

AARONIC PRIESTHOOD

Manual 3

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Manual 3

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To the Adviser

These lessons are intended to help young men learn about the gospel and help make Aaronic Priesthood meetings enjoyable and meaningful to them. You may use this manual to teach individual quorums of priests, teachers, and deacons, or you may use it to teach a group of all three quorums. By prayerfully preparing each lesson, you can help the young men learn how to magnify their callings in the Aaronic Priesthood and truly become sons of God (see D&C 84:26–42 and John 1:12–13).

This manual contains fifty lessons—more than you will be able to teach during the year. Prayerfully select lessons that will meet the needs of the young men you teach. Some lessons may be more appropriate for priests, while others may be more appropriate for deacons or teachers. Even though you will not use all the lessons and might not teach them in the order they occur in the manual, make sure that you cover all the topics sometime during the year to ensure a balanced approach to learning the gospel.

KEYS TO SUCCESSFUL TEACHING

To make the best use of the lessons in this manual, use the following keys to successful teaching:

1. Focus on the Savior. You are teaching young men to be disciples of Christ. It is not enough merely to teach them a priesthood duty or a true principle; they need to understand this is what the Master wants them to do as his disciples, out of their faith in him and love for him.
2. Seek the Spirit. Ask for Heavenly Father's help as you prepare and present these lessons. The Lord promised, "The Spirit shall be given unto you by the prayer of faith; and if ye receive not the Spirit ye shall not teach" (D&C 42:14). The Spirit will be strongest when you are testifying of Christ, teaching discipleship, and teaching and testifying from your own experience as his disciple.
3. Involve quorum presidents. Aaronic Priesthood quorum presidents are to teach the members of their quorums the duties of the priesthood (see D&C 107:85–87). Quorum presidents, with your assistance, should help decide which lessons should be given and in what sequence. Quorum secretaries should keep records, perhaps on a calendar, to avoid repeating lessons.
4. Love the young men. Develop a genuine love for each young man you teach. Show your love in all you do both in and out of the classroom. Get to know each young man, his interests, and his challenges.
5. Be prepared. Study each lesson at least two or three weeks before presenting it. If you delay preparing these lessons until the Saturday before giving them, your class will be much less effective. Note especially the "Preparation" section at the beginning of each lesson.

Where stories are included, read them several times while preparing the lesson so you will understand them and be able to present them well. Stories and examples given in lessons are meant to help young men understand how the gospel principles being taught apply to their everyday lives. As you prayerfully prepare and present a lesson, you might feel impressed to substitute stories or examples from your own experience or other reliable sources. When doing so, always keep the objective of the lesson in mind. Any stories that you add should help support and teach the principle identified in the lesson objective.

When appropriate, use the pamphlet and card *For the Strength of Youth* (34285 and 34287) to enhance your lessons. Help the young men become familiar with the standards in the pamphlet. Encourage the young men to read it often and keep the standards explained in it.

**ADDITIONAL
SUGGESTIONS**

The following suggestions will help make each lesson more interesting and effective:

1. Use the scriptures. Encourage the young men to bring their scriptures to priesthood meeting each week. Have marking pencils available for them to use during each lesson.
2. Encourage discussion. Invite the young men to respond freely and to ask questions. Recognize each young man's contribution so he will want to participate in the future.
3. Adapt the lessons to your circumstances. Use teaching methods that interest the young men you teach. Watch for events and experiences in the lives of the young men or in the lives of people with whom they are familiar that will help make your lessons relevant to them. Occasionally, you may need to adapt the stories and examples to fit your cultural circumstances.

To help the young men learn the words of the living prophets, you may want to organize your own lesson using a talk given at general conference. Using the guidelines given in lesson 50, you can develop lessons that will meet the needs of the young men in your quorum.

You may find that some of the lessons contain too much material to teach in one class period. In these cases, choose materials that are needed most by the young men, or use more than one meeting to present the lesson.

4. Use the pictures included in the manual. Keep the pictures at the back of this manual attached to the manual. Do not tear them out. Use them with the appropriate lessons. Most of the pictures in the manual are also available as part of the Gospel Art Picture Kit (34730). You can order the kit from the Salt Lake Distribution Center or check out the pictures from your meetinghouse library. The meetinghouse library may also have pictures that you can use to enhance scriptural stories.
5. Use chalk and the chalkboard. Before each class, consider how you can best use the chalkboard to enhance your lesson. When using the chalkboard, write only the key words from longer statements.
6. Give challenges and follow up on them. Conclude each lesson with a specific challenge. Follow up with the young men, and encourage them to meet the challenge. Invite them to report on their successes in meeting challenges.
7. Use available Church magazines. The *New Era*, *Ensign*, and international magazines contain many outstanding stories and articles that may help enhance certain lessons in this manual. Particularly useful are the issues that contain talks given by the General Authorities of the Church at general conference.
8. Use the handouts. Handouts are located at the end of some lessons to help the young men learn and remember the principles of the gospel. When appropriate, make copies of the handouts to use with each lesson.

**DEACONS
QUORUM
PRESIDENCY
VISITS TO
PRIMARY CLASS**

The deacons quorum presidency has a responsibility to prepare other young men to receive the priesthood. Encourage the presidency to make a few short presentations to the Primary class these younger boys attend. These presentations should have a threefold purpose:

1. To give the deacons quorum presidency the experience of instructing younger boys.
2. To help younger boys who are preparing to receive the priesthood realize the duties and blessings of the Aaronic Priesthood. The quorum presidency should emphasize the joy and satisfaction that come through service, and the importance of being a good example.
3. To help the younger boys realize that they will be welcome in the quorum.

The presidency might give presentations similar to the two suggested below:

A Deacon Serves Others

The deacons quorum presidency might prepare a twenty-minute presentation that explains how deacons serve others by performing their priesthood duties; during this presentation,

they could share the joy and satisfaction that come through this service. The quorum presidency could explain how passing the sacrament and gathering fast offerings bless the lives of ward members. They could also report on specific service projects.

Be an Example

The deacons quorum presidency might prepare a twenty-minute presentation about the importance of being a good example as a priesthood bearer who represents Jesus Christ. The quorum presidency could explain the importance of setting a good example in dress and conduct, particularly when passing the sacrament and gathering fast offerings.

The adviser and the deacons quorum presidency should meet with the Primary teacher to plan the presentations before the presidency gives them. Visits to Primary classes should be coordinated with the Primary president.

**SPECIAL
GUIDELINES FOR
INCLUDING THOSE
WITH DISABILITIES**

The Savior set the example for us in feeling and showing compassion for those with disabilities. When he visited the Nephites after his resurrection, he said:

"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" (3 Nephi 17:7).

As a teacher in a Church classroom, you are in an excellent position to show compassion. Although you may not be trained to give professional assistance, as a teacher you can act as an understanding and nurturing influence in the lives of those with disabilities. You need concern, understanding, and a desire to include, as much as possible, each class member in the learning activities.

Class members with disabilities may be challenged by learning disabilities, intellectual impairments, language or speech problems, vision or hearing loss, behavioral and social problems, mental illness, movement and mobility problems, or chronic health impairments. Regardless of individual circumstances, each class member shares the same needs to be loved and accepted, to learn the gospel, to participate successfully, and to serve others. The following are ideas to keep in mind when teaching children with disabilities.

- Look beyond the disability and get to know the individual. Be natural, friendly, and warm.
- Learn about an individual's specific strengths as well as his or her challenges.
- Make every effort to teach and remind each class member of his or her responsibility to respect every other class member. Helping a class member with a disability can be a Christlike learning experience for the entire class.
- Find the best methods for teaching the class member by talking with parents, with other family members, and, when appropriate, with the individual in your class.
- Before calling on class members with disabilities to read, pray, or otherwise participate, ask them how they feel about participating in class. Stress each person's abilities and talents and look for ways each can participate comfortably and successfully.
- Adapt lesson materials and physical surroundings to meet the individual needs of those members with disabilities.

OBJECTIVE Each young man will understand how Heavenly Father, Jesus Christ, and the Holy Ghost are separate beings, yet one in mind, power, wisdom, and purpose.

PREPARATION

1. Prayerfully study Matthew 3:16–17; John 14:16–17; 17; Mosiah 15:1–4; Ether 3:6–17; Doctrine and Covenants 130:22; 131:7–8; Moses 1:39; and Joseph Smith—History 1:11–20.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Pencils for marking scriptures.

**SUGGESTED
LESSON
DEVELOPMENT**

Situation and discussion

The Godhead Is Composed of Three Distinct Individuals

Explain that two missionaries were teaching a minister of another faith about the Church and the basic doctrines. As they were teaching him about the Godhead and the separate beings—Heavenly Father, Jesus Christ, and the Holy Ghost—the minister asked them for a Book of Mormon. He asked them to read Mosiah 15:1–4.

Have the young men read this passage.

The minister said that it sounded as if these verses said that Jesus Christ and Heavenly Father were the same person.

- How would you answer the minister?

Let the young men discuss this briefly. Then point out that there was confusion about this point during the Apostasy of the early Christian church. A council of church leaders concluded that Heavenly Father and Jesus Christ are different manifestations of the same being. Most of the Christian churches today are confused about the nature of the Godhead. Explain that this lesson will help them better understand the true nature of the Godhead.

Scriptures and discussion

Read and discuss the vision of the Prophet Joseph Smith recorded in Joseph Smith—History 1:11–20.

Explain that Heavenly Father, Jesus Christ, and the Holy Ghost are three separate beings, but they are unified with one purpose. They are trying to save and exalt each of us. Have the young men read and mark John 17:20–23.

- How do these verses describe the unity or oneness of Heavenly Father and Jesus Christ?

Invite the young men to discuss this idea. Help them see that Heavenly Father, Jesus Christ, and the Holy Ghost are one in purpose—unified in what they are doing. Explain that the will of Heavenly Father is the will of Jesus Christ and the Holy Ghost. Because other churches do not accept modern revelation about the oneness of the Godhead, these churches are confused and believe that Heavenly Father, Jesus Christ, and the Holy Ghost are one spirit.

Scriptures and discussion

Explain that Doctrine and Covenants 130:22 gives us a description of the physical natures of the members of the Godhead. Have one of the young men read this verse as the others mark it in their scriptures.

- What are the physical differences between the members of the Godhead? (Heavenly Father and Jesus Christ each have bodies of flesh and bone. The young men may notice that the scripture does not mention blood, and they may want to discuss this point. You

may indicate that blood is confined to our earthly mortal existence. They should also notice that the Holy Ghost is a personage of spirit, which gives him the ability to dwell in us. This is a vital part of his role to be able to communicate with us spirit to spirit.)

Have the young men read Doctrine and Covenants 131:7–8.

Help the young men understand that the Holy Ghost is a personage of spirit and does not have a physical body of flesh and bones. Remind the young men that a spirit looks like a body and is composed of matter.

Read Ether 3:6–17.

Explain that before Jesus Christ was born on earth, he had a spirit only. Before he was born, he appeared to the brother of Jared. The brother of Jared was surprised he could see the Savior. Jesus Christ showed his spirit, which looked like the physical body he would receive on earth.

Scriptures and discussion

Explain that the scriptural accounts of Jesus Christ's baptism show plainly that the members of the Godhead are separate individuals. Have one of the young men read Matthew 3:16–17.

- How did each member of the Godhead reveal himself at this time? (Jesus Christ in person standing in the river, Heavenly Father by his voice, and the Holy Ghost descending like a dove and resting on Jesus Christ.)

Explain that Jesus Christ instructed his disciples to baptize “in the name of the Father, and of the Son, and of the Holy Ghost.” Have a young man read Matthew 28:19.

Chalkboard discussion

- What have we learned about the Godhead from the scriptures we have read?

List the young men's answers on the chalkboard. Answers might include—

1. There are three separate Beings in the Godhead.
2. They are unified in purpose.
3. Heavenly Father and Jesus Christ have bodies of flesh and bone.
4. The Holy Ghost is a personage of spirit.
5. The Holy Ghost can dwell in us.

Responsibilities and Unity of the Godhead

Scriptures and chalkboard discussion

Have the young men silently read Moses 1:39.

- What is the main goal of each member of the Godhead?

Bring out that the members of the Godhead all work together to help us obtain eternal life. Explain that although they work together, they have separate roles.

Write *God the Father*, *Jesus Christ*, and *The Holy Ghost* on the chalkboard. Leave room to write comments under each heading.

- How does Heavenly Father's role differ from the roles of the other members of the Godhead?

Discuss the following points, and summarize them on the chalkboard under *God the Father*:

1. He is the Eternal Father of our spirits.
2. We pray to him.

Explain that Jesus Christ set an example of praying often to Heavenly Father. Certainly if Heavenly Father and Jesus Christ were the same being, Jesus Christ would not have prayed to himself.

Have a young man read Jesus Christ's prayer in the Garden of Gethsemane from Matthew 26:39. Discuss how this verse shows that Heavenly Father and Jesus Christ are separate beings.

3. He is named Elohim.

Have another young man read Jesus Christ's prayer as he was suffering on the cross from Mark 15:34. Again, Jesus Christ was praying to Heavenly Father, whose name is Elohim.

4. He is "God above all Gods."

Share the following quotation:

"Elohim . . . is also used as the exalted name-title of God the Eternal Father, a usage that connotes his supremacy and omnipotence, he being God above all Gods" (Bruce R. McConkie, *Mormon Doctrine*, 2nd ed. [Salt Lake City: Bookcraft, 1966], p. 224).

- What should be included under *Jesus Christ* on the chalkboard?

Bring out that Jesus Christ is—

1. The Firstborn Son of Heavenly Father in the spirit.
2. The Only Begotten Son of Heavenly Father in the flesh.
3. The Creator of heaven and earth under Heavenly Father's direction.
4. The Savior and Redeemer of mankind.

- How did Jesus view himself with respect to the Father?

Have one of the young men read John 14:28 to help answer this question.

Help the young men understand that this scripture shows the close relationship between Heavenly Father and Jesus Christ and that Jesus Christ understood that Heavenly Father was greater than he. Jesus Christ was willing to give all glory to Heavenly Father.

Have the young men read and mark John 14:16–17 and John 15:26.

- What are the responsibilities of the Holy Ghost?

Be sure to bring out and write on the chalkboard that the Holy Ghost is—

1. A comforter.
2. A witness or testifier.
3. A teacher.
4. A prompter to help us remember things.

Help the young men understand that though the other members of the Godhead may also perform these duties, the primary responsibility rests with the Holy Ghost.

Read and discuss the great prayer Jesus Christ offered to Heavenly Father as recorded in John 17. Help the young men understand that in this scripture Jesus Christ is praying that we all might be united in love as he and Heavenly Father are.

Conclusion

Testimony

Share your testimony of the reality of the three members of the Godhead. Testify of their love for each young man and their desire that each young man obtain eternal life. Express how wonderful it would be if we all loved each other as much as Heavenly Father and Jesus Christ love each other.

Challenge

Challenge the young men to feel Heavenly Father's presence as they pray to him in the name of Jesus Christ. Challenge them to strive to be worthy of the constant companionship of the Holy Ghost.

2

The Plan of Salvation

OBJECTIVE

Each young man will better understand the plan of salvation, which Heavenly Father has instituted for the glory and exaltation of man.

PREPARATION

1. Prayerfully study Job 38:7; Doctrine and Covenants 14:7; 27:15–18; 138:12–14, 20–21, 27, 30; Moses 1:39; and Abraham 3:24–28.
 2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Pencil for each young man.
 - c. Pencils for marking scriptures.
 3. Make each young man a copy of the chart “The Plan of Salvation” from the handout at the end of the lesson.
 4. Show the videocassette *Our Heavenly Father’s Plan* (53031) if it is available in your area.
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NOTE

You may need more than one week to present this lesson.

SUGGESTED LESSON DEVELOPMENT

Discussion

Planning Is Essential for Success

- If you wanted to build a house, what would be the most important item you would need before you could begin construction? (A blueprint or plan for the construction.)
- What would probably happen if you had no blueprint or plan?

Explain that just as we must have a plan for building a house, so we need a plan for our own lives. Planning is so important that Heavenly Father presented a specific plan for our lives before the earth was created.

- What is the name of the plan our Heavenly Father presented to us? (The plan of salvation, or plan of redemption.)

Quotation

Read the following statement from President Spencer W. Kimball:

“Before this earth was created the Lord made a blueprint, as any great contractor will do before constructing. He drew up the plans, wrote the specifications, and presented them. He outlined it and we were associated with him. . . . That assemblage included us all” (*The Teachings of Spencer W. Kimball*, ed. Edward L. Kimball [Salt Lake City: Bookcraft, 1982], p. 29).

Elements of the Plan of Salvation

Handout

Distribute a copy of “The Plan of Salvation” chart and a pencil to each young man. Explain that the blueprint for our Heavenly Father’s plan probably looked something like this. As you proceed with the discussion, have the young men give the correct names for the various parts of the plan and write their answers next to the correct number on the chart.

Following is a key for the chart:

1. Pre-earth life
2. Birth (veil)
3. Earth life
4. Death

5. Paradise
6. Prison
7. Resurrection and Judgment
8. Celestial glory
9. Terrestrial glory
10. Telestial glory
11. Sons of perdition

Scripture, discussion,
and quotation

Refer to the appropriate part of the chart as you progress through the following discussion.

Have the young men read and mark Job 38:7. Point out that we are told that in our pre-earth life we shouted for joy when our Father presented this plan.

- Why do you suppose we were so happy?
- What was our next step? (Birth, which brought the loss of our pre-earth memory.)

Read the following statement from President Spencer W. Kimball, and have the young men listen for the purposes of our earth life:

“We understood well before we came to this vale of tears that there would be sorrows, disappointments, hard work, blood, sweat, and tears; but in spite of all, we looked down and saw this earth being made ready for us, and we said in effect, Yes, Father, in spite of all those things I can see great blessings that could come to me; . . . in taking a body I can see that I will eventually become immortal like thee, that I might overcome the effects of sin and be perfected, and so I am anxious to go to the earth at the first opportunity. And so we came. There is a purpose in the building of this earth and in the creation of man, that he might have a place in which to live, to perfect himself, that he might become perfect and . . . raise himself, with the help of his Father, to godhood” (*The Teachings of Spencer W. Kimball*, p. 31).

Scriptures and
discussion

Read and discuss Abraham 3:24–28.

