

THE LATTER-DAY SAINT WOMAN



Basic Manual for Women, Part B

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Comments and Suggestions

Your comments and suggestions about this manual would be appreciated. Please submit them to:

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Please list your name, address, ward, and stake. Be sure to give the title of the manual. Then offer your comments and suggestions about the manual's strengths and areas of potential improvement.

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INTRODUCTION

Using This Manual

This manual provides 35 lessons related to basic gospel principles and the responsibilities of Latter-day Saint women. As prompted by the Spirit, leaders and teachers should plan and teach lessons that address the spiritual, emotional, and temporal needs of the members in their branch or ward.

This manual should be used as the instruction manual for both Relief Society and Young Women in units of the Church where *Teachings of Presidents of the Church* and Young Women manuals are not yet published in the needed language. In such units, copies of this manual should be made available to all members of the Relief Society and to Young Women leaders and teachers. Local leaders should consult *Information for Priesthood and Auxiliary Leaders on Curriculum* for the schedule showing which years part A and part B of *The Latter-day Saint Woman* are to be used.

In units of the Church where *Teachings of Presidents of the Church* and Young Women manuals are available, this manual should be used (1) as a resource for Relief Society instruction on first and fourth Sundays and for home, family, and personal enrichment meetings; (2) as a supplementary resource for Young Women instruction; and (3) as designated, for Relief Society “Teachings for Our Time” lessons on fourth Sundays. In such units, copies of the manual should be made available to the leaders and instructors in the Relief Society, Young Women, and Melchizedek Priesthood. In addition, leaders may encourage the Relief Society sisters to purchase a copy of this manual for personal study and for family teaching in the home.

Preparing to Teach

Teaching helps provided in this manual include a “Teacher Preparation” section, questions teachers could ask, suggestions for class participation, and directions for using pictures and charts. In addition to the discussion questions and methods suggested, teachers may choose to use

other methods or lesson approaches they find effective to involve their class members and stimulate participation and learning. Almost every lesson suggests the use of a chalkboard, so if possible teachers should arrange to have a chalkboard and chalk available for each lesson. Many of the visual aids suggested for use as posters could be drawn or written on the chalkboard. Other suggestions for teaching can be found in the *Teaching Guidebook* (34595) and in *Teaching, No Greater Call* (36123).

Class members should be encouraged to prepare for class discussion by studying the assigned lesson during the week. They should also be encouraged to bring their scriptures.

Involving Members with Disabilities

During His mortal ministry, Jesus went up into the mountain near the Sea of Galilee.

“And great multitudes came unto him, having with them those that were lame, blind, dumb, maimed, and many others, and cast them down at Jesus’ feet; and he healed them:

“Insomuch that the multitude wondered, when they saw the dumb to speak, the maimed to be whole, the lame to walk, and the blind to see: and they glorified the God of Israel” (Matthew 15:30–31).

The Savior set the example for us in feeling compassion for those with disabilities. When He visited the Nephites after His Resurrection, He said:

“Behold, my bowels are filled with compassion towards you.

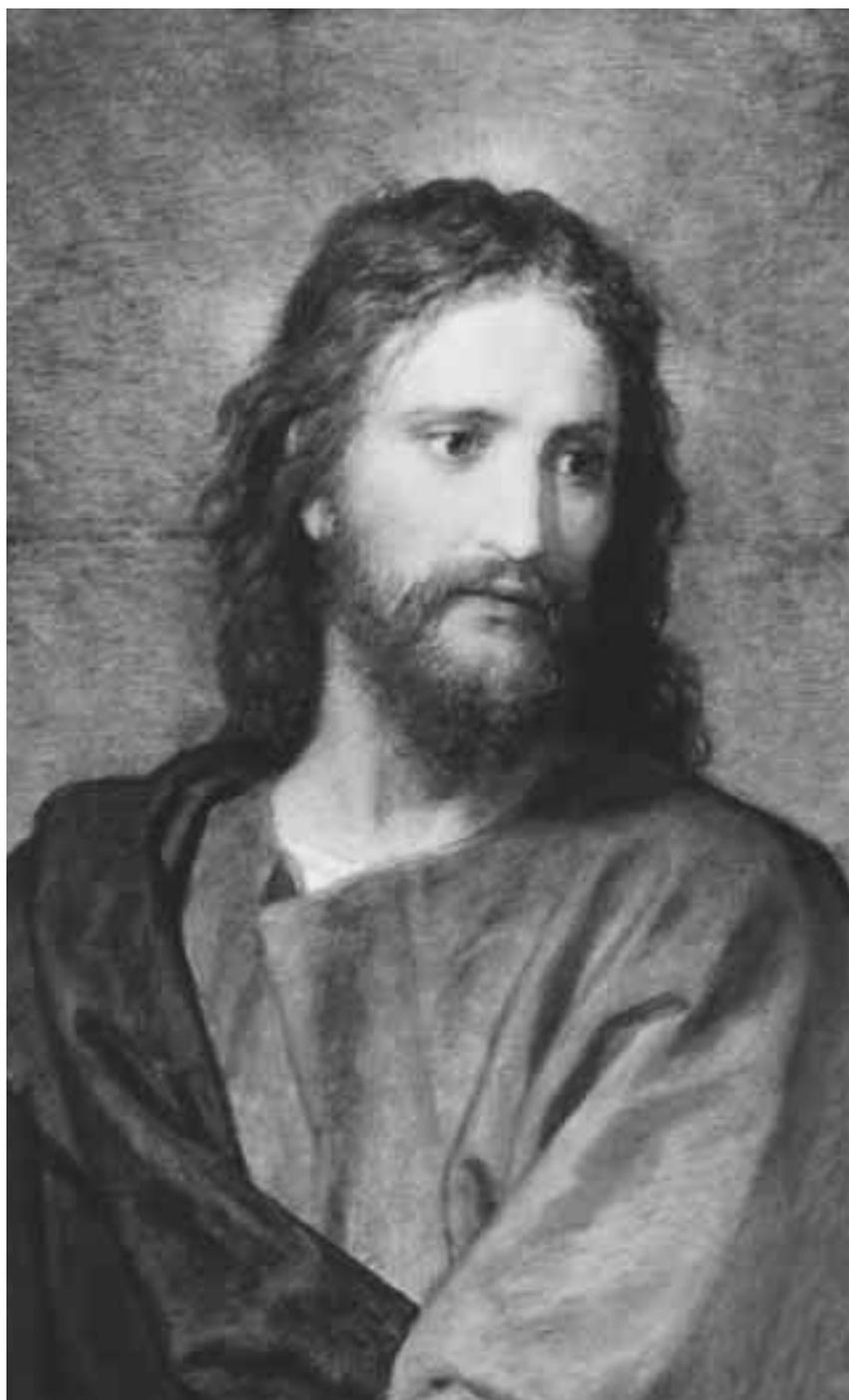
“Have ye any that are sick among you? Bring them hither. Have ye any that are lame, or blind, or halt, or maimed, or leprous, or that are withered, or that are deaf, or that are afflicted in any manner? Bring them hither and I will heal them, for I have compassion upon you; my bowels are filled with mercy” (3 Nephi 17:6–7).

As a teacher in a Church classroom, you are in an excellent position to show compassion. Although not usually trained to give professional assistance to class members with disabilities, teachers should desire to understand and include these members in the learning activities of the class. Class members with mental, physical, emotional, and other disabilities may need special attention. The following guidelines should help you reach every member:

- Strive to understand the needs and abilities of each class member.
- Check in advance with a class member before calling on her to read, pray, or otherwise participate. Ask such questions as “How do you feel about reading in class?” or “Would you feel comfortable praying in class?” If appropriate, check with priesthood leaders, parents, and family members to determine the member’s special needs.

- Try to increase and improve the involvement and learning of the member with a disability.
- Ensure that each class member treats every other class member with respect.
- Be natural, friendly, and warm. Every child of God needs love and understanding.

As a teacher in the Church, remember that each member, regardless of physical, mental, emotional, or social capacity, has the potential for growth toward exaltation. You have an obligation to help each individual learn gospel principles in your class. Remember the words of the Savior: “Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me” (Matthew 25:40).



THE LIVING CHRIST

THE TESTIMONY OF THE APOSTLES

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

As we commemorate the birth of Jesus Christ two millennia ago, we offer our testimony of the reality of His matchless life and the infinite virtue of His great atoning sacrifice. None other has had so profound an influence upon all who have lived and will yet live upon the earth.

He was the Great Jehovah of the Old Testament, the Messiah of the New. Under the direction of His Father, He was the creator of the earth. "All things were made by him; and without him was not any thing made that was made" (John 1:3). Though sinless, He was baptized to fulfill all righteousness. He "went about doing good" (Acts 10:38), yet was despised for it. His gospel was a message of peace and goodwill. He entreated all to follow His example. He walked the roads of Palestine, healing the sick, causing the blind to see, and raising the dead. He taught the truths of eternity, the reality of our pre-mortal existence, the purpose of our life on earth, and the potential for the sons and daughters of God in the life to come.

He instituted the sacrament as a reminder of His great atoning sacrifice. He was arrested and condemned on spurious charges, convicted to satisfy a mob, and sentenced to die on Calvary's cross. He gave His life to atone for the sins of all mankind. His was a great vicarious gift in behalf of all who would ever live upon the earth.

We solemnly testify that His life, which is central to all human history, neither began in Bethlehem nor concluded on Calvary. He was the Firstborn of the Father, the Only Begotten Son in the flesh, the Redeemer of the world.

He rose from the grave to "become the firstfruits of them that slept" (1 Corinthians 15:20). As Risen Lord, He visited among those He had loved in life. He also ministered among His "other sheep" (John 10:16) in ancient America. In the modern world, He and His Father appeared to the boy Joseph Smith, ushering in the long-promised "dispensation of the fulness of times" (Ephesians 1:10).

Of the Living Christ, the Prophet Joseph wrote: "His eyes were as a flame of fire; the hair of his head was white like the pure snow; his countenance shone above the brightness of the sun; and his voice was as the sound of the rushing of great waters, even the voice of Jehovah, saying:

"I am the first and the last; I am he who liveth, I am he who was slain; I am your advocate with the Father" (D&C 110:3-4).

Of Him the Prophet also declared: "And now, after the many testimonies which have been given of him, this is the testimony, last of all, which we give of him: That he lives!

"For we saw him, even on the right hand of God; and we heard the voice bearing record that he is the Only Begotten of the Father—

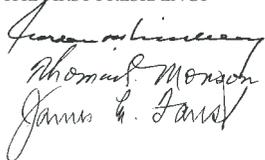
"That by him, and through him, and of him, the worlds are and were created, and the inhabitants thereof are begotten sons and daughters unto God" (D&C 76:22-24).

We declare in words of solemnity that His priesthood and His Church have been restored upon the earth—"built upon the foundation of . . . apostles and prophets, Jesus Christ himself being the chief corner stone" (Ephesians 2:20).

We testify that He will someday return to earth. "And the glory of the Lord shall be revealed, and all flesh shall see it together" (Isaiah 40:5). He will rule as King of Kings and reign as Lord of Lords, and every knee shall bend and every tongue shall speak in worship before Him. Each of us will stand to be judged of Him according to our works and the desires of our hearts.

We bear testimony, as His duly ordained Apostles—that Jesus is the Living Christ, the immortal Son of God. He is the great King Immanuel, who stands today on the right hand of His Father. He is the light, the life, and the hope of the world. His way is the path that leads to happiness in this life and eternal life in the world to come. God be thanked for the matchless gift of His divine Son.

THE FIRST PRESIDENCY



January 1, 2000

THE QUORUM OF THE TWELVE



THE FAMILY

A PROCLAMATION TO THE WORLD

THE FIRST PRESIDENCY AND COUNCIL OF THE TWELVE APOSTLES
OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

WE, THE FIRST PRESIDENCY and the Council of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints, solemnly proclaim that marriage between a man and a woman is ordained of God and that the family is central to the Creator's plan for the eternal destiny of His children.

ALL HUMAN BEINGS—male and female—are created in the image of God. Each is a beloved spirit son or daughter of heavenly parents, and, as such, each has a divine nature and destiny. Gender is an essential characteristic of individual pre-mortal, mortal, and eternal identity and purpose.

IN THE PREMORTAL REALM, spirit sons and daughters knew and worshiped God as their Eternal Father and accepted His plan by which His children could obtain a physical body and gain earthly experience to progress toward perfection and ultimately realize his or her divine destiny as an heir of eternal life. The divine plan of happiness enables family relationships to be perpetuated beyond the grave. Sacred ordinances and covenants available in holy temples make it possible for individuals to return to the presence of God and for families to be united eternally.

THE FIRST COMMANDMENT that God gave to Adam and Eve pertained to their potential for parenthood as husband and wife. We declare that God's commandment for His children to multiply and replenish the earth remains in force. We further declare that God has commanded that the sacred powers of procreation are to be employed only between man and woman, lawfully wedded as husband and wife.

WE DECLARE the means by which mortal life is created to be divinely appointed. We affirm the sanctity of life and of its importance in God's eternal plan.

HUSBAND AND WIFE have a solemn responsibility to love and care for each other and for their children. "Children are an heritage of the Lord" (Psalms 127:3). Parents have a sacred duty to rear their children in love and

righteousness, to provide for their physical and spiritual needs, to teach them to love and serve one another, to observe the commandments of God and to be law-abiding citizens wherever they live. Husbands and wives—mothers and fathers—will be held accountable before God for the discharge of these obligations.

THE FAMILY is ordained of God. Marriage between man and woman is essential to His eternal plan. Children are entitled to birth within the bonds of matrimony, and to be reared by a father and a mother who honor marital vows with complete fidelity. Happiness in family life is most likely to be achieved when founded upon the teachings of the Lord Jesus Christ. Successful marriages and families are established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities. By divine design, fathers are to preside over their families in love and righteousness and are responsible to provide the necessities of life and protection for their families. Mothers are primarily responsible for the nurture of their children. In these sacred responsibilities, fathers and mothers are obligated to help one another as equal partners. Disability, death, or other circumstances may necessitate individual adaptation. Extended families should lend support when needed.

WE WARN that individuals who violate covenants of chastity, who abuse spouse or offspring, or who fail to fulfill family responsibilities will one day stand accountable before God. Further, we warn that the disintegration of the family will bring upon individuals, communities, and nations the calamities foretold by ancient and modern prophets.

WE CALL UPON responsible citizens and officers of government everywhere to promote those measures designed to maintain and strengthen the family as the fundamental unit of society.

THE RELIEF SOCIETY DECLARATION

We

are beloved spirit daughters of God,
and our lives have meaning, purpose, and direction.
As a worldwide sisterhood, we are united in our devotion
to Jesus Christ, our Savior and Exemplar.
We are women of faith, virtue, vision, and charity who:

~
*I*ncrease our testimonies of Jesus Christ
through prayer and scripture study.

~
*S*eek spiritual strength by following the
promptings of the Holy Ghost.

~
*D*edicate ourselves to strengthening
marriages, families, and homes.

~
*F*ind nobility in motherhood
and joy in womanhood.

~
*D*elight in service and good works.

~
*L*ove life and learning.

~
*S*tand for truth and righteousness.

~
*S*ustain the priesthood
as the authority of God on earth.

~
*R*ejoice in the blessings of the temple,
understand our divine destiny,
and strive for exaltation.

GOSPEL PRINCIPLES AND DOCTRINE



JESUS CHRIST, OUR SURE FOUNDATION

L e s s o n 1

The purpose of this lesson is to help make Jesus Christ the foundation of our lives.

Why Do We Need Jesus Christ as Our Sure Foundation?

If we were to build a house, we would be careful to place it on a solid base, a secure foundation that would ensure its stability during the stress of daily use and storms. Building a house is similar to constructing personal character. We need a foundation that will strengthen us during life's trials and tests.

Since the way we live—our very character—is the result of whatever motivates us and directs our actions, we need to ensure that our actions are built on honorable motives and directions.

- Think about the foundation of your life. Is there something special that inspires you or causes you to direct your life a certain way?

The foundation of our lives could consist of ideas, a plan, a set of rules, or inspiration received from the life of a person we admire. Because we are the builders of our lives, we need to be sure our foundation is chosen wisely and that it motivates and directs us.

- Display visual 1-a, "Jesus Christ."

In the Book of Mormon, we are taught that Jesus Christ should be the foundation for our lives. Helaman said, "Remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation; . . . which is a sure foundation, a foundation whereon if men build they cannot fall" (Helaman 5:12).

- Why do we need Jesus Christ as our sure foundation? Allow the sisters some time to answer; then display a poster titled "Why do we need Jesus Christ?" that lists the following answers and scriptural references. You may choose to write the information on the chalkboard instead.



1-a, Jesus Christ

Why do we need Jesus Christ?

We all have sinned (see Romans 3:23).

His blood can cleanse us from our sins (see 1 John 1:7–9).

He has given us a perfect example to follow (see 3 Nephi 12:48).

Only through Him can we return to our Father in Heaven (see John 14:6; Mosiah 5:7–8).

Through Him we will be resurrected (see Mosiah 16:7–8).

Through Him we can have eternal life (see John 11:25–26).

We pray to the Father in His name (see Mormon 9:21).

He teaches us only the truth (see John 18:37; Ether 3:12).

- Discuss the reasons you have listed. You may choose to have the sisters read some of the scriptures cited.

Jesus Christ is our elder brother. He loves us and wants us to return to live with Him and our Heavenly Father. We can trust Him and know that He asks us to do those things that are best for us.

- Have the sisters sing “I Need Thee Every Hour” (*Hymns*, no. 98; or *Gospel Principles*, 320) or have the assigned sister read the words to all the verses.

Why Do We Need to Know Jesus Christ?

In order to build our lives “upon the rock of our Redeemer, who is Christ, the Son of God” (Helaman 5:12), we must come to know Him. We must learn who He is and understand His divine mission. We must learn when, how, and why He lived and died. We must seek to know His message of truth and light and learn how to implement His teachings in our daily lives.

- Read Matthew 11:28–29. In this scripture Jesus says, “Come unto me,” and “Learn of me.” What does it mean to come unto Jesus? (We come unto Jesus by seeking to have His Spirit with us and by doing the things that will help us be worthy to live with Him again—in other words, by accepting and living the gospel.)

How Can We Know Jesus Christ?

- Write on the chalkboard:

How can we know Jesus Christ?

Study the scriptures.
Attend Church meetings.
Listen to and read the words of living prophets.
Pray to our Heavenly Father.
Practice Christ's teachings.

Study the Scriptures

We can learn of Jesus by studying the scriptures. They contain the story of the Savior's life, His teachings, and His dealings with God's children on earth. He said, "Search the scriptures; . . . they are they which testify of me" (John 5:39).

- Which scriptures contain accounts of the Savior's life and teachings? (His life in the Holy Land is related in Matthew, Mark, Luke, and John of the New Testament. His experiences with the people on the American continent are told in 3 Nephi in the Book of Mormon. Jesus Christ is called Jehovah in the Old Testament, which contains instructions He gave prior to His appearance on earth in mortality. His instructions are also found in the Book of Mormon and the Pearl of Great Price. His words to us through the Prophet Joseph Smith are in the Doctrine and Covenants.)
- How has studying the scriptures helped you love and understand the Savior?

Attend Church Meetings

We can learn of Jesus by attending Church meetings, where we receive instruction about the Savior and His teachings. As we attend our meetings and worthily partake of the sacrament, we can have His Spirit to

guide us. While we are partaking of the sacrament, we should ponder the life of the Savior, our relationship with Him, and the covenants we have made.

- How has attending Church meetings helped you learn about Jesus?

Listen to and Read the Words of Living Prophets

We can learn about Jesus by listening to the words of the living prophets. The Lord has told us to “give heed” to the words and commandments of His prophets and to receive those words as if they are from the Lord Himself (see D&C 21:4–5). The President of The Church of Jesus Christ of Latter-day Saints is the mouthpiece of God on the earth. Through his sermons and printed messages he reveals God’s directions for us today.

- What have you learned about Jesus Christ through reading or listening to the words of the living prophets?

Pray to Our Heavenly Father

We can learn about Jesus Christ by praying to our Heavenly Father. Through prayer we can gain a testimony that Jesus is the Christ, the Son of God. We can know that He became our Redeemer through the Atonement, which makes it possible for us to receive forgiveness for our sins through repentance. We can know that He was resurrected after three days in the tomb and that through His Resurrection each of Heavenly Father’s children will be resurrected. We can know that Jesus Christ lives today and is the head of The Church of Jesus Christ of Latter-day Saints, and that He directs it through His prophet, the President of the Church. Through sincere prayer we can learn that Jesus has great love and compassion for us and that He understands our needs and problems.

By combining prayer with fasting, we can seek more effectively for knowledge of the Savior and His mission.

- What have you learned about Jesus Christ by praying to our Heavenly Father?

Through studying and pondering the scriptures, attending our Church meetings, listening to the words of the living prophets, and praying to our Heavenly Father, we will be able to make Jesus Christ our “sure foundation.”

Practice Christ’s Teachings

Jesus asks us to test the commandments of God by living them (see John 7:16–17). King Benjamin, a Book of Mormon king and prophet, taught his people the gospel and then counseled, “If you believe all

these things see that ye do them" (Mosiah 4:10). As we learn the teachings of Jesus Christ, we should practice them every day.

The following story, called "Twenty-four Golden Hours," portrays how Charlotte, once an unhappy and discontented young lady, benefited from practicing the teachings of the Savior.

"Charlotte had come to a hard time in her life. She was filled with discontent. Everything seemed wrong. Her ambitions were thwarted; her friends were commonplace; her home unattractive; her own personality unlovely, as she was well aware. The problem was too much for Charlotte. She seemed caught in a current of circumstances that was carrying her into an ugly and unsatisfying life, and she could not escape."

To obtain help, Charlotte went to Margaret Ames, a lady who was leading the kind of life that Charlotte wanted to lead. "Charlotte poured out the story of her heartache over her frustrated, unhappy life. . . . Margaret after a gentle word of sympathy said, 'You can change all that if you really have the will to do it.' . . .

"[To begin the new life, Mrs. Ames suggested to Charlotte]: 'Live for twenty-four hours as if Christ were right beside you, seeing everything that you do. Then come to me again, and we'll talk it over. Will you do that?'

"Charlotte was a church member, but she never spoke of Christ like that—almost as if he were a neighbor that one might speak to. Somewhat constrained and doubtful, she answered, 'Yes, Mrs. Ames.' . . .

"It was late afternoon when Charlotte went home. She knew that she was expected to help get the supper onto the table. She went to the drawer and took out a wrinkled tablecloth. When she spread it on the table, she noticed several soiled spots. And here she had her first thought of change.

" 'If Christ were going to eat with us, I wouldn't put on a soiled cloth,' she said to herself.

"She got a fresh cloth. And with the same thought she brought in a small bowl of flowers from the yard. She put the butter on a fresh plate instead of on the soiled one. She cut the bread with care. . . .

" 'Company tonight?' asked her father. . . .

" 'Just you, Daddy,' smiled Charlotte. If Christ were present, of course you'd smile at your family and show them your best manners.

"Her mother, worn and hot, and still dressed in her kitchen clothes, sat down, saying, 'I don't know what's got into her to fix up so for just us. I suppose she's expecting someone to drop in before we're done.' . . .

“Charlotte kept still until she thought of the proper thing to say in the presence of the unseen Guest. ‘I don’t know of anyone I’d rather fix things up for than our own folks,’ she said.

“The family simply stared for a minute. That wasn’t like Charlotte. Then Father said, ‘That’s right, Daughter. It’s too bad we all don’t think of that oftener.’ . . .

“In the living room Charlotte slipped a magazine out from the bottom of the pile and began to read. She had brought the magazine home herself, and she kept it under cover. After a few minutes she put it down. . . . ‘I wouldn’t be reading this if Christ were sitting where he could read with me,’ she thought. And she carried it out, and put it in the wastepaper bag. . . .

“[The next day Charlotte] went to work again. . . . She disliked her job very much. . . .

“ ‘Christ beside me,’ she thought as she walked into the store among the chattering girls. She said good morning smilingly to all she met.”

Charlotte’s friendliness to them and her concern for their problems amazed her coworkers. She was even able to solve problems with rude customers as she reminded herself of how she would act if Christ were beside her. That evening she returned to Margaret Ames’s home to discuss the experiment.

“ . . . ‘I tried it, Mrs. Ames, just as well as I could, and—well, it made everything different. I think I can see what you mean. Of course, it didn’t change the things that are bothering me. I’m still poor, and can’t go to school, and I live in an ugly house. . . .’

“ ‘Ah, my dear! But you only started the seed-sowing twenty-four hours ago. . . . Can you keep on as you’ve begun, and “wait patiently” for the Lord, as the Psalmist tells us? . . . You have the [key] word. It is Christ. Fretting . . . doesn’t change things very much; but Christ does. Just remember to keep your daily walk very close to him.’

“ ‘I’m going to do it,’ said Charlotte” (in Lucy Gertsch Thompson, comp., *Stories That Live* [1956], 34–43).

- What did Charlotte do as she tried to live as Christ would have her live? What blessings did she receive in those 24 hours?

The Lord will bless us too as we sincerely try to live by His example and His word. He advises, “Look unto me in every thought” (D&C 6:36). When we do this, we are willing to examine ourselves, asking: “Am I doing what Jesus would have me do? Would He solve this problem as I have solved it? How can I change my life today to live as Jesus

lived?" If we are to heed the Savior's invitation to come unto Him (see Matthew 11:28), we must follow His example by actually doing what He would do.

- How can you apply the teachings of Jesus Christ in your family life? in your relationships with friends?

How Can We Become More like Jesus Christ?

If we practice the teachings of Jesus Christ in our lives, we will become more like Him. We will develop compassion for others and want to serve them. When we do our best to live the teachings of our Savior, we keep our covenants with Him and worthily bear His name (see Mosiah 5:7–15). We find joy in sacrificing earthly pleasures and possessions, when necessary, for the sake of other people. We even accept rejection, misunderstanding, persecution, and punishment, even though we may be innocent of any wrongdoing. In the Book of Mormon, Alma tells us that if we will fully live the gospel of Jesus Christ, we will receive His image in our countenances (see Alma 5:14, 19). We will become like Him.

- What are some of the qualities Christ possesses? (List the qualities on the chalkboard as they are named.)

If our daily thoughts and actions are based on Jesus Christ as our sure foundation, we also develop these same qualities and thus become more like Him.

Conclusion

As Helaman taught his sons, we should build our lives "upon the rock of our Redeemer, who is Christ, . . . a sure foundation" (Helaman 5:12).

In this life we will have times of happiness and times of trial. But we are promised that if we build our lives on Jesus Christ, the sure foundation, we will not fall when the trials come (see 3 Nephi 14:24–27). Jesus said, "Therefore, fear not, little flock; do good; let earth and hell combine against you, for *if ye are built upon my rock, they cannot prevail*" (D&C 6:34; italics added).

Challenge

Learn more about Jesus Christ in order to better follow His example and teachings. Begin by reading chapter 3, "Jesus Christ, Our Chosen Leader and Savior," and chapter 11, "The Life of Christ," in *Gospel Principles*; and 3 Nephi chapters 8 through 26. Choose one Christlike quality you want to develop and pray each day for help in building your life on the foundation of Jesus Christ. Display a picture of Jesus Christ in your home.

Additional Scriptures

- Matthew 7:24–27 (consequences of building a house upon a rock or upon the sand)
- 2 Nephi 31:10–21 (the strait and narrow way)
- 3 Nephi 9:14 (blessings for those who come unto Jesus Christ)
- Moroni 10:32–33 (the grace of God)
- Doctrine and Covenants 50:44 (the Good Shepherd)

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 3, “Jesus Christ, Our Chosen Leader and Savior,” and chapter 11, “The Life of Christ.”
2. Study 3 Nephi chapters 8 through 26.
3. Study *The Latter-day Saint Woman, Part A* lesson 1, “Faith in Jesus Christ.”
4. Prepare the poster suggested in the lesson or write the information on the chalkboard.
5. Plan to sing the hymn “I Need Thee Every Hour” (*Hymns*, no. 98; or *Gospel Principles*, 320) during the lesson or assign a sister to read the words to all the verses of the hymn.
6. Assign class members to present any stories, scriptures, or quotations you wish.

AGENCY AND ACCOUNTABILITY

L e s s o n 2

The purpose of this lesson is to help us better understand the eternal significance of agency and the fact that we are accountable for the choices we make.

The Right to Choose Is an Eternal Principle

“It was a wintry Sunday morning in northern New York. The temperature was several degrees below freezing. The walks were icy; roads were blocked with heavy snowdrifts. No one came to church that morning except the minister and an 89-year-old woman, who had hobbled ten blocks from where she lived.

“Surprised at seeing her, the minister called her by name and asked: ‘How did you get here on such a stormy morning?’

“ ‘My heart gets here first,’ was the cheerful reply, ‘and then it’s easy for the rest of me’ ” (quoted by John H. Vandenberg, in Conference Report, Apr. 1973, 40; or *Ensign*, July 1973, 32).

The woman in this story had a choice to make. She could stay at home in warmth and comfort or she could attempt the long walk to church on a miserable day. Despite bad weather and difficult conditions, she decided to go. Her decision was prompted by the feelings in her heart.

The right to choose is an eternal principle. Even before we came to earth, we were required to choose whether we would follow God’s plan and be free to act as we chose or to follow Satan and act under force (see Revelation 12:7–11). The Lord revealed to Moses the alternatives that were presented to all of Heavenly Father’s children in a great premortal council.

- Read Moses 4:1–4. Why was the Savior’s offer acceptable? (It was unconditional and insured the principle of agency for all of Heavenly Father’s children. He did not want glory for Himself, only the privilege to serve.)

“Suppose we take a child and arrange to rear him as Satan suggested, so that he cannot make the smallest mistake. We tell him exactly what

to do, how to do it and when to do it; and then make sure he conforms to orders. We never let him make choices, never let him try different solutions to problems of everyday living. He must not be allowed to err. Year by year the child's body will grow, but what of his mind? What of his spirit? Though he grow to be six feet tall, he will never become a mature adult. His mind and spirit will have been starved. They will have failed to grow for lack of nourishment. . . . Our Father in heaven knew . . . that man could never gain perfection . . . without the vital element of . . . agency" (Lester and Joan Essig, "Free Agency and Progress," *Instructor*, Sept. 1964, 342).

At the council in heaven, we chose to follow Jesus Christ, and because we made the right choices in the premortal life, we were privileged to come to earth. Our choices in this life will continue to determine our course in the eternities.

- Read 2 Nephi 2:26–28 and discuss the meaning of Lehi's words to his son Jacob.

Agency Requires That There Be Choices

In order to use our agency in this life we must have the opportunity to make choices.

Read the first four paragraphs of the section "Agency Requires That There Be a Choice" in *Gospel Principles* chapter 4.

The Lord knew we would be subject to both good and evil and would have to make choices. Thus, He asks us to live close to Him and keep His commandments so we can recognize and resist Satan's influence.

"The Lord says, 'Keep the Sabbath day holy.' (See Exodus 20:8.)

"Satan would say, 'Use the Sabbath day as a recreation day. . . .'

"The Lord says, 'Honour thy father and thy mother.' (Exodus 20:12.)

"Satan craftily puts into our minds the idea of disobeying our parents; your life is your own to choose as you wish. . . .

"The Lord says, 'In the sweat of thy face shalt thou eat bread,' (Genesis 3:19.) and he also said, 'Cease to be idle.' (D&C 88:124.)

"Satan might say, 'Get as much as you can for nothing. . . .' He would encourage indolence, laziness, and even the thought that the government owes you a living. . . .

"The Lord says, 'Pay one tenth of your interest annually as tithing. For this, I shall give you a great reward.' [See 3 Nephi 24:8–10; D&C 119:4.]

"Lucifer would say, 'Why pay your tithing? You need the money more than the Church needs it. . . .'

“The Lord says, ‘Seek the genealogy of your ancestors and complete the temple work for them.’

“Satan would say, ‘Postpone doing this work or, better still, don’t do it at all’ ” (Carl W. Buehner, “Who’s on the Lord’s Side?” *Improvement Era*, June 1961, 402–3).

All Choices Have Consequences

It is important that we understand that even though we are free to choose our course of action, we are not free to choose the consequences of our actions. The consequences, whether good or bad, follow as a natural result of any choice we make.

- Read Galatians 6:7–9.

The farmer knows that he will reap what he sows. The kind of fruit he chooses to plant will determine the kind of fruit he will get at the day of harvest. He cannot sow peas and expect to harvest peaches. Neither can he choose to neglect his crop and expect it to grow well.

When we make a choice, we must accept the consequences of that choice. We choose the outcome of an act when we decide to perform the act. We select a destination when we start on a particular path.

- Display visual 2-a, “A young woman pondering decisions.” Why is it important that this young woman make proper choices concerning her education, personal life, and spiritual development?

We must choose the road we will travel.

- What are some of the choices that will put you on the road to eternal life?

We all face situations and experiences every day that require us to make choices.

- What are some daily choices that confront you? What are some consequences of these choices?

“A number of years ago, a young Latter-day Saint college girl and her Latter-day Saint boyfriend planned to go to a public dance hall of questionable reputation.

“Coming home early in the afternoon the girl gleefully announced the couple’s plan, saying, ‘We think it will be a fun experience.’ Properly, the mother questioned the girl as to the advisability of going and cautioned her, but the girl was unconvinced.

“ ‘We won’t do anything wrong,’ she declared. ‘What harm is there in just going in to see what goes on?’



2-a, A young woman pondering decisions

“The mother made no further protest. That evening as the girl prepared to dress for the dance, the mother suggested she wear her loveliest white party dress. The girl was delighted. She thought her mother had relented.

“Moments later, when she appeared looking radiantly beautiful, she called gleefully to her father and mother, ‘Well, how do I look?’

“ ‘Oh, you look nice,’ replied her mother. ‘That’s your prettiest dress.’

“ ‘Would you do me one favor though, before you go, honey?’ asked her father. ‘Would you go out to the smoke house [a small building where meat is cured or smoked] and bring in a side of bacon?’

“ ‘The smoke house!’ she cried in astonishment. ‘Dad, you’re kidding.’

“ ‘No, I’m not,’ persisted her father.

“ ‘In my best dress? But I’d never get rid of that awful smell.’

“ ‘That’s right,’ replied her mother. ‘You can’t go into the smoke house without absorbing some of the influence there. And we think you’re smart enough not to go into a place where you’d come out any less beautiful and clean than when you went in.’

“After a thoughtful moment’s pause the girl said, ‘I think we should not go’ ” (1974–75 *Relief Society Courses of Study*, 4–5).

- Why is it important that you consider the consequences of a particular decision before you make it?
- How can you determine what the consequences of a decision might be?

You Are Accountable for the Choices You Make

The day will come when we will have the opportunity to stand before God to be judged in terms of the decisions we make and the deeds we perform in this life.

“ ‘It is requisite with the justice of God that men should be judged according to their works,’ Alma [of the Book of Mormon] says, ‘and if their works were good in this life, and the desires of their hearts were good, that they should also, at the last day, be restored unto that which is good. And if their works are evil they shall be restored unto them for evil.’ (Alma 41:3–4.) The kind of body gained in this life and restored to a person in the resurrection determines the degree of glory inherited in eternity. Thus men are ‘their own judges,’ Alma concludes, for by their daily acts they judge or choose ‘whether to do good or do evil.’ (Alma 41:7.)” (Bruce R. McConkie, *Mormon Doctrine*, 2nd ed. [1966], 403–4).

“And I saw the dead, small and great, stand before God; and the books were opened: and another book was opened, which is the book of life: and the dead were judged out of those things which were written in the books, according to their works” (Revelation 20:12).

Our works are the result of our choices. The way to make good choices is to obey the commandments of God. By following the teachings of the prophets, who guide and strengthen us in keeping the commandments, we can make choices that will prepare us to receive the gift of eternal life.

- Read 2 Nephi 10:23 and write the scripture on the chalkboard.

Conclusion

Our Savior has shown us the way to use our agency to gain eternal life. He has given laws and commandments to help us find happiness and success.

“Next to the bestowal of life itself, the right to direct our lives is God’s greatest gift to man. Freedom of choice is more to be treasured than any possession earth can give. . . . It is the purpose of the Lord that man become like him. In order for man to achieve this, it was necessary for the Creator first to make him free. To man is given a special endowment, not bestowed upon any other living thing. God gave to him the power of choice. Only to the human being did the Creator say: ‘ . . . thou mayest choose for thyself, for it is given unto thee; . . . ’ (Moses 3:17.) Without this divine power to choose, humanity cannot progress” (David O. McKay, in Conference Report, Oct. 1965, 8; or *Improvement Era*, Dec. 1965, 1073).

Because God holds us responsible for our choices, it is important that we seek His help. We should talk with Him in daily prayer about the choices we must make, remembering that we can receive the guidance of the Holy Ghost in making difficult choices. Sometimes we must also fast to receive the help we need. It is good to remember that true freedom comes from using our agency to choose obedience, and loss of freedom comes from using our agency to choose disobedience.

- Sing “Know This, That Every Soul Is Free” (*Hymns*, no. 240), or read the words, found below.
 1. Know this, that ev’ry soul is free
To choose his life and what he’ll be;
For this eternal truth is giv’n:
That God will force no man to heav’n.

2. He'll call, persuade, direct aright,
And bless with wisdom, love, and light,
In nameless ways be good and kind,
But never force the human mind.
3. Freedom and reason make us men;
Take these away, what are we then?
Mere animals, and just as well
The beasts may think of heav'n or hell.
4. May we no more our pow'rs abuse,
But ways of truth and goodness choose;
Our God is pleased when we improve
His grace and seek his perfect love.

Challenge

Think about and evaluate how you use your agency during the week. Are the choices you are making drawing you away from God or closer to Him?

Additional Scriptures

- Matthew 13:24–30, 37–43 (parable of the tares)

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 46, "The Last Judgment."
2. Plan to close the class with the hymn "Know This, That Every Soul Is Free" (*Hymns*, no. 240).
3. Assign class members to present any stories, scriptures, or quotations you wish.

GIFTS OF THE SPIRIT

L e s s o n 3

The purpose of this lesson is to help us prepare to receive gifts of the Spirit and to recognize their benefits.

Receiving Gifts of the Spirit

- Display a poster of the seventh article of faith, or write it on the chalkboard: *We believe in the gift of tongues, prophecy, revelation, visions, healing, interpretation of tongues, and so forth (Articles of Faith 1:7).*

Spiritual gifts not specifically mentioned in this article of faith include faith, discernment, testimony, miracles, wisdom, knowledge, and compassion. Spiritual gifts are characteristic of The Church of Jesus Christ of Latter-day Saints.

When each of us was confirmed a member of the Church by the laying on of hands, we received the Holy Ghost. If we are faithful, we can have the Holy Ghost as a constant influence and each of us can be blessed with certain spiritual powers called gifts of the Spirit.

The son of Hannah Christina Chalarson told the following story about his mother's gift of prophecy: "When I was a young man, we lived close to President Andrew Kimball, Spencer W. Kimball's father. My mother and I were coming home one evening just about dark. Spencer was milking the cows and singing at the top of his voice. My mother stopped dead still for a few seconds and then said, 'That boy will one day be an apostle of the Lord.' We walked perhaps twenty feet farther and she stopped again. This time she seemed to be out of breath. She raised both her hands and looked up and said, 'Yes! And he might even live to lead this church' " ("An Apostle of the Lord," in Leon Hartshorn, comp., *Remarkable Stories from the Lives of Latter-day Saint Women*, 2 vols. [1973, 1975], 2:39).

Obedience to God's laws is necessary for receiving the gifts of the Spirit. With these gifts, we can know and teach the truths of the gospel and use them to benefit ourselves and others. The gifts can help guide us back to our Heavenly Father.

Preparing to Receive Gifts of the Spirit

- Read Doctrine and Covenants 46:11.

In this scripture we are told that everyone “is given a gift by the Spirit of God.” However, because the Holy Ghost will not dwell in spiritually unclean places, we must prepare ourselves to be worthy of receiving these spiritual gifts.

- Read 1 Corinthians 14:1; Moroni 10:20, 30. What instructions are we given for preparing ourselves to receive gifts of the Spirit? Can you think of other ways to prepare? (List answers on the chalkboard.)

The Prophet Joseph Smith wrote, “Be virtuous and pure; be men of integrity and truth; keep the commandments of God; and then you will be able more perfectly to understand the difference between right and wrong—between the things of God and the things of men” (*History of the Church*, 5:31).

- What other requirements for receiving gifts did the Prophet Joseph Smith mention? (List answers on the chalkboard.)

To enjoy the gifts of the Spirit, we should also be humble and repentant and be at peace with others. Even the Prophet Joseph Smith could not receive inspiration unless he was at peace. “One morning [he became upset about something] that Emma, his wife, had done. . . . Joseph [tried] to continue the translation [of the Book of Mormon,] but he could not do anything. . . . He went . . . out into the orchard [and prayed. He] came back to the house, and asked Emma’s forgiveness and then . . . the translation went on all right” (David Whitmer, quoted in B. H. Roberts, *A Comprehensive History of the Church*, 1:131).

- What did the Prophet do to prepare himself to use his spiritual gift of translation?
- Ask sisters to consider ways they can prepare themselves to receive gifts of the Spirit.

Benefiting from Gifts of the Spirit

Spiritual gifts are sacred. They are given to guide, comfort, and teach. Through the gifts of the Spirit, we can receive enlightenment, encouragement, and the ability to strengthen our faith. As we enjoy the gifts of the Spirit, we can obtain peace in this life and guidance toward the celestial kingdom.

- Read Doctrine and Covenants 46:8. What reason is given here for seeking the best gifts? (That we might not be deceived)

There are many times when we need gifts of the Spirit. When we are ill, confused, or mourning, we need healing, guidance, and comfort. We need knowledge, understanding, insight, and increased ability when we are seeking answers to major questions or guidance in how to deal with difficult situations. It is comforting to realize that we can benefit from gifts of the Spirit at these times. The scriptures tell us that “all these gifts come from God, for the benefit of the children of God” (D&C 46:26).

- Have the assigned class members tell the following experiences of members of the Church who have received gifts of the Spirit.

Sister Jane Grover recorded the following incident:

“One morning we thought we would go and gather gooseberries. Father Tanner . . . harnessed a span of horses to a light wagon and, with two sisters by the name of Lyman, his little granddaughter, and me, started out. When we reached the woods we told the old gentleman to . . . rest himself while we picked the berries.

“It was not long before the little girl and I strayed some distance from the rest, when suddenly we heard shouts. . . . We walked forward until within sight of Father Tanner, when we saw he was running his team around. . . . As we approached we saw Indians gathering around the wagon, whooping and yelling as others came and joined them. We got into the wagon to start when four of the Indians took hold of the wagon wheels to stop the wagon, and two others held the horses by the bits, and another came to take me out of the wagon.

“I then began to be afraid as well as vexed, and asked Father Tanner to let me get out of the wagon and run for assistance. He said, ‘No, poor child; it is too late!’ I told him they should not take me alive. His face was as white as a sheet. The Indians had commenced to strip him—had taken his watch and handkerchief—and while stripping him, were trying to pull me out of the wagon. I began silently to appeal to my Heavenly Father.

“While I was praying and struggling, the Spirit of the Almighty fell upon me and I arose with great power; and no tongue can tell my feelings. I was happy as I could be. A few moments before I saw worse than death staring me in the face, and now my hand was raised by the power of God, and I talked to those Indians in their own language. They let go the horses and wagon, and all stood in front of me while I talked to them by the power of God. They bowed their heads and answered ‘Yes,’ in a way that made me know what they meant.

“The little girl and Father Tanner looked on in speechless amazement. I realized our situation; their calculation was to kill Father Tanner, burn

the wagon, and take us women prisoners. This was plainly shown me. When I stopped talking they shook hands with all three of us and returned all they had taken from Father Tanner, who gave them back the handkerchief, and I gave them berries and crackers. By this time the other two women came up, and we hastened home.

“The Lord gave me a portion of the interpretation of what I had said, which was as follows:

“ ‘I suppose you Indian warriors think you are going to kill us? Don’t you know the Great Spirit is watching you and knows everything in your heart? We have come out here to gather some of our father’s fruit. We have not come to injure you; and if you harm us, or injure one hair of our heads, the Great Spirit shall smite you to the earth, and you shall not have power to breathe another breath. We have been driven from our homes, and so have you; we have come out here to do you good, and not to injure you. We are the Lord’s people and so are you; but you must cease your murders and wickedness; the Lord is displeased with it and will not prosper you if you continue in it. You think you own all this land, this timber, this water, all the horses. Why, you do not own one thing on earth, not even the air you breathe—it all belongs to the Great Spirit’ ” (“I Talked to Those Indians in Their Own Language,” in Leon Hartshorn, comp., *Remarkable Stories from the Lives of Latter-day Saint Women*, 1:26–28).

- What two gifts were given to Sister Grover? What did she do to obtain these gifts? How did she feel when she received them?

Sister Antonia Flores of Peru told this experience:

“One time several years ago, the branch president interviewed me to call me as Relief Society president. I was very afraid to be Relief Society president. I just didn’t see how I could handle such a job and was afraid to tell him yes. Later that day, I remembered the principle of fasting and prayer. I fasted and prayed about accepting this position that I was so afraid of.

“In the night, I had a revelation. I dreamed that I was walking, carrying a great weight in my hands. I had been walking a long time and was tired from carrying such a heavy weight. Then I saw our Lord Jesus Christ, and he took the weight out of my hands and invited me, saying, ‘Come, follow me.’ The next morning I felt wonderful; the fear had left me. I hurried to the branch president to tell what had happened, that I was no longer afraid and was sure it was right, and so, I have been able to continue working in the Relief Society several years as president with two wonderful counselors” (“He Took the Weight out of My Hands,” *Remarkable Stories from the Lives of Latter-day Saint Women*, 2:87).

- Why did Sister Flores need the spiritual gift of personal revelation?

In addition to dreams, there are other ways by which the Holy Ghost can reveal truth to us. He can cause us to have a vision (see D&C 76:12). We can hear a voice (see Moses 5:4). The Holy Ghost can speak to us in our mind (see Enos 1:10; D&C 6:23). We can feel the power of the Holy Ghost when we hear the true words of a missionary, the prophet, or another servant of the Lord (see D&C 46:13–14). We can feel unshakable faith in the words of the Lord (see Ether 3:11–12). We can experience the sweet peace that comes when the Lord enlightens our mind by the Spirit of Truth when we inquire of Him (see D&C 6:14–16, 21–24).

Sister Afton Affleck of Salt Lake City related this personal experience with a spiritual gift:

“I was preparing for a wonderful Christmas party. . . . I wanted it to be so lovely, but as I was working on some of the preparations, I had a headache that kept getting more severe. I tried several times in the afternoon to reach Bob [my husband]. A voice said to me, ‘You have spinal meningitis,’ and I cried aloud, ‘Oh, no!’ My father had died of spinal meningitis! . . .

“When the doctor came, he lifted up one of my legs and it was as if red and blue lightning had come out of the back of my neck. He said to Bob, ‘Let’s administer to her,’ so they did. Before we left for the hospital, Bob called President Robert Young of the Salt Lake Temple and asked him to meet us there. . . .

“At the hospital President Young and Bob administered to me and I heard them though I was unconscious. President Young rebuked the disease to have no power to distort my body, and promised me that I would be made whole. He blessed me that I would have the strength to undergo the suffering that would be mine to bear.

“During the time in isolation, where I suffered severely, I learned a great deal about the Savior, the atonement, and the love of the Lord Jesus Christ. It seemed to me that I was being taught constantly. There was only one time that I felt I could not endure the pain, but at that very moment Uncle Ray Moss and his son Raphel put their hands on my head and administered to me.

“During this time I had such terrible pain in my eyes that I could not see. Once I regained consciousness long enough to hear a doctor telling his . . . technician, that I had one chance in five thousand of ever seeing—but I knew I would see. In addition, my right side was affected; I could not move my foot, and my arm had become weakened. But I never doubted that I would be made whole.

“One night . . . a voice said to me, ‘If you have faith even a thousandth the size of a grain of sand, you can move your foot and you can see.’ I felt rebuked, because I thought I had already exercised great faith. . . .

“I prayed to the Lord and I exercised faith. Then I tried to turn my head. Up to then I had not been able to do so without losing consciousness, but this time I was able to turn it and could see a sliver of light under my door.

“I also felt that if I tried, I could move my leg. . . .

“Faith is a gift of God, and he granted me more faith than I had ever had in my life. I *did* move my leg. I lay there the rest of the night rejoicing and praising the Lord—I did not want to tell anyone until morning. The Lord had promised that I would be healed through faith and the power of the priesthood and the prayers of those who loved me. I praise the Lord for allowing me to have that kind of experience, because it strengthened me” (“Faith Is a Gift of God,” *Remarkable Stories from the Lives of Latter-day Saint Women*, 2:1–3).

- What spiritual gift did Sister Affleck receive? How did her faith influence the blessing she received?

Conclusion

As members of The Church of Jesus Christ of Latter-day Saints, we have been promised spiritual gifts. These gifts come to us through the Holy Ghost and are given by the Lord to help us perfect our lives and guide us back into His presence. To receive them we must prepare ourselves by asking in faith and keeping the commandments. We must also be humble and willing to do the work of the Lord.

Challenge

Read 1 Corinthians 12, Moroni 10:5–30, and Doctrine and Covenants 46:8–26. Identify your own spiritual gifts and seek to use them for the benefit of others. Find opportunities to help your family members recognize and develop their special gifts.

Additional Scriptures

- Joel 2:28–29 (gifts to be given)
- Acts 10:1–35 (Peter’s vision)
- 1 Corinthians 14:12 (seek spiritual gifts in order to bless others)
- 1 Nephi 10:17–19 (power of the Holy Ghost)
- Doctrine and Covenants 6:5–11 (we should share our spiritual gifts so that others may be edified and brought to the truth)

Teacher Preparation

Before presenting this lesson:

1. Study *The Latter-day Saint Woman, Part A* lesson 4, “The Gift of the Holy Ghost.”
2. Study the section “What Is the Gift of the Holy Ghost?” in *Gospel Principles* chapter 21.
3. Study *Gospel Principles* chapter 22, “The Gifts of the Spirit.”
4. Study 1 Corinthians 12; Moroni 10:5–30; Doctrine and Covenants 46:8–26.
5. Assign class members to relate the experiences about spiritual gifts in this lesson.
6. Prepare the poster suggested in the lesson or write the information on the chalkboard.
7. Assign class members to present any stories, scriptures, or quotations you wish.

THE SABBATH DAY

L e s s o n 4

The purpose of this lesson is to help us keep the Sabbath day holy.

Why Should We Keep the Sabbath Day Holy?

It Is a Commandment

When the Lord gave us the fourth commandment, He said, “Remember the sabbath day, to keep it holy” (Exodus 20:8).

- What is meant by *holy*?

In commanding us to keep the Sabbath day holy, the Lord explained, “Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work” (Exodus 20:9–10).

It Is a Blessing

In giving us the Sabbath as His day, the Lord has actually given us a gift of time. The Lord knows we need a day of rest. Regardless of the type of work we do, we need to renew our bodies by resting from physical labor. We need to refresh our minds by using them in a different way. We need to feed our spirits by worshipping the Lord. The Sabbath is our opportunity to take care of these needs, develop spiritually, and find joy and peace. The Sabbath should be the best day of the week.

Orthodox Jews call the Sabbath day “Shabbot Hamalkah, Sabbath Queen.” They feel that the Sabbath is the crowning day of the week. It is to be regarded as noble, majestic, and beautiful. As a queen, the Sabbath is to be full of grace.

- What would life be like without the Sabbath?

Through the prophet Isaiah, the Lord said:

“If thou turn away . . . from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the Lord, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words:

“Then shalt thou delight thyself in the Lord; . . . for the mouth of the Lord hath spoken it” (Isaiah 58:13–14).

The Lord has promised blessings to those who keep the Sabbath day holy.

How Can We Keep the Sabbath Day Holy?

Wise Preparation

To keep the Sabbath day holy, we must be prepared to rest on the Sabbath, attend Church meetings, and enjoy the day in peaceful, righteous activities. This requires serious preparation during the preceding six days. Mothers in particular need to plan ahead and guide family members to do likewise. Sister Marilyn T. Brockbank wrote of her experience in learning to prepare for the Sabbath:

“I remember saying to my husband, ‘What is wrong with me? . . . I get a headache Saturday afternoon and it’s Monday before I have any peace. . . . Where are all those blessings we are promised? I keep the Sabbath day. I don’t go to movies or shop. I go to my meetings. What is wrong with me?’ Well, I found out what was wrong with me. . . .

“I knew in my heart, when I slipped in a batch of wash on Sunday, or vacuumed the floor, or stole a peaceful moment after church to sew and watch TV, that I was not keeping the commandments and therefore had no blessing.

“What a sense of peace and joy it gave me to commit my heart to the proposition that I would start the very next Sabbath day to *keep it holy*. Once having made the decision, I was filled with inspiration as to the details of making it truly workable. . . .

“I first list everything in detail that has to be done by Saturday midnight. This includes the house to be well cleaned, . . . all clothing ready for every member of the family for Sunday, shoes shined . . . ; it also includes those clothes needed first thing Monday morning to get the children off to school. Children must have their hair . . . shampooed and have their baths. My own hair has to be taken care of and the Sunday School music for which I am responsible prepared.

“Next, all three meals are to be planned, shopped for, and prepared ahead. . . .

“At last I have peace in *my* world on the Sabbath day, and I have begun to look forward to it with joy. I find that I cannot refrain from smiling when I contemplate the precious hours that are mine to read or to think and meditate, to pray, to really rest and refresh my soul.

“ . . . I have found extra strength and wisdom in caring for and dealing with my children. I have felt more love filling my heart and flowing

out to them. And I have felt great abundance of the Spirit in me and a closeness to God, a feeling of his love and a new joy in prayer. . . .

“The Lord has said that he will provide a way for us to accomplish the things he commands. In addition, he promises immediate gifts of the Spirit. . . .

“I testify that if you will go to him in your . . . situations and struggles, you will receive knowledge and inspiration as I did” (“Prepare to Keep the Sabbath Day Holy,” *Ensign*, Mar. 1972, 44–45).

- What blessings did Sister Brockbank receive from keeping the Sabbath day holy?
- Read the words to the song “Saturday,” found below.

Saturday is a special day.

It’s the day we get ready for Sunday:

We clean the house, and we shop at the store,
So we won’t have to work until Monday.

We brush our clothes, and we shine our shoes,
And we call it our get-the-work-done day.

Then we trim our nails, and we shampoo our hair,
So we can be ready for Sunday! (*Children’s Songbook*, 196).

- Display visual 4-a, “Why are these poor ways to spend the Sabbath day?” What are these people doing on Sunday that they should have done on Saturday?

Elder Dallin H. Oaks told of his experience as a student:

“When I left this campus [BYU] to study at the University of Chicago, my mother reminded me that my father had never studied on the Sabbath during his professional training. She said to me very casually, ‘Son, if you want to enjoy that blessing you should arrange your activities so that you never study, so that you never do anything on the Sabbath except partake of the spiritual food that is available to you on the Lord’s day.’

“I made up my mind at that time that I would observe the Sabbath faithfully so that I could qualify for the blessings of spiritual growth and the companionship of the Spirit that come from observing faithfully the Sabbath of our Lord. I testify to you that I realized those blessings in measurable ways on innumerable occasions” (“The Blessing of Commandments,” in *Speeches of the Year*, 1974, 219).

We should encourage our children to study and prepare their lessons before the Sabbath so they will be prepared to rest on that day.



4-a, Why are these poor ways to spend the Sabbath day?

In addition to preparing our home, food, and clothing and helping our children prepare, we can prepare for the Sabbath in other ways. We can get a good night's rest on Saturday night. We can provide opportunities for recreation, sports, and other amusements during the week instead of on the Sabbath.

- What are some other ways we can prepare for the Sabbath?

If we are properly prepared for the Sabbath, we will have more peace in our homes. We will be spiritually prepared and thus more receptive to what the Spirit has to teach us. We will be able to receive the blessings the Lord bestows on those who keep His day holy.

Proper Worship, Rest, and Service

As we attend Church meetings, additional blessings come to us. We are uplifted as we worship together. Singing hymns can bring "a blessing upon [our] heads" (see D&C 25:12). Attending these meetings and partaking of the sacrament will help us strengthen our ability to avoid the evils and temptations in the world (see D&C 59:9).

Unexpected blessings often come from keeping the Sabbath day holy. One restaurant operator closed his business on Sundays because he believed that obedience to the law of the Sabbath would be worth the financial sacrifice. Later he said:

"The year we closed our business on Sunday we made more money than any previous year. . . .

"The Lord has blessed us over the years and . . . we are far better off financially and spiritually than we ever would have been had we remained open on Sunday. . . .

"I have a firm conviction that the greatest guarantee for success in business for a Latter-day Saint is to honor the Sabbath day as the Lord has commanded" (quoted by Ezra Taft Benson, "Keeping the Sabbath Day Holy," *Ensign*, May 1971, 7).

President Spencer W. Kimball noted: "In our Christian world in many places we still have business establishments open for business on the sacred Sabbath. We are sure the cure of this lies in ourselves, the buying public. Certainly the stores and business houses would not remain open if we, the people, failed to purchase from them. Will you all please reconsider this matter. Take it to your home evenings and discuss it with your children. It would be wonderful if every family determined that henceforth no Sabbath purchase would be made" (in Conference Report, Oct. 1975, 6; or *Ensign*, Nov. 1975, 6).

