



DOCTRINAL TOPICS 2022

Come, Follow Me— For Aaronic Priesthood Quorums and Young Women Classes

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Using *Come, Follow Me*—For Aaronic Priesthood Quorums and Young Women Classes

What Are the Purposes of Our Class and Quorum Meetings?

The Lord has given you a sacred trust: He has called you to serve in a Young Women class presidency or an Aaronic Priesthood quorum presidency. Part of your responsibility is to lead and conduct your class or quorum meetings on Sunday. To do this, it helps to understand why we have these meetings.

Young Women class and Aaronic Priesthood quorum meetings are different from Church classes like Sunday School or seminary. In class or quorum meetings, we do more than study a gospel topic. We learn about the work God has given us, and we organize the members of our class or quorum to do that work in our homes, in the Church, and in our communities. In these meetings, we don't just talk about the work—we make plans to fulfill our roles as part of the Lord's youth battalion, including helping to gather Israel.



In class and quorum meetings, we make plans to fulfill our roles as part of the Lord's youth battalion.

But this emphasis on the work doesn't mean that we leave doctrinal discussions only for Sunday School. In fact, learning doctrine in Young Women classes and Aaronic Priesthood quorum meetings is essential—it helps us strengthen our relationship with Jesus Christ, understand Heavenly Father's plan, and take part in Their work. As we study the gospel together, the truths we learn can change our hearts and help us know how to act in more Christlike ways. We can receive promptings about ways to increase “in wisdom and stature, and in favour with God and man” (Luke 2:52). As we become more converted to Jesus Christ and His gospel, we will find joy and feel desires to help others along the covenant path.

Who Leads These Meetings?

God has called you as class and quorum presidencies and given you authority to lead. That is why each meeting of your class or quorum should be conducted by a member of your class or quorum presidency. Adult leaders should offer guidance and support, but they should not take over for you. See the section titled “Counsel Together” at the beginning of each outline in this resource for ideas to help you know how to lead a meeting and accomplish its true purposes. Use presidency meetings to plan how you will conduct these Sunday meetings.

Who Should Teach the Lesson?

Adult leaders, a member of the class or quorum presidency, or any other member of the class or quorum can teach the lessons. As the class or quorum presidency, consult with your adult leaders about who should be assigned to teach the lessons. Remember that your adult leaders have much to offer. Seek to learn from their experience and testimonies. There are also advantages to asking youth to teach—teaching can help deepen their conversion and help them build stronger relationships with other class or quorum members. So give them appropriate opportunities to teach all or part of a lesson, keeping in mind the needs and abilities of the people in your class or quorum. For example, adult leaders may teach more often in classes or quorums with younger youth or with youth who have less experience in teaching the gospel. When youth are invited to teach, a parent or an adult adviser should help them prepare as needed.

Those assigned to teach can use the section titled “Teach the Doctrine” in each outline in this resource to help them prepare. This section contains suggestions for teaching and discussing the doctrine

for that week, but teachers should not feel limited to these suggestions alone. As the Spirit directs, teachers can adapt these ideas or use their own to teach in a way that will best meet the needs of class or quorum members and help them understand and apply the doctrine.

What Doctrinal Topics Will We Discuss in Our Meetings?

The topic of each week’s outline is a doctrinal principle that has been selected to align with the Old Testament reading recommended for that week, found in *Come, Follow Me—For Individuals and Families*. In this way, doctrinal discussions in class or quorum meetings will support what youth are learning at home.

Even though outlines are to be taught on specific Sundays, you still have the option to discuss other doctrinal topics based on the needs of your class or quorum.

This resource includes outlines for every week when Young Women classes and Aaronic Priesthood quorum meetings are held. On occasion, you may need to skip a lesson because of stake conferences or other reasons.

What Is the Role of Our Adult Leaders?

Your adult leaders play an important role in Young Women classes and Aaronic Priesthood quorums. They will guide and advise you in your leadership callings. They will support and encourage you as you do the work of your class or quorum. They will teach you doctrine, and they will bless you through their example, experience, and testimony.



JANUARY 9

How Does God Want Me to Care for His Creations, including My Body?

GENESIS 1–2; MOSES 2–3; ABRAHAM 4–5



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* What did we discuss last time, and what invitations or assignments were made?

What have we done to act on those invitations or assignments?

- *Care for those in need.* What can we say or do to reach out to those who might feel alone or distant from Heavenly Father?
- *Invite all to receive the gospel.* What are some ways we can help others feel the love of Jesus Christ?
- *Unite families for eternity.* What ideas can we share with each other to help strengthen our families?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

Jesus Christ created the earth and all things on it under the direction of Heavenly Father. When He finished, He saw that “all things which [He] had made . . . were good” (Moses 3:2). Ponder the feelings you have when you look at God’s creations.

God has given us, His children, a responsibility to care for all that He has created. President Russell M. Nelson taught: “As beneficiaries of the divine Creation, what shall we do? We should care for the earth, be wise stewards over it, and preserve it for future generations. . . . We are to prepare for our own divine destiny—glory, immortality, and eternal lives” (“The Creation,” *Ensign*, May 2000, 86). How will you help class or quorum members increase their desire to care for and protect their bodies and all of God’s creations? To prepare to teach, you could review President Nelson’s message cited above and Doctrine and Covenants 59:15–20; 104:13–18.



Our bodies have been created in the image of God.

Learn Together

To help the youth consider what they can do to better care for God’s creations, write the following headings on the board: *The Creator*, *The Creation*, and

Our Responsibilities. Ask them to review Genesis 1–2 and write what they learn about the Creator and the Creation. What do we learn about our responsibilities? (see especially Genesis 1:26–28; 2:15). The following ideas can help the youth discuss our responsibility to care for God’s creations.

- How can you help those you teach understand that their bodies are sacred creations of God? For example, you might ask them what we learn about our bodies from 1 Corinthians 6:19–20; Moses 2:26–27; Abraham 4:26–27. What do the words “image” and “likeness” mean? Work together to make a list of some things we can do to care for our bodies. (See “Physical and Emotional Health,” in *For the Strength of Youth* [booklet, 2011], 25–27.)
- Young people are often confronted with messages that cause them to feel insecure about their bodies. Invite the youth to watch the video “God’s Greatest Creation” (ChurchofJesusChrist.org). Ask them to look for messages that help them feel grateful for their bodies (see also Russell M. Nelson, “Your Body: A Magnificent Gift to Cherish,” *New Era*, Aug. 2019, 2–7). What can we share to help a friend or family member who feels insecure about his or her body?
- Invite the youth to silently read one or more of the following verses, looking for insights about why God created the earth and how He wants us to care for it: Genesis 1:26–28; 2:15; 1 Nephi 17:36; Doctrine and Covenants 49:19–21; 59:15–20; 104:13–18; Moses 2:26–31; 3:15. Ask them to share their thoughts about each scripture passage. Then invite them to work together to create a list of things that they can do individually or as a group to fulfill their responsibility to care for the earth (see the ideas in “Supporting Resources”). What changes do we need to make in our thoughts and actions to better care for the earth?
- Consider inviting class or quorum members to come to the meeting with something that shows the beauty of the earth that God created, such as

a drawing, photograph, or poem. Invite them to share what they brought and the feelings they have for God's creations. Show the video "Our Home" (ChurchofJesusChrist.org), and ask them to listen for things that show how God feels about the earth and that inspire them to care for it.

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

Ways we can care for the earth:

- Plant some seeds, trees, or a garden.

- Pick up trash in your community.
- Organize a neighborhood cleaning or recycling project.
- Go on a hike and ponder things you are grateful for.
- Create art from items you would otherwise throw away, and share it in a group art show.
- Determine ways that you can conserve energy and water.

Teaching in the Savior's Way

Give class or quorum members many opportunities to teach each other in class, for they often learn best from each other and from the experience of teaching.



JANUARY 23

How Can the Lord Help Me Serve More Faithfully?

GENESIS 5; MOSES 6



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* What recent experiences have strengthened our testimonies?
- *Care for those in need.* Who needs our help and prayers? What do we feel impressed to do to help them?
- *Invite all to receive the gospel.* How can we be a light to family members or friends who don't share our beliefs?

- *Unite families for eternity.* How can we show more love and support for our families and make a positive difference in our homes?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

When Enoch received his call to serve the Lord, he felt completely inadequate (see Moses 6:31). But the Lord did not just send Enoch off to do His work; He promised Enoch that He would protect and help him (see Moses 6:32–34).

Perhaps you can relate to Enoch’s feelings of inadequacy in your own efforts to serve. Some of our service is given through Church callings. At other times, we simply see a need and feel prompted by the Spirit to show our love and support. However the opportunity comes, we can take courage, like Enoch did, knowing that the Lord will help us as we accept His invitation to “walk with me” (Moses 6:34).

As you prepare to teach about the help we can receive from the Lord as we serve others, review Moses 6 and think of experiences you have had serving others. How did the Lord help you in your efforts? What do you hope your class or quorum members will learn from the examples of Enoch and others? You could also read one of these messages by President Henry B. Eyring: “Walk with Me” (*Ensign* or *Liahona*, May 2017, 82–85) or “Covenant Women in Partnership with God” (*Ensign* or *Liahona*, Nov. 2019, 70–73).



We can follow the Savior’s example as we serve as part of our daily lives.

Learn Together

Serving others provides an opportunity for us to “walk with [God],” and we will receive His help as we serve (Moses 6:34). To help class or quorum members begin discussing this, you might ask them to search Moses 6:32–39 for ways the Lord was with Enoch in his service. How does the Lord help us when we serve Him? The following ideas can help you lead a discussion about the divine help we can receive as we serve others.

- The scriptures are filled with teachings about service (see, for example, Matthew 25:31–40; Luke 10:25–37; Mosiah 2:17). Consider inviting those you teach to share scripture passages that inspire them to serve others. You could ask them in advance to come prepared to share scripture passages about service or examples of service. If they need help, encourage them to look under “Service” in the Guide to the Scriptures (scriptures.ChurchofJesusChrist.org). What do we feel inspired to do because of what we read?
- The Savior served others throughout His ministry. What do we learn from His example that can help us as we serve? To answer this question, each class or quorum member could read one of the following scriptures, looking for something it teaches about the Savior’s example of service: Matthew 14:13–21; John 9:1–11, 35–38; 13:4–5, 12–17; 3 Nephi 17:5–9. Invite everyone to share something they found. Provide time for everyone to think of someone they can serve and how they will follow the Savior’s example in their service.
- Sometimes we think service means doing something big and time consuming. That may be one reason some of us don’t serve as much as we could. You might point out that the Savior often served people He noticed throughout the course of His everyday life (see, for example, Matthew 12:9–13; Mark 5:21–34; Luke 19:1–10; John 4:3–26). To help class or quorum members think of simple ways they can serve others in their everyday lives, you could show one of the following videos: “When Ye Are in the Service—YM” or “When Ye Are in the Service—YW” (ChurchofJesusChrist.org). Ask the youth to share their thoughts. What small acts of service have we seen others doing? What are we inspired to do? Invite each person to write down ways to complete the following statements: “I can serve others by . . .” and “I will seek the Lord’s help in my efforts to serve by . . .” Then ask several to share what they wrote.

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- “Opportunities to Do Good,” “Teachings of Thomas S. Monson: Rescuing Those in Need” (videos), ChurchofJesusChrist.org

- Bonnie L. Oscarson, “The Needs before Us” (*Ensign* or *Liahona*, Nov. 2017, 25–27)

Teaching in the Savior’s Way

“In addition to helping learners feel and recognize the Spirit, help them act on the promptings they receive” (*Teaching in the Savior’s Way* [2016], 10).



FEBRUARY 13

How Can We Remain True to the Savior in a Wicked World?

GENESIS 12–17; ABRAHAM 1–2



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* How have we come closer to the Savior? How are we trying to be more like Him?

- *Care for those in need.* Who has been on our minds lately? How can we help these individuals?
- *Invite all to receive the gospel.* How can we answer our friends' questions about the Church in a way that strengthens their faith in the Savior?
- *Unite families for eternity.* What are some ways we can better connect with extended family members, such as grandparents and cousins?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

Living righteously in a wicked world has never been easy. For Abraham, the pressure to turn away from God didn't come just from the outside world—even Abraham's father had forsaken the Lord (see Abraham 1:5–12; 2:5). Abraham and Sarah faced hardships, yet they trusted the Lord's promises “and were persuaded of them, and embraced them, and confessed that they were strangers and pilgrims on the earth” (Hebrews 11:13).

How can you help class or quorum members remain faithful when they feel like “strangers and pilgrims” in the world because they live the Lord's standards? How can you inspire them to be courageous as they live true to the Lord? As you prepare to teach, consider reviewing John 15:18–20 and Elder Neil L. Andersen's message “Overcoming the World” (*Ensign* or *Liahona*, May 2017, 58–62).



Disciples of Jesus Christ can find peace as they live faithfully despite opposition.

Learn Together

Your class or quorum members may have been inspired by Abraham's example this week as they studied Genesis 12–17 and Abraham 1–2. You might invite them to review Abraham 1:1–19 and share

what inspires them about Abraham's example. What similarities do we see between the challenges Abraham faced and the challenges we face today? Select one or more of the activities below to encourage discussion about how we can remain faithful to Jesus Christ in all circumstances.

- The Lord and His prophets have often urged those they taught to live faithfully despite the wickedness around them. What are some ways that Satan tempts young people to break God's commandments in our day? Those you teach could read some of the scriptures listed in “Supporting Resources.” Invite them to discuss what they learn about remaining true to Christ when the world tempts us to do otherwise or mocks us. They could share ways they have found to live faithfully when others are not. When have we or others we know been able to do this? You could also show one or more of the videos in “Supporting Resources.”
- To help your class or quorum understand how to overcome the world and receive the blessings that come from doing so, write on the board *Overcoming the world is . . .* and *Overcoming the world results in . . .* You could then ask the youth to review Elder Neil L. Andersen's message “Overcoming the World.” Invite them to find ways to complete these sentences, writing what they learn on the board. Discuss what they find. Invite one person in advance to come prepared to share a story showing how Jesus Christ remained true to His Father despite opposition (see, for example, Matthew 4:1–11; Luke 22:39–44). What does the Savior's example help us understand about overcoming the world? (see John 16:33).
- Disciples of Jesus Christ are to be “in the world but not of the world.” Being “in the world” can mean that we face opposition when we live our standards. But it also means that we can influence others for good. To teach this principle, you could ask someone to come to class prepared to share one or more of the stories in President

Bonnie H. Cordon’s message “That They May See” (*Ensign* or *Liahona*, May 2020, 78–80). What do we learn from these stories about using our light to help others come closer to Jesus Christ? Invite the class or quorum to search President Cordon’s message for sentences that inspire them to be a light to others in a wicked world. Invite them to read their sentences aloud and share what they feel inspired to do.