- Why did we come to earth? (To obtain a physical body, partake of necessary ordinances, learn, strive for perfection, keep the commandments, and be tried and tested.)
- What happens to a person when he or she dies? (The physical body is buried in the earth, and the spirit goes to the spirit world.)

Have a young man read Doctrine and Covenants 138:12–14.

- Which spirits go to paradise after death?

Have a young man read Doctrine and Covenants 138:20–22.

- Which spirits go to prison?
- Do the spirits in prison have a chance to receive the gospel?

To answer this question, read Doctrine and Covenants 138:20, 27, and 30.

- After everyone has had an opportunity to accept and obey the gospel, what will happen? (We will be resurrected and judged.)

Quotation

Read the following statement from President Spencer W. Kimball, and have the young men listen and define the terms *resurrection* and *judgment*.

“After a period of time there will be a literal resurrection, when this live and conscious spirit will return to the earth to take up its reconstructed and resurrected body, raised in the bloom of its greatest earthly perfection; and the soul, composed of the resurrected body and the eternal spirit, will be ready for its next experience and every soul will come before the great judge to receive its final assignment for the eternity. Every soul that has been born will also be redeemed in the flesh and come forth in the resurrection before his maker for judgment ‘to be judged out of the records according to their works’ of life” (*Teachings of Spencer W. Kimball*, p. 46).

- What will happen in the Resurrection? (The spirit and body will be reunited, never again to be separated.)

- What is meant by *judgment*? (We receive our final assignment for eternity according to the records of our works.)

Group scripture reports

In order to discuss the aspects of life after the judgment, divide the young men into four groups. Refer them to the scriptures listed at the bottom of the “Plan of Salvation” chart, and assign each group one of the four sets of scriptures. Allow enough time for the young men to read the scriptures and prepare a brief oral report on the characteristics of those of the different glories. Have the groups report to the other young men in the following order: (1) the sons of perdition, (2) telestial glory, (3) terrestrial glory, and (4) celestial glory. Encourage the young men to mark meaningful scriptures.

The Plan of Salvation Is for Our Glory and Exaltation

Scripture, quotation, and discussion

- What is the purpose of the plan of salvation?

Have a young man read Moses 1:39.

- What do *immortality* and *eternal life* mean? (*Immortality* means living forever, and *eternal life* means becoming like Heavenly Father and living with him forever.)

Share the following statement from President Spencer W. Kimball. As the young men listen, have each one think about his own potential.

“You have the great powers of thinking and the ability to plan and organize and love. All these powers that were given to you were given for the purpose that you someday might become like your Father in Heaven. That is the possibility, and if you do not become that, it is your fault totally.

“You could be the queen of Holland, the czar of Russia, or the emperor of Japan. You could be any great person in this world, but you would be a pygmy compared to what you can be in this Church. Every one of you can be . . . a king who will not lose his sceptre when he dies. Every one of you! Not just the smartest of you, but *every one* of you can become a queen or a king and have princes and princesses of your own. It all depends on what you do.

“If you can think of the greatest real joys that have ever come to you in this life, then think of the next life as a projection of this one with all the purposeful things multiplied, enlarged, and even more desirable. All in these associations of our lives here have brought to you development and joy and growth and happiness. Now, when life ends, we shall return to a situation patterned after our life here, only less limited, more glorious, more increased joys” (*The Teachings of Spencer W. Kimball*, p. 52).

Scriptures and discussion

Read and discuss Doctrine and Covenants 14:7.

- What must we do to gain eternal life?
- What are some of the things we have been commanded to do?

Read and discuss Doctrine and Covenants 27:15–18.

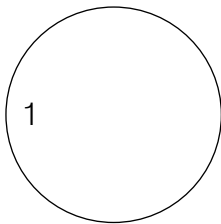
- What can we do to obey the commandments and resist temptations?
- What blessings do we receive now when we obey the commandments? (Emphasize that the Lord wants to bless us now as well as in the eternities.)

Conclusion

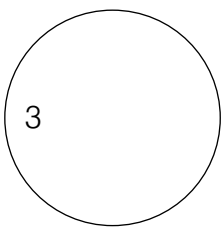
Testimony and challenge

Bear testimony of the purpose of the plan of salvation and the blessings of exaltation. Challenge each young man to live so that he can partake of all that Heavenly Father has and become like Him.

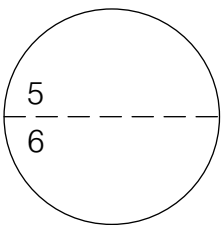
The Plan of Salvation



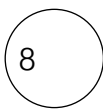
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7



Celestial Glory

1 Corinthians 15:40–41; D&C 76:50–70, 92–96;
88:25–26; 131:1–2



Terrestrial Glory

1 Corinthians 15:40–41; D&C 76:71–80, 91, 97



Telestial Glory

1 Corinthians 15:40–41; D&C 76:81–89,
98–106, 109–112



Sons of Perdition

D&C 76:30–49

3

Sons of the Living God

OBJECTIVE

Each young man will better understand Heavenly Father's character and attributes and will want to become more like Him.

PREPARATION

1. Prayerfully study Deuteronomy 32:4; Psalm 103:6–8; John 17:3; Acts 10:34–35; 17:24, 26, 28–30; Romans 8:16–17; Hebrews 1:10–12; 12:9; 1 John 4:8, 16; 2 Nephi 9:20; Alma 26:35; 3 Nephi 12:48; Ether 3:11–12; and Doctrine and Covenants 35:1.
 2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Picture 1, A Fatherly Looking Man.
 - c. Pencils for marking scriptures.
-

NOTE

Do not try to rush through this lesson material. Go into the scriptures in depth rather than passing quickly over them. Take two class periods if needed.

SUGGESTED LESSON DEVELOPMENT

Honoring Heavenly Father

Picture discussion

Display picture 1, A Fatherly Looking Man. Comment on our natural desire to honor and cherish our fathers.

- Why is it important to honor our fathers?

Scripture, quotation,
and discussion

Have a young man read Hebrews 12:9 while the others mark this verse. Point out that the need to honor our earthly fathers is as nothing compared to the need to honor our Heavenly Father. To worship him properly and exercise faith in him, we must understand who he is and what he is like.

Read the following statement from the Prophet Joseph Smith:

“Without the idea of the existence of the attributes which belong to God, the minds of men could not have power to exercise faith in him so as to lay hold upon eternal life” (*Lectures on Faith* 4:2).

- Why is it so important to us to understand what Heavenly Father is like?

Emphasize that without such knowledge we could not have confidence in Heavenly Father. Read and discuss John 17:3 with the young men, and help them see how important it is to really know Heavenly Father and Jesus Christ. Suggest that they mark this verse.

Heavenly Father's Character and Attributes

Chalkboard and
scripture discussion

Explain the following characteristics of Heavenly Father. Have various young men read the scriptural passages included with each characteristic. Note that some of the scriptures may refer to Jesus Christ, but the characteristics described are also attributed to our Heavenly Father. On the chalkboard, write only the italicized portion of each sentence.

As you discuss the characteristics, ask the young men how their faith can become stronger through knowing about Heavenly Father and Jesus Christ. Summarize the young men's comments on the chalkboard if there is enough space.

Heavenly Father's Character

1. He was *God before and after the world was created* (see Hebrews 1:10–12).

Write *omniscient* on the chalkboard, and explain that Heavenly Father knows everything. *Omni* means all, and *scient* refers to knowledge.

Have a young man read 2 Nephi 9:20.

Explain that Heavenly Father knows everything. Understanding this can make it easier for us to put our complete confidence and trust in him.

2. *He is merciful*, gracious, slow to anger, long-suffering, and full of goodness (see Psalm 103:6–8).

He is kind, understanding, and patient with our sins and imperfections. He gives us hope that we can repent, be forgiven, and become like him.

3. *He does not change*, and his course is one eternal round (see D&C 35:1).

We can trust him completely. He will never change. He is always the same.

4. He is a *God of truth* and cannot lie (see Ether 3:11–12).

What he says will happen. We can put complete confidence in his word.

5. He is *no respecter of persons* (see Acts 10:34–35). He loves us and does not regard one person more than another.

6. *God is love* (see 1 John 4:8, 16).

He loves us and wants what is best for us. Everything he does will be for our good.

7. He *has all power* (see Alma 26:35).

Write *omnipotent* on the chalkboard, and explain that it means all-powerful. Explain that he is able to fulfill all his promises. He has greater power than Satan or any other force.

8. He is *completely just* (see Deuteronomy 32:4).

He is perfectly fair, and we will be justly rewarded for obedience and punished for disobedience.

Our Relationship to Heavenly Father

Scripture and discussion

Have the young men read Acts 17:24, 26, 28–30.

Help the young men understand that we are the literal offspring of God. Explain that just as offspring grow up to look like their parents, we look like God and he looks like us. We are his children, and we have the potential to become like him.

Quotation

Share the following comment by Elder George Q. Cannon:

“We descend from this Father. We are His offspring. We possess His attributes. It is true they are not developed, but we possess them; and He desires to lead us forward until we shall be like Him. This is the object of the Gospel” (*Gospel Truth*, sel. Jerreld L. Newquist, 2 vols. [Salt Lake City: Deseret Book Co., 1957–74], 1:131).

Scripture, quotation, and discussion

The Apostle Paul also taught that we are children of God. Have a young man read Romans 8:16–17.

- What is an heir? (One who inherits or is entitled to inherit property, rank, title, or office.)

Emphasize that since we may become heirs of God and joint-heirs with Christ, we have the possibility of becoming like them. Each of us inherited godlike traits from our Heavenly Father. And as priesthood bearers we have covenanted to further develop those traits.

Share the following statement by President Brigham Young:

“I want to tell you . . . that you are well acquainted with God our Heavenly Father. . . . You are all well acquainted with him, for there is not a soul of you but what has lived in his house and dwelt with him year after year. . . .

"We are the sons and daughters of celestial Beings, and the germ of the Deity dwells within us" (*Discourses of Brigham Young*, sel. John A. Widtsoe [Salt Lake City: Deseret Book Co., 1954], p. 50).

Have a young man read 3 Nephi 12:48.

- What does this verse say about our divine potential?
- What can you do now to develop your divine potential and become like Heavenly Father? List the young men's answers on the chalkboard.

Chalkboard
discussion

Conclusion

Read the following statement by Elder Robert L. Simpson:

" 'What is man, that thou art mindful of him?' [Psalm 8:4] A loving Father in heaven, concerned for the welfare of his child, might well answer: 'Why, you are my son, . . . I love you very much. I listen carefully each day, hoping to hear from you. I want so to one day have you back where you belong' " (in Conference Report, Apr. 1970, p. 89; or *Improvement Era*, June 1970, p. 83).

Bear testimony that because Heavenly Father loves us and is our Father, we have inherited his attributes, and he wants us to develop them fully through the power of the Spirit.

Challenge

Challenge the young men to remember that when they pray they are talking to their literal Father in Heaven. Challenge them to kneel in private and pray each morning and night during the coming week. Have them report their feelings the following Sunday.

I Have the Ability and Freedom to Choose

4

OBJECTIVE

Each young man will understand that he is a spirit son of God, that he wisely exercised his agency and agreed to his accountability in the premortal existence, and that he was fore-ordained to the priesthood.

PREPARATION

1. Prayerfully study Genesis 1:26–27; Malachi 2:10; Matthew 11:28–30; Acts 17:28–29; Revelation 12:7–9; 2 Nephi 2:25–30; Alma 13:3; 30; 41:10; Helaman 14:30–31; Doctrine and Covenants 29:36–38; 93:2, 30–31; Moses 4:1–3; and Abraham 3:22–23.
 2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Pencils for marking scriptures.
 3. Show “Man’s Search for Happiness,” on the videocassette *Come unto Me* (53146) if it is available in your area.
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SUGGESTED LESSON DEVELOPMENT

Chalkboard and
quotation discussion

Agency—The Freedom to Choose

Write on the chalkboard *Agency is*. Ask the young men to suggest words to complete the sentence.

After a brief discussion, tell the young men that Elder Bruce R. McConkie defined agency by mentioning two important aspects of this principle. Complete the sentence on the chalkboard by writing *the ability and freedom to choose good or evil* (see *Mormon Doctrine*, 2nd ed. [Salt Lake City: Bookcraft, 1966], p. 26).

- What are the two aspects of agency that Elder McConkie mentions? (The *ability* to choose and the *freedom* to choose.)

Underline the words *ability* and *freedom* on the chalkboard.

- What does *ability* mean? (*Ability* means being able. To be able we need to have enough power and knowledge to do something.)

Scriptures and
discussion

Ask a young man to read Doctrine and Covenants 93:2. Explain that the ability to choose involves some knowledge of the alternatives—good and evil, or right and wrong. Each individual who comes into the world has been given the Light of Christ that enables him to distinguish good from evil. Explain that the ability to choose between good and evil can be increased by an increased knowledge of Heavenly Father’s laws.

- In Elder McConkie’s definition of agency, what does the word *freedom* mean? (*Freedom* means being able to make choices without being forced or coerced.)

Write Helaman 14:30–31 on the chalkboard. Have the young men turn to this passage, mark it, and follow along as you read the scripture aloud. Emphasize the idea that the ability to choose involves knowledge and that God has given us the freedom to choose.

Agency Is an Essential Part of the Plan of Salvation

Scripture and
discussion

Have a young man read Moses 4:1–3. Suggest that the young men mark this scripture if they have not already done so. Help them understand that (1) Satan was in reality proposing a rejection of the Father’s plan and that (2) a key element of God’s plan is the freedom to choose.

- Why do you think there was a conflict or war fought over this principle of agency? (Satan wanted to control people and receive recognition and glory for it. Heavenly Father and Jesus Christ wanted us to be free to choose because without choice genuine righteousness and happiness are not possible.)

Explain that Satan still wants to gain control of as many of Heavenly Father's children as he can; thus, the war that started in the premortal life is still raging. The location of the battlefield has shifted to the earth.

Scripture

Have the young men read and mark Doctrine and Covenants 93:30–31. Emphasize that agency was given to us in our premortal life as an essential part of the plan of salvation and that there would be no existence without it.

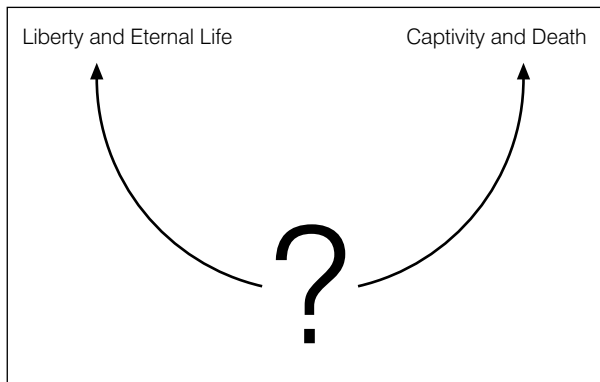
We Are Responsible for the Consequences of Our Acts

Scripture and chalkboard discussion

Write 2 Nephi 2:25–30 on the chalkboard. Have the young men read these verses silently and mark the key words.

- What does Nephi tell us about the ultimate consequences of our choices? (We will reap either joy, liberty, and life; or misery, captivity, and death, depending on our choices.)

Write *Liberty and Eternal Life* and *Captivity and Death* on the chalkboard. Ask the young men which of these they want. As they silently think, draw a question mark and arrows on the chalkboard as shown:



Explain that many people today believe that there are no consequences for evil because there is no evil. If Satan can convince people that there is no such thing as evil or that Heavenly Father does not exist, they will think there is no reason to be moral or righteous.

Scripture and discussion

Ask if any of the young men know who Korihor was. Allow them to relate what they remember about him. Help them as needed. (See Alma 30.) If they do not remember how his activity as an anti-Christ ended, have the young men read Alma 30:59–60.

Be sure to point out that Korihor taught that there was no evil and therefore no consequences for doing wrong.

- What consequences will result for those who deceive themselves and deny the existence of good and evil? (They will ultimately be abandoned by Satan and be miserable.)

Explain that another belief common in the world is that people are the victims of circumstances beyond their control and therefore are not responsible for what they do in this life. Emphasize that while many circumstances may be beyond our control, we can still choose how we respond to them. It is sometimes easy to blame friends, society, or even Satan himself for our mistakes.

Story

Tell the following story:

Ron was nervous as he awaited sentencing from the judge. Ron had been in trouble on several occasions. He had been before the same judge but had always received a light sentence. But this time the judge was taking his time and had a stern look on his face. Ron realized that this time he could expect a stiffer penalty than usual.

After a while, the judge lectured him on the poor choices he had made to get him into trouble and then gave what Ron felt to be a very harsh sentence.

"It's not fair," Ron thought. "I've been through a lot in my life. My home life isn't happy. My teachers don't understand me. My friends aren't as friendly as they used to be. Life has been hard for me. Times have been tough. Why can't the judge understand?"

Discussion

Though it is difficult to judge another, consider the following questions in order to generate discussion:

- Can Ron's problems be blamed on his circumstances?
- Did Ron ever lose his agency?
- How should we react to adversity?
- How can we exercise our agency to be happy even though our circumstances may be challenging?

Quotation and discussion

Emphasize that we are free to do what should be done regardless of our circumstances. There may be times when we believe that our circumstances are an excuse for a poor choice. There may be times when we wish to blame Heavenly Father, Satan, or others for our mistakes.

Explain that Joseph Smith said that if Heavenly Father or Satan forced us to do good or evil we would not have our agency. Then read the following account of a sermon given by Joseph Smith on 16 May 1841:

"He commenced his observations by remarking that the kindness of our Heavenly Father called for our heartfelt gratitude. He then observed that Satan was generally blamed for the evils which we did, but if he was the cause of all our wickedness, men could not be condemned. The devil could not compel mankind to do evil; all was voluntary. Those who resisted the Spirit of God, would be liable to be led into temptation, and then the association of heaven would be withdrawn from those who refused to be made partakers of such great glory. God would not exert any compulsory means, and the devil could not" (*History of the Church*, 4:358).

- Why can't Satan make us do things we do not wish to do?
- Why won't Heavenly Father force us to do things we do not want to do?

Emphasize that Satan *cannot* and God *will not* force us to do anything. Remind the young men that we should always remember that our test in life is to choose good over evil no matter what the circumstances. In fact, we should constantly seek good.

The Faithful Were Foreordained to Receive the Priesthood

Scripture and discussion

In a vision, Abraham saw many souls while they were yet in their first estate. Have a young man read Abraham 3:22–23.

