YOUNG WOMEN
RESOURCE GUIDE
2010

SUPPLEMENTAL MATERIALS
FOR MANUAL 2
The following resources have been selected to assist leaders in making the doctrine and principles in Young Women Manual 2 relevant to the issues young women are facing, current with prophetic teachings, and applicable to the lives of all young women. These resources have been designed for use in conjunction with the lessons. Prayerfully choose resources that will engage each young woman in learning and help strengthen faith and testimonies.

Some lessons may be expanded to more than one week or reinforced in midweek activities to address the specific needs of your young women. Activity settings are a good way to apply and practice living gospel principles. Consider teaching lessons on the Savior during the Easter and Christmas seasons.

Lesson 1: Drawing Closer to Jesus Christ

**Discussion Questions**
- When have I felt the Savior's love for me? What were the circumstances?
- What can I change in my life to draw closer to Jesus Christ?

**Additional Resources**
- Robert D. Hales, “Gaining a Testimony of God the Father; His Son, Jesus Christ; and the Holy Ghost,” *Ensign* and *Liahona*, May 2008, 29–32. Consider using this talk by Elder Hales as a replacement for the story.
- *For the Strength of Youth* (pamphlet, 2001), 40.

**Experiences**
- Prepare a picture of the Savior for each young woman to use at home or school as a reminder of the lesson. (Note: Church magazines are good sources for pictures.)

**Teaching Tip**
Young women will better understand and apply doctrines when they study and experience them outside of class. After teaching the doctrine on Sunday, consider having the young women work on a corresponding goal or activity from Personal Progress during a weekday activity (see the experiences listed in this guide). Invite the young women to share their experiences during the first few minutes of the next class period.

Lesson 2: Spiritual Gifts

**Discussion Questions**
- How can I identify what my spiritual gifts are?
- How can I celebrate other peoples’ gifts, rather than be threatened by them?
- How can I use my spiritual gifts to bless the lives of others?

**Additional Resources**
- *For the Strength of Youth* (pamphlet, 2001), 40.
- Moroni 10:8–17; Doctrine and Covenants 46:8–33.

**Experiences**
- Personal Progress: Individual Worth value experience 7.
- The week after this lesson is taught, the young women could be invited to share what they did to strengthen their spiritual gifts or how they were able to share their gifts with others. An appropriate time to do this could be at the beginning of class.

Lesson 3: Building the Kingdom of God

**Discussion Questions**
- What examples of sacrifice have I observed in the lives of people I know? What have I learned from these examples?
- What sacrifices have I made for something of greater worth?
- What have I learned from my own sacrifices?

**Additional Resources**

**Experiences**
- Personal Progress: Integrity value experience 6.
- *For the Strength of Youth* (pamphlet, 2001), 32–33.

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Lesson 4: Obeying Commandments Helps Us Fulfill Our Divine Roles

**Discussion Questions**

- What motivates me to stay true to gospel principles even when it is unpopular to do so and I have to stand alone?
- Why should I be obedient to the Lord even though I don’t always understand why?
- When has my life been blessed by keeping a specific commandment?

**Additional Resources**

- Alma 57:21; Helaman 3:35; Doctrine and Covenants 64:34.

**Experience**

- Personal Progress: Divine Nature value experience 2; Divine Nature value project, bullet 3; Individual Worth value experience 2.

Lesson 5: Home Environment

**Discussion Questions**

- How can I help my family create a home environment where the Spirit can dwell?
- What homemaking skills and life skills do I need to learn to make home life less stressful and to increase my family’s sense of well-being? In what ways will learning these skills help me in my future home?

**Additional Resources**

- For the Strength of Youth (pamphlet, 2001), 10–11.

**Experiences**

- Personal Progress: Divine Nature value project, bullets 1, 4; Integrity value experience 7.
- Invite the young women to share or demonstrate a homemaking skill or life skill they worked on during the week. This could be done on a weekday activity or at the beginning of class the following week.

**Teaching Tip**

Giving young women opportunities to share and testify during class invites the Spirit. At different times during class, consider having one or two young women summarize what they are learning and share how they feel about it.

