cook, “Never, Never, Never Give Up!” *Ensign* and *Liahona*, May 2010, 117–19.

Additional Resources

- Quentin L. Cook, “[Being in the World but Not of the World](#),” [lds.org/youth/article](#).
- *For the Strength of Youth* (pamphlet, 2001), “Message from the First Presidency,” 2–3, or [online at youth.lds.org](#).
- [Joshua 1:6–7](#); [1 Samuel 17](#); [2 Timothy 1:7](#); [Alma 17:6–16](#); [Alma 56:41–48](#), 54–56; [Helaman 5:12](#); [Doctrine and Covenants 6:36](#).
- Mormonad: “Stand Out.”

Media

- Music: “How Firm a Foundation,” *Hymns*, no. 85; “Strong and Courageous” and “Walk Tall, You’re a Daughter of God,” [lds.org/youth/music](#).
- Art: *Two Thousand Young Warriors*, *Gospel Art Book* (2009), 80.
- Video: “[Significant in Every Way](#),” [lds.org/youth/video](#).
- Video: “[Great Expectations for Youth of Church](#),” Prophets and Apostles Speak Today.
- Video: Elaine S. Dalton, “[You’re Never Alone](#).”

Accept and Act

- Personal Progress: Integrity value experience 3.

Righteous Living

Discussion Questions

- How does the Lord’s way of recognizing self-worth differ from the world’s way?
- In what ways can we increase our confidence before the Lord?
- What does it mean to have confidence before the Lord?

Words of the Prophets

- Thomas S. Monson, “Priesthood Power,” *Ensign* and *Liahona*, May 2011, 66–69. Consider using the seven paragraphs beginning with, “We have come to earth in troubled times . . .”
- Richard G. Scott, “The Transforming Power of Faith and Character,” *Ensign* and *Liahona*, Nov. 2010, 43–46.

Additional General Conference Talks

- Anthony D. Perkins, “The Great and Wonderful Love,” *Ensign* and *Liahona*, Nov. 2006, 76–78.
- Elaine S. Dalton, “Look toward Eternity!” *Ensign* and *Liahona*, Nov. 2006, 31–32.
- Elaine S. Dalton, “Come Let Us Go Up to the Mountain of the Lord,” *Ensign* and *Liahona*, May 2009, 120–23.
- Mary N. Cook, “A Virtuous Life—Step by Step,” *Ensign* and *Liahona*, May 2009, 117–19.

Additional Resources

- [1 John 2:28](#); [2 Nephi 22:2](#); [Mosiah 2:41](#); [Doctrine and Covenants 121:45](#); [Doctrine and Covenants 130:20–21](#).

Media

- Music: “Lord, I Would Follow Thee,” *Hymns*, no. 220; “Choose the Right,” *Hymns*, no. 239; “I Want to Live the Gospel,” *Children’s Songbook*, 148.
- Video: “[Lifting Burdens](#),” [lds.org/media-library](#), Mormon Messages.
- Video: Richard G. Scott, “[How Can I Find Happiness?](#)”

Accept and Act

- Personal Progress: Choice and Accountability value experience 4.

LESSON 44

Using Time Wisely

Discussion Questions

- What guidelines might help us prioritize the demands on our time?
- In what ways might better time management affect our lives?
- How can we overcome the tendency to procrastinate?
- What is the difference between idleness and rest?

Words of the Prophets

- Dieter F. Uchtdorf, “We Are Doing a Great Work and Cannot Come Down,” *Ensign* and *Liahona*, May 2009, 59–62.
- Dallin H. Oaks, “Good, Better, Best,” *Ensign* and *Liahona*, Nov. 2007, 104–8.
- Henry B. Eyring, “This Day,” *Ensign* and *Liahona*, May 2007, 89–91.
- Dallin H. Oaks, “Focus and Priorities,” *Ensign*, May 2001, 82–84; *Liahona*, July 2001, 99–102. Consider using the three paragraphs beginning with, “Our priorities are most visible in . . .” in the section of the lesson titled “Effective Use of Time Brings Spiritual and Temporal Blessings.”

Additional Resources

- [Ecclesiastes 3:2–8](#); [Alma 34:33](#); [Alma 42:4](#); [Doctrine and Covenants 58:26–28](#); [Doctrine and Covenants 60:13](#); [Doctrine and Covenants 88:124](#).
- Mormonads: [Idleness](#), [Procrastination](#).

Media

- Music: “Improve the Shining Moments,” *Hymns*, no. 226; “Today, While the Sun Shines,” *Hymns*, no. 229.
- Video: Henry B. Eyring, “[Choose This Day](#),” [lds.org/media-library](#), Mormon Messages.

Accept and Act

- Personal Progress: Knowledge value experience 1.

LESSON 45

The Value of Work

Discussion Questions

- How is work a blessing in our lives? What is the relationship between work and success in various areas of life?
- Why is the principle of work important to successful marriages and families?
- How does working together in a spirit of unity and cooperation build family relationships?
- How could a good work ethic affect other areas of our lives?