- What does it mean that Abraham was chosen before he was born? (He was foreordained, or appointed, to perform a mission on earth, which the Lord knew Abraham had the ability to do.)
- What else can we learn from these verses? (Many other spirits were foreordained to be prophets and spiritual leaders.)
- What is the relationship between agency and foreordination?

Help the young men understand that when a person is foreordained to a certain responsibility he is given the opportunity to serve God by living up to the standards that the Lord knows he is capable of living. The individual still has his agency and is free to choose whether he will be faithful and fulfill his foreordination.

Scripture and discussion

Have a young man read Alma 13:3.

- Who receives the priesthood on earth?

Help the young men understand that ordination to the priesthood on earth comes to those who were called and prepared from the premortal life (foreordained according to God's

foreknowledge). Receiving the priesthood on earth comes as a result of our faithfulness and worthiness.

Testimony

Testify that Heavenly Father has known each Aaronic Priesthood holder for a long time. Each young man has been chosen by Heavenly Father to help him do his work. This includes going on a full-time mission and many other priesthood callings, the most important of which is to be a father and patriarch in the home.

Quotation

Read and discuss the following statement from the Prophet Joseph Smith:

“Every man who has a calling to minister to the inhabitants of the world was ordained to that very purpose in the Grand Council of heaven before this world was. I suppose I was ordained to this very office in that Grand Council” (*Teachings of the Prophet Joseph Smith*, sel. Joseph Fielding Smith [Salt Lake City: Deseret Book Co., 1938], p. 365).

Conclusion

Challenge and testimony

Challenge the young men to fulfill their foreordination by staying faithful to their priesthood callings and by preparing for the Melchizedek Priesthood and other responsibilities.

Testify that the young men are not ordinary young men but rather sons of God foreordained to be priesthood bearers on earth. Explain that this does not mean Heavenly Father thinks they are better than his other children but that he is counting on them to be leaders and to help him save his other children. They have been chosen to lead out in righteousness and be responsible for spreading the gospel. How tragic it would be if they let anything get in the way of fulfilling their foreordained responsibilities.

Quotation

Elder Vaughn J. Featherstone compared our lives to a race. Read the following:

“The average runner runs until the breath in him is gone,
But the champion has the iron will that makes him carry on.
For rest the average runner begs when limp his muscles grow,
But the champion runs on leaden legs, his courage makes him go.
The average man’s complacent when he’s done his best to score,
But the champion does his best, and then does a little more.”
 (“The Champion,” quoted in *A Generation of Excellence* [Salt Lake City: Bookcraft, 1975], p. 52.)

Challenge

Express your confidence in the young men, and tell them that you know they were valiant and chosen before they came to earth. Challenge them to be valiant here as well and to make up their minds to seek the Spirit and let nothing interfere with achieving their divine destinies.

“How Art Thou Fallen from Heaven, O Lucifer!”

5

OBJECTIVE The young men will understand that Satan exists and recognize how he deceives people.

PREPARATION

1. Prayerfully study Isaiah 14:12–16; Matthew 4:1–11 (see also Joseph Smith Translation, Matthew 4:1, 5–6, 8–9); 1 Corinthians 10:13; James 4:7; Revelation 12:4, 7–9; 2 Nephi 28:15–16, 20–22; Helaman 14:30; 3 Nephi 18:15; Moroni 7:16–17; and Doctrine and Covenants 76:25–27.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Pencils for marking scriptures.

**SUGGESTED
LESSON
DEVELOPMENT**

Quotations and
discussion

Who Is Satan?

- What do you know about Satan?

Explain that there are some things we should know about Satan and there are probably many things we do not need to know. Although it is useful to understand who Satan is and why he is our adversary, there is potential danger in thinking and talking about Satan too much.

Read the following counsel given by Elder Francis M. Gibbons, and then proceed with the lesson:

“How much better it is to follow the admonitions of the Savior, to speak with kindness and love, and to create in our homes havens from the turmoil of the world, which is constantly stirred up by the intrigue of our common enemy. And how much better it is to emphasize and to focus on positive rather than negative things so as to build up and to protect each other, and to minimize the opportunity for the intrusion of Satanic influences in our lives” (*Ensign*, November 1991, p. 79).

President Spencer W. Kimball gave the following description of Satan:

“Satan is very much a personal, individual spirit being, but without a mortal body. His desires to seal each of us his are no less ardent in wickedness than our Father’s are in righteousness to attract us to his own eternal kingdom. . . .

“He is also clever and trained. With thousands of years of experience behind him he has become superbly efficient and increasingly determined” (*The Miracle of Forgiveness* [Salt Lake City: Bookcraft, 1969], p. 21).

Scriptures and
discussion

Have the young men read Isaiah 14:12–16 and Doctrine and Covenants 76:25–27. The young men may want to mark parts of these verses.

- Who was Satan before his fall?

Help the young men understand that Satan is a spirit son of Heavenly Father born in the morning of the premortal life. He chose evil from the beginning (see D&C 93:25) and gained great power and personal influence. He is described in the scriptures as “an angel of God who was in authority in the presence of God” (D&C 76:25). His eventual rebellion and fall were so tragic and complete that he lost all hope for any degree of salvation, which is why the heavens wept over him (see D&C 76:26).

- What caused Lucifer’s fall?

Help the young men understand that Satan was caught up in his own cause and guilty of false pride. He desired to “exalt [his] throne above the stars of God” and “ascend above the heights of the clouds” (Isaiah 14:13–14). He was motivated by selfishness and a desire

for power and wanted to be like the Most High. When he was denied all of this because he sought it unrighteously, he knowingly rebelled and became the father of all lies.

- Why is Satan an enemy to every Aaronic Priesthood holder, and why does he want to enslave us in sin?

Adviser presentation

Emphasize that Satan hates righteousness. He and his angels, who have all lost their own salvation, want to make every person as miserable as they are (see 2 Nephi 2:18, 27). They are unable to feel such righteous emotions as love, charity, purity, honesty, humility, courage, and hope. Instead, Satan wants us to feel only hate, rage, despair, jealousy, and pride. He wants us to lose our salvation. His goal is to destroy our opportunities to become like Heavenly Father and establish eternal kingdoms of our own.

Point out that some people cannot stand goodness in others but try in every way to destroy good reputations and make others as unhappy as themselves. Such people might be called devilish.

Scripture

To help them better understand how Lucifer fell, have the young men read Revelation 12:7–9 and 12:4. Point out that Satan influenced a third part of our spirit brothers and sisters to follow him and reject our Father in Heaven.

Satan's Methods

Scripture and chalkboard discussion

Read 2 Nephi 28:15–16, 20–22, with the young men, identifying ways Satan tries to deceive. As the young men identify these ways, list them on the chalkboard. Then have the young men give specific examples in each category of how Satan applies those methods in our times. Following are some examples:

1. Pride in our hearts (arrogance, self-centeredness, bragging).
2. False doctrines (false teachers, false religions).
3. Whoredoms (immorality, immodesty, lust, passions).
4. Reviling that which is good (mockery of God, religion, chastity, or marriage).
5. Anger at good (persecution of the righteous).
6. Carnal or worldly security (excessive desire for money or other worldly possessions).
7. Flattery (insincere praise).
8. Deception and lies (claiming there is no God, devil, sin, or hell).

Scripture and quotations

Have the young men read Matthew 4:1–11 or Joseph Smith Translation, Matthew 4:1–11, silently and mark the key words in these verses.

Point out that President David O. McKay explained that Satan tempts us in the same three major ways he tempted Christ:

“Classify them, and you will find that under one of those three nearly every given temptation that makes you and me spotted, ever so little maybe, comes to us as (1) a temptation of the appetite or passion; (2) a yielding to the pride and fashion or vanity of those alienated from the things of God; or (3) a desire for the riches of the world, or power among men” (*Gospel Ideals* [Salt Lake City: Improvement Era, 1953], p. 154).

Elder Howard W. Hunter explained how Satan uses these things to tempt us:

“When Jesus had completed the fast of forty days and had communed with God, he was, in this hungry and physically weakened state, left to be tempted of the devil. . . . Such a time is always the tempter’s moment—when we are emotionally or physically spent, when we are weary, vulnerable, and least prepared to resist the insidious suggestions he makes. This was an hour of danger—the kind of moment in which many men fall and succumb to the subtle allurements of the devil” (in Conference Report, Oct. 1976, p. 21; or *Ensign*, Nov. 1976, p. 17).

We Can Resist Satan's Temptations

Scriptures,
quotations, and
discussion

Read and discuss the following scriptures and quotations that point out how to protect ourselves from Satan's power and that we cannot be forced to yield to the enticings of Satan. As you read each scripture, write its reference on the chalkboard:

1. Moroni 7:16–17
2. 1 Corinthians 10:13
3. Helaman 14:30
4. 3 Nephi 18:15
5. James 4:7

The Prophet Joseph Smith gave this commentary on the power of Satan: "All beings who have bodies have power over those who have not. The devil has no power over us only as we permit him. The moment we revolt at anything which comes from God, the devil takes power" (*Teachings of the Prophet Joseph Smith*, sel. Joseph Fielding Smith [Salt Lake City: Deseret Book Co., 1938], p. 181).

Elder Spencer W. Kimball explained how Heavenly Father can help us overcome Satan:

"He who has greater strength than Lucifer, he who is our fortress and our strength, can sustain us in times of great temptation. While the Lord will never forcibly take anyone out of sin or out of the arms of the tempters, he exerts his Spirit to induce the sinner to do it with divine assistance. And the man who yields to the sweet influence and pleadings of the Spirit and does all in his power to stay in a repentant attitude is guaranteed protection, power, freedom and joy" (*The Miracle of Forgiveness* [Salt Lake City: Bookcraft, 1969], p. 176).

President Harold B. Lee had this to say:

"Build a bonfire sometime and watch the beautiful moths and insects come wheeling in because of the enticement of the bright lights. Round and round, closer and closer they whirl until their daring prompts a fatal mistake and they fall with singed wings to their doom in the burning furnace of tempting fascination. I've seen beautiful young human butterflies playing with the tempting fires of sin. They want to see the bright spots of a big, sinful city while they are away from home. . . . By improper dress and look and cheap conversation, they issue invitations for the advances of the unholy. They listen to and repeat the filthy and obscene story. They tell themselves that experience with vice and sin is necessary preparation for protection against it. They draw a distinction between the 'kill, rob and cheat' kinds of sin and the 'pleasant sort of sinning,' which they consider less serious. They forget the warning of the wise man who said that 'The knowledge of sin tempteth to its commission,' and that you can't come in contact with sin in any form without losing a certain pure-mindedness. They little realize that:

" 'Vice is a monster of so frightful mien,
As, to be hated, needs but to be seen;
Yet seen too oft, familiar with her face,
We first endure, then pity, then embrace.'
[Alexander Pope, *Essay on Man*, lines 217–20]

"Many of these beautiful human butterflies winged for heavenly flight have fallen with wings singed and badly seared because of their curiosity about the forbidden" (*Decisions for Successful Living* [Salt Lake City: Deseret Book Co., 1973], pp. 87–88).

Chalkboard
discussion

- What does Satan hope to do to you?
- What are some of Satan's most effective temptations for young people?

Summarize the young men's responses on the chalkboard.

Scripture and
discussion

Read together Moses 1:12–22.

- How did Satan try to deceive Moses? How did Moses resist those temptations?
- Why did Satan finally leave Moses? How did Moses' fourth command for Satan to leave differ from the first three?

Emphasize to the young men that Jesus Christ is far more powerful than Satan. With his help, we can always overcome Satan.

Conclusion

Testimony	Testify that Satan is real and that we must understand his tactics to avoid being lead astray by him. He is no comic figure as some portray him, but is the great anti-Christ. Satan is a cunning adversary. We can be stronger than he is if we are wise and use the spiritual strength that comes from following Christ, listening to the promptings of the Holy Spirit, and honoring the priesthood.
Challenge	Challenge the young men to seek for and follow the guidance of the Holy Ghost and to pray for strength to turn away from all temptations to do evil. Challenge the young men to avoid all evil, whether it be in the form of improper language, attitudes, behaviors, or situations.

The Fall of Adam

6

OBJECTIVE	Each young man will become more familiar with the scriptural account of the fall of Adam and its consequences.
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PREPARATION	<ol style="list-style-type: none">1. Prayerfully study 2 Nephi 2:15–18, 22–25; 9; Doctrine and Covenants 29:39–41; 93:38–39; Moses 2:28; 3:15–17; 4:5–12; 5:10–12; and Abraham 3:25.2. Materials needed:<ol style="list-style-type: none">a. Copies of the scriptures (each young man should bring his own).b. Pencils for marking scriptures.c. Picture 2, Adam and Eve (62461; Gospel Art Picture Kit 101).
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SUGGESTED LESSON DEVELOPMENT	
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	Introduction
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	Ask the young men how they would respond to someone who said: “We can blame Adam and Eve for all the difficulties we have in life. If they had not sinned, we would be much happier and better off. We would not have thorns and weeds. We would not have sickness and death. We would not have been cast out of God’s presence. It just doesn’t seem fair that we should have to suffer because of what they did.”
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	Allow a few minutes for the young men to respond.
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Picture, scriptures, and discussion	
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	Display picture 2, Adam and Eve.
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	<ul style="list-style-type: none">• What would have happened if Adam and Eve had not partaken of the forbidden fruit in the Garden of Eden?
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	Have several young men help in reading 2 Nephi 2:22–25 and Moses 5:10–12.
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	Help the young men understand that if Adam and Eve had not partaken of the forbidden fruit—
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|--|--|
| | <ol style="list-style-type: none">1. They would not have been able to have children. Consequently, we could not have come to a mortal world to obtain a physical body.2. They would not have known good and evil. Consequently, no one could do good or evil, know joy or misery, or learn obedience in the face of opposition.3. They could not have known the joy of their redemption or salvation. If there had been no fall, there would not have been a need for the Atonement, and we could not have progressed. |
|--|--|

	Because the fall of Adam was a necessary part of the plan of salvation, the scriptures say that “death hath passed upon all men, to fulfil the merciful plan of the great Creator” (2 Nephi 9:6).
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	The Fall of Adam
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Scripture and discussion	
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	Explain that after Adam and Eve were placed in the Garden of Eden, the Lord gave them two commandments. As the young men read the following verses, have them mark the key words in each of the commandments.
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	Have a young man read Moses 2:28.
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- | | |
|--|--|
| | <ul style="list-style-type: none">• What is the meaning of this commandment? (To have children.) |
|--|--|

Have a young man read Moses 3:15–17.

- What was the meaning of this commandment to Adam and Eve? (If they ate of the forbidden fruit, they would die or become subject to both temporal and spiritual death.)

Adviser presentation

Explain that Satan, who had been cast out of the presence of God for rebellion, was allowed to come to earth. He tries “to deceive and to blind men, and to lead them captive at his will, even as many as would not hearken unto [the voice of God]” (Moses 4:4). After the two commandments had been given to Adam and Eve, Satan tempted Adam and Eve to eat of the forbidden fruit.

Scriptures and discussion

Have the young men read and mark 2 Nephi 2:15–18 and Moses 4:5–12.

- Moses 4:6 says that Satan “sought also to beguile Eve.” What does it mean “to beguile”? (To deceive, trick, or entice by way of a lie.)
- How did Satan beguile Eve? (He told her that if she ate the forbidden fruit she would know good and evil but would not die.)
- How does Satan beguile us in our day?

Consequences of the Fall

Discussion

- What were the consequences of the Fall?

Help the young men bring out that because of the Fall—

1. Adam and Eve received the power of procreation.
2. Adam and Eve gained a knowledge of good and evil by their own experience.
3. Their bodies became subject to deterioration, leading eventually to their physical death.
4. They were banished or cast out from the presence of God. This banishment is called spiritual death.

Chalkboard, discussion, and adviser presentation

Place each item from the following chart on the chalkboard at the appropriate point in the discussion, using the paragraphs that follow as needed to explain each point:

Condition before the Fall	Condition after the Fall
1. No power to procreate	1. Power to procreate
2. No knowledge of good and evil	2. Knowledge of good and evil in a world of opposition
3. No physical death (immortal)	3. Physical death
4. No spiritual death (lived in the presence of God)	4. Spiritual death

Power of Procreation

Before the Fall, Adam and Eve could have no children. For this reason Adam partook of the forbidden fruit: “Adam fell that men might be” (2 Nephi 2:25). The Prophet Joseph Smith taught that “Adam was made to open the ways of the world” (*History of the Church*, 1:283). By partaking of the forbidden fruit, Adam and Eve opened the way for us to enter into mortality.

After the Fall, Adam and Eve fulfilled the commandment of God to multiply and replenish the earth, and “they . . . brought forth children; yea, even the family of all the earth” (2 Nephi 2:20).

Knowledge of Good and Evil

A major purpose of earth life is for God’s children to prove “if they will do all things whatsoever the Lord their God shall command them” (Abraham 3:25). In order to prove their willingness to do all things God would command them, it was necessary that Satan be allowed to tempt man or to provide the necessary opposition to God so that choice would be possible. A knowledge of good and evil is gained only in a world of opposites, where wickedness opposes righteousness; good, bad; corruption, incorruption; happiness, misery; bitter, sweet (see 2 Nephi 2:11–12).

Explain that because Adam and Eve ate the forbidden fruit, their eyes were opened to a world of opposites. The Lord himself declared, “Behold, the man is become as one of us to know good and evil” (Moses 4:28).

Explain that the tree from which the forbidden fruit was taken was called the tree of knowledge of good and evil, because eating of its fruit opened the way into a world of opposites in which men and women can learn by their own experiences to know good from evil.

Physical Death

Explain that physical death, known also as temporal death, was introduced into the world as a consequence of the Fall. As a result of the Fall, all people and all forms of life upon the earth must suffer a physical death, a separation of spirit and body.

Spiritual Death

Scripture and discussion

While in the Garden of Eden, Adam and Eve lived in the presence of God. They walked and talked with him.

Have the young men read and mark Doctrine and Covenants 29:39–41.

- By yielding to the temptation of Satan, what did Adam and Eve subject themselves to? (They became subject to Satan and were cast out of the presence of God.)

Explain that this is called “spiritual death” because no one in a state of transgression can dwell in the presence of God. President Joseph F. Smith explained spiritual death by saying:

“When Adam, our first parent, partook of the forbidden fruit, transgressed the law of God, and became subject unto Satan, he was banished from the presence of God, and was thrust out into outer spiritual darkness. This was the first death. Yet living [physically], he was dead—dead to God, dead to light and truth, dead spiritually; cast out from the presence of God; communication between the Father and the Son was cut off. He was as absolutely thrust out from the presence of God as was Satan and the hosts that followed him. That was spiritual death” (*Gospel Doctrine*, 5th ed. [Salt Lake City: Deseret Book Co., 1939], p. 432).

