


# Children and Youth

OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS



AN INTRODUCTORY GUIDE FOR  
PARENTS AND LEADERS

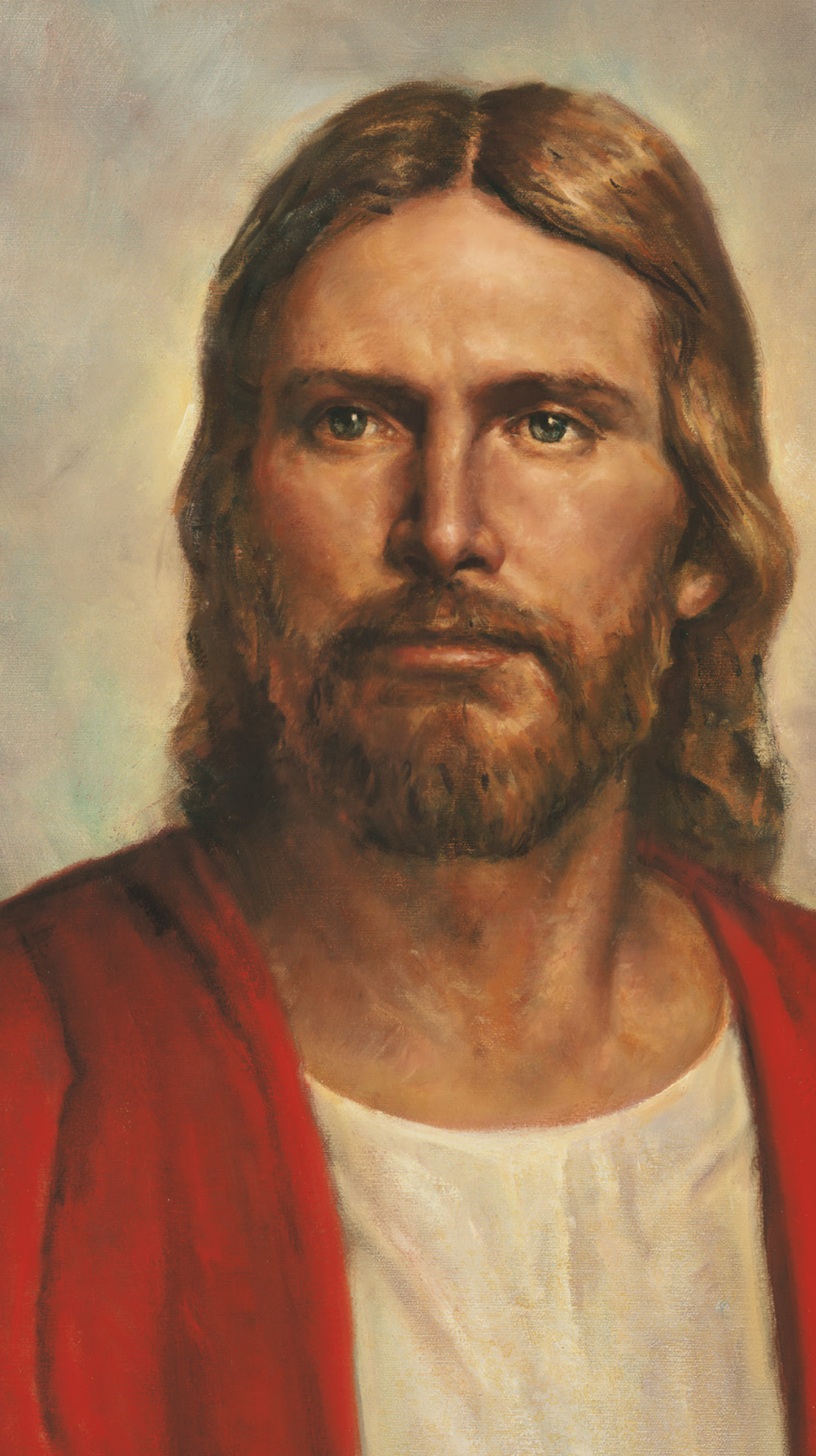
ur dear brothers and sisters, the children and youth of The Church of Jesus Christ of Latter-day Saints are beloved sons and daughters of God. They have the potential to make a great impact on the world.

The principles taught in this effort for children and youth represent a higher, holier way to encourage the rising generation to follow Jesus Christ and apply His gospel in all areas of their lives. This major effort will include gospel learning, the privilege of service, personal development, and exciting activities. This effort starts at home. Parents have a sacred responsibility to teach their children in light and truth. Church leaders offer valuable support and guidance to children, youth, and their families.