- What blessings do you enjoy when you honor the Sabbath? As prompted by the Spirit, bear personal testimony of the blessings you or others you know have received from honoring the Sabbath.



4-b, Latter-day Saint congregation partaking of the sacrament

The First Presidency of the Church has explained that “the Sabbath is not just another day on which we merely rest from work. . . . It is a holy day, the Lord’s Day, to be spent as a day of worship and reverence” (“The Sabbath,” *Church News*, 11 July 1959, 3).

- Display visuals 4-b, “Latter-day Saint congregation partaking of the sacrament,” and 4-c, “Studying the scriptures can enhance our Sabbath worship.”
- Have the assigned sister give a brief report on what we should do on the Sabbath, as explained in *Gospel Principles* chapter 24, “The Sabbath Day.” List the suggestions on the chalkboard as they are given.
- What ideas can you add for keeping the Sabbath day holy?

The Lord would like everyone to have the privilege of resting on the Sabbath day. However, some services, such as those performed in hospitals, must be performed every day. If possible, we should rest from our labors and also help others to do the same.

- Why does shopping or attending a recreational event on Sunday keep us from receiving the blessings of the Sabbath?
- How can remembering the purpose of the Sabbath day help us keep it holy?

The Sabbath is not only a blessing to us, but it is also an opportunity to bless others by following the example of our Savior, who cared for those in need on the Sabbath (see Mark 3:1–6; John 9:13–16). Many people are lonely. Others are in need of an encouraging word or a listening ear. The Sabbath is a time to help those in need.

Conclusion

The Lord has given us the Sabbath for our benefit and blessing. If we will prepare for the Sabbath and honor it as a holy day, we will reap its benefits and blessings.

Challenge

Discuss with family members the benefits of keeping the Sabbath day holy. Make plans as a family to more fully keep the Sabbath day holy. Choose to do something to make Sunday a happy, quiet day of peace and rest.

Additional Scriptures

- Leviticus 26:1–12 (rewards of keeping the commandments)
- Nehemiah 13:11, 15–22 (evil results from not sanctifying the Sabbath)



4-c, Studying the scriptures can enhance our Sabbath worship

- Isaiah 58 (how to keep the fast and keep the Lord's holy day)
 - Doctrine and Covenants 59:9–24 (blessings of observing the Sabbath)
-

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 24, "The Sabbath Day."
2. Assign a class member to report briefly on what we should do on the Sabbath. Suggest that she give the 11 ideas listed under the section "How Do We Keep the Sabbath Day Holy?" in *Gospel Principles* chapter 24.
3. Assign class members to present any stories, scriptures, or quotations you wish.

THE WORD OF WISDOM

Lesson 5

The purpose of this lesson is to encourage us to obey the Word of Wisdom and help others to do so.

Revelation on Health

- Display a poster of the following, or refer to it on the chalkboard:
The Word of Wisdom: God's law of health.

The Word of Wisdom contained in Doctrine and Covenants 89 is God's law of health. In this section, the Lord tells us that He gave the revelation on health for the benefit of even the weakest of the Saints. The circumstances in which the Prophet Joseph Smith received the revelation known as the Word of Wisdom were described by President Brigham Young:

"The first school of the prophets [a special school for the early leaders of the Church] was held in a small room situated over the prophet Joseph's kitchen. . . . [This was the room where] the prophet received revelations and in which he instructed his brethren. The brethren came to that place for hundreds of miles to attend school in a little room probably no larger than eleven by fourteen [feet]. When they assembled together in this room after breakfast, the first [thing] they did was to light their pipes, and, while smoking, talk about the great things of the kingdom, and spit all over the room; and as soon as the pipe was out of their mouths, a large chew of tobacco would then be taken. Often when the prophet entered the room to give the school instructions he would find himself in a cloud of tobacco smoke. This, and the complaints of his wife at having to clean so filthy a floor, made the prophet think upon the matter, and he inquired of the Lord relating to the conduct of the elders in using tobacco, and the revelation known as the Word of Wisdom was the result of his inquiry" (in *Deseret News [Weekly]*, 26 Feb. 1868, 18).

This revelation, which contains specific instruction about beneficial and harmful health practices, is God's law of health for His children on earth.

God's Law of Health

The Lord's counsel on foods to eat and substances to avoid or use with caution constitutes His law of health.

Foods to Eat

The Lord has given laws and counsel to help His children. In a revelation concerning the care and protection of our physical bodies, He tells us the kinds of foods we should eat. When the Word of Wisdom was revealed to Joseph Smith, many were suffering from malnutrition because they did not eat an adequate variety of foods. Because of ignorance or tradition, people often did not eat enough fruits and vegetables. Some did not eat enough grains but relied almost entirely on meats. The Lord's admonition to eat a variety of fruits, vegetables, grains, and meats helped the Saints to be healthy, providing their bodies with substances required for good health. More than 60 years after the Word of Wisdom was revealed through the Prophet Joseph Smith, scientists began to realize the wisdom in eating a variety of foods.

- Display visual 5-a, "Foods to eat."

Each of us will be healthier as we follow the Lord's counsel to (1) use herbs, fruits, and vegetables, (2) use grains as a central part of what we eat, and (3) eat the flesh of animals sparingly. Each of these groups of food provides essential body nutrients.

- What foods in each of these groups are available to you?
- Write *Foods to eat* on the chalkboard, and under it list the foods we are counseled to use.
- Read Doctrine and Covenants 89:10–17. What foods does the Lord counsel us to eat?

Substances to Avoid

The Word of Wisdom also cautions against taking specific substances into our bodies. We are advised to avoid strong drink (meaning all alcoholic beverages), to avoid the use of tobacco in any form, and to avoid hot drinks (which the Lord has revealed to His prophets to mean tea and coffee). In more recent times the Lord has revealed through Church leaders that we should not use any substance that is harmful, habit-forming, or contains illegal drugs.

- Write *Substances to avoid* on the chalkboard, and under it list the substances the Lord counsels us to avoid. How can you avoid the temptation to use these substances?

When given to Joseph Smith, the Word of Wisdom was contrary to many of the customs of that time. Without many known health reasons



5-a, Foods to eat

for obeying this commandment, members of the Church obeyed the revelation by faith. In recent years, scientists have discovered many reasons for avoiding the harmful substances mentioned. For example, when the Word of Wisdom was revealed, coffee and tea were common drinks. Until that time, no one suspected that drinking these substances could be harmful. However, we now know that these drinks are stimulants. They increase the blood pressure, raise the pulse rate, and usually interfere with sleep. Scientists are continually discovering additional harmful effects of these drinks.

The use of tobacco can also seriously impair the user's health. It can lead to cancer, heart attacks, strokes, and chronic lung disease. Babies born to mothers who smoke are often smaller and less healthy than babies born to mothers who do not smoke. Bronchitis and pneumonia are serious illnesses common in babies born to parents who smoke, but less common in babies born to parents who do not smoke. Babies whose parents smoke also have a greater risk of suffering from chronic lung disease after they become adults.

We know that alcoholic beverages actually poison the body. Drinking alcohol causes changes in mood and results in lack of judgment and restraint, slurred speech, staggering, and clumsiness. Larger amounts of alcohol can produce drowsiness, stupor, and even death. People who become addicted to alcoholic beverages are called alcoholics. Alcoholics drink so much alcohol that it damages their bodies, especially the liver and digestive tract. Alcoholics may also suffer from other diseases, such as cancer and ulcers, more frequently than people who do not use alcohol. Women who drink alcohol during pregnancy may give birth to smaller babies or babies with various defects.

In addition to the above-mentioned physical damage, alcoholic beverages can also cause other undesirable consequences. All too often a drunken parent abuses family members. Children come to fear rather than to respect a drinking parent. Families suffer because their income is wasted on alcoholic beverages instead of being used for food, clothing, and educational needs.

With this information, each time we read the revelation on the Word of Wisdom, we can better understand the counsel regarding the substances we should avoid.

- Read Doctrine and Covenants 89:5–9.

Blessings of Obeying the Law of Health

The Lord has promised that those who obey the Word of Wisdom and His other commandments will be blessed. He mentions four specific blessings.

- Read Doctrine and Covenants 89:18–21. What are the four blessings?

- Why do you need a healthy body? Why does the Lord want His children to have healthy bodies?

Many people have found better health through living the Word of Wisdom. After being a prisoner of war for five years, a Brother Clara became very ill and spent three years in hospitals and sanatoriums. The doctors finally sent him home because they could not cure him. No treatment did him any good, and he had to spend all day in bed. After being taught the gospel by the missionaries, Brother Clara accepted the Word of Wisdom and stopped drinking coffee and smoking. Gradually, after months of obeying the Word of Wisdom, he saw amazing improvements in his health. He had little respiratory trouble and coughed less. He finally decided to try working again, and he was hired almost immediately. He received a blessing from priesthood holders and was completely cured some years later. Brother Clara was blessed to enjoy good health because he obeyed the Word of Wisdom. (See Mrs. Lodomez Clara, "After Five Years in a Nazi Camp, He Was Regarded Incurable," *Ensign*, Dec. 1972, 23.)

- What blessings of better health have you or your family members received through obedience to the Word of Wisdom?

Sometimes, for reasons we do not understand, our health does not improve, even though we are obeying the Word of Wisdom. We are still required to obey this commandment, however. Obedience to the Lord's commandments always brings blessings, although we may not recognize them immediately. When the Word of Wisdom was revealed, it was not considered to be a commandment but only wise counsel. Later, when the prophet Brigham Young spoke as the mouthpiece of the Lord, he asked the members to covenant to keep the Word of Wisdom. Today it is a commandment for all Latter-day Saints. As stressed by the First Presidency during general conference of October 1942: "It is God's law of health, and is binding upon each and every one of us. We cannot escape its operation, for it is based upon eternal truth" (in James R. Clark, comp., *Messages of the First Presidency of The Church of Jesus Christ of Latter-day Saints*, 6 vols. [1965–75], 6:172).

Sometimes obeying the Word of Wisdom is not easy, because habits are hard to break and we may feel pressure from those around us to disobey. As we obey the Lord's law of health, however, we learn self-control and feel self-respect. We also increase our ability to obey other commandments.

"A young Mormon boy [enlisted in the army]. He was awkward. . . . After one parade, when he had gone through everything backwards, he was called by the captain to come in to his office. The captain said,

'I have noticed you, young fellow. . . . You are a Mormon, I suppose.'

" 'Yes, sir.'

" 'Well, I just wanted to make friends with you. Will you have a glass of beer?'

" 'Sir, I do not drink liquor.'

"The captain [swore and] said, '. . . Maybe you will have a cigar then.'

"[The young man replied], 'Thank you, sir, but I do not smoke.'

"The captain seemed much annoyed by this, and he dismissed the boy from the room.

"When the young man went back to his quarters, some of the lesser officers accosted him angrily and said, 'You fool, don't you realize the captain was trying to make a friend of you, and you insulted him to his face?'

"The young Mormon boy answered, 'Gentlemen, if I must be untrue to my ideals and my people and do things that I have been instructed all my life I should not do, I will quit the army.'

". . . While overseas later on in the war . . . his captain, who had then become a lieutenant colonel, . . . [needed a soldier for a very important assignment. He needed someone who was absolutely trustworthy. He needed a man of character]. The lieutenant colonel, his former captain, selected and assigned this young man who had the courage to stand before him and say, 'I do not smoke. I do not drink' " (Hugh B. Brown, "A Time of Testing," *Improvement Era*, June 1969, 98).

- What problems do you face as you try to obey the Word of Wisdom? What can you do to resist temptations, remain steadfast, and obey the Word of Wisdom?

We should not think of the Word of Wisdom as a commandment with only physical, temporal blessings. The Lord has told us that all commandments are spiritual.

- What spiritual blessings can you receive by obeying the Word of Wisdom?
- How can obeying the Word of Wisdom help you keep other commandments?

Helping Others

We should be tolerant of those who are struggling to obey the Word of Wisdom. Some people find it easy to obey this commandment, while others find it difficult. Each of us must seek the Lord's guidance to

know how to best influence someone who is having difficulty. Our example and encouragement can help family members, friends, and new members of the Church. One Latter-day Saint sister, Yvonne Rempp, wrote of a personal experience that shows the importance of setting a good example in obeying this commandment:

“The only two people I knew at the reception were the groom and his mother. She and I had become good friends at the hospital where we worked. . . .

“After wishing [the newlyweds] well and meeting all the members of the bridal party, I spied a vacant chair across the room and hurriedly claimed it as my own.

“ ‘Would you like some punch now?’ a young girl asked.

“ ‘No, thank you,’ I replied, ‘not now.’ ”

Sister Rempp wrote that the refreshments included cake and an alcoholic punch. Many people were lined up by the punch, which was served from a cutglass punch bowl into large goblet-type glasses. In a corner was a small punch bowl and cups with balloons of cartoon characters tied to the handles. This was the plain punch for the children. Sister Rempp went on:

“ ‘Why is the unspiked punch always so far away from the rest of the proceedings?’ I wondered.

“How thirsty I was! But how could I go to the unspiked punch table and get a glass of punch with a cartoon character balloon attached? A whole group of little people—flower girls, the ring bearer and his companions—were lined up. I wondered if, just this once, I could hold a regular punch glass. I wouldn’t drink the spiked punch. I stood up.

“ ‘Here is your punch, lady,’ I heard someone say.

“ ‘Oh, no thank you,’ I said again, ‘not now.’ ”

“I sat down again. What would be so wrong about one drink? But I knew it was wrong, so the ‘why’ didn’t matter. I remembered my visiting teacher saying just last week that we must not make little compromises because we do not always know what may trap and ensnare us. Well, I’d have to decide soon or have the feeling of choking to death on the dry cake I’d taken off a tray.

“Standing up, I hesitatingly started toward the spiked punch bowl. Then I went back and sat down again.

“The inward battle raged on. Think what I almost did!

“As I sat there, I began to hum the hymn tune, ‘Choose the Right.’ Now what made me recall that tune at this time? Finally, feeling like a giant among elves, I took my place in the [children’s] punch line.

"I felt a gentle tap on my shoulder and a teenager . . . asked, 'Sister Rempp, is this the [children's] punch bowl?'"

" 'Why Neil, how nice to see you! Yes, of course, this is the [children's] punch bowl.' His shy grin lit up his whole face and his brown eyes twinkled. We talked and laughed and enjoyed our punch out of our unusual cups. I had a Pluto balloon tied to mine and Neil had Minnie Mouse tied to his. After we had visited a few minutes, some of his friends came up to us, and one of the fellows said, 'When we came in and Neil saw you, he told us that you were the Gospel Doctrine teacher in his ward. Then, when we talked about having some of the spiked punch, he really put us in our place. He said we were to follow your good example and remember who we were. Besides, you might tell his mom.'

"I felt weak in the knees. How close I had come to stumbling, and taking many with me. I could hardly wait to get home and give proper thanks to my Heavenly Father for the special help that he had given me. Never again would I be hesitant in my choices.

"Just a week earlier Neil had accepted a call to go on a mission. And two days after the wedding reception he passed on to a very special mission, being the victim of a fatal, untimely accident. His mission came through, only the area had been changed. Neil was an exceptional young man, in looks, ability, and moral standards. He had succeeded here, and I will be forever grateful that in this instance I had not failed him." (See Yvonne Rempp, "Temptation in a Punch Bowl," *Ensign*, Apr. 1977, 61–62.)

One woman had been a less-active member of the Church for more than 20 years and was addicted to smoking cigarettes. The bishop called her to serve in a Church position, however, and through Church service her testimony gradually rekindled. She described her feelings about her habit and being able to overcome it:

"I could not give up smoking. Always I had been uncomfortable as a smoker, and now my Church activity made the cigarette habit almost . . . unbearable to me.

"Most of the members of our ward knew I smoked, but not once did anyone criticize me. Since I was so touchy on the subject, I was always on the alert for a slighting remark, a holier-than-thou glance, but never once did anyone even suggest that I might be unworthy. My new spiritual growth was so fragile, a breath of criticism might have destroyed it. None came.

"Gradually I gained the strength to try to break my tobacco habit. . . .

"I will be forever grateful to the true Saints of our community whose faith and love and prayers encouraged my husband and me to become

worthy . . . , and to a Father who never ceased to love us” (Kae Black, “I Had to Quit Smoking!” *Ensign*, Apr. 1977, 62–63).

- What can you do to help others obey the Word of Wisdom?
- What temptations do young people have regarding obeying the Word of Wisdom? How can you help your children resist these temptations?

Conclusion

Section 89 of the Doctrine and Covenants (the Word of Wisdom) is God’s law of health for mankind. It names the foods we should eat and the substances we should avoid. We are promised great blessings if we will obey this commandment. Although we now know scientific reasons for obeying the Word of Wisdom, doing so is still a test of our commitment to live as the Lord directs and of our desire to live a healthful life. Through our personal example of obedience to God’s law of health, we can often help others to obey this commandment and receive the blessings of doing so.

Challenge

Examine your own life to see if you can be more obedient to the Word of Wisdom. Seek inspiration to know how to help others obey this commandment.

Additional Scriptures

- Genesis 1:29 (herbs and fruit of trees for food)
- Isaiah 5:11, 20–24 (not to drink wine or strong drink)
- Proverbs 20:1 (wine is a mocker)
- Doctrine and Covenants 49:19 (beasts and growing things ordained for food of man)

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 29, “The Lord’s Law of Health.”
2. Prepare the poster suggested in the lesson or write the information on the chalkboard.
3. Assign class members to present any stories, scriptures, or quotations you wish.

TITHES AND OFFERINGS

L e s s o n 6

The purpose of this lesson is to help us more fully appreciate and better live the law of tithing. This lesson should also help us understand the value of other Church offerings and the need for generous contributions.

What Is the Law of Tithing?

The law of tithing is a commandment from the Lord—a plan whereby we give back to Him a small part of what He has given us. When we were baptized, we made a covenant to obey all of the Lord’s commandments. Each time we partake of the sacrament, we renew our promise to the Lord. In obeying the commandment to pay our tithing, we keep one part of our promise.

- Display visual 6-a, “Your earnings.”
- What is a *full* or *honest* tithe?

The First Presidency wrote: “The simplest statement we know of is the statement of the Lord himself, namely, that the members of the Church should pay ‘one-tenth of all their interest annually,’ which is understood to mean income. No one is justified in making any other statement than this” (First Presidency letter, 19 Mar. 1970; see also D&C 119:4).

Members give their tithing and a completed Tithing and Other Offerings slip to a member of the bishopric or branch presidency. If there is no organized ward or branch, tithing is given to the district, stake, or mission president. Records of all contributions are kept by priesthood brethren called as clerks.

At the end of each year all members are asked to make a special appointment with the bishop or branch president. At this meeting, known as tithing settlement, we speak to him privately and review our contribution records. We have the opportunity to declare our status as tithe payers. If we do not live in an organized ward or branch, we meet with the district, stake, or mission president for tithing settlement.



6-a, Your earnings

Obedience and honesty in paying tithing are necessary for obtaining a recommend from priesthood leaders to go to the temple. The payment of an honest tithe is an important commandment that all Latter-day Saints should keep.

Obedience Brings Blessings

Elder Bernard Brockbank told how he was encouraged to obey the law of tithing:

“A few years ago when my wife and I were involved with a young family, we were struggling to meet our financial needs, . . . and we were not honest in our payment of tithes and offerings. We were attending church and I thought that we loved the Lord, but one day my wife said to me, ‘Do you love God?’ and I answered, ‘Yes.’

“She said, ‘Do you love God as much as you love the grocer?’

“I replied, ‘I hope that I love him more than the grocer.’

“She said, ‘But you paid the grocer. Do you love God as much as the landlord? You paid him, didn’t you?’ She then said, ‘The first and great commandment is to love God, and you know we have not paid our tithing.’

“We repented and paid our tithes and offerings, and the Lord opened the windows of heaven and poured out blessings upon us. We consider it a great privilege to pay tithes and offerings to the Lord.

“I would like to mention that when we were not honest with the Lord, we were disturbed and had difficulties and problems” (in Conference Report, Apr. 1971, 113–14; or *Ensign*, June 1971, 86).

The Lord promises spiritual and temporal blessings to those who are obedient to the law of tithing. The scriptures tell us, “Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it” (Malachi 3:10; see also 3:11–12).

- What does the Lord promise us if we pay our tithing?
- Read Doctrine and Covenants 64:23. What is another blessing that we can expect when we have paid a full tithing?

President Joseph F. Smith told how his mother, Mary Fielding Smith, obeyed the Lord’s commandment to pay an honest tithing, bringing blessings to her family:

“I recollect most vividly a circumstance that occurred in the days of my childhood. My mother was a widow, with a large family to provide for. One spring when we opened our potato pits, she had her boys get a

load of the best potatoes and she took them to the tithing office; potatoes were scarce that season. I was a little boy at the time, and drove the team. When we drove up to the steps of the tithing office, ready to unload the potatoes, one of the clerks came out and said to my mother, 'Widow Smith, it's a shame that you should have to pay tithing.' . . . He chided my mother for paying her tithing, called her anything but wise or prudent; and said there were others who were strong and able to work that were supported from the tithing office. My mother turned upon him and said: ' . . . You ought to be ashamed of yourself. Would you deny me a blessing? If I did not pay my tithing, I should expect the Lord to withhold his blessings from me. I pay my tithing, not only because it is a law of God, but because I expect a blessing by doing it. By keeping this and other laws, I expect to prosper, and to be able to provide for my family.' . . . She prospered because she obeyed the laws of God. She had abundance to sustain her family. We never lacked as much as many others did. . . . That widow was entitled to the privileges of the house of God. No ordinance of the gospel could be denied her, for she was obedient to the laws of God" (*Gospel Doctrine*, 5th ed. [1939], 228–29).

- What blessings did Sister Smith receive? What blessing did President Smith refer to when he said, "That widow was entitled to the privileges of the house of God"? What effect did Sister Smith's example have on her young son?

It is important to remember that "the Lord does keep his promises. He truly . . . pours out his blessings upon those who are faithful and who obey his commandments. . . . These blessings may come in a financial or temporal way or may be realized by a spiritual outpouring, bringing strength, peace, and comfort. . . . The promises of the Lord will be kept" (Henry D. Taylor, in Conference Report, Apr. 1974, 158; or *Ensign*, May 1974, 108).

- Why is it important to recognize our spiritual blessings as well as our temporal blessings?
- How have you or your family been blessed by paying tithing?

What Are Offerings?

- Display visual 6-b, "How tithing is spent."
- Have the assigned sister give a brief report on offerings and their use as explained in *Gospel Principles* chapter 32, "Tithes and Offerings."

Elder Boyd K. Packer told a story about two missionaries who reported to their branch president that a family they were teaching the gospel had suddenly decided against baptism.

Tithing



Tithing helps build temples



Tithing helps operate missions



Tithing helps finance administration costs



Tithing helps build meetinghouses and schools

6-b, How tithing is spent

"The father had learned about tithing and canceled all further meetings with the missionaries. . . .

"A few days later the branch president persuaded the elders to join him in another visit to the family.

" 'I understand,' he told the father, 'that you have decided not to join the Church.'

" 'That is correct,' he answered.

" 'The elders tell me that you are disturbed about tithing.'

" 'Yes,' said the father. 'They had not told us about it; and when I learned of it, I said, "Now that's too much to ask. Our church has never asked anything like that." We think that's just too much, and we will not join.'

" 'Did they tell you about fast offering?' he asked.

" 'No,' said the man. 'What is that?'

" 'In the Church we fast for two meals each month and give the value of the meals for the help of the poor.'

" 'They did not tell us that,' the man said. . . .

" 'Did they explain the welfare program to you?'

" 'No,' said the father. 'What is that?'

" 'Well, we believe in helping one another. If someone is in need or ill or out of work or in trouble, we are organized to assist, and you would be expected to help. . . .'

" 'They didn't tell us any of that,' said the father.

" 'Well,' said the branch president, 'if you are turned away by a little thing like tithing, it is obvious you're not ready for this Church. . . .'

"As they departed, almost as an afterthought, he turned and said, 'Have you ever wondered why people will do all of these things willingly? . . . We pay [tithing]—and all of the rest—and count it a great privilege.

" 'If you could discover *why*, you would be within reach of the pearl of great price. . . .

" 'But,' said the branch president, 'it is *your* decision. I only hope you will pray about it.'

"A few days later the man appeared at the branch president's home. . . . He wanted to schedule the baptism of his family" (in Conference Report, Oct. 1974, 126–27; or *Ensign*, Nov. 1974, 88).

- Why is it important for us to pay offerings in addition to tithing?

Attitude Is Important

When we pay our tithes and offerings, we should do it willingly. The scriptures tell us that we should give “not grudgingly, or of necessity: for God loveth a cheerful giver” (2 Corinthians 9:7).

- How do you feel if a person gives you something grudgingly?

Elder Matthew Cowley told the story of a good Maori sister who had the true spirit of tithing:

“I had a little mother . . . down in New Zealand. I knew her on my first mission when I was just a young boy. In those days she called me her son. When I went back to preside, she called me her father. . . .

“Now, on one occasion I called in as I always did when I visited that vicinity, to see this grand little woman, then in her eighties, and blind. She did not live in an organized branch, had no contact with the priesthood except as the missionaries visited there. . . .

“I went in and greeted her in the Maori fashion. She was out in her back yard by her little fire. I reached forth my hand to shake hands with her, . . . and she said: ‘Do not shake hands with me, Father.’

“I said: ‘Oh, that is clean dirt on your hands. I am willing to shake hands with you. I am glad to. I want to.’

“She said, ‘Not yet.’ Then she got on her hands and knees and crawled over to her little house. At the corner of the house there was a spade. She lifted up that spade and crawled off in another direction, measuring the distance as she went. She finally arrived at a spot and started digging down into the soil with that spade. It finally struck something hard. She took out the soil with her hands and lifted out a fruit jar. She opened that fruit jar and . . . took something out and handed it to me, and it turned out to be New Zealand money. In American money it would have been equivalent to one hundred dollars.

“She said: ‘There is my tithing. Now I can shake hands with the priesthood of God.’

“I said: ‘You do not owe that much tithing.’

“She said: ‘I know it. I do not owe it now, but I am paying some in advance, for I do not know when the priesthood of God will get around this way again.’

“And then I leaned over and pressed my nose and forehead against hers, and the tears from my eyes ran down her cheeks” (in Conference Report, Oct. 1948, 159–60).

- Why did Elder Cowley weep over this woman’s payment of her tithes and offerings? Why should we give our tithes and offerings willingly?

President David O. McKay said, “He who gives [tithing] because he loves to help others and to further the cause of righteousness, who gives cheerfully and with thanksgiving in his heart . . . has his reward; for in giving he is really obtaining [blessings]” (“The Tenth Part,” *Improvement Era*, Oct. 1956, 701).

- How can your payment of tithes and offerings show your love for your brothers and sisters in the Church? How can it show your love for the Lord?

Conclusion

Heavenly Father knows of our needs. He has given us this commandment and promise: “Seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you” (Matthew 6:33).

The payment of an honest tithe and the giving of offerings are important ways to show our love for our Heavenly Father and our willingness to help build His kingdom on earth. President Joseph F. Smith counseled: “By this principle (tithing) the loyalty of the people of this Church shall be put to the test. By this principle it shall be known who is for the kingdom of God and who is against it” (*Gospel Doctrine*, 225).

When we pay tithes and offerings with honesty and cheerfulness, we are expressing our gratitude for the Lord’s many blessings.

Challenge

Obey the Lord’s commandment to pay tithing and obtain the blessings promised in Malachi 3:10. Teach the principle of tithing to your children by both word and deed.

Additional Scriptures

- Matthew 6:1–4 (give offerings humbly)
- Acts 20:35 (more blessed to give than to receive)
- Doctrine and Covenants 119:4 (tithing a standing law forever)

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 32, “Tithes and Offerings.”
2. Ask a sister to give a brief report on offerings and their use as explained in *Gospel Principles* chapter 32.
3. Assign class members to present any stories, scriptures, or quotations you wish.

HONESTY

Lesson 7

The purpose of this lesson is to help us be honest.

We Believe in Being Honest

- Write on the chalkboard: *We believe in being honest (Articles of Faith 1:13).*
- What does it mean to be honest? (Write responses on the chalkboard.)

The following story illustrates the meaning of honesty.

President Ruben Dario Pacheo of the Caracas Venezuela Third Branch and his family strongly desired to go to the temple. “After much sacrifice and spiritual preparation, his family raised enough money to go to the temple. President Pacheo sent his daughter to the bank to get 500 U.S. dollars. [He said,] ‘My wife took the envelope [containing the U.S. dollars] and put it away without counting the money. The night before leaving, I asked for the money and noticed that the envelope was unusually heavy. We counted the money. They had given us \$4,065. I was astonished. . . . The bank receipts indicated a purchase of only \$500—that meant that the bank had erred some \$3,500 in our favor!

“ ‘Some nonmember friends at our home that night tried to persuade us to use the money to enjoy our trip to the United States. . . . I myself had never seen so much money in my life. However, I energetically said, “We cannot keep this money because it is not ours. The purpose of our trip to the temple is to make covenants with the Lord. What good will they do if we are dishonest?”

“ ‘We returned the money to the bank; they had noticed that they had lost the funds but had no records indicating to whom it had been paid. Some bank clerks asked me that day, “Why did you do it? Nobody knew that you had that money.” My only answer was: “Because I am a Mormon” ’ ” (quoted by Mario G. Echeverri, “Venezuela,” *Ensign*, Feb. 1977, 30).

- How did President Pacheo demonstrate his honesty by what he said about making covenants with the Lord? How did he demonstrate his honesty by what he did? How did President Pacheo's words and actions show that he was honest in his thoughts and in his relationship with the Lord?

Elder Gordon B. Hinckley said:

"How rare a gem, how precious a jewel is the man or woman in whom there is neither guile nor deception nor falsehood! . . .

". . . Where there is honesty, other virtues will follow" (in Conference Report, Apr. 1976, 93; or *Ensign*, May 1976, 62).

- Read and discuss Exodus 20:15–16; Doctrine and Covenants 42:20–21.

The Lord has commanded us to be honest in our personal lives and in our dealings with others: "And let every man deal honestly" (D&C 51:9).

Dishonesty Is One of Satan's Tools

For every commandment our Heavenly Father gives us, Satan tempts us to disobey it. The scriptures tell us that "Satan, yea, even the devil, the father of all lies, [seeks] to deceive and to blind men, and to lead them captive at his will" (Moses 4:4). President Kimball named many ways of being dishonest:

"There are those who rob homes and banks and businesses; employers untrue to their trusts and employees who . . . misappropriate money. . . . There are the purse snatchers, the meter robbers, the tax evaders, and those who mislabel and misrepresent the products they are selling. . . .

"Some borrow beyond their ability to pay. . . . Some make promises and solemn covenants and disregard and ignore them. There are those who have taken towels from motels and those who have kept overpayment of change. Some succeed in business by sharp practices and close dealing. Then there is the downright pilfering and stealing. . . .

"People boast of traffic violations and outsmarting the police and of crossing international borders with concealed merchandise without paying duty. . . .

"And there are those who overcharge and overweigh and underpay" (*Faith Precedes the Miracle*, 234–35).

- What are other common dishonest practices?
- Why does Satan want us to be dishonest?
- What other sins can dishonesty lead to?

Dishonesty Starts with Little Things

An honest person does not become dishonest all at once. Dishonesty starts with little things that can gradually invade all areas of our lives. Dishonest thoughts, fear, envy, selfishness, deceiving others, even remaining silent when we should speak the truth are forms of dishonesty that lead us away from our Heavenly Father.

In the early days of the Church, the wife of Thomas B. Marsh performed a dishonest act that led to the Marshes' apostasy and excommunication. Elder Marsh was at that time serving as President of the Quorum of the Twelve.

"When the Saints were living in Far West, the wife of [Elder] Marsh and Sister Harris agreed to exchange milk, in order to enable each of them to make a larger cheese than they could do separately. Each was to take the other the 'strippings' as well as the rest of the milk. Mrs. Harris performed her part of the agreement, but Mrs. Marsh kept a pint of 'strippings' from each cow. When this became known the matter was brought before the Teachers, and these decided against Mrs. Marsh."

Brother Marsh upheld his wife's actions, however, and the Marshes became bitter, eventually turning against the Church. They soon lost their membership over bitter feelings growing out of an act of dishonesty. (See Hyrum M. Smith and Janne M. Sjodahl, *The Doctrine and Covenants Commentary*, rev. ed. [1972], 167).

- Why do we need to be honest in little things? Why must we not uphold any dishonest acts?

We Can Learn to Be Honest

When we were born, we had no knowledge of good or evil. To help us make right choices and to guide us in our lives, each of us has been given the Light of Christ. When we allow the Lord to guide us to the truth, we will learn to be honest.

Our Church leaders call attention to dishonest practices to help us identify dishonesty and to ask us not to participate. They encourage us to be honest and to teach our children to be honest. President N. Eldon Tanner said:

"This training in honesty begins in the home. Each of us has personal possessions which are ours alone. We can and should share such things as toys and games and our services to one another; but we have money, or jewelry, or clothing that is the personal property of each and should not be taken without the consent of the owner. A child who respects such honesty in the home is not apt to violate the principle outside the home. . . . Lack of such training fosters disrespect for the rights and property of others. . . .

“As a child matures and starts working for money, . . . [he should be taught to] deal honestly and give honest labor for the returns he gets” (in Conference Report, Apr. 1978, 64; or *Ensign*, May 1978, 44).

- Why is honesty in our work so important?
- How can teaching our children not to take or use another’s property without permission help them become more honest?

President Kimball, in speaking of his desire to have his grandchildren learn honesty, said:

“I hope you will teach my dear ones to be honest. There is so much cheating and stealing and dishonesty. Integrity is laughed at and dishonesty is taught by the family and the community. Little dishonest pranks are laughed at. The little child is often clever enough to deceive and take advantage of its cuteness. The child is often permitted to get by with little thefts. A parent who understates the age of the child to avoid adult prices in shows and planes and trains and buses is forcefully teaching the child to be dishonest. He will not forget these lessons. Some parents permit the child to break the law as to fire crackers, the use of guns, fishing and hunting without license. The children are permitted to drive without a license or to falsify their ages. Those who take little things without accounting for [them] such as fruit from the neighbor’s yard, a pen from a desk, a package of gum from the . . . shelf, all are being taught silently that little thefts and dishonesties are not so bad. Cheating in school examinations has reached an alarming state, say the school officials.

“We may be bucking a strong tide, but we must teach our children that sin is sin. . . .

“I express my concern over the increasing need of fortifying our youth” (“What I Hope You Will Teach My Grandchildren and All Others of the Youth of Zion,” [address to seminary and institute personnel at Brigham Young University, 11 July 1966], 2).

It is important to recognize that we cannot ignore little thefts, lies, or deceptions. We must not treat lightly or laugh at cheating or breaking the law.

- What can you do in your own family to teach and encourage honest behavior? Why should you teach honesty through your example?

We Are Blessed by Being Honest

We may not always be rewarded immediately for being honest. It may test our character, cause us to lose friends, or bring us ridicule. But honesty brings peace of mind, a clear conscience, and joy.

In a letter to a friend, a young woman described how she felt after she was tempted to be dishonest:

“Dear Sue,

“I’m sorry that you got upset yesterday. Your friendship has been very important to me. But I had to do what I did. I hope you can understand. When you dared me to take that bracelet from the jewelry counter, you told me it would be easy. No one was watching—or even working near the area. Your argument that you have never been caught made it seem less frightening. But I knew if I took that bracelet, whether I was caught or not, I would never be able to forget that I had been dishonest. I would never be able to wear the bracelet. It would always be a sad reminder of a poor decision.

“When you walked away from me and said you didn’t want to waste your time with someone who wasn’t any fun, I was hurt. I still am. But I guess I will just have to live with that hurt. It will be easier to live with that feeling than to live with the feeling of never being free to walk into the department store without guilt feelings, or not being able to face my parents and bishop, or just knowing within myself what I had done” (*Look unto Me in Every Thought: Mia Maid Course B, Young Women* [1978], 58).

- What did the young woman sacrifice for being honest? What great benefits did the young woman gain by being honest?
- Why is it important that we recognize the long-range benefits of being honest?

Elder Howard W. Hunter told of other benefits of being honest:

“There is a joy that comes to one from being honest. . . . You can have the companionship of the Master and you can have the Spirit of the Holy Ghost. . . .

“We must be honest with ourselves, honest with God, and with our fellowmen” (“Basic Concepts of Honesty,” *New Era*, Feb. 1978, 5).

- What are the benefits of being honest that Elder Hunter outlines?
- How can the Holy Ghost help you be honest?
- What does it mean to be honest with God?

Conclusion

Honesty is a basic principle of the gospel and a commandment of God. To keep this commandment, it is important that we recognize dishonesty and shun it, and that we practice being honest in our thoughts,

conversations, and actions. By demonstrating honest principles in our homes, with other Church members, and with our neighbors, we teach our children to be honest. When we are honest, we are blessed with a clear conscience, peace of mind, a feeling of self-worth, and the companionship of the Holy Ghost.

Challenge

During the coming week, analyze your thoughts, words, and actions to determine your obedience to the commandment to be honest. Seek the Lord's help to eliminate dishonesty in your personal life. Find ways to teach the children in your family this righteous principle. Be an example of honesty in both words and deeds. (See Philippians 4:8–9.)

Additional Scriptures

- Romans 13:12–13 (walk honestly)
- Hebrews 13:18 (willing to live honestly)
- Doctrine and Covenants 97:8 (those whose hearts are honest are acceptable to the Lord)
- Doctrine and Covenants 136:25–26 (restore that which is borrowed; find and return that which is lost)
- Articles of Faith 1:13 (we believe in being honest)

Teacher Preparation

Before presenting this lesson:

1. Read *Gospel Principles* chapter 31, "Honesty."
2. Assign class members to present any stories, scriptures, or quotations you wish.

FORGIVENESS

Lesson 8

The purpose of this lesson is to help us strengthen our commitment to forgive ourselves and others.

Activity: Who Am I?

Conduct the activity “Who Am I?” Have a class member read aloud the biographies below, not including the scripture references. Do not allow identities in the biographies to be revealed until the question “Who am I?” is asked. As soon as a sister thinks that she has discovered the identity of the person being described, she should raise her hand. However, the reader should continue until the list is complete or until all hands are raised.

Biography 1

1. I was falsely accused and sent to prison (see Genesis 39:11–20).
2. Later I was released from prison and given a high position of leadership in a foreign land (see Genesis 41:37–43).
3. For many years I was separated from my father and family (see Genesis 41–44).
4. I interpreted the dreams of a butler, a baker, and a ruler (see Genesis 40–41).
5. Because of famine, my family left their homeland and moved to where I was living. I was able to help them (see Genesis 45–46).
6. When I was a boy, my father gave me a beautiful coat (see Genesis 37:3).
7. Although my brothers sold me to slave traders, I forgave them and we had a joyful reunion in Egypt and lived happily for many years (see Genesis 45–46).
8. Who am I?

Answer: Joseph, the son of Jacob, who was sold into Egypt. (See *We Ought Also to Love One Another: Beehive Course A, Young Women* [1977], 16.)

- Display visual 8-a, “Joseph being reunited with his brothers.” Why were Joseph and his brothers able to have a happy reunion and live together in peace for many years?

Biography 2

1. I was the younger of two sons (see Luke 15:11–12).
2. I journeyed into a far country where I wasted the inheritance my father had given me (see Luke 15:13).
3. When a famine came into the land, I began to be in want (see Luke 15:14).
4. To obtain food, I took employment feeding swine (see Luke 15:15).
5. I remembered that my father fed his servants very well, so I decided to go home and ask my father to hire me as a servant (see Luke 15:17–19).
6. When my father saw me coming, he ran to meet me, kissed me, and gave me his best robe, a ring, and shoes, and prepared a feast to celebrate my return home (see Luke 15:20–24).
7. Who am I?

Answer: The prodigal son.

- Display visual 8-b, “The prodigal son returns.” Why was this happy reunion possible?

These two stories from the Bible illustrate what can happen when family members forgive each other.

- What is forgiveness? How do the stories of Joseph and the prodigal son illustrate the principle of forgiveness?

When We Forgive, We Exercise Christlike Love

Jesus Christ gave us the perfect example of how to forgive those who offend us. Of the Savior’s example Elder Robert L. Simpson said:

“Biblical history tells us that no mortal man has ever been subjected to the humility, the pain, the suffering that were experienced by the Savior of the world during his final hours of mortality.

“ . . . There he hung, his body broken and bleeding, still taunted by his enemies; and it was in the midst of all this that Jesus [pled] perhaps quietly, with deep reverence, ‘Father, forgive them; for they know not what they do.’ (Luke 23:34.)” (“Forgiveness,” *Improvement Era*, Dec. 1966, 1148).

As Jesus forgave, so must we.



*8-a, Joseph being reunited with his brothers
© Providence Lithograph Co.*



8-b, The prodigal son returns

April Aaron is a Latter-day Saint young woman who followed the Savior's example. While en route to a Church dance in San Francisco, California, April was attacked by a man who severely slashed her with a knife while he was trying to steal her purse. In the attack she suffered the loss of her right eye and received deep wounds in her right leg and left arm. And what did April reply when asked about her attacker?

"I would think he must be suffering, anybody who's like that, we ought to feel sorry for him. . . .

"I wish that somebody could do something for him, to help him. He should have some treatment. Who knows what leads a person to do a thing like this? If they don't find him, he's likely to do it again'" (quoted by Spencer W. Kimball in *The Miracle of Forgiveness* [1969], 294).

- How did April show Christlike love for her attacker?

Jens Christian Johansen, who joined the Church in Denmark, is another who has the Christlike ability to forgive. In his personal journal he recorded: "As I piled my hay and did my work, I took twelve piles and stuck over the fence to my neighbor, as they had no hay for the horse and cows; and we could see a little gone from our area the night before. . . . I would rather give them a little than have them steal" (quoted by Rex D. Pinegar in "Grandfather Johansen's Example," *New Era*, Sept. 1977, 4).

- How did Brother Johansen show that he had forgiven his neighbor for stealing his hay?

When we can forgive as April and Brother Johansen did, we are loving others as Christ does.

- Display a poster of the following statement, or write it on the chalkboard: *I have felt that the ultimate form of love for God and men is forgiveness.* (Marion D. Hanks, "Even as Christ Forgave," *New Era*, June 1974, 4.) Read the statement to the class.

We Are Required to Forgive Everyone

We often say or do things that bring pain and suffering to others. Others often say or do things that offend us. To help us deal with these problems, Jesus Christ gave this counsel:

"Wherefore, I say unto you, that ye ought to forgive one another; for he that forgiveth not his brother his trespasses standeth condemned before the Lord; for there remaineth in him the greater sin.

"I, the Lord, will forgive whom I will forgive, but of you it is required to forgive all men" (D&C 64:9–10; italics added).

- Whom does the term "all men" include?

- Who is our brother? (See D&C 64:9; 76:23–24.) What will happen if we fail to forgive those who have wronged us? Who has the greater sin—the one who has offended another or the one who refuses to forgive?

In the first part of this lesson, we reviewed two stories illustrating how family problems were solved by forgiveness.

- What would be the result if husbands and wives would readily forgive one another of their offenses? if brothers and sisters all forgave one another? if parents forgave their children? if children forgave their parents?
- Read Matthew 5:44. Whom does this scripture teach us to forgive?
- What would be the result if we readily forgave the offenses of our neighbors? our friends? Church members?

Jesus Christ taught that if we have been offended, we should not wait for the offender to come to ask for our forgiveness. We should seek him out and establish peace with him. (See Matthew 5:23–24.) Heavenly Father will not forgive us of our sins unless our hearts are free of all hate, bitterness, and bad feelings against others (see Matthew 6:14–15).

- Have a sister read Matthew 18:21–22. What is another way of saying “Until seventy times seven”?

To forgive everyone requires that we forgive ourselves as well as others. When we make a mistake, we should repent of it and then forget about it. Sometimes it is easier to forgive others than to forgive ourselves, but to “forgive all men” is to forgive everyone, including ourselves.

- Why do we sometimes find it difficult to forgive ourselves? Why is it important that we forgive ourselves?

We Must Forgive in Order to Progress

Elder Boyd K. Packer related the following story:

“Many years ago I was taught a lesson by a man I admired very much. He was as saintly a man as I have ever known. He was steady and serene, with a deep spiritual strength that many drew upon.

“He knew just how to minister to others who were suffering. On a number of occasions I was present when he gave blessings to those who were sick or otherwise afflicted.

“His life had been a life of service, both in the Church and in the community. . . .

“On one occasion when we were alone and the spirit was right, he gave me a lesson for my life from an experience in his. Although I thought I had known him, he told me things I would not have supposed. . . .

“He married a lovely young woman, and presently everything in his life was just right. He was well employed, with a bright future. They were deeply in love, and she was expecting their first child.

“The night the baby was to be born there were complications. The only doctor was somewhere in the countryside tending to the sick. They were not able to find him. After many hours of labor the condition of the mother-to-be became desperate.

“Finally the doctor arrived. He sensed the emergency, acted quickly, and soon had things in order. The baby was born and the crisis, it appeared, was over.

“Some days later the young mother died from the very infection that the doctor had been treating at the other home that night.

“My friend’s world was shattered. Everything was not right now; everything was all wrong. He had lost his wife, his sweetheart. He had no way to take care of a tiny baby and at once tend to his work.

“As the weeks wore on his grief festered. ‘That doctor should not be allowed to practice,’ he would say. ‘He brought that infection to my wife; if he had been careful she would be alive today.’ He thought of little else, and in his bitterness he became threatening.

“Then one night a knock came at his door. A little youngster said, simply, ‘Daddy wants you to come over. He wants to talk to you.’

“ ‘Daddy’ was the stake president. A grieving, heartbroken young man went to see his spiritual leader. This spiritual shepherd had been watching his flock and had something to say to him.

“The counsel from this wise servant was simply: ‘John, leave it alone. Nothing you do about it will bring her back. Anything you do will make it worse. John, leave it alone.’

“My friend told me then that this had been his trial, his Gethsemane.

“How could he leave it alone? Right was right! A terrible wrong had been committed, and somebody must pay for it.

“He struggled in agony to get hold of himself. It did not happen at once. Finally he determined that whatever else the issues were, he should be obedient. . . .

“He determined to follow the counsel of that wise spiritual leader. He would leave it alone.

“Then he told me, ‘I was an old man before I finally understood. It was not until I was an old man that I could finally see a poor country doctor—overworked, underpaid, run ragged from patient to patient, with little proper medicine, no hospital, few instruments. He struggled to save lives, and succeeded for the most part.

“ ‘He had come in a moment of crisis when two lives hung in the balance and had acted without delay.

“ ‘I was an old man,’ he repeated, ‘before finally I understood. I would have ruined my life,’ he said, ‘and the lives of others.’

“Many times he had thanked the Lord on his knees for a wise spiritual leader who counseled simply, ‘John, leave it alone.’

“And that is my counsel to you. If you have festering sores, a grudge, some bitterness, disappointment, or jealousy, get hold of yourself. You may not be able to control things out there with others, but you can control things here, inside of you.

“I say, therefore: John, leave it alone. Mary, leave it alone” (in Conference Report, Oct. 1977, 90–91; or *Ensign*, Nov. 1977, 60).

- Why did John call forgiving the doctor his “Gethsemane”? When did John begin to progress? What are some qualities John developed because he forgave?

Elder Sterling W. Sill told the following story about a woman who had been unable to forgive herself:

“Sometime ago I talked with a woman 53 years of age who had committed a moral transgression at age 18. She understood that her sin was very serious, but because she had repented a thousand times we can depend on the Lord’s promise that he had forgiven her. But she had never forgiven herself. Because she felt unclean and inferior, she withdrew from her friends, refused to marry, and became a kind of social and spiritual recluse. For 35 years she downgraded herself with bitter regrets and accusations. Her life of looking back upon her sin has turned her into something far below the wonderful person that God intended her to be. Her sin at age 18 was very serious. But for 35 years she has been adding to her sin by wasting the most valuable thing in the world, which is a splendid human life” (*What Doth It Profit* [1965], 183).

When we keep remembering our failures and mistakes, continue to harbor bad feelings against others, and refuse to forgive ourselves or others, we waste both time and energy. We accomplish nothing. We inhibit spiritual progress.

Conclusion

It is not easy to forgive others and ourselves. It may be one of the biggest challenges we will face in life. When we forgive completely by forgiving in our hearts as well as saying so, we free ourselves to progress, improve our lives, and be happy. We prepare ourselves to ask the Lord to forgive our sins. He has told us that when He forgives us of our sins, He remembers them no more (see D&C 58:42). Putting others' offenses out of our minds and hearts and remembering them no more is an important part of forgiveness. As we forget ill feelings toward others, we will bring peace into our lives. We will seek and be prepared to receive the guidance of the Holy Ghost. We will accept personal criticism and use it to improve ourselves. We will be progressing toward exaltation in our Heavenly Father's kingdom.

Offenses will come to us, but we must not let them shatter our lives. If we have a forgiving heart, we can overlook and forget offenses. Each of us should strive to pray sincerely, "Forgive us . . . as we forgive [others]" (Matthew 6:12).

Challenge

Search your feelings: Are you holding a grudge against anyone? If so, what can you do to overcome it? Ask your Heavenly Father to help you have a forgiving heart.

Additional Scriptures

- Mosiah 26:30–31 (forgive one another)
- Doctrine and Covenants 42:88–89 (Church process of dealing with offenses)
- Doctrine and Covenants 82:1 (as we forgive, the Lord forgives)
- Doctrine and Covenants 98:39–48 (how often we should forgive)

Teacher Preparation

Before presenting this lesson:

1. Read *Gospel Principles* chapter 19, "Repentance."
2. Prepare to conduct the activity at the beginning of the lesson.
3. Prepare the poster suggested in the lesson or write the information on the chalkboard.
4. Assign class members to present any stories, scriptures, or quotations you wish.

PURITY OF THOUGHT

L e s s o n 9

The purpose of this lesson is to help us increase our righteousness by teaching us how to control our thoughts.

Our Thoughts Are Influenced by the World around Us

Elder J. Thomas Fyans made the following comments about thoughts:

“Not only is this Amazon the greatest river in the world, but even many of its tributaries are great rivers. . . .

“One interesting feature about these rivers is their different colors. The Madeira, for example, is called a white river because its waters carry fine clay particles along its course. The black color of the Rio Negro comes from decaying organic materials picked up in the forests through which it passes. Still other rivers flow over white sands and often appear emerald green or turquoise blue. . . .

“Just as these rivers are colored by the substances picked up as they flow along, so the streams of our thoughts are colored by the material through which they are channeled. . . .

“Some rivers are sluggish and meander through low places. Their waters are dirty and full of debris.

“Other rivers flow down from the high places. . . . Their current is strong, and as a result, these furnish electricity for our needs, and great ships sail upon them” (in Conference Report, Buenos Aires Argentina Area Conference, 1975, 28–29).

- Have the sisters think about the following questions: Where do the streams of our thoughts flow? What fills and colors our thoughts?
- Place two glasses and a pitcher of water on a table. Put a lump of dirt in one of the glasses. Invite a sister to choose one glass and pour herself a drink of water. Ask her to explain why she chose the glass she did.

We would not put our drinking water into an unclean glass or vessel, because we do not want to drink water that is dirty. Why then should we put our minds in contact with impure ideas or thoughts?

In the scriptures the Lord sometimes speaks of His servants as vessels (see Moroni 7:31).

- Why can't we expect the Spirit of the Lord to dwell in an unclean vessel? Why can't pure thoughts dwell in a mind that is filled with unclean thoughts?

The world is filled with Satan's influence. We are exposed to suggestive material in plays, advertising, music, movies, magazines, and television. Crime, violence, perversion, profanity, pornography, and sensual music are portrayed as acceptable and even desirable. Unclean thoughts come more easily if our minds are not prepared to resist them.

- What evil influences do you encounter in your lives? How can you keep your thoughts pure when you are surrounded by such influences?

Our Thoughts Influence Our Actions

An idea can be powerful. First comes a thought, then an act. The act begins in the mind. We do what we think of doing. Whether we plan to do good or evil, the plan and the act begin in the mind.

President David O. McKay related this experience:

"Many years ago a young man came to me while I was president of the European Mission and made a confession of a wrong and sinful act. He justified himself by saying that he happened to be in a bookstore at the closing hour, and when the door was locked he yielded to temptation. He rather blamed the *circumstances* for his fall.

"But I said, 'It wasn't the circumstances; it wasn't the locked door, nor the enticement. You had thought of that before you went to that bookstore. If you had never thought of that act, there would have been no circumstance strong enough to entice or to tempt you, a missionary, to fall. The thought always precedes the act.'

"Clean thoughts, high ideals, thinking of love in the true sense, temperance, helpfulness, cheerfulness, all are principles that will contribute to development of character. Thinking of self, harboring ill will against a neighbor, thinking of some opportunity to gratify appetite by smoking or drinking, will lead the individual to commit those things" ("Cleanliness Is Next to Godliness," *Instructor*, Mar. 1965, 86).

President McKay also said: " 'Tell me what you think about when you do not have to think, and I will tell you what you are.' Latter-day

Saints have the responsibility of thinking pure thoughts, of cherishing high ideals. As long as they do, their actions will be in accordance with those ideals” (*Instructor*, Mar. 1965, 86).

- Display visual 9-a, “A woman scrubbing her steps.”

The people of the Netherlands are known for their cleanliness. Many women polish the brass on the doors, scrub the entrance to their homes, and even scrub the path to the sidewalk. This custom is prompted by their belief that if you walk a clean street you will not carry dirt and impurities into the home. The same idea can be applied to the mind. Continuous scrubbing of our thoughts and cleansing of our minds can help keep our actions clean and pure.

“Thoughts are the tools with which we shape our character, just as truly as a great sculptor with chisel and mallet chips and chips on the rough marble until it’s shaped . . . into . . . a splendid and perfect work of art. Just so every thought is shaping our character and, consequently, shaping our destiny and our lives. Therefore the result is, in all our thoughts, the creation of a character” (George Q. Morris, *The Importance of Habits*, Brigham Young University Speeches of the Year [20 May 1953], 2).

- Read Proverbs 23:7 from the chalkboard.

We Can Do Many Things to Control Our Thoughts

We have the power within ourselves to control our thoughts. We can choose not to let bad thoughts stay in our minds. Our minds have the ability to absorb wisdom and knowledge as readily as they absorb things that are evil and negative. Elder Boyd K. Packer explained what we can do to control our thoughts:

“The mind *is like* a stage—the curtain is always up except when we are asleep. There is always some act being performed on that stage. . . .

“Have you noticed that without any real intent on your part, . . . a shady little thought may creep in from the wings and attract your attention? These delinquent thoughts will try to upstage everybody.

“If you permit them to go on, all thoughts of any virtue will leave the stage. You will be left, because you consented to it, to the influence of unrighteous thoughts. . . . They may enact a theme of bitterness, jealousy, or hatred. They may be vulgar, immoral, or even depraved. . . .

“What do you do at a time like that, when the stage of your mind is commandeered by the imps of unclean thinking? . . .

“If you can control your thoughts, you can overcome habits—even degrading, personal habits. If you can learn to master them, you will have a happy life. . . .



9-a, A woman scrubbing her steps

“I would teach you this. Choose from among the sacred music of the Church a favorite hymn. . . . Go over it carefully in your mind. Memorize it. Even though you have had no musical training, you can think through a hymn.

“Now, use this hymn as the place for your thoughts to go. Make it your emergency channel. Whenever you find that these shady actors have slipped from the sidelines of your thinking onto the stage of your mind, put on this record [of a hymn]. . . .

“As the music begins and as the words form in your mind, the unworthy thoughts will slip shamefully away. The hymn will change the whole mood on the stage of your mind. Because it is uplifting and clean, the baser thoughts will disappear. . . .

“Once you learn to clear the stage of your mind from unworthy thoughts, keep it busy with learning worthwhile things. . . . Keep busy with things that are righteous” (*Teach Ye Diligently* [1975], 46–47).

Elder Dean L. Larsen counseled us to practice constructive thinking: “In order to sustain constructive thinking, it’s necessary for us to have something worthwhile to think about, to have in reserve, . . . some items, some problems, some challenges, to which we can turn our minds, to think our way through to a solution” (“Thoughts about Thoughts” in *1976 Devotional Speeches of the Year* [1977], 120).

In a scene from the musical *The Sound of Music*, Maria, a governess, comforts the children in her charge during a thunderstorm by helping them think of their favorite things. By creating pleasant thoughts, the children forget their fears. Pleasant thoughts push out unpleasant ones.

When asked why she seemed so happy and satisfied with her work, one woman answered, “The main thing is I think good thoughts.”

▪ What could you think about to keep out unclean thoughts?

We should treat our minds like a storehouse of good things, and we will find no room for anything else.

Look for good thoughts in the scriptures. They offer peace, knowledge, warning, advice, history, poetry, and other things to enrich the mind. The Church magazines offer uplifting articles and stories for our enjoyment and learning.

A healthy mind is always working. We need to keep our minds busy planning and thinking. We should try to focus on positive ideas. When we are motivated by good thoughts, there is no limit to the success we may achieve in this life and the world hereafter.

The Holy Ghost can help us control our thoughts. When we listen to His promptings, we can control our thoughts, words, and actions. We should pray for the help of the Holy Ghost.

- Read John 14:26. How will the Holy Ghost help us?