The Fall and Repentance

Scripture and discussion

Have the young men read and mark Doctrine and Covenants 93:38–39.

- What does it mean to be innocent? (Free from sin or evil, not under condemnation of any kind.)

Explain that Adam and Eve were innocent in the Garden of Eden before they disobeyed. Because of their disobedience, they fell from their innocent state to a state of unrighteousness. They needed to be redeemed from their fallen state through the Atonement, upon condition of their repentance. In the same way, we commit sin, and only through repentance and the atonement of Jesus Christ can we be redeemed.

- According to Doctrine and Covenants 93:38–39, what are the ways in which we also become subject to Satan and fall from our state of purity and innocence? (Through disobedience and because of the traditions or false teachings of those who teach us.)
- What is the process that makes it possible for us to overcome the effects of our own personal fall? (Repentance, made possible through Jesus Christ's atonement.)

The Fall Was a Great Blessing

Discussion

- Should we rejoice in or regret the fall of Adam? Why?

Help the young men understand that the fall of Adam was as necessary to the plan of salvation as was the atonement of Jesus Christ. Without the Fall, we would not have existed and would have had no need for a Savior. Without the Fall, we would not have become mortal or known the fulness of joy that comes from having a mortal body and from choosing good over evil.

Quotation and discussion

President Brigham Young stated the proper attitude we should have regarding the Fall:

"Some may regret that our first parents sinned. This is nonsense. If we had been there, and they had not sinned, we would have sinned. I will not blame Adam or Eve. Why? Because it was necessary that sin should enter into the world; no man could ever understand the principle of exaltation without its opposite; no one could ever receive an exaltation without being acquainted with its opposite. How did Adam and Eve sin? Did they come out in direct opposition to God and to his government? No. But they transgressed a command of the Lord, and through that transgression sin came into the world. The Lord knew they would do this, and he had designed that they should" (*Discourses of Brigham Young*, sel. John A. Widtsoe [Salt Lake City: Deseret Book Co., 1941], p. 103).

- What is the difference between transgressing a law of God as Adam and Eve did and coming out in direct opposition to God as Satan did? (Attitude or motive. Satan rebelled against God and sought to destroy the purposes of God, while Adam and Eve transgressed one of God's laws in order to fulfill another.)
- Many religions accuse Adam and Eve of being sinful, wicked people. Because we understand their transgression in its true light, how should we feel about them? (We should be deeply grateful for their willingness to make mortality possible. We see them as two of the greatest and most righteous people the earth has known.)

Conclusion

Scripture and quotation

Point out that Adam and Eve viewed their fall as a great blessing. Have a young man reread Moses 5:10–12.

President Joseph Fielding Smith has also given his testimony about the blessings of the Fall:

"When Adam was driven out of the Garden of Eden, the Lord passed a sentence upon him. Some people have looked upon that sentence as being a dreadful thing. It was not; it was a blessing. I do not know that it can truthfully be considered even as a punishment in disguise. . . .

"The fall of man came as a blessing in disguise, and was the means of furthering the purposes of the Lord in the progress of man, rather than a means of hindering them" (*Doctrines of Salvation*, comp. Bruce R. McConkie, 3 vols. [Salt Lake City: Bookcraft, 1954–56], 1:113–14).

Challenge

Challenge the young men to read all of 2 Nephi 2 and 9 as a review of the fall of Adam and to think, as they read, how merciful and just the Lord's plan of redemption is.

The Atonement Brings Victory over Death and Hell

7

OBJECTIVE

Each young man will better understand the infinite atonement of Jesus Christ.

PREPARATION

1. Prayerfully study Luke 22:39–44; 2 Nephi 9:4–10; Mosiah 3:7; 14:3–6; Alma 12:12–18; 34:8–14; Helaman 14:15–19; and Doctrine and Covenants 19:16–19.
 2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Pencils for marking scriptures.
 - c. Picture 3, Jesus the Christ (62572; Gospel Art Picture Kit 240).
 3. Be prepared to sing together at an appropriate time in the lesson: “How Great the Wisdom and the Love” (*Hymns*, no. 195) or “How Great Thou Art” (*Hymns*, no. 86).
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SUGGESTED LESSON DEVELOPMENT

Quotation, picture,
and discussion

The Necessity of an Infinite Atonement

- What do you think is the most important teaching of the gospel?

Tell the young men that the Prophet Joseph Smith was frequently asked what the fundamental principles of our religion were. On one occasion he explained, “The fundamental principles of our religion are the testimony of the Apostles and Prophets, concerning Jesus Christ, that He died, was buried, and rose again the third day, and ascended into heaven; and all other things which pertain to our religion are only appendages to it” (*Teachings of the Prophet Joseph Smith*, sel. Joseph Fielding Smith [Salt Lake City: Deseret Book Co., 1938], p. 121).

Display picture 3, Jesus the Christ.

- Why is the death, burial, and resurrection of Jesus Christ the center of our religion? (Without the Atonement and the Resurrection, we would not have a religion. Because of the fall of Adam we would be lost and fallen forever.)

- What would be the situation of mankind if there had been no resurrection?

After a brief discussion of these questions, have the young men read 2 Nephi 9:4–10.

- What two types of death resulted from the fall of Adam? (Death of the body, or physical death; and death of the spirit, or spiritual death [sometimes called hell], which is a separation or banishment from the presence of God.)

- If there had been no atonement, what would have happened to us all? (The two deaths would have been permanent. Our physical bodies would be “laid down to rot and to crumble to its mother earth, to rise no more” [2 Nephi 9:7]. Our spirits would become subject to the devil, and we would have been shut out of the presence of God forever.)

- According to verse 7, what is necessary to overcome these two deaths? (There “must needs be an infinite atonement.”)

- What is an *infinite* atonement? (An infinite atonement is one that is endless or all-inclusive.)

Have several young men help in reading Alma 34:8–14.

- Who did Amulek prophesy would redeem mankind from their lost and fallen state? (Jesus Christ, the Son of God.)

- What is meant by the phrase “great and last sacrifice”?

Scriptures and
discussion

Help the young men understand that the law of sacrifice started with Adam and continued under the law of Moses. Beasts and birds were sacrificed on special altars by the shedding of their blood. An angel of the Lord told Adam that he and his children were to offer blood sacrifices as “a similitude of the sacrifice of the Only Begotten of the Father” (Moses 5:7). The law of Moses continued until the time of Jesus Christ, when it was fulfilled or completed. Jesus Christ was the great and last sacrifice, thus ending sacrifice by the shedding of blood.

Use the following questions as necessary to help the young men understand the relationship between sacrifice and the Atonement.

- Could the sacrifice of a lamb or other animal constitute an infinite atonement? (No.)
- Would the sacrifice of a person other than Jesus accomplish an infinite atonement? (No.)
- What kind of sacrifice was necessary to bring about an infinite atonement? (“An infinite and eternal sacrifice” [Alma 34:10]. The word *infinite* means having no limits or without end.)
- What does an infinite and eternal sacrifice require? (The sacrifice of a god, of Jesus Christ, the Son of God, who is “infinite and eternal” [Alma 34:14].)

Adviser presentation

Explain that *Infinite* and *Eternal* are other names for Jesus Christ. Jesus is the Lamb of God, whose blood was shed as the great and last sacrifice. Only a God could atone for the sins of all mankind and satisfy the law of justice. Only a God could remain sinless and endure the suffering required by justice to pay the price of the sins of the world.

The Agony of Christ’s Atonement

Adviser presentation

Help the young men understand that even though the Atonement, or great and last sacrifice, was accomplished by a God, the sacrifice was not easy or painless. On the contrary, the infinite atonement of Christ involved greater suffering in body and spirit than any other person has ever experienced or could experience.

The account of the suffering of the Lord in the Garden of Gethsemane helps us to realize what great love the Savior has for his Father and for us.

Scriptures and discussion

Have the young men silently read and mark Luke 22:39–44. Then have a young man read the verses aloud.

Emphasize Jesus’ suffering for us as indicated by the phrase “his sweat was as it were great drops of blood” (Luke 22:44). His agony was so great that he prayed that the cup (his suffering) might be removed from him if there were any other way to accomplish the Atonement. Yet he was willing to do his Father’s will.

To help the young men better understand Jesus’ suffering, read Doctrine and Covenants 19:16–19.

Ask the young men to think about the greatest pain they have ever suffered in body or spirit. Point out that their greatest pain is insignificant when compared to the pain endured by the Savior, which caused him to bleed at every pore.

Have a young man read Mosiah 3:7.

- Is it possible for a mortal man to suffer the same degree of pain and anguish as the Savior suffered? (No. Such pain and suffering would cause a mortal man to die.)
- What caused the Savior such great suffering that blood came from every pore? (“His anguish for the wickedness and the abominations of his people” [Mosiah 3:7]; in other words, the mental and spiritual torment he suffered because he took upon himself the sins of all men and women.)

Christ Suffered for Us

Adviser presentation

Explain that Jesus Christ suffered spiritual punishment for the sins of all mankind. Somehow the punishment for the sins of all mankind was centered in him so that those who repent and come to him need not suffer for their sins. This great and last sacrifice by Jesus demonstrates his love for each of us. The prophet Isaiah beautifully described Jesus’

Scriptures and discussion

vicarious suffering for all of us. Isaiah's words are repeated in the Book of Mormon. Read aloud Mosiah 14:3–6.

- How do you feel knowing that Jesus suffered for your sins?

Have the young men read and mark Helaman 14:15–19.

- What do the Savior's death and resurrection do for us? (They overcome physical death so that we will be resurrected.)
- How does the Atonement redeem us? (We can all return to Heavenly Father's presence, overcoming spiritual death. As all were cut off from the presence of God by Adam's fall, all who repent of their sins will be restored to the presence of God through Christ's atonement.)

Have one or more young men read Alma 12:12–18.

- What happens after we return to the presence of God? (We are judged.)
- How are we judged? (According to our hearts, words, works, and thoughts.)
- What will be the state of those who die with hardened, unrepentant hearts? (They will be condemned by their words, works, and thoughts and will want to hide from God but not be able to do so.)
- Will the wicked accuse the Lord of being unfair? (No, everyone will acknowledge that the judgments of God are just and merciful.)
- What does it mean to be righteous?

Explain to the young men that the Book of Mormon teaches that to be righteous is to accept Jesus Christ, believe in him, repent, receive the ordinances, endure to the end, and become heirs of the celestial kingdom (see Mosiah 4:5–11). The wicked refuse to accept Christ and his righteousness by refusing to believe in him, repent, receive the ordinances, and endure to the end.

- Will the wicked remain in the presence of God? (No, they will be cast out of his presence—not for Adam's transgression but for their own.)
- What is the state of the wicked after they are cast out of God's presence? (They will be tormented and suffer even as Jesus suffered. They will be as though there had been no redemption or atonement made, except that they cannot die.)

Explain that the wicked will suffer until they have paid the price for their sins.

- Who will enjoy the full blessings of the Atonement?

Help the young men understand that those who will enjoy the full blessings of the Atonement will be those who—

1. Do not harden their hearts against the Lord and his truth.
2. Accept the atoning blood of Jesus Christ through their faith and repentance.
3. Devote their thoughts, words, and works to the service and glory of the Lord, who suffered for them.

Conclusion

Activity

To teach this important lesson more effectively, you might want to take another class period to have the young men “chain” the scriptures in this lesson.

Chaining the scriptures involves starting with the first scripture (2 Nephi 9:4–10) and writing the reference for the next scripture (Alma 34:8–14) at the end of the first, so that each scripture reference tells where the next scripture in the chain is found. After verse 14 of Alma 34, for example, the young men would write the reference for the third scripture in the chain, Luke 22:39–44, and so on through all of the scriptures in the order they appear in the lesson.

The scripture chain would be as follows:

1. 2 Nephi 9:4–10
2. Alma 34:8–14
3. Luke 22:39–44
4. Doctrine and Covenants 19:16–19
5. Mosiah 3:7
6. Mosiah 14:3–6
7. Helaman 14:15–19
8. Alma 12:12–18

Challenge

Challenge the young men to have more faith in Jesus Christ and to show the Savior their appreciation for the Atonement by repenting of their sins.

The Resurrection and Judgment

8

OBJECTIVE

Each young man will learn that all of us will be resurrected and brought before the judgment seat of Christ to be judged for our works.

PREPARATION

1. Prayerfully study Luke 24; John 11:19–27, 37–46; Revelation 21:4; Alma 11:40–44; 34:32; 3 Nephi 11:14–15; 18:39; Doctrine and Covenants 20:23–24; 45:51–52; 63:49; 88:104; 129:1–8; and Moses 1:36–39.
 2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Picture 4, The Resurrected Jesus Christ (62187; Gospel Art Picture Kit 239); and picture 5, Jesus Raising Lazarus from the Dead (62148; Gospel Art Picture Kit 222).
 - c. Pencils for marking scriptures.
 3. One week in advance, assign a young man to tell the story of Jesus Christ's resurrection as found in Luke 24.
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**SUGGESTED
LESSON
DEVELOPMENT**

Picture, scriptures,
and discussion

The Promise of the Resurrection Is for Everyone

Display picture 5, Jesus Raising Lazarus from the Dead.

Explain that Jesus had great love for Lazarus and his sisters, Mary and Martha. When Lazarus died, Jesus knew that this was the time he was to show that he possessed power over life and death.

Have one or more young men help in reading John 11:19–27. Explain that in verses 25 and 26, Jesus testified that he would bring about the Resurrection and make eternal life possible.

Have a young man read John 11:37–46.

Ask the young men to imagine how it would be to see a person brought back from the dead.

- Was Lazarus resurrected? (No, he was brought back to mortal life, not immortal life. Lazarus would die again.)

- Who was the first person to be resurrected?

Have a young man reread John 11:25–26.

- What meaning does this scripture have for all of us?

- How do you feel about this scripture?

Picture and report

Display picture 4, The Resurrected Jesus Christ. Then have the previously assigned young man relate the account from Luke 24 of the resurrection of Jesus Christ.

Reading and
discussion

- What is resurrection?

To help answer this question, have a young man read from the Bible Dictionary in the Latter-day Saint edition of the King James Version of the Bible under the heading "Resurrection."

- What made the Resurrection necessary?

Allow the young men to respond; if necessary, review the account of the fall of Adam and Eve (see Moses 4). Emphasize that because Adam and Eve brought physical death into the world, we needed a Savior to bring us the Resurrection.

Scripture and
discussion

Have the young men read and mark Moses 1:36–39.

Scripture activity	<ul style="list-style-type: none"> • How is the Resurrection a partial fulfillment of this scripture? (The Resurrection brings immortality to all mankind.) • When does resurrection take place? (It began with Jesus Christ's resurrection and continues until all the sons and daughters of God born into mortality have been resurrected.) <p>Explain that there are some things in the scriptures about resurrection that many people do not understand.</p> <p>To increase the young men's understanding of resurrection, divide the class into groups. Assign each group the following scriptures to read. Instruct each group to identify one principle about resurrection that is taught in these scriptures:</p> <ol style="list-style-type: none"> 1. 3 Nephi 11:14–15; Doctrine and Covenants 45:51–52 2. Luke 24:39; Doctrine and Covenants 129:1–8 3. Doctrine and Covenants 20:23–24; 3 Nephi 18:39 4. Revelation 21:4; Doctrine and Covenants 63:49 5. Luke 24:41–43 <p>Allow the young men time to read the scriptures and identify a principle of resurrection. List their responses on the chalkboard as the groups share what they have learned about resurrection, such as—</p> <ol style="list-style-type: none"> 1. The actual physical body is resurrected. 2. The resurrected body is a tangible, immortal body. 3. The resurrected body is not bound to the earth. 4. The resurrected body is not subject to pain or death. 5. A resurrected being can eat.
Quotation	<p>Explain that the Prophet Joseph Smith said:</p> <p>"The Lamb of God hath brought to pass the resurrection, so that all shall rise from the dead. . . .</p> <p>"When our flesh is quickened by the Spirit, there will be no blood in this tabernacle" (<i>Teachings of the Prophet Joseph Smith</i>, sel. Joseph Fielding Smith [Salt Lake City: Deseret Book Co., 1938], p. 367).</p> <p>Add to the chalkboard that resurrected bodies do not have blood.</p>
Adviser presentation	<p>Point out that two general resurrections are mentioned in the scriptures: (1) the first resurrection, or resurrection of the just, and (2) the final resurrection, or resurrection of the unjust.</p> <p>Remind the young men that their own resurrection will take place in the future and that by keeping themselves worthy they will be part of the first resurrection.</p>

We Will All Be Judged

Scriptures and discussion	<ul style="list-style-type: none"> • What great event follows our resurrection? (The final judgment.) • Why should we not fear the final judgment? (By preparing ourselves properly, we can actually look forward to the final judgment.) <p>Point out that the Savior will conduct the final judgment and that it will be absolutely fair and just. If we are keeping the commandments and living in harmony with the Spirit, we can look forward to it with confidence.</p> <p>Have a young man read Alma 34:32.</p> <p>To help the young men better understand the Judgment and the Savior's part in this event, have them read Alma 11:40–44 aloud. Discuss the meaning of these verses as they are read.</p> <ul style="list-style-type: none"> • What is meant by "a bright recollection of all our guilt"? (A clear remembrance of our wrongdoing.)
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Scripture and discussion	<p>Emphasize that resurrection comes to all, but exaltation comes only to those whose faith and works qualify them to live in the presence of God. Explain that we will be judged by our works, whether they be good or evil, and that the Judgment can be a very positive and exciting event if we live properly to merit it.</p> <p>Explain that the eleventh chapter of Alma contains Amulek's words to the wicked man Zeezrom. Amulek's words helped Zeezrom begin to repent. Then Alma added his testimony of the plan of salvation.</p> <p>Encourage the young men to study Alma 12 during their personal scripture study.</p>
<hr/>	
	<p>Conclusion</p>
Scripture and discussion	<p>Point out that the scriptures teach us a great deal about the principles of resurrection and judgment. The Topical Guide in the Latter-day Saint edition of the King James Version of the Bible contains numerous references to these subjects. We should read and study the word of the Lord and pray daily for guidance in order to be prepared for the Judgment.</p> <p>To summarize, have the young men read and discuss Doctrine and Covenants 88:104. Emphasize that every person will take part in the Judgment.</p>
Challenge	<p>Explain that we judge ourselves each day by the things we do or do not do. The final judgment will be the sum of our daily lives. Challenge the young men to set a goal to work daily to make their personal judgment one that will bring them to the celestial kingdom.</p>

OBJECTIVE Each young man will better understand the relationship between God's justice and mercy.