We love you. We have confidence in you. We promise that our Father in Heaven will continue to bless and sustain you as you lead and guide His children in faith.

**The First Presidency and Quorum of the Twelve Apostles**





## Vision

Strengthen the rising generation's faith in Jesus Christ, and help children, youth, and their families progress along the covenant path as they meet life's challenges.



## Introduction

Working together, parents and leaders help children and youth deepen their conversion, become worthy disciples of the Lord Jesus Christ, and become men and women of integrity through:

- **Gospel learning** that inspires personal commitment.
- **Service and activities** that edify body and spirit.
- **Personal development** that produces fulfilling growth.

The guiding principles and general roles outlined in this booklet are adaptable. There is not one right way to apply them. Some ideas and examples are available online at [ChildrenandYouth.ChurchofJesusChrist.org](http://ChildrenandYouth.ChurchofJesusChrist.org). Seek inspiration to know what is best for each individual (see “Adjust and Adapt” on page 8).

## The Rising Generation

Prophets have said that this generation of children and youth is among the best the Lord has sent to the earth (see Russell M. Nelson, “Hope of Israel,” world-wide youth devotional, June 3, 2018, 16). They have the potential to have a great impact on the world. They have been invited to help gather Israel on both sides of the veil. A higher, holier approach is needed to care for and minister to them. This approach will help children and youth:

- Know their eternal identity and purpose.
- Deepen their conversion to Jesus Christ, getting His gospel into their hearts and inspiring them to choose to follow Him.
- Fulfill Aaronic Priesthood duties.
- Participate together in the work of salvation.
- Develop personally with parental support and leaders assisting as needed.
- Be worthy to attend the temple and have enduring joy on the covenant path.

As children and youth receive revelation for their lives, build gospel-centered relationships, and exercise agency as they grow, they will be successful in accomplishing these purposes.

“THE LONG-STANDING OBJECTIVE OF THE CHURCH IS TO ASSIST ALL MEMBERS TO INCREASE THEIR FAITH IN OUR LORD JESUS CHRIST AND IN HIS ATONEMENT [AND] TO ASSIST THEM IN MAKING AND KEEPING THEIR COVENANTS WITH GOD.”

PRESIDENT RUSSELL M. NELSON, “Opening Remarks,” *Ensign* or *Liahona*, Nov. 2018, 7







## Strive to Follow the Savior

In His youth, Jesus needed to learn His divine identity and mission, just as each child of God must do. He “increased in wisdom and stature, and in favour with God and man” (Luke 2:52). He grew in a balanced way, and so can all children and youth.

Help children and youth bring the Savior into all aspects of their lives—not just on the Sabbath. As they strive to make Jesus Christ the center of their lives, He promises to send the Holy Ghost to be their comforter and guide.

Ideally, following the Savior starts in the home. Church leaders can provide important support for individuals and families.



*“Jesus increased in wisdom and stature, and in favour with God and man.”*

Luke 2:52



## Home-Centered

Parents plan family experiences and conversations to teach the gospel of Jesus Christ and meet the unique needs of each child. This happens as families work and play together in ways that teach essential skills, strengthen character, and provide opportunities to grow.

### Encourage Growth

- Pray for guidance. Heavenly Father knows your children and will help you teach them.
- Help your children seek and recognize the influence of the Holy Ghost.
- Express love and frequently compliment your children in their efforts to do well and for the Christlike qualities you see in them.
- Look for opportunities to serve others as a family.

### Provide Guidance

- Help your children see how they can apply the gospel in all areas of their lives.
- Guide your children and encourage them to set their own goals and plans.
- Help them come up with their own solutions to problems.
- Offer support, help, and encouragement along the way.

### Talk with Leaders

Communicate with teachers and leaders to determine how they can best support your children. Be careful not to break any confidences with your children or embarrass them.

Find resources at [ChildrenandYouth.ChurchofJesusChrist.org](https://ChildrenandYouth.ChurchofJesusChrist.org).

“IT IS TIME FOR A  
HOME-CENTERED CHURCH,  
SUPPORTED BY WHAT  
TAKES PLACE INSIDE OUR  
BRANCH, WARD, AND STAKE  
BUILDINGS.”

PRESIDENT RUSSELL M. NELSON, “Opening  
Remarks,” *Ensign or Liahona*, Nov. 2018, 7







## Church-Supported

The role of the Church includes teaching the gospel of Jesus Christ, providing ordinances, and supporting the home. Leaders and teachers support parents by establishing strong, nurturing relationships with the children and youth they serve.

