

*YOUNG WOMEN
RESOURCE GUIDE
2011*

*SUPPLEMENTAL MATERIALS
FOR MANUAL 3*

Preparation and Teaching Tips

Preparing to Teach

- **Prepare yourself spiritually.** Pray for the Spirit to guide your thoughts as you prepare the lesson. Listen for ideas and promptings. Keep your life in harmony with the covenants you have made and the principles you teach. Your personal example and your modesty will be a model for young women to follow and will often teach more than the lesson you are sharing.
- **Prepare to teach the doctrine.** Study the doctrine in the lesson and in the resources listed. Consider the needs and questions of your young women in regard to the doctrine and principles you will be teaching. Prayerfully identify one or two principles that will bless and strengthen the young women in your class and best meet these needs (see Jacob 1:17). As Young Women leaders, we assist parents and priesthood leaders in meeting the needs of young women. One way to do this is by helping them understand how the doctrines apply in their lives and how the doctrines help answer their questions.
- **Plan to engage young women in learning.** Young women gather each Sunday to increase their gospel understanding, to recognize how the gospel answers their daily questions, to have opportunities to feel the Spirit, and to strengthen and share their testimonies. This happens as a teacher invites young women to participate in the learning process and act upon that learning in their daily lives. Plan in advance how you will involve young women in the learning process, engage them in discussion on gospel principles, and invite the Spirit to confirm truth (see *Teaching, No Greater Call* [1999], 61–90). Arrange the room so it is conducive to discussion. Invite young women to bring their scriptures, *For the Strength of Youth*, and their Personal Progress book to use during the lesson.

Teaching the Lesson

- **Begin with prayer.** You may occasionally give the prayer yourself. Invite the Spirit to be with you as you learn.
- **Testify often of the principles you teach.** You can bear testimony without saying, “I bear testimony” or “I have a testimony.” You can use phrases such as “I’ve found this principle to be true,” “I feel the Spirit more when I . . .” or “As I live this principle, I am blessed.”
- **Learn together.** Use methods you have prepared to engage the young women in learning. Focus on the scriptures and the words of the prophets.
- **Share.** Invite young women to share how the doctrine answers their questions and how the Young Women values and standards found in *For the Strength of Youth* relate to these doctrines.
- **Accept and Act.** Invite young women to pray about the principles being taught in order to strengthen their own testimonies and receive guidance on how these principles apply to their personal lives and their future. Also encourage young women to act upon their learning in their daily life. This could include participation in Personal Progress or an activity that helps them practice the principle. Be sure to follow up on assignments.
- **Follow the Spirit.** Remember the Holy Ghost is the true teacher. You are an instrument through which the Spirit can teach, testify, and confirm truth. Humbly follow the promptings of the Spirit as you teach.
- **Close with prayer.**

Young Women Resource Guide 2011

The following resources have been selected to supplement the lessons in *Young Women Manual 3* and provide Young Women leaders with updated general conference references, discussion questions, and additional scripture references that are applicable and relevant for issues young women are facing today. Prayerfully choose resources that will engage young women in learning and help them strengthen their 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. If there are specific and immediate needs facing your young women or issues priesthood leaders would like to address, the order in which the lessons are taught may be adjusted to meet these needs. Consider teaching lessons about the Savior during the Easter and Christmas seasons. In the week following each general conference and the general Young Women meeting, take time to discuss the recent words of the prophets, other General Authorities, and general Young Women leaders.

LESSON 1

God the Father

Discussion Questions

- What experiences have you had when you have felt close to Heavenly Father in prayer? during scripture study? at church? at home? at school? in happy times? in times of stress and adversity?
- What experiences have you had when your knowledge of Heavenly Father's love has helped you choose the right?

General Conference Addresses

- Dieter F. Uchtdorf, "The Love of God," *Ensign*, Nov. 2009, 21–24.
- Robert D. Hales, "Seeking to Know God, Our Heavenly Father, and His Son, Jesus Christ," *Ensign*, Nov. 2009, 29–32.

Additional Resources

- *True to the Faith: A Gospel Reference* (2004), 74–76.

Accept and Act

- What will you do this week to show your love for Heavenly Father? How might continuing to show your love for Him bring you blessings?
- Personal Progress: Divine Nature value experience 1; Individual Worth value experience 1.

LESSON 2

Coming to Know the Savior

Discussion Questions

- What stories from the scriptures show how the Savior has ministered to others and how He will minister to you?
- How can you show Christlike love for others?

General Conference Addresses

- Quentin L. Cook, "We Follow Jesus Christ," *Ensign*, May 2010, 83–86.
- D. Todd Christofferson, "Born Again," *Ensign*, May 2008, 76–79.

Additional Resources

- *True to the Faith* (2004), 87–89.

Accept and Act

- Show Christlike love for a member of your family this week. Later, report your experience to a parent or leader.
- Personal Progress: Faith value experience 5; Faith value project, bullet 1; Divine Nature value experience 4.

Note to teachers: In discussing our Savior and His role in our lives, please make sure young women understand that we pray to God, our Father in Heaven, that we pray to Him in the name of Jesus Christ, and that we do not pray to Jesus Christ. Do not try to make young women distinguish between spiritual feelings for Heavenly Father or for Jesus Christ; all spiritual promptings come through the Holy Ghost. It is the responsibility of the Holy Ghost to bear testimony of Their reality and Their love.

LESSON 3

Living the Gospel Daily

Discussion Questions

- How do the standards in *For the Strength of Youth* help you live the gospel each day? (Identify specific standards and their blessings.)
- When your friends are not doing what is right, what can you say or do that will help them want to choose the right?