Lesson 6: Sharing Work in the Home

**Discussion Questions**

- How has doing my share of the work been a blessing to others in my home?
- How does my attitude affect my work? How does my attitude about helping at home impact my family’s attitudes about work?
- How could I use my time more wisely to contribute more to the work in my home?

**Additional Resources**

- For the Strength of Youth (pamphlet, 2001), 10–11.
- Alma 36:25; Doctrine and Covenants 58:27.

**Experiences**

- Personal Progress: Knowledge value project, bullets 1, 5; Choice and Accountability value project, bulletin 5; Good Works value experiences 1–2; Good Works value project, bullet 2.
- At the beginning of class the following Sunday, you could ask the young women to report on a task they performed during the prior week without being asked.

Lesson 7: Living in Love and Harmony

**Discussion Questions**

- What experiences have I had where I was treated in a Christlike manner? What were the results of these experiences?
- What are some ways Christ would have me treat my family? How would this affect my family?

**Additional Resources**

- For the Strength of Youth (pamphlet, 2001), 6.

**Experiences**

- Personal Progress: Divine Nature value experience 5; Individual Worth value experience 3; Good Works value experience 5.

Lesson 8: Improving Communication Skills

**Discussion Questions**

- What prevents me from communicating effectively with my family?
- How does technology help and hinder effective communication with my family?
Lesson 9: A Young Woman as a Peacemaker In Her Home

**Discussion Questions**
- What could bring the spirit of peace into my home?
- What am I doing to bring peace and harmony to my family?
- How can I be a peacemaker among my ward family, especially among the young women in our class?

**Additional Resources**
- 3 Nephi 12:9; Doctrine and Covenants 64:9–11.

**Experience**

Lesson 10: The Priesthood: A Great Blessing

**Discussion Questions**
- Who in my life has been an example of a worthy priesthood holder? Why?
- What blessings do I have in my life because of the priesthood?
- How do young men become qualified to receive priesthood power? How can I help them become and remain worthy of this sacred trust?

**Additional Resources**
Lesson 13: Patriarchal Blessings

**Discussion Questions**

- Why would the Lord want me to have a patriarchal blessing?
- How can I better understand and participate in the fulfillment of my blessing?
- When and with whom is it appropriate for me to share my patriarchal blessing? (see *True to the Faith* [2004], 113).

**Additional Resources**

- “Help can come to you from many sources. One is your patriarchal blessing. Such a blessing contains chapters from your book of eternal possibilities. Read your blessing frequently. Study it carefully. Be guided by its cautions. Live to merit its promises” (p. 114).

**Experience**

- Personal Progress: Individual Worth value experience 6.

Lesson 14: The Blessings of the Temple

**Discussion Questions**

- What blessings can come into my life by attending the temple—now and in the future?
- What can I do now to prepare to receive the blessings obtained in the temple?
- How have I felt when I have been to sacred places like temples or temple grounds?

**Additional Resources**

- Doctrine and Covenants 109, 138.

**Experience**

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

Lesson 15: Temple Marriage

**Discussion Questions**

- What can I do now to prepare for a temple marriage?
- Why is it a commandment to have a temple marriage?
- How would I explain to a friend the difference between a temple marriage and a civil marriage?

**Additional Resources**


**Experience**

- Personal Progress: Integrity value project, bullet 4; Integrity value experience 1.

Lesson 16: Journals

**Discussion Questions**

- What would I want my posterity to know about my life that I could write in a journal?
- Why is it important to include inspirational thoughts and sacred experiences in my journal?

**Additional Resources**


**Experience**

- Consider having each young woman take to Mutual an excerpt from a journal (her mother’s, her grandmother’s, another relative’s, or her own) and share lessons learned. (Note: Be sensitive to privacy issues.)

Lesson 17: Keeping Family History Records

**Discussion Questions**

- What can I learn about my life as I learn about my ancestors?
- What are different ways I can gather and compile my family history?