Words of the Prophets

- M. Russell Ballard, “Faith, Family, Facts, and Fruits,” *Ensign* and *Liahona*, Nov. 2007, 25–27.
- D. Todd Christofferson, “Reflections on a Consecrated Life,” *Ensign* and *Liahona*, Nov. 2010, 16–19.
- Dieter F. Uchtdorf, “Two Principles for Any Economy,” *Ensign* and *Liahona*, Nov. 2009, 55–58. Consider reading the five paragraphs beginning with, “How I admire men, women, and children . . .”

Additional Resources

- [2 Thessalonians 3:10–11](#); [2 Nephi 5:17](#); [Mosiah 2:12–18](#); [Doctrine and Covenants 42:42](#); [Doctrine and Covenants 58:26–28](#).
- H. David Burton, “The Blessing of Work,” *Ensign*, Dec. 2009, 42–46.
- Website: [Happiness in Family Life: Work](#), [lds.org/family/work](#).
- Website: [Self-Reliance](#), [lds.org/topic/self-reliance](#).

Media

- Music: “Put Your Shoulder to the Wheel,” *Hymns*, no. 252.
- Art: *Six Days Shalt Thou Labor*, *Ensign*, Dec. 2009, 38.
- Video: Robert D. Hales, “[Becoming Provident Providers](#),” [lds.org/media-library](#), Mormon Messages.

Accept and Act

- Personal Progress: Knowledge value experience 5.

LESSON 46

The Purpose and Value of Education

Discussion Questions

- Why is it important to gain an education?
- How can a good education help us in the future? How can getting an education better prepare us to be wives and mothers?
- How are education and learning lifelong processes?
- In what ways can a spiritual education support the other aspects of our education?

Words of the Prophets

- Thomas S. Monson, “Three Goals to Guide You,” *Ensign* and *Liahona*, Nov. 2007, 118–21. Consider using the three paragraphs beginning with, “Beyond our study . . .” in the section of the lesson titled “Education Can Be of Benefit Throughout our Lives.”
- Dieter F. Uchtdorf, “Two Principles for Any Economy,” *Ensign* and *Liahona*, Nov. 2009, 55–58. Consider using the three paragraphs beginning with, “For members of the Church . . .” in the section of the lesson titled “We Have Been Counseled to Get an Education.”
- Gordon B. Hinckley, “Let Virtue Garnish Thy Thoughts Unceasingly,” *Ensign* and *Liahona*, May 2007, 115–17. Consider using the two paragraphs beginning with, “Beyond ecclesiastical study . . .” in the section of the lesson titled “Education Can Be of Benefit Throughout Our Lives.”
- Gordon B. Hinckley, “Words of the Prophet: Seek Learning,” *New Era*, Sept. 2007, 2–5.

Additional Resources

- [2 Nephi 9:28–29](#); [Alma 37:35](#).
- *For the Strength of Youth* (pamphlet, 2001), “Education,” 9, or [online at youth.lds.org](http://online.at.youth.lds.org).
- *True to the Faith* (2004), “Education,” 50–51.
- Questions and Answers: [Education](#), youth.lds.org.
- Mormonads: [Education](#), [Seminary](#).

Media

- Music: “As I Search the Holy Scriptures,” *Hymns*, no. 277.
- Video: “[Surfing or Seminary](http://lds.org/youth/video),” lds.org/youth/video.

Accept and Act

- Personal Progress: Individual Worth value experience 2; Knowledge value experience 1; Knowledge value project, bullet 2.

LESSON 47

Encouraging the Development of Talents

Note to teachers: Be aware that the life of Vincent van Gogh was not exemplary. If a young woman mentions this, explain that this discussion is based on the development of his talents and the support he received and not his life in general.

Discussion Questions

- How can we recognize and develop the gifts and talents we’ve been given?
- How can we encourage the development of talents we see in our family and friends?
- How can we increase our ability to be genuinely happy for the gifts and talents of others?

Words of the Prophets

- Thomas S. Monson, “Three Goals to Guide You,” *Ensign* and *Liahona*, Nov. 2007, 118–21.
- Dieter F. Uchtdorf, “Of Things That Matter Most,” *Ensign* and *Liahona*, Nov. 2010, 19–22.

Additional General Conference Talks

- James E. Faust, “Message to My Grandsons,” *Ensign* and *Liahona*, May 2007, 54–56.

Additional Resources

- [Matthew 25:14–30](#); [Doctrine and Covenants 60:13](#).
- Ronald A. Rasband, “Well Done, Thou Good and Faithful Servant,” *lds.org*, Feb. 2011.
- *True to the Faith* (2004), “Spiritual Gifts,” 165–67.
- *Doctrine and Covenants and Church History Gospel Doctrine Teacher’s Manual* (1999), Lesson 15: “Seek Ye Earnestly the Best Gifts,” 81–86.