General Conference Addresses

- Henry B. Eyring, “Walk in the Light,” *Ensign*, May 2008, 123–25.
- Mary N. Cook, “A Virtuous Life—Step by Step,” *Ensign*, May 2009, 117–19.
- Ann M. Dibb, “Be of a Good Courage,” *Ensign*, May 2010, 114–16.

Additional Resources

- Joshua 24:15; Luke 9:23.
- *True to the Faith* (2004), 108–9.

Accept and Act

- What standard will you try to live better this week? What will you do to live this standard?
- Personal Progress: Faith value experience 3; Choice and Accountability value experience 2; Integrity value project, bullet 3.

LESSON 4

Preparing to Become an Eternal Companion

Discussion Questions

- How do the choices you make now help prepare you for the future? How can the Spirit guide you in these choices?
- What is virtue? Why is it important to you? Why is it important to your family now and in the future? Why is it important to your Father in Heaven?

General Conference Address

- Dieter F. Uchtdorf, “Your Happily Ever After,” *Ensign*, May 2010, 124–27.

Additional Resources

- Proverbs 31:10–31; D&C 121:45.
- *True to the Faith* (2004), 97–101.

Accept and Act

- Come prepared next week to share how a choice you have made has helped you be guided by the Spirit.
- Personal Progress: Divine Nature value experiences 2, 6; Individual Worth value experience 4; Virtue value experience 3.

LESSON 5

Creating a Spiritual Environment in the Home

Discussion Questions

- When have you felt peace in your home or in someone else’s home? What may have been the reasons for that feeling?
- Which standards in *For the Strength of Youth* can help you create an environment in your home that will invite the Spirit?
- How can the temple be a pattern for your home now and your future home?

General Conference Addresses

- David A. Bednar, “More Diligent and Concerned at Home,” *Ensign*, Nov. 2009, 17–20.
- Gary E. Stevenson, “Sacred Homes, Sacred Temples,” *Ensign*, May 2009, 101–3.
- Ann M. Dibb, “Be Thou an Example of the Believers,” *Ensign*, May 2009, 114–16. Consider using this talk to supplement the second half of the lesson.

Additional Resources

- D&C 88:119.

Accept and Act

- What will you do this week to make your home more peaceful?
- Personal Progress: Divine Nature value experience 3; Choice and Accountability value project, bullet 3; Integrity value experience 7.

LESSON 6

A Woman’s Responsibility to Teach

Discussion Questions

- Who is one person who has helped you choose to do right or helped you overcome a problem? What attributes of Christ does this person exemplify?
- What experiences have you had when you have felt the Spirit and helped someone do what is right or overcome a problem?

General Conference Addresses

- L. Tom Perry, “Mothers Teaching Children in the Home,” *Ensign*, May 2010, 29–31.
- Russell T. Osguthorpe, “Teaching Helps Save Lives,” *Ensign*, Nov. 2009, 15–17.

Accept and Act

- What can you do to teach others through your positive example?
- Seek an appropriate opportunity to teach someone who wants to learn. Later, share your experience with a parent or leader.
- Personal Progress: Faith value experience 2; Knowledge value experience 1; Good Works value experience 4.

LESSON 7

Our Purpose in Life

Discussion Questions

- As a daughter of God, what divine roles and responsibilities do you have now and in the future?
- How does your patriarchal blessing help you understand why you are here, what is expected of you, and the blessings Heavenly Father has prepared for you if you live worthily?
- How does knowing your purpose in life and your potential as a daughter of God affect the choices you make each day?

General Conference Addresses

- Dieter F. Uchtdorf, “Happiness, Your Heritage,” *Ensign*, Nov. 2008, 117–20.
- Elaine S. Dalton, “Remember Who You Are!” *Ensign*, May 2010, 120–23.

Additional Resources

- *Young Women Personal Progress* (booklet, 2009), 1, paragraph 1.

Accept and Act

- Read Doctrine and Covenants 9:7–9. Seek Heavenly Father’s help as you make a decision or find an answer to a question.
- Personal Progress: Divine Nature value experience 1; Divine Nature value project, bullet 3; Individual Worth value experience 4.

LESSON 8

Eternal Families

Discussion Questions

- What qualities do you look for in a young man that will help create a successful marriage?
- What can you do now to develop those same qualities in yourself?

General Conference Addresses

- Russell M. Nelson, “Ask, Seek, Knock,” *Ensign*, Nov. 2009, 81–84. Use the story of the father’s conversion.
- David A. Bednar, “Watching with All Perseverance,” *Ensign*, May 2010, 40–43.

Accept and Act

- Read the talk by Elder Bednar that is listed above. Follow the principles Elder Bednar teaches as you study a few chapters of the Book of Mormon.
- Study “The Family: A Proclamation to the World” (*Ensign*, Nov. 1995, 102) and list the roles of men and women in a family.
- Personal Progress: Individual Worth value experience 3; Choice and Accountability value experience 1.

LESSON 9

Encouraging Family Unity

Discussion Questions

- What have you seen families do to bring unity into their homes?
- If you feel upset or angry with a family member or about something else, what can you do to feel the Spirit and build unity in your family?

General Conference Addresses

- Henry B. Eyring, “Our Perfect Example,” *Ensign*, Nov. 2009, 70–73.
- M. Russell Ballard, “Mothers and Daughters,” *Ensign*, May 2010, 18–21.

Additional Resources

- 3 Nephi 11:28–29; 1 Nephi 5:1–6; Mosiah 4:14–15.

Accept and Act

- Do one thing this week that will increase unity in your family.
- Personal Progress: Divine Nature value experiences 3, 7; Divine Nature value project, bullet 5.

LESSON 10

Encouraging Enjoyable Family Activities

Discussion Questions

- What can you do to make family activities more enjoyable?
- When you are busy with school, work, and Church activities, what can you do to find time for family activities?