**Additional Resources**


**Experiences**

- Personal Progress: Individual Worth value experience 5.
• Encourage the young women to have a family home evening where they record important details about their own lives, learn about their ancestors, or complete a family pedigree chart.

Lesson 18: *A Heritage of Righteous Traditions*

**Discussion Questions**

• What family traditions and practices strengthen my family?
• What righteous traditions could I establish to strengthen my future family?

**Additional Resources**

• Alma 57:21, 26–27; Helaman 5:12.

**Experience**

• Personal Progress: Integrity value experience 7; Good Works value experience 2.

Lesson 19: *Preparing to Teach Others*

**Discussion Questions**

• What are the results of sharing the gospel with others?
• In what ways can I share the gospel with others? How can I prepare for such opportunities?

**Additional Resources**

• 2 Nephi 33:1; Mosiah 23:14; Doctrine and Covenants 88:77–80, 118.

**Experience**

• Personal Progress: Knowledge value project, bullet 4.

Lesson 20: *Sharing the Gospel*

**Discussion Questions**

• How would I explain the Book of Mormon to a friend?
• What barriers would keep me from sharing the gospel with others?
• What gospel topics can I discuss with my nonmember friends?

**Teaching Tip**

*Young women are more likely to participate meaningfully when they are asked to look for something as they search the scriptures and the words of the prophets. Consider having them look for specific principles or other details as they read. For example, you could say, “As you read these verses, look for . . .” After they read, ask them to share what they found* (see Teaching, No Greater Call [1999], 55).

**Additional Resources**

• True to the Faith (2004), 104–6.
• Mosiah 28:1–3; Doctrine and Covenants 88:81.

**Experience**

• Personal Progress: Good Works value experience 7.
• Role-play situations where the young women share the gospel with their friends.

Lesson 21: *Sustaining Missionaries through Letters*

Teach lesson 21 as a midweek activity rather than during Sunday instruction. On Sunday, teach a lesson on virtue using the following resources:

**Resources**

• True to the Faith (2004), 29–33.
• Personal Progress: Virtue value experiences 1–4.

Lesson 22: *Counseling with the Lord*

**Discussion Questions**

• What can I do to improve my prayers and prepare to receive answers?
• What do I know about my Heavenly Father that encourages me to go to Him in prayer?
• In what ways has Heavenly Father answered my prayers?

**Additional Resources**

• True to the Faith (2004), 118–23.
• 2 Nephi 4:34–35; Alma 37:37.

**Experience**

• Personal Progress: Faith value experience 1; Choice and Accountability value experiences 1, 5; Integrity value experience 2.
Lesson 23: Fasting Brings Blessings

**DISCUSSION QUESTIONS**

- How could I explain to a friend the reasons why I fast?
- How is fasting a part of repentance? (see True to the Faith [2004], 67).

**ADDITIONAL RESOURCES**


“Fasting, coupled with mighty prayer, is powerful. It can fill our minds with the revelations of the Spirit. It can strengthen us against times of temptation. . . . Fasting and prayer can help develop within us courage and confidence. It can strengthen our character and build self-restraint and discipline. Often when we fast, our righteous prayers and petitions have greater power. Testimonies grow. We mature spiritually and emotionally and sanctify our souls. Each time we fast, we gain a little more control over our worldly appetites and passions. . . . Fasting and prayer can help us in our families and in our daily work. They can help us magnify our callings in the Church” (Ensign, 73; Liahona, 88).


**EXPERIENCE**

- Personal Progress: Integrity value experience 6.

Lesson 24: Revelation in Our Daily Lives

**DISCUSSION QUESTIONS**

- What barriers keep me from being in tune with the Spirit?
- In what ways do promptings of the Spirit come?
- What results have I experienced when I have acted upon a prompting?

**ADDITIONAL RESOURCES**

- DVD, On the Lord’s Errand (2008; item 08043 090), biography of President Thomas S. Monson.

**EXPERIENCES**

- Personal Progress: Choice and Accountability value experience 5; Integrity value experience 2.
- Review sections from For the Strength of Youth (pamphlet, 2001), identifying the blessings of the Holy Ghost that are received by being obedient to these standards.