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- Matthew 5:14–16; 1 Nephi 15:23–25; Helaman 5:12; Doctrine and Covenants 10:5; 27:15–18; 87:8 (How to remain true to Jesus Christ in a wicked world)
- “Stand Ye in Holy Places—Bloom Where You’re Planted,” “195 Dresses,” “Guided Safely Home” (videos), ChurchofJesusChrist.org

Teaching in the Savior’s Way

The Savior invited Peter to testify by asking, “Whom say ye that I am?” (Matthew 16:15). As Peter answered, his testimony was strengthened. What questions will invite those you teach to testify so that the Spirit can strengthen their testimonies?



FEBRUARY 27

Why Is Eternal Marriage Important?

GENESIS 24–27



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* What topics has the bishopric discussed in our ward youth council meetings? What can we do as a class or quorum based on those discussions?

- *Care for those in need.* How can we reach out to people in Christlike ways when we see a need and don't know what to say?
- *Invite all to receive the gospel.* What have we found in the gospel of Jesus Christ that brings us joy? How can we share that joy with others?
- *Unite families for eternity.* What are we doing to find names of our ancestors who need temple ordinances? What can we do to help others find the names of their ancestors?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

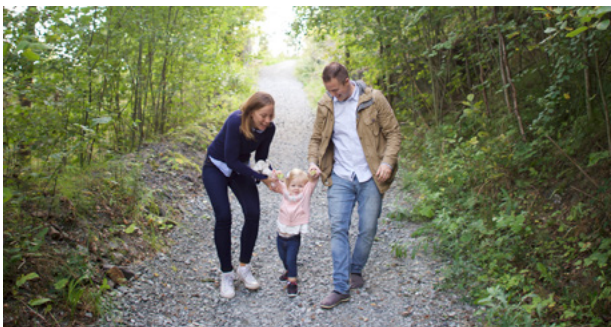
Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

When it came time for Isaac to be married, Abraham asked his servant to find a wife for Isaac. Abraham and Isaac wanted to find a wife for Isaac who could make and keep covenants with the Lord and teach them to her children. Rebekah was the faithful woman who entered into the marriage covenant with Isaac. While the scriptures make clear that marriage is of great importance to God, God’s teachings about marriage are being challenged in our day. But His prophets have declared that marriage “is ordained of God” (“The Family: A Proclamation to the World,” ChurchofJesusChrist.org). It is important for those you teach to understand eternal truths about marriage. Doing so will help them prepare for and testify of this important part of our Heavenly Father’s plan.

How do the youth you teach feel about eternal marriage? How can you help them consider why eternal marriage is central to Heavenly Father’s plan?

As you prepare to teach, you could review Elder D. Todd Christofferson’s message “Why Marriage, Why Family” (*Ensign* or *Liahona*, May 2015, 50–53). You could also review “The Family: A Proclamation to the World” (ChurchofJesusChrist.org).



Eternal marriages and families are central to Heavenly Father’s plan.

Learn Together

The youth you teach may have pondered the importance of marriage as they read Genesis 24–27 this week. Invite them to review Genesis 24. Ask them to share verses showing that marriage was important to the people described in this chapter. Invite them to consider why eternal marriage is central to God’s plan. The activities below can help them better understand the importance of marriage.

- Members of your class or quorum may have opportunities to explain why marriage is important to them. Invite them to imagine they have a friend who believes that marriage is outdated and unnecessary. They could write a note to this friend to explain the importance of marriage in Heavenly Father’s plan. Encourage them to include truths they find in “The Family: A Proclamation to the World.” They could also use scriptures found in “Supporting Resources” or in “Marriage, Marry” in the Guide to the Scriptures (scriptures.ChurchofJesusChrist.org). Invite them to share with the class what they wrote.
- To begin a discussion about the importance of marriage, write on the board *Why is eternal marriage important?* Give the youth a few minutes to write answers to the question. Then invite them to share their answers. They could look for additional answers in Elder D. Todd Christofferson’s message “Why Marriage, Why Family” (*Ensign* or *Liahona*, May 2015, 50–53). They could also watch the video “Why Is Marriage Sacred to Heavenly Father?” from “Face to Face with Elder and Sister Renlund” (ChurchofJesusChrist.org). Invite them to share their testimonies about why marriage is important.
- As we accept God’s teachings about marriage and strive to live them, we receive many blessings. But some people—including those who are doing their best to live the gospel—face challenges in establishing happy, eternal marriages. You might ask the youth to talk about some of those challenges. What can we do now to prepare for such

challenges? You might also invite them to read the last two sections of Elder Neil L. Andersen’s message “The Eye of Faith” (*Ensign* or *Liahona*, May 2019, 34–38). Members of your class or quorum could discuss examples they have seen in their lives or their family histories of people dealing faithfully with challenges like those Elder Andersen mentioned. How can the Savior help all those who face challenges as they seek the blessings of an eternal marriage?

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- Doctrine and Covenants 49:16–17 (Marriage helps fulfill the purpose of the Creation)
- Doctrine and Covenants 131:1–4; 132:15–21 (Eternal marriage is required for exaltation)
- “Renaissance of Marriage,” “How Did Elder and Sister Bednar Meet?” from “Face to Face with Elder and Sister Bednar” (videos), ChurchofJesusChrist.org

Teaching in the Savior’s Way

The Savior invited His followers to act in faith and live the truths He taught. How can you invite those you teach to live the truths they are learning?



MARCH 13

How Can I Respond to Adversity with Faith?

GENESIS 37–41



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* How have we seen the hand of the Lord in our lives?
- *Care for those in need.* How can we support each other in the things we are going through?
- *Invite all to receive the gospel.* How can we better use technology as a tool to share the gospel?

- *Unite families for eternity.* What are we doing to help our families come unto Christ?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

As a young man, Joseph of Egypt dealt with many types of adversity. He faced contention in his family and was mistreated by his brothers. He faced temptation to break the law of chastity. But instead of being respected for his integrity, he was cast into prison. Members of your class or quorum may face

similar trials and many others. As you study Joseph’s experiences in Genesis 37–41, think about those you teach. Ponder what valuable lessons Joseph’s life might have for them (see also Ether 12:27; Henry B. Eyring, “Try, Try, Try,” *Ensign or Liahona*, Nov. 2018, 90–93). Joseph’s account could inspire class or quorum members to ask, “How can I respond to my adversities with faith, and how will God help me?”



By focusing on our faith in Jesus Christ, we can find strength in our adversities.

Learn Together

Consider asking class or quorum members to list on the board some events from the life of Joseph of Egypt, as described in Genesis 37 and 39–41. Showing some pictures, such as those in *Come, Follow Me—For Individuals and Families*, could help them remember these events. How were Joseph’s trials similar to challenges that young people face today? If Joseph were alive now, what counsel might he give us about responding to adversity? What might he say about how his relationship with the Lord helped him? Use activities like the following to help the youth think about how they can respond to their challenges with faith in Jesus Christ.

- Studying how the Savior responded to adversity can help us face our adversities with faith. The youth might suggest some examples of adversity the Savior faced and review them together (see “Supporting Resources” for some ideas). What impresses us about how the Savior responded to

His times of adversity? How can we follow His example as we face our own adversity?

- Sometimes it’s easier to respond to adversity when we try to see it from the Lord’s perspective. To help those you teach understand this, ask them to find examples of the difference that perspective can make by reviewing Elder Rafael E. Pino’s message “The Eternal Perspective of the Gospel” (*Ensign or Liahona*, May 2015, 117–19). Invite them to share what they found. What do these examples suggest about how we might view and respond to our adversities? If the Savior could talk to us about our challenges, what do we think He would say? To help answer this question, the youth could review the scriptures in “Supporting Resources.”
- Consider asking the youth to share an example of someone (perhaps an ancestor) who inspired them by the way he or she faced a difficult trial. Or you might share inspiring examples of people you know. General conference messages often include stories of people who responded to adversity with faith (see some examples in “Supporting Resources”). Consider what you could share from such messages that might be meaningful to those you teach. As you discuss these examples together, suggest that class or quorum members focus on how faith in Jesus Christ helped people during their adversities. You could also share Bishop W. Christopher Waddell’s list of resources the Lord has provided to help us in our challenges, found near the end of his message “Turn to the Lord” (*Ensign or Liahona*, Nov. 2017, 94–96).

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could share their ideas. Invite them to think about how

acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- Matthew 4:1–11 (The Savior had faith during adversity)
- Matthew 14:10–21; Luke 23:33–34; John 19:25–27 (The Savior served others during His adversity)
- Matthew 27:45–46; Luke 23:44–46 (The Savior felt alone during adversity but trusted God)
- Matthew 5:38–45; Mosiah 24:8–15; Doctrine and Covenants 121:1–8; 122:5–9 (The Savior’s teachings about facing adversity)
- Neil L. Andersen, “Wounded,” *Ensign or Liahona*, Nov. 2018, 83–86
- L. Todd Budge, “Consistent and Resilient Trust,” *Ensign or Liahona*, Nov. 2019, 47–49
- Jean B. Bingham, “That Your Joy Might Be Full,” *Ensign or Liahona*, Nov. 2017, 85–87

Teaching in the Savior’s Way

“When you prepare, let your understanding of the people you teach guide your plans” (*Teaching in the Savior’s Way*, 7). For example, prayerfully plan activities using scriptures and other resources that could help with the challenges that class or quorum members face.



MARCH 27

Who Am I, and Who Does God Want Me to Become?

EXODUS 1–6



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* How are we finding joy in following Jesus Christ?
- *Care for those in need.* Who in our ward or community needs our help? How can we help?
- *Invite all to receive the gospel.* How can we help each other prepare for missionary service?

- *Unite families for eternity.* How can we contribute to our ward's efforts to do family history and temple work?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

A burning bush that is not consumed would have been an impressive sight, and it caught Moses's attention. But even more impressive was what happened next. God spoke to Moses, and Moses learned to see himself as God saw him. With that

perspective, Moses accomplished something with the Lord's help that he had considered impossible: he confronted Pharaoh and rescued God's people.

We all need experiences that help us replace our self-doubts with God's understanding of who we are and who we can become. Young people, in particular, are confronted with false messages about their personal worth. And as with Moses, God "has a work for [them] to do" (Aaronic Priesthood Quorum Theme). They have their own Pharaohs to confront and their own people to rescue. How will you help them remember that they are beloved daughters and sons of heavenly parents "with a divine nature and eternal destiny"? (Young Women Theme). Ponder this as you read Exodus 1–6. Consider also studying Doctrine and Covenants 18:10–15 and President Dieter F. Uchtdorf's message "You Matter to Him" (*Ensign* or *Liahona*, Nov. 2011, 19–22).



Our lives can be changed when we understand our true identity as children of God.

Learn Together

Members of your class or quorum may have read Exodus 1–6 this week. To prompt them to share what they learned, you could ask them how Moses felt about his calling to deliver the children of Israel (see Exodus 3:11). What truths did the Lord teach Moses to help change his perspective? (see Exodus 3:4–15; 4:10–17; see also Moses 1:3–11). How might these truths have helped Moses? How can they help us? Use an activity like one of the following to help class

or quorum members discover what God has revealed about their true identity, worth, and potential.

- President Dieter F. Uchtdorf said, "The Lord uses a scale very different from the world's to weigh the worth of a soul" ("You Matter to Him," 22). To discuss this idea, you could write on the board *How does the world show a person that he or she is valued?* Invite those you teach to suggest answers. If we judged our worth in this way, how might these feelings affect our choices? Then you could write on the board *How does God show a person that he or she is valued?* As the youth share answers, encourage them to read John 3:16; Doctrine and Covenants 18:10–15; Luke 15:3–6, 11–32. They could also read the last section of President Uchtdorf's message. If we judged our worth in this way, how might these feelings affect our choices?
- Labels affect how we feel about and treat ourselves and others. To help class or quorum members consider how they label themselves, you might give each of them several blank name tags. Each tag could have "Hello, I am . . ." written at the top. Invite them to think of several different words or phrases they could write on their name tags. If Heavenly Father were filling out the name tags for us, what might He write? What might He write if the tags said "Hello, I can become . . ."? Class or quorum members could ponder these questions while reading some of the following scriptures: 1 John 3:1–3; Moroni 10:32–33; Doctrine and Covenants 76:69–70; 84:37–38.
- The general conference messages in "Supporting Resources" contain examples of people whose lives were changed because they learned their true identity as children of God. Consider giving each class or quorum member one of these examples to ponder and share with the group. You might also talk about how knowing that we are all children of God has affected your life. Invite class or quorum members to do the same.

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- Joy D. Jones, “Value beyond Measure,” *Ensign* or *Liahona*, Nov. 2017, 13–15
- Brian K. Taylor, “Am I a Child of God?” *Ensign* or *Liahona*, May 2018, 12–14

- “Our True Identity,” “How Can I See Myself as God Does?” from “Face to Face with Elder Rasband, Sister Oscarson, and Brother Owen” (videos), ChurchofJesusChrist.org
- “All About Me” experience at FamilySearch.org/discovery

Teaching in the Savior’s Way

“If the youth sense that you trust them, their confidence in their divine potential will grow, and they will surprise you with what they can accomplish” (*Teaching in the Savior’s Way*, 28).



APRIL 10

How Can I Strengthen My Faith in Jesus Christ Every Day?

EXODUS 14–17



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then, in addition to counseling together about specific class or quorum business, you may want to discuss impressions and themes from general conference. The following questions may help.

- What themes or messages stood out to us? What strengthened our faith in Jesus Christ?
- What strengthened our testimonies of living prophets? What did we feel prompted to do because of what we learned or felt?