General Conference Address

- Thomas S. Monson, “What Have I Done for Someone Today?” *Ensign*, Nov. 2009, 84–87.

Additional Resources

- Study “The Family: A Proclamation to the World” (*Ensign*, Nov. 1995, 102). You may want to study specifically the seventh paragraph. Ask the young women what “divine design” means. Identify the following:
 - Nine ways to achieve happiness in family life
 - Three responsibilities Heavenly Father has ordained for men
 - A mother’s primary responsibility
 - Teachings in the proclamation about equality
- *For the Strength of Youth* (booklet, 2001), 10–11.

Accept and Act

- Organize or participate in a family activity this week. This could be as simple as helping prepare a meal, eating dinner together, playing games, or just talking.
- Personal Progress: Faith value experience 3.

LESSON 11

Extended Family Relationships

Discussion Questions

- What are some enjoyable experiences you have with extended family?
- What are some things you can do to strengthen your relationships with extended family members, such as grandparents, aunts, uncles, and cousins?

General Conference Address

- Russell M. Nelson, “Generations Linked in Love,” *Ensign*, May 2010, 91–94.

Accept and Act

- Do something this week to improve your relationship with a member of your extended family.
- Personal Progress: Faith value project, bullet 3; Divine Nature value experience 6.

LESSON 12

The Blessings of the Priesthood

Discussion Questions

- How can the priesthood bless your life and the lives of others daily?
- When is it appropriate to ask for a priesthood blessing?

General Conference Addresses

- Henry B. Eyring, “Be Ready,” *Ensign*, Nov. 2009, 59–62.
- Boyd K. Packer, “The Power of the Priesthood,” *Ensign*, May 2010, 6–10.
- Dallin H. Oaks, “Healing the Sick,” *Ensign*, May 2010, 47–50.

Additional Resources

- *True to the Faith* (2004), 124–28.
- Consider inviting a member of the bishopric or another priesthood holder approved by the bishop to talk to the young women about the blessings of the priesthood.

Accept and Act

- Personal Progress: Faith value project, bullet 1.

LESSON 13

The Priesthood Can Bless Families

Discussion Questions

- Why is it important for you to marry a worthy priesthood holder?
- What are some ways you can encourage young men to honor the priesthood?

General Conference Addresses

- M. Russell Ballard, “Fathers and Sons: A Remarkable Relationship,” *Ensign*, Nov. 2009, 47–50.
- David L. Beck, “The Magnificent Aaronic Priesthood,” *Ensign*, May 2010, 54–56.

Accept and Act

- Consider discussing priesthood holders who can help a young woman when a priesthood holder isn’t in her home.
- Invite the young women to share experiences when the priesthood has blessed their homes and lives. Ask them why they would want that influence in their own homes in the future.

LESSON 14

We Have a Wonderful Legacy

Discussion Questions

- Which persons in the Book of Mormon do you admire? What is their legacy or example of faith that you hope to follow?
- What are you doing now that will help bring honor to your family?
- What will you want your children and grandchildren to know and remember about you?

General Conference Addresses

- Dieter F. Uchtdorf, “Faith of Our Father,” *Ensign*, May 2008, 68–70, 75.
- L. Tom Perry, “The Past Way of Facing the Future,” *Ensign*, Nov. 2009, 73–76.
- Marcos A. Aidukaitis, “Because My Father Read the Book of Mormon,” *Ensign*, Nov. 2008, 15–17.

Accept and Act

- Write a letter to your future children, sharing the legacy you would like to leave to them.
- Personal Progress: Faith value project, bullet 3; Individual Worth value experience 6.

LESSON 15

Blessings of the House of Israel

Discussion Questions

- What does it mean to be a member of the house of Israel? How did you become a member of the house of Israel?
- What blessings of the house of Israel are given to those who go to the temple?

General Conference Address

- David A. Bednar, “Becoming a Missionary,” *Ensign*, Nov. 2005, 44–47.

Additional Resources

- Russell M. Nelson, “Identity, Priority, and Blessings,” *Ensign*, Aug. 2001, 6–12.
- *For the Strength of Youth* (2001), 2–3.

Accept and Act

- Read Abraham 1:2 and select one of the traits in Abraham’s life that qualified him for the blessings he received. How can you develop these characteristics?

- Personal Progress: Faith value experience 4; Choice and Accountability value experiences 2, 6.

LESSON 16

Temple Endowment

Discussion Questions

- What is an endowment? What do you think the temple endowment will mean in your life?
- In what ways does attending the temple bless people in their everyday lives?
- How does worthily going to the temple to do baptisms and confirmations for the dead help prepare you to receive the temple endowment?

General Conference Addresses

- Richard G. Scott, “Temple Worship: The Source of Strength and Power in Times of Need,” *Ensign*, May 2009, 43–45.
- David A. Bednar, “Honorably Hold a Name and Standing,” *Ensign*, May 2009, 97–100.

Additional Resources

- D&C 88:119–20; 109:22.
- *True to the Faith* (2004), 170–74.

Accept and Act

- Place a picture of the temple in your room. Earn and wear your Young Women medallion as a reminder to prepare for the temple endowment.
- Personal Progress: Good Works value experience 5; Good Works value project, bullet 3; Integrity value experience 3; Virtue value experience 3.

LESSON 17

Preparing to Attend the Temple

Discussion Questions

- How can the standards in *For the Strength of Youth* help you be worthy to attend the temple?
- How do you obtain a temple recommend to perform baptisms and confirmations for the dead? Is this the same recommend you will use when you are ready to be endowed?
- What are some things you can do each day to focus on your goal to be worthy to attend the temple and receive the endowment?