Lesson 25: The Law of Sacrifice

**DISCUSSION QUESTIONS**

- What examples of sacrifice have I observed in the lives of people I know? How have these sacrifices blessed my life?
- What are the purposes and benefits of sacrifice?

**ADDITIONAL RESOURCES**


“The story of the widow of Zarephath is an example of extreme poverty used to teach the doctrine that mercy cannot rob sacrifice any more than it can rob justice. In fact, the truer measure of sacrifice isn't so much what one gives to sacrifice as what one sacrifices to give (see Mark 12:43). Faith isn’t tested so much when the cupboard is full as when it is bare. In these defining moments, the crisis doesn't create one’s character—it reveals it. The crisis is the test” (p. 34).

- For the Strength of Youth (pamphlet, 2001), 34–35.

**EXPERIENCES**

- Personal Progress: Faith value experience 3.
- You could take the first few minutes of class to discuss the following question: How have you expressed gratitude to your parents or someone close to you for a sacrifice they made on your behalf?

Lesson 26: The Sacrament

**DISCUSSION QUESTIONS**

- What does it mean to partake of the sacrament worthily? How does taking the sacrament relate to my baptism?
- How can I prepare for the sacrament, and what can I do during the sacrament to make it more meaningful?
- How can consistently partaking of the sacrament every week bless my life?

**ADDITIONAL RESOURCES**

- True to the Faith (2004), 147–49.
Lesson 27: Strengthening Testimony through Obedience

Discussion Questions

- How does obedience lead to a stronger testimony of the gospel?
- What are some ways I can influence my friends and family members to be more obedient?
- How can I strengthen myself when those around me choose not to obey the commandments?

Additional Resources

- Matthew 7:24–27; 1 Nephi 3:7; Alma 31:5; Helaman 5:12.

Experiences

- Personal Progress: Integrity value experience 1.
- Write your testimony or review the testimony you have written in your Personal Progress guidebook or in your journal.

Lesson 28: Agency

Discussion Questions

- What rewards or blessings have I received from making correct choices?
- How does keeping the commandments give me more freedom? How does disobedience take away my freedom?
- What do I need to do or change in my life so that it is easier to choose the right?
- What are some ways my choices affect the lives of others?

Additional Resources


“Individual agency is so sacred that Heavenly Father will never force the human heart, even with all His infinite power. Man may try to do so, but God does not. To put it another way, God allows us to be the guardians, or the gatekeepers, of our own hearts. We must, of our own free will, open our hearts to the Spirit, for He will not force Himself upon us” (p. 33).

- True to the Faith (2004), 12.

Lesson 29: Exaltation

Discussion Questions

- What ordinances have I received and what ordinances are still needed for me to achieve exaltation?
- If repentance allows me to come back, why should I worry now about staying on the path to exaltation?

Additional Resources

- Teachings of Presidents of the Church: Joseph Smith (2007), 207–16.
- True to the Faith (2004), 52–53. Read and discuss the section “Within Your Reach.”
- For the Strength of Youth (pamphlet, 2001), 40–42.
- John 3:16; 17:3; 2 Nephi 9:39; Moroni 7:41; Doctrine and Covenants 50:5; 132:49.

Experiences

- Personal Progress: Faith value experience 6.
- Encourage the young women to practice the invitation given by the Young Women presidency in the January 2009 New Era and Liahona regarding the Mutual theme to “Be thou an example of the believers” (1 Timothy 4:12). Invite the young women to report back on how prayer, reading the Book of Mormon, and smiling helped them stay on the path to exaltation.

Lesson 30: Strengthening Testimony through Service

Discussion Questions

- What simple acts of service have others done for me this week?
- In what ways can I serve my family and others?
- How can one righteous young woman impact the world?

Additional Resources

- For the Strength of Youth (pamphlet, 2001), 38.
Lesson 31: The Law of the Land

**Discussion Questions**
- Why is it important that I am aware of and participate in community issues? (see Mosiah 29:25–32).
- What civil laws am I asked to obey, and how can my example in obeying these laws affect the actions of others?
- What is my responsibility when I see others disobeying the laws?