- What do we need to do as a class or quorum to remember and act on counsel we heard in general conference?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

In order to survive in the wilderness, the children of Israel needed to learn how to rely on the Lord. They relied on Him for life-saving miracles, like parting

the Red Sea, and also for life-sustaining miracles, like manna from heaven. The same is true for those you are teaching. If they are to survive their spiritual journey in the wilderness of mortality, they must exercise faith in Jesus Christ. And they must exercise that faith each day, not just occasionally. Some of those you teach may not feel that their faith is particularly strong. You can help them see that faith grows gradually, day by day. It is nourished through small and simple things that we do consistently. Ponder these things as you study Exodus 14–17 this week. You might also study President Dallin H. Oaks’s message “Small and Simple Things” (*Ensign* or *Liahona*, May 2018, 89–92).



We can strengthen our faith each day in small and simple ways.

Learn Together

To start a discussion, you could ask the youth to share some of their daily habits that help them do good things. These things could include maintaining good health or strengthening their testimonies. What might happen if we didn’t maintain these habits? How can our daily efforts to do good things be compared to the instructions the Lord gave the Israelites to gather manna? (see Exodus 16:16–21). You could help the class or quorum compare the Israelites’ experience with our efforts to strengthen our faith in Jesus Christ every day. For example, what does the Lord give us that is like the daily manna that He gave the Israelites? What can we do that is like gathering manna? To continue your discussion, use one or more of the activities below or one of your own.

- Read together Alma 37:6–7. As a class or quorum, list on the board some of the “small and simple things” that the Lord has invited us to do each day to come unto Him. Those you teach could then review President Dallin H. Oaks’s message “Small and Simple Things” to find additional small things that can have a great influence on our lives. What impact can these things have? What are we inspired to do to make these things a more consistent part of our daily lives?
- Why does faith in Jesus Christ need to be nourished daily? To help members better understand this, you could show one or more of the videos listed under “Supporting Resources.” In these videos, Elder D. Todd Christofferson taught about the need for daily efforts to sustain our faith. Invite those you teach to share things they learned that inspire them to increase their faith in Jesus Christ every day.
- Consistent daily efforts are the best way to strengthen our faith in Christ. To discuss this idea, read together Elder David A. Bednar’s third suggestion in his message “More Diligent and Concerned at Home” (*Ensign* or *Liahona*, Nov. 2009, 17–20). What lessons can we learn from his description of a painting in his office? How do these lessons apply to our efforts to build our faith in Jesus Christ? Reading together Alma 32:21, 26–43 could add to your discussion. What insights do we find about how to strengthen our faith in Jesus Christ?
- We can increase our faith by choosing to learn from experiences that test it. You might show the video “Spiritual Whirlwinds” (ChurchofJesusChrist.org). Discuss together what we can do during a trial to strengthen our faith. (See also Neil L. Andersen, “Spiritual Whirlwinds,” *Ensign* or *Liahona*, May 2014, 18–21.) You might ask class or quorum members to share times when they felt that their faith in Christ was tested and what they did to strengthen their faith during that time. Point out that

Exodus 14–17 describes the frequent murmuring, or complaining, of the Israelites when they experienced trials. How can murmuring during trials weaken our faith? What is the difference between murmuring and expressing our concerns to Heavenly Father during hard times?

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- “Daily Bread: Pattern,” “Daily Bread: Change,” “Daily Bread: Experience” (videos), ChurchofJesusChrist.org

Teaching in the Savior’s Way

Help class or quorum members understand how they can invite the Spirit to be present in their discussions. They can do this through their “attitudes . . . , the way they treat each other, and the way they feel about the gospel” (*Teaching in the Savior’s Way*, 15).



APRIL 24

Why Does God Give Us Commandments?

EXODUS 18–20



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* What recent experiences have brought us closer to Heavenly Father and Jesus Christ?
- *Care for those in need.* Has someone recently moved into our ward or joined the Church? How can we help them feel welcome?

- *Invite all to receive the gospel.* Are there any activities coming up that we can invite our friends to attend?
- *Unite families for eternity.* What efforts can we make to record our personal histories?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

Reading Exodus 20 might prompt you to think about why we have commandments. Some people

see commandments as restrictive or as an attempt to control us. But because we know that God is a loving Father, we can trust that His laws are for our good, even if we don't always know the reasons for them. He has promised us that we can know His commandments are true when we live them (see John 7:17).

President Russell M. Nelson taught: "Because the Father and the Son love us with infinite, perfect love and because They know we cannot see everything They see, They have given us laws that will guide and protect us. There is a strong connection between God's love and His laws" ("The Love and Laws of God" [Brigham Young University devotional, Sept. 17, 2019], 2, speeches.byu.edu).

Why are you grateful for the commandments? What would you like members of your class or quorum to understand about why God has given us commandments? You can prepare to teach by reviewing Exodus 20 and President Dallin H. Oaks's message "Loving Others and Living with Differences" (*Ensign* or *Liahona*, Nov. 2014, 25–28).



We can know that God's commandments are true when we live them.

Learn Together

To help class or quorum members review the Ten Commandments, you could ask them to list as many of these commandments as they can from memory. If they need help, they could look in Exodus 20:3–17. Why does God give us commandments? To help answer this question, they might discuss a few of the Ten Commandments in small

groups. How can living these commandments help us find happiness and draw closer to God? The following ideas can help those you teach learn more about why God gives us commandments.

- The scriptures contain answers to the question "Why does God give us commandments?" You could invite class or quorum members to look for answers in one or more of the scriptures found in "Supporting Resources." Then ask them to share something they found. They could also watch the following videos looking for insights: "Instructions Included," "Why Does God Give Us Commandments?" ([ChurchofJesusChrist.org](https://www.churchofjesuschrist.org)).
- To help class or quorum members understand why God gives us commandments, you might compare having commandments from God to experiences they can relate to. For instance, you could ask them to imagine that they are riding along a mountain road near a steep cliff and there is a fence along the side of the road. Ask them to discuss with another person questions like the following: How are God's commandments like the fence? How has obeying the commandments blessed us? What other comparisons can help us understand why God gives us commandments and why we should obey them? For some examples, you could invite them to review one of the messages or videos found in "Supporting Resources." Ask them to share the comparisons they find and discuss what they learn.
- Your discussion may lead class or quorum members to discuss how we should treat those who do not believe or live some commandments. You might invite them to look for counsel in President Dallin H. Oaks's message "Loving Others and Living with Differences." You might ask questions like these: How should we treat those who choose to live differently than we do? How can we see the good in others when they make different choices than we do?

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- Deuteronomy 10:12–13; Alma 36:30; Doctrine and Covenants 1:24–28; 82:8–10; 93:20, 28; 130:18–21 (Why God gives us commandments)
- Jeffrey R. Holland, “We Are All Enlisted” (*Ensign* or *Liahona*, Nov. 2011, 44–47; see also the video “Stay within the Lines”); Richard G. Scott, “The Atonement Can Secure Your Peace

and Happiness” (*Ensign* or *Liahona*, Nov. 2006, 40–42; see also the video “A Secure Anchor”); Von G. Keetch, “Blessed and Happy Are Those Who Keep the Commandments of God” (*Ensign* or *Liahona*, Nov. 2015, 115–17; see also the video with the same title)

Teaching in the Savior’s Way

“In your efforts to live and teach more like the Savior, you will inevitably fall short at times. Do not become discouraged; rather, let your mistakes and weaknesses turn you to Heavenly Father and the Savior” (*Teaching in the Savior’s Way*, 14).



MAY 8

How Do I Know That God Has Forgiven Me?

EXODUS 35–40; LEVITICUS 1; 16; 19



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* How can turning to the Lord help us deal with our challenges and trials?
- *Care for those in need.* Who do we know who needs our prayers and our friendship?
- *Invite all to receive the gospel.* What plans to share the gospel have been discussed in ward youth

council meetings? How can our class or quorum get involved?

- *Unite families for eternity.* How can doing family history work strengthen our relationships with Heavenly Father and Jesus Christ?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

People sometimes wonder if they have “done enough” to be forgiven of sins. Although it does take effort to

repent, ultimately we aren't forgiven because we complete a checklist or do certain tasks. We are forgiven as we accept the mercy offered by Jesus Christ. It is in this way that our natures can be changed.

In ancient times, the rituals and sacrifices of the law of Moses pointed the Israelites to the Savior's Atonement. As the Lord explained in Leviticus 16:30, "On that day shall the priest make an atonement for you, to cleanse you, that ye may be clean from all your sins before the Lord." Of course, a ritual alone cannot give us forgiveness of sin. Forgiveness comes from Jesus Christ. In our day, ordinances like baptism and the sacrament point our minds and hearts to the Savior. They help us understand that He will always forgive us as we repent.

How has Heavenly Father helped you to know you have been forgiven? You might study Mosiah 4:1–3 and President Tad R. Callister's message "The Atonement of Jesus Christ" (*Ensign* or *Liahona*, May 2019, 85–87). This message can help those you teach understand that Heavenly Father forgives us when we repent.



We are forgiven as we accept the mercy offered by Jesus Christ.

Learn Together

You might begin by displaying pictures of the Savior in Gethsemane and on the cross (see *Gospel Art Book*, nos. 56–57). Invite the youth to search Leviticus 1:1–9; 16:15–16, 30. Ask them to share phrases that remind them of the Savior's Atonement. How did the sacrifices described in these verses help the Israelites

look forward to the Savior's Atonement? What helps us remember the Savior's Atonement? What helps us feel the Savior's love and forgiveness? The activities below can help the youth better understand that God will forgive us.

- Several people in the scriptures described the feelings they had when Heavenly Father forgave them. Your class or quorum members could read some examples (see "Supporting Resources"). Invite them to make a list of phrases from these verses that describe what it feels like to be forgiven. You might ask them to express in their own words what forgiveness feels like to them. What can we learn about God from these feelings? Perhaps you could share your own feelings about forgiveness.
- Sometimes people aren't sure they have been forgiven because they aren't sure they have truly repented. Elder Dale G. Renlund's message "Repentance: A Joyful Choice" explains how to truly repent and receive God's forgiveness (*Ensign* or *Liahona*, Nov. 2016, 121–24). You could write on the board the headings *Real Repentance* and *Things That Get in the Way of Repentance*. Ask those you teach to find teachings in the message that belong under the headings. What do we learn about the Savior and His forgiveness from the last three paragraphs of this message?
- Some people may have repented but don't feel forgiven. This may be because they haven't been able to forgive themselves. The counsel in President Tad R. Callister's message "The Atonement of Jesus Christ" could help them. Your class or quorum could read the section that begins with "2. Sin." Ask them to find counsel they could share with a friend or family member who still feels guilty even after repenting. Provide time for the youth to share their feelings about the Savior, who made it possible for us to repent and be forgiven.

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- Enos 1:1–8; Mosiah 4:1–3; Alma 24:7–10; 36:17–21 (How people felt when they were forgiven)
- Isaiah 1:18; Mosiah 26:30; Moroni 6:8; Doctrine and Covenants 58:42–43; 64:10 (The Lord promises to forgive us)

- Russell M. Nelson, “We Can Do Better and Be Better,” *Ensign or Liahona*, May 2019, 67–69
- Craig A. Cardon, “The Savior Wants to Forgive,” *Ensign or Liahona*, May 2013, 15–18

Teaching in the Savior’s Way

The Savior has taught us to use the scriptures to find answers to our own questions. How can you help those you teach desire to turn to the scriptures and the words of the prophets as they seek answers?



MAY 22

How Can I Show My Gratitude to God?

DEUTERONOMY 6–8; 15; 18; 29–30; 34



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* What did we discuss last time, and what invitations or assignments were made? What have we done to act on those invitations or assignments?
- *Care for those in need.* What can we do or say to reach out to those who might feel alone or distant from Heavenly Father?

- *Invite all to receive the gospel.* What are some ways we can help others feel the love of Jesus Christ?
- *Unite families for eternity.* What ideas can we share with each other to help strengthen our families?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

God is constantly watching over us and blessing us. But with all of the distractions and temptations we face, it is easy to forget about Him. This happened

to the Israelites many times, including during the hard times they had wandering in the wilderness. But the Lord mercifully led them to the promised land—a place of greater comfort and many temptations, where they might be tempted to forget Him yet again. The Lord’s instructions in Deuteronomy 6 were meant to help the Israelites constantly remember Him and His words (see verses 6–9).

How do you keep the Lord and His words in your heart—“lest thou forget the Lord”? (Deuteronomy 6:12). How does remembering the Lord help us feel gratitude in all the circumstances of our lives? As you prepare to teach, consider reviewing Deuteronomy 12:6–9, 12 and Luke 17:11–19. You could also review President Dieter F. Uchtdorf’s message “Grateful in Any Circumstances” (*Ensign* or *Liahona*, May 2014, 70–77).



Remembering the Lord can help us feel gratitude in all life’s circumstances.

Learn Together

To begin a discussion about remembering the Lord, you could invite the youth to share experiences when they forgot something important. What were the results? What happens when we forget the great things the Lord has done for us? Invite your class or quorum to review Deuteronomy 6:4–9, 20–25. What do these verses teach about remembering the goodness of God in our lives? Choose one or more of the activities below to help those you teach learn how to feel more grateful for God’s goodness and express their gratitude to Him.

- Reading Luke 17:11–19 together can help the youth think about why it is important for us to show our gratitude to God. Consider asking questions that help them relate this story to their lives. For example, what are some possible reasons why nine of the ten lepers did not give thanks to the Savior? Why do we sometimes fail to express gratitude to God? Ask those you teach to think about times when they felt grateful, even when it was hard. What effect does expressing gratitude have on us? Why is it important to express our thanks to God? (See the scripture references in “Supporting Resources” for some answers.) What can we do to show our gratitude to God?
- There are many hymns of praise and thanksgiving, such as “How Great Thou Art” and “Count Your Blessings” (*Hymns*, nos. 86, 241). You could ask the youth to search the words of these hymns for things they feel grateful for. Invite them to share the things they found and explain why they are thankful for them. You could sing a few of these hymns together.
- President Dieter F. Uchtdorf’s message “Grateful in Any Circumstances” helps us understand how to be more grateful. One way to help the youth learn from this message is to divide them into small groups and give each group one section of the message. Ask them to share a phrase or sentence that they feel summarizes what President Uchtdorf taught. Invite them to share something they learned about gratitude. They could also watch the video “President Russell M. Nelson on the Healing Power of Gratitude” (ChurchofJesusChrist.org). What can we do to become “grateful in any circumstances,” no matter what they are? What examples have we seen of people being grateful despite their difficult circumstances?