When the Holy Ghost prompts us to remember the teachings of the Savior, we are better able to direct our thoughts to be pure, leaving no room for bad thoughts. The Holy Ghost is called the Comforter because it is His mission to bring “solace, love, peace, quiet enjoyment, and comfort to the saints” (Bruce R. McConkie, *Mormon Doctrine*, 2nd ed. [1966], 148).

We can be forgiven for thinking bad thoughts if we repent.

- What are you doing to control your thoughts?
- Why is it important for you to strengthen your defense against unclean thoughts?

We cannot always avoid people whose opinions and actions are not in harmony with gospel standards. This is especially true for young people.

- How can we help young people of the Church counteract the degrading influences around them, such as vulgar speech and actions, and improper magazines, movies, and television shows?
- How can parents teach their children the importance of keeping their thoughts pure?

Conclusion

Our thoughts influence our actions. In our efforts to become more like our Father in Heaven, it is important that we keep our minds clean and pure. Even though evil influences are all around us, we can control our thoughts and direct them in the right way.

We must try to avoid things that encourage unclean thoughts. We need to choose wisely our friends, television and video programs, movies, books, and magazines. We must be sure to plan wholesome channels into which we can direct our thoughts. Thoughts are like water. They run continuously and, if not directed, will wander through paths of least resistance into low places. We must keep the commandments of God and seek the companionship of the Holy Ghost. We must pray often, asking our Heavenly Father to guide us as we work to control our thoughts and keep them clean.

- Have a class member read the following quotation:

“Sow a thought, reap an act,
Sow an act, reap a habit,
Sow a habit, reap a character,
Sow a character, reap an eternal destiny” (William Makepeace Thackeray, quoted by David O. McKay in *Treasures of Life* [1962], 418).

- Read Alma 12:14. What does this scripture say about keeping our thoughts pure?

Challenge

Seek the companionship of the Holy Ghost to help you control your thoughts. Memorize a Church hymn or a scripture or find another way to replace evil thoughts. Read the Church magazines and other uplifting materials that are available to you. Read the scriptures daily.

Additional Scriptures

- Proverbs 12:5; 15:26 (righteous thoughts and words)
- James 1:12–27 (God does not tempt us to do evil)
- Jacob 3:1–2 (purity of heart and firmness of mind)
- Mosiah 4:30; 5:13 (continue in righteousness or perish)
- Doctrine and Covenants 6:16 (God knows thoughts and intents of the heart)
- Doctrine and Covenants 6:36 (direct thoughts to God)
- Doctrine and Covenants 121:45 (virtuous thoughts)

Teacher Preparation

Before presenting this lesson:

1. Write on the chalkboard: *For as [a man] thinketh in his heart, so is he* (Proverbs 23:7).
2. Bring to class two glasses, a pitcher of water, and a lump of dirt.
3. Assign class members to present any stories, scriptures, or quotations you wish.

BUILDING THE KINGDOM OF GOD

Lesson 10

The purpose of this lesson is to teach us ways to use our time, talents, and possessions to help build the kingdom of God.

Everyone Is Blessed with Time, Talents, and Possessions

Elder Thomas S. Monson told the following story about service and sacrifice:

“Jose Garcia [was] from Old Mexico. Born in poverty but nurtured in faith, Jose prepared for a mission call. I was present the day his [mission] recommendation was received. There appeared the statement: ‘Brother Garcia will serve at great sacrifice to his family, for he is the means of much of the family support. He has but one possession—a treasured stamp collection—which he is willing to sell, if necessary, to help finance his mission.’

“President Kimball listened attentively as this statement was read to him, and then he responded: ‘Have him sell his stamp collection. Such sacrifice will be to him a blessing’ ” (in Conference Report, Oct. 1978, 83; or *Ensign*, Nov. 1978, 56).

As members of the Church, we are given the responsibility to help build up the kingdom of God upon the earth. At times this responsibility may require us to make great sacrifices.

- Have the sisters think about this question: What has the Lord given me that I can use in this great work of building up the kingdom?

Our Heavenly Father has blessed each of us with time, talents, and possessions. He wants us to use these gifts to further the work of the Church. All of us are needed to lead, teach, support, and participate. By using our time, talents, and possessions freely and willingly, we can help spread the gospel and build the kingdom.

Each of us is given an equal number of hours in every day. President Brigham Young said: “Now, sisters, . . . you should consider your time

golden, it is actually wealth. . . . Let us consider this, and no longer sit with hands folded, wasting time, for it is the duty of every man and of every woman to do all that is possible to promote the Kingdom of God on the earth" (*Discourses of Brigham Young*, sel. John A. Widtsoe [1954], 214).

- Have a class member tell how she manages her time in order to accomplish her Church work and serve in other ways. In what ways can we use our time more wisely to build up the kingdom of God?

Each of us has also been given talents and abilities that we may use in building up the kingdom of God. These are precious gifts from our Heavenly Father.

President Brigham Young gave this counsel: "If you give anything for the building up of the Kingdom of God, give the best you have. What is the best thing you have to devote to the Kingdom of God? It is the talents God has given you. . . . Let us devote every qualification we are in possession of to the building up of God's kingdom, and you will accomplish the whole of it" (*Discourses of Brigham Young*, 445).

Sister JoAnn Ottley related an experience in learning to build the kingdom of God. The Lord gave Sister Ottley and her husband, Jerold Ottley, special talents for music. They had spent their entire lifetimes studying and developing these gifts. They had to make many decisions regarding their use. When they were in Europe studying, the Ottleys realized that they had an especially important and difficult decision to make. Both of them knew that if they remained in Europe, they would have many opportunities for success. They wanted above all, however, to do what the Lord wanted them to do. The Ottleys desired to be obedient, but beyond that they yearned to serve the Lord in building His kingdom here on the earth.

Brother and Sister Ottley repeatedly fasted and prayed to know the will of the Lord. Their answer came during a sacrament meeting at the close of a fasting period. They had both received the same instructions by the Spirit—that their work was at home. The Ottleys were to return to the United States.

There followed more months of study, preparation, and testing. Then the Lord made it possible for them to return to Salt Lake City. Sister Ottley became a member of the Tabernacle Choir, and Brother Ottley joined the Music Department at the University of Utah.

A short time later, Brother Ottley was called by the First Presidency of the Church to be the conductor of the Tabernacle Choir. The Lord had indeed been preparing them for service.

The Ottleys understood that our time, talents, and possessions are really not ours at all, but the Lord's. The greatest joy we can reap on this earth is to use them in building up the kingdom of God. (See "The Apples in a Seed," in *Turning Points* [1981], 23–29.)

- What does it mean that the Ottleys' desire to be used by the Lord went beyond just being obedient? How did the Ottleys learn what the Lord wanted them to do with their talents? How can we learn what the Lord wants us to do with our talents?
- Display visual 10-a, "Jesus telling the rich young ruler what to do to inherit eternal life."

The New Testament contains a story of a man who asked Jesus what he should do to inherit eternal life. Jesus told him to keep the commandments: not to commit adultery, kill, steal, or bear false witness, and to honor his father and mother. The man answered that he had observed these commandments all of his life. Jesus then told him to sell his possessions, give to the poor, and follow Him. The man was sad when he heard this counsel, and he went away grieving, "for he had great possessions." (See Mark 10:17–22.)

- What personal possessions might we use to build the kingdom?

We all have possessions that we can use to build the kingdom of God. Perhaps we can feed or clothe someone in need, or give shelter to a homeless person. When we pay our tithes and offerings, we are helping to build the kingdom. There may be times when we will be asked to give more, and to make greater sacrifices to further the Lord's work. Although most of us are not asked to give all our possessions for the Lord's work, we should be willing to do so if called upon.

Several years ago a group of Saints on the island of Tasmania learned that Joseph Fielding Smith, then President of the Quorum of the Twelve Apostles and later President of the Church, was touring the South Australian Mission. These humble, faithful people, numbering 185, wanted President Smith to dedicate their chapel. They knew that their chapel must be free of debt to be dedicated to the Lord, and in two days they raised a rather large sum of money (over \$10,000) to clear the building of debt. They demonstrated a willingness to sacrifice their possessions for the building up of the kingdom. Some sold land and others sold furniture and other personal possessions to raise the needed funds. (See Jessie Evans Smith, "Now We Can Give the Building to the Lord," *Instructor*, June 1962, 184–85.)

Elder Bruce R. McConkie said:

"We have covenanted in the waters of baptism to love and serve him [the Lord], to keep his commandments, and to put first in our lives the



10-a, Jesus telling the rich young ruler what to do to inherit eternal life
© Providence Lithograph Co.

things of his kingdom. In return he has promised us eternal life in his Father's kingdom. . . .

"The law of sacrifice is that we are willing to sacrifice all that we have for the truth's sake— . . . our houses, lands, and families: all things, even our very lives if need be.

" . . . Few of us are called upon to sacrifice much of what we possess. . . .

"But . . . we must be *able* to live these laws to the full if we are called upon to do so" (in Conference Report, Apr. 1975, 74–75; or *Ensign*, May 1975, 50).

- What does it mean to put the "things of the kingdom" first in our lives?

There Are Many Ways to Use Our Time, Talents, and Possessions to Build the Kingdom

- What are some ways we may be called upon to use our time, talents, and possessions to help build up the kingdom? (List responses on the chalkboard.)

As Church members, we should do what we can to bring to pass much righteousness. The Lord has provided many opportunities for us to use our time, develop our talents, and use our possessions to serve others.

As we serve, our ability to serve is increased. We also demonstrate our willingness to be obedient, and we can bring joy to ourselves and others. Elder Bruce R. McConkie told us how we can build up the kingdom:

"It is our privilege to raise the warning voice to our neighbors and to go on missions and offer the truths of salvation to our Father's other children everywhere. We can respond to calls to serve . . . in any of hundreds of positions of responsibility. . . . We can labor on welfare projects, engage in genealogical research, perform . . . ordinances in the temples.

"We can pay an honest tithing and contribute to our fast offering, welfare, . . . and missionary funds" (in Conference Report, Apr. 1975, 76; or *Ensign*, May 1975, 51).

Sister Villafranca of Mexico, who lived far from a ward or branch, found a way to help build up the kingdom in her area. She offered her home in the city as a place for the elders to teach a class of investigators. They taught and baptized several investigators, and six years later the branch of the Church there was made up of almost two hundred members. (See Glenn V. Bird, "Miracle at San Fernando," *New Era*, Jan. 1977, 28–29.)

Members of the Hanover District of the Germany Hamburg Mission decided to “go the extra mile” in building the kingdom when a town in the state of Idaho in the United States was flooded. In order to aid the victims, the members of the German district held a special fast day in addition to the regular fast Sunday. The Young Men and the Young Women of the district also contributed by working one day of their vacation to earn money to give to the flood victims. (See “Germans Aid Idahoans,” *Church News*, 14 Aug. 1976, 10.)

One family has made provisions in their wills for some of their property and possessions to be given to the Church after they die. Funds from these are to be used for sustaining missionary work, building meeting-houses and temples, and contributing to other righteous expenditures to build the kingdom. The father of this family expressed his family’s willingness to “go the extra mile” in these words: “I have realized that everything we have is of the Lord. . . . It does seem to me to be part of the entire covenant of giving of our time, our talents, and our means to the work of the Lord [to leave of our own free choice some of our possessions for building up the kingdom of God].” (See Isaac M. Stewart, “I Have a Question,” *Ensign*, Aug. 1975, 23–24.)

- Have the assigned sister list the ways we can develop our talents, as explained in *Gospel Principles* chapter 34, “Developing Our Talents.”

Our desire to build the kingdom of God should affect every decision we make. Elder Dale E. Miller explained:

“Brothers and sisters, thrusting in our sickles to help build the Lord’s kingdom should be the prime focus of our lives. It seems reasonable to suggest that we each agreed to that in our premortal life. The key decisions pertaining to education, career, marriage, and the very use of our time, talent, and means should prayerfully hinge on how best we serve the Master, building His kingdom and becoming perfected in Him.

“As we invest our time, talents, and means to build Zion, our hearts are purified, our wisdom increases, celestial habits begin to form, and the Holy Spirit prepares us to receive the presence of the Father and the Son. By thrusting in our sickles, we reap a double portion—for ourselves and for the kingdom” (in Conference Report, Apr. 1998, 37; or *Ensign*, May 1998, 29–30).

Conclusion

We have been given the responsibility to help build the kingdom of God. Sometimes we must make personal sacrifices to do this. But Jesus promises us that when we sacrifice “for [his] sake, and the gospel’s, . . . [we] shall receive an hundredfold now in this time, . . . and in the

world to come eternal life” (Mark 10:29–30). To receive this blessing, we must make decisions daily about how we will use our time, talents, and possessions.

Challenge

Discuss with your family the need to make sacrifices in order to build the kingdom. Learn to manage your time wisely so you may better serve the Lord. You may want to fast and pray to know how to use your time, talents, and possessions to build up the kingdom.

Additional Scriptures

- Luke 12:47–48 (of him unto whom much is given, much is required)
- Alma 34:32 (today is the time to prepare to meet God)
- Doctrine and Covenants 65 (prepare the way of the Lord)
- Doctrine and Covenants 82:18–19 (work for the benefits of all)

Teacher Preparation

Before presenting this lesson:

1. Read *Gospel Principles* chapter 34, “Developing Our Talents.”
2. Assign a class member to list ways to develop talents as explained in *Gospel Principles* chapter 34.
3. Assign class members to present any stories, scriptures, or quotations you wish.

THE WORTH OF A SOUL

L e s s o n 11

The purpose of this lesson is to help us become more Christlike in our relationships with all of God's children.

We Are All Children of a Loving Heavenly Father

- Display visual 11-a, "Children from many lands."

Some may ask the question, "Did God create all people?" The scriptures tell us that God made all people who have ever lived or will live on earth. He has also appointed the time and the place for each person to be born on the earth. (See Acts 17:26.)

Each of us is a unique and special creation. Each of us has a physical body that is unique in size, shape, color, and facial features. Likewise each of us has a unique set of attributes, talents, interests, skills, and abilities.

- Display a poster of Doctrine and Covenants 18:10 and have a class member read the scripture aloud.

Each of us is a child of Heavenly Father, with our individual personality and physical characteristics. Together we all make up His eternal family. He loves and values each of us. He also wants His children to love one another and treat each other as brothers and sisters.

- How can we show that we accept all people as brothers and sisters?

Concern for the welfare of other people is a major way of demonstrating our acceptance of our fellowmen. Several years ago a three-year-old child fell into an abandoned well. Local firemen, businessmen, circus performers, a factory worker, a doctor, a neighbor, and newsmen all worked together in their desire to rescue her. The tragedy attracted worldwide attention and offers of help, and more than \$500,000 was spent in the more than 53-hour rescue attempt. When the child was finally reached, she was dead. One may ask if the rescue effort was worth it. There can be only one answer: of course. For many hours



11-a, Children from many lands

the world had been united in saving the life of one little girl. No one asked what the race or creed of the rescue workers was. No one asked how much it was costing. Both the rich and the poor united to save a single life. Everyone felt a desperate need and came together to lend the necessary aid. For those 53 hours that little girl brought people together in love.

- Why would so many people become involved in attempting to save one little girl? When were you involved in a cause that united you with others to help another person?

We Are to Love Our Neighbors As We Love Ourselves

Jesus showed by example how to love everyone. He then commanded that we love one another (see John 15:17). He taught us how to do so through parables. He demonstrated His love by giving His sinless life “a ransom for all,” making it possible for us to overcome our sins (1 Timothy 2:6; see also D&C 18:11–13).

- Ask the assigned class members to briefly tell the following stories from the Bible. Ask the questions listed after each parable.

The good Samaritan (Luke 10:29–37). What lessons can we learn from this parable?

Zacchaeus (Luke 19:1–7). How did the Savior treat Zacchaeus? How did the disciples feel about the Savior’s action? What can we learn from this story about what it means to love others?

The woman taken in adultery (John 8:3–11). How should we treat those who are troubled with sin? Why are compassion and understanding important aspects of loving others?

- Why did the Savior place such great worth on these individuals who were not accepted by their neighbors?

Christ knows the worth of souls. He is concerned about each one of God’s children. He preached to the poor and healed the lame and broken hearted. He restored sight to the blind. He ate with sinners and confronted the accusers of a woman taken in adultery. He taught us the worth of each person in the parables of the lost sheep, the lost coin, and the prodigal son (see Luke 15). In all of His actions He was an example of what He taught when He said, “Love thy neighbour as thyself” (Matthew 19:19). After teaching how one man recognized and served a neighbor, He taught that we should “go, and do . . . likewise” (Luke 10:37).

- What is our responsibility to all, including those who are different from us?
- What does it mean to love our neighbors as ourselves?

How Can We Become More Christlike in Our Relationships with Others?

We are following Christ's example when we act kindly toward others and show loving concern for them. President N. Eldon Tanner said: "It seems we can always find what we are looking for in a person. As we all know, none of us is perfect. As we point out a fault or a weakness, it calls attention to the fault, and we overlook or fail to see the strong points of an individual" ("Nay, Speak No Ill," *Ensign*, Mar. 1973, 2). If we fully realize the worth of others, we will look for their strong points. We will treat others with love and kindness.

- How might we treat each individual in the following situations if we recognize the person's worth and love him or her as ourselves?

"It had been several years since Margaret attended a sacrament meeting; and as she walked into the chapel and quickly found a seat, she felt like a stranger. She had let a Word of Wisdom problem keep her away all that time. . . . The bishop . . . told her that the more often she attended church and the more she prayed, the easier it would become for her to conquer her hurtful habit.

"Though nearly all the ward members were now new to her, Margaret gradually began to feel as though she had come home after a long absence. . . . Too soon the closing prayer was said and she edged her way out with the crowd. She caught bits of conversations around her, silently longing to be part of them. Then suddenly a whispered voice behind her seemed to scream above all the others and pierce the very depths of her soul: 'Well, did you smell the cigarettes? I could barely keep my mind on the talk. I'll have to be more careful of where I sit' " (Helen Selee, "And Jesus Wept," *Ensign*, Apr. 1973, 14).

- How would you feel if you were Margaret? What could we do for a neighbor such as Margaret?

President N. Eldon Tanner cautioned us to be more Christlike in another way. He said:

"It seems that we all have a great tendency to talk about our neighbors. . . . For some reason or other it seems to be much easier to talk about a person's faults than his virtues. We repeat some derogatory statements that we have heard regarding a neighbor, whether they be rumors or

fact, and they, like weeds, seem to grow with the telling. It is, therefore, most important that we heed the words of the Lord on this subject.

“If we want to be good neighbors, we should find out the truth and all the facts or refrain from making any statement. . . .

“The following story gives us cause for reflection. A retired man who worked in his garden early each day noticed that a milkman began stopping regularly each morning at the home of his neighbor across the street. He arrived just after the husband left for work and stayed a half hour or so. The attractive young housewife was a Primary teacher and was almost always in attendance at sacrament meetings.

“After this pattern continued for several weeks, the man began to call it to the attention of the neighbors, expressing concern for the children she taught and the effect of her example. By the time he felt it his duty to report the situation to the bishop, news of the situation was widespread in the ward.

“The bishop was disturbed over the whole affair and called the manager of the dairy to get the name of the delivery man and to inquire into his character. The manager approached the milkman and said tactfully, ‘I notice you have a new customer out on Lincoln Avenue. How did you get the lead?’

“ ‘Lead?’ said the milkman. ‘That’s my daughter. She fixes breakfast for me every morning, and my wife and I tend her children for her every Friday night. How’s that for a deal?’ ” (*Ensign*, Mar. 1973, 2).

- How can gossip or unkind words harm an individual? (Consider both the person who is gossiped about and the person who gossips.) How can avoiding gossip help us become more Christlike in our relationships with others?

Our actions toward those who are different in any way demonstrate how we feel about them. If we truly desire to improve, we must ask ourselves, “How can I show acceptance, tolerance, and love for each of our Heavenly Father’s children?”

We also need to be concerned about those who have recently come into the Church and should strive to develop a Christlike relationship with them. President Spencer W. Kimball said: “Now we come to a realization that the kingdom of God and the church of Jesus Christ constitute a world church. It is fast coming to have world dominion. We, its members, must learn to contain ourselves and love all mankind, all our brothers and sisters of every nation and clime. Certainly we shall be wholly without enmity or grudge or ill feeling” (in Conference Report, Oct. 1977, 72; or *Ensign*, Nov. 1977, 48).

- Read Ephesians 2:19. When we are of the household of God (members of the Church), how should we treat each other?

Conclusion

As children of our Heavenly Father, who loves each of us, we should treat each other as we are instructed in the scriptures:

“Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:

“And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ’s sake hath forgiven you” (Ephesians 4:31–32).

Challenge

Develop the habit of looking for the good in others. Avoid criticizing and gossiping. Teach your children by example to accept others and to be tolerant and kind.

- Close the class by singing “I Am a Child of God” (*Hymns*, no. 301; or *Gospel Principles*, 366).

Additional Scriptures

- Acts 10:34 (God is no respecter of persons)
- Galatians 3:26–28 (all are one in Christ)
- Ephesians 4:29 (speak only that which is good)
- 4 Nephi 1:15–17 (love of God dwelt in the people’s hearts, and all were one)
- Doctrine and Covenants 112:11 (love all people)

Teacher Preparation

Before presenting this lesson:

1. Read *Gospel Principles* chapter 2, “Our Heavenly Family.”
2. Prepare the posters suggested in the lesson or write the information on the chalkboard.
3. Prepare to close the class with the hymn “I Am a Child of God” (*Hymns*, no. 301; or *Gospel Principles*, 366).
4. Assign class members to present any stories, scriptures, or quotations you wish (including the stories of the good Samaritan, Zacchaeus, and the woman taken in adultery).

DUTIES AND RESPONSIBILITIES



CHURCH ORGANIZATION

Lesson 12

The purpose of this lesson is to help us increase our understanding of the purpose and organization of the Lord's true Church.

Jesus Christ Is the Head of the Church

- Display visual 12-a, "Jesus Christ."

At a district missionary conference in Hamburg, Germany, presided over by Elder Henry D. Moyle, "one of the missionaries asked a question in which he referred to President David O. McKay as the head of the Church. Elder Moyle interrupted him and in a very forceful manner stated that Jesus Christ was the head of the Church, not David O. McKay. The significant point here is that Elder Moyle knew that Jesus is the Son of God, that he lives, even today, and that he stands at the head of this church" (Donald Q. Cannon, "Who Is Jesus Christ?" *New Era*, Mar. 1978, 12).

- Why do you think Elder Moyle made such a point of the Savior's position at the head of the Church?

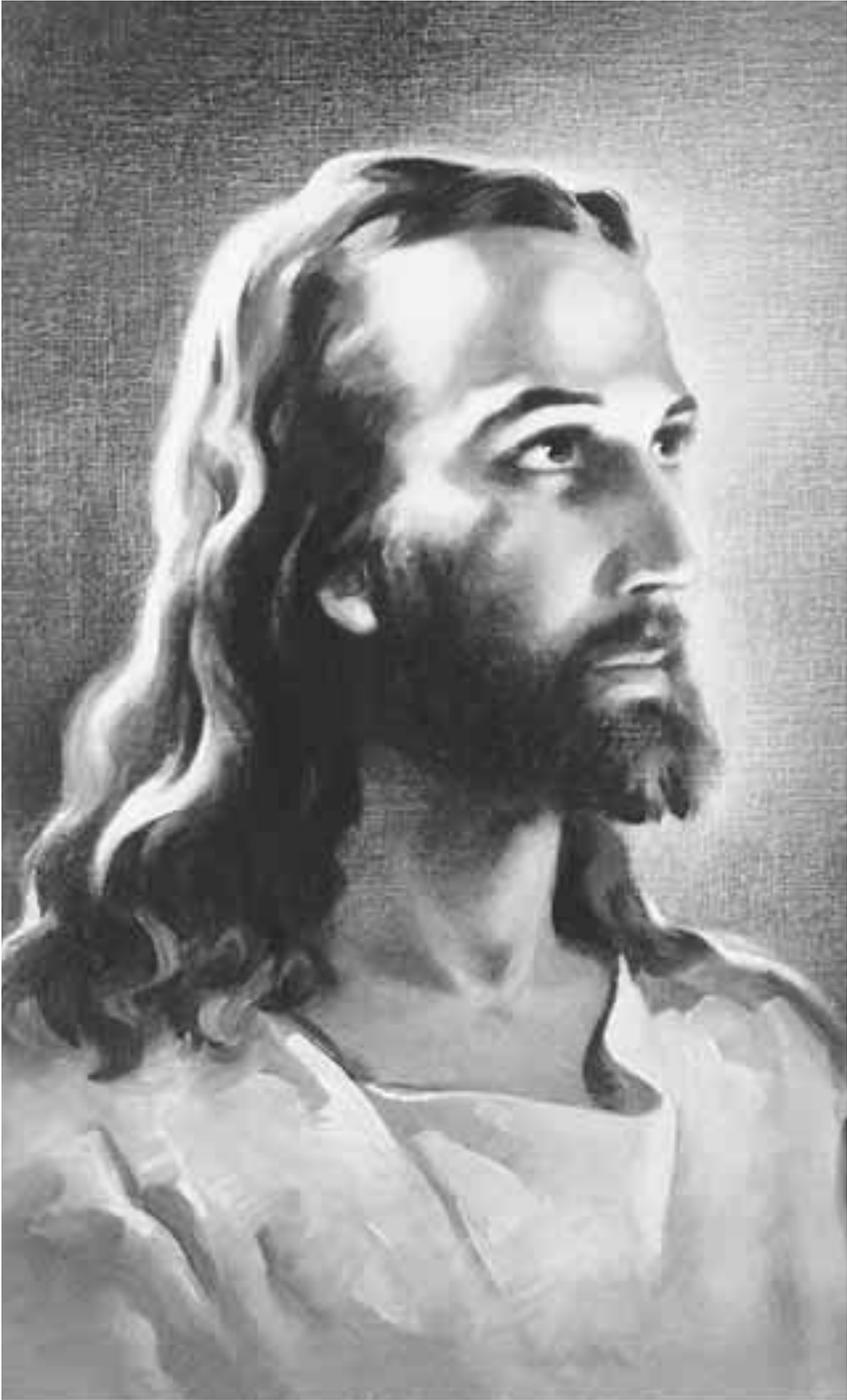
Jesus Christ is the head of His Church today just as He was in the days of His earthly ministry. "Although He is on the other side of the veil . . . He rules and guides its affairs, and is as really present in the Church, as if He were among us in the flesh" (Hyrum M. Smith and Janne M. Sjodahl, *The Doctrine and Covenants Commentary*, rev. ed. [1972], 113).

The Lord Reveals His Will through His Prophets

- Display visual 12-b, "The Presidents of the Church."

The Lord has always revealed His will for His people through prophets (see Amos 3:7). Today we have a living prophet, who serves as the President of the Church. Through the prophet, the Lord continues to reveal His will to His children in our time.

We can trust the men called as prophets. President Harold B. Lee said: "The principles of the gospel of Jesus Christ are divine. Nobody changes the principles and doctrines of the Church except the Lord by



*12-a, Jesus Christ
Sallman's Head of Christ, used by permission of the copyright owners
and publishers, Kriebel and Bates, Inc.*



Joseph Smith



Brigham Young



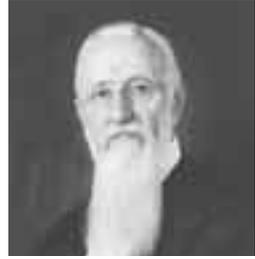
John Taylor



Wilford Woodruff



Lorenzo Snow



Joseph F. Smith



Heber J. Grant



George Albert Smith



David O. McKay



Joseph Fielding Smith



Harold B. Lee



Spencer W. Kimball



Ezra Taft Benson



Howard W. Hunter



Gordon B. Hinckley

12-b, The Presidents of the Church

revelation. But methods change as the inspired direction comes to those who preside at a given time. . . . You may be sure that your brethren who preside are praying most earnestly, and we do not move until we have the assurance, so far as lies within our power, that what we do has the seal of divine approval" ("God's Kingdom—A Kingdom of Order," *Ensign*, Jan. 1971, 10).

The following is an example of action taken by the prophet when he receives the Lord's approval. In June 1978, the First Presidency gave this statement to the world:

"As we have witnessed the expansion of the work of the Lord over the earth, we have been grateful that people of many nations have responded to the message of the restored gospel, and have joined the Church in ever-increasing numbers. This, in turn, has inspired us with a desire to extend to every worthy member of the Church all of the privileges and blessings which the gospel affords.

"Aware of the promises made by the prophets and presidents of the Church who have preceded us that at some time, in God's eternal plan, all of our brethren who are worthy may receive the priesthood, and witnessing the faithfulness of those from whom the priesthood has been withheld, we have pleaded long and earnestly in behalf of these, our faithful brethren, spending many hours in the Upper Room of the Temple supplicating the Lord for divine guidance.

"He has heard our prayers, and by revelation has confirmed that the long-promised day has come when every faithful, worthy man in the Church may receive the holy priesthood, with power to exercise its divine authority, and enjoy with his loved ones every blessing that flows therefrom, including the blessings of the temple. Accordingly, all worthy male members of the Church may be ordained to the priesthood without regard for race or color. Priesthood leaders are instructed to follow the policy of carefully interviewing all candidates for ordination to either the Aaronic or the Melchizedek Priesthood to insure that they meet the established standards for worthiness.

"We declare with soberness that the Lord has now made known his will for the blessing of all his children throughout the earth who will hearken to the voice of his authorized servants, and prepare themselves to receive every blessing of the gospel" (Official Declaration 2).

- Since Jesus Christ is the head of the Church, what is the role of the prophet?

Through the power of the priesthood and by divine revelation, the prophet directs the affairs of the Church as its president. Members of the Church are counseled to give heed to the words of the prophet

as he is directed by revelation. Concerning His prophets, the Lord instructed: “For his word ye shall receive, as if from mine own mouth, in all patience and faith” (D&C 21:5).

Elder Gordon B. Hinckley told of a young Filipino, David Lagman, who sensed the need for a prophet when he was first acquainted with the Church:

“When he was a boy he [David Lagman] found in a garbage can an old tattered copy of the *Reader’s Digest*. It contained a condensation of a book giving the story of the Mormon people. It spoke of Joseph Smith and described him as a prophet. The word *prophet* did something to that boy. Could there actually be a prophet upon the earth? he wondered. The magazine was lost, but concern over the presence of a living prophet never left him during the long, dark years of war and oppression when the Philippines were occupied. Finally the forces of liberation came, and with them the reopening of Clark Air Base. David Lagman found employment there. His supervisor, he learned, was a Mormon, an Air Force officer. He wanted to ask him if he believed in a prophet, but was afraid to do so. Finally, . . . he mustered the courage to inquire.

“ ‘Are you a Mormon, sir?’ the young man asked. ‘Yes, I am,’ was the forthright reply. ‘Do you believe in a prophet, do you have a prophet in your church?’ came the anxious question.

“ ‘We do have a prophet, a living prophet, who presides in this church and who teaches the will of the Lord.’

“David asked the officer to tell him more, and out of that teaching came his baptism. He was the first native elder ordained in the Philippines” (in Conference Report, Oct. 1973, 162; or *Ensign*, Jan. 1974, 122).

The Church established by the Savior when He lived upon the earth was kept unified by messages, letters, and visits by the Apostles—just as the Church today, under divine leadership, is directed and unified by prophets and apostles. This central leadership and organization is a mark of the true Church of Jesus Christ.

Organizational Structure of the Church

- Display a poster of the sixth article of faith, or refer to it on the chalkboard. Have a class member read it aloud.
- Read Ephesians 4:11–14. What three reasons did Paul give for the organization of the Church?
- Have the assigned class member report on the section “Christ’s Church Was Organized Again” in chapter 17 of *Gospel Principles*.

- Read the headnote to Doctrine and Covenants 20.
- Discuss the following units of the Church:

Family

“The family is the basic unit of The Church of Jesus Christ of Latter-day Saints and the most important social unit in time and eternity. God has established families to bring happiness to His children, allow them to learn correct principles in a loving atmosphere, and prepare them for eternal life” (*Family Guidebook* [1999], 1).

Ward and Branch

During the Savior’s mortal ministry, He organized His Church on the earth. After His death, congregations of believers met together to worship, learn the gospel, and strengthen and serve each other. Today members of The Church of Jesus Christ of Latter-day Saints are also organized into congregations. The purpose of these congregations is to help all people “come unto Christ, and be perfected in him” (Moroni 10:32). Large congregations are called wards and are presided over by a bishop.

- Display visual 12-c, “A branch meeting in a small chapel.”

Small congregations are called branches and are presided over by a branch president. “A branch may be organized when at least two member families live in an area and one of the members is a worthy Melchizedek Priesthood holder or a worthy priest in the Aaronic Priesthood. The stake, mission, or district presidency organizes and supervises the branch” (*Branch Guidebook* [1993], 1). A branch can develop into a ward.

Stake and District

Most geographic areas where the Church is organized are divided into stakes. There are usually five to twelve wards and branches in a stake, which is presided over by a stake president. Stakes report to and receive direction from the Area Presidency.

A district is a division of a mission. When there is a sufficient number of branches located in an area that permits easy communication and convenient travel to district meetings, a district is organized. A district presidency is called to preside over it. The district president reports to the mission presidency. A district can develop into a stake.

Mission

A mission is a unit of the Church that normally covers an area much larger than that covered by a stake. The First Presidency of the Church



12-c, A branch meeting in a small chapel

determines a mission's boundaries and calls a mission president to preside over it. When stakes fall within mission boundaries, they are under the direction of the stake president rather than the mission president. Missions are directly accountable to the General Authorities of the Church.

Priesthood Quorums and Auxiliary Organizations

Priesthood quorums are organized to “serve others, build unity and brotherhood, and instruct members in doctrines, principles, and duties” (see *Church Handbook of Instructions, Book 2: Priesthood and Auxiliary Leaders* [1998], 162).

The Relief Society is the Lord's organization for sisters in the Church. “The purpose of Relief Society is to assist priesthood leaders in carrying out the mission of the Church by helping sisters and families come unto Christ” (*Church Handbook of Instructions, Book 2*, 193). President Gordon B. Hinckley said to the women of the Church: “It was the Lord who designated that men in His Church should hold the priesthood. It was He who has given you your capabilities to round out this great and marvelous organization, which is the Church and kingdom of God” (in Conference Report, Oct. 1996, 95; or *Ensign*, Nov. 1996, 70).

Other auxiliary groups are also organized within wards and branches to meet members' needs. These include the Primary, responsible for teaching children; the Young Men and Young Women organizations, responsible for teaching youth ages 12 through 17; and the Sunday School, responsible for instructing members ages 12 and older in gospel principles.

Each unit of the Church is accountable to a larger unit of which it is a part.

- Why is it necessary to have the Church organized into units as discussed above?
- Why are the activities of each unit carried out with authority given by the larger unit?

The Purpose of the Church Organization

- What is the purpose of the Church organization?

The Church organization is the framework through which the Lord reveals His will, offers His children the saving principles and ordinances, and provides the opportunities we need to gain eternal life. Through the Church we:

1. Learn about the plan of salvation.

Church meetings and callings provide us with opportunities to learn the fulness of the gospel. We learn to study and understand the scriptures, how to obey the principles of the gospel, and how to prepare for the blessings of eternal life.

2. Receive and perform saving ordinances.

We are baptized into the Church by men who have been given the priesthood and thus authority from God to act in His name. We receive guidance as we prepare to receive the temple endowment and temple marriage and are blessed as we perform the ordinances in the temples for our dead.

3. Renew our covenants.

We are given the opportunity to partake of the sacrament in our meetings and renew the covenants we made with the Lord when we were baptized.

4. Develop our talents and abilities.

We have opportunities to participate in teaching and leadership positions. These activities help us develop our talents and abilities.

5. Learn to serve others.

Church service and other activities can help us overcome selfishness and reap joy from giving of ourselves. Home teaching and visiting teaching provide opportunities to watch over the needs of our neighbors, including neighbors who may not be members of the Church.

6. Grow together in love and friendship.

Service and Church activities can enable us to get to know those in our ward or branch and in our community, to comfort one another in times of sorrow, and to be glad for each other in times of prosperity and success. In this way we have the opportunity to grow together in love and friendship.

- Have a class member read Ephesians 2:19.

7. Fill spiritual and emotional needs.

- Display a pitcher of water and a loaf of bread.

Most of us know what it is like to feel hungry or thirsty. We can also have hunger and thirst that cannot be satisfied by food and water.

- Have a class member read John 4:14 and 6:35. What did Jesus mean by these statements?

Jesus was not referring to the hunger and thirst of the body. He was speaking of the need that every person has to nourish the spirit. The truths He taught can completely satisfy the spiritual needs of those who learn and live them.

When Hartman Rector Jr., later a member of the Seventy, was being taught by the missionaries and studying about the Church, he felt he was finally having his spiritual hunger satisfied: “Such study was like food and drink to a starving man. I had searched for these answers for years, looked everywhere; and now at long last I was getting *all* my questions answered in full. I was ecstatic with joy and gratitude to my Father in heaven because of his great mercy to me” (Hartman and Connie Rector, *No More Strangers*, 4 vols. [1971–90], 1:9).

- Ask class members to share similar experiences or feelings about the message of the restored Church.

Elder Howard W. Hunter summarized the success of the Church organization in proclaiming the restored gospel. Since the Restoration in 1830, “a miracle has been achieved as the priesthood has administered the restored gospel. Temples have been erected on this continent and in other places in the world. Houses of worship dot many lands of the globe. . . . [Thousands of] full-time missionaries are proclaiming the gospel in many lands. . . . Seminaries, institutes of religion, and colleges in many countries give instruction to more than a quarter of a million young people daily, not only in the elements of secular learning, but in the eternal truths of the gospel” (in Conference Report, Oct. 1972, 67; or *Ensign*, Jan. 1973, 65).

Conclusion

Jesus Christ directs the affairs of the Church on the earth by revealing His will to His prophets. In all He does, the Savior is concerned about the welfare of all mankind. He has established the organization of the Church for the divine purpose of meeting the spiritual, emotional, intellectual, social, and physical needs of each of us.

Challenge

Seek to receive the benefits of the Church organization by actively attending and participating in sacrament and other Church meetings and by accepting assignments from your leaders. You will gain understanding and appreciation of the Church organization and its purpose and direction in your life through actively participating in your local Church unit.

Sustain and support the general officers of the Church and the officers and teachers of the Church in your local area.

Additional Scriptures

- Ephesians 4 (Saints to love one another)
- Moroni 6:4–6 (an organized church strengthens members)
- Doctrine and Covenants 20:1–4, 37–79 (organization of the Church in the latter days)
- Doctrine and Covenants 21:9 (all will be blessed who labor in the Lord’s vineyard)

Teacher Preparation

Before presenting this lesson:

1. Read *Gospel Principles* chapter 17, “The Church of Jesus Christ Today.”
2. Read the section introduction to Doctrine and Covenants 20.
3. Prepare the poster suggested in the lesson or write the information on the chalkboard.
4. Bring to class a pitcher of water and a loaf of bread.
5. Assign a sister to give a brief report on the section “Christ’s Church Was Organized Again” in chapter 17 of *Gospel Principles*.
6. Assign class members to present any stories, scriptures, or quotations you wish.

FOLLOW THE BRETHREN

L e s s o n 13

The purpose of this lesson is to motivate us to follow the directions we receive from the Lord's ordained leaders.

The Lord Speaks to Us through His Prophets

- Ask class members to read and mark Doctrine and Covenants 1:38. Who is the Lord's prophet and mouthpiece on the earth today?

God reveals His word to us through prophets (see Amos 3:7). As members of The Church of Jesus Christ of Latter-day Saints, we are blessed to know that there is a prophet on the earth, who serves as President of the Church, and that through this prophet the Lord makes known His mind and will. When the prophet speaks to us in the name of the Lord, he speaks what the Lord would say if He were here.

We also believe "all that God has revealed, all that He does now reveal, and we believe that He will yet reveal many great and important things pertaining to the Kingdom of God" (Articles of Faith 1:9).

It is a blessing to be members of the true Church and to know that our prophet speaks the will of the Lord for today. Knowing that the Lord speaks through His prophet reassures us that the Savior lives and that He loves us and is interested in us.

The prophet who leads the Church will never lead us astray. He tells us things that pertain to our lives now. The prophet gives us instruction from the Lord at general conference, which is held twice each year. He also gives the Lord's counsel to us at other conferences held throughout the world. Many of the prophet's addresses are printed in the Church magazines.

In addition to the President of the Church, other men are sustained as prophets, seers, and revelators. These are the prophet's counselors and the Quorum of the Twelve. These Brethren also receive revelation, bring us the will of the Lord, bear witness of the divinity of Christ, teach the plan of salvation, and perform ordinances.

President Harold B. Lee said: “If you want to know what the Lord has for this people at the present time, I would admonish you to get and read the discourses that have been delivered at this [general] conference; for what these brethren have spoken by the power of the Holy Ghost is the mind of the Lord, the will of the Lord, the voice of the Lord, and the power of God unto salvation” (in Conference Report, Apr. 1973, 176; or *Ensign*, July 1973, 121).

The prophets love us and are concerned about us. They know that we can find total progress and joy only by following the counsel given to us by the Lord. Our prophets give direction in all facets of our lives. For example, President Gordon B. Hinckley encouraged us to speak kindly of everyone and to be more neighborly. He asked us to preach the gospel at home and abroad and to give humanitarian aid to those in need. He challenged us to extend the work being done in the temples, keep the Sabbath day holy, observe the Word of Wisdom, and faithfully pay our tithing. He encouraged us to strengthen our families and avoid abuse of any kind. President Hinckley warned that “we have moved too far toward the mainstream of society.” He went on to say that the cure for the problems in the world “is simple and wonderfully effective. It is love. It is plain, simple, everyday love and respect.” He urged us to move forward with faith. (See Conference Report, Oct. 1997, 92–94; or *Ensign*, Nov. 1997, 68–69.)

We Are Responsible for Gaining a Testimony of the Lord’s Revelations to His Prophets

- Where can we read or hear messages of the prophet and other General Authorities today?
- Why does knowing that the prophet is the mouthpiece for God today encourage us to listen to his counsel?
- Display visual 13-a, “The Prophet Joseph Smith.”

In the early days of the Restoration of the Church, many people anxiously looked forward to seeing the Prophet Joseph Smith. As they met him, many had a spiritual manifestation that assured them that he was the Lord’s chosen servant. Sister Emmeline B. Wells told of two experiences that increased her testimony of the prophets—the first took place when she met the Prophet Joseph Smith. Later, following Joseph Smith’s martyrdom, she witnessed the temporary resemblance of President Brigham Young to the Prophet Joseph Smith.

- Have a class member read the following story:



13-a, The Prophet Joseph Smith

“I feel that I have a testimony to bear, that I have always kept from the very day that I entered the City of Nauvoo and saw the Prophet Joseph. He came down to the boat to meet the saints who were coming from the eastern states and the middle states up to the west.

“I had been baptized by the wish of my mother, who became a Latter-day Saint as soon as she heard the gospel, but I had no testimony and I had not very much faith, because I did not know much about things. . . .

“When I came up the river on the boat, and standing on the top of the boat to see the Prophet on the landing from the boat, I knew instantly then that the gospel was true by the feeling that pervaded me from the crown of my head to the end of my fingers and toes, and every part of my body. I was sure then that I was right, that ‘Mormonism’ was true and that I was fully paid for all the sacrifices that I had made to come to Nauvoo. I felt that just to see him would be worth it all. I had been prepared in a measure for seeing him, but I want to tell you I was not disappointed, because there never was a man like him.

“The only incident where a man resembled him was when Brigham Young announced himself as president of the Church and the successor of the Prophet Joseph. I don’t remember the words, but that was the announcement that he made in the grove on Temple Hill in the City of Nauvoo. There were but very few people that knew he had come. They knew all the Twelve were away at the time that the Prophet Joseph and his brother, Hyrum, were slain, and I think very few in that audience knew that Brigham Young had returned. When he came forward and made that announcement, the whole company arose and exclaimed, in one voice, you might say, that it was the Prophet Joseph.

“I was standing in a wagon box on wheels, so I did not have to rise, but those who were seated arose and made that exclamation. I could see very well, and every one of them thought it was really the Prophet Joseph risen from the dead. But after Brigham Young had spoken a few words, the tumult subsided, and the people really knew that it was not the Prophet Joseph, but the President of the quorum of the Twelve Apostles. It was the most wonderful manifestation, I think, that I have ever known or seen, and I have seen a very great number. . . .

“I wanted particularly to tell you of the manifestation when the mantle of the Prophet fell upon Brigham Young. After that we had the greatest faith in him, the greatest that could possibly be; and we have had great faith in all those who have followed him” (“My Testimony,” in Preston Nibley, comp., *Faith-Promoting Stories* [1977], 137–38, 140).

- Why was it important that the early Saints have such an experience at the time Joseph Smith was martyred?

Another experience of meeting a prophet is told by Sister Piriko Valkama Petersen.

- Have a class member read the following story:

“In the summer of 1952 the young people from our branch were enjoying Girl Scout camp near Helsinki, Finland, and anticipating a visit from President David O. McKay. A beautiful grove surrounded by tall birch trees was chosen as the setting for welcoming the president, and since the summer had been lovely, we believed that this special day would be beautiful too.

“As the time approached, and we talked of his visit, one of the girls suddenly asked, ‘What will happen to our testimonies if he does not act and look like a prophet?’ Little by little, doubts began to creep into our minds. The darkness of these doubts seemed to be reflected even in nature, as dark, heavy clouds gathered above our heads on the day of his coming and the rain came down in torrents. I remember sitting under a large tree with a friend, watching the rain beat down on the lake, and again and again my thoughts returned to the gnawing fear that the president might not meet our expectations. I knew he would not appear in white robes like the prophets of old we saw in pictures, but that he would be dressed like an ordinary man. So strongly did I fear losing my testimony that if I could, I would have run away. But that was not to be, I had been chosen to give the welcoming speech.

“As we walked toward the grove, the rain let up, but the sky was so gray and the clouds so heavy it was almost dark. Our Scout uniforms were wet, and we were drained of enthusiasm. In silence we . . . waited. My place was in the middle of the line. I was supposed to take three steps forward, greet President McKay and his company, wish Sister McKay a happy birthday and give a flower to her.

“Into this dark, damp setting drove a black car. And then, as President McKay stepped from the car, the sun broke through and suddenly the grove was a sea of light. The leaves and grass sparkled as the rays of sun hit the raindrops. We were stunned and momentarily blinded by this intense light.

“I looked at the president but could not see him clearly. All I could see was his majestic silhouette against the sun, with the light against his beautiful white hair forming, it seemed, a shining halo around his head. We all gasped and stood in awed silence.

“The time had come for me to take my three steps forward and welcome the president, but I could not move. I knew that if I took those three steps, he would immediately see the doubts and fears in my

heart that had been tormenting me. Everyone waited, and I stood there helpless.

"Finally we heard the mission president . . . prompting, 'Sister Valkama, didn't you have something to say to us?' I forced myself to take three very small steps. The tears streamed down my face. . . .

"I tried to speak. Confused and embarrassed, I stood there and wept quietly. Then I heard President McKay's voice.

" 'Come here, my child.'

"I went to him and he took both my hands in his and held them while I gave my greeting. I was aware of his golden, tanned skin and the warm light in his eyes. I felt as though it was as important for him to help me as it was for me to give my message. A feeling of complete peace flowed from his hands into me. My fear of him judging me, which I had felt only a moment earlier, left me and an overwhelming feeling of love had taken its place. I knew he was the prophet of God who had come not to judge us but to love us" ("When the Sun Broke Through," *Ensign*, Aug. 1976, 37).

Although some of us may not have an opportunity to see a prophet, as Sister Petersen did, we can all study, pray, and seek to gain a testimony of the calling of our prophet. Gaining such a testimony can occur in many different ways. Each of us needs to gain a testimony of the living prophet for ourselves.

- Ask class members who have seen a prophet or have gained a testimony of him to share their experience with the class.

We should pray for the prophet in our private and family prayers. We should teach our children to be thankful for and to pray for the prophet, as illustrated in this story: "One family knelt in prayer soon after hearing the news of the death of President Joseph Fielding Smith. The father expressed thankfulness for having lived during the ministry of that great prophet. He then thanked the Lord for all the prophets who have lived, and especially for President Harold B. Lee [the new President of the Church]. He prayed that his children might become acquainted with the new prophet and study his teachings. 'Bless these fine children, Father,' he prayed, 'that they might follow those who follow the prophet and never do anything that President Lee would not do' " (Marian Sorensen, "Teaching Children through Prayer," *Ensign*, May 1973, 34).

- How would such an experience teach our children to follow the prophet?
- How can we gain a testimony of our prophet?



13-b, A congregation sustaining a priesthood officer

Our Local Priesthood Leaders Are Called of God

- Display visual 13-b, “A congregation sustaining a priesthood officer.”
- Through what other servants would the Lord speak to us today?

The prophet and other General Authorities preside over all units of the Church. However, since they cannot personally conduct the affairs of all units, they have delegated the right to preside and conduct to others. The Lord calls worthy priesthood bearers to act under the leadership of the General Authorities in our local areas. These local leaders are called by revelation to lead in righteousness. Although they may not feel they are fully prepared or trained for their leadership calls, the Lord has chosen them to lead at this time, and He will magnify their abilities to perform their callings.

After local leaders are chosen, they are presented for our sustaining vote. When we raise our hands to sustain them, we are promising to follow them and help them in their callings. President James E. Faust taught that obedience to priesthood leaders’ counsel can bring us great comfort. He said: “I do not speak of blind obedience, but rather the obedience of faith, which supports and sustains decisions with confidence that they are inspired. I advocate being more in tune with the Spirit so we may feel a confirming witness of the truthfulness of the direction we receive from our priesthood leaders. There is great safety and peace in supporting our priesthood leaders in their decisions” (in Conference Report, Apr. 1997, 59; or *Ensign*, May 1997, 42–43).

- What might a local priesthood leader ask us to do? How can we show that we believe he is called of God?

Parents have a responsibility to teach their children to sustain and support their local priesthood leaders. They should never criticize priesthood leaders or say unkind things about them. Criticizing our leaders endangers our own salvation. We should be careful to speak highly of priesthood leaders in front of our children. We should teach them to be loyal to the offices of the Lord’s kingdom. Our children will then learn by example to be loyal to both the offices and those called to serve as our priesthood leaders in these offices.

“The men who hold the Priesthood are but mortal men; they are fallible men. . . .

“Nevertheless, God has chosen these men. He has singled them out. They have not done it themselves; but He has selected them, and He has placed upon them the authority of the Holy Priesthood, and they have become His representatives in the earth. . . .

“And those who lift their voices . . . against the authority of the Holy Priesthood . . . will go down to hell, unless they repent” (George Q. Cannon, *Gospel Truth*, sel. Jerreld L. Newquist, 2nd ed., 2 vols. [1974], 1:276).

- What can we do to support our local priesthood leaders?

We Can Receive Help in Our Personal Lives from Our Local Priesthood Leaders

- Display visual 13-c, “A sister receiving counsel from her branch president.”

Local priesthood leaders (our home teachers, priesthood quorum leaders, branch president or bishop, our mission president, district president or stake president, and others) are called not only to direct the affairs of the Church, but also to help each of us. When we have personal problems, we sometimes hesitate to ask our home teachers and our bishop or branch president for help. We think they may not understand. Sometimes we are too embarrassed. However, the First Presidency of the Church told us:

“The Lord has so organized His Church that there is accessible to every member—man, woman, and child—a spiritual advisor and a temporal counselor who should know them intimately and who understands the circumstances out of which their problems arise. These local leaders are, by reason of their ordination or setting apart, entitled to a heavenly endowment of the discernment and inspiration necessary to enable them to give the advice that one in trouble needs. If a bishop or branch president needs assistance, he may go to the stake or mission president, who may, in turn, seek counsel from his . . . [supervising] General Authority.

“We, therefore, urge all members who have problems or questions that trouble them to consult their bishop or branch president freely and fully and receive from him the assistance they need” (First Presidency letter, 7 Oct. 1977). Members should also counsel with their home and visiting teachers.

Conclusion

Heavenly Father loves us and has given us prophets to guide us. The prophet who is President of the Church will never lead us astray. We must gain a testimony of the prophet and teach our children to listen to his words.

Local priesthood leaders have also been called of God to help us. We should sustain and support them. We should be willing to listen to their counsel and advice as it is given to guide us in our personal lives.



13-c, A sister receiving counsel from her branch president

When we show love and respect for our prophet and local leaders, those around us will also feel more inclined to do so.

Challenge

Study a recent talk given by the prophet. Practice his teachings in your daily life. Discuss with your family the responsibilities of the prophet and local priesthood leaders.

Additional Scriptures

- 1 Nephi 22:2 (things made known to the prophets by the Spirit)
- Doctrine and Covenants 21:1, 4–6 (receive the word of the prophet as if from God)
- Doctrine and Covenants 43:1–7 (revelations to the Church given only through the one appointed)
- Doctrine and Covenants 107:71–74 (the bishop a judge in Israel)

Teacher Preparation

Before presenting this lesson:

1. Read *Gospel Principles* chapter 9, “Prophets of God.”
2. Assign class members to present any stories, scriptures, or quotations you wish.

WITHSTANDING THE EVILS OF THE WORLD

L e s s o n 14

The purpose of this lesson is to help us become more aware of the Lord's counsel concerning the evils of the day and how we can deal with them.

Satan's Powers, Purposes, and Deceptions

"There is an oft-told story of three men who applied for the job of driving the coaches for a transportation company. The successful applicant would be driving over high, dangerous and precipitous mountain roads. Asked how well he could drive, the first one replied: 'I am a good, experienced driver. I can drive so close to the edge of the precipice that the wide metal tire of the vehicle will skirt the edge and never go off.'

" 'That is good driving,' said the employer.

"The second man boasted, 'Oh, I can do better than that. I can drive so accurately that the tire of the vehicle will lap over, half of the tire on the edge of the precipice, and the other half in the air over the edge.'

"The employer wondered what the third man could offer, and was surprised and pleased to hear, 'Well, sir, I can keep just as far away from the edge as possible.' It is needless to ask which of the men got the job" (Spencer W. Kimball, *The Miracle of Forgiveness* [1969], 217–18).

Our journey through life in these last days takes place in perilous territory (see 2 Timothy 3:1). We should be like the third driver. Just as he wisely chose to avoid danger, we should choose to avoid the evils of the world.

- Read 1 Thessalonians 5:22. Why is it important for us to avoid even the appearance of evil?
- Read Moroni 7:12, 14. What source persuades us to do evil?

The scriptures identify the devil, or Satan, as an "enemy unto God" (Moroni 7:12) and a destroyer of "the souls of men" (Helaman 8:28).

He is known by many names, some of which also tell us his purposes: the “evil one” (D&C 93:37), “the destroyer” (D&C 101:54), “the tempter” (Matthew 4:3), and “the father of all lies” (2 Nephi 2:18).

We know that Satan and his followers are spirits who do not have bodies of flesh and bones and who desire to possess our mortal bodies (see Matthew 8:28–32). The evil one seeks to make us all miserable. He would rob us of our agency, turn us from our eternal goals, and enslave and destroy us. Satan uses lies, deceptions, and half-truths to tempt and capture us.

Concerning Satan, President Spencer W. Kimball said, “He garnishes evil to make it appear beautiful, pleasing, easy, and even good” (“The Blessings and Responsibilities of Womanhood,” *Ensign*, Mar. 1976, 70).

Satan seeks to break apart the home and family. One of his many devices is to challenge the role the Lord has given to women. “Satan and his cohorts . . . lure women away from their primary responsibilities as wives, mothers, and homemakers” (N. Eldon Tanner, in Conference Report, Oct. 1973, 124; or *Ensign*, Jan. 1974, 7).

In his efforts to deceive women, Satan suggests reasons that would make evil actions seem acceptable.

- Have a class member read aloud the following deceptive reasoning that we hear in the world today:
 1. Abortion: “It’s my body. I can do what I want with it.”
 2. Sexual immorality: “Everyone’s doing it.”
 3. Marriage: “It’s better to find out whether you are compatible by living together before you are married. Marriage is old-fashioned, anyway.”
 4. Divorce: “If it doesn’t work, give up.”
 5. Drugs: “They’re fun. They can really make you feel good.”
 6. Pornography: “You need to read all kinds of material to be well-informed.”
 7. Women’s role: “You’re too intelligent to waste your time at home with children. You could be making a more worthwhile contribution elsewhere.”
 8. Homosexuality: “We should not have to hide our true feelings. We need understanding and acceptance.”
 9. Birth control: “If you have children at all, you shouldn’t have very many. The world is overcrowded as it is.”

Elder Delbert L. Stapley counseled: “Be aware and warned of the subtle workings of Satan, for he never stops trying to lead us astray. He is an expert on making things seem appealing and right, when actually they can bring about our moral destruction. He does not believe in free agency, and would like to control our minds, thoughts, and acts. We can see his workings more and more in the movies, television shows, magazines, and in the actions of men and nations” (in Conference Report, Apr. 1975, 32; or *Ensign*, May 1975, 22).

How to Withstand Evil

We can resist evil by following the wise counsel of our leaders, by being committed in our resolve to overcome evil, and by seeking the guidance of the Holy Ghost.