PREPARATION

1. Prayerfully study 2 Nephi 2:6–8, 26–29, and Alma 42.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Pencils for marking scriptures.

**SUGGESTED
LESSON
DEVELOPMENT**

A Parable about Justice and Mercy

Quotation

Read aloud the following parable presented by Elder Boyd K. Packer:

"Let me tell you a story—a parable.

"There once was a man who wanted something very much. It seemed more important than anything else in his life. In order for him to have his desire, he incurred a great debt.

"He had been warned about going into that much debt, and particularly about his creditor. But it seemed so important for him to do what he wanted to do and to have what he wanted right now. He was sure he could pay for it later.

"So he signed a contract. He would pay it off some time along the way. He didn't worry too much about it, for the due date seemed such a long time away. He had what he wanted now, and that was what seemed important.

"The creditor was always somewhere in the back of his mind, and he made token payments now and again, thinking somehow that the day of reckoning really would never come.

"But as it always does, the day came, and the contract fell due. The debt had not been fully paid. His creditor appeared and demanded payment in full.

"Only then did he realize that his creditor not only had the power to repossess all that he owned, but the power to cast him into prison as well.

" 'I cannot pay you, for I have not the power to do so,' he confessed.

" 'Then,' said the creditor, 'we will exercise the contract, take your possessions, and you shall go to prison. You agreed to that. It was your choice. You signed the contract, and now it must be enforced.'

" 'Can you not extend the time or forgive the debt?' the debtor begged. 'Arrange some way for me to keep what I have and not go to prison. Surely you believe in mercy? Will you not show mercy?'

"The creditor replied, 'Mercy is always so one-sided. It would serve only you. If I show mercy to you, it will leave me unpaid. It is justice I demand. Do you believe in justice?'

" 'I believed in justice when I signed the contract,' the debtor said. 'It was on my side then, for I thought it would protect me. I did not need mercy then, nor think I should need it ever. Justice, I thought, would serve both of us equally as well.'

" 'It is justice that demands that you pay the contract or suffer the penalty,' the creditor replied. 'That is the law. You have agreed to it and that is the way it must be. Mercy cannot rob justice.'

"There they were: One meting out justice, the other pleading for mercy. Neither could prevail except at the expense of the other.

“ ‘If you do not forgive the debt there will be no mercy,’ the debtor pleaded.

“ ‘If I do, there will be no justice,’ was the reply.

“Both laws, it seemed, could not be served. They are two eternal ideals that appear to contradict one another. Is there no way for justice to be fully served, and mercy also?

“There is a way! The law of justice *can* be fully satisfied and mercy *can* be fully extended—but it takes someone else. And so it happened this time.

“The debtor had a friend. He came to help. He knew the debtor well. He knew him to be shortsighted. He thought him foolish to have gotten himself into such a predicament. Nevertheless, he wanted to help because he loved him. He stepped between them, faced the creditor, and made this offer.

“ ‘I will pay the debt if you will free the debtor from his contract so that he may keep his possessions and not go to prison.’

“As the creditor was pondering the offer, the mediator added, ‘You demanded justice. Though he cannot pay you, I will do so. You will have been justly dealt with and can ask no more. It would not be just.’

“And so the creditor agreed.

“The mediator turned then to the debtor. ‘If I pay your debt, will you accept me as your creditor?’

“ ‘Oh yes, yes,’ cried the debtor. ‘You save me from prison and show mercy to me.’

“ ‘Then,’ said the benefactor, ‘you will pay the debt to me and I will set the terms. It will not be easy, but it will be possible. I will provide a way. You need not go to prison.’

“And so it was that the creditor was paid in full. He had been justly dealt with. No contract had been broken.

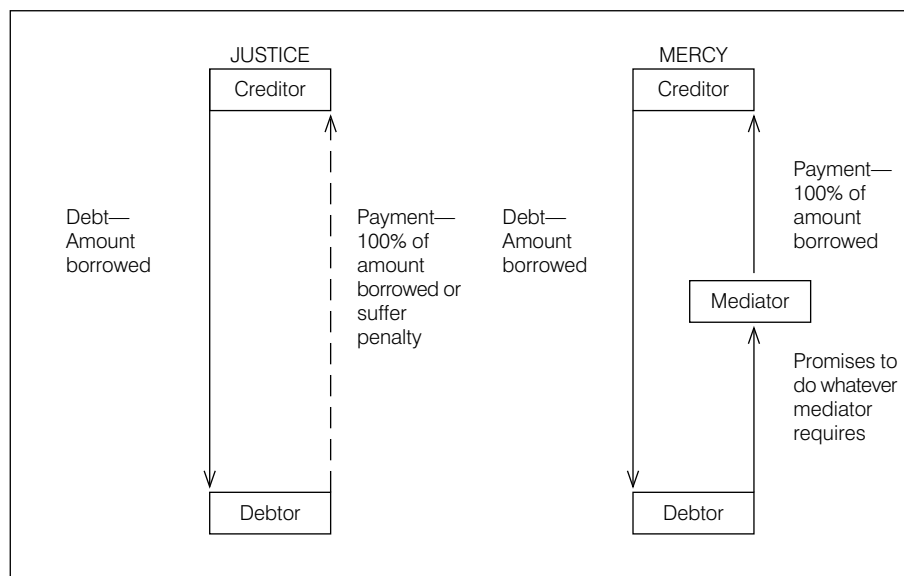
“The debtor, in turn, had been extended mercy. Both laws stood fulfilled. Because there was a mediator, justice had claimed its full share, and mercy was fully satisfied” (in Conference Report, Apr. 1977, pp. 79–80; or *Ensign*, May 1977, pp. 54–55).

Discussion

- What was the relationship between the debtor and creditor before the mediator appeared? (The debtor owed the creditor more than he could pay.)
- How did the mediator change the relationship between the debtor and creditor? (The mediator stood between the debtor and creditor. To the creditor, the mediator paid the full demands of justice. To the debtor, the mediator extended mercy.)

Chalkboard discussion

Place the following diagram on the chalkboard as you discuss the relationships between the creditor, the debtor, and the mediator in the parable:



- In the parable, does anyone force the debtor to go into debt? (No, the debtor chooses to go into debt in order to acquire something of great value and importance to him.)
- What is the expectation of the creditor concerning repayment of the debt? (The creditor expects to get paid in full, 100 percent.)
- What does the debtor promise to the creditor? (That he will repay the debt in full, the entire 100 percent.)
- What will satisfy justice? (Nothing less than 100 percent payment of the debt.)

Explain that justice is often illustrated as a blindfolded woman holding a set of scales. She is blindfolded to symbolize that she is no respecter of persons, that she cannot give her friends an advantage.

- Does justice care who makes repayment of the debt? (No, justice only cares about being paid.)
- Will justice expect or demand that someone other than the debtor pay the debt? (No, that would not be just or fair. Justice will accept payment from anyone, but justice will not force another person to pay the debtor's debt.)
- How much of the debt does the mediator pay? (All of it.)
- What does the debtor promise to the mediator? (To do everything the mediator requires to repay the debt.)
- Could mercy be extended to the debtor if the debtor did not fulfill his promises to the mediator? (Apparently not. The mercy of the mediator was extended only on conditions of submission to the will of the mediator.)

The Justice and Mercy of Heavenly Father

Quotation

Explain that the parable of the debtor and creditor is really an explanation of the atonement of Jesus Christ. Elder Packer explained:

“Each of us lives on a kind of spiritual credit. One day the account will be closed, a settlement demanded. However casually we may view it now, when that day comes and the foreclosure is imminent, we will look around in restless agony for someone, anyone, to help us.

“And, by eternal law, mercy cannot be extended save there be one who is both willing and able to assume our debt and pay the price and arrange the terms for our redemption.

“Unless there is a mediator, unless we have a friend, the full weight of justice untempered, unsympathetic, must, positively must fall on us. The full recompense for every transgression, however minor or however deep, will be exacted from us to the uttermost farthing.

“But know this: Truth, glorious truth, proclaims there is such a Mediator.

“ ‘For there is one God, and one mediator between God and men, the man Christ Jesus.’ (1 Tim. 2:5.)

“Through Him mercy can be fully extended to each of us without offending the eternal law of justice.

“This truth is the very root of Christian doctrine. You may know much about the gospel as it branches out from there, but if you only know the branches and those branches do not touch that root, if they have been cut free from that truth, there will be no life nor substance nor redemption in them.

“The extension of mercy will not be automatic. It will be through covenant with Him. It will be on His terms, His generous terms, which include, as an absolute essential, baptism by immersion for the remission of sins.

“All mankind can be protected by the law of justice, and at once each of us individually may be extended the redeeming and healing blessing of mercy.

"A knowledge of what I am talking about is of a very practical value. It is very useful and very helpful personally; it opens the way for each of us to keep his spiritual accounts paid up.

"You, perhaps, are among those troubled people. When you come face to face with yourself in those moments of quiet contemplation—that many of us try to avoid—are there some unsettled things that bother you?

"Do you have something on your conscience? Are you still, to one degree or another, guilty of anything small or large?

"We often try to solve guilt problems by telling one another that they don't matter. But somehow, deep inside, we don't believe one another. Nor do we believe ourselves if we say it. We know better. They do matter!

"Our transgressions are all added to our account, and one day if it is not properly settled, each of us, like Belshazzar of Babylon, will be weighed in the balance and found wanting.

"There is a Redeemer, a Mediator, who stands both willing and able to appease the demands of justice and extend mercy to those who are penitent, for 'He offereth himself a sacrifice for sin, to answer the ends of the law, unto all those who have a broken heart and a contrite spirit; and unto none else can the ends of the law be answered.' (2 Ne. 2:7).

"Already He has accomplished the redemption of all mankind from mortal death; resurrection is extended to all without condition.

"He also makes possible redemption from the second death, which is the spiritual death, which is separation from the presence of our Heavenly Father. This redemption can come only to those who are clean, for no unclean thing can dwell in the presence of God.

"If justice decrees that we are not eligible because of our transgression, mercy provides a probation, a penitence, a preparation to enter in" (in Conference Report, Apr. 1977, pp. 80–81; or *Ensign*, May 1977, pp. 55–56).

Scriptures and discussion

Explain that with the help of the parable by Elder Packer, we should be better able to understand scriptural passages that speak about the relationship between justice and mercy.

Read and discuss Alma 42.

- What was Corianton worried about? ("The punishment of the sinner" [verse 1].)

Explain that in the Garden of Eden Heavenly Father planted the tree of knowledge of good and evil and the tree of life. He instructed Adam and Eve that they could partake of the fruit of every tree except the fruit of the tree of knowledge of good and evil. If they partook of this fruit, they would surely die. Heavenly Father gave the law and explained the consequences for transgressing it.

- Did anyone force Adam and Eve to eat the forbidden fruit? (No. That would have violated their agency. They chose to eat.)

- What was the consequence of eating the forbidden fruit? (According to verse 7, they were "cut off both temporally and spiritually from the presence of the Lord.")

- Was it fair that Adam and Eve suffer temporal and spiritual death? (Yes. The law was given, agency was allowed, and the consequences were fully explained.)

Remind the young men that by partaking of the fruit of the knowledge of good and evil, Adam and Eve made it possible for all of us to be born.

Explain that Heavenly Father placed cherubim, which are heavenly creatures, and a flaming sword to prevent anyone from partaking of the fruit of the tree of life.

- Why did Heavenly Father do this?

Help the young men understand that if Adam and Eve had eaten of the tree of life after their transgression, they would have lived forever in their sins. They would not have had a time to repent and prepare to live again with Heavenly Father. This would have frustrated the plan of salvation and destroyed the plan of happiness. Heavenly Father in his mercy granted us a time in which to repent and serve him before being saved from temporal

death. We were given a time “to prepare to meet God” (Alma 34:32), a time to overcome our fallen nature.

- What could we have done to save ourselves from this fallen state? (Nothing. We bring the consequences upon ourselves by our own disobedience, and we have “no means to reclaim” ourselves [Alma 42:12, 14].)
- What is Heavenly Father’s law of justice? (It is that no unclean thing can dwell in his presence. Anyone who disobeys his commandments is “cut off from his presence” [Alma 42:14].)
- How many people are in the grasp of justice—how many are in a fallen state, cut off from the presence of God? (All people [see Alma 42:14].)
- How did God provide for us to escape the grasp of justice? (By the plan of mercy under which Jesus Christ would pay for the sins of the world, thus satisfying the demands of justice. We then must repent in order to qualify for forgiveness. [See Alma 42:15.]
- Why is there a punishment affixed, and why is a law given? (To help us feel remorse of conscience and to lead us to repent rather than suffer the consequences of sin [see Alma 42:18].)
- How does the plan of mercy satisfy justice?

Explain that through the plan of mercy the demands of justice are completely satisfied. Justice does execute the law and inflict the punishment for the broken law. But mercy shifts the punishment to the Savior for those who repent. Those who do not repent cannot claim mercy and are left to suffer the punishment. Those who do repent are covered by the atonement of Christ. The law of justice does not allow mercy to be extended to any but the truly penitent.

Have a young man read 2 Nephi 2:6–8, 26–29.

- What are our choices in this probationary state? (We have only two choices. We can choose captivity and death or liberty and eternal life. The plan of justice exposes us to misery, captivity, and death. The plan of mercy redeems us through the Atonement from the grasp of justice and brings us happiness, liberty, and eternal life.)

Adviser presentation

Explain that in order to accept the plan of mercy, we must—

1. Be humble. We must realize that we cannot escape the grasp of justice on our own merits.
2. Repent of all our sins by coming unto Christ, pleading for mercy, exercising faith in the Atonement, and submitting to the ordinances of baptism and confirmation.
3. Endure to the end of our probationary state, with a broken heart and contrite spirit.

Conclusion

Testimony

Bear testimony that we should seek for mercy, not justice, by following the plan of mercy, which is also the plan of salvation.

OBJECTIVE Each young man will better understand the Atonement and the importance of forgiving others.

PREPARATION

1. Prayerfully study Ezekiel 18:21–22, 31–32; Matthew 18:32–35; Mark 14:32–34; 2 Nephi 2:6–9; 9:21–23; Mosiah 4:2–8; Alma 5:11–16; 11:40–42; 34:14–32; 36:5–21; 3 Nephi 9:20–22; Moroni 6:2; and Doctrine and Covenants 19:16–19; 59:8; 76:40–42; 132:23–24. Not all of these will be presented in the lesson, but studying them will help you to teach the lesson.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Pencils for marking scriptures.
3. Show “What Think Ye of Christ?” on *Family Home Evening Video Supplement 2* (53277) if it is available in your area.

**SUGGESTED
LESSON**

DEVELOPMENT

A Mighty Change of Heart

Adviser presentation

Young men often hear statements such as “Jesus Christ died so that we might live”; “He paid the price of sin”; “He opened the door to eternal life”; and “He atoned for our sins.” Ask the young men what they think these statements mean.

Quotation

Joseph Smith said, “The Atonement is the most important single thing that has ever occurred in the entire history of created things; it is the rock [solid] foundation upon which the gospel and all other things rest. Indeed, all ‘things which pertain to our religion are only appendages to it’ ” (*Teachings of the Prophet Joseph Smith*, sel. Joseph Fielding Smith [Salt Lake City: Deseret Book Co., 1976], p. 121; see also Bruce R. McConkie, *Mormon Doctrine* [Salt Lake City: Bookcraft, 1966], p. 60).

Scriptures and discussion

Read and discuss Doctrine and Covenants 76:40–42.

- What does this scripture mean to you personally?
- What does it take for each of us to receive the benefits of the Atonement?

Read 2 Nephi 2:7–9.

- What does it mean to have a broken heart and a contrite spirit?

Read and discuss Mosiah 5:2 and Alma 5:14–16.

- What does it mean to experience a “mighty change of heart”?

Read 2 Corinthians 7:4–16.

- What is the difference between a person who has his sin exposed and one who voluntarily confesses his sin, feels godly sorrow, and sincerely tries to repent?

Reread together 2 Nephi 2:7–9.

- What are the necessary elements of godly sorrow?

Read together Ezekiel 18:21–22.

- What does it mean to turn from sin?
- How does sin kill us? (It can kill the body through diseases brought on by sinful acts, and it can kill our spirits by making them unfit for the presence of God and Jesus Christ.)

Scripture and discussion	<p>Tell in your own words the story of Alma the younger and the sons of Mosiah (Alma 36:5–21).</p> <p>Discuss verses 17–19 with the young men. Emphasize how Alma felt when he realized what it meant to have a “broken heart and a contrite spirit” (see also 3 Nephi 20:22; Moroni 6:2; and D&C 59:8).</p>
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	The First Principles Are Essential
Article of faith	Have the young men recite together the fourth article of faith.
Discussion	<p>Discuss these principles and ordinances with the young men, emphasizing the order in which they are presented.</p> <ol style="list-style-type: none"> 1. Faith must be centered on the Lord Jesus Christ, believing that he has the power to make our souls pure again. 2. Repentance must be a true turning from sin, accompanied by godly sorrow. 3. Baptism must be by immersion by those holding proper authority and must represent our willingness to witness for Jesus Christ. 4. The gift of the Holy Ghost must be given by the laying on of hands by those holding authority to do so and must be accompanied by a sincere desire to receive the Holy Ghost’s influence.
Story	<p>Relate the following story about Jane Snyder Richards, who showed her faith by being baptized.</p> <p>Jane was born in 1823 in the United States. Her brother, Robert, who had been near death, read in the New Testament about baptism by immersion and prayed to know who could properly perform this ordinance. He distinctly heard the name “John E. Page” spoken in his mind. Only later did he discover that John E. Page was a missionary from the Church. After requesting baptism and receiving a priesthood blessing from Elder Page, Robert recovered his health and went on to baptize hundreds of people.</p> <p>By 1839 everyone in Jane’s family was baptized except Jane.</p> <p>At age sixteen Jane became extremely ill, and no doctor could find a cure. Robert returned from his missionary work to visit his younger sister. In Jane’s words:</p> <p>“When he . . . found me so ill, he . . . fasted and prayed for me . . . without food or water for three or four days. . . . He came into my room and laying his face beside mine on the pillow, said, ‘Oh, sis, I wish you were baptized.’</p> <p>“The next morning . . . I was paralyzed and apparently dying. I could not speak nor move. . . . My brother wept . . . and . . . asked if he could administer oil and pray for me. . . . While he was praying light came into my mind and I could see plainly as if a book was opened before me with it written in it my need of baptism. If Christ, who was sinless needed to be baptized, should I hold myself as better than he?</p> <p>“At that moment, all pain left me. The paralysis was gone. I was only weak. As my brother arose from his knees, I . . . begged for baptism. He [was reluctant] for it was now midwinter and ice would have to be broken and the exposure might be fatal. But death I was not afraid of—only that I must be baptized.”</p> <p>On the day Robert was to baptize Jane, a crowd of three hundred townspeople gathered near the lake where he had chopped a hole in the foot-deep ice. They threatened to arrest Robert for exposing his deathly ill sister to the freezing air and water. The people were amazed when Jane came out of the waters and told the people that “all this was of my own free will, that I was not constrained to do it, . . . and they must not do harm to my brother because he was doing God’s work and God would punish them if they interfered.” Robert was not arrested, and Jane, who did not suffer from exposure, was miraculously healed. (Adapted from Jane Snyder Richards, <i>Reminiscences of Mrs. F. D. Richards</i> [unpublished manuscript, 1880], pp. 1–7.)</p> <ul style="list-style-type: none"> • Why did it take faith for Jane to be baptized?