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions

they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- Mosiah 2:19–24 (We should praise and thank God)
- Alma 34:38; 37:37; Doctrine and Covenants 46:32; 59:7, 15–21 (We should give thanks in all things)
- Psalm 107:8–9; Philippians 4:6–7; Doctrine and Covenants 78:19 (Blessings of gratitude)
- Dale G. Renlund, “Consider the Goodness and Greatness of God,” *Ensign or Liahona*, May 2020, 41–44
- “Gratitude,” in *For the Strength of Youth* (booklet, 2011), 18

Teaching in the Savior’s Way

The Savior knew His followers and who they could become. This knowledge influenced the way He taught them. How can you learn about the interests, needs, and challenges of those you teach so you can teach them more effectively?



JUNE 12

How Do I Hear the Voice of the Lord?

RUTH; 1 SAMUEL 1–3



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* What recent experiences have strengthened our testimonies?
- *Care for those in need.* Who needs our help and prayers? What do we feel impressed to do to help them?
- *Invite all to receive the gospel.* How can we be a light to family members or friends who don't share our beliefs?

- *Unite families for eternity.* How can we show more love and support for our families and make a positive difference in our homes?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

Many members of your class or quorum may be able to relate to the boy Samuel. When the Lord spoke to him, Samuel didn't yet have enough experience with revelation to recognize the Lord's voice. Samuel's mentor, Eli, was able to help Samuel

learn to recognize this voice. Like Eli, you have the opportunity to testify to those you teach that the Lord wants to speak to them. You can help them learn to recognize the voice of the Lord, even as you are also learning to hear Him. Together, you can study what His prophets have taught about personal revelation. And you can learn to say to the Lord, as Samuel did, “Speak; for thy servant heareth” (1 Samuel 3:10).

In addition to reading 1 Samuel 3 this week, you can prepare to teach by reading President Russell M. Nelson’s message “Hear Him” (*Ensign* or *Liahona*, May 2020, 88–92).



President Russell M. Nelson has asked us to “increase [our] spiritual capacity to receive revelation.”

Learn Together

To prepare those you teach for the discussion today, consider asking them to review 1 Samuel 3:1–14. Invite them to share what they learn from this account about hearing the Lord’s voice. What are some additional ways the Lord communicates with us? The following activities can help the youth deepen their understanding of personal revelation.

- Here is one way to help those you teach better understand how to receive revelation. You could write on the board the scripture references suggested in “Supporting Resources” (or others you know). Invite the youth to read each scripture. They could then write on the board next to each reference what that scripture teaches about

receiving personal revelation. Invite them to share experiences they have had with seeking and receiving revelation. As appropriate, share your own experiences.

- We receive great blessings when we learn to hear the Lord’s voice. You could start a discussion about this by asking the youth to share reasons they might need revelation. Then ask them to search President Russell M. Nelson’s message “Hear Him.” Invite them to look for counsel that helps them understand how to hear the Lord’s voice. You could also show one or more videos from the “Hear Him” collection (ChurchofJesusChrist.org/media). Why is it so important for us to learn to hear the Lord’s voice? Encourage the youth to record what they learn in their journals or on pieces of paper to display in their homes.
- The youth you teach may have wondered how to know when the Holy Ghost is speaking to them. Consider showing the videos “How Can I Tell the Difference between the Holy Ghost and My Emotions?” and “How Can I Feel the Holy Ghost More Often?” from “Face to Face with President Eyring and Elder Holland” (ChurchofJesusChrist.org). What do we learn from these videos about discerning between the Spirit’s promptings and our thoughts? Class or quorum members could share how they would respond to a friend who has questions similar to those discussed in these videos.

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- 1 Kings 19:9–12; Helaman 5:29–31; Doctrine and Covenants 6:14–16, 21–23; 8:2–3; 11:12–14 (Ways the Lord speaks to us)
- Doctrine and Covenants 9:7–9 (Revelation requires our own thought and study)
- Ronald A. Rasband, “Let the Holy Spirit Guide,” *Ensign* or *Liahona*, May 2017, 93–96
- President Russell M. Nelson taught: “In coming days, it will not be possible to survive spiritually without the guiding, directing, comforting, and constant influence of the Holy Ghost. My beloved

brothers and sisters, I plead with you to increase your spiritual capacity to receive revelation” (“Revelation for the Church, Revelation for Our Lives,” *Ensign* or *Liahona*, May 2018, 96).

Teaching in the Savior’s Way

“Don’t become so absorbed with the lesson that you forget to thank learners for their contributions. They need to know that you appreciate their willingness to share their insights and testimonies” (*Teaching in the Savior’s Way*, 33).



JUNE 26

Why Is Chastity Important in God's Plan?

2 SAMUEL 5–7; 11–12; 1 KINGS 3; 8; 11



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* How have we come closer to the Savior? How are we trying to be more like Him?
- *Care for those in need.* Who has been on our minds lately? How can we help these individuals?
- *Invite all to receive the gospel.* How can we answer our friends' questions about the Church in a way that strengthens their faith in the Savior?

- *Unite families for eternity.* What are some ways we can better connect with extended family members, such as grandparents and cousins?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

Our Heavenly Father, who wants us to be happy, gave us the law of chastity. And Satan, who wants us to be miserable, teaches that this law is not important. He does everything he can to tempt us to commit sexual sin. Young people can be influenced

by images and messages that contradict what God teaches about sexuality. Each of us needs to beware of such temptations and strive to keep our thoughts, words, and actions pure throughout our lives. We learn this lesson from King David's sad experience. He was an example of great faithfulness. But he gave in to temptation and broke the law of chastity (see 2 Samuel 11:1–5).

You can prepare to teach by reading 2 Samuel 11, Elder David A. Bednar's message "We Believe in Being Chaste" (*Ensign* or *Liahona*, May 2013, 41–44), and other resources about chastity. What might inspire class or quorum members to see chastity the way God sees it? What might help them reject the way Satan sees it?



To remain faithful to God's law of chastity, we should strive each day to keep our thoughts, words, and actions pure.

Learn Together

Here's one way to introduce the topic of chastity while helping those you teach review what they have read in the scriptures. Write the words *David* and *Joseph* on the board. Then review together 2 Samuel 11:1–5 and Genesis 39:7–12. How did David and Joseph each respond to temptation to commit sexual sin? What do we learn from their examples? Use the following activities or some of your own to inspire further discussion about why chastity is important in God's plan.

- The youth you teach might benefit from defining the Lord's standard of sexual purity. Invite them to review "Sexual Purity" in *For the Strength of*

Youth ([booklet, 2011], 35–37) or the fourth paragraph of "The Family: A Proclamation to the World" (ChurchofJesusChrist.org). How are the Lord's teachings about sexuality different from what Satan wants us to believe? The youth could review "The Family: A Proclamation to the World," looking for statements that explain why sexual purity is important to Heavenly Father's plan of happiness. What do we learn from these statements that helps us to live righteously in today's world?

- Sometimes others don't understand our standards of morality, especially because these standards are so different from what many people believe. How might we answer their questions? What do we learn from Elder and Sister Renlund in the video "Why Is It Important to Live the Law of Chastity?" from "Face to Face with Elder and Sister Renlund" (ChurchofJesusChrist.org). The youth could also search the scriptures in "Supporting Resources" for statements that describe the blessings of chastity. You might ask them to share their thoughts about why they choose to obey the Lord's standard of sexual morality.
- Popular culture often teaches that there is no need to be sexually pure. Yet the culture ignores truths about the blessings of chastity and the dangers of immorality. To learn more about these truths, the youth could study Elder David A. Bednar's message "We Believe in Being Chaste." Some could study the section "The Intent of the Adversary," and others could study "The Blessings of Being Chaste." Then they could share with each other what they learned. Encourage them to write down a phrase from this message that they want to remember the next time they encounter false messages about sexuality. You could also direct them to the section titled "The Principle of Repentance." Discuss how the Savior can heal all those who want to repent of sexual sin. Remind those you

teach that they can speak with their parents or the bishop if they have questions or need to repent.

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- 1 Corinthians 6:19–20 (Our bodies are temples)
- Alma 38:12 (If we bridle our passions, we can be filled with love)
- Doctrine and Covenants 25:2; 121:45–46 (The blessings of virtue)
- “Chastity: What Are the Limits?” “True Confidence,” “I Choose to Be Pure” (videos), ChurchofJesusChrist.org

Teaching in the Savior’s Way

In every setting, the Savior was an example and mentor. He taught His disciples to pray by praying with them. He taught them to love and serve by the way He loved and served them. He taught them how to teach His gospel by the way He taught it.



JULY 10

Why Is It Important to Follow God's Living Prophets?

2 KINGS 2-7



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* What has the bishopric discussed in our ward youth council meetings? What actions can we take based on that discussion?
- *Care for those in need.* How can we reach out to people in Christlike ways when we see a need and don't know what to say?
- *Invite all to receive the gospel.* What is something we have found in the gospel of Jesus Christ that brings us joy? How can we share that joy with others?
- *Unite families for eternity.* What are some ways we can better connect with extended family members, such as grandparents and cousins?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

There may be a little bit of Naaman the leper in all of us (see 2 Kings 5:1–15). Like Naaman, who grew angry when the prophet Elisha told him to simply wash in a river to be healed, we may not always understand the reasons for our prophets’ counsel. We may think that some of their counsel doesn’t make sense to us and therefore doesn’t apply to us. But God promises great blessings if we are humble enough to follow the prophet (see Doctrine and Covenants 21:4–7). How has following the prophet helped you draw closer to the Lord? What other examples from 2 Kings 4–6 show how we are blessed as we follow living prophets?

As you prepare to teach about the blessings that come from following the living prophet, think about the challenges that youth face. How can following the prophet help them with these challenges? You might also read Elder Neil L. Andersen’s message “The Prophet of God” (*Ensign* or *Liahona*, May 2018, 24–27) or Elder L. Whitney Clayton’s message “Whatsoever He Saith unto You, Do It” (*Ensign* or *Liahona*, May 2017, 97–99).



Following the prophet can help young people with the challenges they face.

Learn Together

To begin a discussion, you could ask each class or quorum member (or small groups) to review one of the following accounts: 2 Kings 4:1–7; 5:6–14; 6:8, 13–17. Ask them to look for something that inspires them to read and follow the teachings of today’s prophets and apostles. After each group shares something they found, you could ask a few youth to finish this sentence: “When I follow the living prophets and apostles, I . . .” To continue a discussion about following prophets, choose one or more of the following ideas:

- Because living prophets are found only in the Lord’s restored Church, members of your class or quorum may have opportunities to answer others’ questions about living prophets. You might write on the board the following questions that people could have about living prophets: *Why do you have a prophet? How is a prophet chosen? How do you know that the prophet really speaks for God?* The youth could search for answers to these questions in the resources under “Supporting Resources.” They could practice answering these questions and others they have using the truths they found and their own thoughts and experiences.
- How can the words of our living prophet help us when we face personal challenges? To help the youth answer this question, you could invite them to list on the board some of the counsel and invitations the prophet gave in the most recent general conference. What have we done to act on his counsel and invitations? What changes have we seen in our lives because of these efforts? You might invite someone to share a personal experience in which the prophet’s counsel helped him or her with a personal challenge.
- How can you help those you teach understand that following the prophet will help them come closer to the Savior? One way would be to give them each a small card and invite them to read parts of Elder Neil L. Andersen’s message

“The Prophet of God.” They could write on one side of the card something they learned about how the prophet can help them come closer to Christ. On the other side of the card, they could write something they are inspired to do to follow the prophet. Invite them to share what they wrote.

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- Amos 3:7; Doctrine and Covenants 1:4, 37–38; Moses 6:26–27, 32–36; Gospel Topics, “Prophets,”

topics.ChurchofJesusChrist.org; “Why Do We Have Prophets?” (video), ChurchofJesusChrist.org (Why we have prophets)

- Gary E. Stevenson, “The Heart of a Prophet,” *Ensign* or *Liahona*, May 2018, 17–20 (How a prophet is chosen)

Teaching in the Savior’s Way

“True conversion involves more than just feeling the Spirit confirming truth to our souls; we must also act on those truths. In addition to helping learners feel and recognize the Spirit, help them act on the promptings they receive” (*Teaching in the Savior’s Way*, 10).



JULY 24

What Blessings Come from Receiving Temple Ordinances?

EZRA 1; 3-7; NEHEMIAH 2; 4-6; 8



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* How have we seen the hand of the Lord in our lives?
- *Care for those in need.* How can we support each other in the things we are going through?
- *Invite all to receive the gospel.* How can we better use technology as a tool to share the gospel?
- *Unite families for eternity.* What are we doing to help our families come unto Christ?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

When the Jews returned from exile in Babylon, they found Jerusalem and its temple in ruins (see 2 Kings 25:1–10; 2 Chronicles 36:17–19). The people longed to rebuild the temple. So, within a short time, they began the process of rebuilding and rejoiced when the temple was completed (see Ezra 3:8–13; 6:16–22). Today, as God’s covenant people, we too build temples and rejoice when a new temple is built. Why? Because temple ordinances lead to Heavenly Father’s greatest blessings. They bring spiritual power. They give us direction. And they help us become like God and receive all that He has. (See Doctrine and Covenants 84:19–22; 109:22–26.)

How will you help the youth long for the temple as the Israelites did? How will you help them desire with all their hearts to make covenants with God in His holy house? As you prepare to teach, consider reviewing President Thomas S. Monson’s message “Blessings of the Temple” (*Ensign* or *Liahona*, May 2015, 91–93) and the article “Why Ordinances and Covenants Matter” at temples.ChurchofJesusChrist.org.



Temple ordinances help us become like God and receive all that He has.