### Talk with the Parents

- Communicate informally with parents to find out how to support their children. Share strengths you notice.
- Ask what they hope their children will experience and learn in Aaronic Priesthood quorums, in Young Women classes, and at activities.

When parents are not active members of the Church:

- Explain to the parents this effort to support children and youth, and ask if and how they would like their children to be involved.
- Ask children or youth what kind of support they would like.
- Talk with the ward council about how to include the parents as much as possible.

### Support Children and Youth

- Help children and youth to recognize the influence of the Holy Ghost.
- Ask them what they want to learn and experience in quorums and classes and at activities.
- Encourage them to take the lead in planning and conducting activities.
- Support Aaronic Priesthood holders in fulfilling quorum responsibilities.

Find resources at [ChildrenandYouth.ChurchofJesusChrist.org](https://ChildrenandYouth.ChurchofJesusChrist.org).

**HOME-CENTERED**  
(Family)

Gospel  
Learning

Service  
and  
Activities

Personal  
Development

**CHURCH-SUPPORTED**  
(Leaders)



# Gospel Learning

## At Home

Personal and family scripture study and prayer will help children and youth feel and recognize the influence of the Holy Ghost and learn to love the Savior. Individuals and families are encouraged to use *Come, Follow Me—For Individuals and Families* and the words of living prophets to study the gospel of Jesus Christ.

## At Church

Children and youth meet together to learn the gospel of Jesus Christ. Children learn the gospel through class instruction and Primary singing time. Youth learn doctrine in classes and quorums. Children and youth are invited to share what they learn at home and to apply the gospel in their lives.



## Home-Centered

Prayer  
Scripture study  
Home evening  
Sabbath day  
Family history

## Church-Supported

Sabbath instruction  
Seminary



Find resources at [ComeFollowMe.ChurchofJesusChrist.org](https://ComeFollowMe.ChurchofJesusChrist.org).



# Service and Activities

## At Home

Service and activities establish righteous daily habits, build family relationships, teach life skills, develop Christlike attributes, and help children and youth grow. Family service and activities can focus on individual and family needs and provide opportunities to apply gospel principles in everyday experiences.

## At Church

Service—including Aaronic Priesthood holders officiating in the ordinance of the sacrament—and regular activities provide opportunities for youth to gather, learn new skills, accomplish difficult tasks, and build gospel-centered relationships with peers and leaders. These opportunities help children and youth grow spiritually, socially, physically, and intellectually and give meaningful





## Personal Development

### At Home

Children and youth choose what they can do to grow and learn to follow the Savior. Parents can help them recognize how they are already growing and where they may need to improve. All activities, including church, school, friendships, sports, the arts, work, and other individual interests can help children and youth follow Jesus Christ.

### At Church

Leaders love and serve each child and youth. Through caring relationships, leaders can provide a unique and powerful influence to support and encourage children and youth in their individual service and growth.

### Personal Development

#### Home-Centered

Personal goals  
Family goals  
Guidance  
Encouragement  
Love

#### Church-Supported

Guidance  
Encouragement  
Goal ideas  
Ward resources

Find resources for activities and goals at [ChildrenandYouth.ChurchofJesusChrist.org](http://ChildrenandYouth.ChurchofJesusChrist.org).

service to others. JustServe ([JustServe.org](http://JustServe.org)) is a valuable resource for community service opportunities.

Multiday activities for youth include For the Strength of Youth (FSY) conferences, youth conferences, camps, and other gatherings. These activities can help youth deepen their desire to follow the Savior, pull them out of their regular routines, and help them see that they are part of a larger group of youth who share righteous goals.

### Service and Activities

#### Home-Centered

Home evening  
Family service  
Family activities  
Ministering

#### Church-Supported

Ordinance of the sacrament  
Service and activity ideas  
JustServe  
Multiday activities  
Ministering assignments



## Adjust and Adapt

Each individual, family, and congregation is unique. What works best for one may not work for another. Do what works for your family, class, quorum, or ward. Talk about your opportunities and concerns, and seek revelation for how to tailor this initiative to help

individual children and youth reach their divine potential.

For example, children and youth will vary in how they approach personal growth: the type, number, and frequency of goals, as well as how much support they need, should be determined individually.

Classes and quorums also adapt to meet needs. In addition, the type and frequency of activities can vary according to local circumstances.