Following the Counsel of Our Leaders

Church leaders, who stand for truth and righteousness, counsel us concerning the evils of our day. Sister Elaine L. Jack, former general president of the Relief Society, said: “We have been taught . . . by prophets, seers, revelators, and other General Authorities who bear the priesthood of God. Their messages are for every member of the Church. When we have ‘ears to hear’ (Matthew 11:15), we can recognize that the Lord is saying, ‘Whether by mine own voice or by the voice of my servants, it is the same’ (D&C 1:38)” (in Conference Report, Oct. 1996, 107; or *Ensign*, Nov. 1996, 78).

We need to learn what our Church leaders have to say, obey their counsel, and teach these truths to our families.

- Have several class members read aloud the following words of our Church leaders:

Abortion

“In view of the widespread public interest in the issue of abortion, we reaffirm that The Church of Jesus Christ of Latter-day Saints has consistently opposed elective abortion. More than a century ago, the First Presidency of the Church warned against this evil. We have repeatedly counseled people everywhere to turn from the devastating practice of abortion for personal or social convenience.

“The Church recognizes that there may be rare cases in which abortion may be justified—cases involving pregnancy by incest or rape; when the life or health of the woman is adjudged by competent medical authority to be in serious jeopardy; or when the fetus is known by competent medical authority to have severe defects that will not allow the baby to survive beyond birth. But these are not automatic reasons for abortion. Even in these cases, the couple should consider an abor-

tion only after consulting with each other, and their bishop, and receiving divine confirmation through prayer.

“The practice of elective abortion is fundamentally contrary to the Lord’s injunction, ‘Thou shalt not steal; neither commit adultery, nor kill, nor do anything like unto it.’ (D&C 59:6.) We urge all to preserve the sanctity of human life and thereby realize the happiness promised to those who keep the commandments of the Lord” (“Statement Issued on Abortion,” *Church News*, 19 Jan. 1991, 5).

Sexual immorality

“Intimate acts are forbidden by the Lord outside the enduring commitment of marriage because they undermine His purposes. Within the sacred covenant of marriage, such relationships are according to His plan. When experienced any other way, they are against His will. They cause serious emotional and spiritual harm. Even though participants do not realize that is happening now, they will later.

“Sexual immorality creates a barrier to the influence of the Holy Spirit with all its uplifting, enlightening, and empowering capabilities. It causes powerful physical and emotional stimulation. In time, that creates an unquenchable appetite that drives the offender to ever more serious sin. It engenders selfishness and can produce aggressive acts such as brutality, abortion, sexual abuse, and violent crime. Such stimulation can lead to acts of homosexuality, and they are evil and absolutely wrong.

“Sexual transgression would . . . sap your spiritual strength, undermine your faith in Jesus Christ, and frustrate your ability to serve Him. Consistent, willing obedience increases your confidence and ability. It produces character that allows you to face difficult challenges and overcome them. It qualifies you to receive inspiration and power from the Lord” (Richard G. Scott, in Conference Report, Oct. 1994, 50–51; or *Ensign*, Nov. 1994, 38).

Marriage

“We, the First Presidency and the Council of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints, solemnly proclaim that marriage between a man and a woman is ordained of God and that the family is central to the Creator’s plan for the eternal destiny of His children” (“The Family: A Proclamation to the World,” *Ensign*, Nov. 1995, 102).

Divorce

“Why all of these broken homes? What happens to marriages that begin with sincere love and a desire to be loyal and faithful and true one to another? . . .

“I find selfishness to be the root cause of most of it. . . .

“There is a remedy for all of this. It is not found in divorce. It is found in the gospel of the Son of God. He it was who said, ‘What therefore God hath joined together, let not man put asunder’ (Matthew 19:6). The remedy for most marriage stress is not in divorce. It is in repentance. It is not in separation. It is in simple integrity that leads a man to square up his shoulders and meet his obligations. It is found in the Golden Rule” (Gordon B. Hinckley, in Conference Report, Apr. 1991, 97; or *Ensign*, May 1991, 73–74).

Drugs

“Stay away from illegal drugs. They can absolutely destroy you. They will take away your powers of reason. They will enslave you in a vicious and terrible way. They will destroy your mind and your body. They will build within you such cravings that you will do anything to satisfy them” (Gordon B. Hinckley, in Conference Report, Apr. 1998, 67; or *Ensign*, May 1998, 50).

Pornography

“You live in a world of terrible temptations. Pornography, with its sleazy filth, sweeps over the earth like a horrible, engulfing tide. It is poison. Do not watch it or read it. It will destroy you if you do. It will take from you your self-respect. It will rob you of a sense of the beauties of life. It will tear you down and pull you into a slough of evil thoughts and possibly of evil actions. Stay away from it. Shun it as you would a foul disease, for it is just as deadly. Be virtuous in thought and in deed. God has planted in you, for a purpose, a divine urge which may be easily subverted to evil and destructive ends” (Gordon B. Hinckley, in Conference Report, Oct. 1997, 71–72; or *Ensign*, Nov. 1997, 51).

Women’s role

“To mothers, daughters, and women everywhere, let me stress the fact that because of your great potential and influence for good in the lives of all of us, Satan is determined to destroy you. You cannot compromise with him. You must have the courage, the strength, the desire, and the determination to live as the Lord would have you live—good clean lives. . . .

“Girls, prepare yourselves to assume the roles of mothers by gaining knowledge and wisdom through a good education. We teach that the glory of God is intelligence, and so we must all be aware of what is going on around us and be prepared to thwart Satan in his attempts to divert us from our divine destiny. With knowledge, wisdom, determination, and the Spirit of the Lord to help us we can succeed” (N. Eldon Tanner, in Conference Report, Oct. 1973, 126, 127; or *Ensign*, Jan. 1974, 8, 10).

Homosexuality

“The Lord’s law of moral conduct is abstinence outside of lawful marriage and fidelity within marriage. Sexual relations are proper only between husband and wife appropriately expressed within the bonds of marriage. Any other sexual conduct, including . . . homosexual and lesbian behavior, is sinful. Those who persist in such practices or who influence others to do so are subject to Church discipline. . . .

“Such thoughts and feelings, regardless of their causes, can and should be overcome and sinful behavior should be eliminated. This can be achieved through faith in God, sincere repentance, and persistent effort” (First Presidency letter, 14 Nov. 1991).

Birth control

“How many children should a couple have? All they can care for! Of course, to care for children means more than simply giving them life. Children must be loved, nurtured, taught, fed, clothed, housed, and well started in their capacities to be good parents themselves. Exercising faith in God’s promises to bless them when they are keeping his commandments, many LDS parents have large families. Others seek but are not blessed with children or with the number of children they desire. In a matter as intimate as this, we should not judge one another” (Dallin H. Oaks, in Conference Report, Oct. 1993, 101; or *Ensign*, Nov. 1993, 75).

“The Lord has told us to multiply and replenish the earth that we might have joy in our posterity, and there is no greater joy than the joy that comes of happy children in good families. But he did not designate the number, nor has the Church. That is a sacred matter left to the couple and the Lord” (Gordon B. Hinckley, *Cornerstones of a Happy Home* [pamphlet, 1984], 6).

- Where can we learn what our leaders teach concerning current issues? (Invite a class member to read the section “Words of Our Living Prophets” in chapter 10 of *Gospel Principles*.)

Elder Gene R. Cook called for us to stand up for the right and to speak for the Lord with boldness. He cited the example of a woman who did just this during a very challenging situation:

“She was at a luncheon with a number of members of the Church; some were active and some inactive; and also a few nonmembers were present. The subject turned to abortion and birth control, and one of the nonmembers voiced . . . some very strong feelings concerning these issues. She indicated, erroneously, that she felt that there is nothing wrong with an abortion, and [expressed other extreme views]. This good sister in the Church was faced with a difficult challenge of whether to talk about the weather or some other noncontroversial subject, or whether to really speak out and state the truth. This choice

woman chose to do the latter. After explaining what the Lord had said concerning . . . these issues, she bore her testimony as to her personal feelings. . . . Afterwards one of the inactive women came over to this good sister and explained that she had never before understood the Lord's view on those issues and had felt the truth being spoken on that day" (in Conference Report, Apr. 1976, 153; or *Ensign*, May 1976, 103).

- Why was it important that this sister know what the Lord had said about the issues of the day? Why should we know what the Lord has said on the evils of our day?

Elder Marvin J. Ashton counseled:

"There never has been a time when it is more important for us as members of The Church of Jesus Christ of Latter-day Saints to take a stand, remain firm in our convictions, and conduct ourselves wisely under all circumstances. We must not be manipulated or enraged by those who subtly foster contention over issues of the day.

"When issues are in contradiction to the laws of God, the Church must take a stand and state its position. . . .

"Ours is to explain our position through reason, friendly persuasion, and accurate facts. . . .

"As we take a stand against the evils of the day, . . . can we express our beliefs without clenching our fists, raising our voices, and promoting contention? . . . This can best be accomplished . . . by appropriate commitment rather than contention" (in Conference Report, Apr. 1978, 9–10, 12; or *Ensign*, May 1978, 7–9).

- Read Alma 38:10–12. According to this scripture, how should we share our beliefs?

Being Committed in Our Resolve to Overcome Evil

- Point to and read aloud the following thought written on the chalkboard: We need to remember that "Satan has no power over us except as we give it to him. . . . God never forces us to do right, and Satan has no power to force us to do wrong" (Sterling W. Sill, in Conference Report, Apr. 1970, 30; *Improvement Era*, June 1970, 45).

We need to make a bold and determined stand against Satan. After telling Moses' experience with Satan (see Moses 1:1–24), President Spencer W. Kimball explained why this is necessary: "When he is challenged, Satan is angry, as he was with Moses. He cried with a loud voice, trembled, and shook, and he departed from Moses *who was resolute*. There was weeping and wailing and gnashing of teeth as he departed from Moses. There was nothing else for him to do. He has to leave when you say, 'Depart from me, Satan.' Every soul who

has mortality is stronger than Satan, *if that soul is determined*" ("The Blessings and Responsibilities of Womanhood," *Ensign*, Mar. 1976, 71; italics added).

- Why must we be resolute and determined to rid ourselves of Satan's influence? How can knowledge of this principle give us comfort and courage?

Seeking the Guidance of the Holy Ghost

We have been counseled to seek the guidance of the Holy Ghost in our efforts to withstand evil. President Marion G. Romney reminded us that "we must not—and we need not—be deceived nor corrupted by . . . evil teachings and practices. And we shall not be affected by them if we keep in mind who we are and use the means with which the Lord has endowed us to discern and avoid them.

"Let us never forget— . . .

"That our spirits are the begotten offspring of heavenly, immortal parents;

"That a principal purpose for our being here on earth in mortality is to be proved to see if we will do what the Lord directs us to do. . . .

"It is important that we keep in mind that the choices we make as we decide what is good and what is evil are the most important decisions we will ever make. Upon them depends our happiness or misery throughout time and eternity.

"It is self-evident, just, and true, that God our Father in heaven and His Beloved Son Jesus Christ, our Redeemer, would not put us in this position, where so much depends upon our choices, without giving us the means with which we can distinguish good from evil. The means he has given us *is the voice of the Spirit*" ("The Voice of the Spirit," *Ensign*, Aug. 1978, 3–4).

- Read Ephesians 6:11–18. How is the guidance of the Holy Ghost related to putting on the whole armor of God?

Conclusion

Satan's power and influence are great. As the Second Coming of the Lord draws near, Satan will increase his efforts to deceive and destroy us. If we are resolute and determined, we can withstand the evils of the day.

Because the First Presidency and the Twelve are aware of false philosophies and evils in the world, they continue to warn and teach us as the Lord directs them. We must follow their counsel to obtain strength and protection.

We should keep in mind the advice President Ezra Taft Benson gave us on how to withstand the evils of the world: "To Latter-day Saints the

world over, we say: . . . Keep the commandments of God. Follow the counsel of his living prophet. . . . Teach your children to walk uprightly before the Lord. Pray in your homes morning and evening. . . . ‘Do not yield to the bad, but always oppose it with good.’ (Virgil.)” (in Conference Report, Apr. 1978, 48; or *Ensign*, May 1978, 34).

Challenge

Pray for wisdom to recognize and resist evil. Speak boldly for the good. Prepare for the Second Coming of the Lord. Withstand the evils of the day by applying the Lord’s counsel as recorded in Doctrine and Covenants 45:57: Be wise, receive the truth, take the Holy Spirit as your guide, and do not be deceived.

Additional Scriptures

- Romans 12:21 (overcome evil with good)
- 1 Nephi 22:16–26 (the righteous need not fear)
- 2 Nephi 9:28–39 (awfulness of yielding to the enticings of Satan)
- Moses 4:4 (Satan is the father of all lies)

Teacher Preparation

Before presenting this lesson:

1. Read *Gospel Principles* chapter 3, “Jesus Christ, Our Chosen Leader and Savior,” and chapter 4, “Freedom to Choose.”
2. Write on the chalkboard: *Satan has no power over us except as we give it to him. . . . God never forces us to do right, and Satan has no power to force us to do wrong* (Sterling W. Sill).
3. Assign class members to present any stories, scriptures, or quotations you wish.

TRIALS AND ADVERSITY

L e s s o n 15

The purpose of this lesson is to help us understand the role of adversity in our lives.

Understanding the Purpose of Trials and Adversity

- Sing all three verses of “Did You Think to Pray?” (*Hymns*, no. 140; or *Gospel Principles*, 356).

Elder Robert E. Wells shared the following experience that helped him gain a new perspective on the purpose of trials and adversity: “I have been flying many kinds of aircraft for the last 30 years, both in the United States and in Latin American countries. Not too long ago when I had returned to the [United] States after an absence of some years, a very dear friend offered me the use of his new [airplane]. . . .

“We discussed my qualifications of being covered under his insurance policy, and it turned out that I needed a check ride with a qualified inspector as it had been some time since I had flown that particular type of plane.

“The arrangements were made, and I met the inspector at the side of the airplane at the appointed hour with my licenses from the USA, Argentina, Paraguay, and Ecuador, and logbooks showing flights in Cessna 310s across jungles, mountains, deserts, international boundaries, etc. He smiled calmly but was unimpressed and said, ‘I’ve heard about you, and I have no doubt about how much flying you have done, but I have to assume that those flights were when nothing went wrong. Now let’s fire up this bird and see how well you fly it when *everything* goes wrong!’

“For the next hour he made everything go wrong! He simulated every emergency he could think of. He turned things off that should have been on. He turned things on that should have been off. He tried to create disorientation or panic. He really wanted to know how well I could fly when everything did go wrong! In the end he climbed out, signed my logbook, and announced, ‘You’re okay. . . .’

“One of the purposes of this life is to be tested, tried, and proven to see how well we will serve the Lord. The Prophet Joseph [Smith] said that we would be tested to see if we would serve and remain faithful through all hazards. We knew before we came that there would be many adverse circumstances to test us: accidents, sickness, and disease to prove us; temptations and distractions to try us; disappointments, discouragements, reverses, failures, and all kinds of situations to determine our character. . . .

“The question still is: How well can you fly it when everything goes wrong? How well can you live when every test, every trial, every proof of your faithfulness is exacted of you?” (Robert E. Wells, “How Well Can You Fly It When Everything Goes Wrong?” *New Era*, June 1978, 4–6).

- What purpose do trials serve? Why is it important that we learn to be faithful during times of trial?
- What are some of the trials you might face in your life?

It is evident that we will all face trials and adversity, regardless of how righteous we are. President John Taylor commented: “I heard the Prophet Joseph say, in speaking to the Twelve on one occasion: ‘You will have all kinds of trials to pass through. And it is quite as necessary for you to be tried as it was for Abraham and other men of God, and (said he) God will feel after you, and He will take hold of you and wrench your very heart strings, and if you cannot stand it you will not be fit for an inheritance in the Celestial Kingdom of God’ ” (in *Deseret News [Weekly]*, 29 Aug. 1883, 498).

Coping with Adversity

Sister Stella Oaks, mother of Elder Dallin H. Oaks, told the following story of some of her trials and testing and how she learned to cope:

“To find one’s own personal relationship with Heavenly Father, to never doubt that he guides the details of our lives, to be able in life’s conflict to say, ‘Thy will be done,’ is the attaining of the ability to walk by faith. This ability is something that each soul must find in his own way through the creative living-out of any and all trying experiences that may come along. My proving ground came in learning to be obedient to a frightening command—that of accepting the imminent death of my husband after only eleven years of marriage and accepting the challenge of being a mother and woman alone in the world.

“I had watched Lloyd [my husband] become weaker and lose ground from day to day. . . .

“One June night I knelt alone in prayer, utterly spent, wondering at that midnight hour how humble one had to be to receive an answer to one’s pleading. It was just at that moment that I felt an envelopment

of the spirit of peace, a profound assurance that God is over all and that it was his will that was in command and not mine. I could finally say, ‘Thy will be done,’ and feel the peace. . . . I relaxed in my faith and discovered that I had a new trust in the Lord.

“But even though this sweet peace enveloped me I still could not sleep, and once more I turned on the light. As I reached for the Doctrine and Covenants, . . . it fell open to a section where [a message was given to me]. . . . I was given to know that the Lord loved me and that I would be made equal to my mission. I felt an encircling love that has sustained me ever since that great moment of change in my life. I have had continual hardships and challenges but always the sure knowledge that Jesus is the Christ, our Redeemer, and that he sustains us through the opposition that must arise in all things” (“Thy Will Be Done,” in Leon Hartshorn, comp., *Remarkable Stories from the Lives of Latter-day Saint Women*, 2 vols. [1973–75], 2:183–84).

- What did Sister Oaks learn through her trials? What are some lessons you have learned through adversity that you could appropriately share with the class?
- Why is it important that we learn to accept the will of the Lord?

As Sister Oaks exercised faith and prayer, gained strength and assurance from the scriptures, and leaned on Jesus Christ, she discovered that she could deal with her trials. The same holds true for each of us.

Faith in Our Savior

Jesus Christ will help us bear our burdens if we seek Him.

- Read Matthew 11:28–30. What blessing is promised to those who come to Jesus Christ?

Elder Richard G. Scott said: “To exercise faith is to trust that the Lord knows what He is doing with you and that He can accomplish it for your eternal good even though you cannot understand how He can possibly do it. We are like infants in our understanding of eternal matters and their impact on us here in mortality. Yet at times we act as if we knew it all. When you pass through trials for His purposes, as you trust Him, exercise faith in Him, He will help you. That support will generally come step by step, a portion at a time. While you are passing through each phase, the pain and difficulty that come from being enlarged will continue. If all matters were immediately resolved at your first petition, you could not grow. Your Father in Heaven and His Beloved Son love you perfectly. They would not require you to experience a moment more of difficulty than is absolutely needed for your personal benefit or for that of those you love” (in Conference Report, Oct. 1995, 19; or *Ensign*, Nov. 1995, 17).

Prayer and Fasting

“Prayer in the hour of need is a great boon. From simple trials to our Gethsemanes, prayer can put us in touch with God, our greatest source of comfort and counsel” (Ezra Taft Benson, in Conference Report, Oct. 1974, 91; or *Ensign*, Nov. 1974, 66).

When we need special help from the Lord, we should remember that strength can come from fasting. As we accompany our prayers with fasting, we can feel the Spirit and learn the Father’s will for us. (See lesson 6, “Fasting,” in *The Latter-day Saint Woman, Part A*.)

- How can prayer help us cope with our problems?
- Why are faith and trust in the Lord important when we pray?
- Why does the Lord sometimes leave our burdens upon us, even at times when we sincerely ask Him to remove them?

Scriptures

The scriptures contain many passages that can enlighten, encourage, and comfort. We can find answers to our questions in the scriptures. The words of the living prophets can give direction. When we face our problems, strengthened with the messages of the scriptures, we will find new courage and direction.

- Ask a class member to share an experience illustrating how she has been strengthened through using the scriptures to solve or cope with a problem.

Priesthood Blessings

We have the privilege of receiving blessings through the priesthood. These blessings can be given for many reasons, including sickness, distress, and trial. (See lesson 12, “Priesthood Ordinances,” in *The Latter-day Saint Woman, Part A*.)

- Invite class members to share experiences they have had when they have been strengthened through a priesthood blessing in times of trial.

President Ezra Taft Benson explained some of the times when we could ask for a blessing: “In a particularly stressful time, or in the anticipation of a critical event, one can seek for a blessing under the hands of the priesthood. Even the Prophet Joseph Smith sought and received a blessing under the hands of Brigham Young and received solace and direction for his soul” (in Conference Report, Oct. 1974, 92; or *Ensign*, Nov. 1974, 66).

Our patriarchal blessing can also give us insight and help us find direction. Often we can find answers to our problems or concerns through studying this special blessing.

Service and Work

As we become involved in helping others, our thoughts are lifted from our own personal problems. President Lorenzo Snow said, “When you find yourselves a little gloomy, look around you and find somebody that is in a worse plight than yourself; go to him and find out what the trouble is, then try to remove it with the wisdom which the Lord bestows upon you; and the first thing you know, your gloom is gone, you feel light, the Spirit of the Lord is upon you, and everything seems illuminated” (in Conference Report, Apr. 1899, 2–3).

Strength from Others

True friends who can listen to our problems and give us counsel and encouragement are a great help in times of stress. The Prophet Joseph Smith wrote of the joy of friends: “How sweet the voice of a friend is; one token of friendship from any source whatever awakens and calls into action every sympathetic feeling” (*Teachings of the Prophet Joseph Smith*, sel. Joseph Fielding Smith [1976], 134).

Our greatest friendships should begin in our homes and extend from there. We can help our friends bear their burdens, and they should help us bear ours.

- Read Mosiah 18:8–9. What responsibility did we covenant to assume at the time of baptism?
- How can we help our friends bear their burdens?

Enduring Our Burdens Well

While the Prophet Joseph Smith was illegally jailed in Liberty, Missouri, he received a revelation in answer to his petition to the Lord. This revelation is found in Doctrine and Covenants 121 and contains information about the blessings we can receive if we endure afflictions well.

- Read Doctrine and Covenants 121:7–8. What blessings were promised to Joseph Smith if he endured well?
- What is the difference between enduring and enduring well?

George A. Smith recalled the following counsel given by Joseph Smith: “He [Joseph] told me I should never get discouraged whatever difficulties might surround me. If I was sunk in the lowest pit of Nova Scotia and all the Rocky Mountains piled on top of me, I ought not to be discouraged but hang on, exercise faith and keep up good courage and I should come out on the top of the heap” (quoted in *My Errand from the Lord: A Personal Study Guide for Melchizedek Priesthood Quorums*, 1976–77, 175–76).

To help us endure our afflictions in the manner suggested, we might ask ourselves, “How can I make this experience a blessing in my life? What can I learn from this experience?”

Elder Robert E. Wells said: “Sometimes we go many years with no problems, and then they seem to come all at once, and the burdens seem to be more than we can bear. But through it all, we have two main strengths to rely on: (1) We knew before we came that it would be like this, yet we wanted to come because the blessings of remaining faithful to the end would earn us eternal exaltation. (2) We will never be tempted beyond our ability to resist” (*New Era*, June 1978, 5).

- Read 1 Corinthians 10:13. How does the Lord help us bear our trials?

Blessings after Tribulation

- Read John 16:33. The Lord reassures us that we can have peace even though we have tribulation.

Job, who faced great tribulation, received his blessings after he had endured. The Lord accepted Job and gave him “twice as much as he had before. . . . The Lord blessed the latter end of Job more than his beginning” (Job 42:10, 12).

- Read Doctrine and Covenants 58:2–4. Why must we remain faithful even in times of trial? What blessings have you received as you have remained faithful during trying times?

Even as Jesus Christ received His glory after He endured all things, so may we. “He that remaineth steadfast and is not overcome, the same shall be saved” (Joseph Smith—Matthew 1:11).

Conclusion

In this life we will face much adversity. The Lord told the Prophet Joseph Smith that he would suffer great afflictions. Also he partly explained why: “Know thou, my son, that all these things shall give thee experience, and shall be for thy good” (D&C 122:7). This comforting assurance enabled Joseph to endure his afflictions well. The promises given to him apply to us also: “Therefore, fear not what man can do, for God shall be with you forever and ever” (D&C 122:9).

Challenge

Study the scriptures, especially Doctrine and Covenants 121 and 122, to gain understanding of ways to cope with adversity. Pray for strength and guidance to endure well the afflictions in your life and to overcome them. Remember that often our greatest blessings come only after we have endured afflictions.

During this week, read or memorize the following verses of the hymn “How Firm a Foundation”:

3. Fear not, I am with thee; oh, be not dismayed,
For I am thy God and will still give thee aid.

I'll strengthen thee, help thee, and cause thee to stand, . . .
Upheld by my righteous, omnipotent hand.

4. When through the deep waters I call thee to go,
The rivers of sorrow shall not thee o'erflow,
For I will be with thee, thy troubles to bless, . . .
And sanctify to thee thy deepest distress.
5. When through fiery trials thy pathway shall lie,
My grace, all sufficient, shall be thy supply.
The flame shall not hurt thee; I only design . . .
Thy dross to consume and thy gold to refine.
7. The soul that on Jesus hath leaned for repose
I will not, I cannot, desert to his foes;
That soul, though all hell should endeavor to shake, . . .
I'll never, no never, no never forsake! (*Hymns*, no. 85; or
Gospel Principles, 314).

- In closing, have the class sing the above four verses of "How Firm a Foundation."

Additional Scriptures

- Psalm 23 (the Lord is my Shepherd)
- Matthew 5:10–12 (blessed are they who are persecuted for righteousness)
- Philippians 1:29 (suffer for Christ's sake)
- Philippians 4:13 (Christ strengthens us)
- 1 Peter 2:20 (patience in suffering)

Teacher Preparation

Before presenting this lesson:

1. Read Doctrine and Covenants 121 and 122.
2. Plan to open the class with the hymn "Did You Think to Pray?" (*Hymns*, no. 140; or *Gospel Principles*, 356).
3. Assign class members to present any stories, scriptures, or quotations you wish.

RESPONSIBILITY TO PARENTS

Lesson 16

The purpose of this lesson is to encourage us to love and honor our parents.

Why Should We Honor Our Parents?

The first four of the Ten Commandments tell us how we should relate to our Heavenly Father and remind us of our responsibility to Him. The fifth commandment tells us of our responsibility to our earthly parents.

- Read Exodus 20:12. Why did our Heavenly Father give us the commandment to honor our parents?

As with all the commandments, the Savior is our example in keeping the commandment to honor our parents. Even in His suffering as He hung on the cross, Jesus demonstrated His concern for His earthly mother (see John 19:26–27).

We tend to think that honoring our parents means nothing more than obeying them. Surely, however, the Lord included more than obedience when He said, “Honor thy father and thy mother.” Dictionaries provide several definitions of the word *honor*. Most definitions have to do with consideration, respect, esteem, admiration, and high regard. Honoring our parents means more than merely giving them obedience and respect. It also means loving them freely because we want to. If we truly honor our parents, we want to obey their righteous requests. We heed their righteous counsel and advice.

Most of us have parents for whom we feel respect and love, and we find it easy to honor them. Others who may not have such feelings for their parents may find it difficult to honor them. However, no one is exempt from honoring his or her parents, no matter how difficult it may be. If our parents do not keep the commandments, we might question if they deserve to be honored. But the fifth commandment tells us simply to honor them—it does not excuse us from this responsibility by adding qualifications such as “if they are members of the Church,” “if they are rich, healthy, or educated,” or “if they deserve honor.”

We should follow the example of “one young woman who was determined to improve her feelings about her parents [and] went to her Father in Heaven in earnest prayer. While praying she decided to thank the Lord for her parents even though she had never done so before. As she uttered the words of thanks her mind was instantly filled with reasons why she should be grateful for her parents. She got up from her knees filled with a new love and understanding for two people whom she realized were truly as much God’s children as she was herself” (*Look unto Me in Every Thought: Mia Maid Course B, Young Women* [1978], 42).

- What are some of the reasons we should honor and show gratitude for our parents?
- How does honoring our parents help us show love for our Heavenly Father?

“An American couple in Europe were having dinner at the home of a doctor. They were impressed by the courtesy and esteem shown the grandmother who was part of the family. The doctor seemed surprised when they mentioned it. His reply was, ‘God used parents in creating us. We cannot dishonor them without dishonoring God’ ” (*Family Home Evening Manual* 1967, 172).

How Can We Honor Our Parents?

- Read Ephesians 6:1–3. What does Paul suggest we do to honor our parents? What restriction does Paul place on our obedience? What does “obey [them] in the Lord” mean?

In addition to being obedient, we can honor our parents in other ways. One young sister, Estilla Ayala, wrote about how she learned to fulfill this commandment.

“From the time I was five years old until I was 18, our home life was very unhappy. As the oldest of nine children, I felt it keenly when my mother and younger brothers and sisters suffered from the savage temper of a drunken father. I often wondered, ‘What can I do to bring a little happiness into our home?’

“When I was 14 and in secondary school, someone told me that one of the commandments of God was to honor your parents. Greatly interested, I asked, ‘How can I honor my parents?’ I was told to study and become a good student, and that would make my parents happy; thus, I would be keeping a commandment by being a good student. I was very happy; I thought, ‘Now maybe I can bring a little happiness into our home.’ So I studied to become the best student in the class, and decided by my behavior to become the best daughter in town. Everyone respected and loved me for this, but nothing changed at home.

“Thinking there must be something more I could do, I asked for another commandment of God and was told, ‘Love your neighbor as yourself.’ So I began working in a hospital where I could serve the sick, some of whom were very poor, and I came to feel a very special love for all of them. I was happy in fulfilling this commandment, but still nothing changed at home. To make matters worse, my brother began to smoke and drink, and he would take no advice from me.

“By this time I was 18, and it seemed all my efforts had been in vain. Still I had great faith in God and didn’t become discouraged. I felt that there was something more I could do.

“Soon I left home to undertake some special studies. I thought about my family all the time and wondered what was happening at home. Twenty-two days later I went home to visit, and my mother met me crying. I thought something terrible had happened, but she hugged me and said, ‘Since you went away to study, your father hasn’t had anything to drink.’

“How happy I was! My father hugged me, and when we went into the house my mother said that the night I left, some Mormon missionaries had come. ‘Your father has read almost the whole Book of Mormon and is going to be baptized,’ she said. I was amazed!

“My father became like a little child. I could see repentance and humility in his eyes. He *had* changed completely. He had given up smoking and drinking all at once, and tried to keep the commandments the missionaries taught him. He treated me like a queen, and he treated my mother and my brothers and sisters like royalty.

“The result was that our whole family was baptized: my parents and the five children who were old enough, including myself. My father, at age 40, became the best father in the world, with a unique humility, and my brother will soon serve as a missionary. What more could one ask? I know that my sacrifices were not in vain, and I know that the gospel of Jesus Christ has made our home one of the happiest in the world!” (“The Change in My Father,” *Ensign*, Feb. 1975, 42–43).

- How did Sister Ayala honor her parents? How can we apply what she did in our own lives?

Another young sister, Lois Christensen, told how she honored her parents:

“I am sure my Sunday School teacher was unaware of the impossibility of her request. ‘Class,’ she had said, ‘I want each of you to promise that some time during this next week you will tell your father you love him.’

“It sounded like such a simple thing. But I knew I couldn’t do it. Perhaps if I had the kind of father some of the others had, I said to myself, I could say those words to him. But Dad was completely inactive in the Church. He appeared to me to be insensitive and the communication gap between us was wide. We had not talked seriously together about anything for years. Besides, ‘I love you’ was something that I didn’t think was ever said in my family. I felt I could never do what my Sunday School teacher had just asked.

“After the closing prayer, I waited until the others had left, and then I approached my teacher.

“ ‘Sister Innes, what you’ve asked us to do is good. But I think I need to be excused from that assignment. You know how my dad is, and, well, I just couldn’t say something like that to him.’

“But Sister Innes wasn’t convinced. She looked at me and said, ‘No matter what your dad is or does, he needs to hear those words from you, just as much as any other dad needs to hear them. I want you to promise me that you’ll fill this assignment.’

“I agreed, and during the next few days I felt a great burden. I knew it would only be lifted when I fulfilled my commitment. One night, after the others had gone to bed, I nervously waited for the right moment to say those words. Dad was smoking a cigarette and stood up to put the ashes in the trash. With a trembling, nervous, almost inaudible voice I said, ‘Dad, I love you.’

“He had his back to me, and he didn’t turn around or say anything or do anything. I was sure he hadn’t heard me. And so, weakly, I repeated it. ‘Dad, I love you.’ And then, very slowly, he turned toward me. My insensitive, untouchable dad had tears streaming down his cheeks. He put his arms around me and held me close and kissed the top of my head. That was the first time in my sixteen years that I could remember my dad and me embracing” (as told to Linda Marx Terry, “Telling My Father I Loved Him,” *Ensign*, Feb. 1978, 51).

- What did this sister do to honor her father? How could this action also help us honor our parents?
- Discuss the following ways we can honor our parents. Write on the chalkboard those ways that seem most helpful to the class members.

Promote family harmony and unity.

Be trustworthy, kind, loving, and agreeable.

Never do anything we would be embarrassed to have our mother or father see us do.

Show proper respect for our parents under all circumstances.

Be considerate of our parents' feelings.

Be a credit to them and give them reasons to be proud of us.

Be a peacemaker and an example of the gospel of Jesus Christ.

- What can we do to practice these suggestions in honoring our parents? How can we honor our parents when we are with our friends? Add ideas to the list on the chalkboard.

Sometimes when we are reminded to honor our parents, we think this commandment applies primarily to young children. Yet the commandment does not state any age limit for honoring parents. No matter what age we are, the commandment applies to us.

- Display visual 16-a, "A woman caring for an aged parent."

"When Jesus was upon the earth, the Jews had changed the law, which required them to honor father and mother. They were saying that if a person promised the money to the church which he would ordinarily use to help his parents, he was under no obligation to meet their needs. Jesus pointed out to them that in making this ruling they had broken God's law; they were not honoring father and mother. (See Matthew 15:1-6.)" (*Family Home Evening Manual 1967*, 167).

- Display visual 16-b, "Ruth and Naomi."

We read in the Bible the story of Ruth who, with her mother-in-law, Naomi, and her sister-in-law, Orpah, had been widowed. Naomi encouraged her two daughters-in-law to return to their own homes. Orpah did so, but Ruth stayed with her mother-in-law, saying:

"Intreat me not to leave thee, or to return from following after thee: for whither thou goest, I will go; and where thou lodgest, I will lodge: thy people shall be my people, and thy God my God:

"Where thou diest, will I die, and there will I be buried" (Ruth 1:16-17).

Ruth and Naomi then returned to the land of Moab where Ruth gleaned in the fields and was able to provide for Naomi in her old age.

- What can we learn from Ruth about caring for elderly parents?

President Joseph F. Smith said: "Children, remember your parents. After they have nurtured you through the tender years of your infancy and childhood, after they have fed and clothed and educated you, after having given you a bed to rest upon and done all in their power for your good, don't you neglect them when they become feeble and are



16-a, A woman caring for an aged parent



16-b, Ruth and Naomi
© Providence Lithograph Co.

bowed down with the weight of their years. Don't you leave them, but . . . do all in your power to minister to their comfort and well-being" (*Gospel Doctrine*, 5th ed. [1939], 314).

- What is our responsibility for our parents' physical needs? What are some ways we should care for these physical needs?

Some members have parents who opposed their joining the Church. By disobeying their wishes and joining the Church, they may feel they have broken the commandment to honor their parents. Such was the struggle of Renée Pool Vorhaus, a Jewish sister:

"Oh, how I wrestled with this—how could I ever become a Mormon in anything but thought? All of my grandparents, aunts, uncles, and cousins had died in the Holocaust of World War II. Their deaths, as well as the deaths of 6 million other Jews, had been a waste. If I were to now publicly profess that Jesus was the Christ, would I then not in effect also declare their lives a waste? Throughout the centuries the Jews had suffered . . . because they would not bend their commitment and faith. They had been . . . hounded from country to country . . . without protection or recourse to man's law. . . .

"How could I now repudiate and negate my people and their affirmation of faith . . . ?

"I loved the memory of my family; I loved the memory of my forefathers; and I loved my Judaism. But now I had found the source of all love, and to fully partake of it I realized that I would have to become a Mormon" ("*The God of My Fathers*," *Ensign*, Feb. 1978, 21).

In the midst of her dilemma, this sister received a beautiful, loving witness and a testimony that there was nothing more important on earth than being a member of the true Church. Undoubtedly, her parents had taught her to seek truth, to love God, to follow the promptings of her heart and of the Spirit. Her decision was not one of disrespect, but one of honoring their teachings to obey God and to search for truth. It is through their membership in the Church that converts can then encourage their parents and others to embrace the gospel.

- What are some ways a new convert can show love and respect to her parents?

Even after our parents have died, we can honor them by living the kind of life they would be proud of. We can also honor them by compiling their family history.

- In what ways can we continue to honor our parents even after they have died? Add ideas to the list on the chalkboard.

Through the blessings of the temple we are able to unite our families for eternity. This privilege extends beyond our immediate family to our ancestors who preceded us here on earth. Of this, Elder Theodore M. Burton said: “The promise was made them [our ancestors] that, even if they were born at a time and place where they could not hear the gospel preached in life, God would provide saviors for them *from among their descendants* so they could eventually receive all the blessings promised them. We are those saviors” (*God’s Greatest Gift* [1976], 233; italics added). (For additional information on family history, see lesson 20 in this manual, “Our Temple and Family History Responsibilities.”)

Conclusion

Through our parents we have gained physical bodies and the opportunity to prove ourselves here on earth. We have been commanded to honor our parents. We must each try to do so through living the principles of the gospel and following the example of Jesus Christ.

Challenge

Consider what you can do to honor your parents. Prepare a list of things you can do each day to honor them. Plan an activity for honoring your grandparents. Make it a point this week to tell your parents (personally or in a letter) you love and appreciate them, and give at least one specific reason why.

Additional Scriptures

- Leviticus 20:9 (do not curse father or mother)
- Proverbs 6:20–22; 23:22–26 (follow teachings of parents)
- Matthew 19:19 (honor father and mother)
- 1 Nephi 17:55 (Nephi commands his brothers to honor their parents)
- Doctrine and Covenants 98:16 (turn hearts of the children to their fathers)

Teacher Preparation

Before presenting this lesson:

1. Read the section “Responsibilities of the Children” in chapter 37 of *Gospel Principles*.
2. Assign class members to present any stories, scriptures, or quotations you wish.

WHAT OUR HOME TEACHERS CAN DO FOR US

L e s s o n 17

The purpose of this lesson is to help us understand how our home teachers can strengthen our families and how we can assist them in fulfilling their responsibilities.

Responsibilities of Home Teachers

“Recently a stake president told of his visit, with others, to a [Primary] class. When the visitors entered they were made welcome, and the teacher, seeking to impress the significance of the experience for the youngsters, said to a little child on the front row, ‘How many important people are here today?’ The child rose and began counting out loud, reaching a total of seventeen, including every person in the room. There were seventeen very important persons there that day, children and visitors!

“That is how Christ feels, and so should we” (Marion D. Hanks, in Conference Report, Oct. 1972, 167; or *Ensign*, Jan. 1973, 127).

Everyone is important to our Heavenly Father.

The Lord emphasized the importance of the individual and the family when He revealed to Joseph Smith a plan by which the priesthood could care for everyone. The Lord instructed brethren “visit the house of each member, and exhort them to pray vocally and in secret and attend to all family duties” (D&C 20:47) and “watch over the church” (D&C 84:111).

- Who are the teachers who are asked to watch over the families in the Church?

Today these teachers are called home teachers. Called by God to watch over His people, home teachers are to strengthen people in ways that will help them through the experiences of life and back into the presence of God. They are to help each individual and family live the gospel more fully.

The home teaching program is directed by the General Authorities of the Church. Home teachers represent the Lord, the bishop or branch president, and the priesthood quorum leader. They help the bishop or branch president keep close to each individual and family in the ward. They help make the programs of the Church available to each member.

A home teacher is assigned from among worthy Melchizedek Priesthood holders. His companion may be another Melchizedek Priesthood holder or an Aaronic Priesthood-age young man. Home teachers are to visit each member in the home.

- Display visual 17-a, “Home teachers visiting with a family.”

When one brother was called to be a home teacher, he wanted to truly serve his people. He said:

“I read the section in the Doctrine and Covenants that outlines the duties. I was particularly impressed with the thought of . . . watching over my families, to be with and strengthen them. . . . (See D&C 20.)

“I made a personal commitment to the Lord that I would try to . . . watch over my families . . . the way that he would. . . .

“In one of the homes in my district lived a widow. One day during a snow storm my wife and I saw her struggling to the market. I stopped the car and told her that it would be a privilege to take her. I told her I wanted her to think of me as a friend and that whenever she needed help, she should let [us] have the chance.

“ ‘Thank you so much,’ she said. ‘This is the first time a home teacher has done such a thing.’

“One night I remembered I had never seen her at any of our socials, and I decided to find out why, if I could without offending.

“She was very gracious when my companion and I knocked on her door. . . .

“I finally approached her about our socials.

“ ‘Well, I must admit that I have been invited to attend sometimes. But never once did I feel part of the group. No one invited me to go with them, and I didn’t want to feel that I was imposing.’

“That month she went to her first social with my wife and me. No one could have been more warm in appreciation. . . .

“Later, it occurred to me that she didn’t hold any position in the ward. I mentioned this to my group leader, who spoke to the bishop. Soon the widow gratefully accepted a call to teach in the [Primary].



17-a, Home teachers visiting with a family

“Through these experiences, I learned that the position of a home teacher means that one is kind of [a] second father to the family, bringing the help and facilities of the quorum, the ward, and even the Church to each family and each member” (“The Spirit of Home Teaching,” *Improvement Era*, June 1967, 114–15).

- What did this home teacher feel it meant to watch over the families under his care?

Helping Home Teachers Fulfill Their Responsibilities

We should make home teachers feel welcome in our home by calling all members of the family together for their visit. We can suggest that they visit at a time when all family members will be home. Every member should honor and respect home teachers as good friends of the family.

In times of trouble or emergency, we should call on our home teachers. They can provide a priesthood blessing if there is no Melchizedek Priesthood bearer in the home. We can help them fulfill their callings by seeking their spiritual support in times of trouble. One home teacher told of visiting an elderly lady who was bedridden: “She expressed great worry over a grandchild who was to undergo a very serious operation the following day. She asked if I would kneel at the side of her bed and offer a prayer for the well-being of the youngster” (Boyd K. Packer, in Conference Report, Oct. 1972, 103; or *Ensign*, Jan. 1973, 90).

Home Teachers and the Head of the Household

Home teachers should recognize, support, and strengthen the head of the household. If there is a father in the home, he should be recognized as the patriarch—the family member who presides. If there is no father in the home, the mother should be recognized as the presiding authority, and the home teachers should work through her and assist her in her role. Home teachers should also work directly with single, widowed, and other members, strengthening them and assisting them with their needs.

Home teachers are encouraged to consult with the head of each family for whom they are responsible in order to gain knowledge and understanding of the problems, needs, and situations in their assigned families and thus better help them meet the challenges they face.

The following account shows how two home teachers were effective in their assignment by working through the head of the household:

“Samuel Bowen was [not a member] of the Church. His wife and children were members and because of this, many . . . home teaching visits

were made to the Bowen family. These visits were usually directed specifically to the members of the Church in the home. As a result, Brother Bowen would excuse himself or not present himself at the time of a visit. . . . On occasion Mr. Bowen [had] attended [Church].

“Within the last two years, a new home teacher, Brother Walker, was assigned to the Bowen family. After he met with them and had discussed the situation with the priesthood leader, Brother Walker felt strongly impressed to concentrate his attention to . . . Brother Bowen. In the ensuing months, he did this in a deliberate, well-thought-out manner. For example, he [made appointments] through Brother Bowen. He only contacted the children by permission of the head of the family. Then on a number of occasions, he came to the home *only* to see Brother Bowen. On these visits he would discuss how he might be helpful to each member of his family. At first, Brother Bowen was taken [aback] by this deference to him since it was not according to the accustomed pattern, but he soon grew to appreciate Brother Walker. Many cordial visits were made to the home, but seldom was a direct gospel message delivered to the family.

“One evening Brother Walker was visiting privately with Brother Bowen in his living room. He asked, ‘Sam, how is it that with such a wonderful family in the Church and all their activity, that you have never contemplated membership in the Church?’ Brother Walker was startled by the reply: ‘I guess no one ever asked me if I was interested. Actually, I have read much of your Church literature and believe as you do.’

“A month later, Samuel Bowen was baptized into the Church, and today his family has been sealed . . . in the temple” (*When Thou Art Converted, Strengthen Thy Brethren: A Study Guide for Melchizedek Priesthood Quorums, 1974–75*, 217–18).

- When home teachers do not understand how they can help a nonmember or less-active spouse, what is the active spouse’s responsibility?

The home teachers should support the head of the household and regularly ask how they can be of greater assistance to the family.

How Home Teachers Can Help the Family

Home teachers can assist our families in many ways. They can demonstrate how to set up and conduct a family home evening. They can encourage us to develop our talents. They can offer counsel to help us with our problems and help us increase spirituality in our family.

Home teachers should suit their message and course of action to individual and family needs. They have the power to bless, guide, and strengthen individuals and families. They especially need to watch over and help meet the needs of members living alone who are often lonely and need the security and comfort of knowing their home teachers care.

The Lord expects parents to teach their family the gospel in the home. In doing so, parents can call on home teachers to assist them. In one family the worried parents sought the advice and help of their home teachers in counseling with their 18-year-old daughter, who was dating a nonmember boy. In the parents' previous efforts to persuade their daughter against this romance, they continually met with opposition.

"The father went to the home teacher privately and made three requests. He said, 'On your next visit, I would like you to present a special lesson for our family on temple marriage. I would like you to bear your testimony of what this principle has meant to you in your life. Finally, I would appreciate it if you would inform me of your visit in advance, because I especially want our daughter to be present to hear the lesson.'

"By appointment, the home teacher and his junior companion presented a lesson on temple marriage and bore witness to the blessings that flow [from] obedience to this sacred ordinance. There was no immediate reaction from the daughter. The dating continued. Then late one night mother and father heard her return from a date with the nonmember. Soon she tiptoed to the bedside of her parents and whispered:

" 'I know you've been worried about your daughter, but tonight I've made up my mind to be married only in the temple. You see, ever since our home teacher taught that lesson, I've been praying a great deal. Now I have the answer to my prayers. I'll not be going out again with Tom.' " (See L. Brent Goates, "A New Dimension in Home Teaching," *Improvement Era*, Oct. 1966, 874-75.)

▪ How did these home teachers help this family?

Home teachers can help newly baptized members feel comfortable in Church worship by helping the stake missionaries or full-time missionaries present the six discussions for new members. They can help new members form friendships in the ward or branch, each at his or her own age level, and help all members become involved in Church activities.

Home teachers should be concerned with the physical as well as the spiritual welfare of the family. After leading a spiritual discussion and

prayer in the home, one home teacher said, “ ‘It has rained for four days. How is the roof of your house? If it needs attention, call me up’ ” (George Barber, “Home Teaching—Great Potential for Service,” *Improvement Era*, Mar. 1968, 39).

After an earthquake in Peru, two missionaries were told to locate the members of the Church in their area and determine their needs. One of the missionaries related:

“I asked if anybody knew where we could find Hermano Cardenas, the first counselor to the branch president. I was directed to an area near the back of the camp. . . . After our . . . greetings . . . , I asked him if he had any idea how we could find the other brothers and sisters of the branch. . . .

“Out of his hip pocket he pulled a folded and wrinkled sheet of paper and handed it to me. ‘Elder,’ he said humbly, ‘we did as you taught us to do when you instructed the elders quorum here. We sent out the home teachers!’ On that dirty sheet of paper was written the location, condition, and state of health of all but two families in the branch—all information gathered and reported by the home teachers!” (H. Bruce Bowman, “Home Teachers in an Earthquake,” *Ensign*, Mar. 1978, 67).

▪ How could information from home teachers help us in emergencies?

Brother George Durrant told how a home teacher helped his family:

“He came into our home often. When he came, he called each of our children by name and talked to them individually. He listened carefully to whatever they said. They knew he cared about them.

“When our babies were blessed, he stood with me in the circle of priesthood men. As our children approached the age to be baptized, he talked to them about the importance of this great ordinance. As they went down into the waters, he was there as a witness and rejoiced with us. His hands were placed upon their heads along with mine as I confirmed them members of the Church. When our oldest son became a deacon, this man came by to offer congratulations.

“When I had to go out of town on business, he phoned my home each day to inquire about the well-being of my family. Each week as we entered the chapel, he sought us out and shook hands with us. Once when I was sick, he and another brother came to our house and administered to me. He often knelt with our family and prayed with us.

“He never preached to us, although the way he listened to us made us want to do better. He wasn’t known as a master teacher nor as a great scholar, but from and through him we felt strength and wisdom. He

radiated a spirit that caused us to respect and to trust him. It wasn't what he said that influenced us as much as what he was" (George Durrant, "The Man I Remember Best," *Improvement Era*, May 1970, 42).

- Have a class member report on how home teachers have helped her family.

Conclusion

Home teachers represent the Lord, the bishop or branch president, and the priesthood quorum in strengthening families spiritually, temporally, and emotionally. They can help their assigned families and individuals enjoy the programs of the Church and encourage them in fulfilling their Church and family responsibilities. Home teachers work with the head of each family to strengthen the home and prepare the family for exaltation.

Challenge

Invite your home teachers to enjoy a special family home evening with your family on a night other than Monday. Call on your home teachers in times of need. Keep them informed of personal and family needs and conditions.

Additional Scriptures

- 2 Timothy 2:2 (faithful men to teach others)
- Doctrine and Covenants 20:46–47 (priests to visit and exhort)
- Doctrine and Covenants 44:6 (elders to visit the poor and needy)
- Doctrine and Covenants 82:19 (every man to seek the interest of his neighbor)

Teacher Preparation

Before presenting this lesson:

1. Read Doctrine and Covenants 20:46–47.
2. Assign a class member to report briefly on how home teachers have helped her or her family.
3. Assign class members to present any stories, scriptures, or quotations you wish.

DEVELOPING SELF-RELIANCE

L e s s o n 1 8

The purpose of this lesson is to help us prepare for the future by developing self-reliance.

Blessings of Self-Reliance

The Lord said, “All things unto me are spiritual, and not at any time have I given unto you a law which was temporal” (D&C 29:34). The foundation of helping ourselves and others is love and charity. Although becoming self-reliant involves physical, or temporal, preparation, developing self-reliance also helps us grow spiritually. When we are well prepared, we are not only able to care for ourselves, but we can also assist others in times of need. As we give unselfishly of our means, time, and talents to help others, our love for others increases and we draw closer to the Spirit.

Areas for Developing Self-Reliance

President Spencer W. Kimball counseled, “We encourage all Latter-day Saint families to become self-reliant and independent” (“Prophet Urges Home Food Production,” *Church News*, 3 Apr. 1976, 8). The Lord’s plan for Church members to be self-reliant is simple. It is that we do our best to provide for our personal and family needs by developing good work habits; being thrifty; gathering a home supply of items necessary to sustain us for at least one year; planning for our future needs; and maintaining physical, spiritual, emotional, and social health. Self-reliance begins at home, with the individual and the family.

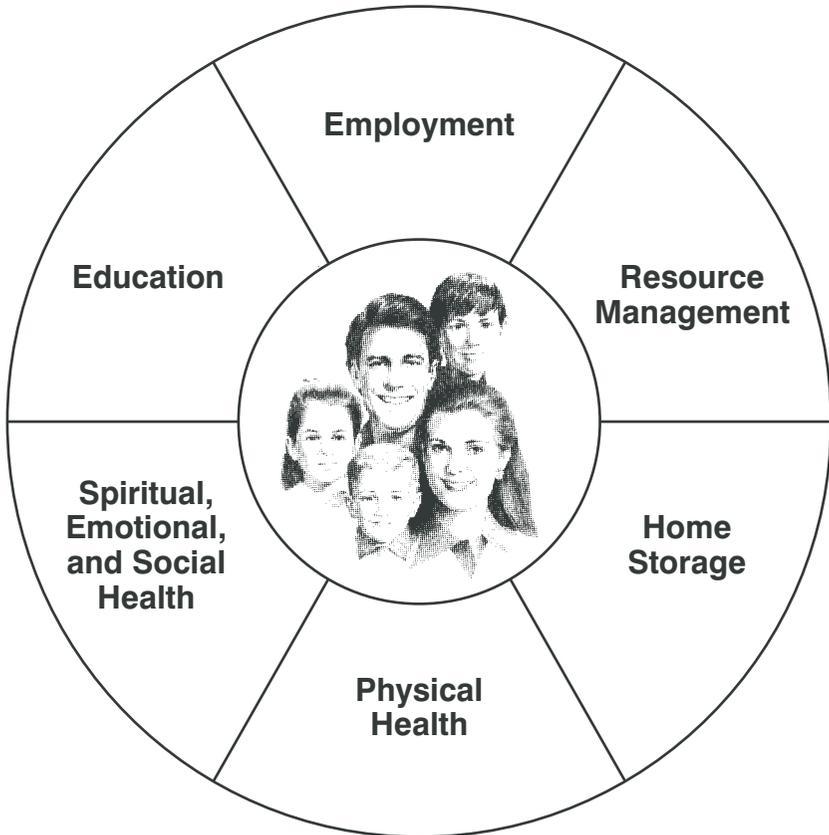
To prepare ourselves and our families for the future, Church leaders encourage us to develop self-reliance in six basic areas.

- Display visual 18-a, “Six areas of self-reliance.”

Employment

In many families a father or husband works to provide for the family’s needs. However, this is not always the case. Women should qualify themselves both to be a homemaker and to earn a living. They must also be prepared to support themselves or their families, if necessary.

Self-Reliance



18-a, Six areas of self-reliance

Mothers are encouraged to make raising their children their primary occupation, especially when their children are young, but they should still prepare to be able to earn a living outside the home. Before a mother of small children considers working outside the home, however, she should be sure the family's needs cannot be met through careful budgeting and home production. She should make every effort to stay at home with the children.

To help family members prepare for employment, Elder Marvin J. Ashton advised: "Complete as much formal, fulltime education as possible. This includes the trade schools. This is money well invested. Use night school and correspondence classes to further prepare. Acquire some special skill or ability that could be used to avoid prolonged unemployment" ("One for the Money," *Ensign*, July 1975, 73).

Consider the following situation and what can be done to solve it. John, the father of two young children, is unemployed. He finds a job and works for a short time. Because he develops severe health problems, he must quit the job. The rent is due and bills must be paid.

- What can this family do to solve their problem? What should the father do? How could the wife help? the children? other family members? Church members?
- If a father takes a job he does not enjoy, what can he do in the meantime to prepare himself for another type of job while continuing to support his family?
- Why should a woman prepare for employment outside the home? (To support herself if she does not marry or until she marries. To support herself and her family if it becomes necessary.)

Resource Management

To be prepared financially, we should learn how to live within our income. This requires setting up and managing a budget. A working budget includes making practical financial goals, paying tithes and offerings, and avoiding debt. In addition to a budget, wise management of our income includes buying food and other essential items when they are least expensive, avoiding waste, and, if possible, developing a savings fund to provide for emergency financial needs. (See lesson 21, "Managing Family Finances," in *The Latter-day Saint Woman, Part A* for further information on planning a budget.)

One family offered the following suggestion for managing family finances: "One thing that never works . . . is the attitude, 'This is *my* money, so I'll spend it the way I like.' No matter whether the husband or the wife is bringing in the money, all the money should belong

equally to both. Neither the husband nor the wife has the right to go spending 'because it belongs to me' " (Orson Scott Card, "Family Finances," *Ensign*, June 1978, 13).

Children can learn how to use money by being included, when appropriate, in family financial decisions. One parent related the following experience: "We wanted to buy a piano one year. We took several of the children with us, and then after we had looked at several pianos we told the salesman that we would come back later after a family discussion. . . . After talking it over, we decided *as a family* that we could buy it—though it meant cutting out some other extras. The children didn't mind, because they felt it was *their* decision, too" (*Ensign*, June 1978, 13).

- What are some ways we can better manage our spending in order to save more money? How does wise money management bring peace, contentment, and security to the home? (When family members understand where money must go, contention may be eliminated and the necessities can be purchased first. Knowing that necessities are planned for brings a feeling of security.)

Home Storage

Where legal and when possible, each person and family should have enough food to take care of basic needs for a minimum of one year. This means that we should grow and preserve food and then use and replace that food to avoid spoilage. We should also know how to make and mend clothing and, if possible, store fuel and medical supplies. Production and storage help us care for ourselves, our own families, and others in times of need. (See lesson 25, "Home Storage," in this manual and lesson 25, "Home Gardening," and lesson 26, "Home Production," in *The Latter-day Saint Woman, Part A* for further information.)

- What do you need for one year? What is your family doing to prepare a year's supply of food, clothing, and fuel? What else could you do?

Physical Health

Our physical bodies are sacred, and it is important that we keep them clean, strong, and healthy. We should follow proper rules for maintaining good physical health. As revealed in the Word of Wisdom, we should eat nutritious foods and not consume alcohol, tobacco, and other harmful substances (see D&C 89). To avoid disease we should keep our homes and yards clean and receive the immunizations recommended for our area. We should get proper rest, and we should exercise regularly, according to our needs and limitations. As we keep our bodies healthy we are better able to care for our own needs and serve others.

- Why do we need strong bodies? Why is it especially important for potential mothers to care for their health? What can we do to improve our family's health? (See lesson 21, "Planning Healthful Meals," and lesson 22, "Maternal and Infant Care," in this manual.)