General Conference Address

- Silvia H. Allred, “Holy Temples, Sacred Covenants,” *Ensign*, Nov. 2008, 112–14.

Additional Resources

- Russell M. Nelson, “Prepare for Blessings of the Temple,” *Ensign*, Mar. 2002, 17–23.
- *True to the Faith* (2004), 170–74.

Accept and Act

- Choose one standard in *For the Strength of Youth* that will help you prepare to attend the temple, and focus on living that standard more faithfully.
- Personal Progress: Choice and Accountability value experience 6; Integrity value experience 1; Integrity value project, bullet 4.

LESSON 18

Temple Marriage

Discussion Questions

- What blessings will a temple marriage bring to your future family?
- Why must all who enter the temple be virtuous?
- What daily choices will help you prepare for a temple marriage?

General Conference Addresses

- Russell M. Nelson, “Celestial Marriage,” *Ensign*, Nov. 2008, 92–95.
- Elaine S. Dalton, “A Return to Virtue,” *Ensign*, Nov. 2008, 78–80.

Additional Resources

- David A. Bednar, “Marriage Is Essential to His Eternal Plan,” *Ensign*, June 2006, 82–87.
- “The Family: A Proclamation to the World,” *Ensign*, Nov. 1995, 102, paragraph 7.
- Consider inviting an individual or a couple to discuss with young women the blessings of a temple marriage. Seek the bishop’s approval before extending this invitation.

Accept and Act

- Personal Progress: Individual Worth value experience 4; Good Works value experience 5; Virtue value experience 2.

LESSON 19

Heritage

Discussion Questions

- What are some traditions in your family or in other families that foster unity and help invite the influence of the Spirit?
- How can you help your family develop and keep wholesome traditions that will foster faith, love, and unity?

General Conference Addresses

- Thomas S. Monson, “Abundantly Blessed,” *Ensign*, May 2008, 111–12.
- Henry B. Eyring, “The Enduring Legacy of Relief Society,” *Ensign*, Nov. 2009, 121–25.
- Russell M. Nelson, “Generations Linked in Love,” *Ensign*, May 2010, 91–94.
- Cheryl C. Lant, “Righteous Traditions,” *Ensign*, May 2008, 13–14.

Additional Resources

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

Accept and Act

- Identify and write down a family tradition that you would like to continue with your future family.
- Personal Progress: Faith value experience 2; Individual Worth value project, bullet 1; Integrity value experience 7.

LESSON 20

Understanding a Missionary's Responsibilities

Discussion Questions

- What can you do to prepare to be a missionary now and in the future?
- How can you support and encourage young men to prepare for a mission and remain worthy of the Spirit?

General Conference Addresses

- L. Tom Perry, "Raising the Bar," *Ensign*, Nov. 2007, 46–49.
- David A. Bednar, "Becoming a Missionary," *Ensign*, Nov. 2005, 44–47.
- Ronald A. Rasband, "The Divine Call of a Missionary," *Ensign*, May 2010, 51–53.

Additional Resources

- *True to the Faith* (2004), 104–6.
- D&C 88:77–80.

Accept and Act

- Ask a former missionary to share what he or she thinks can make a mission successful. Next week in class share what you learn.
- Personal Progress: Individual Worth value experience 3; Good Works value experience 1.

LESSON 21

Learning to Share the Gospel

Discussion Questions

- What keeps you from sharing the gospel? How can you overcome these fears and concerns?
- In what ways can your good example lead someone to want to learn about the gospel?

General Conference Addresses

- Quentin L. Cook, "Our Father's Plan—Big Enough for All His Children," *Ensign*, May 2009, 34–38.
- Brent H. Nielson, "A Call to the Rising Generation," *Ensign*, Nov. 2009, 95–97.

Additional Resources

- *True to the Faith* (2004), 104–6.
- Alma 17:2–3; 38:10–15; D&C 4:5–6.

Accept and Act

- Pray for and seek an opportunity to share your thoughts about a standard in *For the Strength of Youth* with a non-member friend this week.
- Personal Progress: Knowledge value experience 4; Good Works value experience 7.

LESSON 22

Eternal Perspective

Note to leaders: You may want to reverse the order of lessons 22 and 23 and teach first "Overcoming Opposition" and how young women can draw closer to Heavenly Father in times of trial. Then teach the lesson on "Eternal Perspective" and how Heavenly Father blesses young women as they ponder His plan of salvation in light of their trials and difficulties.

Discussion Questions

- What is the plan of salvation?
- What are some ways the plan of salvation has helped you understand difficulties in life, such as illness, personal trials, worldly influences, and death?
- How does having an eternal perspective affect your choices each day?

General Conference Addresses

- Thomas S. Monson, "May You Have Courage," *Ensign*, May 2009, 123–27.
- Dieter F. Uchtdorf, "We Are Doing a Great Work and Cannot Come Down," *Ensign*, May 2009, 59–62.

Additional Resources

- *For the Strength of Youth* (2001), 40–42.
- D&C 122:5–9; Hebrews 11:13; Ether 12:19; Alma 12:32.
- *True to the Faith* (2004), 115–17.

Accept and Act

- Ponder and then write in your journal about a time when your understanding of the plan of salvation helped you face a trial in your life. Express your feelings about the plan of salvation in your journal or in prayer.
- Personal Progress: Faith value experience 6; Individual Worth value experience 2; Choice and Accountability value experience 1.

LESSON 23

Overcoming Opposition

Discussion Questions

- What are some trials you have had that brought you closer to Heavenly Father?
- How have you dealt with sorrow or disappointment in your life? What makes trials and adversities easier?
- Think about people in the Book of Mormon who faced trials. What can you learn from their responses to trials?