Learn Together

To help class or quorum members look forward to the blessings they can receive from temple ordinances, you could invite them to review Ezra 3:10–13; 6:16, 21–22. Ask them to share words or phrases showing how the ancient Jews felt about the rebuilding of their temple. Why is the building of a temple something to celebrate? How do our temples today and the work we do there help us come closer to the Savior? Here are some other ideas to help youth understand the blessings they can receive in the temple.

- When Joseph Smith dedicated the Kirtland Temple, he gave the dedicatory prayer found in Doctrine and Covenants 109. This prayer describes many of the blessings we can receive through the ordinances of the temple. Class or quorum members could search portions of this prayer, especially verses 12–26, looking for the blessings that Joseph Smith prayed for. They could list these blessings on the board. You might ask the youth to discuss how each of these blessings can strengthen them now and in the future. Share your testimony of the blessings that you have received through the ordinances of the temple.
- To help class or quorum members share their feelings about the temple, ask them to finish this sentence: “When I think about the temple, I feel . . .” You might invite them to read the first five paragraphs of Elder Kent F. Richards’s message “The Power of Godliness” (*Ensign* or *Liahona*, May 2016, 118–20). Why do we need the temple more than anything else? What did we learn about the power God gives us through temple ordinances? The youth could then search the rest of Elder Richards’s message, looking for blessings that come to us as we participate in temple ordinances. Or they could look for these blessings in President Thomas S. Monson’s message “Blessings of the Temple.”

- To help class or quorum members ponder the sacrifices that some have been willing to make to receive temple blessings, you could show the video “Temples Are a Beacon” (ChurchofJesusChrist.org). Why was the Mou Tham family willing to make such great sacrifices to go to the temple? (See also Thomas S. Monson, “The Holy Temple—a Beacon to the World,” *Ensign* or *Liahona*, May 2011, 90–94.) What sacrifices do we need to make to receive temple blessings? Maybe someone who has recently been to the temple could join the meeting and share his or her experience. You might invite the youth to search Elder Ronald A. Rasband’s message “Recommended to the Lord” (*Ensign* or *Liahona*, Nov. 2020, 22–25) and share the blessings of having a temple recommend. You could also review the temple recommend questions together (see Russell M. Nelson, “Closing Remarks,” *Ensign* or *Liahona*, Nov. 2019, 120–22).

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- Quentin L. Cook, “See Yourself in the Temple,” *Ensign* or *Liahona*, May 2016, 97–100

Teaching in the Savior’s Way

“As you teach, rather than simply imparting information, help the youth discover gospel truths for themselves in the scriptures and the words of the prophets” (*Teaching in the Savior’s Way*, 28).



AUGUST 14

How Can I Find Joy in Following the Savior?

PSALMS 1–2; 8; 19–33; 40; 46



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* How are we finding joy in following Jesus Christ?
- *Care for those in need.* Who in our ward or community needs our help? How can we help them?
- *Invite all to receive the gospel.* How can we help each other prepare for missionary service?

- *Unite families for eternity.* How can we contribute to our ward’s efforts to do family history and temple work?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

What brings you joy? People might say they find joy in time with friends and family, a favorite hobby, or even just a day without trials. President Russell M. Nelson taught: “The joy we feel has little to do with the circumstances of our lives and everything

to do with the focus of our lives. When the focus of our lives is on God’s plan of salvation . . . and Jesus Christ and His gospel, we can feel joy regardless of what is happening—or not happening—in our lives. Joy comes from and because of Him” (“Joy and Spiritual Survival,” *Ensign or Liahona*, Nov. 2016, 82). Many of the Psalms echo this same message: “Thou wilt shew me the path of life: in thy presence is fulness of joy” (Psalm 16:11).

Think of some of the challenges that members of your class or quorum may be facing. How will you help them understand that true joy comes from exercising faith in the Savior—even during hard times? Ponder this question as you prepare to teach. Look for related passages you can share with your class or quorum in the Psalms or in President Nelson’s message “Joy and Spiritual Survival.”



True joy comes from exercising faith in the Savior, even during hard times.

Learn Together

Consider inviting members of your class or quorum to review a few of the following: Psalms 1; 8; 19; 23; 27. What do we learn from these Psalms about what brings us joy? Then you could use one or more of the following activities to help those you teach better understand that true joy comes from following Jesus Christ.

- We all want to find joy, but we need to understand what brings true joy and what actually leads to sorrow. Ask the youth to share some of the things that bring them joy and why these

things do. Write on the board “Men are, that they might have joy” (2 Nephi 2:25). Then invite the youth, as individuals or small groups, to review one or more of the scriptures in “Supporting Resources” and list what they find that leads to joy. You might also show the video “We Can Find Happiness” (ChurchofJesusChrist.org). What are some ways people try to find joy that actually lead to sorrow? How has the Savior brought us joy?

- We all know people who face challenges even though they are trying their best to live the gospel. How can you help those you teach understand that we can find joy even when our lives are challenging? You could ask them to review President Russell M. Nelson’s message “Joy and Spiritual Survival” or President Steven J. Lund’s message “Finding Joy in Christ” (*Ensign or Liahona*, Nov. 2020, 35–37). What examples do we find of people who found joy in Christ despite their challenges? What do we learn from these experiences? What experiences can we share?
- All of us are susceptible to feelings of anxiety and depression as we deal with the challenges of life. For some, these feelings are a lifelong battle. Your class or quorum might benefit from a discussion about these challenges and about how the Savior can help those who struggle with anxiety and depression. To begin this discussion, you might ask the youth to review Elder Jeffrey R. Holland’s message “Like a Broken Vessel,” especially the last four paragraphs (*Ensign or Liahona*, Nov. 2013, 40–42), or Sister Reyna I. Aburto’s message “Thru Cloud and Sunshine, Lord, Abide with Me!” (*Ensign or Liahona*, Nov. 2019, 57–59). Invite class or quorum members to look for truths that are meaningful to them and share what they found. Encourage the youth to talk with a trusted parent or leader or visit mentalhealth.ChurchofJesusChrist.org if they feel they need help.

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- Matthew 5:1–12; 1 Peter 4:12–13; 2 Nephi 2:25–27; Mosiah 2:41; 3:3–7; 4:2–3; Alma 36:16–22; 4 Nephi 1:15–16 (How to find joy)

- D. Todd Christofferson, “The Joy of the Saints,” *Ensign or Liahona*, Nov. 2019, 15–18
- “Suicide Prevention and Ministering,” ChurchofJesusChrist.org

Teaching in the Savior’s Way

The Savior personally knew those He taught—and who they could become. When they struggled, He continued to love them. How can you show that you love and support those you teach?



AUGUST 28

How Can the Savior Help Me during My Trials?

PSALMS 102–103; 110; 116–119; 127–128; 135–139; 146–150



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* What recent experiences have brought us closer to Heavenly Father and Jesus Christ?
- *Care for those in need.* Has someone recently moved into our ward or joined the Church? How can we help them feel welcome?

- *Invite all to receive the gospel.* What activities are coming up that we can invite our friends to attend?
- *Unite families for eternity.* What efforts can we make to record our personal histories?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

The challenges we face can make us feel worn out, frustrated, defeated, and alone. The writers of the

Psalms understood those feelings and expressed them powerfully: “My heart is smitten, and withered like grass; . . . I watch, and am as a sparrow alone upon the house top” (Psalm 102:4, 7). But with just as much power, they testified that turning to the Savior will bring relief: “Bless the Lord, O my soul, and forget not all his benefits: who forgiveth all thine iniquities; who healeth all thy diseases; who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies” (Psalm 103:2–4).

Think about the blessings that will come to members of your class or quorum as they more fully understand how the Savior can help them in their trials. How has the Savior helped you? As you prepare to teach, you might review President Henry B. Eyring’s message “Tested, Proved, and Polished” (*Ensign* or *Liahona*, Nov. 2020, 96–99) and “Adversity” in Gospel Topics (topics.ChurchofJesusChrist.org).



The Savior will help and comfort us in our trials.

Learn Together

You might begin by asking class or quorum members to review Psalms 102, 103, and 116, looking for how the Savior helps us in our efforts to overcome trials. They could work individually or in a group to write a few sentences about what they found and then share what they wrote. Choose one or more of the following activities to help them understand this topic more deeply.

- Hymns can invite the Spirit and teach doctrine in a powerful way. Consider reviewing a hymn about how the Savior helps us in our trials, such as “How Firm a Foundation” (*Hymns*, no. 85). What does the hymn teach about the help the Savior can give us? The youth could then review the scripture passages in “Supporting Resources.” They might benefit from recording a phrase from the hymn or one of the scriptures that reminds them to seek the Savior in their adversities.
- President Henry B. Eyring’s message “Tested, Proved, and Polished” could help those you teach better understand questions like the following: What are some of the purposes of our mortal trials? How will the Savior help us with our challenges? What can we do to draw on the Savior’s help and power? Consider writing these questions on the board. Class or quorum members could look for answers in President Eyring’s message. For example, what do we learn from the stories about President Eyring’s mother at the beginning and end of the message? You might ask each person to ponder how they can apply what they learned to their own trials. Some youth may be willing to share their thoughts.
- Sister Lisa L. Harkness related the account of the Savior calming the storm to teach that He can calm the storms in our lives (see Mark 4:35–41; “Peace, Be Still,” *Ensign* or *Liahona*, Nov. 2020, 80–82). You might invite a class or quorum member to come prepared to share what she or he learned about the Savior from the scriptural account. This person could also show a picture (see *Gospel Art Book*, no. 40). The youth could then review what Sister Harkness taught about how the Savior “is in our boat” when we face challenges. You might invite individuals to share how the Savior has helped them in their trials, including how He has helped them through other people. Encourage the youth to share their experiences with someone they know who needs the Savior’s peace.

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- Isaiah 53:3–5; Hebrews 2:17–18; Alma 7:11–13; 36:3; Ether 12:27 (The Savior will help us in our trials)
- Dieter F. Uchtdorf, “God Will Do Something Unimaginable,” *Ensign or Liahona*, Nov. 2020, 51–54

- Cristina B. Franco, “The Healing Power of Jesus Christ,” *Ensign or Liahona*, Nov. 2020, 60–62
- “Mountains to Climb” (video), [ChurchofJesusChrist.org](https://www.ChurchofJesusChrist.org)

Teaching in the Savior’s Way

“Asking questions that encourage learners to bear testimony of the principles being taught can be a powerful way to invite the Spirit. . . . Their testimonies—and the testimonies of others in the class—will grow as the Spirit bears witness of the truth” (*Teaching in the Savior’s Way*, 32).



SEPTEMBER 11

How Can I Be Clean and Happy Again after I Sin?

ISAIAH 1-12



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* How can turning to the Lord help us deal with challenges and trials?
- *Care for those in need.* Who do we know who needs our prayers and our friendship?
- *Invite all to receive the gospel.* What plans to share the gospel have been discussed in ward youth

council meetings? How can our class or quorum get involved?

- *Unite families for eternity.* How can doing family history work strengthen our relationships with Heavenly Father and Jesus?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

When we feel guilty after sin, we have a choice. These feelings, while painful, can be a blessing if

they move us to repentance. But Satan tells us these feelings mean that God does not love us and tries to make us feel discouraged and hopeless. There may be people you teach who are burdened with such feelings. They may wonder if they can ever be clean and happy again. How might you help them find hope in the Savior’s Atonement?

The prophet Isaiah boldly chastised people for their sins. But he also testified that because of the Savior, “though your sins be as scarlet, they shall be as white as snow” (Isaiah 1:18). Ponder this as you read Isaiah 1–12 this week. What might inspire those you teach to turn to Jesus Christ with faith that the burdens of their sins can be taken away? You might also study Sister Sharon Eubank’s testimony of Christ in her message “Christ: The Light That Shines in Darkness” (*Ensign* or *Liahona*, May 2019, 73–76).



Because of Jesus Christ, our burdens of sin can be taken away.

Learn Together

To prepare for a discussion that builds on Isaiah 1–12, you could ask each youth to bring to the meeting something red and something white. You could display these objects while reading together Isaiah 1:16–18. Then the youth could share in their own words what they learn from these verses. (See Sister Sharon Eubank’s discussion of verse 18 in “Christ: The Light That Shines in Darkness.”) Here are some other activities that can inspire faith in the Savior’s power to make us spiritually clean.

- Reviewing scriptural examples of repentance can help those you teach build their faith that

Jesus Christ can make them spiritually clean. You might write on the board names such as Saul (later Paul), Alma the Younger, Zeezrom, and the Anti-Nephi-Lehies. You could also write two groups of scripture references: Acts 8:3; Mosiah 27:8–10; Alma 11:21–23; Alma 17:12–15 (these people in their sinful state) and Acts 9:13–20; Alma 36:17–24; Alma 15:5–12; Alma 23:6–12 (after these people turned to the Savior and repented). The youth could match each name with the scriptures describing that person. What did these people do to repent? What do these accounts teach about the Savior’s willingness to forgive? Do we see some patterns we can follow?

- To help those you teach better understand forgiveness of sin, you could give each person an analogy or parable to study. These could include the prodigal son (see Luke 15:11–24); the Savior as our Shepherd (paragraphs 5–8 of Elder Dale G. Renlund’s message “Our Good Shepherd” [*Ensign* or *Liahona*, May 2017, 29–32]); and a broken piano (the beginning of Sister Cristina B. Franco’s message “The Healing Power of Jesus Christ” [*Ensign* or *Liahona*, Nov. 2020, 60–62]). The youth could summarize each analogy or parable and discuss what it teaches about the Savior’s love and atoning power.
- Feeling sorry that we have sinned is helpful and leads us toward repentance. Feeling discouraged or worthless because of our sins is not helpful and can keep us from repenting. Your class or quorum could read together the section titled “Godly Sorrow” in President Dieter F. Uchtdorf’s message “You Can Do It Now!” (*Ensign* or *Liahona*, Nov. 2013, 55–57). What is the difference between sorrow for sin that leads to repentance and sorrow that leads to despair? (see also 2 Corinthians 7:9–10; Mormon 2:12–14). If someone feels overcome by feelings of guilt and despair for sin, what might we say to help him or her turn to the Savior? Invite the youth to share their testimonies of the Savior and His mercy.