SEEK REVELATION  
MEET INDIVIDUAL NEEDS  
DO WHAT WORKS  
SIMPLIFY

*Keep it simple. Do what works.*

Find resources at [ChildrenandYouth.ChurchofJesusChrist.org](https://ChildrenandYouth.ChurchofJesusChrist.org).

"THE MESSAGE OF THE  
RESTORED GOSPEL OF  
JESUS CHRIST IS THAT WE  
CAN AND MUST EXPECT  
TO BECOME BETTER AS  
LONG AS WE LIVE."

PRESIDENT HENRY B. EYRING, "Our Perfect  
Example," *Ensign or Liahona*, Nov. 2009, 70



"WE FIND TRUE AND  
ENDURING JOY BY  
COMING TO KNOW  
AND ACTING UPON  
THE TRUTH ABOUT  
WHO WE ARE."

PRESIDENT DALLIN H. OAKS, "Truth and  
the Plan," *Ensign or Liahona*, Nov. 2018, 25

Find resources at [ChildrenandYouth.ChurchofJesusChrist.org](https://ChildrenandYouth.ChurchofJesusChrist.org).

## Motivation and Recognition

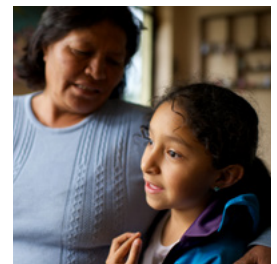
### Motivation

Children and youth will naturally be motivated as they feel loved, grow, improve, and feel the Holy Ghost in their lives. When change and growth become difficult for them, encourage them to look for ways to overcome challenges or adjust their plans. Strong and trusting relationships with parents, leaders, and peers can give them strength to keep trying.

### Recognition

As children and youth progress, praise their efforts and encourage them. Give them opportunities to share what they are learning, and celebrate their growth. In addition, all children and youth may receive items such as a ring or medallion to remind them that they are part of a worldwide group striving to follow Jesus Christ. As children and youth fulfill

spiritual, social, physical, and intellectual goals, they may receive additional emblems.



LISTEN  
PRAISE EFFORT  
CELEBRATE GROWTH  
LEARN FROM SETBACKS

# Home and Parents

## What is my role?

Be a righteous example to your children. Teach them how to grow in all areas of their lives. Find ways to help them learn the joy of keeping covenants, discovering new talents, and doing hard things. Help your family grow closer to Heavenly Father and Jesus Christ and live the gospel in daily life.

## What do I do?

Let your children know how much you love them. Be involved in their lives. Prayerfully identify their individual needs and plan gospel study and activities to address those needs. Regularly share your testimony with them. Talk with leaders about how they can help support your children.

## Where do I start?

Continue to talk with and listen to your children. Pray about how you can support them. Help them discover and begin working on areas of learning they are interested in. Start or continue family prayer, gospel study, service opportunities, and activities to help your children grow.



EXPRESS LOVE  
BE AN EXAMPLE  
SEEK REVELATION  
TEACH LIFE SKILLS  
CELEBRATE GROWTH  
PRAISE EFFORT

Find resources at [ChildrenandYouth.ChurchofJesusChrist.org](https://ChildrenandYouth.ChurchofJesusChrist.org).

"NO OTHER WORK  
TRANSCENDS THAT OF  
RIGHTEOUS, INTENTIONAL  
PARENTING!"

PRESIDENT RUSSELL M. NELSON, "The Sabbath  
Is a Delight," *Ensign* or *Liahona*, May 2015, 131







"THE ULTIMATE  
TREASURES ON EARTH  
AND IN HEAVEN ARE  
OUR CHILDREN AND  
OUR POSTERITY."

PRESIDENT DALLIN H. OAKS, "The Great  
Plan of Happiness," *Ensign*, Nov. 1993, 75

Find resources for activities at [Primary.ChurchofJesusChrist.org](https://Primary.ChurchofJesusChrist.org).

## Primary Leaders and Teachers

### What is my role?

Love and strengthen children. Assist parents in helping children feel Heavenly Father's love for them, understand the gospel of Jesus Christ, feel and recognize the influence of the Holy Ghost, and prepare to make and keep sacred covenants.

### What do I do?

Ensure that Primary classes and singing time help children feel the Spirit, increase in faith, and feel the joy of the gospel of Jesus Christ in their lives. With the areas of growth suggested in Luke 2:52 as a guide, plan fun and engaging service and activities that build testimonies, strengthen families, and foster unity and personal growth.