General Conference Addresses

- Thomas S. Monson, “Be of Good Cheer,” *Ensign*, May 2009, 89–92.
- Henry B. Eyring, “Adversity,” *Ensign*, May 2009, 23–27.
- Quentin L. Cook, “Hope Ya Know, We Had a Hard Time,” *Ensign*, Nov. 2008, 102–6.
- Mary N. Cook, “Never, Never, Never Give Up!” *Ensign*, May 2010, 117–19.

Additional Resources

- *True to the Faith* (2004), 8–11.
- Alma 32:12.

Accept and Act

- Personal Progress: Good Works value experience 3; Integrity value experience 7.

LESSON 24

Agency

Discussion Questions

- When you face a trial or decision, how can you know which choices are right?
- Matthew 4:1–11 is an account of Satan tempting Jesus Christ. What methods did Satan use to try to tempt the Savior? How in like ways does Satan tempt you?
- How do your choices for right or wrong influence you, your family, your friends, and your future opportunities?

General Conference Addresses

- M. Russell Ballard, “Learning the Lessons of the Past,” *Ensign*, May 2009, 31–34.
- Jeffrey R. Holland, “Place No More for the Enemy of My Soul,” *Ensign*, May 2010, 44–46.
- Ann M. Dibb, “Hold On,” *Ensign*, Nov. 2009, 79–81.

Additional Resources

- *True to the Faith* (2004), 12, 174–76.
- *For the Strength of Youth* (2001), 4–5.
- 2 Nephi 2:27–28.

Accept and Act

- List some experiences during the past week in which you were able to make righteous decisions. What helped you make those decisions? As appropriate, share one or two of these experiences in family home evening or in class.
- Personal Progress: Choice and Accountability value experiences 3, 5.

LESSON 25

Obedience

Discussion Questions

- How do your friends influence your desire to be obedient?

- How does your obedience influence your ability to make a positive difference in the lives of others? How does your obedience today influence your opportunities in the future?

General Conference Addresses

- Dallin H. Oaks, “Love and Law,” *Ensign*, Nov. 2009, 26–29.
- D. Todd Christofferson, “The Power of Covenants,” *Ensign*, May 2009, 19–23.
- Elaine S. Dalton, “Come Let Us Go Up to the Mountain of the Lord,” *Ensign*, May 2009, 120–23. “I truly believe that one virtuous young woman, led by the Spirit, can change the world” (123).

Additional Resources

- *True to the Faith* (2004), 108–9.
- 1 Nephi 3:7.

Accept and Act

- Identify one standard in *For the Strength of Youth* that is difficult for you and your friends to live. Find and underline the blessings of being obedient to that standard.
- Personal Progress: Choice and Accountability value experiences 1, 5.

LESSON 26

Repentance

Consider taking more than one week on this important principle.

Discussion Questions

- What should you do if you think you need to repent? Who can help you?
- What would you say to a friend who is planning to sin and repent later?

General Conference Addresses

- Henry B. Eyring, “Help Them on Their Way Home,” *Ensign*, May 2010, 22–25.
- Dieter F. Uchtdorf, “A Matter of a Few Degrees,” *Ensign*, May 2008, 57–60.
- Jeffrey R. Holland, “None Were with Him,” *Ensign*, May 2009, 86–88.
- Neil L. Andersen, “Repent . . . That I May Heal You,” *Ensign*, Nov. 2009, 40–43.

Additional Resources

- *For the Strength of Youth* (2001), 29–30.
- *True to the Faith* (2004), 132–35.
- Invite the bishop or branch president to participate in the lesson.
- 2 Nephi 2:6–7.

Accept and Act

- Before you partake of the sacrament each Sunday, ponder the great blessings of the Lord in your life and let your heart be filled with gratitude for His life and Atonement. You may also review your week and ask Heavenly Father for forgiveness as

necessary. Then when you partake of the sacrament you will be prepared to do exactly what the sacrament prayer says: witness that you are willing to take the name of Jesus Christ upon you, promise to always remember Him, and keep His commandments. Make the ordinance of the sacrament a time to think of Jesus Christ and not about yourself.

- Personal Progress: Faith value experience 3; Divine Nature value experience 4; Choice and Accountability value experience 4; Virtue value experience 4.

Note to leaders: When teaching young women about repentance and forgiving others, prayerfully consider the following. Abuse in multiple forms (physical, emotional, mental, sexual—including that in cyberspace) is on the rise. President Gordon B. Hinckley taught that we can love the person who sins but not the act of sinning (see “The Fabric of Faith and Testimony,” *Ensign*, Nov. 1995, 89). Young women must understand that forgiveness does not mean condoning the abuser’s activity or continuing to be a victim to abuse.

LESSON 27

Forgiving Ourselves

Discussion Questions

- Why is it hard for people to forgive themselves? Why is it important to forgive ourselves?
- What do you know about Heavenly Father and Jesus Christ that encourages you, after truly repenting, to forgive yourself? (See D&C 18:13.)
- How does a better understanding of the Atonement of Jesus Christ help you forgive yourself?

General Conference Addresses

- Dieter F. Uchtdorf, “Point of Safe Return,” *Ensign*, May 2007, 99–101.
- Richard G. Scott, “He Lives! All Glory to His Name!” *Ensign*, May 2010, 75–78.
- L. Whitney Clayton, “That Your Burdens May Be Light,” *Ensign*, Nov. 2009, 12–14.

Additional Resources

- *True to the Faith* (2004), 70–72.

Accept and Act

- Personal Progress: Divine Nature value experience 1; Knowledge value experience 4.