- How did she show she was willing to be a witness for Jesus Christ?

Adviser presentation Explain that if we follow the steps outlined in the first principles and ordinances of the gospel, we can someday return to the presence of Heavenly Father and Jesus Christ.

Conclusion

Testimony Bear testimony that we can receive forgiveness through the atonement of Jesus Christ if we humble ourselves, accept Jesus Christ in our lives, and remember that his suffering in Gethsemane and on the cross was for our sins.

Videocassette If time remains, show "What Think Ye of Christ?" on *Family Home Evening Video Supplement 2* (53277).

OBJECTIVE

Each young man will understand that his faith in Jesus Christ should lead him to rely on the Lord in all circumstances.

PREPARATION

1. Prayerfully study Matthew 11:28–30; Hebrews 11:32–40; 1 Nephi 3:31–4:1; 2 Nephi 9:18; 31:19–20; Alma 5:12–14; Moroni 6:4; and Doctrine and Covenants 75:5; 98:11–13.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Pencils for marking scriptures.

SUGGESTED LESSON DEVELOPMENT

Chalkboard
discussion

We Must Rely on the Lord

Before the quorum meeting, write the following chart on the chalkboard:

Believe → Faith in Christ → Rely → Confidence → Hope

Ask the young men to interpret the chart for you. Help them bring out that accepting the Lord's teachings as true is the beginning of faith. Belief in Christ helps us develop faith in Christ as the only one who can save us. Help the young men understand that having faith in Christ means that we rely on him and on his promises to us. Such faith gives us the confidence to face any challenge or situation in life. If we are true to him, we can have hope for a glorious future.

Scriptures and
discussion

Have the young men read, mark, and cross-reference 2 Nephi 31:19–20 and Moroni 6:4. Write both references on the chalkboard. Ask the following questions to help them understand 2 Nephi 31:19–20.

- What does it mean to have unshaken faith in Christ?

Explain that each of us needs to develop an absolute trust in Christ and an awareness that we are not sufficient by ourselves. To gain eternal life, we must have his help, and we can receive it if we repent, pray always, and keep our thoughts pure and clean.

- What must we do after getting on the straight and narrow path to obtain eternal life?

Bring out that to press forward with a steadfastness in Christ means to not waver or change. We must constantly keep him foremost in our thoughts. We can do this by daily reading the scriptures, thinking about them, and praying about them. Then we must work to live as Jesus Christ would want us to live.

Ask the following questions to help the young men understand Moroni 6:4.

- After these people came into the Church, what things were done for them? (They were remembered and nourished by the good word of God.)
- What is one way priesthood bearers watch over Church members and strengthen them? (By doing home teaching [see D&C 20:46–57].)
- What must believers in Jesus Christ rely on? (On the merits of Christ alone.)

Explain that we must rely on the merits of Jesus Christ alone to gain eternal life, not on our own merits or the merits of our friends or family.

Scripture and discussion

Explain that Alma teaches that faith produces a mighty change of heart. Have the young men read and mark Alma 5:12–14. Explain that all of us need to ask ourselves the question Alma asks: “Have ye experienced this mighty change in your hearts?” (Alma 5:14). Do we really trust Jesus Christ and rely on him? Point out that the mighty change comes by having the companionship of the Holy Ghost when we live righteously.

True Faith Requires Trust and Confidence

Adviser presentation

Explain that once we obtain a trust in Jesus Christ, we can then face life with confidence no matter what our circumstances. Early Christians were burned to death or were torn apart by wild beasts and died in perfect peace because they had confidence in Christ and their future. Although we will probably never face such circumstances, we still must rely on Jesus Christ to help us no matter what life brings us.

Tell the young men that once when George A. Smith was ill, his cousin the Prophet Joseph Smith came to visit him. President George A. Smith related what the Prophet told him:

“He told me I should never get discouraged, whatever difficulties might surround me. If I were sunk into 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” (*Ancestry, Biography, and Family of George A. Smith*, comp. Zora Smith Jarvis [Provo: Zora Smith Jarvis, 1962], p. 55).

- Where did Joseph Smith’s confidence come from? (His faith in Christ.)

Scripture, story, and discussion

Invite the young men to read and mark 1 Nephi 3:31 and 4:1.

- Where did Nephi get the courage displayed in these verses? (Through faith in the Lord, which produced absolute confidence in him.)

The following story told by Matthew Cowley illustrates the confidence that can come when we live by faith:

“I was asked to administer to a baby in New Zealand. I was asked to bless it. The father came up to me with this child, fourteen months old, and he said, ‘Our child has not been blessed yet, so I want you to give it a name.’ I said, ‘All right. What is the name?’ He gave me the name of the child, and then he said in a matter-of-fact way, ‘While you are giving it its name, give it its sight.’ The child was born blind. He said, ‘We have had it to the specialists in Wellington. They said it was born blind and they cannot do anything for it. So while you are giving it a name, by the same authority you use to give it a name, give it its vision.’ Just as simple as that!

“Well, I was scared. I never had that faith. The thing came to me just suddenly like lightning out of the blue. But I went on and blessed the baby with a name. It was the longest blessing, I think, I have ever given. I was using all the words I could think of and had ever thought of. I was trying to get enough inspiration—enough nerve, if you want to call it that, to bless that child with its vision. I finally did.

“Eight months later I saw the child, and the child saw me. . . . Never let this simple faith get away from your life, never let it get away from you. It is the most precious thing you have in life” (quoted by Henry A. Smith, *Matthew Cowley: Man of Faith* [Salt Lake City: Bookcraft, 1954], pp. 138–39).

Scriptures and discussion

Explain that sometimes our faith in Jesus Christ is not rewarded with immediate blessings. Have the young men read Hebrews 11:32–40 to illustrate what has happened to some people who have had faith and trust in Jesus Christ. Explain that verses 38 and 39 indicate that the world was not worthy of these men and women. Verse 39 indicates that they suffered willingly to receive a good report through faith, but in mortality they received not the promise. Their reward was waiting for them in a better world.

Have the young men read and mark Matthew 11:28–30.

- What did the Savior mean when he said that his yoke is easy and his burden light?
- How could this apply to the people mentioned in Hebrews 11?

Help the young men understand that Jesus' statement in Matthew 11 has meaning only in terms of faith. If our faith is sufficient to trust him even if we are tortured and ridiculed, then our faith is sufficient to obtain eternal life with him. No matter what others do to us, our confidence in him makes our yokes easy and our burdens light. Torture and death are not the worst things that can happen to us. Loss of faith and confidence would be much worse, because then we would lose eternal life with the Lord.

The Faithful Are Promised Eternal Life

Scripture and chalkboard discussion

Explain that we act differently when we have faith in the Lord. We have hope in the Lord, and we trust his promises for the future.

Have the young men read and mark Doctrine and Covenants 75:5 and 98:11–13. Point out the promises to the faithful of honor, glory, and eternal life.

- Why should we be willing to give our lives for the cause of the gospel of Jesus Christ?

The Lord has repeatedly promised eternal life to the faithful. Read 2 Nephi 9:18. This verse outlines what we must do and the reward we receive. List the main points of the scripture on the chalkboard:

What We Must Do

1. Believe in the Holy One of Israel.
2. Endure the crosses of the world.
3. Despise the shame of the world.

What Blessings We Will Receive

1. Inherit the kingdom of God.
2. Receive a fulness of joy forever.

Conclusion

Challenge

Challenge the young men to show that they have faith in Jesus Christ and trust him. Have them consider the following suggestions and try them this week:

1. Try to emulate the Savior. Strive to be worthy to have the Holy Ghost as your constant companion. Meet challenges and difficulties optimistically, knowing that the Lord will help you.
2. Choose a weakness or habit you would like to improve, and seek the Lord's help to change, with confidence that he will help you.

Have the young men report their experiences next week.

OBJECTIVE

Each young man will understand that repentance allows him to eliminate attitudes and behaviors that hinder his progress and inner peace.

PREPARATION

1. Prayerfully study Isaiah 1:18; Acts 9:1–22; Mosiah 5:2; Alma 22:15–18; 36:6–26; Helaman 3:35; and Doctrine and Covenants 58:42–43.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Two pencils.
 - c. Pencils for marking scriptures.
3. Make two copies of the scripture exercise in the lesson. Do not include the words in parentheses that follow each question.
4. Prepare to show “Repentance: It’s Never Too Late,” on *Family Home Evening Supplement 2* (53277), or “The Gift of Repentance,” on *Family Home Evening Video Supplement* (53276), if they are available in your area.

**SUGGESTED
LESSON
DEVELOPMENT**

Scripture and
discussion

God Will Forgive

Read Isaiah 1:18 with the young men, and have them mark it.

- What does this scripture teach about the forgiveness of sins? (Though our sins be great, they can be overcome.)

Tell the young men that sometimes after people commit serious sins they think they cannot be forgiven. Explain that although the way is very difficult, there is a way for people to be forgiven for serious sin.

Group scripture
activity

Explain that the scriptures relate some remarkable stories about the principle of repentance. Divide the young men into two groups, and appoint a scribe to take notes for each group. Give the scribe in each group a pencil and a copy of the scripture exercise. Have group one complete parts one and three, and have group two complete parts two and three of the exercise. Have the scribes record the correct answers. Suggest that each young man mark these scriptures in his own copy of the scriptures.

1. Have group one read Alma 36:6–26.
 - a. What was Alma doing before the angel came? (Actively fighting against the Church.)
 - b. What feelings did Alma have as he acknowledged his wrongdoing? (Pain, anguish, and torment.)
 - c. What was the key to Alma’s change of feeling? (He remembered the atonement of Jesus Christ as taught by his father and asked Jesus to have mercy on him.)
 - d. What feelings did he have after he accepted the Atonement? (Joy as exquisite as was his pain.)
 - e. To make up for his wrongdoings, what did Alma do during the months and years following the appearance of the angel? (He took the gospel to many souls and became a great missionary [see verses 24–26]. The best way to make restitution for our wrongdoing is to actively do good.)

2. Have group two read Acts 9:1–22.
 - a. What was Saul (later known as Paul) involved in at first? (Persecuting the Saints.)
 - b. What was Paul's (Saul's) attitude immediately after the angel spoke to him? (He was sorry and wanted to know what he should do.)
 - c. How willing was the Savior to grant Paul forgiveness?
 - d. After Paul recognized his wrongdoing and repented, what did he become? (A great preacher for Christ and an Apostle.)
3. Have both groups read Doctrine and Covenants 58:42–43.
 - a. What does it mean to repent? (To confess our sins and forsake them.)
 - b. What does the Lord do after we forsake and repent of our sins? (He remembers them no more.)

Activity and discussion

Have the members of each group report their findings. Discuss the three scriptures, helping the young men understand the hope of repentance and giving them greater insight into the process of repentance.

Principles of Repentance

Quotation and discussion

Have a young man read the following statement by Elder Spencer W. Kimball:

"The mission of The Church of Jesus Christ of Latter-day Saints is to call people everywhere to repentance. Those who heed the call, whether members or nonmembers of the Church, can be partakers of the miracle of forgiveness. God will wipe away from their eyes the tears of anguish, and remorse, and consternation, and fear, and guilt. Dry eyes will replace the wet ones, and smiles of satisfaction will replace the worried, anxious look.

"What relief! What comfort! What joy! Those laden with transgressions and sorrows and sin may be forgiven and cleansed and purified if they will return to their Lord, learn of him, and keep his commandments. And all of us needing to repent of day-to-day follies and weaknesses can likewise share in this miracle" (*The Miracle of Forgiveness* [Salt Lake City: Bookcraft, 1969], pp. 367–68).

- What does it mean to turn away from sin and turn to Christ?

Emphasize that repentance is more than overcoming particular sins. It involves turning away from all sin. It involves reaching the point where we no longer have any desire for sin. Through repentance we stop sinning completely.

Scripture and discussion

Read and discuss Alma 22:15–18. The young men may want to mark parts of these verses.

Point out that the proper attitude toward repentance of sin was demonstrated by Lamoni's father, who said, "I will give away all my sins." When the Lord commands us to repent, he is asking us to give up our sins.

Explain that the scriptures and the prophets have emphasized that repentance is a process. Ask the young men what repentance involves. Help them see that the process of repentance requires us to—

1. Acknowledge the sin honestly.
2. Confess the sin humbly.
3. Make restitution if possible.
4. Forsake the sin.
5. Accept the atoning sacrifice of Jesus Christ.

True Repentance Is a Change of Heart

Scripture and discussion

Have the young men read Mosiah 5:2.

Explain that having a change of heart and losing all desire to do evil comes as a gift from the Lord through the power of his Spirit. Such a change can occur suddenly, as it did with

King Benjamin's people, or it can come gradually as we keep the commandments more and more diligently.

- What made it possible for the Holy Ghost to purify the hearts of King Benjamin's people?

Emphasize that the people's willingness to believe and turn to the Lord was the key to changing their hearts. The same is true for us.

Have a young man read Helaman 3:35.

Explain that it is by our willingness to yield our hearts to Heavenly Father that he is able to change and purify our hearts. If worldly concerns, personal self-interests, or anything else is more important than turning to Christ, he will not be able to purify us. True repentance involves having a change of heart: turning away from sin and turning to the Lord.

Quotation

The following story told by Elder Vaughn J. Featherstone illustrates the necessity of changing our hearts and attitudes during true repentance:

"As I invited the young man into my office, after his having been cleared by his bishop and stake president [as a missionary candidate], I said to him: 'Apparently there has been a major transgression in your life. That's why I am involved in this interview. Would you mind being very frank and open and telling me what that transgression was?'

"With head held high and in a haughty manner he responded, 'There isn't *anything* I haven't done.'

"I responded: 'Well, then, let's be more specific. Have you been involved in fornication?'

"Very sarcastically, he said, 'I told you I've done *everything*.'

"I asked, 'Was it a single experience, or did it happen with more than one girl and more than once?'

"And he said again, sarcastically, 'Many girls and so many times I could not number them.'

"I said, 'I would to God your transgression was not so serious.'

" 'Well, it is,' he replied.

" 'How about drugs?'

" 'I told you I've done *everything*.'

"Then I said, 'What makes you think you're going on a mission?'

" 'Because I have repented,' he replied. 'I haven't done any of these things for a year. I know I'm going on a mission because my patriarchal blessing says I'm going on a mission. I've been ordained an elder, I've lived the way I should this past year, and I know that I'm going on a mission.'

"I looked at the young man sitting across the desk: twenty-one years old, laughing, sarcastic, haughty, with an attitude far removed from sincere repentance. And I said to him: 'My dear young friend, I'm sorry to tell you this, but you are *not* going on a mission. Do you suppose we could send you out with your braggadocio attitude about this past life of yours, boasting of your escapades? Do you think we could send you out with the fine, clean young men who have never violated the moral code, who have kept their lives clean and pure and worthy so that they might go on missions?'

"I repeated: 'You're not going on a mission. In fact,' I said, 'you shouldn't have been ordained an elder and you really should have been tried for your membership in the Church.'

" 'What you have committed is a series of monumental transgressions,' I continued. 'You haven't repented; you've just stopped doing something. Someday after you have been to Gethsemane and back, you'll understand what true repentance is.'

"At this the young man started to cry. He cried for about five minutes, and during that time I didn't say a word. . . . I just sat and waited as this young man cried.

"Finally he looked up and said, 'I guess I haven't cried like that since I was five years old.'

"I told him: 'If you had cried like that the first time you were tempted to violate the moral code, you may well have been going on a mission today. Now, I'm sorry, I hate to be the

one to keep you from realizing your goal. I know it will be hard to go back to your friends and tell them you are not going on a mission.

“ ‘After you’ve been to Gethsemane,’ I continued, ‘you’ll understand what I mean when I say that every person who commits a major transgression must also go to Gethsemane and back before he is forgiven.’

“The young man left the office, and I’m sure he wasn’t very pleased; I had stood in his way and kept him from going on a mission.

“About six months later, I was down in Arizona speaking at the institute at Tempe. After my talk many of the institute members came down the aisles to shake hands. As I looked up I saw this young man—the nonrepentant transgressor—coming down the aisle toward me, and at that moment the details of my interview with him came back through my mind. I recalled his braggadocio attitude, his sarcasm, his haughtiness.

“I reached down to shake hands with him, and as he looked up at me I could see that something wonderful had taken place in his life. Tears streamed down his cheeks. An almost holy glow came from his countenance. I said to him, ‘You’ve been there, haven’t you?’

“And through tears he said, ‘Yes, Bishop Featherstone, I’ve been to Gethsemane and back.’

“ ‘I know,’ I said. ‘It shows in your face. I believe now that the Lord has forgiven you.’

“He responded: ‘I’m more grateful to you than you’ll ever know for not letting me go on a mission. It would have been a great disservice to me. Thanks for helping me’ ” (*A Generation of Excellence: A Guide for Parents and Youth Leaders* [Salt Lake City: Bookcraft, 1975], pp. 156–59).