### Where do I start?

Get to know the children and their families, and minister to their needs. As a Primary presidency, prayerfully ask how you can help teachers, music leaders, and activity leaders help children follow the Savior.



TEACH DIVINE IDENTITY  
APPLY THE GOSPEL  
BUILD RELATIONSHIPS  
TEACH COVENANTS  
TEACH LIFE SKILLS

# Young Women Leaders

## What is my role?

Assist parents and the bishopric in guiding and inspiring young women to understand their identity as daughters of God, prepare for temple covenants, and fulfill their divine purposes. Guide class presidencies as they lead, minister to, and serve the members of their classes.

## What do I do?

Set an example as a disciple of Jesus Christ. Guide the class presidencies as they prayerfully plan and help teach lessons from *Come, Follow Me—For Young Women*. Encourage them to lead in planning and carrying out service and activities that will help young women to grow in all areas of their lives. Offer additional support to young women who need it.

## Where do I start?

Get to know the young women individually. Talk with the young women, their parents, and the bishopric about how you can support the young women's growth. Pray to know how you can help your class presidencies succeed in their callings.



TEACH DIVINE IDENTITY  
FULFILL WORK OF SALVATION  
PREPARE FOR DIVINE ROLES  
DEVELOP RESILIENCE  
TEACH LIFE SKILLS

Find resources at [YoungWomen.ChurchofJesusChrist.org](https://YoungWomen.ChurchofJesusChrist.org).



I AM A BELOVED  
DAUGHTER OF  
HEAVENLY PARENTS  
WITH A DIVINE  
NATURE AND  
ETERNAL DESTINY.





BE WITH THEM  
CONNECT THEM  
WITH HEAVEN  
LET THEM LEAD

Find resources at [YoungMen.ChurchofJesusChrist.org](http://YoungMen.ChurchofJesusChrist.org).

## Aaronic Priesthood Leaders

### What is my role?

Assist parents and the bishopric in preparing young men for ordination to priesthood offices, temple covenants, missions, and divine roles. Inspire them to understand their purpose and identity as sons of God. Guide quorum presidencies as they lead, minister to, and serve the members of their quorums and as they officiate in the ordinance of the sacrament.

### What do I do?

Set an example as a disciple of Jesus Christ. Guide the quorum presidencies as they exercise their keys, officiate in the ordinance of the sacrament, and prayerfully plan and help teach lessons from *Come, Follow Me—For Young Men*. Help them plan and carry out service and activities that will help the young men grow in all areas of their lives. Let them lead. Offer additional support to young men who need it.

### Where do I start?

Spend time with the young men. Get to know and love them individually. Talk with the bishopric, the young men, and their parents to determine how you can support them as they grow to become more like the Savior. Pray to know how you can help your quorum presidencies exercise their keys and succeed in their callings.



TEACH PRIESTHOOD DUTIES  
FULFILL WORK OF SALVATION  
PREPARE FOR DIVINE ROLES  
DEVELOP RESILIENCE  
TEACH LIFE SKILLS

# Sunday School Teachers

## What is my role?

Strive to help youth come unto Christ by learning and following His doctrine. Teach youth to understand, share, and live the gospel of Jesus Christ.

## What do I do?

Set an example as a disciple of Jesus Christ, and help youth build their faith. Encourage them to study the scriptures at home—individually and with their families. Help them prepare and teach doctrinal principles. Invite them to apply what they are learning to their personal development.

## Where do I start?

Strive to teach as the Savior did. Get to know the youth individually. Pray to know how you can help them grow to become more like the Savior. Strengthen class members and their parents in efforts to learn and teach the gospel at church and in their homes.



BUILD TESTIMONY  
TEACH OTHERS  
TEACH DOCTRINE  
STUDY SCRIPTURES  
BUILD RIGHTEOUS HABITS

Find resources at [SundaySchool.ChurchofJesusChrist.org](https://www.SundaySchool.ChurchofJesusChrist.org).

“SEEK LEARNING,  
EVEN BY STUDY AND  
ALSO BY FAITH.”

DOCTRINE AND COVENANTS 88:118



"WHEN WE ARE ENGAGED  
IN SERVICE TO OTHERS,  
WE THINK LESS ABOUT  
OURSELVES, AND THE  
HOLY GHOST CAN MORE  
READILY COME TO US."

PRESIDENT HENRY B. EYRING, "Inspired  
Ministering," *Ensign or Liahona*, May 2018, 64



Find resources at [ChildrenandYouth.ChurchofJesusChrist.org](http://ChildrenandYouth.ChurchofJesusChrist.org).