LESSON 28

Consecration and Sacrifice

Discussion Questions

- What are some examples of sacrifice you have seen in the lives of people in the scriptures? in the lives of people you know? How did their sacrifice bless their lives and the lives of others?
- In Malachi 3:8 the question is asked “Will a man rob God?” In what ways is it robbing God when you don’t use the talents He has given you to build up His kingdom?

General Conference Addresses

- Thomas S. Monson, “May You Have Courage,” *Ensign*, May 2009, 123–27.
- Neal A. Maxwell, “Consecrate Thy Performance,” *Ensign*, May 2002, 36–38.

Additional Resources

- *True to the Faith* (2004), 149–50.
- D&C 64:23.
- *For the Strength of Youth* (2001), 34.

Accept and Act

- Read the story of the widow’s mite (Mark 12:41–44). Ponder the sacrifices you can and do make in your life that will help build the kingdom of God and bless your life as well.
- Personal Progress: Good Works value experiences 3, 6.

LESSON 29

A Change of Heart

Discussion Questions

- What does it mean to have a change of heart? (See Mosiah 3:19; 5:1–2.) Why do we all need to have a change of heart?
- Think of individuals in the Book of Mormon who experienced a change of heart. Also think of times when you have felt a change of heart. How does this change affect people’s lives and the lives of those around them?

General Conference Addresses

- Dale G. Renlund, “Preserving the Heart’s Mighty Change,” *Ensign*, Nov. 2009, 97–99.
- Ann M. Dibb, “Be Thou an Example of the Believers,” *Ensign*, May 2009, 114–16.

Additional Resources

- *For the Strength of Youth* (2001), 40–42.
- *True to the Faith* (2004), 40–43.
- Ezekiel 36:26; Alma 5:14, 26.

Accept and Act

- Prayerfully ponder ways you can prepare for a change of heart. If you desire, write your feelings in your journal.
- Personal Progress: Divine Nature value experience 7; Choice and Accountability value experiences 2, 5; Virtue value experience 3.

LESSON 30

Scripture Study

Discussion Questions

- What are some ways that the scriptures, especially the Book of Mormon, can bless you and guide your life?
- How can you use what you read in the scriptures to help you make righteous choices in your daily life?

General Conference Addresses

- Thomas S. Monson, “Be Your Best Self,” *Ensign*, May 2009, 67–70.
- Julie B. Beck, “My Soul Delighteth in the Scriptures,” *Ensign*, May 2004, 107–9.

Additional Resources

- *True to the Faith* (2004), 155–56.
- Alma 37:5–8; Mosiah 1:5–7.

Accept and Act

- For one week, read the Book of Mormon at least five minutes a day. Report your progress and how it has helped you.
- Personal Progress: Individual Worth value experience 1; Choice and Accountability value experience 1; Virtue value project.

LESSON 31

Service in the Church

Discussion Questions

- What are some ways you can serve in the Church besides having a calling?
- What are some of the blessings you have received through the service of Church leaders and teachers?

General Conference Addresses

- Thomas S. Monson, “What Have I Done for Someone Today?” *Ensign*, Nov. 2009, 84–87.
- Dieter F. Uchtdorf, “You Are My Hands,” *Ensign*, May 2010, 68–70, 75.
- Dallin H. Oaks, “Unselfish Service,” *Ensign*, May 2009, 93–96.

Additional Resources

- *True to the Faith* (2004), 161–62.

Accept and Act

- Share a positive experience from your service in the Church and what you learned from the experience.
- Personal Progress: Good Works value experiences 1, 4, 6; Good Works value project, bullet 5.

LESSON 32

Service in the Community

Note to leaders: Please remember the home is also a community, and the most important service we can ever give is in our own homes.

Discussion Questions

- Why should we serve in our communities? (See Mosiah 18.)
- In what ways has your service made a difference in others’ lives and your own life?
- What are some ways you can serve in your community?

General Conference Addresses

- Dieter F. Uchtdorf, “Lift Where You Stand,” *Ensign*, Nov. 2008, 53–56.
- Quentin L. Cook, “Stewardship—a Sacred Trust,” *Ensign*, Nov. 2009, 91–94.
- Steven E. Snow, “Service,” *Ensign*, Nov. 2007, 102–4.

Additional Resources

- *For the Strength of Youth* (2001), 38.
- Have the young women read, underline, and discuss the following scriptures on service: Luke 10:30–37 and Mosiah 2:17.
- *True to the Faith* (2004), 161–62.

Accept and Act

- Find a way to serve others in your home or school this week. Share your experience with a parent or leader.
- Personal Progress: Good Works value experiences 2, 3, 6; Good Works value project, bullet 5.

LESSON 33

Each Person Is Divine and Eternal

Discussion Questions

- What are some of the attributes of God?
- What are some of the attributes we have inherited from our Father in Heaven?
- How does knowing that Heavenly Father loves all His children influence the way you treat them?

General Conference Addresses

- Joseph B. Wirthlin, “Concern for the One,” *Ensign*, May 2008, 17–20.
- Susan W. Tanner, “Daughters of Heavenly Father,” *Ensign*, May 2007, 106–9.

Accept and Act

- Identify someone who is lonely or left out. Show genuine interest or do something kind for that person.
- Personal Progress: Divine Nature value experience 1; Individual Worth value experiences 2, 3.

Note to leaders: Help young women understand how they can acknowledge the worth of others without tolerating the sins of others or being a victim of abuse. See note on lesson 26.

LESSON 34

Avoiding Dishonesty

Discussion Questions

- What does it mean to be honest “at all times and in all things, and in all places”? (See Mosiah 18:9 and Richard C. Edgley, “Three Towels and a 25-Cent Newspaper,” *Ensign*, Nov. 2006, 72–74.)
- What are some of the blessings of being honest?

Marriage Standards

Discussion Questions

- What are the standards for marriage outlined in “The Family: A Proclamation to the World”? What can you do to follow these standards?