**Additional Resources**
- *For the Strength of Youth* (pamphlet, 2001), 26–27.

**Experience**
- During a Mutual activity, learn more about the laws youth are asked to live. Consider role-playing situations related to the third question above.

The next five lessons relate directly to the standards in *For the Strength of Youth*. Help the young women understand what the doctrine and prophetic words are that support these standards, and help them understand how following gospel standards will help them in their daily lives.

Lesson 32: The Importance of Life

**Discussion Questions**
- How does understanding my role as a woman in the divine process of creation affect the way I live my life and care for my body?
- How do I explain to my friends my belief that all life is sacred and that abortion is a sin? What are the exceptional circumstances that justify abortion? (see *True to the Faith* [2004], 4).

**Additional Resources**

**Teaching Tip**
Young women are more likely to participate meaningfully when they complete an individual task and then share what they learned. For example, you may ask them to search scriptures on their own, write answers or impressions, or think about answers to a question. They could then share their thoughts with the entire class, in small groups, or with others at home (see Teaching, No Greater Call, 161).

Lesson 33: The Sacred Power of Procreation

**Discussion Questions**
- What blessings can I have from staying morally pure?
- What are the small decisions I can make that will guard me against the temptation of immorality?

**Additional Resources**
- For the Strength of Youth (pamphlet, 2001), 26–27.

**Experiences**
- Personal Progress: Virtue value experience 1.
- Role-play situations where young women explain the Lord’s standards of chastity and virtue to others.

Lesson 34: Hold Fast to the Lord’s Standards

**Discussion Questions**
- How can I help my friends keep the Lord’s standards?
- The world asks me to be tolerant of everyone’s actions and beliefs. In what circumstances does the Lord ask me to make judgments of ideas, situations, and people? (see *True to the Faith* [2004], 90–91).
- How does my example in living the Lord’s standards affect how others feel about the Church?

**Additional Resources**

**Experiences**
- Personal Progress: Integrity value experience 5.
- Read Alma 47. Discuss how we can be “poisoned by degrees,” ending in a failure to live the Lord’s standards.
Lesson 35: Wise Choices

**Discussion Questions**
- What are the choices I am making as a young woman that will affect me throughout the rest of my life?
- When has the Holy Ghost helped me to make a wise choice?
- How are my choices impacting others?

**Additional Resources**
- *For the Strength of Youth* (pamphlet, 2001), 4–5.

**Experience**
- Personal Progress: Individual Worth value experience 2.

Lesson 36: Honesty

**Discussion Questions**
- What does it mean to be honest?
- When in my life am I tempted to be dishonest?
- How are some people in the world living a double life?
- What are the blessings of making my actions consistent with my beliefs “at all times and in all things, and in all places”? (Mosiah 18:9; see *True to the Faith* [2004], 84).

**Additional Resources**
- *For the Strength of Youth* (pamphlet, 2001), 31.

**Experience**
- Personal Progress: Integrity value experiences 2, 4.
- Have a joint discussion with young men and young women on honesty, integrity, and how to help one another avoid the worldly trap of living dual lives.

Lesson 37: Maintaining Chastity through Righteous Living

**Discussion Questions**
- What does the media teach about chastity?
- Why are sexual sins considered “extremely serious”? (*For the Strength of Youth* [pamphlet, 2001], 26–27).
- What decisions do I need to make now to help me remain chaste and worthy for future temple blessings?

**Additional Resources**
- *For the Strength of Youth*, 26–27.

**Experience**
- Personal Progress: Choice and Accountability value project, bullet 3; Virtue value experience 1.

Lesson 38: Physical Health

**Discussion Questions**
- How does the notion of moderation apply to physical health and well being (such as nutrition, exercise, and sleep)?
- How can maintaining physical health help me fulfill my divine roles?
- What am I doing to maintain a healthy body? What can I improve?