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- Dallin H. Oaks, “Cleansed by Repentance,” *Ensign or Liahona*, May 2019, 91–94

- “Repentance through the Atonement of Jesus Christ,” in chapter 3 of *Preach My Gospel* (2019), 62–63.
- “Repentance: A Joyful Choice” (video), [ChurchofJesusChrist.org](https://www.ChurchofJesusChrist.org)

Teaching in the Savior’s Way

“The Savior’s personal testimony gave authority to His words. . . . As you bear testimony of true doctrine, the Spirit will confirm the truth of the doctrine in the hearts of those you teach” (*Teaching in the Savior’s Way*, 21).



SEPTEMBER 25

What Are Our Responsibilities in the Work of Salvation and Exaltation?

ISAIAH 40–49



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* What did we discuss last time, and what invitations or assignments were made?

What have we done to act on those invitations or assignments?

- *Care for those in need.* What can we do or say to reach out to those who might feel alone or distant from Heavenly Father?
- *Invite all to receive the gospel.* What are some ways we can help others feel the love of Jesus Christ?
- *Unite families for eternity.* What ideas can we share with each other to help strengthen our families?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

It's clear from the scriptures that helping with the Lord's work is not for adults only. Samuel was a boy when the Lord first spoke to him. Mary was likely a young woman when an angel visited her, announcing that she would be the mother of the Savior. And Joseph Smith was 14 years old when the Lord called him to restore the gospel. More recently, President Russell M. Nelson invited all young people to “enlist in the youth battalion of the Lord to help gather Israel (“Hope of Israel” [worldwide youth devotional, June 3, 2018], ChurchofJesusChrist.org). Certainly, when the Lord said, “Thou, Israel, art my servant” (Isaiah 41:8), this included all of His covenant people, including those in your class or quorum.

Even though we all covenant to serve God when we are baptized, not all young people see themselves as the Lord's servants. They may not recognize the unique ways they can help with His work. Look for passages in Isaiah 41–44 and section 1.2 of the *General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints* that could help the youth understand what it means to be the Lord's servants.



Each young person is uniquely able to contribute to the work of salvation and exaltation.

Learn Together

Isaiah 41–44 can help the youth understand what it means to be a servant of the Lord. To begin a discussion, you could write references like these on the board: Isaiah 41:8–10; 42:6–7; 43:9–12; 44:21. Each person could pick a passage, read it, and share what he or she learns about what it means to be a servant of the Lord. In what ways are we the Lord's servants? What blessings come when we are in His service? Here are other ways to help those you teach bring people to Christ as active participants in His work.

- Do those you teach understand what “the work of salvation and exaltation” is? To help them, you might assign them to study (individually or in small groups) one of the four subsections of section 1.2 of the *General Handbook*. Each subsection describes an aspect of the work. Ask the youth to ponder questions like these: What are specific things a person my age could do to participate in this aspect of the work of salvation? What can our class or quorum do? Each person or group could share what they learned, along with answers to the questions.
- Those you teach may benefit by learning more about the four aspects of the work of salvation and exaltation—living the gospel of Jesus Christ, caring for those in need, inviting all to receive the gospel, and uniting families for eternity. They could choose an aspect that they are interested in and explore some of the items related to it under “Supporting Resources.” Let the youth share what they found that inspires them to become more converted to the Lord and help others do the same. They could then make plans to do something that helps accomplish this work. The class or quorum president could lead this discussion.
- To help the youth ponder how they can use their talents to bring souls to Christ, you could ask each of them to study a section of Elder John C.

Pingree Jr.'s message "I Have a Work for Thee" (*Ensign* or *Liahona*, Nov. 2017, 32–35). They could share how what they learned might help someone who isn't sure that he or she can help with the Lord's work. You could also review together the section "Discover and Develop Spiritual Gifts" in Elder Pingree's message. How does the Lord help us discover and develop our talents?

Act in Faith

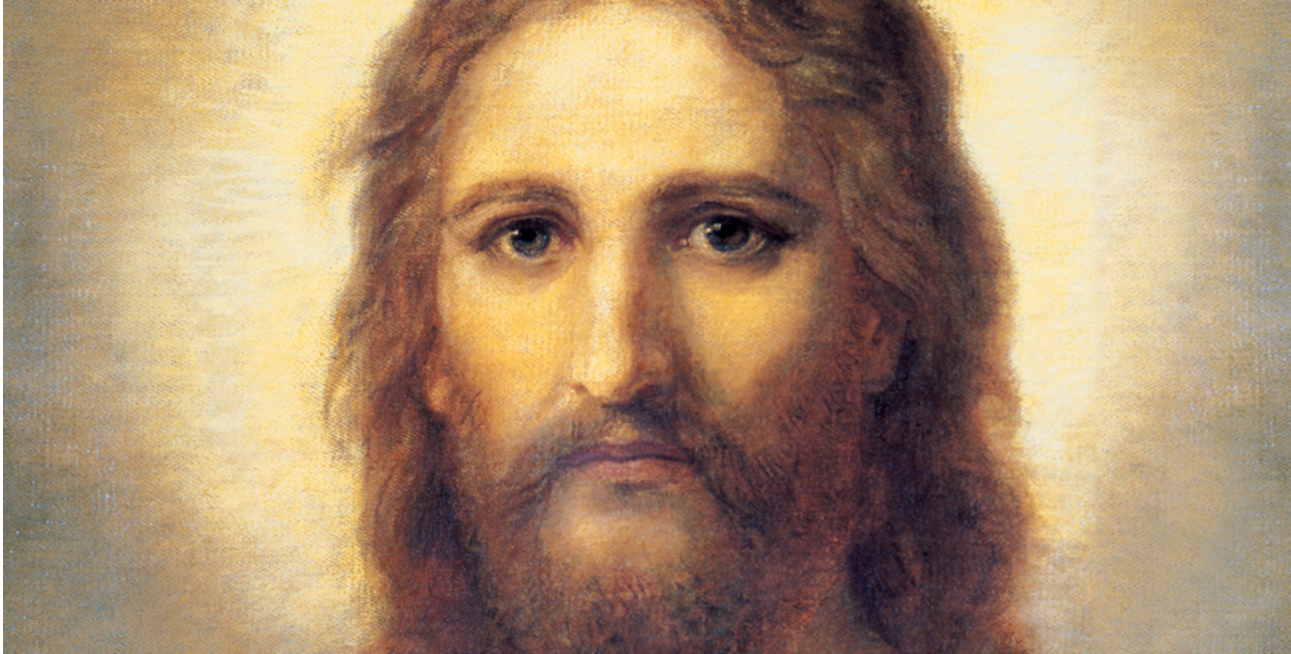
Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- Live the gospel of Jesus Christ: 2 Nephi 31:17–21; 3 Nephi 27:13–21; "Following God" (video), ChurchofJesusChrist.org
- Care for those in need: Matthew 25:34–40; Mosiah 18:8–9; "You Are the Gift" (video), ChurchofJesusChrist.org
- Invite all to receive the gospel: Matthew 5:14–16; 1 Peter 3:15; "Sharing Your Beliefs" (video), ChurchofJesusChrist.org
- Unite families for eternity: Doctrine and Covenants 2; 128:18; "Because of James" (video), ChurchofJesusChrist.org

Teaching in the Savior's Way

"If the youth sense that you trust them, their confidence in their divine potential will grow" (*Teaching in the Savior's Way*, 28).



OCTOBER 9

Why Should Jesus Christ Be Central in My Life?

ISAIAH 58–66



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then, in addition to counseling about specific class or quorum business, you may want to discuss impressions and themes from general conference. The following questions may help.

- What themes or messages stood out to us? What strengthened our faith in Jesus Christ?
- What strengthened our testimonies of living prophets? What did we feel prompted to do because of what we learned or felt?
- What do we need to do as a class or quorum to remember and act on counsel we heard in general conference?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

“I will greatly rejoice in the Lord, my soul shall be joyful in my God,” Isaiah said, “for he hath clothed me with the garments of salvation, he hath covered me with the robe of righteousness” (Isaiah 61:10). Why do you “rejoice in the Lord”? Like Isaiah, as we recognize what the Lord has done for us, we rejoice, and we speak often of the “lovingkindnesses of the Lord, and the praises of the Lord” (Isaiah 63:7).

How do those you teach feel about the Savior? What could help them feel greater love and reverence for Him? What might help them feel His love? As you ponder these questions and read Isaiah 58–66, you might also review Elder Matthew S. Holland’s message “The Exquisite Gift of the Son” (*Ensign* or *Liahona*, Nov. 2020, 45–47) and Sister Cristina B. Franco’s message “The Healing Power of Jesus Christ” (*Ensign* or *Liahona*, Nov. 2020, 60–62).



As we learn more about the Savior, we are inspired to make Him the center of our lives.

Learn Together

As class or quorum members learn about the mission Jesus Christ was sent to accomplish, they will be more inspired to make the Savior the center of their lives. Perhaps they could search Isaiah 61:1–3 and make a list on the board of what the Savior was anointed to do (see also Luke 4:16–20). How did the Savior fulfill these aspects of His mission? How does He fulfill them in our lives now? The ideas below can help your class or quorum continue a discussion about why Jesus Christ should be the center of our lives.

- General conference always has messages that testify of Jesus Christ. You might invite several class or quorum members to share something they learned about the Savior during general conference. Encourage them to share how they feel about the Savior because of what they learned.
- The scriptures can help the youth better understand why the Savior should be central to

their lives. You might write on the board *Why should Jesus Christ be central in my life?* Ask the youth to share their thoughts. Then you could ask them (individually or in groups) to search the scriptures under “Supporting Resources” to find additional answers. Invite the youth to share what they learn and why it is meaningful to them.

- Consider asking those you teach to describe the most important day of their lives. What might be the most important day in history? Invite them to discover what Elder Dieter F. Uchtdorf said was the most important day by reviewing his message “Behold the Man!” (*Ensign* or *Liahona*, May 2018, 107–10). Encourage the youth to look for the blessings Elder Uchtdorf promised to those who “behold” Jesus Christ. They could also share what they are doing to make the Savior central to their daily lives. You could encourage them to consider what they can do to come closer to Jesus Christ and set a goal to do it.
- If someone were to ask us why we believe in Jesus Christ, what would we say? Encourage the youth to share their thoughts and write them on the board. You could also invite them to review “The Living Christ: The Testimony of the Apostles” (ChurchofJesusChrist.org) or “The Divine Mission of Jesus Christ” in chapter 3 of *Preach My Gospel* ([2019], 60–61). Encourage them to look for simple truths they would share to explain why the Savior is important to them. They could add the truths they find to the list on the board and discuss how they can share these truths with people they know.

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- John 8:12; 14:6; Romans 8:35–39; 2 Nephi 2:3–9; 9:5–10; Alma 36:3, 27; 3 Nephi 27:14–16, 27; Ether 12:27 (Why Jesus Christ should be the center of our lives)
- Becky Craven, “Keep the Change” (*Ensign* or *Liahona*, Nov. 2020, 58–60)
- “I Believe in Christ,” “I Stand All Amazed” (*Hymns*, nos. 134, 193)
- “Why We Need a Savior—A Christmas Message about Our Savior Jesus Christ,” “Because of Him” (videos), ChurchofJesusChrist.org

Teaching in the Savior’s Way

“Each individual in your class is a rich source of testimony, insights, and experiences with living the gospel. Invite them to share with and lift each other” (*Teaching in the Savior’s Way*, 5).



OCTOBER 23

Is the Gospel Written in My Heart?

JEREMIAH 30–33; 36; LAMENTATIONS 1; 3



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* What did we discuss last time, and what invitations or assignments were made? What have we done to act on those invitations or assignments?
- *Care for those in need.* What can we do or say to reach out to those who might feel alone or distant from Heavenly Father?

- *Invite all to receive the gospel.* What are some ways we can help others feel the love of Jesus Christ?
- *Unite families for eternity.* What ideas can we share with each other to help strengthen our families?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

The Lord told the prophet Jeremiah that in the days to come, He would gather Israel and make a “new covenant” with His people. He declared, “I will put

my law in their inward parts, and write it in their hearts; and will be their God, and they shall be my people” (see Jeremiah 31:31–34). Those days are today, and we are God’s people. These teachings might prompt you—and those you teach—to ask, What does it mean for the gospel to be written in my heart? Is the gospel written in my heart? If it isn’t, what can I do about it?

Consider how you will help members of your class or quorum ponder these questions for themselves. To prepare to teach, you could find messages to share from Jeremiah 30–33; 36; from President Russell M. Nelson’s message “Let God Prevail” (*Ensign* or *Liahona*, Nov. 2020, 92–95); and from Elder D. Todd Christofferson’s message “When Thou Art Converted” (*Ensign* or *Liahona*, May 2004, 11–13).



As we love the Lord and seek to learn of Him, the gospel will be written in our hearts.

Learn Together

Encourage the youth to discuss Jeremiah 31:31–34. To do this, you could give them paper hearts with several questions written on them about what it means to have the gospel in our hearts, such as those found under “Prepare Yourself Spiritually.” Working individually, in pairs, or in small groups, the youth could read these verses from Jeremiah and ponder how they would answer the questions. Let them share their questions and the answers they thought of. Below are more ideas that can help you teach the youth about how the gospel can be written in their hearts.

- When Moses gave some of his final teachings to the Israelites, he urged them to receive God’s words in their hearts. He also taught them some of the ways they could do this, as found in Deuteronomy 6:3–9. As a class or quorum, read these verses together and discuss ways we can do what Moses counseled. For some ideas, your class or quorum could watch the video “Come, Follow Me: These Words” (ChurchofJesusChrist.org). They could also study Alma 5:14, 26–35 to find what Alma taught about how we can keep the gospel written in our hearts.
- In his message “When Thou Art Converted,” Elder D. Todd Christofferson described what we can do to have the gospel written in our hearts. What do we learn from the first four paragraphs about what it means to have the gospel written in our hearts? You could invite each youth to read one or more of the remaining paragraphs and look for what we need to do for this to happen. What role does the Savior play? What role do we play? Encourage the youth to share their answers, along with other insights they found. What experiences have helped us to have the gospel written in our hearts? What role does keeping our covenants play in this process?
- President Russell M. Nelson explained that the term *Israel* “refers to a person who is *willing* to let God prevail in his or her life” (“Let God Prevail,” 92). You could invite youth to search the first six paragraphs of President Nelson’s message and the last part of the message beginning with “The question for each of us.” Ask them to find something that helps them understand what it means to “let God prevail” in their lives. How do we feel and act when God prevails in our lives? What did President Nelson teach about how having the gospel written in our hearts affects our efforts to gather Israel?