General Conference Addresses

- Russell M. Nelson, “Celestial Marriage,” *Ensign*, Nov. 2008, 92–95.
- F. Burton Howard, “Eternal Marriage,” *Ensign*, May 2003, 92–94.

Accept and Act

- Ponder and pray about the standards for marriage. Consider writing in your journal the spiritual qualities you desire in your future husband. Make a plan for how you will develop these spiritual qualities yourself.
- Personal Progress: Choice and Accountability value experiences 2, 6; Integrity value experience 1.

The Word of God as a Standard

Discussion Questions

- What are some of the standards in *For the Strength of Youth* that have been most helpful to you in combating the challenges of the world? How have these standards strengthened you?
- When you feel alone in living the standards, how can you keep the influence of the Spirit and feel confident? Where can you go for support?

General Conference Addresses

- Dieter F. Uchtdorf, “A Matter of a Few Degrees,” *Ensign*, May 2008, 57–60.
- Jeffrey R. Holland, “Safety for the Soul,” *Ensign*, Nov. 2009, 88–90.
- D. Todd Christofferson, “The Blessing of Scripture,” *Ensign*, May 2010, 32–35.

Additional Resources

- *For the Strength of Youth* (2001), 4–5.
- Mosiah 4:29–30.

Accept and Act

- Discuss with a friend or family member how the scriptures and words of the prophets are the standards for today.
- Personal Progress: Choice and Accountability value project, bullet 1; Integrity value experience 7; Virtue value experience 1.

- What are some ways the world accepts and rewards dishonesty? What are some of the painful consequences of dishonesty?

General Conference Addresses

- D. Todd Christofferson, “Moral Discipline,” *Ensign*, Nov. 2009, 105–8.
- Joseph B. Wirthlin, “Life’s Lessons Learned,” *Ensign*, May 2007, 45–47.
- H. David Burton, “Let Virtue Garnish Your Thoughts,” *Ensign*, Nov. 2009, 76–78.

Additional Resources

- *For the Strength of Youth* (2001), 31.
- *True to the Faith* (2004), 84.
- Acts 5:1–11.

Accept and Act

- During the next week, focus on being honest “at all times and in all things, and in all places” (Mosiah 18:9). Be prepared to discuss in class examples of honesty that you may have observed.
- Personal Progress: Choice and Accountability value experience 5; Integrity value experiences 2, 4.

Dating Decisions

Discussion Questions

- In what ways will the righteous decisions you make now about dating protect you and prepare you to be temple worthy?
- What are the blessings of making righteous dating decisions now? How will your choices in who to date influence your thoughts and behavior?
- How can appropriate dating help you prepare for a successful marriage?

General Conference Address

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

Additional Resources

- Thomas S. Monson, “Whom Shall I Marry?” *New Era*, Oct. 2004, 4–7.
- *For the Strength of Youth* (2001), 24–25.
- *New Era* special issue, April 2010: “Dating for Beginners.”

Accept and Act

- Read and report on an article in the *New Era* special issue, April 2010: “Dating for Beginners.”
- Personal Progress: Choice and Accountability value project, bullet 2; Integrity value project, bullet 3.

Good Health Habits

Discussion Questions

- What are the differences between the world's approach to health and beauty and the Lord's approach?
- How does maintaining good physical health now affect you and your future family?
- How can studying the Word of Wisdom help you maintain good health?

General Conference Addresses

- L. Tom Perry, "Let Him Do It with Simplicity," *Ensign*, Nov. 2008, 7–10.
- Elaine S. Dalton, "Remember Who You Are!" *Ensign*, May 2010, 120–23.

Additional Resources

- *For the Strength of Youth* (2001), 36–37.
- *True to the Faith* (2004), 186–88.
- D&C 89:10–12; Daniel 2:8, 12–15.

Accept and Act

- Do one thing this week to be healthier. Set a goal to live this principle by seeking additional ways to live more healthfully.
- Personal Progress: Knowledge value project, bullet 3; Good Works value experience 2.

Recognizing Our Individual Worth

Consider addressing the topic of modesty as part of this lesson.

Discussion Questions

- How does the Young Women theme teach us about our worth?
- How does understanding the worth of others in God's sight help you be inclusive and kind to others?
- What could you say to help a friend who does not feel that God loves her?

General Conference Addresses

- Thomas S. Monson, "May You Have Courage," *Ensign*, May 2009, 123–27.
- M. Russell Ballard, "Mothers and Daughters," *Ensign*, May 2010, 18–21.
- Jeffrey R. Holland, "To Young Women," *Ensign*, Nov. 2005, 28–30.
- David A. Bednar, "The Tender Mercies of the Lord," *Ensign*, May 2005, 99–102.

Accept and Act

- During a weekday activity, discuss and define good compliments and invite the young women to write and share compliments for each girl in the class.
- Personal Progress: Individual Worth value experiences 3, 4, 7.

Loving Ourselves and Others

Discussion Questions

- What are some ways that realizing your worth as an individual and daughter of God helps you be kind and sensitive to others?
- What is the difference between being confident and being prideful?

General Conference Addresses

- Thomas S. Monson, "To the Rescue," *Ensign*, May 2001, 48–50.
- Dieter F. Uchtdorf, "You Are My Hands," *Ensign*, May 2010, 68–70, 75.

Accept and Act

- Make a list of talents that Heavenly Father has blessed you with. Look for an appropriate way to share one of your talents with others this week. (Remind the young women that talents can include being kind, waking up cheerfully, speaking with respect, keeping confidences, and so forth.)
- Personal Progress: Divine Nature value experience 7; Divine Nature value project, bullet 2; Individual Worth value experience 3.