Spiritual, Emotional, and Social Health

We need to strengthen ourselves and our families spiritually, emotionally, and socially. As we do so we will be better prepared to work through problems and sorrows. Elder Boyd K. Packer said:

"It was meant to be that life would be a challenge. To suffer some anxiety, some depression, some disappointment, even some failure is normal. . . .

"If [you] have a . . . miserable day once in a while, or several in a row, . . . stand steady and face them. Things will straighten out.

"There is great purpose in our struggle in life" (in Conference Report, Apr. 1978, 140; or *Ensign*, May 1978, 93).

When challenges come, we should love, support, appreciate, and encourage others in the family. By helping one another, we develop the emotional strength to overcome present and future problems.

Elder Marvin J. Ashton told the following story of a family who developed this kind of strength:

The youngest daughter suffered severe brain damage at birth and was never able to grow or develop normally. She died when she was 17 years old, but the family grew stronger during that time. Elder Ashton observed: "Constant care from a loving mother, patience and warmth from a kind father, and understanding from three noble brothers and a thoughtful sister made her presence special in the family. . . . [Her father] said, 'Nothing that money could buy could have ever brought us together in love, patience, and humility like just taking care of her did.' Here was a tragedy . . . turned into an opportunity for blessings" ("Family Home Storage," in 1977 *Devotional Speeches of the Year*, 69).

Elder Ashton also said:

"Often the greatest [helps] we receive come from within the ranks of our families. Sometimes the hands needed most are those closest to us. . . . God has decreed family members are to help family members. . . .

"We must take family members by the hand and show our love is real and continuing" (in Conference Report, Oct. 1973, 131; or *Ensign*, Jan. 1974, 104).

We should also live in love and harmony with those around us. We should be helpful to our neighbors and be aware of their needs and how

we can assist them. We should be as concerned about their welfare as we are about our own.

- How can loving our neighbors help us prepare for the future? (We can be united with them in times of trouble. We may be a support to each other.)

Education

In the Doctrine and Covenants the Lord tells us that “the glory of God is intelligence, or, in other words, light and truth” and commands us “to bring up [our] children in light and truth” (D&C 93:36, 40). By gaining an education, we learn things that increase our ability to manage our homes effectively, use our money wisely, and serve others. Additionally, if we need to work to support ourselves or our families, an education will help us get a better job than we could otherwise.

We can teach our children the importance of education by setting an example for them. Each of us should learn to read, write, and do basic mathematics and then teach these skills to our children. We should study the scriptures regularly, as well as other good books, and read them with our children. We can take advantage of public and other educational opportunities, and we can encourage our children to do the same.

After members in one country of South America were taught to read, one student said, “ ‘It is a thrill to be able to read the words to the Church hymns,’ . . . A mother said it was good to be able to read the recipes when she cooked. A father said, ‘I am so proud to be able to read, I am going to teach my wife and children’ ” (“Reading Skill Brings Thrift to Indians,” *Church News*, 25 Oct. 1975, 5).

Reading and learning keep our minds alert and bring new ideas and adventure to us. President Brigham Young said: “We are in a great school, and we should be diligent to learn, and continue to store up the knowledge of heaven and of earth, and read good books. . . . Read good books, and extract from them wisdom and understanding as much as you possibly can, aided by the Spirit of God” (*Discourses of Brigham Young*, sel. John A. Widtsoe [1954], 248).

- How can gaining an education help us serve others? improve our homemaking skills?

The promise has been made that as we prepare ourselves and our families in the basic areas of self-reliance (see visual 18-a), “many of the problems of life will be solved.” We “will experience serenity in the midst of upheaval, security in the midst of uncertainty, and sustenance in the midst of want.” (See Victor L. Brown, “An Overview of Church Welfare Services,” *Ensign*, Nov. 1975, 115.)

Family Preparedness

It is our duty to care for the members of our family. We are to provide for, love, and strengthen one another in our righteous endeavors. When problems arise, we are to help each other solve those problems. The duty to help one another “rests upon individuals for themselves, upon parents for their children, upon children for their aged parents and grandparents” (Victor L. Brown, “The Church and the Family in Welfare Services,” *Ensign*, May 1976, 112).

- Have a class member report on the section “Family Responsibility” in *Gospel Principles* chapter 27. What is the father’s responsibility to the family? the mother’s? the children’s?

It takes preparation to demonstrate proper care for others. Every family should plan and prepare to care for one another in all circumstances and emergencies.

- For what changes in our lives do we need to prepare? (Aging, ill health, relocating ourselves, losing the one who supports the family, losing our job, caring for elderly parents or children with disabilities)

The Lord has warned that calamities will come: a hailstorm to destroy the crops (see D&C 29:16); desolating sickness to cover the land (see D&C 45:31); wars upon the face of the earth (see D&C 63:33); and also famines, pestilences, and earthquakes (see Matthew 24:7).

- For what emergencies do we need to prepare? In what ways can we prepare our families for these emergencies?

Members in the Boston Massachusetts (USA) Stake experienced an emergency during a severe winter storm. The wind had whipped the snow into 12-foot drifts, and roads were closed for days.

President Gordon Williams of the Boston Massachusetts Stake said: “There were many examples where members dug into their own home storage material and passed it out to friends and neighbors who could not get to the store.” Some baked bread for neighbors who had no food storage. Others “shared canned foods, powdered milk, honey, and other staple items.”

Between 100 and 150 people in the area died as a result of the storm. Sister Ruth Tingey, stake Relief Society president, reported that her family was prepared with stored food, a woodburning stove, and plenty of wood. She said: “We felt very confident when the storm hit, that whatever happened we could manage. We had heat. It’s just been an adventure for us. For some people, it’s been tragic, or very, very difficult” (Janet Brigham, “Saints Dig Out, Clean Up during Harsh Winter,” *Ensign*, Apr. 1978, 77–78).

- How do you think the preparation of these families in Boston affected their attitude about family preparation for emergencies?

Every family that prepares as the Lord has directed through His prophets will be able to sustain its own members without further assistance, even in times of emergency.

Church Preparedness

The Lord has asked us to help one another in addition to caring for our own individual and family needs (see D&C 52:40). Sometimes our efforts to help others can be on our own initiative. Other times the efforts and resources of Church members are combined and used as directed by priesthood leaders.

Elder Joseph B. Wirthlin explained:

“The Church does not limit its relief efforts to its members but follows the admonition of the Prophet Joseph Smith when he said, ‘A man filled with the love of God, is not content with blessing his family alone, but ranges through the whole world, anxious to bless the whole human race.’ He instructed members ‘to feed the hungry, to clothe the naked, to provide for the widow, to dry up the tear of the orphan, to comfort the afflicted.’

“In a little over a decade, the Church has shipped more than 27,000 tons of clothing, 16,000 tons of food, and 3,000 tons of medical and education supplies and equipment to relieve the suffering of millions of God’s children in 146 countries in many parts of the world. We do not ask, ‘Are you members of our church?’ We ask only, ‘Do you suffer?’ “ (in Conference Report, Apr. 1999, 100; or *Ensign*, May 1999, 77).

The following incident illustrates Church preparedness in action: “In the devastating floods in Rapid City, South Dakota [USA], the Saints in that area responded immediately to assist the victims of the rampaging water. Clothing, bedding, and warm food were furnished through the efforts of the local Church organization. . . . Only one truckload of items, such as baby food, diapers, and blankets, was shipped in” (Junior Wright Child, “Welfare Is the Church,” *Ensign*, Sept. 1973, 71).

Elder Russell M. Nelson explained that “such cooperative efforts to help neighbors in distress transcend any barriers posed by religion, race, or culture. Those good deeds are latter-day love in action!” (in Conference Report, Apr. 1994, 91; or *Ensign*, May 1994, 70).

We need to prepare as a Church, as individuals, and as families to provide for ourselves, our families, and others. When the Church is fully organized in our area, we can work together to prepare food, clothing, and household items to be used in emergencies. This way, those who

are in need and whose families have done all they can will receive this help. If we help each other in every way we can, we will be worthy to receive help if we need it.

Conclusion

The Lord has revealed that many problems will come upon the inhabitants of the earth in the last days. He has promised, however, that “if ye are prepared ye shall not fear” (D&C 38:30). We can prepare ourselves and our families for the future by becoming more self-reliant.

Challenge

Study the six basic areas of self-reliance. Choose an area in which you or your family need to improve. Begin preparation in that area. Be sensitive to the needs of others and help them whenever and wherever possible. Assist on welfare projects when available in your area. Pay a generous fast offering each month.

Additional Scriptures

- 1 John 3:17 (sharing shows love of God)
- Alma 34:27–28 (care for those in need)
- Doctrine and Covenants 42:42 (cease to be idle)
- Doctrine and Covenants 56:16–17 (the rich should not withhold their substance from the poor; we must be humble and willing to work)
- Doctrine and Covenants 68:30–32 (we should not be idle)
- Doctrine and Covenants 78:7, 13–14 (prepare to withstand tribulation by keeping the Lord’s commandments)

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 27, “Work and Personal Responsibility,” and chapter 37, “Family Responsibilities.”
2. Assign a class member to report briefly on the section “Family Responsibility” in *Gospel Principles* chapter 27.
3. Assign class members to present any stories, scriptures, or quotations you wish.

FAMILY AND PERSONAL HISTORIES

Lesson 19

The purpose of this lesson is to help us understand the value of keeping family records and to teach us how to begin making records.

Why Should We Keep Personal and Family Records?

- Display visual 19-a, “A young woman writing in her journal.”
- Read the following story to the class.

“As Elizabeth sifted through the books and papers of her late father, she was drawn to a series of binders labeled Personal History. She selected one, opened it, and carefully began turning the pages. There were letters, a few photographs, other mementos, and here and there an account written in her father’s hand of significant family events. There were brief descriptions of birthdays, notes about baptisms and ordinations, and descriptions of family outings. Elizabeth remembered her father writing in his ‘journal,’ often late at night, and encouraging his children to keep journals of their own. Throughout the journal there were frequent mentions of blessings received and expressions of gratitude to God.

“Elizabeth thumbed through several of the binders, reliving volume by volume much of her father’s life. Then her eyes rested upon a title: ‘To My Family on the Sixtieth Anniversary of My Birth.’ That event had passed some twelve years ago. Slowly Elizabeth read through the paragraphs. They told of the old family home, of her grandparents, and of her mother. Her father had written expressions to each of his children. A gentle peace settled over Elizabeth as she read through the lines written to her. She felt as though her father were still present, speaking to her personally. All too soon, the paragraphs closed: ‘I want you to continue to be faithful and obedient until you come to know Him [the Savior] as I know Him.’

“As she had read, a resolve grew in Elizabeth’s heart to follow her parents’ noble example and to strengthen the family ties they had cherished” (*Relief Society Courses of Study 1977–78*, 8).



19-a, A young woman writing in her journal

- How was Elizabeth's father able to continue to influence his daughter even after his death?

From the beginning, keeping and using sacred records have been important to the people of God. In Adam's time, God commanded men to keep a "book of remembrance" (see Moses 6:4–6). Moses also kept a record (see Moses 1:40–41). The prophets since the time of Adam have kept records as commanded by God.

"This history of the dealings of God with his people and the experiences they had constitutes our present scripture. It is nothing more or less than sacred family history. Because it was written under the influence of the Spirit of the Holy Ghost, it became scripture" (Theodore M. Burton, "The Inspiration of a Family Record," *Ensign*, Jan. 1977, 17).

- How have the records kept by the prophets influenced our lives?

While most of us are not asked to record the history of God's dealings with the people of our time, we have been encouraged to record our own history. It is especially important that we record God's dealings with us personally. When we are in tune with the Spirit, "the Lord whispers things into our minds, and what one then writes can become inspirational to one's descendants. When we write by the Spirit and they read by the Spirit, there is a godly communication between us and them" (Theodore M. Burton, *Ensign*, Jan. 1977, 17). The records we keep in our families can help build the faith and testimony of our descendants.

President Spencer W. Kimball said: "I urge all of the people of this church to give serious attention to their family histories, to encourage their parents and grandparents to write their journals, and let no family go into eternity without having left their memoirs for their children, their grandchildren, and their posterity. This is a duty and a responsibility, and I urge every person to start the children out writing a personal history and journal" (in Conference Report, Apr. 1978, 4; or *Ensign*, May 1978, 4).

- What benefits can come to our families by our keeping personal and family histories?

We can increase our own faith and testimony as we obey the counsel to keep personal and family records. We can be strengthened in faith and courage as we review our experiences and resolve to improve our lives.

What Should a Family Record Contain?

Elder Joseph Fielding Smith told us of specific information we should include in our family records: "It is necessary for us to keep an accurate record of our families and record accurately the dates of births,

marriages and deaths, and ordinances and everything that is vital. Every important event in our lives should be placed in a record, by us individually" (*Doctrines of Salvation*, comp. Bruce R. McConkie, 3 vols. [1954–56], 2:204).

Our family record should include personal and family histories and a personal journal. A book of remembrance, scrapbook, or photo album that includes pictures and mementoes of events in our lives, such as birth certificates, marriage certificates, awards we have received, and so on, could also be part of our family record.

Personal History

A personal history is a report of our life and may include stories and personal feelings. The following items could be included in a personal history:

1. Name in full
2. Birth: day, month, and year; house, hospital, or other location where born; town, county, and state or country; family circumstances at time of birth
3. Father: complete name; date and place of birth; his father's name; his mother's maiden name
4. Mother: maiden name; date and place of birth; her father's name; her mother's maiden name
5. Brothers and sisters: names; dates and places of birth; names of spouses and children; other information
6. Blessing: when named and blessed—day, month, and year; where blessed—ward or branch, stake or district, town, county, and state or country; by whom blessed
7. Baptism: where—ward or branch, stake or district, town, county, and state or country; when—day, month, and year; by whom
8. Confirmation: when—day, month, and year; where—ward or branch, stake or district, town, county, and state or country; by whom
9. Patriarchal blessing: date, place, and name of patriarch
10. Schooling: when and where first schooling took place, schools attended, teachers remembered best, certificates or diplomas received, outstanding experiences
11. Marriage: to whom; day, month, and year; place of ceremony—town, county, and state or country; circumstances of courtship and ceremony
12. Childhood memories: adventures, accidents, thoughts, amusing incidents, friends, and so on

13. Faith-promoting experiences: personal; in other family members' lives that affected you; circumstances surrounding your conversion to the gospel
14. Health: record, including sickness and accidents
15. Home life: duties in the home, home activities, relationship with brothers and sisters, places lived, family trips and vacations, pets
16. Hobbies and talents: musical, artistic, and creative abilities; lessons and workshops taken; things you like to do
17. Goals and future plans: things to accomplish in vocation, home life, or Church service
18. Other incidents: include Church experiences
19. Include appropriate pictures, if available, to enhance your story
 - Ask the sisters to consider the items listed above. Why are these things important in a history?

Family History

The family history should include much of the same information as a personal history. Where possible, ask family members to provide their personal information. Record stories, incidents, and other information you have heard or may have in your possession about grandparents and deceased ancestors. These might include:

1. National origin.
2. Places and dates of residence.
3. Occupations.
4. The first family member to be converted to The Church of Jesus Christ of Latter-day Saints and names of missionaries who taught him or her the gospel.

Keep a record for your children of births, deaths, marriages, dates ordinances were performed, missions, and so on, and certificates of these important events. Encourage your children to keep their own histories and records.

Personal Journal

A journal should contain daily or weekly entries of current experiences. It should be a tool for keeping a record of meaningful personal experiences.

“Lynetta Kunz Bingham of Tulsa, Oklahoma, carries a . . . notebook with her at all times, even when traveling. By jotting down notes of what’s happening, she has a running record that she turns into a yearly history. She especially records personal inspirational experiences,

which she shares with others, when it is appropriate, as an encouragement for them to keep a record of their own.

“ ‘These experiences really help when you’re discouraged and depressed,’ she says. ‘If you can guide others into this particular work, it gives them direction in their lives’ ” (Jon Webb, “Beyond Pen and Ink,” *Ensign*, Jan. 1977, 19–20).

President Spencer W. Kimball challenged every family to “train their children from young childhood to keep a journal of the important activities of their lives, and certainly when they begin to leave home for schooling and missions” (in Conference Report, Oct. 1977, 4; or *Ensign*, Nov. 1977, 4).

Following are some things that could be included in a personal journal:

1. Goals, hopes, and aspirations
2. Work experiences
3. Problems and how they were resolved
4. Joys and sorrows with family members
5. Relationships with others
6. Deepest thoughts
7. Faith-promoting experiences
8. Significant family events
9. Triumph over adversity
10. Special learning experiences
11. Personal testimony
12. Counsel for future generations who will read the journal

Elder Theodore M. Burton counseled: “As a people we ought to write of our own lives and our own experiences to form a sacred record for our descendants. We must provide for them the same uplifting, faith-promoting strength that the ancient scriptures now give us” (*Ensign*, Jan. 1977, 17).

- What benefits may come from keeping a journal?

How to Begin

There is a simple way to begin keeping our records. According to Elder Boyd K. Packer, “If you don’t know where to start, start with *yourself*.”

If you don't know what records to get, and how to get them, start with what *you've* got" ("Someone Up There Loves You," *Ensign*, Jan. 1977, 10).

We can begin by gathering such materials as birth certificates; certificates of blessing, baptism, ordination, and graduation; diplomas; awards; photographs; and so on. Retain any written, registered, or recorded data pertaining to your life. Compile these items in boxes, folders, or files. Sort, divide, and assemble them into three major periods of your life: childhood, youth, and adulthood. After you have assembled these materials, you can begin to prepare your personal history.

A written record is not the only way to keep information. Family and personal histories can be recorded on cassette tapes. When preparing an oral recording, it is helpful to follow an outline and to keep events in chronological order.

To start, you might obtain a notebook and today write some of the things outlined in this lesson. If you have a personal computer, you could enter and store the information there. Date the entries and number the pages. Include the full names of people and places. Success comes with organizing your time, so set aside a regular time to write.

- Have the assigned sister show her personal journal to the class following the closing prayer.

Conclusion

Keeping records has always been important to God's people. As we learn how and begin to record our personal and family histories, we can feel an increased respect and love for family members. As we write in our personal journals, we can record the important events of our lives that may have a positive influence on our children. A simple family record can influence our descendants for generations to come.

Challenge

Begin now to prepare your personal history. Plan a family home evening especially for working on your family history. If you are not already doing so, begin keeping a personal journal in which you record the important events of the remainder of your life.

Additional Scriptures

- Malachi 3:16–18 (record of righteous in a book of remembrance)
- Moses 1:40–41; 6:45–46 (Moses kept records for posterity)
- Abraham 1:28, 31 (Abraham kept and preserved records)

Teacher Preparation

Before presenting this lesson:

1. Study the suggestions in this lesson for preparing personal and family histories. If possible, collect some of the suggested items and show them to the class.
2. If you know someone who has kept a journal or history, invite her to show it to the class.
3. Assign class members to present any stories, scriptures, or quotations you wish.

OUR TEMPLE AND FAMILY HISTORY RESPONSIBILITIES

L e s s o n 2 0

The purpose of this lesson is to help us understand our temple and family history responsibilities.

Ordinances Are Necessary for Salvation

In order to return to the presence of our Heavenly Father, each of us must receive the ordinances necessary for salvation. Elder Boyd K. Packer said:

“Ordinances and covenants become our credentials for admission into His presence. To worthily receive them is the quest of a lifetime; to keep them thereafter is the challenge of mortality.

“Once we have received them for ourselves and for our families, we are obligated to provide these ordinances vicariously for our kindred dead, indeed for the whole human family” (in Conference Report, Apr. 1987, 27; or *Ensign*, May 1987, 24).

Receiving Our Own Temple Ordinances and Helping Immediate Family Members Receive Theirs

Baptism and confirmation, the first ordinances of the gospel, are the gate by which we enter the narrow path that leads to eternal life (see 2 Nephi 31:17–18). To continue on this path after baptism, we must also receive the sacred ordinances of the temple—the endowment and the sealing ordinances. We must remain faithful to the covenants we make. These ordinances are essential to our exaltation.

President Howard W. Hunter explained the importance of temple ordinances: “All of our efforts in proclaiming the gospel, perfecting the Saints, and redeeming the dead lead to the holy temple. This is because the temple ordinances are absolutely crucial; we cannot return to God’s presence without them. I encourage everyone to worthily attend the temple or to work toward the day when you can enter that holy house to receive your ordinances and covenants” (in Conference Report, Oct. 1994, 118; or *Ensign*, Nov. 1994, 88).

Adult members who have not yet been to the temple should talk to their bishops or branch presidents to find out how to prepare to receive temple blessings. We should also instill in our children and other family members a desire to prepare for baptism and temple ordinances.

- How can we teach our children and other family members the importance of the temple? (Write the responses on the chalkboard.)

Holding a Current Recommend and Going to the Temple Regularly

- Display visual 20-a, “The Salt Lake Temple.”

Regarding temples, President Gordon B. Hinckley said:

“These unique and wonderful buildings, and the ordinances administered therein, represent the ultimate in our worship. These ordinances become the most profound expressions of our theology. I urge our people everywhere, with all of the persuasiveness of which I am capable, to live worthy to hold a temple recommend, to secure one and regard it as a precious asset, and to make a greater effort to go to the house of the Lord and partake of the spirit and the blessings to be had therein. I am satisfied that every man or woman who goes to the temple in a spirit of sincerity and faith leaves the house of the Lord a better man or woman. There is need for constant improvement in all of our lives. There is need occasionally to leave the noise and the tumult of the world and step within the walls of a sacred house of God, there to feel His spirit in an environment of holiness and peace” (in Conference Report, Oct. 1995, 72; or *Ensign*, Nov. 1995, 53).

Even if our circumstances do not allow us to attend regularly, we should hold a temple recommend. President Howard W. Hunter said: “It would please the Lord if every adult member would be worthy of—and carry—a current temple recommend. The things that we must do and not do to be worthy of a temple recommend are the very things that ensure we will be happy as individuals and as families” (in Conference Report, Oct. 1994, 8; or *Ensign*, Nov. 1994, 8).

- What blessings are we promised if we hold a current temple recommend and attend the temple regularly?

Obtaining a Temple Recommend

To obtain a temple recommend, we must have a private interview with our priesthood leaders. President Boyd K. Packer described this interview: “The interview for a temple recommend is conducted privately between the bishop [or branch president] and the Church member concerned. Here the member is asked searching questions about his personal conduct and worthiness and about his loyalty to the Church and its officers. The person must certify that he is morally clean and is



20-a, The Salt Lake Temple

keeping the Word of Wisdom, paying a full tithe, living in harmony with the teachings of the Church, and not maintaining any affiliation or sympathy with apostate groups. The bishop [or branch president] is instructed that confidentiality in handling these matters with each interviewee is of the utmost importance" ("The Holy Temple," *Ensign*, Feb. 1995, 32). After we are interviewed by the bishop or branch president, we will also need to have an interview with the stake president or mission president, if we do not live in a stake.

When we are preparing to receive our own temple ordinances, our local priesthood leaders will invite us to attend preparation and orientation classes. A temple recommend is valid for one year. After that time, another interview is needed to obtain, or renew, a recommend for the next year.

Providing Ordinances for Deceased Ancestors

The Lord desires that all who have lived upon the earth past the age of eight have the privilege of receiving baptism, the endowment, and the sealing ordinances. He has provided a way for the living to perform these ordinances in behalf of those who have died. As members of the Church, we have the responsibility to provide the saving ordinances of the gospel for our ancestors who died without them.

- Read Doctrine and Covenants 128:15. Why is it important for us to provide ordinances for our deceased ancestors?

Performing ordinances for our ancestors allows us to share the joy our ancestors feel as they receive the opportunity to attain eternal life in the presence of God the Father and Jesus Christ. Further, as we serve our brothers and sisters, we come to better understand and appreciate the meaning of the Savior's Atonement in our own lives.

- What blessings can come from participating in ordinances for our deceased ancestors?

Remembering Our Ancestors

To begin fulfilling our family history responsibilities, we can each make a list of our deceased relatives whom we knew or remember. No special research aids or resources are needed. This list can help us identify relatives who died without receiving their saving temple ordinances. Even if our ancestors were early Church members or if others in our families have worked on family history, we can often identify deceased relatives whose temple work has not yet been done.

- Pass out pencils and paper to the class. Have the sisters make a list of deceased relatives they remember, and then have them identify those who died without receiving temple ordinances, if possible.

When we identify relatives whose temple work is not yet done, we should make sure that it is done. President Gordon B. Hinckley emphasized the temple's importance in family history work: "All of our vast family history endeavor is directed to temple work. There is no other purpose for it. The temple ordinances become the crowning blessings the Church has to offer" (in Conference Report, Apr. 1998, 115–16; or *Ensign*, May 1998, 88).

- Display visual 20-b, "A family history consultant can help us with family history work."

Family history consultants in our ward, branch, or stake can help us prepare the information that the temple will need before ordinances may be done. Church family history publications, local priesthood leaders, and temples should also have these instructions.

- Discuss with class members the process and requirements for preparing names for temple work. If possible, introduce the family history consultant and have him or her lead this discussion.

In addition to performing temple ordinances for the ancestors whom we remember, we should consider other ancestors. We can talk to our parents, grandparents, aunts, uncles, cousins, and other family members. They may remember people we may not have known. We can make sure that temple work is done for these ancestors as well.

Recording Your Information

- Display visual 20-c, "Pedigree chart."

As we learn about our ancestors, we will probably need to record the information we find. Church family history forms—such as a pedigree chart, which gives an overview of family relationships—and computer programs can help us do this. However, you may use any method that helps you remember what you learn. It is also helpful to record the dates when ordinances were performed so that you know which ordinances still need to be done.

Some Guidelines

As we submit names for temple work, we should remember these guidelines:

1. Our foremost obligation is for our own ancestors. We should not submit the names of people who are not related to us, including names we may obtain from personal extraction projects.
2. A person whose name is submitted must have been deceased for at least one full year.



20-b, A family history consultant can help us with family history work.

Pedigree Chart

Chart no. _____

No. 1 on this chart is the same as no. _____ on chart no. _____.

Mark boxes when ordinances are completed.

- B Baptized
- E Endowed
- SP Sealed to parents
- SS Sealed to spouse
- F Family Group Record exists for this couple
- C Children's ordinances completed

<p>2 (Father) When born _____ Where _____</p> <p>When married Where _____</p> <p>When died Where _____</p>	<p>4 (Father of no. 2) When born _____ Where _____</p> <p>When married Where _____</p> <p>When died Where _____</p>	<p>8 (Father of no. 4) When born _____ Where _____</p> <p>When married Where _____</p> <p>When died Where _____</p>	<p>9 (Mother of no. 4) When born _____ Where _____</p> <p>When died Where _____</p>
<p>1 (Name) When born _____ Where _____</p> <p>When married Where _____</p> <p>When died Where _____</p> <p>(Spouse) When born _____ Where _____</p>	<p>5 (Mother of no. 2) When born _____ Where _____</p> <p>When died Where _____</p>	<p>10 (Father of no. 5) When born _____ Where _____</p> <p>When married Where _____</p> <p>When died Where _____</p>	<p>11 (Mother of no. 5) When born _____ Where _____</p> <p>When died Where _____</p>
<p>3 (Mother) When born _____ Where _____</p> <p>When died Where _____</p>	<p>6 (Father of no. 3) When born _____ Where _____</p> <p>When married Where _____</p> <p>When died Where _____</p>	<p>12 (Father of no. 6) When born _____ Where _____</p> <p>When married Where _____</p> <p>When died Where _____</p>	<p>13 (Mother of no. 6) When born _____ Where _____</p> <p>When died Where _____</p>
<p>Your name and address</p> <hr/> <p>Telephone number _____ Date prepared _____</p>	<p>7 (Mother of no. 3) When born _____ Where _____</p> <p>When died Where _____</p>	<p>14 (Father of no. 7) When born _____ Where _____</p> <p>When married Where _____</p> <p>When died Where _____</p>	<p>15 (Mother of no. 7) When born _____ Where _____</p> <p>When died Where _____</p>

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20-c, Pedigree chart

3. If the person was born in the past 95 years, permission should be obtained from a close living relative before the name is submitted.
4. No ordinances are necessary for children who are stillborn. However, if there is any possibility that a child lived after birth, he or she should be sealed to the parents unless the child was born in the covenant (meaning that the child's parents were sealed before he or she was born).
5. Children who died before age eight and were not born in the covenant need only to be sealed to their parents. They do not need any other ordinances.

Additional Ways to Participate in Family History

- Display visual 20-d, "We can participate in family history by sharing stories about our lives and the lives of our ancestors."

Other important ways we can participate in family history include:

Writing personal and family histories.

Keeping a journal.

Participating in the Church's family history programs, such as family record extraction.

Gathering information about ancestors who lived before those that we and our family remember, and having their temple work done.

Teaching our children about their ancestors and encouraging them to fulfill their own family history responsibilities.

Conclusion

We need to receive the ordinances of the gospel to be able to return to live in the presence of our Heavenly Father. To receive all of the blessings associated with these ordinances, we should:

1. Receive our own ordinances and help our immediate family members receive theirs.
2. Hold current temple recommends and attend the temple as often as we can. Even if we do not live where we can go to the temple, we should hold a temple recommend.
3. Identify our ancestors who died without receiving the ordinances and make sure that ordinances are performed in their behalf.

Challenge

If you have not yet received your own ordinances, arrange for an interview with your bishop or branch president to find out what you can do to prepare.



20-d, We can participate in family history by sharing stories about our lives and the lives of our ancestors.

Teach your family about the importance of baptism and the temple ordinances.

If you do not have a temple recommend, prepare to obtain one.

Identify at least one ancestor who died without receiving all of the saving ordinances of the gospel and make sure that the ordinance work for that person is completed.

Additional Scriptures

- Malachi 4:5–6 (the work of Elijah)
- 1 Corinthians 15:29 (baptism for the dead)
- 1 Peter 3:18–19; 4:6 (Christ preached to the dead)
- Moroni 8:5–23 (baptism for little children is not needed)
- Doctrine and Covenants 124:26–40 (house to be built to the Lord, wherein work for the dead may be done)
- Doctrine and Covenants 128 (directions on accurate record keeping and baptism for the dead)
- Joseph Smith—History 1:38–39 (mission of Elijah)

Teacher Preparation

Before presenting this lesson:

1. Study lesson 40, “Temple Work and Family History,” in *Gospel Principles*.
2. Obtain paper and pencils for each sister.
3. Obtain copies of current Church family history forms for recording temple and family information for each sister.
4. If your ward, branch, stake, or mission has a family history consultant, ask him or her for the procedures used to submit names for temple work. If possible, arrange for the consultant to teach a portion of the class. If a family history consultant is not available, you may also find out what these procedures are from a local Family History Center, your local priesthood leaders, or your nearest temple.
5. Assign class members to present any stories, scriptures, or quotations you wish.

HOMEMAKING



PLANNING HEALTHFUL MEALS

L e s s o n 21

The purpose of this lesson is to help us plan healthful meals.

Need for Regular Meals

In order to benefit from regular meals, the foods we eat at these meals should provide the nutritional substances needed for health and growth. When a family eats together, the parents can help provide each person with a variety and proper amounts of healthful foods. In addition to the nutritional aspect, eating together can provide family members with an opportunity to be together, pray as a family, and visit with each other about their experiences. Also, parents may use this time to teach their children gospel principles in an informal way. When family members plan a meal and eat together, they tend to use their money more wisely. Basic foods eaten for meals are usually less expensive and more nutritious than snack foods eaten between meals. Adequate family meals minimize the need for expensive and often unhealthy snacks.

Regular, planned mealtimes have other benefits. Family members know when the meals will be eaten and arrange to be home at that time each day. The body functions better with regular meals than with irregular meals or snacks. We can work more consistently and help prevent some stomach illnesses by eating meals at about the same time every day. Children benefit from having regular meals. They become tired and fussy when they are hungry, and feeding them meals at regular times helps their dispositions.

A Latter-day Saint family lived in a country where the tradition was for the father and older boys to eat first, and the younger children and mother to eat what was left. As this family learned more about the gospel, they changed their custom. The mother explained that when they learned how important it was for their family to eat meals together and for each family member to have adequate food, they no longer followed the old custom.

- What benefits does (or could) your family receive from eating together?
- What benefits does (or could) your family receive from eating regularly?

Need for Food from Each Major Group

- Display the charts in visual 21-a, “Recommended daily servings from the basic food groups,” and review the information with the class. Then have the class answer the following questions: What are the basic food groups? What benefits do we receive from each group? What are some examples of local foods from each group?

Whenever possible, include in every meal food from each major food group. This provides the variety of foods needed to be healthy and to grow. In some countries rice is the basic food for everyone, and many eat only rice at every meal. Because of this custom, children in these countries are often weak or ill or do not grow properly because they do not receive the necessary vitamins and minerals.

In one such country, members of the Church were taught the importance of eating a proper variety of foods. They learned that eating only rice, even in large amounts, is not adequate for good health. They had the saying “Rice is a lonely food” to help them remember to eat food from each basic food group at each meal. Children in these families who now eat a variety of foods are healthier than before.

- What is the most common basic food in your area? What are some foods from other food groups that you might eat with the basic food?

Ask the sisters to plan a meal, beginning with a common basic food. Be sure the meal includes at least one food from each food group.

- Display a poster showing meals containing foods from the food groups. Have the sisters name which group each food comes from. Have them check to see if each meal contains a variety of foods from the groups.

When you are planning meals, follow the basic rule of making sure you include foods from each group every day. We need to eat a variety of foods from all the food groups to get all the nutrients we need to be healthy.

Need for an Adequate Amount of Each Food

After you have developed the habit of including foods from each group in your meals, think about how much of each food each person needs. A small amount of each food may not be sufficient. Each person needs a certain number of servings from each food group every day.

We need to be careful not to make the mistake made by a group of 10 ladies who cooked a rice dish together one day. These ladies used several cups of rice, two spoons of tomato sauce, and a small amount of meat. When the dish was done, they thought, "This dish contains food from the grain group, the vegetable group, and the meat group. This is a healthful dish and makes a meal all by itself." Unfortunately, they did not have enough tomato sauce or meat in the dish for every woman to get the needed servings. When they learned about the need for having enough of each food for each person, they were more careful about the dishes they prepared for their families.

In order to have enough of each food, it may be necessary to buy less expensive foods from each group in order to make wise use of our money.

- Refer to the food pyramid in visual 21-b. Which foods in each group are more expensive? Which foods in each group would be cheaper substitutions for the more expensive foods in the same group?

Ideas for Preparing Healthful Meals

Planning Meals

Before shopping for food, plan each meal. Make sure there will be servings from a variety of food groups for every person. It is usually helpful to have a written plan and to write down the foods for each meal.

Make a Shopping List

Next, prepare a written list of the foods and the amount of each food needed from the market. A shopping list not only helps us remember all of the items we need, but it also helps us avoid spending money on luxury foods we really do not need. For example, if we have a list, we will probably avoid buying soda pop and candy, which are expensive and unhealthful.

With careful planning and shopping, we may be able to shop less frequently, and can use our time and effort for other important activities, as did a widower with 12 children. This father knew that he did not have much time to spend at the market, so he planned his meals carefully and knew exactly what to buy each time he shopped. He stored the foods carefully to be sure they would still be fresh for his family to eat.

Buy Plentiful, Inexpensive Foods

Buy foods when they are plentiful, because the price then is usually the lowest. If possible, buy extra amounts of some foods when they are in season, plentiful, and inexpensive. Dry them or store them in other ways to eat later. It is important that we plan ahead in this way for another season when certain foods may not be plentiful.

Raise Gardens and Animals

Many families grow fruit and vegetable gardens. Even if a family does not have much space, they can usually grow a few plants in a window box or on a patio. If their garden is very small, a family will usually eat vegetables and fruits as they ripen. If a family has a fairly large garden, they usually eat some of the foods fresh and preserve the rest to be eaten later. Drying is a popular method for preserving food.

In many countries people also raise animals and poultry to help provide the food they need. They may raise ducks, chickens, goats, cows, pigs, rabbits, or fish. Animals provide us with foods from the meat and dairy groups.

Planting, caring for, and harvesting a garden, as well as keeping animals, require planning. For example, deciding where to keep animals, what they will eat, and who will feed them is a kind of planning that helps us have healthful meals for our families.

Budget Carefully

Another type of planning that can help us have more healthful meals is planning how we will spend our money on things other than food. As we think carefully about how we will spend the money we have, we may decide that it would be wiser to buy foods to keep us healthy than to spend the money on expensive luxuries. We might also discover that it is better to use our money for a variety of foods from the major food groups than for unhealthy snacks.

Conclusion

We receive many benefits in family relationships and health when we eat regular planned meals together each day. Our meals are most healthful when they contain a variety of foods from the major food groups. Each person should eat enough servings from each group every day. In order to provide meals that can help us be healthy and that can help our children grow properly, we must prepare for and plan the foods we buy or grow.

Challenge

This week plan nutritious meals for your family. Be sure each meal contains a variety of foods from the major groups. Plan ways for your family to continue to receive a proper variety and an adequate amount of foods they need for good health. Do this by planning ahead, by planting a garden where possible, and by drying or otherwise preserving and storing foods that are plentiful. Review the ways you are spending your money and, where possible, improve these ways of spending so that you have more money for proper food.

How many servings do you need each day?

	Many women, older adults	Children, teen girls, active women, most men	Teen boys, active men
Calorie level*	about 1,600	about 2,200	about 2,800
Bread group servings	6	9	11
Vegetable group servings	3	4	5
Fruit group servings	2	3	4
Milk group servings	2–3**	2–3**	2–3**
Meat group servings	2, for a total of 5 ounces	2, for a total of 6 ounces	3, for a total of 7 ounces
Total fat (grams)	53	73	93

*These are the recommended calorie levels if you choose low-fat, lean foods from the five major food groups and use fats, oils, and sweets sparingly.

**Teenagers, young adults to age 24, and women who are pregnant or breastfeeding need three servings from the milk group.

What counts as one serving?

Breads, cereals, rice, and pasta

- 1 slice of bread
- ½ cup of cooked cereal, rice, or pasta
- 1 ounce of dry cereal

Fruits

- 1 medium whole fruit
- ¾ cup of juice
- ½ cup of canned or cooked fruit

Vegetables

- 1 cup of raw leafy vegetables
- ½ cup of cooked vegetables
- 1 cup of tossed salad

Milk, yogurt, and cheese

- 1 cup of milk
- 8 ounces of yogurt
- 1½ to 2 ounces of cheese

Meat, poultry, fish, dry beans, eggs, and nuts

- 2–3 ounces of cooked lean meat, poultry, or fish
- ½ cup of cooked dry beans, 1 egg, or 2 tablespoons of peanut butter counts as 1 ounce of lean meat (about ½ serving)

Fats, oils, and sweets

Use sparingly. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, and candy. Use these foods sparingly because they have many calories from fat and sugar, but few nutrients.

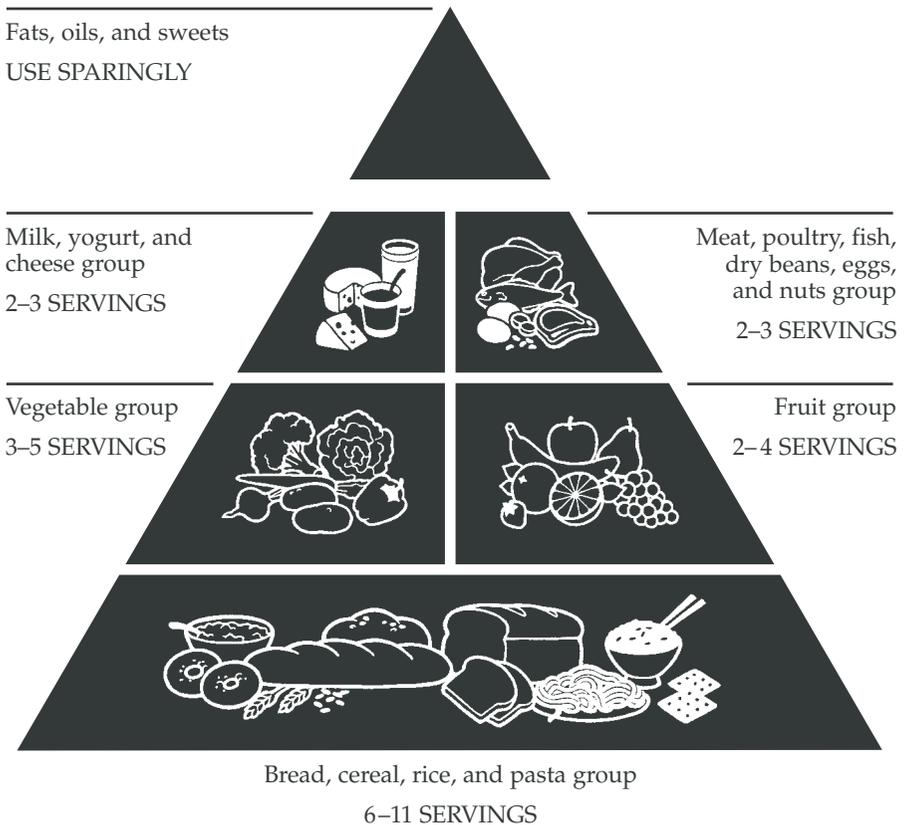
21-a, Recommended daily servings from the basic food groups

Food Guide Pyramid

A Guide to Daily Food Choices

Guide to Good Eating

No one food gives you all the nutrients you need to stay healthy, so it is best to eat a variety of different foods every day. Use the Food Guide Pyramid to help you eat better every day. Start with plenty of bread, cereal, rice, pasta, vegetables, and fruit. Add two to three servings from the milk group and two to three servings from the meat group. Use fats, oils, and sweets sparingly.



21-b, Food Guide Pyramid

Teacher Preparation

Before presenting this lesson:

1. Review lesson 22, "Nutrition for the Family," and lesson 25, "Home Gardening," in *The Latter-day Saint Woman, Part A*.
2. Review visuals 21-a, "Recommended daily servings from the basic food groups," and 21-b, "Food Guide Pyramid," and prepare to review the information with the class.
3. Prepare the poster suggested in the lesson or write the information on the chalkboard.
4. If the sisters have questions on home production or budgeting, refer them to *The Latter-day Saint Woman, Part A* lessons 21, 25, and 26 ("Managing Family Finances," "Home Gardening," and "Home Production").
5. Assign class members to present any stories, scriptures, or quotations you wish.

MATERNAL AND INFANT CARE

L e s s o n 2 2

The purpose of this lesson is to encourage proper care for mother and baby.

Care for Pregnant Women

A family in the Philippines experienced great sorrow when their first baby died. Later they were converted to the gospel and joined the Church. When the mother became pregnant again, she asked the Welfare Services missionaries what she would have to do in order to have a healthy, normal child. She said, "If I had only known what to do, I wouldn't have lost my first baby."

During her second pregnancy she did everything within her means to ensure that her next child would be all right, and a beautiful, healthy baby was born. She called this child her "Mormon baby." People in her neighborhood often commented that they had never seen such a healthy infant.

An expectant mother has a special opportunity to help prepare a body for one of Heavenly Father's spirit children. Our physical body is so important that it has been called a temple for the spirit (see 1 Corinthians 3:16–17). Though sometimes, for reasons we do not fully understand, babies are born with physical or mental problems, we need to do all we can to help the body of each of our children be properly formed. A woman can do many things before and during pregnancy to help her baby be born strong and healthy. In this lesson we will learn what we can do that will be beneficial to both mother and baby.

Eat Proper Foods

It is important that a pregnant woman eat a healthful variety of foods. Eating properly has a great influence on the unborn baby. Eating well is so important that all potential mothers need to prepare their bodies by carefully choosing what they eat. When they do so, they will have a better chance of having good health and bearing healthy children. When a young woman makes a habit of eating a variety of healthful

foods in sufficient amounts, her ability to give birth to healthy children is improved. Because these established good eating habits will go with her into marriage and pregnancy, she will continue eating the right foods and teach the same good habits of nutrition to her children.

- What can a potential mother do to prepare for the time when she has children?

Avoid Harmful Substances

A pregnant woman should avoid taking harmful substances into her body. Several of the substances specifically named in the Word of Wisdom are harmful for everyone, but are especially harmful for the developing baby if used by the expectant mother.

- What are these harmful substances?

Women should be careful about taking drugs and medicines during pregnancy. Medicines that are helpful at other times may have a harmful effect on the baby, depending on when the medicine is taken during the pregnancy. Thus it is wise to avoid medicine unless it is prescribed by a doctor who knows the woman is pregnant.

Have Regular Medical Examinations

A woman should visit a doctor or a health clinic as soon as she suspects that she is pregnant. The doctor or the nurse will usually have her return for a checkup at regularly specified times during the pregnancy. Health workers, such as doctors and nurses, are trained to recognize problems that may arise during pregnancy. Therefore, it is wise to have regular checkups. In this way, the health worker can discover if something is wrong and help the expectant mother take precautions before the problem becomes serious.

Although the pregnant woman may do all she can to protect her physical well-being, she still may not feel as well as she would like. She should be aware that changes in her body can affect her emotions, and that it is normal for some pregnant women to experience extremes in emotion. She may have feelings of sickness more often during the first three months of pregnancy. At times, her back may ache and her legs feel heavy. She should try to have a positive attitude. When a woman remembers her important calling as a mother during this time of changes taking place in her body, it will help her to be happier. The Spirit of the Lord can also help her develop a happier attitude. She should pray for and seek the guidance and companionship of the Spirit, remembering that by having a baby she and her husband are joining with Heavenly Father in the sacred process and experience of creation.

- How can it help us to know that emotional changes during pregnancy are normal?

Get Rest and Exercise

Family members should help the pregnant woman when she is not feeling well. When pregnant, a woman will tire more easily and need more sleep. She may need to take a nap during the day and to go to bed earlier at night.

Since exercise is good for everybody, a pregnant woman usually can continue with much of the normal exercise she did before pregnancy. If she does not get much exercise, a pregnant woman may go for a daily walk. Along with walking, there are many other kinds of good exercise for a pregnant woman. Her doctor can advise her regarding appropriate, helpful exercise during pregnancy.

- What can you do to help your mother, a relative, a friend, or a neighbor who is pregnant?

Be Clean

Cleanliness is important for all of us, but it is especially important for pregnant women as a measure for preventing illnesses. Using pure water for drinking and preparing food is important. Washing hands after eliminating body wastes and before preparing food is always a wise thing to do. It is also a good practice to bathe often, so that the whole body is kept clean, and to bathe and put on clean clothing before going to the doctor or to the clinic.

- What should a pregnant woman do to be sure that her newborn child will be healthy?

Delivery

At the birth of a baby, cleanliness is important. The mother's body should be clean. Those who assist in the delivery should have clean hands and clean clothing. The clothing used for the baby and the surroundings at the time of the birth should be sterile. Those who assist in the birth, whether the delivery takes place in a hospital, a maternity center, or at home, should be trained to know what to do and to recognize when additional medical care for mother or baby is needed.

- Where do the women of your community usually go for the birth of their babies? Are these places clean? Do they have trained people to assist in delivering the babies? If the places are not clean, where would be a better place to go? What could you do to improve the places that exist?

Care for the New Mother

Adequate Rest

After the birth, the mother may be tired and uncomfortable. Health workers can help her know how many days to avoid heavy work. She

should continue to get plenty of rest. Family members should continue to help her so that she can get sufficient rest.

Proper Diet

The foods a new mother eats are important to her well-being. She should be able to eat any of the healthful foods she is accustomed to. A mother who is nursing her baby needs to eat more food from each of the food groups to produce adequate milk. Food from all of the food groups is important to the health of her child. She will also need to drink plenty of liquids while she is nursing. Mothers sometimes find that certain foods they eat seem to upset the baby who drinks her breast milk. They can avoid those foods, however, and still make sure they get a sufficient variety and an adequate amount of the foods they need.

- What can you do to help your mother, a relative, friend, or neighbor who has a new baby?

Care for the New Baby

Foods

Proper food is important for a new baby. Breast milk, especially during the days immediately following birth, is the best food for a baby. Rarely is a child unable to tolerate a mother's milk. A mother may also use a special balanced formula for her baby. Prepared formulas are sometimes expensive and require extra care to be sure they are clean and safe for the baby. Babies often need additional liquids, especially in hot and dry climates. They can be given pure water in a clean bottle with a sterile nipple. New babies will usually take as much as they need and then stop drinking. Since babies fed with their mother's milk often do not like to drink from a bottle, and may not drink the additional fluids they need from a bottle, giving them pure water from a dropper or a small, clean spoon may be necessary. It is best not to flavor the water with sugar or anything else if they will take the water plain. Babies should be burped regularly during feeding to keep them from building up stomach gases, vomiting up their food, or suffering from a stomachache. You can burp most babies easily by placing them on your shoulder and patting and rubbing their backs.

Cleanliness

Cleanliness is important for babies, because they are not yet able to resist illnesses. If possible, babies should be bathed daily. Wash the face, head, and neck first, then the arms and legs. Creases in the legs and arms should be cleaned carefully. Complete the baby's bath by washing the area between the legs. Even very young babies can be bathed, but care should be taken to keep them protected from drafts and cold. In some climates this may mean washing and drying one section of the

baby's body before washing the next section. It may be helpful to keep the baby wrapped in a dry cloth while bathing in this manner.

When a baby wears diapers, it is important to keep him or her clean by changing the diaper whenever it is wet or soiled. The area between the baby's legs should always be cleaned carefully before a clean, fresh diaper is put on. Washing cloth diapers thoroughly with soap, rinsing them in clear water, and drying them in the sun will help reduce irritations.

Protection from Danger

Babies need a safe place to sleep, such as a baby crib or a special bed with sides to prevent falls. It is wise to place babies on a firm surface; never leave babies alone when there is danger that they might wriggle or roll to the edge and fall. Babies also need to be protected from flies, other insects, and animals.

- If mothers in your area have problems protecting babies from these types of dangers, what could you do to eliminate the dangers?

Health Care

Babies need good health care. Take the baby to a health clinic or doctor regularly to have immunizations from certain illnesses. The health worker can then also tell if the baby is growing normally.

Love

Babies also need to feel wanted and loved. We can let them know we love them by holding and cuddling them and by talking to them in soothing tones.

- What other specific things can we do to let babies know that we love them?

We can help babies learn and develop their minds by talking to them. Parents and children in the family can explain common things to babies by saying such things as "This is a flower," "That is a chicken," and "See the boy." We can also help babies learn by providing toys for them to play with. Even young babies learn from playing with toys. The toys babies play with should be colorful and can be common objects we have in our homes. These toys should be clean, since babies will put objects in their mouths. The toys should not have sharp edges or have pieces that could break or be swallowed.

Conclusion

Proper food, cleanliness, good health care, protection from danger, and adequate rest and exercise are important for pregnant women, mothers, and babies. When we do all within our means to acquire these things,

we are fulfilling our responsibility to provide each new spirit child of our Heavenly Father with a healthy body. Mothers and babies may still have problems with their health even when all these practices are followed. We cannot always understand why these problems occur, but they are much less common when we provide good care for mothers and babies.

Challenge

This week consider your own health habits. If you are pregnant or planning to have babies in the future, begin to make needed changes so that each of your babies will have the best chance to be born with a strong and healthy body. Discover what you can do to assist someone who is pregnant or who is a new mother, and then do it if possible. Make a safe toy for a baby you know, and practice showing that baby how much you love him or her.

Teacher Preparation

Before presenting this lesson:

1. Review lesson 23, "Nutrition for Mother and Baby," and lesson 24, "Disease Prevention," in *The Latter-day Saint Woman, Part A*. If the sisters have questions, refer them to the appropriate lesson for the answers.
2. Consider what parts of this lesson may need special emphasis for certain people in your area. Encourage mothers to continue the good practices they are already using.
3. Assign class members to present any stories, scriptures, or quotations you wish.

FIRST AID, PART 1: PREVENTING AND PREPARING FOR INJURIES

L e s s o n 23

The purpose of this lesson is to help us learn how to prevent accidents, act calmly and effectively if accidents occur, and apply first aid when it is needed.

Caring for Our Temporal Bodies

As members of The Church of Jesus Christ of Latter-day Saints, we recognize that both our temporal well-being and our spiritual well-being are important. By learning how to avoid accidents and how to take care of some common accidents, we become better prepared to protect and take good care of our temporal bodies. It is also important that we have some basic first aid skills. When we are thus prepared, we are better able to serve and bless others as well as ourselves.

- Have the assigned sister briefly tell the parable of the good Samaritan (see Luke 10:29–37).
- Read Luke 10:34. What did the Samaritan do?

How to Prevent Accidents

We cannot prevent accidents, but we should try to make our homes and other areas as safe as possible. Unfortunately, it is sometimes the physical suffering, regret, or sorrow we experience after an accident that causes us to look for ways to keep that accident from happening again.

Elder Loren C. Dunn told about an incident in which he warned his daughter to be careful, but his caution did not prevent an accident:

“We have a three-year-old daughter whom we love very dearly. Not long ago I was doing some studying at my desk at home, and she was in the room playing with a glass of water that was on the desk. As she picked up that large glass with her little fingers, I repeatedly warned her that she must be careful or she would drop the glass, which, of course, she finally did. It shattered as it hit the floor, and splinters went in every direction. . . .

“Since she often plays in her bare feet, I took her out of the room and made every effort to sweep up all the glass particles. But the thought came to me that perhaps I hadn’t gotten all the splinters of glass, and at some future time when she is playing in that room, those little feet might find the splinters which went undetected, and she would have to suffer anew for that which she did” (in Conference Report, Oct. 1969, 13–14; or *Improvement Era*, Dec. 1969, 44).

Often we feel that telling someone to be careful is all we need to do to prevent accidents. However, we can usually prevent them more effectively by doing something to change the dangerous situation.

- What could parents or older children do to help prevent an accident such as the one related above?

We all have probably had some unfortunate experiences as the result of accidents in our homes. Since most accidents occur in or near the home, we should consider some of their common causes and what we might do to prevent them.

Dangerous Substances

Some substances that are often kept in the home are poisonous if we eat or drink them. For example, kerosene and other kinds of cooking fuel are poisonous. Pesticides are harmful if taken into our bodies or if they remain on the skin too long. Lye (which is used to make soap), bleach, cleanser, and rubbing alcohol are other very dangerous substances.

- What dangerous liquid or powder substances do you have in your home?

Another potentially dangerous substance is medicine. Medicines can be helpful for sick people, but they can also be dangerous if used improperly. It is unwise to keep medicines after the illness for which they are prescribed is cured. Over time, medicines can become less effective and even toxic. When unused medicines are kept, the illnesses they were meant to treat may be forgotten and if the medicine is taken for a different illness, the situation may be worsened. Because a medicine prescribed for one person’s illness may be useless or harmful for someone else with the same illness, medicine should be taken only by the person for whom it is prescribed. Medicines can also be dangerous when taken in the wrong dosage. It is especially important to see that children take only the prescribed amount, which is usually much less than that prescribed for an adult.

The importance of keeping all medicines out of the reach of small children is illustrated by the following story: One day when a little boy became ill, his mother and father took him to the hospital. The doctor checked the child and prescribed some medicine for him. After they came home, the boy’s parents left him in his room alone while they

were busy working outside. During this time the child found the bottle of medicine and drank it all at once. He was supposed to have taken only two teaspoonfuls every four hours. When his parents came to check on him, they found that he was seriously ill. Nothing could be done in time, however, and the child died.

- What should family members do to prevent such accidents from happening?

Because many dangerous substances are useful, we keep them in our homes for proper use. However, we should do all we can to prevent people from eating or drinking them or from touching them for too long. One way to do this is to carefully write the name of the substance on the container in which it is stored.

- Display visual 23-a, “Labeling dangerous substances.”

A simple picture can warn of a poison. Teach children or others who cannot read that the symbol or picture means “Danger!” or “Poison!”

Dangerous substances should be stored on a high shelf or in a locked cupboard where children cannot reach them. Use childproof clamps on cupboards and safety caps on medications and other potentially dangerous substances. Never call medicine “candy” to convince a child to take it, even if it has a pleasant candy flavor.

Use chemicals only in well-ventilated areas and wear protective clothing such as gloves or a face mask. Never mix household cleaners because they can produce toxic vapors.

Learn the appropriate antidotes for household and other poisons in your area, and what to do in case someone accidentally drinks or is exposed to a poison. Keep telephone numbers for professional medical help near your telephone. Call your local Poison Control Center (your doctor or hospital can give you the number) for instructions on what to do. If you do not live near a telephone, ask a local health worker for information you can keep at your home that includes instructions on how to treat someone for various substances.

- What can we do in our homes to prevent exposure to dangerous substances?

Dangerous Objects

Most homes have potentially dangerous objects with sharp or pointed edges, such as knives, scissors, and tools. We can develop certain habits in using these to make our homes safer.

We should always put sharp objects out of the reach of young children. Even if we put a knife in an unsafe place for only a moment, a child could still pick it up and cause an injury.



23-a, Labeling dangerous substances

- Display visual 23-b, “A woman handing a girl a pair of scissors.”

Some tools can be used in both dangerous and safe ways. For example, matches are useful when used correctly. However, playing with matches or using them carelessly can cause great injury and destruction. Store matches out of reach of children. Use knives with controlled movements when others are near, in order to avoid accidents. Make a habit of handing these objects to another person with a sharp or pointed edge away from that person. We should teach our children the proper ways to safely carry and use such tools.