Discussion

- Although the young man in the story had not committed sin for a year, what did his repentance lack? (He had not changed his attitude. He did not feel remorse. He lacked true humility: he had not yet turned to Christ with a broken heart and a contrite spirit.)
- Why is attitude so important in repentance? (Our attitudes mold our behavior and show our true feelings. The right attitudes make it possible for us to turn to Christ.)
- What did Elder Featherstone mean when he said, “After you have been to Gethsemane and back, you’ll understand what true repentance is”?

Quotation and discussion

President David O. McKay illustrated the need to change our nature when we repent:

“It is not uncommon for people to have remorse for mistakes made, for follies and sins committed, but to have no turning away from such frailties and evils. They may even feel penitent; but ‘penitence,’ we are told, ‘is transient, and may involve no change of character or conduct.’ Repentance, on the other hand, ‘is sorrow for sin with *self-condemnation*, and complete turning away from the sin.’ It is, therefore, more than mere remorse; ‘it comprehends a change of nature’ ” (*Gospel Ideals* [Salt Lake City: Improvement Era, 1953], p. 13).

- What will be the attitude of a truly repentant person?

Conclusion

Challenge and quotation

Challenge each young man to begin today to eliminate those attitudes and behaviors that hinder his progress. Encourage the young men to dispose of the burden of sin, for as President Harold B. Lee said: “If I were to ask you what is the heaviest burden one may have to bear in this life, what would you answer? The heaviest burden that one has to bear in this life is the burden of sin” (in Conference Report, Apr. 1973, p. 177; or *Ensign*, July 1973, p. 122).

13

Receiving Forgiveness As We Forgive

OBJECTIVE

Each young man will understand that the process of repentance includes forgiving others and that if he does not forgive others the Lord will not forgive him.

PREPARATION

1. Prayerfully study Matthew 18:23–35, John 3:16, and Doctrine and Covenants 64:8–10.
 2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Picture 6, Glenn Kempton and Tom Powers.
 - c. A paper and pencil for each young man.
 - d. Pencils for marking scriptures.
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SUGGESTED LESSON DEVELOPMENT

Quotation

Introduction

Relate the following story told by Bishop H. Burke Peterson:

“For much of our lives, we lived in central Arizona. Some years ago a group of teenagers from the local high school went on an all-day picnic into the desert on the outskirts of Phoenix. As some of you know, the desert foliage is rather sparse—mostly mesquite, cat-claw, and palo verde trees, with a few cactus scattered here and there. In the heat of the summer, where there are thickets of this desert growth, you may also find rattlesnakes as unwelcome residents. These young people were picnicking and playing, and during their frolicking, one of the girls was bitten on the ankle by a rattlesnake. As is the case with such a bite, the rattler’s fangs released venom almost immediately into her bloodstream.

“This very moment was a time of critical decision. They could immediately begin to extract the poison from her leg, or they could search out the snake and destroy it. Their decision made, the girl and her young friends pursued the snake. It slipped quickly into the undergrowth and avoided them for fifteen or twenty minutes. Finally, they found it, and rocks and stones soon avenged the infliction.

“Then they remembered: their friend had been bitten! They became aware of her discomfort, as by now the venom had had time to move from the surface of the skin deep into the tissues of her foot and leg. Within another thirty minutes they were at the emergency room of the hospital. By then, the venom was well into its work of destruction.

“A couple of days later I was informed of the incident and was asked by some young members of the Church to visit their friend in the hospital. As I entered her room, I saw a pathetic sight. Her foot and leg were elevated—swollen almost beyond recognition. The tissue in her limb had been destroyed by the poison, and a few days later it was found her leg would have to be amputated below the knee.

“It was a senseless sacrifice, this price of revenge. How much better it would have been if, after the young woman had been bitten, there had been an extraction of the venom from the leg in a process known to all desert dwellers. . . .

“There are those today who have been bitten—or offended, if you will—by others. What can be done? What will you do when hurt by another? The safe way, the sure way, the right way is to look inward and immediately start the cleansing process. . . . The longer the poison of resentment and unforgiveness stays in a body, the greater and longer lasting is its destructive effect. . . . The poison of revenge, or of unforgiving thoughts or attitudes, unless removed, will destroy the soul in which it is harbored” (in Conference Report, Oct. 1983, pp. 83–84; or *Ensign*, Nov. 1983, p. 59).

Discussion

- How are feelings of unforgiveness like poison inside us?
- How can we cleanse ourselves from the poison of unforgiveness?

Forgiveness, the Divine Gift of Love

Scripture and discussion

Have a young man read John 3:16.

- What did Heavenly Father do so that we could have eternal life? (In his love and mercy toward men, Heavenly Father gave his Only Begotten Son so that we might repent and receive a remission of our sins.)

Quotation

Invite a young man to read the following statement by Elder Marion D. Hanks:

“The coming of Jesus Christ in the meridian of time was God’s supreme effort to make his love known and effectual among his children. The Father had always acted out of love, but the plan of things required a Savior whose life would be the highest expression of God’s love and whose sacrifice would represent a greater love for his Father and brothers and sisters than could be equaled. He made the sacrifice and finished his mission. . . .

“His disciples received from him not only the sense of his eternal power and godhood, but clear direction about how a child of God should live” (“Failing Never,” *Ensign*, Sept. 1975, p. 74).

Explain that Jesus Christ’s coming was an act of love and mercy and a gift of love to all men. His atoning sacrifice provided the way for us to once again enter into Heavenly Father’s presence and receive eternal life. Jesus, through his example, revealed to us what Heavenly Father is really like: quick to forgive, full of love and mercy, patient, long-suffering, kind, and just. Jesus Christ set the perfect example to pattern our lives after.

Forgiveness, the Hallmark of Discipleship

Scripture and discussion

Explain that Jesus taught his followers to forgive everyone and to love their enemies and bless those who curse them. He even explained that if a person fails to forgive, he commits a greater sin than the offender.

Ask a young man to read Doctrine and Covenants 64:9–10. Suggest that the young men mark these verses.

- How serious is it to fail to forgive others?
- Whom are you required to forgive?

Quotation

Explain that Jesus set the supreme example in forgiving those who offend and hurt us. Bishop 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.

“Following a number of false charges, he was betrayed by one considered to be among his closest circle of friends. He was then subjected to a so-called trial, which produced a sentence that was dictated by political convenience and public sentiment rather than justice.”

- How would it feel to be betrayed by a friend?
- How would you react to someone who falsely accused you of a crime?

Explain that Jesus Christ’s suffering did not end after he was falsely accused and betrayed by a friend. Continue reading:

“Then in rapid agonizing succession: there was a long struggle to Calvary as he bore the heavy cross; he was jeered at and spat upon by the multitude all along the way; there was the offering of vinegar, climaxed by the cruel spikes; and finally, 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.)” (in Conference Report, Oct. 1966, p. 128; or *Improvement Era*, Dec. 1966, p. 1148).

- Have a young man read Doctrine and Covenants 64:8.
- What is a disciple? (A follower of Christ, a believer in Christ.)

Point out that the word *disciple* comes from the word *discipline*, meaning to act according to a prescribed pattern. Be sure to emphasize that a disciple of Christ is one who not only believes or follows but also acts and lives his life in harmony with the Savior's example.

- Why were the disciples afflicted and sorely chastened by the Lord? (There were contentions, strife, and quarreling among them rather than the forgiving spirit and oneness of heart that should characterize disciples of Christ.)

Scripture reading
and discussion

Ask three young men to read the parable of the unforgiving servant in Matthew 18:23–35. You may want to have the young men read the parts of the following three characters:

1. The king, who first threatened and then forgave his servant.
2. The servant who was forgiven but would not forgive his fellow servant.
3. The fellow servant.

You may want to reread and discuss the message of Matthew 18:23–35 using the following questions:

- Whom does the king in the parable represent? (Our Heavenly Father.)
- Whom does the unmerciful servant represent? (Those of us who do not forgive easily.)
- Whom does the other servant represent? (Anyone who has offended another.)
- According to this parable, what must we do to gain forgiveness from our Father in Heaven?
- What lessons for our lives are taught in this parable?

Forgive to Be Forgiven

Scripture and
discussion

- Have a young man read Doctrine and Covenants 64:9.
- Why does the greater sin lie with the person who will not forgive his brother?

Help the young men understand that when we fail to forgive others, we fail to keep the greatest commandments, which are to love God and others. Therefore, by refusing to love and forgive, we retain the greater sin.

Quotation and
discussion

Elder Marion D. Hanks asked, “Does it not seem a supreme impudence to ask and expect God to forgive when we do not forgive?—openly? and ‘in our hearts’?” (in Conference Report, Oct. 1973, p. 15; or *Ensign*, Jan. 1974, p. 20). Explain that by forgiving others we can be forgiven.

- How can we forgive a person openly and in our hearts?
- How can we overcome resentment, anger, or vengeance toward those who have offended us so that we can truly forgive?
- How can prayer help us forgive?
- How can understanding the Savior's example help us forgive others?

Scripture and
chalkboard
discussion

Have a young man read Doctrine and Covenants 64:10.

- Why must we forgive all men without exception? (In order to be forgiven by the Lord we must be quick to forgive those who offend us.)

Write *Forgiveness* at the top of the chalkboard.

- Have you ever wanted to be forgiven for a wrong you committed against someone?

Ask the young men to share their feelings before and after being forgiven.

Quiz

Give each young man a piece of paper and a pencil. Ask the young men to entitle the page “Do I Hold Grudges?” Have them number from one to eight down the page. Explain that you are going to give them a short quiz about forgiving in their hearts. All the questions should be answered honestly with a simple yes or no. Do not have the young men answer aloud; they should not reveal their answers to anyone.

Read the following questions:

1. Do you ever say, "Well, I will forgive, but I can never forget"?
2. Are you ever secretly happy when something unfortunate happens to someone you don't like?
3. Do you ever wish you could get even with someone for something he has done to you?
4. Is there anyone you avoid or to whom you refuse to speak?
5. When you get angry with someone, do you sulk and take a few days to get over it?
6. Do you ever talk unkindly to others about someone who has offended you?
7. Is there someone in your immediate family that you resent for something he or she has done?
8. When you get in arguments with your brothers or sisters, do you bring up things they have done before that made you angry?

Have the young men think about those questions to which they had to answer yes. Explain that forgiving is not easy. It is one of our greatest challenges and tests our real love for others.

Picture and story

Tell the young men that the peace that comes from forgiving others is shown in a story once told by Elder Spencer W. Kimball. Explain that in 1918, three law officers were murdered when they attempted to arrest several criminals. Glenn Kempton's father was one of the officers killed. Sometime later, the murderers were captured, tried, and sent to prison for life.

- How would you feel toward someone who had taken the life of your father?
- Why would it be hard to forgive such a man?

Brother Kempton described his experience to Elder Kimball this way:

"As a young boy in my early teens, there grew in my heart a bitterness and a hatred toward the confessed slayer of my Father, for Tom Powers had admitted killing my Dad.

"The years swept by, I grew up, but still that heavy feeling stayed inside me. High school ended, and then I received a call to go to the Eastern States Mission. There my knowledge and testimony of the gospel grew rapidly, as all of my time was spent studying and preaching it. One day while reading the New Testament, I came to Matthew, fifth chapter, verses 43 to 45. . . .

"Here it was, the words of the Savior saying we should forgive. This applied to me. I read those verses again and again and it still meant forgiveness. Not very long after this, I found in the 64th section of the Doctrine and Covenants, verses 9 and 10, more of the Savior's words. . . .

"I didn't know whether or not Tom Powers had repented but I did know now that I had an appointment to make after I returned home, and I resolved before I left the mission field to do just that.

"After returning home, I met and married a fine Latter-day Saint girl, and the Lord blessed our home with five lovely children. The years were passing rapidly and the Lord had been good to us, yet guilt arose within me every time I thought of the appointment I had not kept.

"A few years ago, just shortly before Christmas, a season when the love of Christ abounds and the spirit of giving and forgiving gets inside of us, my wife and I were in Phoenix on a short trip. Having concluded our business in the middle of the second afternoon, we started home. As we rode along, I expressed the desire to detour and return home via Florence, for that is where the state prison is located. My wife readily assented.

"It was after visiting hours when we arrived but I went on inside and asked for the warden. I was directed to his office.

"After I had introduced myself and expressed a desire to meet and talk to Tom Powers, a puzzled expression came over the warden's face, but after only a slight hesitation, he said, 'I'm sure that can be arranged.' Whereupon he dispatched a guard down into the compound who soon returned with Tom. We were introduced, and led into the parole room where we had a long talk. We went back to that cold, gray February morning thirty years before, re-enacting that whole terrible tragedy. We talked for perhaps an hour and a half.

Finally, I said, 'Tom, you made a mistake for which you owe a debt to society for which I feel you must continue to pay, just the same as I must continue to pay the price for having been reared without a father.' "

Show picture 6, Glenn Kempton and Tom Powers. Then continue:

"Then I stood and extended my hand. He stood and took it. I continued, 'With all my heart, I forgive you for this awful thing that has come into our lives.'

"He bowed his head and I left him there. I don't know how he felt then, and I don't know how he feels now, but my witness to you is that it is a glorious thing when bitterness and hatred go out of your heart and forgiveness comes in.

"I thanked the warden for his kindness, and as I walked out the door and down that long flight of steps I knew that forgiveness was better than revenge, for I had experienced it.

"As we drove toward home in the gathering twilight, a sweet and peaceful calm came over me. Out of pure gratitude I placed my arm around my wife, who understood, for I know that we had now found a broader, richer and more abundant life" (*The Miracle of Forgiveness* [Salt Lake City: Bookcraft, 1969], pp. 291–93).

Conclusion

Testimony and
challenge

Testify that after we are baptized, the Savior forgives us of our sins if we repent. At baptism and each time we partake of the sacrament, we covenant to follow the Savior and do all he asks of us. One of the things he expects us to do is to forgive others. As we do so, he has promised us joy and peace, teaching us that both forgiving and being forgiven are essential to our eternal salvation.

Have the young men turn their papers over and write down one thing that they would be willing to do during the coming week to help them forgive and strengthen their love for someone else. Challenge the young men to develop the spirit of forgiveness in all their associations and especially with their own family members. (Be sensitive to the needs of the young men. The spirit of forgiveness should not prevent them from discussing with the bishop any ongoing abuse they might be receiving.)

Suggest they think about their lives. Has anyone injured them or offended them in any way? If so, challenge them to cleanse their souls of any bitterness by totally forgiving that person. Challenge them to overcome any negative and unforgiving feelings they have by seeking the aid of the Spirit.

OBJECTIVE	Each young man will better understand the meaning of the sacrament and his role as the Lord's representative in that ordinance.
PREPARATION	<ol style="list-style-type: none"> 1. Prayerfully study Leviticus 10:8–11; Matthew 26:26–28; 1 Corinthians 11:26–29; Mosiah 18:10; 3 Nephi 18:1–12; and Doctrine and Covenants 20:46, 77, 79; and 27:2. 2. Materials needed: <ol style="list-style-type: none"> a. Copies of the scriptures (each young man should bring his own). b. Pencils for marking scriptures.
SUGGESTED LESSON DEVELOPMENT	<p>An Ordinance of Remembrance and Recovenanting</p> <p>Adviser presentation Express to the young men how you feel about the sacrament. Explain that it is one of the most sacred ordinances of the priesthood. Heavenly Father has a great deal of confidence in Aaronic Priesthood holders. He has allowed them the privilege of administering the sacred emblems of the sacrament. Ask them to try to imagine how it would have been to be present when the Savior blessed the sacrament.</p> <p>Scriptures and discussion Have the young men read and discuss 3 Nephi 18:1–12.</p> <ul style="list-style-type: none"> • What can we learn about the sacrament and our responsibility as Aaronic Priesthood holders from these verses? <p>The following may help in the discussion:</p> <ol style="list-style-type: none"> 1. Jesus commanded that the sacrament be administered to the Church (verses 3–4, 6–8, and 10–12). 2. Priests must be properly ordained and authorized to administer the sacrament (verse 5); teachers and deacons may prepare and pass the sacrament. 3. Partaking of the sacrament is an act of remembering Jesus (verses 7 and 11). 4. Those who always remember Jesus are promised they will always have his Spirit with them (verses 7 and 11). 5. Everyone who partakes of the sacrament is obeying a commandment (verse 10). 6. By partaking of the sacrament members of the Church promise to obey all of Jesus' commandments (verse 10). <p>Explain that having the constant companionship of the Lord's Spirit is one of the most important things in our lives since we all need to be guided and sustained by the Holy Ghost. The only way we can become purified is through the Holy Ghost.</p> <ul style="list-style-type: none"> • What key for having the constant companionship of the Spirit does the Lord reveal in these verses? (To always remember him.) • What does it mean to always remember him? (To think of him continually, striving to make our thoughts, words, and actions like his.) • If we really understand and appreciate Christ's atonement for us, should it be difficult to remember him? <p>Have the young men refer to Matthew 26:26–28 in their Bibles, and then read Matthew 26:22, 24–25 in the Joseph Smith Translation of the Bible. Have them compare these verses.</p>

- What are the differences between these versions? (The Joseph Smith Translation specifies that the body is given as a ransom for us, the emblems are given for remembrance of that sacrifice, and as many as shall believe in Christ shall have a remission of their sins.)