**Additional Resources**
- James E. Faust, “The Power to Change,” *Ensign and Liahona*, Nov. 2007, 122–24. This article by President Faust could be used to address addictions.

**Experience**
- Personal Progress: Knowledge value project, bullet 3.
- Provide an opportunity for the young women to learn about nutritious meal planning and preparation.

Lesson 39: Preventing Disease

This lesson may be used as the basis of a Mutual activity. Consider inviting a physician or nurse to visit with the young women about current health issues and practical helps to maintain a healthy lifestyle and prevent disease. Or consider inviting a physical and mental health care professional to discuss eating disorders, addictions, and other issues facing your young women.

Lesson 40: Self-Mastery

**Discussion Questions**
- What habits have the prophets asked us to develop that exhibit self-mastery? (*For the Strength of Youth* [pamphlet, 2001], 40–42). What are the promises related to these habits?
- How can Personal Progress be a tool to help me develop self-mastery?
Lesson 41: Optimism

Discussion Questions

- What do I know about God's plan of salvation that can help me have an optimistic attitude about life?
- What can I do to stay cheerful and optimistic during challenging times?
- What are the blessings of having a cheerful countenance?

Additional Resources

- 2 Nephi 31:20; Ether 12:4–9, 23, 27.

Experience

- Personal Progress: Faith value experience 6; Individual Worth value experience 1.

Lesson 42: Gratitude and Appreciation

Discussion Questions

- What gifts and opportunities has the Lord given me? How would my life be different without these blessings?
- How does expressing gratitude to others and to God bless me?
- How do I show gratitude to my parents, my friends, my Heavenly Father, and others?

Additional Resources


“Every woman has been endowed by God with distinctive characteristics, gifts, and talents in order that she may fulfill a specific mission in the eternal plan” (p. 101).
Lesson 45: Participating in the Cultural Arts

Have the young women plan and participate in an activity focusing on cultural arts. Give them an opportunity to develop and share their skills and talents or to learn the etiquette associated with enjoying the arts at museums, concerts, or other events in your area.

Lesson 46: Financial Responsibility

Discussion Questions
- What are the dangers of buying something now and paying for it later?
- What can I do to avoid going into debt?
- Why is paying tithing an act of faith?

Additional Resources
- True to the Faith (2004), 48–49.

Experiences
- Personal Progress: Knowledge value experience 2; Choice and Accountability value experience 7.
- Consider having a joint Young Men–Young Women discussion on debt, credit cards, interest, banking, and other financial matters. Encourage the youth to make a list of their financial needs over the next few years until their adulthood and make a plan to meet those needs.
- For the Strength of Youth (pamphlet, 2001), 34–35.

Lesson 47: An Uplifting Environment

Discussion Questions
- What do I need to add to or eliminate from my living space that would help me have a more uplifting environment?
- How can media spiritually pollute my life? What should I do to improve my media environment?

Additional Resources
- L. Lionel Kendrick, “Christlike Communications,” Ensign, Nov. 1988, 23–24. Replace the lesson’s opening demonstration with a discussion of Christlike communication as described in the following quotation:
  “Christlike communications are expressed in tones of love rather than loudness. They are intended to be helpful rather than hurtful. They tend to bind us together rather than to drive us apart. They tend to build rather than to belittle” (p. 24).
- For the Strength of Youth (pamphlet, 2001), 22–23.

Experiences
- Personal Progress: Good Works value experience 4; Choice and Accountability value project, bullet 3.
Lesson 49: Valuing and Encouraging People with Disabilities

DISCUSSION QUESTIONS

• What character traits or skills do I have or need that will help me serve those with disabilities?
• What could I do to help someone with a disability feel useful and needed, appreciated and wanted?
• What have I learned from those who have disabilities?

ADDITIONAL RESOURCES

• Mosiah 4:15.

EXPERIENCES

• Personal Progress: Good Works value experiences 3, 6; Divine Nature value project, bullet 2.
• Consider learning how to do sign language for “I Am a Child of God” (Hymns, no. 301) or another Church hymn.
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