- Where might we keep each of these dangerous objects to prevent accidents? What specific changes can we make in the ways we or our children use dangerous objects?

Dangerous Situations

Specific situations that can result in accidents vary from area to area, and even from home to home. However, some situations are common and can be changed to prevent accidents.

Many injuries result when people climb on top of an unstable object while trying to reach a high place in their home or yard. To prevent such injuries, carefully choose an object that is safe and secure to stand on, or have someone steady the base. When we take time to do this, we can often prevent serious injury.

Injuries can also occur when we slip on something that has been spilled on the floor and not wiped up. It is also easy to fall over something, such as a toy, that has been left where it does not belong. Some families find it useful to follow the rule of always putting things in their place as soon as they are not being used. This greatly decreases the chance of having someone trip on an unexpected object.

- What situations could cause falls?
- What specific things can be done to prevent accidents?

Avoid leaving children unattended where they can be burned with hot water or where there is danger of drowning (including bathtubs and toilets). Avoid allowing children to play with electrical fixtures, where there is danger of being shocked or burned. Use outlet covers on all outlets not being used. Place childproof gates at the top of stairs. Buckle up children in vehicles. Keep plastic bags, cords, and small objects from young children.

Home accidents often occur in the cooking area. In some homes where cooking is done over a fire on or near the ground, small children are often burned by getting too close to the fire. It would be safer to raise the cooking surface a few feet above the ground, preventing small children from crawling near the fire and keeping dust and dirt from our feet out



23-b, A woman handing a girl a pair of scissors

of the food. In homes where cooking is done on a stove or another raised surface, we should avoid leaving pot handles turned to the outside, where children may be able to reach and grab the pot handle and pull the hot food or liquid down on top of them.

- Are accidents common in the cooking area of your home? If so, what can you do to make this area safer?

Sometimes candles, lanterns, and stoves are placed too near another surface that might burn. For example, window curtains blowing near an open flame can catch on fire, or a box stored too near a stove or fireplace may ignite when a hot fire is built.

- If these are problems in your home, how can you eliminate them?
- What are some other dangerous situations that cause accidents? What can you do to make these situations safer?

Dealing Calmly and Wisely with Accidents

It is important to remain calm when we help someone who has been injured. The injury may be serious, but we should be calm and try to reassure the injured person. Victims will often react as those around them react. If we weep or become hysterical, a victim may think an injury is more serious than it is and become frightened. Giving first aid in a calm manner can minimize or prevent a victim's shock. We need to know specifically what to do for common injuries so that we can act with purpose and knowledge. It is helpful to have a constant prayer in our hearts during an emergency, in order to be better prepared to receive inspired guidance.

Practicing First-Aid Procedures

We should practice the techniques in lesson 24, "First Aid, Part 2: Treating Injuries," in this manual at least once each year. We should also teach these techniques to the other adults and older children in our families, so that they too can be prepared in case of an emergency.

Necessary First-Aid Items

In addition to making our homes safer from accidents and learning common first-aid practices, we can prepare ourselves by storing first-aid instructions and supplies in our homes. Then if an emergency occurs, we will have the supplies to handle it quickly. Although the first-aid items each family will keep may vary somewhat, we should have these basic items:

Instructions on Dealing with Local Dangers

Ask a local health worker to provide instructions on how to treat injuries from dangers common in your area, such as poisonous plants, sea animals, fish, snakes, or insects. Read these instructions and keep them readily available.

Soap

Soap is necessary for washing dirt, rocks, and glass out of wounds. We should make sure that we have some extra everyday soap available for emergencies. If possible, the person administering first aid should wash thoroughly with soap and water to avoid introducing further potentially infectious germs.

Clean Water

If clean water is not readily available, store a container of it with first-aid supplies for washing wounds. Wounds may also be washed with saline solution.

Antiseptic

Antiseptic is stronger than soap and water and helps prevent infections. Alcohol, hydrogen peroxide, and betadine are common antiseptics. Antiseptic towelettes or sprays may also be used. Antibiotic ointments can also help prevent infections.

Clean Cloths

Clean cloths can be used for bandages. To make the bandages, press pieces of clean cloth with an iron until they are heated through or even scorched. Wash your hands before wrapping the pressed cloths carefully inside another clean cloth. These will make safe bandages for a bleeding wound.

Syrup of Ipecac and Activated Charcoal

Ipecac causes vomiting, which is part of first aid for exposure to some poisons. Because vomiting does not remove all of the poison, the Poison Control Center may instruct you to counteract the rest of the poison with activated charcoal, which is available in both liquid and powder form (water must be added to the powder form). Ipecac and activated charcoal can be purchased at many pharmacies. If either is not available, health workers may recommend another substance to keep with first-aid supplies.

Consecrated Oil

Priesthood brethren use olive oil that has been blessed, or consecrated, when giving a blessing to someone who is sick or injured. Ask your priesthood leaders how to obtain a small container of consecrated oil. Keep this with your first-aid supplies for priesthood holders to use in an emergency or when otherwise appropriate.

Blanket

A clean, warm blanket could be critical in the event of shock or hypothermia because it conserves the victim's body heat. If possible, obtain a solar (thermal) blanket that fits into a pocket when folded.

Prepared Bandages

Store a variety of adhesive tape and adhesive bandages.

Miscellaneous Items

Other items in a first-aid kit could include scissors, tweezers, a small flashlight with extra batteries, instant hot or cold packs, elastic wraps, gauze pads, roller gauze, and triangular bandages.

Container

The supplies listed above should be kept in a covered container free from dust and moisture. The container should be kept in a safe place where small children cannot reach it and open it. We should teach older children how to give some basic first aid and be sure they are able to reach the first-aid supplies in an emergency.

Conclusion

We can prevent many accidents by making our homes safer. For example, dangerous substances should be stored in such a way that they cannot harm children and others. Dangerous objects can be stored and used in a safe way. We can eliminate dangerous situations, supervise our children's activities to be sure they are safe, and keep a container of basic first-aid supplies in our homes. We should be prepared to give simple first aid to an injured person in a calm and wise manner.

Challenge

This week look carefully through your home. Use and store dangerous substances and objects in safe ways. Eliminate dangerous situations. If you have not already done so, start to gather first-aid supplies.

Teacher Preparation

Before presenting this lesson:

1. Consider which problems described in this lesson are common in your area. Emphasize the parts of the lesson that are most needed. Compliment the sisters for safe practices they already use.
2. Assign a sister to prepare a brief summary of the parable of the good Samaritan (see Luke 10:29–37) to present to the class.
3. Refer sisters with questions about priesthood holders blessing the sick or injured to lesson 12, "Priesthood Ordinances," in *The Latter-day Saint Woman, Part A*.
4. Assign class members to present any stories, scriptures, or quotations you wish.

FIRST AID, PART 2: TREATING INJURIES

L e s s o n 24

The purpose of this lesson is to help us learn how to give first aid for some common injuries and other problems.

Preparation for Giving First Aid

It is always best to prevent injuries. Many examples of ways to prevent accidents and injuries are discussed in lesson 23, “First Aid, Part 1: Preventing and Preparing for Injuries,” in this manual. However, in spite of all precautions, some injuries will still occur, and all of us need to learn how to give first aid for some of the most common injuries.

Whenever someone is injured, take care of the problems in order of importance to save the victim’s life: (1) remove the victim from a dangerous situation, such as a burning building, but **do not move the victim unless he or she is in immediate danger of further injury**; (2) restore breathing and heart function by performing rescue breathing and CPR (cardiopulmonary resuscitation) if needed; (3) stop any severe bleeding; (4) check for poisoning; (5) treat for signs of shock; and (6) give additional first aid if needed.

If the injury requires any of the first five steps listed above, seek additional medical help. If other people are available, one person can seek medical help while others start working to restore heart function and breathing. As you work to correct the problems, remember to be as calm and reassuring to the victim as possible.

How to Restore Breathing and Perform Cardiopulmonary Resuscitation (CPR)

Note: Whenever possible, you should receive training in cardiopulmonary resuscitation (CPR) from a certified instructor in the community. Always have someone call as soon as possible for emergency assistance, or if you are alone, make the call yourself.

Loss of breathing and heart function are life-threatening situations. Breathing or heart function or both may stop as a result of certain illnesses, swallowing certain poisons, electric shock, drowning, heart

Quick Reference for First Aid

The following list of contents for this chapter will help you quickly locate information on treating specific injuries or problems:

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attack, an overdose of some medicines or drugs, or breathing air with insufficient oxygen. Loss of breathing and heart function requires immediate first aid in order to avoid permanent injury, such as brain damage.

If a Person Is Choking

Choking is a common breathing emergency. A conscious person who is choking has the airway partially or completely blocked by a piece of food or another object.

A person with a partially blocked airway can get enough air in and out of the lungs to cough, make wheezing sounds, or speak. If the choking person is coughing forcefully, let him or her try to cough up the object. Do not leave the victim, however, since a partially blocked airway may become totally blocked. A person who cannot speak, cough forcefully, or breathe is not getting enough oxygen to stay alive. If possible, have someone call for emergency help.

Treating an Adult Who Is Choking

Stand behind the victim and wrap your arms around the victim's waist, placing the thumb side of your fist against the middle of the victim's abdomen just above the navel. Grasp your fist with your other hand and give quick upward thrusts. Repeat until the object is coughed up or the person becomes unconscious. If the person becomes unconscious, follow the procedure under "If Air Won't Go In" on page 199.

If you are alone and choking, you can perform abdominal thrusts on yourself by pressing your abdomen onto a firm object such as the back of a chair.

Treating an Infant Who Is Choking

If an infant is unable to cough, cry, or breathe, put the infant face down on your forearm and give five back blows with the heel of your hand between the infant's shoulder blades; then place the infant face up on your forearm and give five chest thrusts with two fingers on about the center of the breastbone. Repeat back blows and chest thrusts until the object is coughed up, the infant begins to breathe on his or her own, or the infant becomes unconscious. If the infant becomes unconscious, follow the procedure for infants under "If Air Won't Go In," on page 199.

If a Person Has a Pulse but Is Not Breathing, Perform Rescue Breathing

The most effective way to restore breathing is the mouth-to-mouth approach, or rescue breathing. This is done by blowing air from your mouth through the victim's mouth and into the lungs. Use the following steps:

1. Tilt the victim's head back and lift the chin so it is pointing upward. This moves the tongue away from the back of the throat and opens

the airway into the lungs. (If you suspect the victim may have a neck or spinal injury, do not tilt his or her head.)

2. Place your ear next to the victim's mouth. Look, listen, and feel for breathing for five seconds.
3. If there are no signs of breathing, pinch the victim's nose shut to help prevent air from leaking out. Make a tight seal around the victim's mouth with your mouth. (If the victim is a small child, cover both the mouth and nose with your mouth when you blow into the lungs.) Give two full breaths of about 1½ to 2 seconds per breath for an adult and 1 to 1½ seconds for a child. Watch for the victim's chest to rise with each breath, letting the victim's chest fall between breaths. (If the victim's chest does not rise, follow the procedure under "Air Won't Go In," on page 199.)
4. After administering the first two rescue breaths, check the pulse. If the victim has a pulse but is not breathing, continue rescue breathing by breathing slowly into the victim's mouth until you see the chest rise (about one breath every five seconds). For a child, use smaller and more frequent breaths (about one breath every three seconds).
5. Check the pulse every minute. Continue rescue breathing until the victim breathes on his or her own or until help arrives.

If a Person Is Not Breathing and Has No Pulse

- Display visual 24-a, "Cardiopulmonary resuscitation (CPR) includes chest compressions and rescue breathing."

If a victim has no pulse and is not breathing, have someone call for emergency assistance immediately. If you are alone and the victim is an adult or older child (age 8 or older), make the call yourself and return immediately to the victim and perform CPR (a combination of chest compressions and rescue breathing). If you are alone and the victim is an infant or child (birth to age 8), perform CPR for one minute before calling for emergency assistance. If you can, carry the child or infant to the telephone so you can continue giving CPR.

CPR for Adults and Older Children (Ages 8 and Older)

Make sure the victim is lying flat on his or her back on a level surface, then do the following:

1. Kneel beside the victim midway between the head and the chest in order to give both chest compressions and breaths.
2. Lean over the chest and find the notch at the lower end of the victim's breastbone where the ribs meet the breastbone.



24-a, Cardiopulmonary resuscitation (CPR) includes chest compressions and rescue breathing.

3. Place the heel of one hand above the notch and the other hand directly on top of the first. Keep the fingers off the chest by twining them together or sticking them out.
4. Compress the chest by pressing down; then release. Each compression should push the chest down about two inches. Try to keep the compressions straight down with your elbows locked. After each compression, release the pressure on the chest without letting your hands lose contact with the chest. You should do 15 compressions in about 10 seconds, which is a little more than one compression per second. Keep a steady down-and-up rhythm and don't pause between compressions. As you do the compressions, count, "One and two and three and four and five and six and . . ."
5. Retilt the head, lift the chin, and give two slow breaths. (If there are two people available to perform CPR, the ratio is five compressions to one breath.)
6. Repeat steps 2 through 5 four times.
7. Check the pulse for five seconds. If there is no pulse, continue CPR. If you find a pulse, check breathing. Perform rescue breathing if necessary. If the victim is breathing, keep the head tilted back and keep checking breathing and pulse until an ambulance arrives.
8. Continue CPR once you have started until another trained person takes over CPR for you, you are too exhausted to continue, or the victim revives.

CPR for Children (Ages 1 to 8 Years)

For a child, use one hand to perform chest compressions 1 to 1½ inches deep. Give five chest compressions in three seconds; then give one breath. Count, "One, two, three . . ." Continue CPR until a trained person takes over for you, you are too exhausted to continue, or the victim revives.

CPR for Infants (Birth to 1 Year)

For an infant, use two fingers positioned on about the center of the breastbone just below an imaginary line between the nipples, and compress the chest ½ to 1 inch deep. Give five chest compressions in three seconds; then give one breath with your mouth over both nose and mouth of the infant. Continue CPR until a trained person takes over for you, you are too exhausted to continue, or the victim revives.

If Air Won't Go In

If you do not see the victim's chest rise and fall as you give rescue breathing, retilt the head and try again. If you are still unable to breathe air into the victim's lungs, the airway is probably blocked. After calling for emergency assistance, try to create an artificial cough

to force air and the object out of the airway. This is done by giving up to five abdominal thrusts at a time and trying to sweep the object out with your finger.

To do this, straddle one or both of the victim's legs. Place one heel of one hand on the middle of the abdomen just above the navel and place the other hand on top of the first, with the fingers of both hands pointing directly toward the victim's head. Give quick thrusts toward the head and into the abdomen. Swipe the victim's mouth with your finger; then attempt again to blow air into the victim's lungs. Continue with the sequence of thrusts, finger sweeps, head tilts, and slow breaths until the object is removed and the air goes in or the victim starts breathing on his or her own.

If the victim is an infant, turn the infant face down on your forearm and give five back blows with the heel of your hand between the infant's shoulder blades; then place the infant face up on your forearm and give five chest thrusts with two fingers on the middle of the breastbone. Lift the jaw and tongue, check for an object, and if you see it, carefully sweep it out with your finger. Tilt the head back and give breaths again. Continue the sequence of breaths, back blows, and chest thrusts until air goes in or the infant starts to breathe on his or her own.

- Some sisters may be concerned about the risk of contracting communicable diseases in providing mouth-to-mouth rescue breathing. Be prepared to discuss these concerns and present alternate methods of providing rescue breathing. A local health worker should be able to provide you with information.

How to Treat Wounds

For all wounds, watch for signs of infection, including redness, swelling, pus, throbbing pain, red streaks leading from the wound, or a fever. If any of these danger signs are present, seek additional medical help immediately.

To Stop Bleeding

- Display visual 24-b, "Stopping bleeding."

If a wound is bleeding only slightly, cleanse it with mild soap and water, rinse it by flushing with clean water, cover it with a few layers of clean cloth, and apply pressure for a few moments until the bleeding stops. If the wound is likely to get dirty, apply a clean bandage to help protect it and keep it clean.

If a wound is bleeding heavily, it is important to stop the bleeding by applying direct pressure to the wound with the palm of the hand. Use clean cloths already prepared for bandages and stored in your first-aid



To stop bleeding, apply direct pressure to a wound with a clean cloth or your hand.



Do not remove the cloths. Secure them in place with a bandage or strip of cloth once bleeding stops.

24-b, Stopping bleeding

supplies or, if nothing else is available, use other cloths or your hand. The pressure will slow or stop the bleeding. If the cloth pad becomes soaked with blood, add more cloths without removing the first cloth, and continue pressing the wound. Raise the wounded area above the heart to help to slow the bleeding. If the wound is severe, seek help from a medical professional.

Puncture Wounds

Some wounds that do not bleed much may be deep. They may be caused by a nail, arrow, bullet, or other similar object. Since deep wounds are hard to clean with soap and water, a tetanus shot should be given to the wounded person to prevent tetanus from developing. Tetanus is a serious illness that can be fatal. Whenever someone receives a deep wound, he or she should immediately seek medical advice at the local health clinic to see if a tetanus shot is needed. Do not attempt to remove imbedded objects near vital organs before seeking medical attention.

How to Treat for Poisoning

Poisoning is a common occurrence. Small children are often victims of accidental poisonings because they are curious and put things into their mouths. Adults can also be victims of accidental poisonings.

Poisoning is a life-threatening situation. Some poisons burn or destroy body tissues on contact, while others harm the body in other ways. Because poisons act differently, specific first-aid treatment depends on the poison that has been ingested.

When a person has ingested poison by mouth, first clean the mouth of any remaining poison. Then determine what poison has been taken and call a Poison Control Center, hospital emergency room, or doctor or local health worker immediately. They will need to know the victim's age, the name of the poison you think he or she swallowed, how much was swallowed, when it occurred, and whether the victim has vomited or not. Based on the information you give, the health worker will help you know what first aid to offer the victim.

If you cannot reach a health worker or other assistance immediately, there are some things you can do to help a victim of poisoning.

Corrosive Poisons

Lye (found in household cleaners), gasoline, and kerosene are some of the corrosive poisons, which burn or destroy body tissues on contact. If a person has ingested one of these poisons, *do not make him or her vomit*. Since these poisons destroy tissue as they are swallowed, vomiting can cause additional damage. Instead, give the victim plenty of water or milk to drink to help dilute the poison.

Noncorrosive Poisons

Treatment for noncorrosive poisons (poisons that do not destroy body tissues on contact) require that the victim vomit after drinking some water or other liquid. If you are certain that treatment involves vomiting, use syrup of ipecac to cause vomiting, but be aware that it may take 15 minutes or more to work. Do not leave the victim alone during this time. If you do not have syrup of ipecac or another emetic (vomit-inducing substance), induce vomiting by pressing down on the back of the victim's tongue with your finger or a spoon. Have the victim lean forward so that he or she will not choke on the vomit. If the victim loses consciousness, turn him or her on either side to prevent choking.

After the vomiting, if the victim is fully conscious, administer an antidote to help the remaining poison pass safely through the body. Activated charcoal or the crumbs scraped from burned toast are possible antidotes. In addition, give a laxative or a glass of salt water to help speed the passage of the remaining poison out of the victim's body.

Other Poisons

Dangers may also exist in some areas from poisonous plants, sea animals, fish, snakes, and insects. Local health workers can teach you what first aid is needed for these poisonings.

How to Treat for Shock (Nonelectric)

Shock is a common reaction of the body to injury or stress and usually results from severe injuries and sometimes from health problems or extreme emotional upset. Shock may occur at the time of injury or stress, or after some time has passed. During shock the victim's breathing and pulse may slow down enough to cause death. Always assume that shock is present at the time of an injury. If you treat a victim for shock, you may be able to prevent it.

Symptoms of Shock

A person in shock often undergoes a number of bodily changes. The skin may become pale, bluish, moist, and cool. The victim may perspire profusely, particularly around the mouth, on the forehead, and in the palms of the hands. The pulse may become rapid and may be too weak to be felt at the wrist (but may be felt at the side of the neck). Breathing may become more rapid. Weakness, restlessness, anxiety, and thirst are also common. Sometimes the victim will be nauseated and will vomit.

Why and When to Treat for Shock

It is important to do everything possible to minimize shock. If a victim's shock reaction becomes severe, he or she may gradually become



Elevate the victim's head about 12 inches if the victim has difficulty breathing and does not have head injuries.



Elevate the victim's feet about 12 inches if the victim has no injuries to the head, back, or neck, or broken bones involving the hips or legs.



Place the victim on his or her side if the victim has face or mouth injuries, is unconscious, or is vomiting.

Leave the victim lying flat if you are not sure of his or her condition.

24-c, Place injury victims in a position that will provide the most comfort and help for their situation.

apathetic and unresponsive. The skin may become mottled (splotchy). The eyes may have a vacant expression and the pupils become large. The victim may lose consciousness. If the body temperature drops during unconsciousness, the person may die.

Treatment for shock should be administered after breathing and heart function has been restored and severe bleeding has been stopped.

Keep the Victim Lying Down

- Display visual 24-c, “Place injury victims in a position that will provide the most comfort and help for their situation.”

If you are unsure of the victim’s condition, leave him or her lying flat. Moving a victim with back or neck injuries may cause more serious injury.

If the victim has face or mouth injuries, is unconscious, or is vomiting, it is best to turn the head to the side or place the victim on his or her side. This will allow fluids (secretions) to drain from the mouth.

If the victim has difficulty breathing, raise the head slightly. Do not raise the victim’s head if head injuries are suspected. If the victim has no injuries to the head, back, neck, or broken bones involving the hips or legs, raise the feet about 12 inches to improve circulation.

Keep the Victim Warm

The victim should be covered with a blanket or extra clothing to prevent loss of body heat.

Keep the Victim Calm

The person giving first aid should act in a calm and reassuring manner, even if the victim has severe injuries. The positive reaction of those around him or her can greatly minimize shock.

Victims should drink only if fully conscious and not vomiting and if there are no serious abdominal injuries.

How to Treat for Electric Shock

If an electric current passes through the body, it may cause a person to stop breathing or produce changes in the heartbeat. It may also cause serious burns. Take care not to touch the victim’s body while the current is still passing through.

Separate the victim from the power source immediately. If the current cannot be shut off, use a dry wooden pole or board (such as a wooden broom handle with no metal parts) to push the victim away from the power source or the power source away from the victim. Immediately after separating the victim from the power source, check for breathing and pulse. Proceed with CPR, if necessary, and check for other injuries.

How to Treat Burns

First-Degree Burns

(Reddening; Mild Swelling and Pain)

First-degree, or minor, burns are caused by too much sun or by brief contact with hot objects, hot water, or steam. The burned area should immediately be placed in cold water to relieve pain. Minor burns usually heal rapidly because only the outer layers of skin are damaged. Don't apply ice directly to any burn unless it is very minor. Cover the burn with a dry, clean covering. Don't touch the burn with anything but a clean covering. Minor burns can be treated with ointment or lotion to soothe them and to help healing.

Second-Degree Burns

(Redness, Blistering, Severe Pain, Fluid Loss)

Second-degree, or severe, burns are accompanied by blisters and redness because heat has penetrated more deeply and causes body fluids to collect beneath the skin. Do not try to clean a severe burn. Be careful not to break the blisters because infection may result. Do not apply bandages because they will be difficult to remove after the burn dries. Do not use any kind of ointment on a severe burn. Immerse the burn in cold water to reduce the burning and prevent additional damage to deeper skin layers. If the burn is large, it may be necessary to seek additional medical help. Protect the burn with a clean, loose-fitting covering.

Third-Degree Burns

(Deep Skin Injury; Large Area; Skin Appears Black, Charred, White, or Leathery)

Emergency medical help is necessary for the most serious burns, which destroy several layers of skin and a large area of skin surface, sometimes even charring the skin. These burns may be caused by burning clothing, immersion in scalding water, prolonged contact with hot objects, or electricity. As a result, much body fluid is lost, and there is great danger of infection.

Do not remove clothing that is stuck to a burn. Cover the complete burned area with a freshly laundered sheet or other clean cloth, if the time taken to do so will not interfere with reaching medical help. This will help minimize infection. Treat the victim for shock. If the victim's feet or legs are badly burned, keep them raised and do not let him or her walk on them. If the arms or hands are burned, raise them above the heart. If the face is badly burned, keep the victim sitting up and watch for difficulty in breathing. If the person is conscious and not nauseous, give the victim some clean or bottled water to drink. Remember to calmly reassure the victim to reduce anxiety.



Provide a firm support for the broken bone.

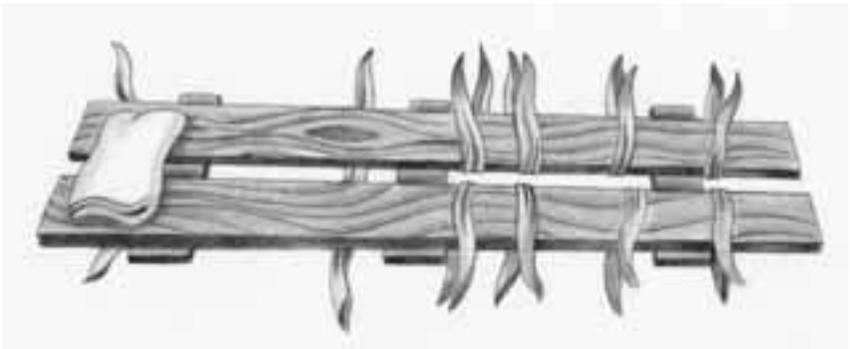
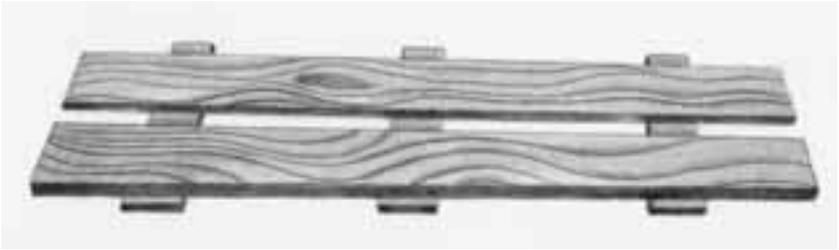


Tie the support in place with a bandage or strip of cloth.



Wrap the broken arm against the body to prevent movement and avoid further injury.

24-d, Splinting a broken arm



24-e, Use boards as a stretcher to move a victim who may have back or neck injuries, making sure the victim moves as little as possible.

Third-degree burns can be minimized by quick action. If a person's clothing catches fire, immediately roll the victim on the dirt, growing grass, or rug, or wrap him or her in a blanket. This will smother the fire. When the fire has been put out, treat the victim's burns with the first aid suggested above.

Third-degree burns can also be caused by chemicals such as lye. Chemical burns tend to get worse if not treated and thus need prompt medical help. Treatment consists of washing away the chemical as quickly as possible, using large quantities of water, and continuing to rinse the area until professional medical help arrives (at least five minutes). To flush the eyes, place the victim on his or her side, and immediately pour water in the eyes (while the eyelids are held open) to wash the chemical away.

How to Treat Broken Bones

- Display visual 24-d, "Splinting a broken arm."

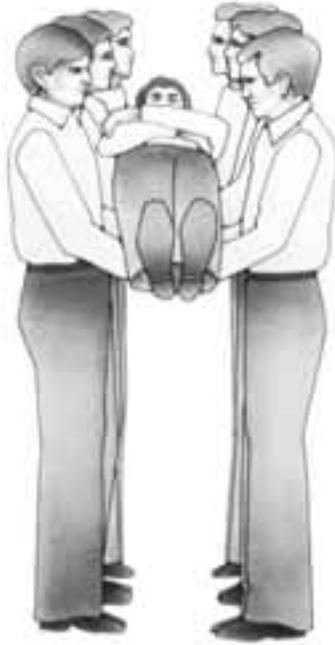
Sometimes a fall or a hard blow can cause a bone to crack or break. The victim may hear the bone snap, feel pain or tenderness, or experience a grating sensation. If possible, have medical help come to the victim because moving the person may cause further injury. However, if the victim must be taken to medical help, immobilize the injured bone first. Make a splint (a firm support that is tied to an injured area to keep it from moving) to protect the bone from further injury and reduce pain. One form of splint consists of padding the injured limb and then wrapping it to an uninjured part of the body. For example, an injured leg can be wrapped to the other leg, or an injured arm can be wrapped against the chest.

Boards, canes, sticks, rolled-up blankets, or cardboard can also be used as splints. The splint should be long enough to prevent the bone from moving when it is tied to the splint. Pad the splint with cloths or extra clothing. Use belts, ties, handkerchiefs, or strips of torn cloth to tie the splint in place. Tie it firmly enough that it keeps the joints on both sides of the break from moving, but not so tightly that blood circulation is slowed.

If possible, put something cold on the injured area to reduce swelling. Raising the injured limb above the heart can also minimize swelling.

Moving a Victim

Generally, a person with serious injuries should not be moved unless his or her life is in danger. If the victim must be moved, he or she should be carried by several people or on a stretcher. If you suspect the victim has neck or spine injuries, it is best to move the victim



24-f, Accident victim being lifted and carried

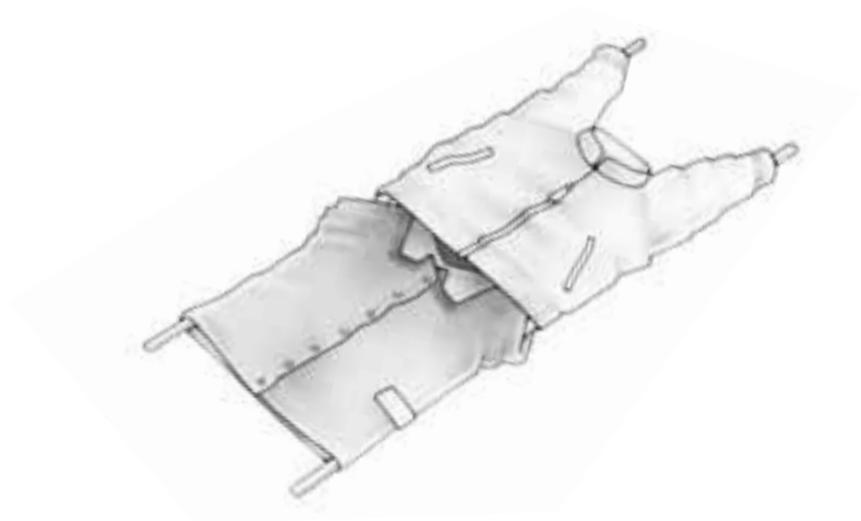


24-g, *Immobilize the victim's head if you suspect he or she may have a neck injury.*

by using a single large board, such as a door that has been removed from its hinges, or several smaller boards that have been fastened together. Take extreme precautions to minimize movement of the victim's neck and spine.

- Display visuals 24-e, "Use boards as a stretcher to move a victim who may have back or neck injuries, making sure the victim moves as little as possible"; 24-f, "Accident victim being lifted and carried"; and 24-g, "Immobilize the victim's head if you suspect he or she may have a neck injury."

A blanket, rug, or the helpers' hands and arms can be used to carry a victim with serious injuries. The helpers work from both sides, with one person holding the victim's head steady. One person is in charge of calling signals, to ensure that all the helpers lift and move together. Otherwise, the victim can easily be injured further by unnecessary and uncoordinated movement.



24-h, Stretchers made with clothing or with a blanket

- Display visual 24-h, “Stretchers made with clothing or with a blanket.”

A stretcher may be improvised with two sticks or poles, such as broom handles, and a blanket. Jackets can also be used to make a stretcher by closing the front of the jackets and pushing the poles through the sleeves.

Conclusion

It is essential that we learn to think clearly about what an injured person needs in an emergency. The most important things to do are to remove the victim from a dangerous situation and call for help, restore breathing and heart function, stop bleeding, and treat for shock. Additional first aid should then be given if needed. Additional medical help may also be required.

Practicing first-aid procedures described in this lesson will help us be better prepared to help when an emergency arises that requires first aid.

Challenge

Teach first-aid procedures to your family. Practice these procedures regularly with them so that you and they will be able to give first aid in an emergency.

Teacher Preparation

Before presenting this lesson:

1. Talk with local health workers about specific first-aid procedures they recommend for injuries that are common in your area. Have them instruct the sisters in the proper CPR procedures. Also ask for information about communicable diseases and providing rescue breathing.
2. Find out what additional medical help is available for emergencies. If the local health clinic is open only during certain hours of the day, find out where you can go for medical help at other times. Obtain important telephone numbers for emergency medical assistance.
3. Have class members role-play some possible emergencies in order to practice the first-aid procedures they have learned. Class members should practice deciding what first aid is needed as well as how to administer it. For example, describe an emergency in which a daughter comes to her mother. The daughter has a cut on her arm, and it is bleeding severely. Have someone pretend that she is the injured daughter. Have someone else pretend that she is the mother and have her demonstrate all the steps in treating the wound.
4. Assign class members to participate in presenting this lesson.

HOME STORAGE

L e s s o n 25

The purpose of this lesson is to aid and encourage us in building our home storage.

Why We Need Home Storage

- If government regulations make it illegal to store food, modify this lesson to fit local needs and circumstances.

President Spencer W. Kimball gave us this counsel regarding home storage:

“We reaffirm the previous counsel the Church has always given, to acquire and maintain a year’s supply—a year’s supply of the basic commodities for us. . . .

“We encourage families to have on hand this year’s supply; and we say it over and over and over and repeat over and over the scripture of the Lord where He says, ‘Why call ye me, Lord, Lord, and do not the things which I say?’ [Luke 6:46]” (in Conference Report, Apr. 1976, 171; or *Ensign*, May 1976, 125).

- What have the prophets counseled us to do with regard to storing basic commodities?

President J. Reuben Clark Jr. said, “Let every head of every household see to it that he has on hand enough food and clothing, and, where possible, fuel also, for at least a year ahead” (in Conference Report, Apr. 1937, 26).

The counsel to have a year’s supply of food, clothing, and other necessary items is wise counsel for several reasons. A disaster such as a flood, an earthquake, or a snowstorm could hit a city or an entire region, cutting off roads and making it impossible for food and other items to be transported to the markets. Political unrest or strikes by truckers, shippers, or rail workers could interfere with the transport of foods. Other types of disasters, such as famine resulting from drought, hurricanes, floods, and even wars, have occurred in many countries and

could occur again. When such disasters affect the entire community, food and other supplies often cannot be obtained, even if money is available. A family can also experience an emergency in the form of illness or unemployment that results in a lack of income, making it necessary to rely on home storage.

Sister Cherry Lee Davis and her family gained a testimony of home storage through experiencing an emergency firsthand. Brother and Sister Davis were converts to the Church and knew about home storage, but they did not intend to start their own program for a while. Because they planned to move a long distance to a new home, they felt it would be foolish to bother with home storage at that time. However, Sister Davis often fasted and prayed for guidance. Without realizing it, she began a food storage program. Each time she went to the store, she bought a little extra of some foods. Before long the kitchen cupboards were full, and she had to store foods in the bedroom. When her husband asked her what she was doing, she replied, "I guess I am storing food." When he asked why, all she could reply was, "Because I have to." She could not give any more reason for her actions than that. She said, "The more I prayed about it, the more of a compulsion I had to buy groceries. Deep inside me was the comfortable, rewarding feeling that I was being obedient."

Sister Davis learned ways to prepare some of the foods she stored by attending demonstrations, by reading, and by practicing making various recipes. When at last she felt that these foods were well prepared, another impression came to her to buy more and more food. She described her reaction: " 'Why?' I asked in prayer, but there was no answer. I just had to get more. So I did, confused and bewildered, but obedient. I could just see the space this food would take in the truck we intended to rent [to travel to our new home]."

When the Davis family finally moved to their new home, all their furniture and some 15 or 20 boxes of food just barely fit in the truck they rented. By the time they paid for the truck, rented a small home, and paid all their other expenses, they had very little money left. On top of all this Brother Davis had difficulty finding a job. When he did find one, it paid so little that after they paid the bills they had nothing left for food. Then Sister Davis knew the reason for all her food storage—it was actually their food supply for the roughest months of their marriage.

Looking back on those months of eating their stored food, she says: "I smile. I had fought so hard not to store food, and yet the Lord in his infinite wisdom and love had guided and taught me a very valuable lesson in this small miracle of being prepared" ("Our Small Miracle," *Ensign*, Aug. 1978, 21).

- What temporal blessings did the Davis family receive as a result of their home storage program?

In addition to the blessings of temporal security during emergencies, maintaining a home storage program can also bring spiritual blessings. Whenever we obey any commandment or counsel from the prophet, our testimony and faith can be strengthened. We may, as a result of our obedience, receive spiritual rewards that we did not expect.

- What spiritual blessings did the Davis family receive?

Another family that was well organized with home storage lost all of their possessions in a severe flood, and all of their livestock were drowned. But in spite of their great losses, they said, “If you’ll live the commandments, you’ll be prepared for what happens. . . . Even though all our food storage was destroyed, we had a peace of mind that we had done what the prophet had told us to do. We’re also spiritually prepared and we can now face what has happened” (Gerry Avant and Karlyn Holland, “LDS in Texas Safe after Flood,” *Church News*, 12 Aug. 1978, 4).

A Year’s Supply

Families can store many items for future use, but the home storage discussed in this lesson pertains to food, clothing, and, where possible, fuel. Our goal is to provide for the needs of our families for an entire year. Most people find it difficult or even impossible to immediately store the items necessary for maintaining themselves for an entire year. A year’s supply is a realistic goal, however, if items are stored in an orderly manner. In order to reach our goal of a year’s supply, we may be wise to start with a smaller, short-term goal. Obtaining home storage to sustain themselves for one week may be a big accomplishment for some families. For other families, the goal of acquiring home storage for a period of three weeks, two months, or a year will present no problem. When our goal of storage for a few days or weeks has been reached, our families can then set a new goal and work toward it until we finally have home storage that could maintain us for a year.

- What goal could you and your family realistically start with?

Storing Food

Elder Ezra Taft Benson said:

“The Lord has warned us of famines, but the righteous will have listened to prophets and stored at least a year’s supply of survival food. . . .

“The revelation to store food may be as essential to our temporal salvation today as boarding the ark was to the people in the days of Noah. . . .

“I know that this welfare program is inspired of God. I have witnessed with my own eyes the ravages of hunger and destitution as, under the direction of the president of the Church, I spent a year in war-torn Europe at the close of World War II, without my family, distributing food, clothing, and bedding to our needy members. I have looked into the sunken eyes of Saints, in almost the last stages of starvation. I have seen faithful mothers carrying their children, three and four years of age, who were unable to walk because of malnutrition. . . . I have seen grown men weep as they ran their hands through the wheat and beans sent to them from . . . [the Saints in] America” (in Conference Report, Oct. 1973, 90–91, 93; or *Ensign*, Jan. 1974, 69, 81–82).

Because food is so important to good health and even to life itself, it is one of the most important parts of a home storage program. It is wise to store the basic foods our families are willing to eat, and to know how to prepare the foods in order to avoid wasting food during times of emergency. Store a variety of foods, because we need variety during emergencies in order to maintain good health. The needs of your family will determine the amount of food you should store.

- What foods are available that you know how to prepare, that your family will eat, and that you could store as part of your home storage?

Stored foods do not last indefinitely. Therefore, we should rotate them, eating older stored foods first and replacing them with freshly preserved foods. This rotation plan is a continuing process.

- How could we rotate stored foods?

One way to assure proper rotation of foods is by marking the date on packages of food as they are purchased or stored. Put recently purchased food on the shelf behind foods purchased earlier. As you prepare meals, this will make it easier for you to use the older foods first.

Food can be preserved in various ways.

- Ask the assigned sister to present some of the ways to preserve foods (see lesson 26, “Home Production,” in *The Latter-day Saint Woman, Part A*). What methods of preserving foods work well in your area?

When selecting a method of preserving food, consider expense, need for special equipment, and dependability of the method. Consider whether it is a new method in your area or one that has been used successfully by many people for a long time.

Once foods are preserved, they must be stored in a way that will keep them clean and safe to eat. There are several ways of storing foods that should always be followed, regardless of the method used to preserve them.

1. Keep foods cool. Store them in a dark or shady place, away from sunlight.
 2. Protect foods from moisture. Dried foods will spoil if they get wet before they are used. Foods preserved by other methods may spoil from excess moisture.
 3. Protect foods in packages or containers. The best containers prevent dust from reaching the food and make it difficult or even impossible for insects and animals to eat the food.
- What places in your home are cool and dark or shady? How can you protect foods from excess moisture? How can you protect foods from dust and animals?

Storing Water

Water should be stored for emergency purposes. Start with clean, pure water. Store the water in a clean, tightly closed glass or heavy plastic container. Although water stored in this manner should keep indefinitely, it is usually a good idea to pour out or use the stored water and replenish the supply every few months. If you are not sure whether the water is safe to use after it is stored, you can sterilize it by boiling it for at least 10 minutes. Or you can add a small amount of household bleach solution or chlorine in proportions of two drops of bleach or chlorine per quart of water or one-half teaspoon of bleach or chlorine to five gallons of water. (See 1973–74 *Relief Society Courses of Study*, 102.)

Storing Clothing

It may be useful to store extra clothing. Storing clothing is essential for families with active, growing children, because their present clothes will not fit them later. All family members' clothes may also wear out. Extra clothing should be stored where climate changes greatly from one season to another.

Some families, especially those with growing children, may be wise to save the clothes that one child outgrows for the next child to wear. Outgrown clothing for both children and adults can be remade into clothing for younger family members. Storing extra fabric to make new clothing can also be useful. Needles, thread, and other sewing items should be part of every home storage so that torn clothing can be mended.

- What clothing would be useful for you to store, considering your own circumstances?

Storing Fuel

We also need to have fuel in our home storage. Fuel will be needed to cook foods in an emergency. It is also necessary in some climates to heat our homes during times of extreme cold.

- In your local circumstances, what ways could you use to store cooking fuel? What provisions need to be made for heating your home during cold weather?

Storing Other Useful Items

A complete home storage program includes storing other useful items. For example, soap should be included, both for washing clothing and for personal hygiene. We might also include things such as batteries, matches, and candles in our storage.

When Elder Ezra Taft Benson was in Germany following World War II, he had an experience that illustrates the value of a complete home storage program. Immediately after he addressed a group of more than 500 Saints, he “invited all of the mothers to come forward. To each he gave a bar of soap. As this simple gift was placed in their hands, some began to shed tears of gratitude. . . .

“Finally all of the mothers who were expecting or nursing children were asked to come forward. . . . To each Elder Benson gave a large . . . orange. . . . These mothers could not believe their good fortune.

“As one of these mothers came forward she spotted a spool of thread and a needle which Elder Benson had removed from his suitcase in the process of unloading from it the items he was distributing. . . . She [asked] . . . whether she might have the spool of thread and the needle instead of the orange. . . .

“A few moments later this mother was on her way back to her seat with her needle and thread. As she walked down the center aisle, [a sister] . . . stopped her and said, ‘. . . I know you will be willing to share the needle and thread with some of the rest of us. Our need is as great as yours’ ” (Bonnie J. Babbel, “The Habit of Being Grateful,” *Instructor*, Sept. 1970, 318–19).

These people suffered greatly because they lacked some simple but important items. We can prepare ourselves against such extreme suffering by having a complete home storage program.

- If you do not have a household of your own, what can you do to be prepared with a home storage program?

Conclusion

We have been counseled to store food, clothing, fuel, and other necessary items, such as those needed for first aid and sewing, to take care of our families’ needs for a year. Even though we may feel it is impossible to obtain the needed items at once, we can begin a home storage program with a small goal, according to our families’ circumstances, of purchasing a few extra items each time we shop. When our families

are prepared with a home storage program, we can expect to receive great temporal and spiritual blessings. The Lord has counseled, "If ye are prepared ye shall not fear" (D&C 38:30).

Elder Ezra Taft Benson said: "Thanks be to God for a prophet, for this inspired [welfare] program, and for Saints who so managed . . . that they could provide for their own and still share with others. What a marvelous way to become a savior on Mount Zion!" (in Conference Report, Oct. 1973, 93; or *Ensign*, Jan. 1974, 82).

Challenge

Discuss your home storage program with your family. Begin to make specific plans for developing or improving your program. List the foods you wish to include, consider your circumstances, and decide how you can best preserve and store them. Consider also what fuel, clothing, and other items should be included.

Additional Scriptures

- Genesis 41–45 (Egyptians and Israelites saved from the famine by Joseph's food storage)

Teacher Preparation

Before presenting this lesson:

1. Ask a sister to present a list of methods of preserving and storing foods, using the information in lesson 26, "Home Production," in *The Latter-day Saint Woman, Part A*.
2. Find out as much as you can about foods that store well in your area and what methods of preserving and storing have worked. Talk to older people who know the traditional ways of storing foods. If possible, preserve and store some foods according to the methods learned in this lesson and display these for the sisters.
3. If you do not already know how to make water safe to drink, ask local health authorities to teach you effective methods.
4. Lesson 21, "Managing Family Finances," lesson 22, "Nutrition for the Family," and lesson 25, "Home Gardening," in *The Latter-day Saint Woman, Part A*, and lesson 22, "Maternal and Infant Care," in this manual will help answer questions on managing money, nutrition, and gardening.
5. Assign class members to present any stories, scriptures, or quotations you wish.

HAVING FUN AS A FAMILY

Lesson 26

The purpose of this lesson is to help us and our families achieve greater love and unity through having fun together.

Families Need to Have Fun Together

- Display visual 26-a, “A family having fun together.”
- Have each of the two previously assigned sisters share a fun family experience she has had.

An important part of living the gospel is doing things together as a family. This is illustrated well in the following experience related by a father:

“One day I asked my son to bring his toys inside the house. I was astonished when he said he was ‘too tired.’ . . . Then a scene flashed into mind of the previous day, when my son had asked me to wrestle with him. What was my answer? I was ‘too tired.’ Or the time he wanted me to play catch [ball]—again I was ‘too tired.’

“ . . . Days later, I asked my son to pick up his clothes and put them away. This time he was ‘too busy.’ I remembered the time he wanted a bedtime story. . . . I had been ‘too busy.’

“ . . . I vowed to spend more time with my sons. Only hugging them, kissing them, and telling them I loved them didn’t fool them. They needed to jump, wrestle, and play with me too.

“Now I participate in more of their activities. . . .

“I’ve built tunnels and castles in sand piles and played with trucks. Praying and playing with them have helped me develop a wonderful relationship with them.

“With anything that takes effort, a reward comes. My reward came after an especially good half hour with my son. He wrapped his arms around my neck, gave me an affectionate kiss on the cheek, and said, ‘I love you, Dad’ ” (Dan L. Johnston, “Daddy, I’m Talking to You,” *Ensign*, Sept. 1978, 71).



26-a, A family having fun together.

- What did this father do that strengthened his family?

We spend most of our time doing things we feel are important. Our daily work, our Church callings, our rest, and other things that take a lot of time are important. However, these may not be the most valuable things in our lives. Consider how you would answer the following questions:

1. What are the most important things in my life?
2. Do I spend enough time doing the most important things in my life?
3. How can I arrange to have more time with my family?

We should recognize that one of the most important things in life is the family, because it is eternal. No matter what our circumstances, we should find time to spend with our families.

Family Fun Brings Love and Unity

Some of us can recall from our childhood the great joy we experienced with our families when we did things together. One mother made this observation:

“When I think back on my childhood and my teenage years I recall with an almost reverent attitude those pleasant memories of the things we children and mother and father did as a family. . . . I wouldn’t trade the memories of our family parties and other family recreation for all of today’s theatres, bowling alleys, and restaurants. . . .

“I am determined to do all I can to plan activities for my family that will bring the Lord’s Spirit into our home the way the Spirit filled the home of my parents. I want my children to have the great blessing of having the memories that are so dear to me” (*Family Home Evening Manual* 1968, 184–85).

Like this mother, we should try to provide positive experiences for our families. Sometimes activities available to us outside the home are not acceptable, because they do not help us build love and unity in our home and a closeness to our Heavenly Father. Our Church leaders recognize a growing need for family members to have fun doing things with one another, and we should follow their counsel to plan activities to keep our families together.

Elder Ezra Taft Benson said: “Thank God for the joys of family life. I have often said there can be no genuine happiness separate and apart from a good home. The sweetest influences and associations of life are there” (*God, Family, Country: Our Three Great Loyalties* [1974], 178).

We can have fun in our homes by participating in a variety of activities and games. These activities can be simple and need not be expensive.

- What activities can you and your family have fun doing together?

Brother George D. Durrant, one father who wanted his family to have fun together, said:

“When I was called to be a mission president, I was fearful that at a most critical time in the lives of my eight children I might not have sufficient time to be a good father. I was determined that being a father was a more important call from the Lord than being president. That meant that even though I would dedicate myself to the mission, I would *double* my dedication as a father. . . .

“One of the first orders of business was to throw a big rope over a high limb on the huge ash tree that towered over our front yard. An acrobatic elder climbed the rope and tied it to the limb. Thus the giant mission home swing was born. With the swing came instant neighborhood friends for our younger children.

“ . . . Later came a basketball standard and a sandpile. Our yard became a park where I spent much time with my children and where they settled for three happy years. I believe they will forever remember with joy their time in Kentucky and Tennessee” (*Love at Home, Starring Father* [1976], 18–20).

Families who do things together can develop close, loving relationships. As they play together, they also learn to work together, discuss problems together, and pray together.

Sometimes when families are having fun, problems arise. We may experience differences of opinion. Some of our children may even argue or fight. Sometimes parents may get too serious and expect too much from children. We may find it difficult to make all family members equally happy all the time. At times we may even think an activity is not worth having. However, problems are no reason to eliminate playing together. They should be solved in a way that enables all members to feel good. Overcoming our differences can help our families grow closer. We should remember that the purpose of our activities is to play together and enjoy each other.

Family activities can become family traditions. Over the years, families establish traditions as they do special things together, many of which take place regularly. These activities might include family reunions, birthday celebrations, holiday get-togethers, vacations, visits to special places, family musical bands, and hobbies.

President Kimball and his family established their own set of special traditions. His wife, Sister Camilla E. Kimball, related one of their Christmas traditions: “On Christmas Eve we have a special family

gathering. It is my pleasure to read the Christmas story as found in Luke, and then the children and grandchildren dramatize the story. The children love to act the parts. Last Christmas President Kimball dressed in a costume we had brought from Palestine, representing Joseph, while I dressed in the typical native dress of a Jewish woman, which we had also brought from Jerusalem, and represented Mary. I am sure our grandchildren and great-grandchildren will long remember the story which they then acted out of the first Christmas Eve" (in Conference Report, Denmark, Finland, Norway, and Sweden Area Conference 1974, 58).

Families can also enjoy each other when they formally gather together for the naming of newborn babies, baptisms, ordinations to the priesthood, missionary departures and homecomings, graduations, weddings, and other occasions that are special in the lives of family members.

- What benefits have you received from participating in family activities?

We should record our successful family activities in our family histories and personal journals, including appropriate photographs and special souvenirs. As we look back and remember the fun we have had together, we grow closer to each other and our love for one another is strengthened.

Family Fun Requires Planning

If we are to have successful family activities, we usually must plan and prepare well for them.

- How can we plan meaningful family activities?

The following suggestions can be helpful in planning family activities.

In a family home evening with all family members present, discuss and make a list of the types of activities they enjoy. As each family member's suggestions are considered, he or she will feel important. Activities should be the type in which most, if not all, family members can participate.

After all members' suggestions have been considered, have the family choose an activity from the list. Then select a specific date for it. Write this date on the family calendar to make sure there will be no conflicts. Give everyone an opportunity to help plan the activity and to be responsible for an assignment.

One family, in following these suggestions in their family home evening, decided that each family member should suggest one idea for family service to others, one idea for improving the home and surroundings, and one idea for recreation. After each family member had made suggestions, the ideas were voted on and the following activities were selected:

Service. The family cleaned the yard of a widower. Then they baked a “welcome home” cake and took it to him on the day his son arrived home from fulfilling a mission.

Improving the home. The family improved one specified room of their home with paint, wallpaper, and other items. All family members worked together to accomplish this.

Recreation. Each family member was honored on one assigned day during the year. The days were assigned during the family home evening planning meeting. On his or her day, each member had the privilege of selecting a favorite food for the meals and choosing a recreational activity for all family members to do together. Some family members chose swimming, some a ball game, some picnicking; whatever activity was chosen, all family members were to participate together.

Another family planned their activities by writing “Family Fun Sack” on a large paper bag. Each family member wrote on a piece of paper one activity he or she wanted the family to do together. At each family home evening one piece of paper was drawn from the sack. The activity named on that piece of paper was then enjoyed by the entire family during the next week.

- How can you best plan and carry out the activities you and your family choose?

Consider the following ideas:

Advertise the selected activity in your family. Make posters or signs. Talk about it with excitement.

If the activity requires money, begin to set aside the necessary funds and let everyone contribute.

Tell your home teachers about your plans.

Involve everyone. Give each member an assignment.

Then do it. Enjoy your activity thoroughly.

After carrying out an activity, it is good to think about how you can improve your family fun. Consider these questions: What would have made it more successful? Did it bring us closer together? Answering these questions can help you eliminate repeating those things that don’t work. Then you can plan together as a family to make the next activity even better.

Although it is important to plan your activities for family fun, we should recognize that some activities do not need to be planned. They occur spontaneously when the time is right or the family is ready.

- When might you have unplanned family activities?
- What things can you do to help keep an atmosphere of happiness and fun in your home?

Activities Should Be Suited to Family Needs, Interests, and Abilities

Family activities can include a variety of things. Just as no two families are alike, neither will the activities family members choose and enjoy be alike. For something to be your activity, it must suit your family.

- What will determine the activities your family will enjoy?

One mother related how her family suited a vacation to their needs:

“After four years of college without respite my husband and I began months in advance to make plans for his first paid vacation. I busily stitched patchwork quilts and sold them to craft shops until we had scraped together enough money to buy a tent. We studied stacks of brochures and made camp-site reservations. . . .

“For three months we devoted half of each family home evening to itemizing the necessary provisions and drawing pictures of camping activities so our three-year-old, Alicia, could share in the anticipation. She became as excited as we were, and soon I found her trying to explain camping to our one-year-old boy. . . .

“Then, with three weeks to go, we awoke early one morning to the cries of a baby with chicken pox. Two weeks later, one week to count-down, Alicia broke out. With heavy sighs of disappointment we tried to explain to her that you can’t go camping with chicken pox. . . . She insisted, ‘No, Daddy. Just six more days! That’s a promise!’

“My husband and I share the conviction that a promise to a child is a sacred thing and at that moment we both had the same brilliant idea. Six days later we had the children seated in an imaginary car made from carefully positioned kitchen chairs and drove to an imaginary park conveniently located in the middle of our living room. Lining all the furniture against the walls, we were able to rope the tent-stake-loops to end tables and sofa legs. Once erected, we filed into our tent and enjoyed our long awaited camp-out—in the great indoors!” (Gayle E. Walker, “The Camp-In,” *Ensign*, July 1976, 63).

- How did this family suit their vacation to their family needs?

The scriptures tell us that “to every thing there is a season, and a time to every purpose under the heaven,” which includes “a time to laugh” (Ecclesiastes 3:1, 4). Our homes should be places where laughter is heard often and smiles exchanged daily. No matter how varied our ages and abilities within the family, we should find ways to relax and have fun together.

Many necessary duties performed by families with small children could be viewed as games: for example, planting a garden, cleaning the house, or washing the dishes. Turning work into a game keeps enthusiasm and interest high.

When we suit activities to our family members' needs, interests, abilities, and circumstances, we can all enjoy a balanced life of work, rest, and play.

Conclusion

Our families should be the most important part of our lives. One way we can strengthen our family relationships is to plan and have fun together. Life has many serious sides, and in order to keep proper balance, we must take time to play together, doing those things appropriate for individual family members. As we have fun together, we learn to live more meaningfully with each other and are able to more effectively teach each other the principles of the gospel through our personal example as well as in words.

Our families can be together forever. If we are not currently spending enough time with family members, we should start now to share those things that will help us to become an eternal family.

- Share your feelings on the importance of having fun with your family.

Challenge

During family home evening, organize a family-fun activity. Create a family calendar and schedule specific activities each month. Then thoroughly enjoy playing with your family.

Teacher Preparation

Before presenting this lesson:

1. Invite two sisters to each share with the class a fun family experience she has had.
2. Be prepared to share your personal feelings on the importance of having fun with your family.
3. Assign class members to present any stories, scriptures, or quotations you wish.

CARING FOR OUR HOMES

Lesson 27

The purpose of this lesson is to encourage us to follow the prophet's counsel to improve the physical and spiritual environment of our homes.

We Should Keep Our Homes Neat and Orderly

One sister who had just returned from a visit to Holland reported: "One striking observation we made while in Holland is that the homes in that tiny land have choice personalities. The window sills in those red brick homes with the red tiled roofs are always filled with rows of flower pots—usually containing geraniums. The windows are large—with never a blind or a screen to cover them. These glistening windows add to the sparkle of the home's personality. Many of the homes are named. Above a door you might see names such as: Sunny Corner, Sunbeam, Sun Cottage, Peace Haven, Tranquility, or Peaceful Nook. . . . Warmth and sunshine and pleasantness, together with peace and tranquility and contentment! THESE ARE THE THINGS WHICH MAKE A HOUSE A HOME!" (Daryl V. Hoole, *The Art of Homemaking* [1967], 117–18).

- How do you feel when you see a clean and tidy home?
- How does keeping your home and yard clean and neat show appreciation to your Heavenly Father?