Being Dependable

Discussion Questions

- Which standards in *For the Strength of Youth* teach about being dependable?
- How will establishing the habit of being dependable help you now and in the future?

General Conference Addresses

- Henry B. Eyring, "Act in All Diligence," *Ensign*, May 2010, 60–63.
- Robert D. Hales, "Our Duty to God: The Mission of Parents and Leaders to the Rising Generation," May 2010, 95–98.

Additional Resources

- D&C 107:99–100.

Accept and Act

- What are some things you could do to become more dependable? Try to improve in one area this week.
- Personal Progress: Integrity value experiences 4, 5.

Preparing for Change

Discussion Questions

- Which difficult changes have you experienced (such as a death in the family or moving to a new school)? What helped you adjust to those changes?
- How have you felt God's love during difficult changes?

General Conference Addresses

- Richard G. Scott, “To Acquire Spiritual Guidance,” *Ensign*, Nov. 2009, 6–9.
- Steven E. Snow, “Get On with Our Lives,” *Ensign*, May 2009, 81–83.

Accept and Act

- Look for someone at home, school, or Church who is going through some changes. Pray for a way to serve or support this person.
- Personal Progress: Individual Worth value experience 4; Knowledge value experiences 2, 5.

LESSON 43

Associations with Others

Discussion Questions

- Think of a person you consider to be charitable and who has good social skills. What is this person like? What does he or she do to understand, help, and interact with others?
- How can texting and other social networking activities interfere or help with developing wholesome relationships with others?

General Conference Addresses

- Thomas S. Monson, “May You Have Courage,” *Ensign*, May 2009, 123–27.
- Koichi Aoyagi, “Helping Hands, Saving Hands,” *Ensign*, May 2010, 36–37.
- Margaret S. Lifferth, “Respect and Reverence,” *Ensign*, May 2009, 11–13.

Additional Resources

- David A. Bednar, “Things as They Really Are,” *Ensign*, June 2010, 16–25.
- Matthew 22:36–40.

Accept and Act

- For one week, be aware of your use of a cell phone, television, and the Internet. Seek positive ways to interact more in person with others. Prioritize responsibilities, such as homework and chores.
- Personal Progress: Good Works value experience 3; Divine Nature value experience 7; Integrity value project, bullet 3.

LESSON 44

Avoid Crisis Living

Discussion Questions

- In what areas of your life do you procrastinate? What affect does it have on you and on those around you?
- How do you choose between “good, better, and best”? (See Dallin H. Oaks, “Good, Better, Best,” *Ensign*, Nov. 2007, 104–8.)

General Conference Addresses

- Thomas S. Monson, “School Thy Feelings, O My Brother,” *Ensign*, Nov. 2009, 62, 67–69.
- Robert D. Hales, “Becoming Provident Providers Temporally and Spiritually,” *Ensign*, May 2009, 7–10.

Additional Resources

- Robert D. Hales, “Ten Axioms to Guide Your Life,” *Ensign*, Feb. 2007, 26–31 (consider using this talk as a resource for lessons 44–46).

Accept and Act

- For one week, complete home, school, or Church assignments ahead of time.
- Personal Progress: Knowledge value projects, bullets 2, 4.

LESSON 45

Choosing a Vocation

You may want to use this lesson for a Mutual activity.

Discussion Questions

- Why have prophets counseled us to “get all the education we can”?
- What are some jobs that are related to your goals, interests, and talents?
- What do you need to do now to start planning for a potential future job?
- In what ways will getting an education help you in your role of nurturing children?

General Conference Addresses

- Gordon B. Hinckley, “The Perpetual Education Fund,” *Ensign*, May 2001, 51–53.
- Barbara Thompson, “Mind the Gap,” *Ensign*, Nov. 2009, 118–20.

Additional Resources

- *For the Strength of Youth* (2001), 9.

Accept and Act

- Seek the assistance of LDS Employment Resource Services to hold an activity for young women.
- Personal Progress: Knowledge value experiences 2, 5.

LESSON 46

Money Management

You may want to use this lesson for a Mutual activity.

Discussion Questions

- How do you define the difference between a want and a need?
- What are some things you can do to use your money wisely or plan for future needs?
- How does paying tithing help you manage your money wisely?

General Conference Address

- Joseph B. Wirthlin, “Earthly Debts, Heavenly Debts,” *Ensign*, May 2004, 40–43.

Additional Resources

- *All Is Safely Gathered In: Family Finances* (pamphlet; available at providentliving.org).
- *One for the Money: A Guide to Family Finances* (booklet; available at providentliving.org).
- *True to the Faith* (2004), 48–49.

Accept and Act

- Have a conversation with your parents about money management.
- Personal Progress: Choice and Accountability value experience 7.

LESSON 47

Messages of Latter-day Prophets

Discussion Questions

- How is your testimony strengthened by living prophets?
- What is your responsibility when you raise your hand to sustain a living prophet at ward, stake, and general conference?
- What blessings have latter-day prophets promised you for living the standards in *For the Strength of Youth*?

General Conference Addresses

- Thomas S. Monson, “Preparation Brings Blessings,” *Ensign*, May 2010, 64–67.
- Quentin L. Cook, “Give Heed unto the Prophets’ Words,” *Ensign*, May 2008, 47–50.
- F. Michael Watson, “His Servants, the Prophets,” *Ensign*, May 2009, 106–8.

Additional Resources

- D&C 21:4–6.
- *True to the Faith* (2004), 129–30.

Accept and Act

- Choose one of your favorite general conference addresses and share your thoughts about it with your class. Share what you have done as a result of this talk.
- Personal Progress: Knowledge value experience 4; Integrity value experience 1; Integrity value project, bullet 5.

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