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions

they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- Henry B. Eyring, “Write upon My Heart” (*Ensign* or *Liahona*, Nov. 2000, 85–87)
- Linda K. Burton, “Is Faith in the Atonement of Jesus Christ Written in Our Hearts?” (*Ensign* or *Liahona*, Nov. 2012, 111–15)

Teaching in the Savior’s Way

“The doctrine found in the scriptures and in the words of latter-day prophets has the power to change hearts and increase faith. As you and those you teach ‘try the virtue of the word of God,’ you will find that it has ‘a great tendency to lead the people to do that which [is] just’ (Alma 31:5)” (*Teaching in the Savior’s Way*, 5).



NOVEMBER 13

How Can I Receive an Outpouring of the Lord's Spirit?

HOSEA 1-6; 10-14; JOEL



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* What recent experiences have strengthened our testimonies?

- *Care for those in need.* Who needs our help and prayers? What do we feel impressed to do to help them?
- *Invite all to receive the gospel.* How can we be a light to family members or friends who don't share our beliefs?
- *Unite families for eternity.* How can we show more love and support for our families and make a positive difference in our homes?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

There’s no question that we live in a time of uncertainty and fear. The Old Testament prophet Joel described our time—the “day of the Lord”—as “a day of darkness and of gloominess” and “great and very terrible” (Joel 2:1–2, 11). But that doesn’t mean our days are hopeless. Consider this promise by Elder Dieter F. Uchtdorf: “Though at times we may feel buried by the trials of life or surrounded by emotional darkness, the love of God and the blessings of the restored gospel of Jesus Christ will bring something unimaginable to spring forth” (“God Will Do Something Unimaginable,” *Ensign* or *Liahona*, Nov. 2020, 52).

So when you notice the darkness and gloominess of our time, remember that the Lord has also promised great—even unimaginable—blessings: “I will pour out my spirit upon all flesh; and your sons and your daughters shall prophesy” (Joel 2:28; see also Joseph Smith—History 1:41). Note the specific promise that God’s Spirit would be poured out upon young men and young women. Why do you feel it is important for those you teach to understand that? Ponder this question as you read Joel 2 and Elder Uchtdorf’s message in your preparation to teach.



The Lord has promised that in the last days, He will pour out His Spirit, and “your sons and your daughters shall prophesy” (Joel 2:28).

Learn Together

To help those you teach better understand Joel 2:28–29, you could place an object in a bowl and let someone pour water over it. How does this help us understand what it means for the Lord to “pour out [His] spirit upon all flesh”? How are the prophecies in Joel 2:28–29 being fulfilled? Here are some ideas that can help the youth better understand how the Lord is pouring out His Spirit today.

- The scriptures record many instances when the Lord poured out His Spirit upon His people. Reviewing some of these could help the youth better understand how to receive an outpouring of God’s Spirit in their lives. Consider drawing a large pitcher pouring water on the board and asking individuals or small groups to read one or more of the scripture passages in “Supporting Resources.” They could write on the board around the pitcher what the people in their scripture passage did so the Lord could pour out His Spirit and also what blessings followed. When have we felt the Spirit comforting, guiding, or cleansing us?
- You might write these words from Elder Dieter F. Uchtdorf on the board: “God has something unimaginable in mind for you personally and the Church collectively—a marvelous work and a wonder” (“God Will Do Something Unimaginable,” 53). Consider asking the youth to look in Elder Uchtdorf’s message for the unimaginable blessings God gave to people in the scriptures after times of hardship. What did Elder Uchtdorf teach us to do so we can make good decisions when we face hardship? Invite the youth to make a list of the “unimaginable” things God may have in mind for us. Invite those you teach to ponder what they are willing to do to receive these blessings.
- Consider showing the video “President Nelson: Hear Him—Personal Revelation” (ChurchofJesusChrist.org). Ask the youth to listen for insights about how the Spirit speaks to

us and how He blesses our lives. They could also review President Russell M. Nelson's message "Revelation for the Church, Revelation for Our Lives" (*Ensign* or *Liahona*, May 2018, 93–96). Ask them to look for answers to questions like these: How did President Nelson seek and receive the Spirit's promptings? What do we learn from Joseph Smith about God's willingness to speak to His children? What did President Nelson urge us to do? Tell the youth about a time when you felt the Lord pouring out His Spirit. Invite them to ponder experiences they have had and, if they feel comfortable, share them.

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could

share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- Acts 2:1–6, 14–21; Jacob 7:1–8; Mosiah 4:1–3, 19–20; 18:7–11; Alma 19:14, 28–36; Helaman 6:34–36; Doctrine and Covenants 19:37–41

Teaching in the Savior's Way

"In addition to helping learners feel and recognize the Spirit, help them act on the promptings they receive" (*Teaching in the Savior's Way*, 10).



NOVEMBER 27

How Can I Share the Gospel?

JONAH; MICAH



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* How have we come closer to the Savior? How are we trying to be more like Him?
- *Care for those in need.* Who has been on our minds lately? How can we help these individuals?
- *Invite all to receive the gospel.* How can we answer our friends' questions about the Church?

- *Unite families for eternity.* What are some ways we can better connect with extended family members, such as grandparents and cousins?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

There may be members of your class or quorum who regularly find ways to share the gospel. Maybe you do this too! For many people, however, sharing the gospel is difficult and even scary. Fortunately, all of us can become better at sharing our faith in Jesus

Christ. You may not physically hear the voice of the Lord commanding you to do something like “go to Nineveh, that great city, and cry against it,” as Jonah did (Jonah 1:2). But the quiet voice of the Holy Ghost can prompt you to “go to” specific family members and friends who have been prepared to hear your testimony. Be open to what you can learn from Jonah’s experience as you study this week, and prepare yourself to share what you learn with those you teach. You might also read Elder D. Todd Christofferson’s message “Sharing the Message of the Restoration and the Resurrection” as you prepare to teach (*Ensign* or *Liahona*, May 2020, 110–13).



The Holy Ghost can prompt us to share the gospel with those who have been prepared to hear our testimonies.

Learn Together

To help those you teach share impressions from their study of Jonah this week, you could display a picture of Jonah (see this week’s outline in *Come, Follow Me—For Individuals and Families*). Invite them to discuss what they learned about sharing the gospel from Jonah’s experiences. You might invite them to specifically review Jonah 1 and 3 and ask: What do we learn about sharing the gospel with those who may not seem ready to change? What do we learn about God’s willingness to forgive those who repent? To inspire members of your class or quorum to share the gospel, use one or more of the following activities or create one of your own.

- To get ideas about how to share the Savior’s gospel with others, your class or quorum could

review the following accounts in the scriptures: John 4:3–26; Acts 16:25–33; Alma 19:14–18, 28–31. You could then discuss together questions like these: How were people in these accounts prepared to hear the gospel message? What do you notice about how the message was shared? Why do you think Heavenly Father and Jesus Christ want us to share the gospel? You could then discuss as a class or quorum what these accounts teach us about how we can share the gospel today.

- Reading inspiring examples of others sharing the gospel can encourage the youth you teach to do the same. Elder D. Todd Christofferson shared some examples in his message “Sharing the Message of the Restoration and the Resurrection.” In this message, Elder Christofferson taught that three things are needed to make our invitations to receive the gospel compelling: our love, our example, and our use of the Book of Mormon. Discuss the examples of sharing the gospel in this message, and invite those you teach to share other examples, including their personal experiences. How do these experiences demonstrate the three things taught by Elder Christofferson?
- How can you help those you teach understand that sharing the gospel can be natural and doesn’t have to be intimidating? You might show the videos under “Supporting Resources” and ask the youth to think about how they could share the gospel with someone they know. What can we do to invite them to come and see? What opportunities do they have to come and help? How can we help them feel a desire to come and stay? How can we make sharing the gospel a part of our everyday lives?

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could

share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

- Carlos A. Godoy, “I Believe in Angels,” *Ensign* or *Liahona*, Nov. 2020, 86–88
- “Sharing the Gospel,” “Inviting Others to ‘Come and See,’” “Inviting Others to ‘Come and Help,’” “Inviting Others to ‘Come and Stay’” (videos), ChurchofJesusChrist.org; you can find

other resources under “Sharing the Gospel,” Gospel Library

Teaching in the Savior’s Way

“People are more likely to make meaningful changes in their lives when those changes come from their own exercise of agency. When you extend invitations to act, be sure to respect the agency of those you teach” (*Teaching in the Savior’s Way*, 35).



DECEMBER 11

Am I Putting the Things of God First in My Life?

HAGGAI; ZECHARIAH 1-3; 7-14



Counsel Together

Led by a member of the class or quorum presidency; 10–20 minutes

At the beginning of the meeting, repeat together the Young Women Theme or the Aaronic Priesthood Quorum Theme. Then lead a discussion about the work of salvation and exaltation using one or more of the questions below or questions of your own (see *General Handbook*, 10.2, 11.2, ChurchofJesusChrist.org). Plan ways to act on what you discuss.

- *Live the gospel.* What has the bishopric discussed in our ward youth council meetings? What actions can we take based on that discussion?

- *Care for those in need.* How can we reach out to people in Christlike ways when we see a need and don't know what to say?
- *Invite all to receive the gospel.* What is something we have found in the gospel of Jesus Christ that brings us joy? How can we share that joy with others?
- *Unite families for eternity.* What are we doing to find names of our ancestors who need temple ordinances? What can we do to help others find the names of their ancestors?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind class or quorum members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; 25–35 minutes

Prepare Yourself Spiritually

Life is full of important things to do. If we aren't careful, the busyness of life can cause us to forget the purpose of life. We know that the Savior and His gospel should be our highest priority, but other things can easily distract us. Perhaps that's why the scriptures counsel us to “ponder the path of thy feet” (Proverbs 4:26), “consider your ways” (Haggai 1:5), and “examine yourselves, whether ye be in the faith” (2 Corinthians 13:5).

The Israelites living in the prophet Haggai's time needed this type of invitation. In their worthwhile efforts to rebuild Jerusalem, they had put off rebuilding the house of the Lord. Consider how the Lord's warnings in Haggai 1 could apply to us today. How will you inspire those you teach to evaluate their commitment to putting the things of God first in their lives? You could review Elder Dale G. Renlund's message “Unwavering Commitment to Jesus Christ” (*Ensign* or *Liahona*, Nov. 2019, 22–25) or President Ezra Taft Benson's teachings in “The Great Commandment—Love the Lord” (in *Teachings of Presidents of the Church: Ezra Taft Benson* [2014], 37–45).



We can make the things of God our highest priority.

Learn Together

You could begin a discussion by writing phrases from Haggai 1:6 on the board. What can we learn from these ideas—sowing seeds but never harvesting, eating but never feeling satisfied, or earning money but putting it in a bag with holes—about spending time on things other than what the Lord wants us to do? While the Lord isn't asking us to focus on building a temple, what *is* He asking us to focus on? How can we make those things a high priority in our lives? The following activities can help the youth evaluate their commitment to putting the things of God first in their lives.

- Partaking of the sacrament is an excellent weekly opportunity to evaluate our commitment to Jesus Christ. How can we use the sacrament to consider whether we are becoming more like the Savior? Perhaps the youth could share how they do this. They could also make a list of questions they might ask themselves during the sacrament. Invite them to ponder one or more of the scriptures, messages, or other resources under “Supporting Resources” as they make their lists.
- President Dieter F. Uchtdorf, in his message “Of Things That Matter Most” (*Ensign* or *Liahona*, Nov. 2010, 19–22), shared counsel that could help the youth “consider [their] ways” (Haggai 1:5). You could invite individuals or small groups to read the last three sections of the talk (beginning with the section “The Power of Basics”), looking for what it means to focus our lives on the Savior. They could share something they feel inspired to do to strengthen their commitment to Jesus Christ.
- Many of us are busy doing good things. But they aren't always the best things. Consider sharing a statement from the first section of President Dallin H. Oaks's message “Good, Better, Best” (*Ensign* or *Liahona*, Nov. 2007, 104–8) that can help the youth understand this principle. You might also invite them to each make a list of their

daily activities. Ask them to personally evaluate whether each activity is “good,” “better,” or “best.” What makes an activity “best”? Encourage the youth to share with each other what they learn from this self-evaluation.

Act in Faith

Encourage class or quorum members to ponder and record what they will do to act on the impressions they received today. If they would like, they could share their ideas. Invite them to think about how acting on their impressions will strengthen their relationships with Heavenly Father and Jesus Christ.