Clean windows, bright flower pots, hanging baskets, and window boxes reflect individual personalities. Well-kept gardens, yards, fences, and outbuildings indicate to the community that we are fulfilling our responsibility to care for our surroundings.

The Lord gave man instructions in the Garden of Eden "to dress it, and to keep it" (Moses 3:15). The Lord requires this of us today as He did then. We are expected and required to care for and beautify whatever space we occupy on this earth.

Whether we are homeowners or tenants, we should feel responsible for keeping property clean, neat, and attractive. We should also take proper care of our animals by keeping pens, barns, and barnyards clean and in good repair and order.

“There is a story that President Brigham Young, having urged the people of certain communities to properly dress and clean their premises, refused to go back to them to preach to them, saying something like this: ‘You didn’t listen to me when I urged you to fix up your premises. The same doors are off their hinges; the same barns are still unpainted; the same fences are partly fallen’ ” (Spencer W. Kimball, in Conference Report, Apr. 1975, 5; or *Ensign*, May 1975, 5).

President Kimball often reminded members of the Church of the need to clean, repair, and beautify their homes. “Now we ask you to clean up your homes. . . . We urge each of you to dress and keep in a beautiful state the property that is in your hands” (in Conference Report, Oct. 1974, 4–5; or *Ensign*, Nov. 1974, 4). “Whatever your circumstance, let your premises reflect orderliness, beauty, and happiness” (in Conference Report, Apr. 1976, 171; or *Ensign*, May 1976, 125).

President David O. McKay also counseled us to make our homes attractive and to have more activities there (see *Gospel Ideals* [1953], 485–86). Our children will be happy and glad to bring their friends home if home is a warm, friendly, happy place.

- What advantages come from cleaning and fixing up your surroundings?

When our homes are neat and orderly, they increase in value, safety, and beauty.

We Should Improve Our Home as a Family

- Read Doctrine and Covenants 132:8. Why is order important in our homes?

Order is essential in the heavens; if it were otherwise, chaos would rule. Order is just as necessary in our homes. President Kimball said, “Plan well and carry out your plan in an orderly and systematic manner” (in Conference Report, Apr. 1976, 171; or *Ensign*, May 1976, 125).

- Display visuals 27-a, “Children can help with household chores,” and 27-b, “Family members working to beautify the family home.”

When Brother and Sister Fox bought an old house in Portsmouth, New Hampshire, USA, it was in need of much repair. “Truckloads of ‘stuff’ were hauled from the house. Scrubbing and painting became a family project with Heidi, 17; Erin, 16; Nathan, 14; and Paige, 11, doing their share of the work. . . .



27-a, Children can help with household chores.

“Brother Fox explained that not all the walls and doors are exactly straight and there are breezes that blow through the rooms. . . .

“ ‘It was scary,’ Paige broke in to say. ‘But we love it.’ . . .

“ ‘Now it is a Mormon house,’ Erin said” (“A Romance between Home, Family,” *Church News*, 19 Aug. 1978, 5).

- Why were the parents and children excited and happy about their home? Why should your home be an example to your neighbors?

We should keep our homes clean and attractive. However, we should also avoid excess in doing so. Elder Joseph B. Wirthlin cautioned us against “placing improper emphasis on the obtaining of material possessions.” He warned: “Even if we are blessed enough to afford . . . luxury, we may be misdirecting resources that could be better used to build the kingdom of God or to feed and clothe our needy brothers and sisters [see 2 Nephi 9:51]” (in Conference Report, Oct. 1990, 81; or *Ensign*, Nov. 1990, 65).

We do not need expensive furnishings to improve our homes. We can often make something useful from old or discarded items. By working together we can repair and refinish old furniture that we have purchased at thrift stores or auctions. We can paint walls, ceilings, and doors, sew draperies and bedcovers, make pillows, and weave rugs.

Three simple steps can help us accomplish much with our families. First, as a family we should look around our homes to discover areas that need repair, cleaning, painting, or reorganizing.

Next, we should plan as a family to accomplish these tasks. It is important for us to organize and select only one area at a time to work on. Then we need to obtain the necessary materials, tools, and supplies to do the work we have chosen. We should involve family members by allowing them to perform tasks suited to their abilities.

Finally, we should do the work together as a family. Each person involved in the work should take pride and feel satisfaction in his or her part of the completed task. In this way, each project can be enjoyable and rewarding for the entire family. Many things can be accomplished when families organize and work together.

- What home improvement or beautification projects could your family do that would cost little or nothing?

We Must Bring Spirituality into Our Homes

- Display visual 27-c, “Temples are clean and beautiful.”
- What impresses you most about the appearance of the temple? Why are temples kept so clean and beautiful?



27-b, Family members working to beautify the family home



*27-c, Temples are clean and beautiful.
(Celestial room of the Vernal Utah Temple)*

Creating a Pleasing Physical Environment in the Home

In the Doctrine and Covenants we are told that if anything that is unclean is allowed in the Lord's house, the glory of the Lord will not be there; His presence will not abide in unholy temples (see D&C 94:9; 97:15–17). Because we want to have the Spirit of the Lord in His holy temples, we keep them clean and beautiful and admonish all who enter to be worthy of worshiping there. We also need the Spirit of the Lord in our homes. We should, therefore, follow Church leaders' admonitions to clean up and tidy our surroundings, making the inside and outside of our dwellings as attractive as possible.

Pleasant and orderly surroundings can do much to help us enjoy life. "A sister tells of a difficult period in her life when she lost friends and family because of her conversion to the Church. She said, 'I was compelled to take a small apartment. And, as I looked at its squalor and disarray, a deep depression descended on me. Suddenly I could hear an inner voice saying, "The Lord's house is a house of order." I threw off the shackles of self-pity, rolled up my sleeves, and worked steadily until my little home was clean and cheerful. . . . A new spirit of home was born' " (*Relief Society Courses of Study 1978–79*, 69).

Plants, cut flowers, and music bring beauty into our homes. Most of us have or can develop special talents and abilities, such as embroidering, quilting, weaving, painting or drawing, flower arranging, nurturing houseplants, and so on. With these abilities, we can create beauty in our surroundings. We can soften the harsh and bring luster to the dull. We have a special, God-given role to perform as homemakers.

- What simple things can you do to make your home more pleasant and spiritual? How do you feel when you clean, organize, improve, or add a touch of beauty to your home or yard?

Creating a Spiritual Environment in the Home

In addition to improving and beautifying our homes, we need to do what we can to create a peaceful, tranquil spirit there. Elder Boyd K. Packer told us:

"You can do a great deal to create in your home an atmosphere of peace and homyness and reverence and tranquility and security. You can do this without much to live on.

"Or you can create something angular and cold . . . and artificial. In a thousand different ways your youngsters will be influenced by the choice you make. You can set the tone. It can be quiet and peaceful where quiet and powerful strength can grow, or it can be bold and loud and turn the mainspring of tension a bit tighter in the little children as they are growing up, until at last, that mainspring breaks"

(*Eternal Marriage*, Brigham Young University Speeches of the Year [14 Apr. 1970], 8).

We can improve the spiritual environment in our homes as we accept and apply the principles of the gospel of Jesus Christ. Church leaders have reminded us often of ways to bring spirituality into our homes:

Pray together as a family night and morning.

Keep the Sabbath day holy.

Attend church regularly together.

Fast with a purpose once a month.

Study the scriptures together.

Pay a full tithe.

Hold family home evenings.

Love and serve one another unselfishly.

- How can living gospel principles improve the spiritual environment in your home?

When we live according to the teachings of the Savior, we can have the Holy Spirit with us and our homes will radiate a gentle, pleasant, and attractive atmosphere for our families.

Conclusion

Church leaders have given us instructions from the Lord to organize, clean, paint, repair, and beautify our homes and property. As we work together as families to beautify our surroundings, we learn skills and habits that help us throughout our lives. When we give time and effort to improve our dwellings and property, we appreciate them more.

The scriptures tell us that the Spirit of the Lord cannot dwell in a place of confusion or uncleanness. If we make our homes cheerful, clean, and inviting, our loved ones will want to be there. As we live in harmony with gospel principles, the Spirit of the Lord brings us peace and tranquillity.

Challenge

During a family home evening look around your home and yard with your family to discover things that need to be cleaned, organized, discarded, painted, or repaired. Follow the instructions listed in the lesson to accomplish at least one of these tasks this month. Encourage children to clean a drawer, organize a closet, sweep, or clean a room. Express

pride and appreciation to each child for his or her contribution. Determine to improve the spirituality in your home by regularly applying gospel principles in your family life.

Additional Scripture

- Doctrine and Covenants 109:8 (organize, prepare, and establish a house of God)

Teacher Preparation

Before presenting this lesson:

1. Read lesson 20, “Managing Our Homes Well,” and lesson 31, “Creating an Uplifting Environment in Our Homes” in *The Latter-day Saint Woman, Part A*.
2. Be prepared to help class members identify areas in or around their homes that need to be cleaned or repaired.
3. Assign class members to present any stories, scriptures, or quotations you wish.

PERSONAL AND FAMILY DEVELOPMENT



SERVING IN THE CHURCH

L e s s o n 28

The purpose of this lesson is to help prepare us to accept calls to serve in the Church.

Opportunities for Service in the Lord's Church

The Lord, through His prophets, has commanded His children to serve one another (see Psalm 100:2; Mosiah 2:18). Church callings provide one way for us to serve others. President Hugh B. Brown explained the influence we can have when we serve willingly in the Church:

"While I was acting as servicemen's coordinator, I was in London, England. I sent the following telegram to the senior chaplain of a large camp near Liverpool, 'I'll be in your camp tomorrow morning at 10:00. Kindly notify all Mormon boys in your camp that we'll hold a meeting.'

"When I arrived the next morning I met seventy-five young men. . . .

"There stepped out from the crowd a man who, after shaking hands, said, 'I'm the one to whom you sent your telegram. I'm the chaplain of this camp. I didn't get your telegram until this morning [that is, Sunday morning]. Upon receipt of it, I made an inquiry—a careful inquiry. I found there were seventy-six Mormon boys in this camp. Seventy-five of them are here, one is in the hospital.'

"He said, 'I wish you'd tell me, Mr. Brown, how you do it. I have six hundred men in my church in this camp, and if I gave them six months notice they couldn't meet that record. Tell me how you do it.'

"'Well,' I said, 'if you come into our meeting we'll show you how we do it.' And so he accompanied me into the quonset hut and before us sat these seventy-five young men. I had the minister sit next to me. . . .

"I said, 'How many of you fellows have been on missions?' Fully fifty percent of them raised their hands. I pointed to six of them and said, 'Come here and administer the sacrament.' I pointed to six others and said, 'Come here and be prepared to speak.' I looked at my friend, the minister, and he had his mouth open. He had never seen such a thing. . . .

“And I said, ‘Who can lead the music?’ and most of them raised their hands. I selected one. ‘Who can play this portable organ?’ And again there was a fine showing and one was selected. . . .

“We went on with our meeting and these young men spoke, and they spoke with power and conviction. . . . When they had finished talking, I said, ‘Fellows, we’ll have to dismiss.’ . . .

“They said, . . . ‘Let’s have a testimony meeting.’ . . .

“I turned to my friend, the minister, and said, ‘Now I know this is unusual for you. We’ve been here two hours and we’re going to be here another two hours. We’ll excuse you if you prefer to withdraw.’

“He put his hand on my knee and said, ‘Please, Sir, may I remain?’ And, of course, I encouraged him to stay and then for two solid hours those young men . . . bore witness of the truth of the gospel. . . .

“Finally there came an end. We dismissed, and this minister turned to me and said, ‘Mr. Brown, I have been a minister of the gospel for twenty-one years but this has been the greatest spiritual experience of my life.’ And again he said, ‘How do you do it? How did you know which of those fellows to call on?’

“I replied, ‘It didn’t make any difference which one I called on. They are all prepared’ ” (*An Eternal Quest—Freedom of the Mind*, Brigham Young University Speeches of the Year [13 May 1969], 14–17).

- What did the minister notice that was different about our Church? What were the young men prepared to do? How had they prepared themselves?
- Why is it important that we prepare for Church service?

“In The Church of Jesus Christ of Latter-day Saints there is no professional clergy, as is common in the other churches. . . . *All members of the Church are subject to call to render service and carry on the activities of the Church*” (Boyd K. Packer, in Conference Report, Apr. 1966, 146; or *Improvement Era*, June 1966, 551).

When branches, wards, and stakes are organized, members of the Church are called to serve in all the positions in these units.

How We Are Called to Serve in the Church

Our Church leaders have the responsibility to call members to fill positions in the Church. They know the requirements of each position and the desirable qualifications that members must have to fill them. With these thoughts in mind, Church leaders prayerfully consider the list of eligible people, seeking for and obtaining inspiration and guidance from the Lord in making each call.

While serving as a counselor in the First Presidency, President Gordon B. Hinckley said: “There is a principle followed in the Church of rotating responsibilities. Inherent in a call to serve is a release, to be expected and welcomed after service well performed” (in Conference Report, Apr. 1984, 3; or *Ensign*, May 1984, 4).

Of his own call to serve President Hinckley said:

“We [the Apostles] serve by His sufferance, knowing that at any time He chooses to do so, He can easily remove us. We are answerable to Him in this life and will be held accountable when we are called before Him to make our report. I hope that we shall not be found wanting. I hope that when that time comes, I may have the opportunity of standing before my Beloved Savior to give an accounting of my stewardship, and that I may be able to do so without embarrassment, or apology, or excuse. I have so tried to conduct my life. I know that I am not a perfect man, that I have many weaknesses. But I can say that I have tried to do that which the Lord would have me do as His servant, and as the servant of every member of this Church throughout the world, and most particularly as the servant of my beloved President, our Prophet, Seer, and Revelator” (in Conference Report, Oct. 1990, 67; or *Ensign*, Nov. 1990, 51).

- What can we learn about our own calls to serve from President Hinckley’s testimony about his call?

Once we have been selected to fill a calling, we are called by our priesthood leader for a private interview. At this time he reviews the responsibilities of our new calling and inquires about our personal and family circumstances to help us assess whether we can meet the requirements of time, preparation, meeting attendance, travel, and so on, involved in our calling. We should understand to whom we report and from which leaders we may request assistance. Sometimes the family is asked to pledge their support to the person receiving the call.

Elder Loren C. Dunn said this about the nature of a Church calling: “A calling in the Church is both a personal and a sacred matter, and everyone is entitled to know he or she has been called to act in the name of God in that particular position. Every person in this church has the right to know that he has been called of God. If he does not have that assurance, then I would suggest he give his calling serious, prayerful consideration so that he can receive what he has a right to receive” (in Conference Report, Apr. 1972, 20; or *Ensign*, July 1972, 44).

- How can you receive assurance that the callings you receive are from the Lord?

How We Can Receive Help in Fulfilling Our Callings

Even though we may realize that the call to serve has come through inspiration, sometimes we still feel inadequate, unqualified, or afraid. The scriptures tell us that Moses, Jeremiah, Enoch, and others chosen of the Lord also expressed feelings of inadequacy (see Exodus 4:10; Jeremiah 1:6; Moses 6:31).

Elder Richard G. Scott spoke of how he overcame concerns when he was called to be a General Authority:

“Despite feelings of personal inadequacy, I am at peace. For the Lord has said, ‘And if men come unto me I will show unto them their weakness. I give unto men weakness that they may be humble; and my grace is sufficient for all men that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them’ (Ether 12:27). . . .

“I know the reality of the promptings of the Holy Ghost. In times of urgent need, after meditation and prayer to receive confirmation of a selected course of action, those promptings have given the comforted feeling that it was right” (in Conference Report, Apr. 1977, 104; or *Ensign*, May 1977, 70).

- Display a poster of the following quotation or write it on the chalkboard: *It is by serving that we learn how to serve.* (Spencer W. Kimball, “Small Acts of Service,” *Ensign*, Dec. 1974, 2.)

Concerning our feelings of inadequacy in fulfilling our callings, President Spencer W. Kimball told us: “I have learned that it is by serving that we learn how to serve. . . . It is important for us to get outside ourselves and to be genuinely interested in those God has given to us as part of our callings” (*Ensign*, Dec. 1974, 2–3).

- How did President Kimball tell us to learn how to serve? How did he counsel us to overcome our feelings of inadequacy?
- Display visual 28-a, “Callings give us opportunities to develop our talents and serve others.”

We can gain confidence as we realize that the Lord knows our abilities, talents, and potential, and that, in light of His knowledge, He has selected us to serve in our callings.

The bishop or the branch, district, or stake president usually gives us a blessing to help us perform our new calling. This is referred to as being set apart. When we are called to serve in the Church, we are not expected to do it alone. We can receive power, strength, and assistance



28-a, Callings give us opportunities to develop our talents and serve others.

from the Lord. He has told us that we may have His Spirit “by the prayer of faith” (D&C 42:14). We are also assured that if we are worthy, we shall “be taught from on high . . . and . . . endowed with power” to serve according to His will (D&C 43:16).

When Elder L. Tom Perry was called to the Quorum of the Twelve, he said: “When you live close to the gospel, the Lord is always there. I have proven it to be true that if I would do my homework, if I would study and be prepared, the Lord always ratified the direction I should take” (“News of the Church,” *Ensign*, May 1974, 121).

- Why is it important that you have the Spirit of the Lord to help you in your callings?

Branch, ward, district, and stake leaders and officers have also been called to help us accomplish our assignments. We should seek their help and listen to their counsel. We should attend meetings where they train, teach, and inspire us.

- Who are some of the leaders from whom you have received help?

In addition to the scriptures, we have Church manuals and handbooks to instruct and guide us in our callings. The Church also publishes general conference talks given by the prophet and other General Authorities. The Church magazines carry these talks in printed form. In many areas the talks are also available by computer on the Internet. We should study and follow the instruction and counsel given in these inspired messages from our leaders.

- How can you gain confidence in your callings by following the counsel of the General Authorities and using the authorized materials of the Church?

Our Personal Responsibility for Our Callings

When we accept responsibility in the Lord’s Church, we become His stewards. This simply means that He has entrusted us to carry out particular responsibilities and that we are His agents to accomplish them. It also means that we are accountable to the Lord for the trust He has given us. Each of us is given a stewardship over that which we have been called to do.

- Read Doctrine and Covenants 72:3–4. Who must report their stewardships to the Lord? What does the Lord promise those who are faithful in their stewardships or callings?
- Read Doctrine and Covenants 107:99–100. Why is every calling in the Church important? Why should you do your very best when you serve in the Church?

Conclusion

Sister Belle S. Spafford, a former general president of the Relief Society, said: “The Lord’s call, ‘Follow me,’ comes to us in this day as truly as it came to his early disciples. . . . His work must go on. Its progress depends upon the strength we lend it. Needing our strengths, he is tolerant of our weaknesses. Each of us is called to a particular work because of some strength we possess. It is our responsibility to accept his calls, to grow in his service” (*Women in Today’s World* [1971], 67).

We have many opportunities to serve the Lord in His Church, and should seek to fulfill our inspired stewardships in the manner that the Lord would have us fulfill them.

Challenge

Remember that serving the Lord is a privilege. Remember also that the Lord inspires His leaders to call us to Church service. In fulfilling our callings we should seek for help from the Lord, our leaders, the scriptures, and authorized manuals. We should also be willing to accept full responsibility for our stewardships. Prepare a list of ways you can improve your stewardship in performing your present Church calling.

Additional Scriptures

- Psalm 100:2 (serve the Lord with gladness)
- John 15:16 (bring forth fruit)
- Hebrews 5:4 (men called of God)
- Mosiah 2:16–18 (in serving one another we serve God)
- Doctrine and Covenants 105:35–37 (the voice of the Spirit manifests who is chosen)

Teacher Preparation

Before presenting this lesson:

1. Read *Gospel Principles* chapter 28, “Service.”
2. Review lesson 12, “Church Organization,” in this manual.
3. Prepare the poster suggested in the lesson or write the information on the chalkboard.
4. Assign class members to present any stories, scriptures, or quotations you wish.

DEVELOPING LEADERSHIP

L e s s o n 29

The purpose of this lesson is to help us become better leaders and better followers.

The Need for Good Leaders and Good Followers

President Spencer W. Kimball told the following story about how leaders influence their followers:

“Long years ago when I was in the stake presidency in the St. Joseph Stake in Arizona, one Sabbath day I filled an assignment in the Eden Ward. The building was a small one, and most of the people were sitting close to us as we sat on the raised platform about a foot and a half above the floor of the building itself.

“As the meeting proceeded, my eye was attracted to seven little boys on the front seat of the chapel. I was delighted with seven little boys in this ward conference. I made a mental note, then shifted my interest to other things. Soon my attention was focused on the seven little boys again.

“It seemed strange to me that each of the seven little fellows raised his right leg and put it over the left knee, and then in a moment all would change at the same time and put the left leg over the right knee. I thought it was unusual, but I just ignored it.

“In a moment or two, all in unison would brush their hair with their right hands, and then all seven little boys leaned lightly on their wrists and supported their faces by their hands, and then simultaneously they went back to the crossing of their legs again.

“It all seemed so strange, and I wondered about it as I was trying to think of what I was going to say in the meeting. And then all at once it came to me like a bolt of lightning. These boys were mimicking me!

“That day I learned the lesson of my life—that we . . . must be careful indeed, because others watch us and find in us their examples” (in Conference Report, Oct. 1974, 112; or *Ensign*, Nov. 1974, 79).

People everywhere are looking for someone to follow—for someone to lead them. A leader is a person who goes ahead of others to direct or guide them or to show them how to do something. Leaders not only tell others what to do and how to do it, they also show them by example. Leaders help others grow.

- Display visual 29-a, “A sister teaching cooking.”

We look to our parents and friends and to our community and Church leaders for direction and leadership. We listen to their words and observe their actions. Often we pattern our lives after the advice they give us, or we follow what we see them do. Teachers lead us as they instruct us and we learn to follow their instructions.

- Ask the sisters the following question and write their responses on the chalkboard: What are the characteristics of people you like to follow?
- What can we do as followers that will help our leaders?
- How can developing these characteristics help you become a good leader as well as a good follower?

Each of us is a leader. Nearly every person at some time, somewhere, in some way leads another person or a group. Our lives touch the lives of others, and we influence them whether or not we intend to. Our influence, which is different from that of anyone else, is our leadership.

Leaders do not always have to hold a designated position in a formal organization such as the Church or a community organization. Leadership opportunities are varied and come in all areas of our lives: in our homes with families and friends, in our neighborhoods and communities, and in the Church.

- What are some ways you are or can be a leader in your home? in your community?

Since in one way or another nearly all of us are leaders, it is important that we learn to be good leaders. With good leadership skills, we can improve ourselves, help others, and strengthen our relationships with our friends and family members. As leaders of their families, parents should strive to be the best leaders possible. Good leadership abilities help us work harmoniously with our families, friends, and neighbors.

As the Church is organized in all parts of the world and the Lord’s work continues to expand, many of us will be called to lead others.

Elder Sterling W. Sill stressed the value of good leaders when he said, “A soldier can fight harder, a salesman can sell more goods, a child can



29-a, A sister teaching cooking

do better school work, and a missionary can make more converts if he works under the direction of someone who knows how to teach and inspire and train and supervise and love and motivate and do those other important things that [good leaders do]" ("The Problem Is Always the Same," *Ensign*, Mar. 1973, 34).

We can develop the ability to lead if we will work at it. We need to prepare ourselves by learning the principles of good leadership through our Church activity. Then we must live these principles in our daily lives.

Jesus Is the Ideal Leader

- Display visual 29-b, "Jesus Christ and the Apostles."

Jesus Christ was the model leader because He learned to follow perfectly the will of His Father. In order to become truly effective leaders, we must learn to obey the Savior's admonition, "Come, . . . follow me" (Mark 10:21). This requires that we learn to do what the Savior did and follow His example. Following are some leadership qualities we can learn from the Savior:

Jesus prepared Himself. He fasted, prayed, and studied, always seeking to learn the will of the Father. We have been encouraged to study and prepare ourselves (see D&C 88:118–19). As we fast, pray, and study, we also can know the will of our Heavenly Father and increase our ability to serve others as He would have us do.

Jesus loved the people He led. Love is perhaps the most important quality leaders can have, because it means they genuinely care for those they lead. If they love those they lead, they want to help them improve their lives; they are concerned for their needs and want to help them reach their goals. As members of The Church of Jesus Christ of Latter-day Saints, we all have one common goal—to return to live with our Heavenly Father in the celestial kingdom. At all times and in all ways in our leadership responsibilities, it is through our love that we can help others accomplish this goal. Love is a powerful motivator. Elder Neal A. Maxwell said that "leadership is love in action" (. . . *A More Excellent Way* [1967], 44). We should remember the Savior's admonition: "Love one another; as I have loved you" (John 13:34).

- Why is love more effective than force when working with others?
- How can our ability to love improve our leadership, especially in our homes?

Jesus taught His disciples the purpose of His work. He helped them to understand their part in His work and to gain a vision of their important responsibilities. We need to give those who are to follow our lead-



29-b, Jesus Christ and the Apostles

ership the vision we have of the purpose of our work and should help them understand the roles they are to play.

- How could helping children understand their purpose in their family help them better follow their parents' leadership?

Jesus based His leadership on the principle of agency. He did not force His disciples to follow Him. He invited them to come unto Him.

Agency is a major principle of the gospel of Jesus Christ. When we attempt to force anyone to follow, we are using Satan's method. If we are to lead in a Christlike manner, we must allow others the freedom to choose. In describing what He expected of His followers, Jesus was honest. As we lead, we also must let others know what we expect from them, and what they can expect from us. When we give them responsibilities, we must carefully explain their duties, the time involved, the meetings they are to attend, and what they must accomplish. Then we must respect their decisions regarding these responsibilities.

- Why is it important that individuals know what is expected of them before they accept a responsibility? How can giving children specific instructions help them better perform their tasks in the home?

Jesus gave His disciples tasks that were meaningful and challenging. Meaningful and worthwhile tasks help us feel needed. Asking people to do things simply to keep them busy usually does not accomplish good results. As leaders, we need to help our followers feel that what they do is worthwhile. When we lead, we must be certain that we do not infringe on the time of others by giving them tasks that are not necessary. However, everyone must recognize that at times there are necessary but tedious tasks to be performed. All of us must be willing to accept these tasks as well as those that seem easier or those that will bring recognition and praise from others.

Jesus showed He was responsible both to His purposes and to His people. He felt a responsibility to help His people grow. He not only wanted to build His Father's kingdom, but also to exalt His people. The Prophet Joseph Smith expressed this same idea when he said of the Saints, "I teach them correct principles, and they govern themselves" (quoted by John Taylor in "The Organization of the Church," *Millennial Star*, 15 Nov. 1851, 339). This should be our purpose—to help our followers grow and gain exaltation.

- Why is it important when leading others to keep their exaltation foremost in our minds?

Jesus was a good listener. He created an atmosphere of love and acceptance that made His followers comfortable, because He listened with a loving ear. He took time to listen to them and to understand their needs. (See Luke 7:1–10; John 8:1–11.) We too must exercise this kind of concern.

Jesus often helped His followers think through their own ideas by asking them questions. This helped them understand what He was trying to teach them. (See Matthew 16:13–19; 19:16–22; John 21:15–17.) To be good leaders, we must help people solve their own problems and meet their own challenges. We can ask them questions to help them consider possibilities for resolving problems. We must express confidence in them and motivate them to find solutions and make decisions. As mortals we find it very difficult to make wise decisions all the time by ourselves. We find courage and strength in the help of others. We must also seek the strength and help that comes from our Heavenly Father through sincere prayer.

Jesus was consistent in obeying the commandments. He did not change His standards or behavior to please others. He lived an exemplary life. As we willingly follow His example and control our actions in righteousness, we will become good examples for our followers. We must live the standards of the gospel in every way. (Leadership qualities adapted from Neal A. Maxwell, . . . *A More Excellent Way*, 53–54.)

- Why is your example an important part of your leadership? How and what do you teach by the way you live?

Following Jesus' Leadership Example

A young woman told the following story about the powerful influence of a righteous example:

“During my junior and senior high school years, illness kept me from school and Church almost half the time. When I could attend, I couldn’t participate in any activities. Since I couldn’t make friends or enter into their lives very well under these circumstances, I was a ‘loner.’

“Only once did I try to break the pattern—by entering [a] . . . speech contest. I was the only one who entered from the ward, so, without hearing my talk, the ward executives sent me to the stake contest, where I was a miserable failure. I decided then and there to stay within my shell, and not get hurt again.

“But my [Mutual] teacher decided differently. For the first time, I had a teacher who was not willing to let me sit silent in my corner. She was given the chairmanship of the program for the stake . . . banquet and

immediately assigned to me the job of being toastmistress, deciding the theme, and suggesting topics for the responses. I told her I couldn't do it. 'Yes you can,' she assured me time after time, 'because I'll help you every step of the way.'

"I loved her so much I was willing to try for her, although in my heart I knew I'd fail. First, she and I talked over possible themes. When we met with a committee of girls, however, she made me tell them my ideas. She claimed no part in them. I wrote out my [speech], and with her careful and loving suggestions, rewrote it many times until even I could see that it was good.

"'But,' I told her, 'I can't stand up before three hundred girls and give it. I'll make a poor impression, and I'm not pretty or attractive, and I'll spoil your whole evening.' With an arm around me, she said, 'That's utter nonsense; you'll be the star of the evening!'

"So she heard me say my part many times, once even taking me to the [hotel where the banquet would be held] to do it. She had arranged to have a microphone there so I could experience the actual setting. Then she asked to see the dress I would wear. She brought a corsage for me that night that not only matched the dress, but also lifted my spirits. She had her hairdresser do my hair in a way that would be more becoming to me.

"But best of all, she knelt with me just before the event, and explained to the Lord that I was a lovely girl who had worked hard and that I needed His help to do a good job. How could I have failed with His and her love so surrounding me?" (script for "A More Excellent Way," produced at June Conference, 1968, 5-7).

- What did this leader do that helped the young woman? (List the answers on the chalkboard and discuss each as a leadership quality.) How was this leader following the example of Jesus in her leadership qualities?

Developing Leadership in the Home

Our Church leaders have always expressed strong testimony of the importance of the home in the development of Christlike leadership skills.

"Because the need for leadership increases with the importance of the institution that it serves, leadership in the home assumes the greatest possible importance. 'No other success can compensate for failure in the home.' (President David O. McKay [quoting J. E. McCulloch].) The basic organization on which everyone's happiness depends is the family" (Sterling W. Sill, *Ensign*, Mar. 1973, 34).

It is in the home where we first learn how to work with others, how to accomplish tasks, how to delegate tasks, and how to ask for help. In the home, a loving, genuine concern for each individual should be the prevailing attitude.

A righteous home environment can lead to the development of qualities that will help both parents and children be good leaders. We can develop feelings of self-worth in our family members by giving them opportunities to develop talents and perform tasks well and then praising and encouraging their efforts. Children develop a sense of confidence as they are assigned to help with tasks that they are able to accomplish. It is in our homes where we first learn to talk with others and to accept suggestions, where we learn how to resolve conflicts and overcome difficulties. We can learn in our homes to follow good models and to be good examples for others.

Parents should set an example of serving in the Church with good attitudes. This should also be true of their service in the home and community. Their righteous examples will encourage their children to learn how to become good leaders. It is important that children be supported and encouraged in their leadership responsibilities. "Making a place in our home life to teach, informally, leadership skills, can make it possible for our children to make a place in their hearts and lives later for the duties and challenges of leadership" (Neal A. Maxwell, . . . *A More Excellent Way*, 132).

- How can giving children assignments for family home evening help them develop leadership skills? How can working together as a family develop leadership in each member? How can older children develop leadership in the family?

Conclusion

We are all leaders to someone, whether it is informally as an associate, a friend, or a loved one, or formally by virtue of a designated position in the Church, the community, and other formal organizations. Our opportunities for leadership as members of the Church are increasing. We can learn to be better leaders by following the example of Jesus and the leaders of the Church. The most important leadership responsibility of parents is in the families, where we should, by personal example as well as words, encourage and help our children become good leaders.

Challenge

Think of someone who has served, taught, or led you. Ask yourself what that person did specifically that was helpful to you. Try to develop the same qualities in your life.

Plan as a family to give each individual an opportunity to develop leadership in family home evening and family activities. Practice being a good leader and a good follower in your relationships with others at home, in the community, and at church.

Additional Scriptures

- Proverbs 4:11 (God leads in right paths)
- John 13:15 (follow Christ's example)
- 1 Nephi 3:7 (God will help us accomplish our work)
- Mosiah 2:17 (when we serve others, we serve God)
- Doctrine and Covenants 58:26–28 (we should do good things)
- Doctrine and Covenants 121:41–44 (guidelines for Christlike leadership)

Teacher Preparation

Before presenting this lesson:

1. Review "The Life of Christ," chapter 11 in *Gospel Principles*.
2. Assign class members to present any stories, scriptures, or quotations you wish.

LEARNING TO DELEGATE RESPONSIBILITY

L e s s o n 3 0

The purpose of this lesson is to help us learn that wise delegation helps us fulfill our responsibilities.

Importance of Wise Delegation in Leadership

“Many times in my youth I watched Samson, a beautiful, dapple-grey horse with a splendid physique and such height that he seemed to tower above me. But though large, he was gentle and friendly and had such a sweet-tooth that he would shake his head up and down in acknowledgment when he was fed. And everyone loved him.

“Samson was a chain horse and stood daily at the foot of a steep hill waiting for the heavy loads that had to be pulled. Samson always pulled in front of the other horses. When the lorry with the load would come he would prick up his ears and stamp his feet eagerly—it meant an opportunity to show his strength.

“Samson was an exhibitionist. When his keeper led him to the load and attached his chains to the shafts, he did not wait for the other horses—he was a Samson! Head down, knees almost touching the ground, sparks flying from his hooves, he practically pulled the whole weight by himself. He would not allow the other horses to pull their share.

“We asked Samson’s keeper why he was not given a rest from his chain-horse position and put into the shafts like the other horses. He told us that Samson wouldn’t pull when back with the others, because he couldn’t show off there. He wouldn’t co-operate unless he was in front, doing everything by himself.

“One day Samson wasn’t standing at the bottom of the hill, but a strange horse was in his place. I asked tearfully where Samson was and the keeper told me he was dead. He had died of a broken heart—or, in other words, overwork.

“Many leaders are like Samson, wanting all the work and glory for themselves and refusing to co-operate with others. The power of the

Church is a *combined* power—and it is wasted by those who try to pull the whole load alone.

“There’s no place for Samsons in the Church, for wise leaders share responsibility!” (Frederick W. Oates, *Millennial Star*, Mar. 1959, 129).

If we are wise leaders, we share our leadership load with other people. By delegating certain duties to others, we are actually giving them opportunities to serve. Jethro, Moses’ father-in-law, gave him important counsel about the purpose of delegating responsibility to other people.

- Read Exodus 18:13–23. What reasons did Jethro give Moses for delegating responsibility to others? (See verses 18, 21–23.) How do these same reasons apply to you today in fulfilling your callings in the Church?

When we delegate, we authorize others to represent us. We give them power and authority to act for us. In the Church we may ask them to conduct a meeting, read a scripture, tell a story, make decorations, or help in other ways. In our homes we may assign our children to help with meals, cleaning, gardening, or other tasks. We delegate because we know we cannot do everything ourselves. When we delegate, we also provide opportunities for others to grow and to develop their talents.

If we delegate wisely and if we accept the responsibilities that are delegated to us by others, we should be able to work in harmony with them. We should all be able to serve our Heavenly Father better because we will be able to accomplish our work more quickly and efficiently. Wise leaders achieve more satisfying results by calling upon people with different talents and abilities to help them.

Jesus’ Pattern for Delegation

President Ezra Taft Benson told us that “the very foundations of the world were laid by delegated authority. Many times Jesus reminded people that his mission on earth was one through delegated authority. . . .

“In speaking to the Jews in the synagogue, Jesus told them that he had been delegated by his Father: ‘For I came down from heaven, not to do mine own will, but the will of him that sent me.’ (John 6:38.)” (*God, Family, Country: Our Three Great Loyalties* [1974], 133).

Through His teachings and example, Jesus gave us several lessons in how to become wise and effective delegators.

First, Jesus established His Church on a basis of delegated authority. When He was on earth, He called apostles and seventies to help Him direct the affairs of the Church. He also delegated various responsibili-

ties to others. All were to help in building His kingdom and, through their service, develop their own personal abilities. Through delegating, Jesus helped lift and exalt individuals. The Church today operates on the same principle. We help train others in leadership by carefully delegating responsibilities to them. By following Jesus' pattern we also develop our own ability to delegate and accomplish work.

Second, Jesus outlined the duties and responsibilities of those whom He chose to help Him perform His work. He did not call them to be Apostles and then leave them without instruction. He understood what would be required of them, and He taught them what they were to do. He gave them a vision of the things they could accomplish. He inspired them to see the challenges and rewards of following Him.

- Why is it important that you help those to whom you delegate responsibility understand the challenges and rewards of their assignments or callings?
- What can you do to understand that both challenges and rewards come with every calling you receive?

When we delegate responsibilities to others, we should tell them what we expect of them and explain their duties fully. We should follow the example Jesus set when He instructed His Apostles before sending them forth to do His work. "For a season following their ordination the apostles remained with Jesus, being specially trained and instructed by Him for the work then before them; afterward they were specifically charged and sent forth to preach and to administer in the authority of their priesthood" (James E. Talmage, *Jesus the Christ*, 3rd ed. [1916], 228).

- Why is it important that people understand exactly what is expected of them when they are asked to accomplish a particular task?

Once we have delegated and fully explained to others their duties or assignments, we should then show our confidence in their ability by allowing them freedom to fulfill their responsibilities. We should, however, be available to answer their questions and give assistance as needed.

- What is a leader's responsibility once he or she has delegated a duty or an assignment? What is a leader's responsibility to the person to whom the duty was delegated?

Third, Jesus requested reports from those to whom He gave assignments.

- Read Mark 6:30. What did the Apostles tell Jesus?
- Why is it important to receive reports from those to whom we have given responsibilities?

We need to learn from others. Wise leaders will realize that they need to learn from other people who have good ideas and will invite suggestions from them. They will recognize that other people are important and help them feel that they are an important part of the organization or family.

Fourth, Jesus taught by His example that leaders should give praise and reproof in a spirit of love. “When responsibility has been given, the leader does not forget the person assigned nor his assignment. He follows with interest but does not ‘look over the shoulder.’ He gives specific praise when it is deserved. He gives helpful encouragement when needed. When he feels that the job is not being done and a change is needed, he acts with courage and firmness but with kindness. When the tenure of an office has been completed, he gives recognition and thanks” (Ezra Taft Benson, *God, Family, Country*, 140).

- Read Matthew 25:23. How can you express your thanks and appreciation to others?

Delegation as a Help for Accomplishing Our Responsibilities

Our callings often require us to fulfill a wide variety of responsibilities. One of the ways we can fulfill them is through wise delegation. As we develop in the Church, we find more opportunities to delegate and perform tasks delegated to us. We must stay within the limits of our own responsibilities and stewardships and not take responsibilities given to someone else.

President N. Eldon Tanner related the following experience about delegating: “My daughter who was stake president of the Relief Society . . . came to me one day and said, ‘You know, Dad, I just don’t seem to be able to get one of my counselors to accept her responsibilities. I tell her what to do, she agrees to do it, and then I find it isn’t done and I have to go do it myself.’ And I said, ‘You what?’ She said, ‘It’s easier to do it than to get her to do it.’ Well, I sat down and lectured her for a little while and told her . . . that when you make an assignment, and delegate this authority and then you do the work, you have released them [the other people]. . . . It is so important that you train them to do their own work” (*Relief Society Courses of Study 1976–77*, 121–22).

- What did President Tanner remind his daughter to do as part of delegating? What is the danger in doing the task yourself after you have delegated it to someone else?

Being able to delegate and then wisely step back from doing too much ourselves is especially important to those of us who are mothers. As leaders of our children, we should delegate responsibilities to them

within our homes. When children know that certain tasks are theirs and will not be done by anyone else, they will assume more responsibility for getting their work done. A mother who does not allow her children to fulfill the responsibilities she has given them is depriving them of good, necessary learning experiences.

Delegating will lighten the workload in our homes, just as it will in our Church responsibilities. No mother should ever do all the work in her home. Such a thing is not good for us or for our children. We show our love for our children when we give them constructive things to do.

There are many things in the home children can do if the mother will plan and organize the household tasks according to the abilities of her children. When given everyday responsibilities, children receive good training and opportunities for development. At the same time, the children help us. When our children share in the appearance and organization of our homes, they become more interested in them.

When we delegate responsibilities to our children, we should remember to keep the tasks at a level the children can perform so that they will be able to experience success and feel good about themselves.

We should show our appreciation to them for what they do and praise and encourage them. It is important that we teach our children responsibility, work skills, and dependability.

- What responsibilities could be delegated to children to prepare them to be parents?

In our homes and in our Church responsibilities, we should be aware of the abilities of others. When our ability is greater than the ability of someone else, we should be kind and helpful. When someone else's ability is greater than ours, we should be willing to learn from that person. We are wisest when we work to the best of our ability and set a good example for others to follow, always trying to work well with others and encourage them to do their best.

Conclusion

To be successful in leadership responsibilities in our homes, the Church, and our communities, we must learn to delegate. This requires that we be patient, encouraging, and appreciative. We must remember to apply the principles of delegation that Jesus taught, carefully outlining for our people their duties, following their progress, and expressing appreciation for the work they accomplish. When responsibilities and assignments are delegated to us, we must be diligent in using our abilities to complete them successfully. Wise delegation helps us all to accomplish more efficiently the responsibilities we have been given and thus better serve our Father in Heaven.

Challenge

Review the tasks performed in your home. Develop better ways to delegate responsibilities to your children, using the principles taught in this lesson. Consider ways that you may be able to use delegation to help you better accomplish the work you are now responsible for in your Church calling.

Additional Scriptures

- Luke 10:2 (laborers needed for the Lord's work)
- 1 Peter 5:1–5 (exercise authority in humility)
- Doctrine and Covenants 107:99–100 (serve with diligence)
- Doctrine and Covenants 121:41–44 (righteous leaders lead with love and kindness, reproofing when necessary)

Teacher Preparation

Before presenting this lesson:

1. Review lesson 29, "Developing Leadership," in this manual.
2. Assign class members to present any stories, scriptures, or quotations you wish.

DECISION MAKING

L e s s o n 31

The purpose of this lesson is to help us understand the importance of making wise decisions.

Why We Must Learn to Make Decisions

“ ‘Can’t we go any faster?’ I asked anxiously as we rode along the graveled highway in our newly purchased secondhand pickup.

“Mama smiled. ‘Why the big hurry?’ she teased as if she didn’t know.

“ ‘I can hardly wait to buy the shoes,’ I answered. I was so excited, for it had been nearly a year since I . . . had been taken to the store to buy new shoes. . . .

“The town with the big country store was four long miles away, and it seemed like forever before we finally arrived.

“As soon as we were parked, I jumped out of the pickup and ran into the building. I hurried past the canned goods, down through the hardwares, and wasn’t quite to the shoe department when suddenly I saw them. There on a middle shelf that was tilted up a little was a pair of bright red shoes sitting on a silver stand. I stopped short and caught my breath in awe at the beauty of their color and the daintiness of their sandal-type straps. . . .

“Mama came up behind me, and I led her directly to the shelf.

“ ‘May I have these?’ I asked hopefully. Mama studied the shoes for a long moment.

“ ‘They aren’t very practical,’ she said finally. . . .

“ ‘I’ll be ever so careful with them,’ I coaxed. ‘Please.’

“The clerk came up and measured my foot.

“ ‘The red shoes are a half size too small,’ she said, ‘and it is the only pair we have left. However,’ she added when she saw the disappointed look on my face, ‘sometimes sandal-type slippers run a little larger than the average shoe. Would you like to try them on and see?’

"Mama reasoned with me, telling me my feet needed room to grow even if the shoes did fit now. . . .

"The shoes, with a built-in toe and heel, felt tight, but nevertheless I succeeded without too much effort in getting them both on, and I stood and looked down in admiration.

" 'May I have them?' I asked, feeling, without doubt, that I could stretch the tiny straps in a short period of time to fit comfortably.

"The shoes didn't look too small, but Mama seemed certain that there wasn't enough room for my feet to grow. . . .

"My hopes declined. . . . Mama focused her forehead into another deep-thought wrinkle as she walked over and picked up a pair of brown oxfords in the size I needed.

" 'Why don't you try these on,' she said; 'then you can make the decision yourself.'

"I was elated. Even though I had made decisions before, I had never made one as important as this. . . .

"As I slipped one of the brown shoes on and tied the lace, it felt good in comparison to the red one on my other foot. I pondered silently as I tried to decide fairly, considering the good and bad points of each pair of shoes. The oxfords would last longer, and they were more comfortable, but they were so brown and plain, sort of ordinary looking really, and besides, they were the kind I had always worn. The red shoes were beautiful, and I wanted something different. . . . Admittedly, they did squeeze, but I could suffer for a day or two if need be. . . . Yes, I would take the red ones. . . .

"The next two days I wore the pretty shoes in misery. Then a blister appeared on each of my big toes, and the misery turned to agony. . . .

"Finally, I could stand it no longer. With tears close to my eyes and the red shoes held firmly in my hands, I went to Mama. My lip quivered, but I was determined not to cry. . . . I stood for a minute trying to gain my composure and to think of something . . . to say.

" 'They pinch and they hurt,' I blurted out honestly.

"Her answer came as such a surprise to me that all I could do was to stand with my mouth open saying nothing.

" 'We do not always make the right decisions,' Mama said as she went to a drawer and took out a package containing the brown shoes. As she handed them to me she added softly, 'And sometimes it takes a pinch of hurt to help us be more wise the next time we have something important to decide' " (Lena Mae Hansen, "A Pinch of Hurt," *New Era*, Mar. 1977, 49-50).

- What lesson did the girl learn? How did the mother help her daughter learn to make decisions?
- What are some decisions you can help your children make?

Teaching our children to make wise decisions is an important part of our responsibility as parents.

Wise Decisions

President Spencer W. Kimball said:

“We hope we can help our young men and young women to realize . . . that they need to make certain decisions only once. . . . Some determinations made early in my life . . . were such a help to me because I did not have to remake those decisions perpetually. We can push some things away from us once and have done with them! We can make a single decision about certain things that we will incorporate in our lives and then make them ours—without having to brood and redecide a hundred times what it is we will do and what we will not do.

“Indecision and discouragement are climates in which the Adversary lives to function, for he can inflict so many casualties among mankind in those settings. . . . If you have not done so yet, decide to decide!” (in Conference Report, Apr. 1976, 69–70; or *Ensign*, May 1976, 46).

- Why should you learn to make your decisions wisely?

Each day we are required to make many decisions, some of which are easier to make than others. Some may not have important or eternal consequences, whereas others will have consequences that will influence our lives eternally.

We have the opportunity to make decisions because we have been given agency, or the right to choose (see lesson 2, “Agency and Accountability,” in this manual). With that gift, we are also given the responsibility for the choices we make. Therefore, it is important that we seriously consider the consequences of each decision.

- What are some decisions that all of us must make? (List answers on the chalkboard.) What are some possible consequences of these decisions? (List each on the chalkboard opposite the corresponding decision.)
- Read 1 Kings 18:21. How can deciding to live the commandments of God make other decisions easier?
- How does our decision to join the Church influence other decisions we must make?

Making some basic decisions early in life will free us from making a lot of troublesome day-to-day decisions later. For example, if we have already decided to live by the Word of Wisdom, we will not have to decide whether we should accept a cigarette or an alcoholic beverage when it is offered to us.

- What are some decisions that can make other decisions easier?

Many of the decisions made in our youth have eternal consequences. One of the most important decisions young people make is whom they will marry. Therefore, decisions about dating are especially important.

- What are some decisions that would influence the choice of a spouse?
- Why is it important that we learn how to make wise and inspired decisions?

“We are constantly making . . . decisions. The outcome determines the success or failure of our lives. That is why it is worthwhile to look ahead, set a course, and at least be partly ready when the moment of decision comes” (Thomas S. Monson, in Conference Report, Apr. 1972, 72; or *Ensign*, July 1972, 69).

How to Make Wise and Inspired Decisions

Prayerfully Consider Alternatives

“Making decisions is probably the most important thing people ever do. Nothing happens until someone makes a decision” (Ezra Taft Benson, *God, Family, Country: Our Three Great Loyalties* [1974], 145). For this reason it is important that we learn to make wise decisions. In order to do so, we must learn to consider all possible solutions. This includes gathering facts and assessing what the results of each possible choice will be.

President Ezra Taft Benson suggested that we use the following six questions as a guide in decision making:

1. Could it retard or injure spiritual or moral progress?
2. Could it create unhappy or unpeaceful memories?
3. Is it contrary to the revealed will or commandments of God? . . .
4. Could it harm any individual, family, or group?
5. Would the decision make [me] a better person? . . .
6. Could a blessing be derived from this particular action? [See D&C 130:20–21]” (*God, Family, Country*, 151).

- How would answering these questions help you make wise decisions?

After considering the possible solutions and their consequences, we must select the solution we feel is best. This is often the most difficult part of making decisions. When we make prayer part of this process, Heavenly Father can help us understand the results of different choices and guide us in selecting the best alternative.

- Ask class members to select an important problem that requires a decision. Write it on the chalkboard. Discuss possible solutions and their consequences.

Counsel with the Lord

Wise and inspired decisions come through prayerful consideration and effort on our part. After we have prayerfully considered the possibilities and selected the best alternative, we should counsel with the Lord before we make our final decision.

- Read Jacob 4:10. How can Heavenly Father help us make the best decisions?

In addition to counseling with the Lord for guidance in personal decisions, we often need to counsel together as husbands and wives, as parents and children, as fellow workers in the Church, and as friends. We should counsel together to consider decisions and gain experience from others. Often we can solve our problems by reading the scriptures and learning from experiences recorded there or by studying our patriarchal blessings.

Elder Boyd K. Packer suggested:

“When you have a problem, work it out in your own mind first. Ponder on it and analyze it and meditate on it. Read the scriptures. Pray about it. I’ve come to learn that major decisions can’t be forced. You must look ahead and have vision. . . .

“Ponder on things a little each day and don’t always be in the crisis of making major decisions on the spur of the moment. . . .

“Do you go to the Lord with a problem and ask Him to make your decision for you? Or do you work, read the revelations [scriptures], and meditate and pray and then make a decision yourself? Measure the problem against what you know to be right and wrong, and then make the decision. Then ask Him if the decision is right or if it is wrong” (“Self-Reliance,” *Ensign*, Aug. 1975, 88–89).

- Read Doctrine and Covenants 9:7–9. What steps does this scripture outline for us to follow in making decisions? How can we know if we have made the right decision?

- Read Doctrine and Covenants 6:22–23. What is another way that we can know we have made a righteous decision? What are still other ways we can know we have made a decision that is pleasing to Heavenly Father?

At times, we may feel like we have not received an answer or confirmation of our decisions. Elder Dallin H. Oaks offered the following explanation of this kind of experience: “We are often left to work out problems without the dictation or specific direction of the Spirit. That is part of the experience we must have in mortality” (“Teaching and Learning by the Spirit,” *Ensign*, March 1997, 14).

Sometimes, even if we go through all the necessary steps, we may make the wrong decision. However, if we continue to pray and counsel with the Lord, He will guide us and help us understand how to correct our course and make a better decision. Elder Loren C. Dunn related an experience that illustrates this point:

“I can remember a few years ago when I had a critical decision to make. . . . I had an important job offer made to me and I went through all of the steps . . . , made a decision to the best of my ability, then contacted the people and turned them down. The next twelve hours I went through almost a ‘hell,’ before I realized that the Lord was trying to tell me I had made the wrong decision. Interestingly enough, the people whom I had turned down called me again and upped their offer—I would have been more than happy to settle for whatever they offered me in the first place! Yet I use this example to point out that if we go through these initial steps and put the whole thing in the hands of the Lord, if it happens to be a wrong decision we will find it very, very difficult to carry it out. . . . Somehow he will guide us back in the direction he wants us to go” (*Establish Divine Communication*, Brigham Young University Speeches of the Year [24 Mar. 1970], 4).

- What steps of the decision-making process are emphasized in this story? Why is it important to have the confirmation of the Spirit when making decisions?

Elder Marion G. Romney, in speaking of Doctrine and Covenants 9:7–9, said: “This is the kind of revelation we can all live by. One need not make serious mistakes in life. Such can be avoided by following this formula. It will guide us in all our activities if we will become sensitive to it” (in Conference Report, Apr. 1964, 125; or *Improvement Era*, June 1964, 506).

Following Through on Wise Decisions

Once we have made a wise and inspired decision, we must be firm in our commitment to follow it. Because of the many pressures that can

turn us away from our goals, we must realize that making right decisions includes a commitment to follow through. Even if others try to convince us to deviate from our decisions, we should remain firm.

We must not be “led about by Satan, even as chaff is driven before the wind, or as a vessel is tossed about upon the waves, without sail or anchor, or without anything wherewith to steer her” (Mormon 5:18). We must give direction to our lives by following through on the decisions we make.

The following incident illustrates how one young woman successfully met an experience that tested her commitment to a decision she had made: “Kathryn . . . had an opportunity for a summer job selling memberships in a travel club. Part of the job was to travel on weekend trips with the club members all over the Caribbean. As the man finished interviewing her for this exciting job he said, ‘Just one more thing. You wear your skirts too long. Our customers like the sales appeal of young, pretty girls. Shorten your hems by at least five inches.’ Kathryn didn’t get that job, but she gained something far more valuable. . . . In saying ‘no’ to that experience, she said ‘yes’ to vast new spiritual vistas within herself as a woman who had the strength to resist petty temptation” (Maureen Jensen Ward, “Growing Up Spiritually,” *Ensign*, Dec. 1975, 55).

- How can being firm in a decision you have made give direction to your life? How can you gain strength from remaining firm in your decisions? How can your firmness help you make future decisions?

Conclusion

“ ‘The journey of a thousand miles begins with one step.’ [Lao-tse, *The Simple Way*, no. 64.] This emphasizes the constant need for thoughtfulness in all things, for a respectful, prayerful approach to all problems. It emphasizes also that there is no wisdom, no safety, no assurance in any hasty or stubborn, or shortsighted decision. . . . For realizing the highest happiness, the peace and progress that God, that a loving Father, can give, we must remember that ‘The journey of a thousand’ years—indeed, the journey of all eternity—‘begins with one step.’ And thoughtfully, respectfully, prayerfully we should approach all problems, all choices, all decisions” (Richard L. Evans, “. . . With One Step . . .,” *Improvement Era*, Aug. 1961, 604).

We should consider the consequences of each possible decision before we take the first step. Once we have prayerfully made a wise and inspired decision, we should be committed to carrying it out.

Challenge

Present a lesson on decision making in a family home evening, allowing for discussion of all the main points outlined in this lesson. Think

about some of the decisions you make daily. Ask yourself how you can increase your ability to make wise and inspired decisions.

Write on a sheet of paper the six questions presented by President Benson for evaluating possible decisions. Use these questions, along with Doctrine and Covenants 9:7–9 and 6:22–23, as a guide whenever you have an important decision to make.

Additional Scriptures

- 2 Nephi 10:23 (free to act for ourselves)
- Enos 1:10 (the voice of the Lord came into the mind of Enos)
- Alma 37:37 (counsel with the Lord in all things)
- Doctrine and Covenants 8:2–3 (heart and mind spoken to by the Holy Ghost)
- Doctrine and Covenants 58:26–28 (we should not need to be compelled to do good)
- Doctrine and Covenants 112:10 (the Lord leads the humble)

Teacher Preparation

Before presenting this lesson:

1. Read chapter 8, “Praying to Our Heavenly Father,” and chapter 22, “The Gifts of the Spirit” in *Gospel Principles*.
2. Assign class members to present any stories, scriptures, or quotations you wish.

SETTING PERSONAL AND FAMILY GOALS

Lesson 32

The purpose of this lesson is to inspire us to set goals and work to achieve them.

Our Need for Goals

A goal is a standard, a skill, an ideal, or a destination that is to be achieved. We set a goal when we decide to accomplish a particular thing. Some goals, such as cleaning a room or reading a book, may take a short time to accomplish. Other goals, such as saving money to buy a new home or doing things to improve the love and peace within the family, may take months or years. Goals that will help us become worthy to dwell eternally with our Heavenly Father may take an entire lifetime. Some goals may not even be attained during a lifetime on earth, but may require additional effort in the hereafter.

In the scriptures Heavenly Father has stated His major goal concerning His work: “For behold, this is my work and my glory—to bring to pass the immortality and eternal life of man” (Moses 1:39). In order for His goal to be realized in our lives, we need to set goals that will enable us to make our lives productive and happy and that will help us be worthy to return to our Heavenly Father.

It has been said that “if you don’t know where you are going, it doesn’t matter which road you take” (quoted by John H. Vandenberg in Conference Report, Apr. 1966, 92; or *Improvement Era*, June 1966, 533).

Some people often waste days, months, and even years of their lives going down paths that lead them to no worthwhile achievements. Other people set goals and progress steadily along paths that lead them to achieve much.