## The Bishopric and Quorum and Class Presidencies

### What is their role?

The bishopric is the presidency of the Aaronic Priesthood in the ward and is responsible for the young women and young men. Aaronic Priesthood quorum presidencies function with keys conferred when quorum presidents are set apart. Young Women class presidencies function under priesthood authority after they are set apart by a member of the bishopric.

### What do they do?

Presidencies should strive to be true disciples of Jesus Christ as they help each member of the quorum or class feel loved and discover the joy of living the gospel. Under the direction of the bishopric, quorum presidencies lead Aaronic Priesthood holders as they officiate in the ordinance of the sacrament. Both quorum and class presidencies lead in gathering Israel on both sides of the veil and in caring for those in need.

### Where do they start?

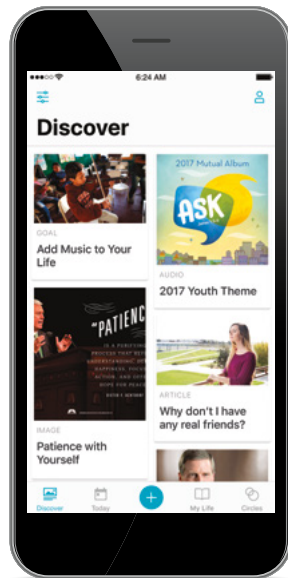
Presidencies learn their duties from the Lord and from their leaders. They pray for quorum or class members and get to know their needs. They support them in becoming disciples of Jesus Christ. They counsel together about which lessons, activities, and service will bless and strengthen the youth and bring unity to their quorums or classes.



MINISTER  
COUNSEL TOGETHER  
BUILD UNITY  
FULFILL DUTIES

## Resources to Help

Mobile, web, and print resources are available. Tools for goal setting, ideas for goals, ideas for service and activities at home and at church, safety guidelines, and instructions can be accessed by parents, adult leaders, quorum and class presidencies, and youth.



### Mobile App: Gospel Living

The Gospel Living mobile app (iOS and Android) is designed to be inspiring, engaging, fun, and relevant to everyday life. It supports a Christ-centered life through:

- Inspiring content
- Reminders
- Activity ideas
- Communication
- Journaling
- Personal goals

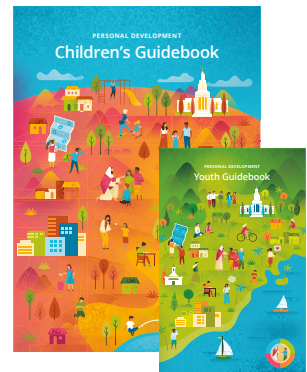
Search the Apple app store and Android app marketplace for Gospel Living (Church of Jesus Christ).



### Web: [ChildrenandYouth.ChurchofJesusChrist.org](http://ChildrenandYouth.ChurchofJesusChrist.org)

The Children and Youth development website provides resources to support parents, children, youth, and leaders.

- Parent and family resources
- Resources and examples for how to support and encourage children and youth
- Primary activity resources
- Service and activity guidelines, examples, and ideas
- Personal development (goal) examples and ideas
- Class and quorum presidency training resources
- Downloadable versions of print materials



### Print: Children and Youth Development

Where helpful, printed booklets are available to support the principles of Children and Youth development and help children and youth make plans for personal development.



## Continue on the Covenant Path

As youth move to the next stage of their lives, the Relief Society and the elders quorum will provide increased opportunities to find joy and growth as they work together to accomplish the work of salvation.

"ANYTIME YOU DO ANYTHING THAT HELPS ANYONE—ON EITHER SIDE OF THE VEIL—TAKE A STEP TOWARD MAKING COVENANTS WITH GOD . . . , YOU ARE HELPING TO GATHER ISRAEL."

PRESIDENT RUSSELL M. NELSON, "Hope of Israel," worldwide youth devotional, June 3, 2018, 15

## Elders Quorum



## Relief Society



WORKING TOGETHER,  
PARENTS AND LEADERS  
HELP CHILDREN AND YOUTH  
DEEPEN THEIR CONVERSION,  
BECOME WORTHY DISCIPLES  
OF THE LORD JESUS CHRIST,  
AND BECOME MEN AND  
WOMEN OF INTEGRITY.

THE CHURCH OF  
**JESUS CHRIST**  
OF LATTER-DAY SAINTS