Supporting Resources

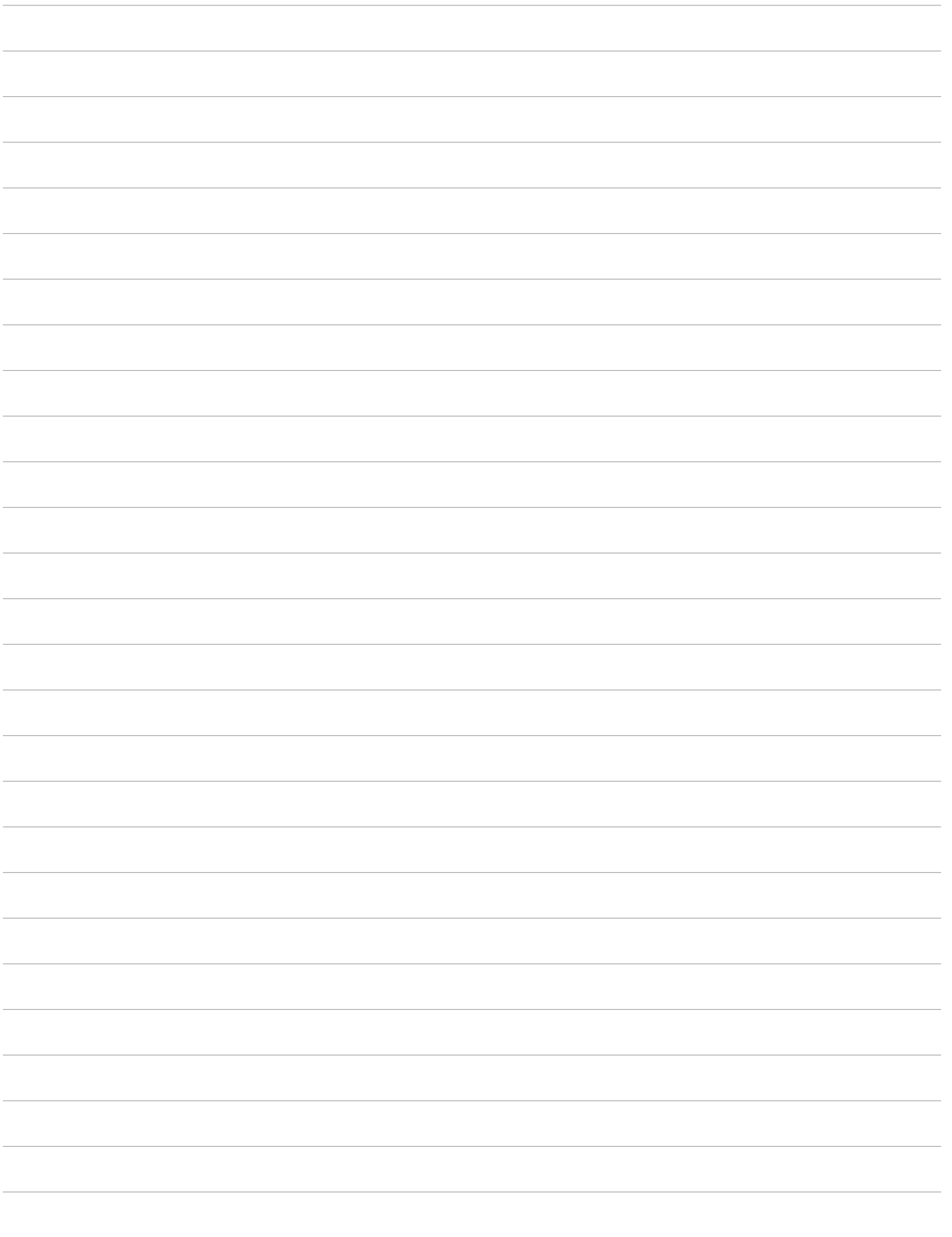
- Joshua 24:14–15; Matthew 6:19–34; 22:36–40; Mark 10:17–22; 1 Corinthians 11:23–28;

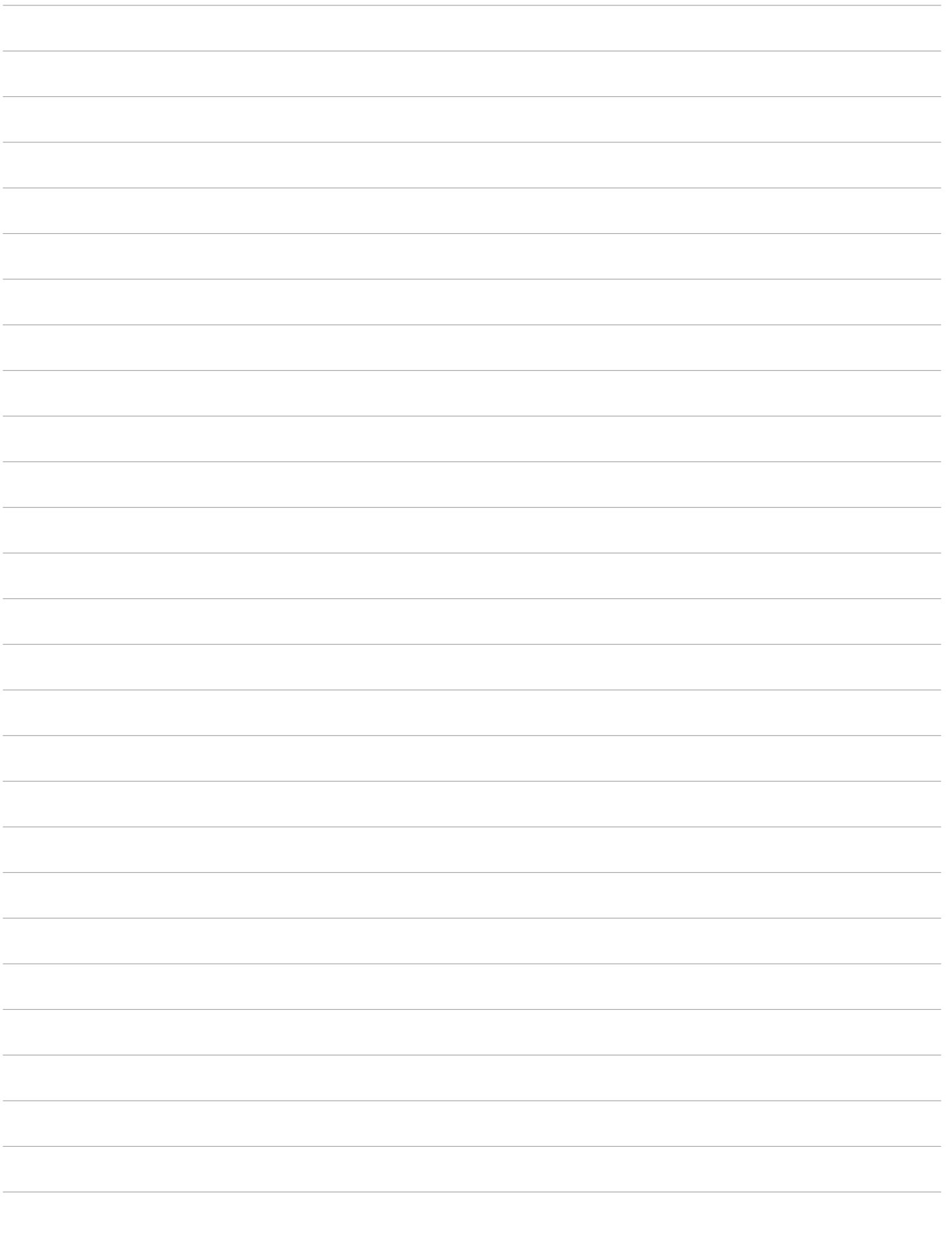
2 Corinthians 13:5; Colossians 3:1–2 (We should put the things of God first in our lives)

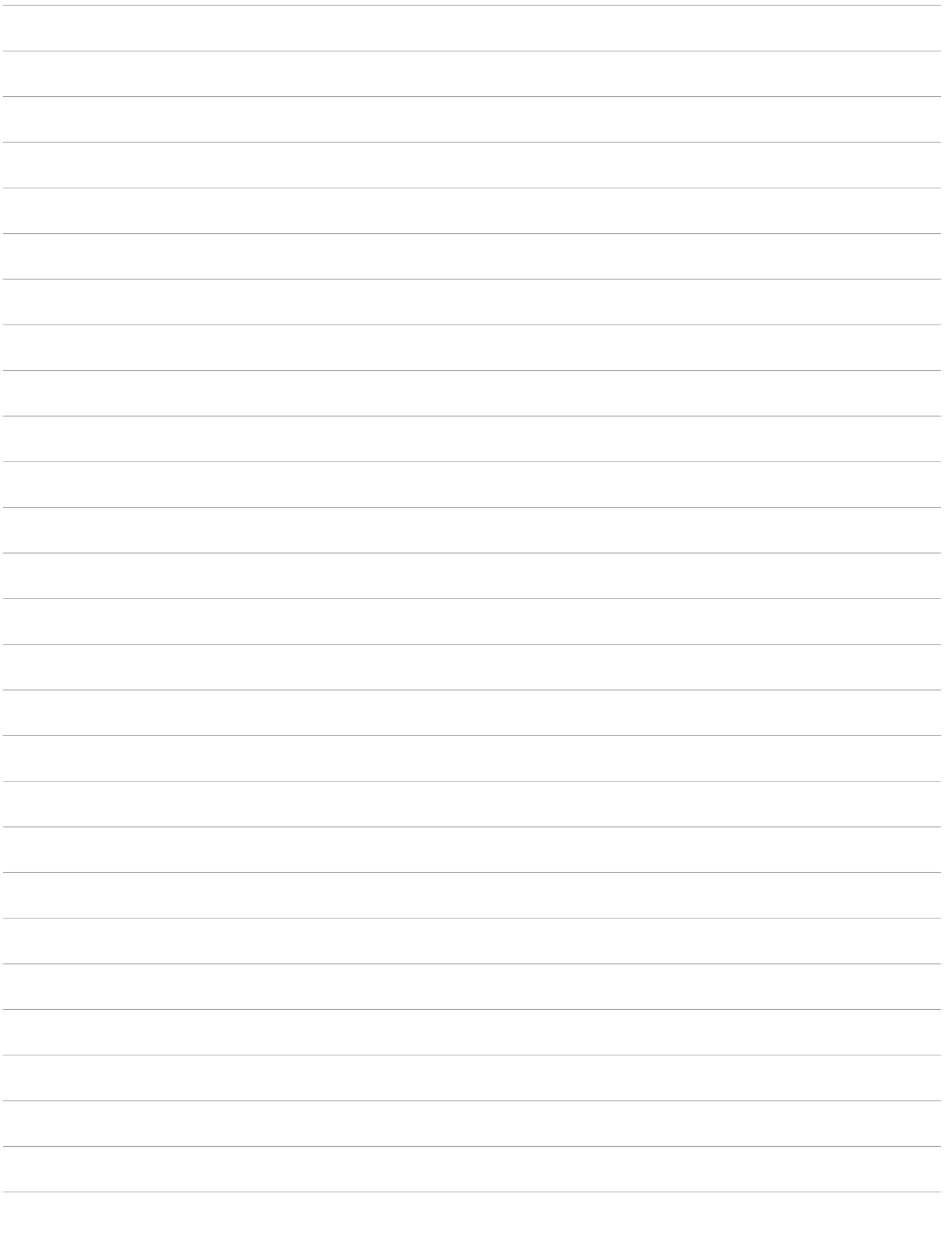
- Scott D. Whiting, “Becoming like Him,” *Ensign* or *Liahona*, Nov. 2020, 12–15
- “If We Put God First,” “Things That Matter Most” (videos), ChurchofJesusChrist.org
- “As Now We Take the Sacrament,” *Hymns*, no. 169

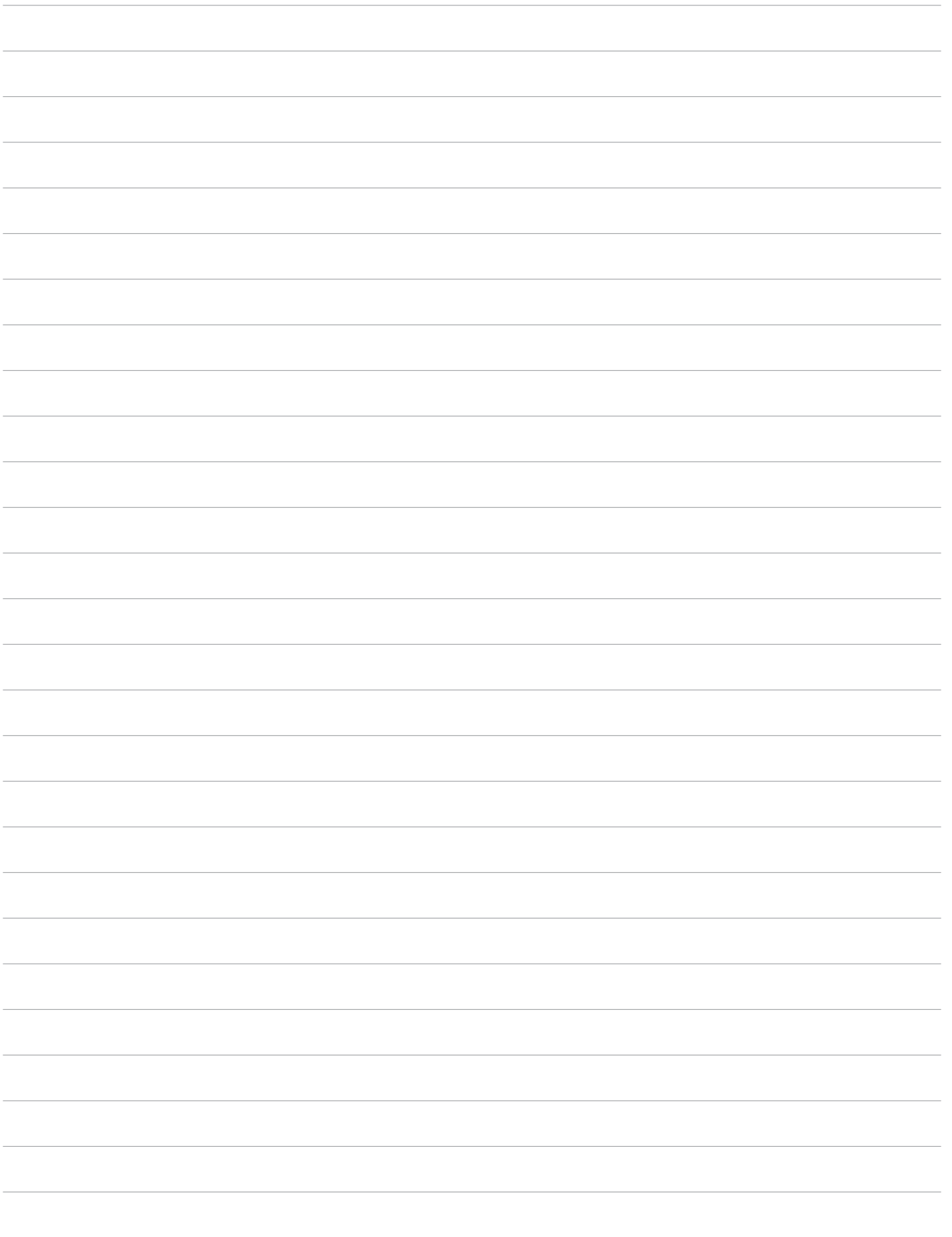
Teaching in the Savior’s Way

“It is not necessary to cover everything in one class period in order to touch someone’s heart—often one or two key points are enough” (*Teaching in the Savior’s Way*, 7).











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