Every successful vacation is largely the result of goals. For example, after we decide where we are going on a trip, we select goals to help us know where we are now, where we are going, and how we are going to get from where we are to where we want to be. Goals give

purpose and direction to our actions. They help us improve our lives and achieve heights we did not think possible. President Spencer W. Kimball made the following statement about missionary goals:

“Our goal is to achieve eternal life. That is the greatest goal in the world. We are not opposed to goals. We do not want stake and full-time mission presidents to establish quotas for the missionaries. Rather, we expect them to inspire missionaries to set their own goals, and make them high enough to challenge their very best efforts, and work to achieve them. We expect you brethren to convey this message to them. We look to you to teach these principles and follow up. . . .

“Stimulate and encourage them to make and reach goals for themselves. . . . Success should not necessarily be gauged by always reaching the goal set, but by progress and attainment” (regional representatives’ seminar, 3 Apr. 1975).

When speaking to Latter-day Saint women, President Kimball also counseled us to set goals that require us to “reach and strain. . . . Growth comes from setting your goals high and reaching for the stars” (“Privileges and Responsibilities of Sisters,” *Ensign*, Nov. 1978, 103). He also said: “We do believe in setting goals. We live by goals. . . . We must have goals to make progress” (regional representatives’ seminar, 3 Apr. 1975).

Setting Individual Goals

- Display visuals 32-a, “A young woman”; 32-b, “A mother with children”; and 32-c, “An older woman.” Have the class choose one goal for each of the sisters in the pictures. Write the three goals on the chalkboard. Think of some things each sister could do now to start to come nearer to her goal.
- What should be the most important goal in your life?

Although each of us is individually unique, our main goal in life should be the same—to become worthy to achieve exaltation in the celestial kingdom and return to live with our Heavenly Father as a part of His eternal family. Because individual talents, abilities, and weaknesses differ, each of us needs to set different individual goals to help us achieve our main goal. For example, some of us may need to improve our ability to pay tithing, whereas this may already be easy for some. Some of us may need to learn to keep the Sabbath day holy, while this may pose no problem for others. We will not always have the same goals as others because our individual needs are not always the same.

- What are some goals we could select to help us reach our main goal of achieving exaltation in the celestial kingdom as part of our



32-a, *A young woman*



32-b, A mother with children

Heavenly Father's eternal family? What are some things we need to do now? (Write the responses on the chalkboard.)

President Spencer W. Kimball shared the following personal experience he had in setting a goal when he was 14 years old:

"When I heard a Church leader . . . tell us at conference that we should read the scriptures, and I recognized that I had never read the Bible, that very night at the conclusion of that very sermon I walked to my home a block away and climbed up in my little attic room in the top of the house and lighted a little coal-oil lamp that was on the little table, and I read the first chapters of Genesis. A year later I closed the Bible, having read every chapter in that big and glorious book. . . .

"I had a glowing satisfaction that I had made a goal and that I had achieved it" (in Conference Report, Apr. 1974, 126–27; or *Ensign*, May 1974, 88).

- Ask a class member to share her joy at having set and achieved a personal goal. Think about how you have felt when you have accomplished a personal goal.

Sister Lelia Higginson of Denver, Colorado, USA, a devoted Latter-day Saint woman, knew the value of setting goals. After she passed away, her husband called the family together and read to them excerpts from their mother's journal, which she had written 30 years earlier as a young unmarried woman. Her journal showed that she had set righteous goals:

"I want to be ready to help build up the kingdom of God on this earth. . . . I hope I can prove true. . . .

"The goal I am seeking through this life is that of being permitted to be in the celestial kingdom in the world after this, and I shall never quit working for my goal. I have attended church since I was old enough to go. . . .

"I want to be married to a clean Mormon boy who can take me to the temple, and I want to be worthy of him. I hope that I can pass on to my posterity a clean, perfect mind and body, my knowledge of the gospel, and a desire to live to attain the celestial kingdom. I hope that I will be permitted to live with my loved ones in the next world and that I may be the means of helping all I can of those around me, and those who have gone before, to get their temple work done. I want to be the means of bringing new souls into the world and to be able to be a worthy and good mother, to help provide a home for them that they may enjoy the same blessings that I enjoy in my home" (quoted by John H. Vandenberg in Conference Report, Apr. 1966, 94; or *Improvement Era*, June 1966, 534).

- What specific goals did Sister Higginson set for herself? (Write responses on the chalkboard.) Which of these goals do you want to set for yourself?

Before we set our individual goals, we should pray and meditate. We should ask Heavenly Father to help us know where we are weak, what we need to improve, and what our goals should be. Our patriarchal blessings will also help us understand what our individual goals should be. Instructions from our Church leaders can help us in setting our individual goals. We should develop the attitude President Spencer W. Kimball expressed at the close of a general conference: “I have made up my mind that I shall go home and be a greater man than I have ever been before. I have listened to all the instructions and suggestions, and I am hoping that every person who has heard them has done likewise. . . . I urge you to . . . think again of the things that have been brought to your attention; and so far as they approach your life in any way, see if you can use them to bring you back—all of us—toward the perfection which the Lord has asked of us” (in Conference Report, Oct. 1977, 113; or *Ensign*, Nov. 1977, 75).

Setting Family Goals

In addition to setting our individual goals, we should talk with our families and set goals for the entire family to achieve. We can be working on some individual goals and some family goals at the same time. As families we may want to set a general goal to increase the love, peace, and happiness in the home.

- What specific family goals could we set that would help our families increase the peace in our homes?

Some of us may want to increase our family’s knowledge of the scriptures or improve Church attendance and activity. Others of us may want to work with our families to improve the cleanliness and beauty of our homes. Our families may need to improve the way we use our money, or we may need to begin a home storage program. Elder Rex D. Pinegar told of an experience he and his family had in setting family goals:

“One day my wife asked me a staggering question that startled me a little bit. She said, ‘Now, Rex, what are you really going to be? . . .

“ ‘What are your goals, your objectives in life?’ I realized that I had never shared them with her. It kind of hurt, and I realized that it had probably hurt her as well. So we talked about our family and then decided what we’d have to do with our lives. . . . Our desire was to be of service to the Lord and be where he wanted us to be when he wanted us to be there. Well, in order to accomplish that we had to have an



32-c, *An older woman*

income, and so we set our goals in line with that thinking. It meant moving, and we did. It meant being in school for thirteen years. . . . But those goals were secondary to family, secondary to maintaining the family unit" ("Goals and Family Life," in *1976 Devotional Speeches of the Year*, 39).

Setting family goals will help us grow in love and unity in our families and can help us gain family exaltation with our Heavenly Father.

Achieving Our Goals

Bishop John H. Vandenberg said: "I feel that goal-setting is absolutely necessary for happy living. But the goal is only part of the desired procedures. We need to know which roads to take to reach the goal. . . . [People] need to make commitments with themselves by writing down their goals and keeping a record of the fulfillment of their achievements" (in Conference Report, Apr. 1966, 94; or *Improvement Era*, June 1966, 534).

- What does it mean to "know which roads to take to reach the goal"? What steps did Bishop Vandenberg name to help us achieve our goals? (Write the heading *Achieving Goals* on the chalkboard, and under it list class members' responses.)
- Conduct the following demonstration: Hold in your hand five or six small balls or other small objects. Select a sister and tell her your goal is to have her catch all of the balls. Throw the balls to her all at once. She will probably be unable to catch any of them.
- How does this demonstration apply to our achieving our goals?
- Continue the demonstration by throwing the balls to the sister one at a time so she can catch each one. Explain that this demonstration shows the importance of working step by step to accomplish our goal. We should not expect to achieve goals all at once.

Suppose that you and your husband are like the young couple mentioned in the following situation:

"During one of their family home evenings, a young married couple [made] a resolution to get out of debt by the following Christmas. But six months and then a year later, they [were] still heavily in debt with no relief in sight. . . .

"After a year of frustration and failure in achieving their family objective, the couple decide[d] to be more precise in setting their goal. They review[ed] the past few months and admit[ted] that they [had] made some unnecessary expenditures. . . .

“Making a second effort, . . . this couple properly identified their problem, precisely defined their objective, and decided—in writing—the procedures they would use and the sacrifices they would make to achieve their goal. With a reasonable budget and a prayerful commitment, they reached their goal even before the specified deadline” (Rodger Dean Duncan, “Do Your Family Goals Fizzle?” *Ensign*, Feb. 1971, 59–60).

- Why was this couple unable to get out of debt during the first year after setting their goal? What did they do that helped them succeed? (Add responses to those listed on the chalkboard.)

When we are striving to achieve worthy goals, we should seek the aid of our Heavenly Father in prayer.

While trying to achieve our goals, we may sometimes become discouraged. Perhaps you have “felt like the young mother who was so burdened with personal problems, pressures, and frustrations that she felt inadequate to deal with them. . . . She and her husband had wanted a large family. Now she was strongly doubting whether she had the ability to handle the children with which the Lord had already blessed them. . . . She wept with despair at the gap between the ideal and her own performance. She was sure she would never qualify for exaltation, never become perfect.

“Then she knelt with a contrite heart to get help from the Lord. Soon afterward, in a sacrament meeting, she received her answer. After reading 1 Nephi 3:7, the bishop bore his testimony that the Lord does not give any commandment unless he prepares a way for us to accomplish it. Soon afterward, she wrote a letter . . . describing her experience. . . . ‘After the bishop’s talk, I started reading the scriptures and praying each day. I determined that I needed to prepare myself so I could ask the Lord for as much help as I needed. Now, I *am* doing it and I am overwhelmed at the difference in my life. I love it! I already feel happier and more confident. . . . I can’t say I never fail, but I feel better about things. And I know I am making solid progress in many areas’ ” (*Relief Society Courses of Study 1978–79*, 8).

Although we may carefully follow the suggestions given for achieving our goals, sometimes we may not be successful in reaching them. Sometimes the Lord wisely has plans for us other than those we have chosen. Sister Sandra Covey related an experience of her teenage daughter:

“Being elected cheerleader of her high school seemed to be the most important need in her life. She had worked for several months, practicing every day doing cartwheels, flips, splits, and cheers. . . .

"She seemed a cinch to be one of the five winners.

"She was absolutely crushed when she lost. It was only by a few votes, but she lost.

" 'Mother, you just don't know how important this was to me,' she sobbed. 'It's one of my lifetime goals. Why did the Lord let me down when I prayed so fervently? . . . I practiced for six months. I couldn't have tried harder.' "

Sister Covey said, "I told her there must be a good reason and through prayer and study she would come to understand why.

"The very next month she was asked to be one of the high school seminary officers. . . .

"That year she had many profound spiritual experiences. She developed deep, meaningful friendships and was a positive influence in helping several people come into Church activity.

"Later she told me that she gradually came to an understanding of herself through fervent prayer and study of the scriptures. 'I wanted to be a cheerleader more than anything else, but the Lord knew I needed this other experience more. I needed more spiritual growth. It was a hard experience, but I know in my heart it was right' " (Stephen R. and Sandra Covey, "Teaching Our Children to Pray," *Ensign*, Jan. 1976, 63).

Achieving our goals will be easier if we eliminate from our lives those things that discourage or stop us. Poor habits, undesirable companions, and negative thoughts in the form of anxieties, doubts, and fears keep us from accomplishing righteous desires.

Having a positive attitude will help us achieve the goals we set for ourselves. As we work daily for improvement, we should freely and fully enjoy each accomplishment, however small it may be. Elder Mark E. Petersen gave us this encouragement:

"I believe that in many ways, here and now in mortality, we can begin to perfect ourselves. A certain degree of perfection is attainable in this life. . . .

"I am confident that one of the great desires of the Lord our God is that we shall keep that great commandment which says, 'Be ye therefore perfect.' (Matt. 5:48.)" (*Toward a Better Life* [1960], 312–13).

- How do you explain Elder Petersen's statement that "a certain degree of perfection is attainable in this life"?

Achieving our righteous goals will come as a result of planning, effort, and prayer. We should remember that we will never fail as long as we are striving to reach these goals and seeking to understand Heavenly

Father's will for us. We have accepted the gospel and joined the Church to help us become like our Father in Heaven.

Conclusion

Setting goals will help us accomplish our worthy desires in mortality and in the hereafter. Individual goals can guide us to achieve personal triumphs. Family goals can lead us to become unified, exalted families. As we work to accomplish righteous goals, we are striving to fulfill the Lord's commandment, "Be ye therefore perfect" (Matthew 5:48).

Challenge

Ponder what you want to achieve in mortality, and prayerfully seek to know Heavenly Father's will for you. Then set realistic goals to attain your desires. Discuss your goals with your family. Select one individual goal to work on first, and then ask yourself, "What should I do to reach my goal?" Write down what you can do this week to achieve your goal. At the end of this week, write down what you can do the following week. Repeat this process until you have achieved the goal. Then choose another of your personal goals and follow the same procedure until you accomplish this goal.

With your family, choose a goal that will benefit all of you, and then follow the above process until your family has achieved the goal. Give special recognition to those in your family who achieve a personal goal they have set for themselves.

Additional Scriptures

- Mark 9:23 (all things are possible)
- Galatians 6:7 (law of the harvest)
- James 1:22–25 (be doers as well as hearers)
- 1 Nephi 3:7 (the Lord will help us keep His commandments)
- Articles of Faith 1:13 (virtues we should strive for)

Teacher Preparation

Before presenting this lesson:

1. Obtain five small balls or other objects to use in the demonstration on achieving goals step-by-step.
2. Assign class members to present any stories, scriptures, or quotations you wish.

CONTINUING TO LEARN

Lesson 33

The purpose of this lesson is to help us strengthen our understanding of the need to continue to learn throughout life.

Learning Is Necessary for Progression

“Isn’t it wonderful how many interesting things there are around to be seen and heard and felt and learned and enjoyed! . . .

“We have only to open the ‘many windows’ to our soul—to happily employ our eyes and ears and intuition, to use our sense and our senses and our ‘inward vision.’ We can furnish our minds with interesting pictures to look at, inspiring things to hear, happy memories to live with” (Marion D. Hanks, *Improvement Era*, Oct. 1964, 883).

Heavenly Father has given us a wonderful world in which to live, learn, and progress. Our life on earth is a schooling process, during which we are to seek knowledge and understanding of the things of God and the world around us.

One of the basic teachings of the Church is that the knowledge we gain in this life will be a blessing to us now and in life after death: “If a person gains more knowledge and intelligence in this life through his diligence and obedience than another, he will have so much the advantage in the world to come” (D&C 130:19).

Learning is necessary for progress in any phase of our lives. Continued learning is an important part of the gospel. To live the gospel we must learn its truths. Consequently, the prophets have instructed us to study the scriptures regularly. Elder William J. Critchlow Jr. told of giving special instructions to home teachers about motivating those they visited to read the scriptures:

“Once, as president of a stake, I sent the home teachers into the homes of the Saints to read as their lesson verses of related scripture found in the four standard works. I instructed them to take no books with them—to borrow instead the family books. What they found was surprising:

“—In many homes there was a lot of searching and dusting off before the books were available.

“—Young people who had been married a short time were generally without the books unless the husband was a returned missionary.

“—One good brother said, ‘We packed all our books in a trunk when we moved here. It’s in the attic and I can’t get to it tonight.’ When asked how long he had lived there, his wife found the courage to answer, ‘Seven years.’

“—Another wife said she didn’t know why her husband had never purchased a Pearl of Great Price. ‘We have the other books,’ she said. She was a bit embarrassed when she learned that it was found with her Doctrine and Covenants.

“—One wife said, ‘I’ll have no trouble finding the Bible. My husband keeps it in his reading room.’ The teachers watched her go directly to the bathroom and come out with the Bible in her hand.

“Well, we didn’t care where our folks read them. The whole idea was to get them out of hiding and into the family room, in plain sight, so that occasionally they could turn off the radio or television set and read them” (*Gospel Insights* [1969], 87–88).

- How can we establish the habit of scripture reading? (See *The Latter-day Saint Woman, Part A* lesson 32, “Learning the Gospel in Our Homes.”)
- Why is regular scripture study necessary for progression in Heavenly Father’s plan?
- Read 2 Nephi 9:28–29. What learning is of the greatest value? We make progress as we learn to use our knowledge in the right way. Elder Sterling W. Sill said: “After they [Adam and Eve] had eaten [the fruit from the tree of knowledge of good and evil] God said, ‘The man is now become as one of us, knowing good from evil.’ . . . The right kind of knowledge still tends to have that effect upon people. It still tends to make men and women become as Gods” (“Let’s Talk About . . . Education,” *Church News*, 16 Jan. 1971, 14).

Opportunities for Learning Are Numerous

As members of the Church, we have three important centers of learning: the home, the school, and the Church. Each of these offers opportunities for continued learning.

The Home

Our homes and families should provide the foundation for learning. Sister Aline R. Pettit told how her mother encouraged her family to learn:

“Vivid in our memories was Mother busying herself about the house reciting a favorite poem or giving a special thought or bit of scripture which especially appealed to her. Mother not only read voraciously, she memorized. As she read she always had pencil and paper nearby, and when she found something that appealed to her, she wrote it down, not to be filed away but to be memorized. As children we were not as enthused as she about ‘learning things by heart,’ but nevertheless it was required of us. We did not just wash dishes in our house, we washed dishes and committed to memory the special thought tacked over the sink. The same memorization was required when we ironed. Part of our training in ‘elocution’ involved reciting in front of the mirror in the bathroom so we could master the proper gestures and facial expressions” (“A Beautiful Journey,” *Relief Society Magazine*, May 1970, 324).

- What can we do to help our family learn at home?

We can use our time wisely to provide for study and learning in the home. We can set aside some quiet time for study and discussion. We can select radio and television programs with care. We can enjoy good books and interesting discussions. We can use our family home evenings as a time to learn new things. As homemakers we can improve our skills by studying, reading, discussing, and observing and trying different methods of good homemaking.

The Walter Gong family is a good example of what a family can do to learn together:

“Education is a spiritual as well as a scholarly endeavor for the Walter Gong family of the Los Altos California Stake. Their three children are all leaders in the Church and in their schools. . . .

“Brother Gong is patriarch of the Los Altos California Stake and a professor of natural sciences at San Jose State University. . . .

“[Brother Gong said,] ‘When the Church became part of our lives (Brother and Sister Gong are both converts of many years), education became even more important to us because of the doctrine “the glory of God is intelligence.” ’

“The Gongs have always taught their children every evening at the dinner table. ‘We’ve made it a point to use the table as a place for each family member to review all the events of the day. It’s a time when our children can direct themselves regarding the family and regarding their individual activities.’

“The patriarch stressed that the parents’ responsibility is to make sure children can stand on personal revelation by the time they leave home. ‘Personal revelation requires study as well as prayer,’ he said.

“Therefore, if children learn in the home the importance of study as well as how to pray, they will have the foundation for receiving guidance from the Lord to aid in their individual lives’ ” (“Education Has Spiritual Meaning to Family,” *Church News*, 29 July 1978, 15).

- How can the children in a family such as the Gong family benefit from their parents’ teachings?

We should think about our own homes and families and ask ourselves these questions:

Do members of my family teach one another?

Do we enjoy reading, poetry, music, drawing, or painting together?

Is extra time a burden, or is it an opportunity to make new friends, gain new interests, and invent and build?

The School

With formal education we can add to our opportunities for learning.

“Mr. [Conrad] Hilton told about a plain bar of iron being worth about five dollars. But that same iron, if made into horseshoes, would be worth \$10.50. If it were made into needles, it would be worth \$3,285. And if turned into balance springs for watches, its worth would be over \$250,000.

“Apparently the value of the raw iron is only what it costs to process it from the hill. Its greater value is determined by what is made of it. People are much the same as iron. You or I can remain nothing more than raw material, or we can be polished to a high degree. Our value is determined by what we make of ourselves” (Spencer W. Kimball, “On Cheating Yourself,” *New Era*, Apr. 1972, 32).

- Show visual 33-a, “A woman learning a skill.”
- What is the “raw material” or potential that we all have? How can we increase it? How can going to school help us increase our personal value?

Formal schooling gives us the opportunity to prepare ourselves to meet our own personal needs and the needs of our family. As sisters, we should develop skills that will enable us to help take care of our families if the need arises.

“Each Latter-day Saint youth should take seriously the counsel of the First Presidency when they said, ‘The Church has long encouraged its members, and especially its youth, either to obtain a college education or to become well trained in some vocation. . . . We . . . strongly urge all young people to engage and continue [where possible] in formal

study of some kind beyond high school' " (William R. Siddoway, "Are Four Years of College Necessary?" *New Era*, Dec. 1971, 41).

Elder Stephen L. Richards noted: "We want our youth to be educated. We want them to understand the history of the world and the laws of nature. We want them to be able to enjoy all of the best that the Lord in his providence has permitted man to develop. We want them, with a background of education, to be able to make intelligent appraisals and wise choices, so that they may lead lives of usefulness and happiness" (*Where Is Wisdom?* [1955], 160–61).

Such learning is valuable for all of us.

- Read Doctrine and Covenants 88:78–79. What kinds of things should we strive to learn?

President Brigham Young also told us that " 'it is our duty to become a cultivated people in all branches of education known among mankind' " (quoted by Harvey L. Taylor, "Learning Is an Endless Process," *Improvement Era*, Apr. 1964, 298).

- What educational opportunities are available in your area? Why is it important that you take advantage of these opportunities?

The Church

We should not neglect study of the gospel and activity in the Church during the time of our academic schooling. Our gospel education is needed then as much as at any time in our lives.

Education includes gaining a knowledge of God and the truths of the gospel. President J. Reuben Clark Jr. said, "There is spiritual learning just as there is material learning, and the one without the other is not complete; yet, speaking for myself, if I could have only one sort of learning, that which I would take would be the learning of the spirit" (in "Spiritual Education," *Church News*, 29 June 1974, 16).

The Church offers us many opportunities to learn and grow. As we accept callings to serve and attend classes, we increase our skills in human relations, leadership, and homemaking. Mrs. Rebecca Keale of Maui, Hawaii, said this about Relief Society:

" 'I always carry my Relief Society skills with me. . . . My learning came through the Relief Society. . . .'

"For Sister Keale, everything in the church is exciting. She works hard and is a very organized person. For example, one large room in her home is a 'project room,' where all the projects she is busy with are spread out on the floor so she can start and stop her work on a minute's notice. She is up at 5 a.m. every morning, and if an idea comes to her in the night, she gets out of bed and writes it down. . . .



33-a, A woman learning a skill

“ ‘I know that the more I give, the more the Lord will bless me, so I keep busy,’ she said. ‘I have learned that people need love and so I tell our sisters to “give,” to have charity. I bring them into my home, where a quilt is always set up, because they need to be busy in service. That way they have something to give. . . .’

“[Sister Keale also says,] ‘Because the lessons are so good, attendance is increasing at both leadership meeting and Relief Society meetings’ ” (“Relief Society Skills Aid Hawaiian Leader,” *Church News*, 2 Feb. 1974, 10).

Learning Requires Effort

Learning requires constant effort. It is far too easy for us to become mentally lazy when we do not study.

- What does it mean to study?

As a result of study that requires effort, we not only gain knowledge but also learn how to keep our minds alert. Sister Aline R. Pettit recalled how her mother did not give up learning and growing even when she lost much of her hearing and her eyesight grew dim:

“Mother will be ninety next July. At the time of my last visit, she was elated because her Camp of the Daughters of the Pioneers had transferred their meeting place to her convalescent home so she could share in the lessons with them.

“ ‘Can you hear the lessons as they give them, Mother?’ I asked.

“ ‘No, I can’t hear them because my hearing is almost gone, but that doesn’t matter. You see, I’ve been asked to give a poem at each meeting and that is such a joy to me.’

“ ‘But, Mother,’ I said, ‘how can you read a poem when your eyes are so dim?’

“I should have known better than to ask that question.

“ ‘Of course I don’t read the poems! One of the ladies here helps me and I memorize them.’

“ ‘You memorize a new poem for each monthly meeting?’

“ ‘Certainly,’ she answered. ‘I surely can’t remain here and do nothing!’ ” (*Relief Society Magazine*, May 1970, 328).

- How did this sister continue to learn in spite of her physical disabilities?

Reading is an excellent way to learn. Most of us have good eyesight and can read. It is good to recognize, however, that reading to learn is

different from reading for entertainment only. There are several things we can do to learn more from our reading.

- Display visual 33-b, “Reading can help us continue to learn.”
- List the following ideas on the chalkboard and discuss ways we can do each:

1. Choose our reading material wisely.
2. Plan a regular time for reading.
3. Have a definite objective in reading.
4. Take notes as we read.
5. Discuss the ideas that we gain.

Discussing with others helps us remember what we have read. It also helps us to understand the subject matter more clearly. With determination and self-discipline, we can learn and progress every day by improving our reading habits.

Extra effort and determination may be required by those people who must work outside the home to provide for themselves and others. However, they, too, can continue to learn and improve their skills by setting aside a certain amount of time each day or week for study.

President N. Eldon Tanner told of hiring a young messenger boy who proved his willingness to learn, his willingness to serve, and his willingness to work hard in several ways:

“The new boy, a widow’s son, was a bright young fellow who was interested in all that was going on and always had his eyes open to see how he could be helpful. He wanted to serve and assist others and learn what he could about the business. He was not trying to be president of the company, but he was trying to be the best messenger boy it was possible to be, and he attended night school to be better educated. Everybody liked him.

“He had only been there a few months when . . . he was advanced to a more responsible position. Before the end of the year, he had had another advancement and will continue to advance because of his attitude. He was prepared to go the extra mile. He was interested in his company

and wanted to be of service and was dependable in every way” (“He Was Prepared to Go the Extra Mile,” in Leon Hartshorn, comp., *Outstanding Stories by General Authorities*, 3 vols. [1970–73], 1:212).

- What are some of the ways this young boy continued to learn?

No matter what kind of work we do, we should continually try to learn and improve. When new farming methods are discovered, the wise farmer will seek to learn about them and how they might apply in his or her situation. When new ways to preserve and store food are introduced, the wise homemaker will study them and try to benefit from their use.

- What can we do to continue to learn and improve as homemakers? as mothers? as students? as working women?

Learning Enriches Our Lives

“[Several years ago in the Fiji mission,] in a tiny branch where 12 women—ten of them were nonmembers—attended Relief Society, [the Relief Society president] gave the women lessons and then challenged them to make their lives and surroundings better. She showed them how to improve their homes by putting up partitions for privacy and how to plant attractive vines to grow up over their thatched roofs, how to crochet doilies, how to clean more efficiently. The village chief didn’t want this woman in his village at first. But when she took him around and showed him how the village had been improved, he agreed she could stay and the meetings could continue” (Janet Brigham and Herbert F. Murray, “The Saints in Fiji,” *Ensign*, Nov. 1973, 28).

- How was this village enriched by the learning of these sisters? How did this learning more than likely make a difference in the lives of the women in the village?
- What are some other ways our individual lives can be enriched by learning?

No matter where we live, how old we are, or what our circumstances may be, we can always learn new things that will enrich our lives by making them more interesting and useful. Even if an older woman suffers a broken leg and is confined to her home for several months, during this time she can add depth to her thinking through reading books and reflecting on ideas they contain. Later on she might even say, as did one woman who had been confined: “This experience has shown me that out of the mind, when better used, and with an expanded point of view, can come new happiness and more usefulness. I wish that I had gained years earlier the knowledge that has come to me in this seventy-sixth year of my life.” (See *Relief Society Magazine*, July 1967, 550.)



33-b, Reading can help us continue to learn

The knowledge we gain not only benefits ourselves but also our families.

- How might our families be blessed by our learning? Invite the sisters to share how specific learning experiences have blessed their families.

Conclusion

Heavenly Father expects us to use our capacity to learn for building our own lives and for doing good to others. When the Prophet Joseph Smith organized the Relief Society for the women of the Church, he said, "I now turn the key in your behalf in the name of the Lord, and this Society shall rejoice, and knowledge and intelligence shall flow down from this time henceforth; this is the beginning of better days to the poor and needy, who shall be made to rejoice and pour forth blessings on your heads" (*History of the Church*, 4:607).

Challenge

Think of something specific you can do to continue learning. Plan your time so that you can learn something new and worthwhile each day. Plan a way to increase opportunities for learning in your home. Discuss the importance of learning in a family home evening. Help your children prepare a plan for their education.

Additional Scriptures

- Proverbs 19:20, 27 (seek learning that leads to righteousness)
- 2 Timothy (scripture is profitable for doctrine, reproof, correction, and instruction)
- Matthew 11:29 (learn of me)
- Doctrine and Covenants 19:23 (learn of me)
- Doctrine and Covenants 109:7 (seek learning by study and by faith)

Teacher Preparation

Before presenting this lesson:

1. List on the chalkboard the suggestions given in this lesson for improving our efforts to learn.
2. Assign class members to present any stories, scriptures, or quotations you wish.

INDIVIDUAL AND FAMILY PRAYER

L e s s o n 3 4

The purpose of this lesson is to inspire us to draw nearer to our Heavenly Father through prayer.

Communicating with Our Heavenly Father

- Sing “Did You Think to Pray?” (*Hymns*, no. 140; or *Gospel Principles*, 356).

On several occasions President Heber J. Grant was strongly impressed with President Brigham Young’s ability to talk with the Lord. President Grant said: “I was familiar with the Prophet Brigham Young. I knelt down time and time again in his home in the Lion House at family prayers, as a child and as a young man; and I bear witness that as a little child, upon more than one occasion, because of the inspiration of the Lord to Brigham Young while he was supplicating God for guidance, I have lifted my head, turned and looked at the place where Brigham Young was praying, to see if the Lord was not there. It seemed to me that he talked to the Lord as one man would talk to another” (“He Talked to the Lord,” in Leon Hartshorn, comp., *Classic Stories from the Lives of Our Prophets* [1975], 44).

All of us can communicate with our Heavenly Father. When we pray, we are actually speaking with Him, either vocally or by forming thoughts in our minds. Prayer is a form of worship.

In prayer we express appreciation and seek divine guidance. We confess sins and weaknesses, confide our thoughts and feelings, and share successes and disappointments. Through prayer, we can ask for help for ourselves and others.

- Display visual 34-a, “The language of prayer.”
- Have the assigned class member give a brief report on how we should pray. (See *Gospel Principles* chapter 8, “Praying to Our Heavenly Father.”)

We have been commanded to “pray *vocally* as well as *in thy heart*; yea, *before the world* as well as *in secret*, in public as well as in private” (D&C 19:28; italics added). To help us fulfill this commandment, the Lord has provided us with instruction, including a pattern of prayer known as the Lord’s Prayer (see Matthew 6:7–13 and 3 Nephi 13:7–13).

- Read Matthew 6:7 or 3 Nephi 13:7. What does “vain repetitions” mean? How can we avoid them when we pray?
- Read Matthew 6:9–13 or 3 Nephi 13:9–13. What can we learn about prayer from the pattern the Savior taught His disciples? Why is it important to accept Heavenly Father’s will when we pray?
- Read Doctrine and Covenants 88:62–64. What instructions does this scripture give concerning prayer? What blessings are we promised in Doctrine and Covenants 88:63–64?

To help us in our efforts to draw nearer to Him, Heavenly Father has given us counsel through our leaders on how to pray. Bishop H. Burke Peterson suggested:

“As you feel the need to confide in the Lord or to improve the quality of your visits with him . . . may I suggest a process to follow: go where you can be alone, go where you can think, go where you can kneel, go where you can speak out loud to him. . . . Now, picture him in your mind’s eye. Think to whom you are speaking, control your thoughts—don’t let them wander, address him as your Father and your friend. Now tell him things you really feel to tell him—not trite phrases that have little meaning, but have a sincere, heartfelt conversation with him. Confide in him, ask him for forgiveness, plead with him, enjoy him, thank him, express your love to him, and then listen for his answers. Listening is an essential part of praying. Answers from the Lord come quietly—ever so quietly. In fact, few hear his answers audibly with their ears. We must be listening so carefully or we will never recognize them. Most answers from the Lord are felt in our heart as a warm comfortable expression, or they may come as thoughts to our mind. They come to those who are prepared and who are patient” (in Conference Report, Oct. 1973, 13; or *Ensign*, Jan. 1974, 19).

Heavenly Father listens when we talk to Him.

- Read 1 John 5:14–15.

Our Father in Heaven will answer our prayers if we are humble and ask according to His will.

- Read Doctrine and Covenants 112:10.

The Language of Prayer

Address:

“Our Father in Heaven”

Give thanks:

“We thank thee”

Ask:

“We ask thee”

Close:

*“In the name of
Jesus Christ, amen.”*

Meeting Personal Needs through Prayer

If we are to communicate meaningfully with Heavenly Father through prayer, we must spend time with Him.

“One religion teacher suggested to his class that they spend at least fifteen minutes a day in personal prayer. That seemed to many class members unreasonably long! One student came up to him later and said, ‘I just don’t believe I can think of that much to say.’

“The teacher asked, ‘Don’t you spend at least that much time every day talking to your roommate?’

“ ‘Of course,’ the young woman replied.

“ ‘Then give some thought,’ said the teacher, ‘as to why it is you have more to talk over with your roommate than you do with the Lord’ ” (Karen Lynn, “Prayer: The Heart of the Sabbath,” *Ensign*, Jan. 1978, 31).

- How could quiet pondering of her blessings and her needs help this young woman find more to talk about in her prayers?
- Why is it important that we learn to meet our needs through prayer?
- Read Alma 37:37. How does the Lord bless us when we pray?

We should not limit ourselves to a set number of subjects for prayer. Rather, we should involve Heavenly Father in everything related to our personal lives—our work, our households, and our private struggles.

- Read Alma 34:17–28.

We should pray to know what to talk about in our prayers. During the Savior’s visit to the American continent, the Nephite people were inspired in their prayers. “It was given unto them what they should pray” (3 Nephi 19:24). When we pray with the Holy Ghost as our guide, He brings many thoughts and feelings to us.

Heavenly Father knows our real needs better than we know them. He knows what is for our good and what we need to overcome. As we seek Him, He helps us know how to meet our needs. An elderly sister in distress asked for a priesthood blessing and was given this counsel by her bishop during the blessing:

“ ‘Sometime during each day, go upon your knees before your Heavenly Father and thank him. Don’t ask for a thing; but praise him for what he is giving you.’

“The sister’s distress was coming from serious problems in her environment. She felt that she had great need to ask for things, but she accepted the idea of a daily prayer of pure praise.

“The first time she knelt to offer such a prayer she was surprised to find gratitude flowing from her heart. She did not have to cast about in her mind to find things she was grateful for.

“Circumstances were depriving her of old friends and their companionship, but she was receiving letters from these friends in her former home. No one but her husband depended upon her anymore, but he was still with her. Although she yearned to do so, she could no longer look at the sunset from across a field; yet she still had eyesight to see and do many pleasant and needful things. . . .

“Memories were not dim. The joy of being in the temple of the Lord and of associating there with others was still real. She could relive the glorious dew-fresh mornings she had walked the fields with her dog. The responsive faces of Sunday School students, the genealogical groups, the MIA young people, and the Relief Society sisters she had taught could still be recalled. . . .

“No matter where she lived or whether she held any Church position, the fact that she was a daughter of God remained. . . .

“As the days sped by, the distressed sister looked forward to her prayers of pure praise. They were much longer than her prayers of petition. She found that she had far less need than supply. Through praise she received her blessings over and over again” (Wilma Logan, “Prayers of Praise,” *Instructor*, Dec. 1970, 461).

- How did her prayers of thanksgiving meet the needs of this sister? How will thanking Heavenly Father for our blessings help us?

As we pray we must remember the wisdom of our all-knowing and perfect Heavenly Father and learn to accept His will in all things. Sometimes, in His wisdom, He answers our prayers in unexpected ways. This is illustrated in the following experience related by President N. Eldon Tanner:

“I was greatly impressed with the attitude of my daughter and her husband who had a child suffering with leukemia. The doctors said the child could not live more than a year or two. I remember what a great shock this was to them and how they pled with the Lord, attended the temple, and fasted and prayed that the child might be made well; and the thing that impressed me most was the fact that they would conclude their prayers with, ‘Not our will, but thine, be done; and make us strong enough to accept thy will for us.’

“He lived much longer than the doctor had predicted but finally was called home, and it was thrilling to me to hear his parents thank the

Lord that they had had the privilege of raising him as long as they did and that he was such a lovely child, and then ask the Lord to make them worthy to meet and live with him in the hereafter" ("Importance and Efficacy of Prayer," *Ensign*, Aug. 1971, 3).

- How were the parents' needs met through prayer? (They were blessed with the strength they needed to accept the Lord's will.)
- Why is it important to pray that the Lord's will be done? (The Lord in His infinite wisdom knows what is best for us.)

In addition to praying for the needs of our families and ourselves to be met, we should pray for others in their needs. As members of the Church, we can unite in prayer for those with special needs.

We often have the opportunity to pray in our Church meetings. Of this opportunity, one member commented: "I always appreciate it if I can sit in front of the congregation before I give a prayer on their behalf. I look over their faces and try to get a sense of what their needs are and what blessings they are most grateful for. I ask the Lord to help me be in tune with the prayers that are in their hearts" (quoted by Karen Lynn, in *Ensign*, Jan. 1978, 32).

- How could such a prayer help meet the needs of others?

Strengthening Our Families through Prayer

- Display visual 34-b, "A family kneeling in prayer."
- Read 3 Nephi 18:21.

One sister told of her feelings about daily family prayer: "There was a time when I would have looked upon a 'set-time family prayer' . . . as a form that had no meaning. But now that I am the mother of a large family, I feel otherwise. I believe that one of my family's most important spiritual weapons is a schedule for prayer; our set times for morning and evening prayers . . . spotlight spiritual moments that we know will occur no matter what distractions or worries the day may hold. We avoid any feel of ritual in our prayers: we simply know the prayers will be held, we know when and where, and those prayers are a bulwark as we pray with the Spirit. My heart soars as I see my family gather to pray" (quoted by Karen Lynn, in *Ensign*, Jan. 1978, 32).

- Why was family prayer important to this sister?

It is important that we gather our families together for prayer each morning and night. All members of the family who are able, even the little ones, should take turns giving the prayer. Each family member



34-b, A family kneeling in prayer

should have the privilege of giving thanks for blessings the family has received. When any family member has a responsibility or a problem to face, the family should ask special blessings for this member in family prayer. This draws the family closer together and results in better feelings between family members. As children pray for one another, they feel closer and more a part of each other's lives. When we are on our knees we tend to forget our differences and think of the best in others. We want to pray for their well-being and for strength to overcome our own weaknesses.

The power of prayer in strengthening a marriage is beautifully expressed by Catherine Marshall in her book *A Man Called Peter*: "Though like every normal couple, Peter and I were sometimes in disagreement, we found that these differences could never become serious or bitter so long as we could pray together. So thoroughly did we learn this lesson that it was one of the chief bits of advice Peter always gave to couples whose marriages were almost bankrupt. 'If you will get down on your knees together,' he would tell them, 'your difficulties will soon be solved. You just can't pray together and stay mad at each other' " ([1951], 119–20).

- How can family prayer help our families?

Love and unity will grow in the home as family members kneel together and talk with Heavenly Father. They should pray for each other to be strengthened in fulfilling their duties in the home, in the Church, at work, and at school. Family members can be fortified against temptation through daily family prayer.

President N. Eldon Tanner explained the effect of family prayer in his life: "As I think back to when we used to kneel as a family in prayer every morning and every evening, I realize what it meant to us as children to hear our father call upon the Lord and actually talk to him, expressing his gratitude and asking for the blessings of the Lord on his crops and flocks and all of our undertakings. It always gave us greater strength to meet temptation when we remembered that we would be reporting to the Lord at night" ("The Power of Prayer," *Prayer* [1977], 129).

- How can knowing we are to report to the Lord at night influence our actions during the day?
- How can prayer help us and our children resist temptation? (See 3 Nephi 18:15.)

Through prayer, children can learn principles that will be a strength to them all their lives. In our prayers we can include goals and ideals that we are striving for. For example, parents may encourage children to prepare for a mission by saying: “Bless John that he will continue to gain a testimony and prepare himself to be a missionary. Help us, as a family, to support him in these efforts.” Children can also be encouraged to stay pure and worthy to be married in the temple. In family prayers parents can teach their children that Heavenly Father loves them.

- What are some other things that parents can teach their children through prayer? How can parents’ prayers for children show them that their parents love them?

Conclusion

“Prayer is something that humbles the soul. It broadens our comprehension; it quickens the mind. It draws us nearer to our Father in heaven. . . . We need his help. . . . We need the guidance of his Holy Spirit. . . . We need to have our minds quickened by the inspiration that comes from him, and for these reasons we pray to him, that he may help us to live so that we will know his truth and be able to walk in its light, thus, keeping the many commandments that have been given unto us that we may, through our faithfulness and our obedience, come back again into his presence” (Joseph Fielding Smith, *Take Heed to Yourselves!* [1966], 344).

It is comforting to know that God is mindful of us and ready to respond when we place our trust in Him and do what is right.

“As for me, I will call upon God; and the Lord shall save me.

“Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice” (Psalm 55:16–17).

Challenge

Think of a challenge that you face right now. In your prayers, thank the Lord for all the blessings you can think of. Then ask the Lord to help you as you put forth effort to resolve your challenge. As you pray, recall the steps outlined in Doctrine and Covenants 88:62–64 and remember the blessings that are promised.

Additional Scriptures

- James 5:16 (prayer of a righteous man availeth much)
- Alma 10:23 (prayers of the righteous)
- 3 Nephi 12:44 (pray for them who spitefully use you)

Teacher Preparation

Before presenting this lesson:

1. Assign a class member to give a brief report on how we should pray using the information found in *Gospel Principles* chapter 8, "Praying to Our Heavenly Father."
2. Plan to begin the class with the hymn "Did You Think to Pray?" (*Hymns*, no. 140; or *Gospel Principles*, 356).
3. Assign class members to present any stories, scriptures, or quotations you wish.

DEVELOPING GRATITUDE

L e s s o n 3 5

The purpose of this lesson is to help us develop the important trait of gratitude and to show it in our relationships with others.

Expressing Gratitude to Our Heavenly Father

We are often deeply moved with gratitude for simple favors. When we receive such favors, we should sincerely express our thanks to those who have served us. Our gratitude can be recognized only when we show or express our appreciation in words. It is more than just being polite; it is showing genuine heartfelt thanks.

Bishop H. Burke Peterson told the following incident about President Spencer W. Kimball and his talent for expressing love and appreciation:

“Two weeks ago President Kimball passed me as we were rushing to a meeting. He stopped, took my hand, looked me in the eye, put away all of his other cares, and said simply, ‘I’m sorry we’re sometimes so busy. I guess I haven’t told you lately how much I love you and appreciate you.’

“I felt his spirit; I believed him; my spirit soared to a new height” (in Conference Report, Apr. 1977, 103; or *Ensign*, May 1977, 69).

President Kimball said this about our need to express appreciation to our Heavenly Father: “Too often we take blessings for granted, like the sun, the air, health, and opportunity. Or we accept favors, honors, and privileges day after day . . . , without a word of thanks. We would thank the person who gives us a seat in the bus, the person who offers a ride, the friend who picks up the check after dinner, the person who does the baby-sitting, or the boy who cuts our lawn, but do we express gratitude to Him who gives us all?” (*Faith Precedes the Miracle* [1972], 202).

- Display visual 35-a, “The ten lepers.”
- Read Luke 17:11–19. Why do you think the Lord asked, “Where are the nine?” What does the Lord want from us for all the innumerable blessings we receive from Him?



35-a, *The ten lepers*
© Providence Lithograph Co.

In speaking of the story of the 10 lepers, Elder Howard W. Hunter also stressed our need to thank our Heavenly Father for all the blessings that He gives to us: “Of the ten men who were healed, only one returned to express appreciation. This must have been a disappointment to the Master, but there are many who receive blessings, many who are endowed with good things in life, yet never take the time or go to the effort to show gratitude to the benefactor or express appreciation to God. Happiness and joy from blessings are never complete until there is a deep feeling of gratitude within oneself which moves an expression of appreciation” (in Conference Report, Denmark, Finland, Norway, and Sweden Area Conference 1974, 27).

It is significant that even the Savior expressed gratitude to the Father for His blessings (see 3 Nephi 19:20, 28).

- Read Doctrine and Covenants 59:7. What does it mean to thank God in all things?

Expressing Gratitude for Blessings

Throughout the scriptures we are reminded to give thanks to God in all things. The counsel Amulek gave to the Zoramites as recorded in the Book of Mormon applies to us today: “Worship God . . . and . . . live in thanksgiving daily, for the many mercies and blessings which he doth bestow upon you” (Alma 34:38). As we acknowledge His hand in our lives by recognizing and expressing gratitude for our many blessings, our gratitude increases.

- For what blessings should we express gratitude to our Heavenly Father? (List answers given by class members on the chalkboard.)

We owe Jesus Christ a special debt of gratitude for His atoning sacrifice for us. We can never fully comprehend the suffering He endured for us in the Garden of Gethsemane and on the cross, but we can express our gratitude for this great gift in the things we say and do.

- Read Mosiah 2:19–21. How does this scripture tell us to show our gratitude to Heavenly Father?

In Doctrine and Covenants 136:28 we are told, “Praise the Lord with singing, with music, with dancing, and with a prayer of praise and thanksgiving.” Some of our prayers ought to be joyous prayers of thanksgiving and praise. These do not need to be eloquent in words but should be simple, specific, and sincere expressions of our gratitude for the everyday blessings we receive.

- How does a cheerful attitude show our appreciation to Heavenly Father?

Expressing Gratitude for Adversity

We should also be grateful for trials, adversity, and affliction. It is sometimes difficult to express gratitude when we are under stress, yet it is often such situations that permit significant spiritual growth. This is illustrated especially well in a story related by Elder Marion D. Hanks about a boy and his mother, who knew the value of expressing gratitude:

“I sat at a stake conference where a returned missionary bore his testimony. He had but a short time and he chose to use one idea. He thanked God for a great, humble mother, and gave his reason. He said that as a high school boy, he [had] been sorely tried by the illness and then death of his little sister whom he had loved greatly and who had been the darling of the family, being the last of them. Their father had died. The little girl grew ill, and in spite of prayers and administrations and fasting and much concern, worsened and died in the night. The boy went into his room, locked the door, and sobbed out his broken heart to the walls because he was not willing to do it to the God whom he could not now honestly approach. In his rebellion and anger at a God, if there were one, who would permit such a thing to happen to them, he cried out in rebellion. He said he would never pray again, would never go to church again, and could never have any confidence again in a God who would permit this to happen. And in his immature but sincere sorrow, he made some rather serious covenants with himself. He stayed awake the rest of the night, apprehensive about an experience he anticipated. It was their custom, as it is in so many, though not enough, Latter-day Saint homes, to kneel morning and evening with the children around the mother, to thank God for the goodness of his blessings.

“He waited for that moment, knowing what he had to say, but fearing it. When his mother said, ‘Come, children,’ he said, ‘No.’

“She said, ‘Kneel down, son.’

“He said, ‘No, I will not kneel down, and I will never kneel down again.’

“She said, as I remember his words and I was deeply touched as were we all. ‘Son, you’re the oldest child in this home. You are the only man in the house, and if I ever needed a man, I need one now. You kneel down.’

“He knelt down, still rebellious, but because his mother, the idol of his heart, needed him, and he began for the first time to think in terms of her broken heart and her sorrow. So he knelt, but he said to himself, ‘I wonder what she’s going to thank God for this morning.’ And his mother, knowing as she must have, the questions in his mind and the

minds of the other children, taught them the gospel on their knees that morning. She thanked God for what the family knew, for the blessing of eternal ties, for direction and purpose and guidance and convictions as to the future. She thanked God that they had been blessed with this wonderful, angelic child who had brought so much to them and who was to be theirs, always. And out of her mother's heart, knowing the desperate, critical nature of the moment, taught her own children what there was to thank God for under conditions of such stress.

"As the boy stood, a successful, dedicated Latter-day Saint who had filled an honorable, difficult mission, he thanked God for a mother who was a heroine" (*Heroism*, Brigham Young University Speeches of the Year [25 Mar. 1959], 3–4).

- How did this mother's prayer of gratitude to Heavenly Father help her son?

In bearing our testimonies we also acknowledge the Lord's goodness to us. This expression of gratitude is pleasing to our Heavenly Father as well as strengthening to our brothers and sisters in the Church.

President Howard W. Hunter observed: "Life—every life—has a full share of ups and downs. Indeed, we see . . . many blessings that do not always look or feel like blessings" (in Conference Report, Oct. 1987, 68; or *Ensign*, Nov. 1987, 54).

- What experience could you appropriately share that illustrates how you have learned that blessings "do not always look or feel like blessings"? Why is it important that we express gratitude in times of trial?

Expressing Appreciation to Others

Elder Henry D. Taylor explained in the following story that even strangers can express love and appreciation for each other:

"The District of Columbia police auctioned off about 100 unclaimed bicycles Friday. 'One dollar,' said an eleven-year-old boy as the bidding opened on the first bike. The bidding, however, went much higher. 'One dollar,' the boy repeated hopefully each time another bike came up.

"The auctioneer, who [had] been auctioning stolen or lost bikes for 43 years, noticed that the boy's hopes seemed to soar highest whenever a racer was put up.

"There was one racer left. Then the bidding mounted to \$8.00. 'Sold to that boy over there for \$9.00,' said the auctioneer. He took \$8.00 from his own pocket and asked the boy for his dollar. The youngster turned it over—in pennies, nickels, dimes, and quarters—took his bike and

started to leave. But he went only a few feet. Carefully parking his new possession, he went back, gratefully threw his arms around the auctioneer's neck, and cried" (in Conference Report, Apr. 1959, 57).

We all need to feel appreciated. An American industrialist, Charles M. Schwab, said, "I have yet to find a man, whatever his situation in life, who did not do better work and put forth greater effort under a spirit of approval than he ever would do under a spirit of criticism" (*Richard Evans' Quote Book* [1971], 171). When we express appreciation and approval, we increase the confidence of others in us and encourage them to excel.

Elder Richard L. Evans Jr. wrote the following about the need for expressions of gratitude:

"Until this morning, I felt that I had been very much imposed upon. At a cost of considerable effort and inconvenience, some days ago I performed a difficult service for a friend—at his urgent insistence. So far as I knew he hadn't made any effort to see me since then. There was no word of thanks—no evidence of any appreciation—no suggestion that my services had been satisfactory—just silence.

"Silence—that is, until this morning, when a sincere and satisfying note of appreciation came from him. And in the moment or two it took to read it, it warmed my heart and altered my outlook on the whole episode. Writing it had cost him only a very little time, but it had rewarded me richly." (*Richard L. Evans—The Man and His Message* [1973], 285).

- How did the expression of appreciation change the way Elder Evans felt?
- Why is it important that we express gratitude to others? What are some things others do for us for which we should be grateful? What are some ways we can express this gratitude at Church, in the home, neighborhood, and community?

The Savior gave us an important principle, often called the Golden Rule, when He said, "All things whatsoever ye would that men should do to you, do ye even so to them" (Matthew 7:12). We all need and want to receive expressions of appreciation.

Teaching Gratitude in Our Homes

"A frustrated mother once complained to her neighbor that no one in her family seemed to appreciate what she did. They never commented on how much effort she spent cleaning the house, decorating their home for holidays, and keeping their clothes clean and pressed. They never

thanked her for the good meals she prepared or for taking them to school or to work. . . . She was annoyed that they took her for granted.

“Her neighbor replied, ‘Marianne, you have a clean and attractively kept house. Your children go to school and to their meetings clean and neat. You are an excellent cook, and I can’t think of anyone who is more faithful than you are about doing your Church callings.

“ ‘I suspect that your husband and children recognize your efforts as being praiseworthy. It is possible that other members of your family feel the same discouragement as you do because it just isn’t the practice at your home to express appreciation’ ” (*Relief Society Courses of Study 1976–77*, 7).

- What did the neighbor bring to Marianne’s attention?

In order to develop and teach gratitude to those in our families we must first awaken within ourselves the attitude of being appreciative.

“It is as important for our families to learn to express gratitude to one another as it is to receive it from one another. If we don’t teach others to express their appreciation by our example and by our instruction, they may not learn this important courtesy. . . . If we want others to continue doing what they are doing, the best thing we can do is to let them know how much we appreciate it” (*Relief Society Courses of Study 1976–77*, 7).

When our children are small, we should begin to teach them to express appreciation for gifts they receive and thank those who do kind things for them. Elder A. Theodore Tuttle told of an experience of expressing gratitude he encountered while he was staying at a home during a stake conference visit:

“There sits a young man here today in whose home I was a guest at a stake conference. Since he had recently left for the Y [Brigham Young University], I was to sleep in his room Saturday night. As his gracious mother showed me the room, she opened his closet where I saw a handwritten letter taped to the rod in the closet. It read:

“Mom,

Thanks for all you’ve done to make this a ‘special summer.’ You are a very ‘special mother’ and I thank the Lord for the blessing of being *your* son.

I love you and appreciate all you do in my behalf. See you in November.

Paul.

“As she paused while I read it, she said, ‘Hope you don’t mind hanging your clothes out here. This note is still kind of precious. You know,

every time I open this closet I read it again, and I would like to leave it there a little longer' " (*What Kind of Thanks?* Brigham Young University Speeches of the Year [26 Nov. 1968], 5).

- How did this son express gratitude to his mother? How did it make her feel? What are some other ways children can express appreciation to family members? to teachers at school and at church? to others?

We can teach our children to be grateful for all the creations of our Heavenly Father. We can show them the beauty of flowers, stars, sunsets, and all other aspects of nature by taking walks and hikes and pointing out these creations to them. The changing of the seasons brings us opportunities to call attention to God's blessings to our families. If we want our children to recognize these gifts from God, we must take the time to show our own appreciation for them.

Involving our children in family service to others can help us recognize our blessings. Through these acts of service, we can then show our gratitude for the blessings that enable us to serve.

It is important that we offer prayers of praise and thanksgiving in our families. President N. Eldon Tanner was reminded of this principle by his daughter: "I was deeply touched one day following our family prayer when one of our little daughters said, 'Daddy, I don't think we ought to ask for more blessings. The Lord has been very good to us, but I do think we should ask him to help us to be worthy of the blessings we receive.' Since then we have tried more diligently to express our gratitude to our Father in heaven" (*Seek Ye First the Kingdom of God* [1973], 159–60).

- How can expressing appreciation in prayer teach our families to be more aware of their blessings?

Conclusion

Gratitude is a feeling that should be evident in all of our lives, both as individuals and as families. We have been greatly blessed by our Heavenly Father and should express constant gratitude to Him for His blessings. As we express our appreciation to Heavenly Father and others, we will help our children develop gratitude. We will feel greater love in our families. We have been promised by our Heavenly Father: "He who receiveth all things with thankfulness shall be made glorious; and the things of this earth shall be added unto him, even an hundred fold, yea, more" (D&C 78:19).

Challenge

Think of those people who do kind things for you (friends, teachers, priesthood leaders, parents, other family members, repairmen), and find ways to show your gratitude to them.

Discuss gratitude with your family in family home evening. Help your children express appreciation to others. Increase the gratitude expressed in your family prayers. Select one person to whom you are grateful and do something this week to show your gratitude.

Additional Scriptures

- Psalm 100 (psalm of praise)
- 1 Thessalonians 5:18 (in everything give thanks)
- 1 Timothy 2:1 (exhortation to give thanks)
- Revelation 7:12 (angels saying praises to God)
- Mosiah 2:23–25 (our indebtedness to God)
- Alma 7:23 (return thanks for whatever you receive)
- Alma 37:37 (let thy heart be full of thanks)
- Doctrine and Covenants 46:32 (give thanks to God for whatever blessing you receive)
- Doctrine and Covenants 88:33 (importance of rejoicing in the gifts of God)

Teacher Preparation

Before presenting this lesson:

1. Review the words to “Count Your Blessings” (*Hymns*, no. 241; or *Gospel Principles*, 316).
2. Assign class members to present any stories, scriptures, or quotations you wish.

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This section contains selected pictures from the Gospel Art Picture Kit (34730). These pictures can be used as an additional resource for gospel study and teaching at church and in the home.

Old Testament

1. Creation—Living Creatures
Genesis 1:20–25; Moses 2:20–25; Abraham 4:20–25
2. Rebekah at the Well
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3. Moses and the Brass Serpent
Numbers 20:17, 21; 21:4–9; John 3:14–15; 1 Nephi 17:41; Alma 33:19–20; Helaman 8:14–15
4. Ruth Gleaning in the Fields
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New Testament

5. The Annunciation: The Angel Gabriel Appears to Mary
Isaiah 7:14; Luke 1:26–38; Mosiah 3:8; Alma 7:10
6. Flight into Egypt
Matthew 2:13–15, 19–23
7. Stilling the Storm
Matthew 8:23–27; Mark 4:36–41; Luke 8:22–25
8. Jesus Cleansing the Temple (by Carl Bloch. Used by permission of the National Historic Museum at Frederiksborg in Hillerød.)
Matthew 21:12–15; Mark 11:15–17; Luke 19:45–46; John 2:13–16
9. Mary and the Resurrected Lord
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10. Lehi and His People Arrive in the Promised Land
1 Nephi 18:5–24
11. The Anti-Nephi-Lehies Burying Their Swords
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12. Christ Appears to the Nephites
3 Nephi 8:12, 20–23; 11:1–12
13. Mormon Bids Farewell to a Once Great Nation
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Church History

14. Saving the Book of Commandments
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15. Three Young Men Rescue the Martin Handcart Company
Our Heritage: A Brief History of The Church of Jesus Christ of Latter-day Saints, 77–80

Temple Pictures

16. Anchorage Alaska Temple
17. Brides' Room (Washington, D.C. Temple)































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