- *Gospel Principles* (2009), Chapter 22: “The Gifts of the Spirit.”
- *For the Strength of Youth* (pamphlet, 2001), “Agency and Accountability,” 5, or [online at youth.lds.org](http://youth.lds.org).
- Mormonad: “Make Yourself Useful.”

Media

- Video: Dieter F. Uchtdorf, “[Create](#),” lds.org/media-library, Mormon Messages.
- Video: “[Message from Sister Elaine S. Dalton](#),” lds.org/youth/video.
- Video: “[A Work in Progress](#),” lds.org/media-library, Mormon Messages for Youth.

Accept and Act

- Personal Progress: Divine Nature value experience 6; Knowledge value experience 2.

LESSON 48

Short-Range Goals as Stepping Stones

Discussion Questions

- How do you feel when you accomplish a goal? How does accomplishing goals increase confidence?
- How can the Personal Progress program help you set and accomplish important goals in your life?
- What are some things we can do to accomplish the goals we set for ourselves?
- How can prayer and the Spirit help us set and accomplish goals?
- Why should setting and achieving goals be a lifelong process?
- How can we help and encourage others to accomplish their goals?

Words of the Prophets

- Dieter F. Uchtdorf, “Two Principles for Any Economy,” *Ensign* and *Liahona*, Nov. 2009, 55–58. Consider using the paragraph beginning with, “How I admire men, women, and children . . .” in the section of the lesson titled “Setting Goals Can Help Us Progress.”
- M. Russell Ballard, “Go For It!” *New Era*, Mar. 2004, 4–7. Consider using the two paragraphs beginning with, “I believe you can train

yourself . . .” in the section of the lesson titled “Evaluating Our Short-Range Goals Helps Us Measure Our Progress and Correct Our Course.”

Additional General Conference Talks

- Mary N. Cook, “Never, Never, Never Give Up!” *Ensign* and *Liahona*, May 2010, 117–19. Consider using the five paragraphs beginning with, “Last August we took some of our grandchildren . . .” in the section of the lesson titled “Setting Goals Can Help Us Progress.”
- Joseph B. Wirthlin, “Life’s Lessons Learned,” *Ensign* and *Liahona*, May 2007, 45–47. Consider using the two paragraphs beginning with, “I have known many great men and women . . .” at the conclusion of the lesson.

Additional Resources

- [Proverbs 29:18](#); [Luke 15:28–29](#); [2 Nephi 10:23](#); [Mosiah 4:27](#); [Doctrine and Covenants 58:26–28](#).
- Pamphlet: *Pursuit of Excellence*, order at store.lds.org.
- “Bulletin Board: Setting Goals,” *Friend*, Jan. 2010, 13.
- “Keeping New Year’s Resolutions,” *Liahona*, Dec. 1990, 45.
- Mormonads: [Goals](#).

Media

- Music: “Improve the Shining Moments,” *Hymns*, no. 226.
- Video: “[Look Not Behind Thee](#),” lds.org/media-library, Mormon Messages.
- Video: “[The Miracle of Personal Progress](#),” lds.org/media-library, Mormon Messages for Youth.

Accept and Act

- Consider asking the young women to bring their Personal Progress books to a weeknight activity and sharing with other young women and leaders what they are doing to accomplish their goals. Consider how young women could mentor each other in reaching their goals.

Delegating Responsibility

Discussion Questions

- What leadership skills will help us “carry on the responsibility of building the kingdom of God”? (*For the Strength of Youth* [pamphlet, 2001], 3).
- In what ways might delegating tasks to others help us better fulfill our responsibilities?
- What are some qualities that an effective delegator might have?
- What can we do when others do not follow through with their delegated tasks?

Words of the Prophets

- Thomas S. Monson, “Finding Joy in the Journey,” *Ensign* and *Liahona*, Nov. 2008, 84–87.
- Henry B. Eyring, “Rise to Your Call,” *Ensign* and *Liahona*, Nov. 2002, 75–78.
- M. Russell Ballard, “O Be Wise,” *Ensign* and *Liahona*, Nov. 2006, 17–20.

Additional General Conference Talks

- Daniel K. Judd, “Nourished by the Good Word of God,” *Ensign* and *Liahona*, Nov. 2007, 93–95. Consider using Elder Judd’s story of gathering the horses to demonstrate qualities of good leadership.

Additional Resources

- [Exodus 18:13–26](#); [Esther 3–4](#); [1 Nephi 3:4–7](#); [Jacob 1:1–4, 8](#); [Mosiah 4:27](#).
- Sally Johnson Odekirk, “Following the Leader,” *New Era*, May 2011, 28–31.
- Mormonad: “Pull Together.”
- *Handbook 2: Administering the Church*, 3.3.4, “Delegate Responsibility and Ensure Accountability,” 2010, 13.

Media

- Music: “Help Me Teach with Inspiration,” *Hymns*, no. 281.

Accept and Act

- Personal Progress: Knowledge value project, bullet 4; Integrity value project, bullets 1 and 3.

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