

# How Can I Know That Heavenly Father and Jesus Christ Accept Me?

## Why this topic?

Some of the sisters in your Relief Society might wonder at times if Heavenly Father and Jesus Christ know and love them. Perhaps you have felt this way at difficult times in your life. Think of the spiritual loneliness that can accompany such doubts. Contrast that loneliness with the joy and eternal sense of belonging you have felt when you have had an assurance that your Heavenly Father and your Redeemer love you and are aware of your needs. Consider how sisters' lives can change as they gain a greater assurance of God's love for them.

---

## Prepare for an inspiring meeting

When have you felt the reassurance that Heavenly Father cares about you?

What experiences are your sisters having that help them feel His love?

What situations or experiences may make it difficult to feel Heavenly Father's love? What can the Relief Society sisters do to help those who may be going through these experiences?

As you pray about and study the resources below, what impressions do you have about how to help the sisters feel the love of Heavenly Father and Jesus Christ?

[Isaiah 49:14–16](#); [1 Peter 5:6–7](#); [1 Nephi 11:17](#); [D&C 18:10–16](#); [88:63](#) (assurances that Heavenly Father and Jesus Christ care about us individually)

[Luke 19:1–10](#); [John 4:1–29](#); [8:1–11](#); [20:11–17](#); [3 Nephi 11:9–15](#); [17:5–25](#) (examples of the Savior's love for individuals)

President Thomas S. Monson, "[Consider the Blessings](#)," *Ensign* or *Liahona*, Nov. 2012,

86–89; "[We Never Walk Alone](#)" *Ensign* or *Liahona*, Nov. 2013, 121–24

President Dieter F. Uchtdorf, "[You Matter to Him](#)," *Ensign* or *Liahona*, Nov. 2011, 19–22

Video: "[He Knows Me](#)"

[Teachings of Presidents of the Church: Spencer W. Kimball](#) (2006), 82, paragraph beginning "God does notice us"

### Teaching in the Savior's Way

The Savior shared simple stories, parables, and real-life examples to teach in a way that made sense to His disciples. What personal experiences can you share with the sisters you teach to help them understand principles of the gospel you are teaching?

---

## Begin the meeting

As you begin the meeting, think about how to help your sisters recognize the spiritual growth happening in their own lives and in their families. You could ask them to share what they have

thought about or done as a result of last week's meeting, or you could prepare them for today's discussion by asking them to talk about experiences they have had in which they felt that Heavenly Father and Jesus Christ care about them.

---

### **Ideas for learning together**

How will you encourage sisters to share their thoughts and feelings about recognizing God's love in their lives? Consider using one or more of the following ideas. As you consider the needs of your sisters, you may also be inspired to develop other ideas.

- Before class, sisters could review one of the talks listed above and prepare to share what they have learned and experienced as a result of that talk. They could discuss what they can do to more fully feel the love of Heavenly Father and Jesus Christ. What can they do to help family members and others feel this love?
  - Sisters could read (silently or in small groups) some of the scriptures listed above and look for and discuss what the passages teach about how Heavenly Father and Jesus Christ feel about individuals. They could also share other scriptures they know that teach about this topic.
  - Sisters could review President Thomas S. Monson's talk "[We Never Walk Alone](#)" and the [statement](#) by President Spencer W. Kimball listed in the resources above. You could invite them to tell about times when they have felt prompted to serve others or when others have felt prompted to serve them. What have these experiences taught them about Heavenly Father and Jesus Christ?
- 

### **Take action**

Help the sisters think about how to apply what they have learned individually, in their families, and in your Relief Society. How could they take action this week to feel Heavenly Father's love? For example, you might ask:

- What has helped you feel close to Heavenly Father in the past? What challenges has He helped you overcome?
- What personal goals do you have to strengthen your relationship with your Heavenly Father this week?
- Are there others in your home who need to feel what you have felt today? How will you reach out to them?

You may want to ask class members to share other specific actions they feel inspired to take individually or in their families to feel the love of the Lord.

### Assigned Topics for Relief Society

During the week, you may want to send out a reminder (through email, text message, or social media) to invite members to act on what they have learned and to share additional learning and teaching resources.

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