Adviser presentation	Explain that the sacrament is an ordinance that helps us remember Jesus Christ and what he has done for us. He paid the ransom to allow us to escape from the destroyer, or Satan. Jesus' sacrifice allows each of us to be forgiven for our sins if we will believe and repent. The sacrament helps us to remember him and renew the covenants made at baptism to keep his commandments.
Scripture and discussion	Have a young man read Mosiah 18:10. Before he reads explain that these are the words of Alma as he taught the believers at the Waters of Mormon. <ul style="list-style-type: none"> • What words seem to be similar to the sacrament prayers? (Alma said that the people should take Jesus Christ's name and witness that they have entered into a covenant, or agreement, to keep his commandments. Jesus Christ will then pour out his Spirit upon them, which means he will bless, guide, and sustain them.)
Adviser presentation	Remind the young men that when we partake of the bread and water, we witness that we desire to do all Jesus Christ has instructed us to do and testify that we will represent him by our behavior. It is important to renew our covenants weekly because we sometimes forget our promises as we become preoccupied with the things of the world.
Quotation	At the dedication of the Jordan River Temple, Elder Mark E. Petersen stressed the importance of the sacrament: <p>"The sacrament is commemorative of the most sacred and important thing that has ever happened—the atonement of the Lord Jesus Christ. Nothing is so sacred as the Atonement. Nothing is so important.</p> <p>"We commemorate the suffering and death of Christ on the cross by partaking of the sacrament. And as we do so, again we enter into a covenant as we accept both the bread and the water. And what is this covenant, and how serious is it?</p> <p>"Do we realize how serious it really is?</p> <p>"Only a god could bring about the Atonement. And Christ was divine, the Son of God, our Redeemer, even the Creator of all things.</p> <p>"When he spoke of his suffering on the cross, he said:</p> <p>" 'Behold, I, God, have suffered these things for all, that they might not suffer if they would repent;</p> <p>" 'But if they would not repent they must suffer even as I;</p> <p>" 'Which suffering caused myself, even God, the greatest of all, to tremble because of pain, and to bleed at every pore, and to suffer both body and spirit—and would that I might not drink the bitter cup, and shrink—</p> <p>" 'Nevertheless, glory be to the Father, and I partook and finished my preparations unto the children of men' (D&C 19:16–19).</p> <p>"How great was his suffering! We human beings can never measure the extent of it. But he died for us, he suffered for us, and we commemorate his death and suffering through the sacrament of the Lord's Supper.</p> <p>"As we partake of that sacrament, we should realize how truly important and sacred it is, for as we do so we declare to Almighty God, our Father in Heaven, that we will always remember the Christ. We witness to our Father, we testify to our Father, we covenant with our Father, that we are willing to take upon us the name of Christ and always remember him, and always keep his commandments which he has given us.</p> <p>"That is the covenant we enter into each time we partake of the sacrament. Do we realize what we do? Do we realize how serious the covenant is that we take upon ourselves?" (address given at Jordan River Temple dedication, 16 Nov. 1982).</p>

The Priests Act in Behalf of the Congregation

Discussion

Explain that in Old Testament times a priest performed the sacrifice for the people in the temple.

- What priesthood did the Old Testament priests hold? (The Aaronic Priesthood.)

Emphasize that the ancient priests officiated because they held the priesthood and that they were official representatives of the Lord.

Point out that the Old Testament priests represented the people at the sacrificial altar. The members were not allowed at the altar. The people were not allowed to perform their own ordinances in the temple either. Similarly, as individual members of the Church, we are not allowed to bless and administer the sacrament whenever we feel like it. There is a set order that the Lord has proclaimed, which is outlined in the scriptures.

Scriptures and discussion

Have a young man read Doctrine and Covenants 20:46.

Explain that a priest has the duty to administer the sacrament. He acts for and in behalf of the members as the priests did anciently.

Have a young man read Leviticus 10:8–11.

- To what do these verses refer? (These were instructions to the priests who officiated at the sacrificial altar.)
- What does it mean in verse 10 to “put difference between holy and unholy”? (Aaron was to be different from the congregation, to be worthy to officiate.)
- From what this scripture says, what is a priest’s responsibility regarding worthiness to officiate at the sacrament table?
- How can we prepare ourselves to officiate in the sacrament?

Answers should include a discussion of how the priests live their lives during the week—what they think and how they act. Point out that if any of them feel they are not worthy to officiate at the sacrament table, they should talk with the bishop.

Have a young man read 1 Corinthians 11:26–29.

- What do you think Paul is saying about the sacrament? (It is a sacred ordinance. We should not partake of it unworthily, which means unrepentantly.)

Point out that we need not be perfect, but we should try to keep the commandments.

- What obligation do we have as priesthood representatives of the Lord when we bless and administer the sacrament? (We are to be examples and should strive to be worthy.)
- How should priests dress as they officiate at the sacrament table?

Discussion and adviser presentation

Help the young men understand that priests should dress in their best clothes and be groomed in a way that honors their calling.

Explain that, as officiators at the sacrament table, priests represent the people who are trying to renew their covenants and who are trying to have the Spirit of the Lord with them. Priests are performing the same ordinance the Savior did at the Last Supper. Point out that they are going before the Lord in the same manner as the priests anciently went before the Lord. These priests were told what to wear in minute detail in order to honor the Lord (see Exodus 28:2–4). We are given general guidelines.

- What would you wear if you had an appointment to appear before the ruler of a nation, or a king, or the President of the Church?

Story

Explain that the priest (and the teachers and deacons) have the potential to make the sacrament service meaningful for those who come to renew their covenants and to get spiritually renewed. They can make a difference.

Tell or read the following story:

A few years ago I attended a ward sacrament meeting. When it came time for the ordinance of the sacrament, I was suddenly impressed by the prayer I heard being repeated.

It was the same prayer I had heard for many years, but there was a sincerity to it that made it new and important to me. I felt I was in a holy place, and the prayer was saying words I wanted to say. After the prayer on the bread, I looked up at the priest who had said the prayer. He was clean and dressed in his best clothes. That helped him look good. But the thing that made the prayer special to me was the feeling he put into it. That day I learned about how to say a prayer and how to influence the congregation to think about the Lord. I was taught by a young man who cared to represent the people before the Lord.

Adviser presentation Explain that the priests have an obligation to say the sacrament prayers with meaning and feeling. This means they say the prayers loudly enough, distinctly enough, and with enough feeling to help the congregation have an edifying experience. As they put feeling into the prayers, it will become more meaningful to those in the congregation.

Scripture and activity

- Where are the sacrament prayers found in the scriptures? (D&C 20:77, 79; and Moroni 4–5.)

The young men should underline and memorize Doctrine and Covenants 20:77, 79.

Point out that all of these references mention wine, but Doctrine and Covenants 27:2 explains that it does not matter what is used for the sacrament if it is done with an eye single to Christ's glory.

You may wish to discuss the prayers line by line so that the young men can better understand the significance of the prayers.

Let several young men read the prayers aloud. Check for exactness. Help them express themselves clearly. Help them realize that their goal is not to see how quickly they can get through the prayers, but to say the prayers meaningfully and accurately. Accuracy and feeling come easier by not hurrying. Feeling comes from pondering the Savior's sacrifice and the meaning of the prayer.

Conclusion

Chalkboard discussion

- What are some things Aaronic Priesthood holders can do to ensure that the sacrament service is a time of spiritual renewal for the congregation?

List young men's responses on the chalkboard. Answers could include the following:

1. Arrive early at the sacrament table.
2. Be sure the sacrament is prepared on time.
3. Be reverent during the meeting.
4. Dress appropriately and neatly.
5. Priests should say the prayers with meaning and reverence; teachers should prepare the sacrament with reverence; and the deacons should pass it with the same reverent attitude.

Challenge Challenge the young men to do all they can each week to prepare for, partake of, and administer the sacrament in a way that makes it as meaningful as possible for themselves and the congregation they serve.

OBJECTIVE	Each young man will learn what it means to endure to the end and understand that the hardships of mortality can help us learn.
PREPARATION	<ol style="list-style-type: none">1. Prayerfully study Matthew 27:46; Luke 23:34; 2 Nephi 2:11, 15–16, 22–24; 28:21; 31:16; Helaman 6:9–17; and Doctrine and Covenants 121:1–3, 6–8; 122:7–8.2. Materials needed:<ol style="list-style-type: none">a. Copies of the standard works (each young man should bring his own).b. A piece of paper and a pencil for each young man.c. Pencils for marking scriptures.3. Prepare a poster of 2 Nephi 31:16.
SUGGESTED LESSON DEVELOPMENT	<p>Introduction</p> <p>Story</p> <p>David Merrell stepped off the plane in Tokyo, eager to begin his mission. David was slender, clean cut, and slightly freckled. David was spiritual and had a positive attitude, but otherwise he was an average elder. He had to make the same adjustments to a mission that other elders make. He gradually began to find real joy and success as he humbled himself before the Lord.</p> <p>One day, David noticed that a small growth on his shoulder had enlarged considerably. He went to a doctor to have it checked. He received tragic news in that doctor's office. He had a melanoma, a deadly form of cancer. Skilled Japanese surgeons removed the growth, but David was sent home for further surgery, which stripped him of the muscles in his shoulder and neck. Large arteries and veins were also removed, and David suffered great pain as the blood was rerouted to his brain.</p> <p>His recovery was slow and painful, but his will was indomitable. He began to discover just how much spiritual strength he possessed. His only thought was to get back into the mission field. He swam daily in order to increase his physical strength. Finally he was ready. David felt a great, sweeping feeling of victory as he stepped off the airplane, this time in Oregon, where he was to continue his missionary labors.</p> <p>David Merrell completed his mission in Oregon, and a year later he completed his earthly mission.</p> <p>Chalkboard discussion</p> <p>Explain that it may seem that if a young man is in the mission field serving the Lord, he should be protected from all harm and illness.</p> <ul style="list-style-type: none">• What can we learn from David Merrell's example? <p>Summarize the young men's thoughts on the chalkboard.</p> <p>Writing activity</p> <p>Distribute the paper and pencils. Ask each young man to write down a conflict, opposition, or problem he is now facing. Explain that no one will see his paper. Suggest that the young men take notes on how they can overcome the problem they wrote down.</p> <p>Opposition in All Things</p> <p>Scripture and chalkboard discussion</p> <p>Explain that we can better understand why we have suffering and death if we understand the nature and purpose of mortality. Explain that the scriptures tell us why we have suffering and problems. Review what the young men have learned about the fall of Adam. Explain that the Fall brought into the world the possibility for <i>opposition</i>, or suffering and adversity.</p>

Have the young men read 2 Nephi 2:11, 22–24.

- What reasons did Lehi give for the need of opposition in our lives? (Without opposition there would not be righteousness or wickedness, holiness or misery, good or bad.)

Discuss with the young men why there could be no righteousness, holiness, or good without opposition.

Have a young man read 2 Nephi 2:15–16. Write the word *agency* on the chalkboard, and ask one of the young men to read verse 16 again.

- What does opposition have to do with the principle of agency? (Without opposition, choice would not be possible; without choice, there would be no righteousness. Righteousness requires having a choice between good and evil and choosing the good.)

Innocent Suffering Brings Spiritual Growth When We Endure with Faith

Story

Ask the young men to listen for some of the hardships faced by early Church leaders in the following account:

“Joseph Smith and his five companions were imprisoned in Liberty, Clay County, for a period of six months. Here they suffered, during that time, many untold hardships. Much of the time they were bound in chains. Their food was often not fit to eat, and never wholesome. . . . Several times poison was administered to them in their food, which made them sick nigh unto death, and only the promised blessings of the Lord saved them. Their bed was on the floor, or on the flat side of a hewn white oak log, and in this manner they were forced to suffer. Is it any wonder that they cried in the anguish of their souls unto the Lord, for relief from such inhuman treatment?” (Joseph Fielding Smith, *Essentials in Church History* [Salt Lake City: Deseret Book Co., 1979], p. 210).

Scriptures and discussion

Explain that sections 121 and 122 of the Doctrine and Covenants were given to the Prophet Joseph Smith while he was a prisoner in Liberty Jail. Read and discuss Doctrine and Covenants 121:1–3, 6–8, and 122:7–8 with the young men.

- Why did the Lord say he allowed Joseph Smith and the faithful Saints to go through so much suffering?

Story

In your own words, tell the following story of a young woman who suffered for the gospel. The story is related by President Gordon B. Hinckley.

“I have often read the words of a thirteen-year-old girl, my wife’s grandmother. . . . Her family was converted in Brighton, England, in 1856. They sold their possessions and sailed from Liverpool with 900 others on the vessel *Horizon*. After six weeks at sea they landed at Boston and then traveled by steam train to Iowa City for fitting out.

“There they purchased two yoke of oxen, one yoke of cows, a wagon, and a tent. They were assigned to travel with and assist one of the handcart companies.

“At Iowa City their first tragedy also occurred. Their youngest child, less than two years of age, suffering from exposure, died and was buried in a grave never again visited by a member of the family. My wife’s grandmother, then a thirteen-year-old girl, wrote of their experiences:

“ ‘We traveled from fifteen to twenty-five miles a day . . . till we got to the Platte River. . . . We caught up with the handcart companies that day. We watched them cross the river. There were great lumps of ice floating down the river. It was bitter cold. The next morning there were fourteen dead. . . . We went back to camp and had our prayers and . . . sang “Come, Come Ye Saints, No Toil Nor Labor Fear.” I wondered what made my mother cry that night. . . . The next morning my little sister was born. It was the twenty-third of September. We named her Edith. She lived six weeks and died. . . . She was buried at the last crossing of the Sweetwater.

“ ‘When we arrived at Devil’s Gate it was bitter cold. We left many of our things there. . . . My brother James . . . was as well as he ever was when we went to bed that night. In the morning he was dead. . . .

“ ‘My feet were frozen; also my brother’s and my sister’s. It was nothing but snow. We could not drive the pegs in our tents. . . . We did not know what would become of us. Then one night a man came to our camp and told us . . . Brigham Young had sent men and teams to help us. . . . We sang songs; some danced, and some cried. . . .

“ ‘My mother never got well. . . . She died between the Little and Big Mountains. . . . She was forty-three years of age. . . .

“ ‘We arrived in Salt Lake City nine o’clock at night the eleventh of December, 1856. Three out of the four that were living were frozen. My mother was dead in the wagon. . . .

“ ‘Early next morning Brigham Young came. . . . When he saw our condition, our feet frozen and our mother dead, tears rolled down his cheeks. . . .

“ ‘The doctor amputated my toes . . . while the sisters were dressing mother for her grave. . . . That afternoon she was buried.

“ ‘I have often thought of my mother’s words before we left England. “Polly, I want to go to Zion while my children are small so that they can be raised in the Gospel of Jesus Christ.” ’ (Mary Goble Pay, MS in possession of author.)

“We need so very, very much a strong burning of that faith in the living God and in his living, resurrected Son, for this was the great, moving faith of our gospel forebears” (“The Faith of the Pioneers,” *Ensign*, July 1984, pp. 5–6).

Explain that Mary Goble Pay went on to raise a large and wonderful family, some of whom became great leaders in the Church.

Help bring out that those who persecuted and opposed the Saints had their agency as well as the Saints who embraced and defended the gospel. If we endure opposition well, often the most valuable gospel learning experiences come to us through trials and difficulties.

Ask the young men to listen to Elder Spencer W. Kimball’s thoughts:

“The basic Gospel law is Free Agency. To force us to be careful or righteous would be to nullify that fundamental law, and growth would be impossible.

“Should we be protected always from hardship, pain, suffering, sacrifice or labor? Should the Lord protect the righteous? Should He immediately punish the wicked? If growth comes from fun and ease and aimless irresponsibility, then why should we ever exert ourselves to work or learn or overcome? . . .

“Is there not wisdom in His giving us trials that we might rise above them, responsibilities that we might achieve, work to harden our muscles, sorrows to try our souls?” (*Tragedy or Destiny*, Brigham Young University Speeches of the Year [Provo, 6 Dec. 1955], p. 2).

- How can spiritual strength result from trials in our lives?
- How can experiencing illness or injury give us compassion?
- How can personal suffering help strengthen our love for the Savior? (It helps us appreciate his suffering for us.)

Quotation and
discussion

By Enduring, Each of Us Can Overcome Sorrow and Disappointment

Explain that President Ezra Taft Benson gave a talk in general conference that deals with twelve ways that we can overcome sorrow, disappointment, and depression (in Conference Report, Oct. 1974, pp. 91–93; or *Ensign*, Nov. 1974, pp. 65–67). Write each key word on the chalkboard and discuss it, using the quotation as needed. Explain that many problems may require only one or two of these solutions.

1. *Repentance*: “Sin creates disharmony with God and is depressing to the spirit. . . . Every law kept brings a particular blessing. Every law broken brings a particular blight. Those who are heavy laden with despair should come unto the Lord, for his yoke is easy and his burden is light. (See Matt. 11:28–30.)”
2. *Prayer*: “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.”

Chalkboard
discussion

3. *Service*: "To lose yourself in righteous service to others can lift your sights and get your mind off personal problems, or at least put them in proper focus. 'When you find yourselves a little gloomy,' said President Lorenzo Snow, '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.' (Conference Report, 6 Apr. 1899, pp. 2–3.)"
 4. *Work*: "Work is our blessing, not our doom. . . . We should work at taking care of the spiritual, mental, social, and physical needs of ourselves and those whom we are charged to help. In the church of Jesus Christ there is plenty of work to do to move forward the kingdom of God. Every member a missionary, family genealogy and temple work, home evenings, receiving a Church assignment and magnifying it are but a few of our required labors."
 5. *Health*: "The condition of the physical body can affect the spirit. That's why the Lord gave us the Word of Wisdom. He also said that we should retire to our beds early and arise early (see D&C 88:124). . . . Food can affect the mind, and deficiencies in certain elements in the body can promote mental depression. . . . Rest and physical exercise are essential."
 6. *Reading*: "Many a man in his hour of trial has turned to the Book of Mormon and been enlightened, enlivened, and comforted.
 "The psalms in the Old Testament have a special food for the soul of one in distress. . . . The words of the prophets, particularly the living president of the Church, are crucial reading and can give direction and comfort in an hour when one is down."
 7. *Blessing*: "In a particularly stressful time . . . one can seek for a blessing under the hands of the priesthood. . . . The sacrament will [also] 'bless . . . the souls' (D&C 20:77, 79) of all those who worthily partake of it."
 8. *Fasting*: "Periodic fasting can help clear up the mind and strengthen the body and the spirit. . . . To make a fast most fruitful, it should be coupled with prayer and meditation; . . . and it's a blessing if one can ponder on the scriptures and the reason for the fast."
 9. *Friends*: "The fellowship of true friends who can hear you out, share your joys, help carry your burdens, and correctly counsel you is priceless. . . .
 "Ideally, your family ought to be your closest friends. Most important, we should seek to become the friend of our Father in heaven and our brother Jesus the Christ."
 10. *Music*: "Inspiring music may fill the soul with heavenly thoughts, move one to righteous action, or speak peace to the soul. . . . Elder Boyd K. Packer has wisely suggested memorizing some of the inspiring songs of Zion and then, when the mind is afflicted with temptations, to sing aloud. . . . This could also be done to crowd out debilitating, depressive thoughts."
 11. *Endurance*: "There are times when you simply have to righteously hang on and outlast the devil until his depressive spirit leaves you. . . .
 "While you are going through your trial, you can recall your past victories and count the blessings that you do have with a sure hope of greater ones to follow if you are faithful."
 12. *Goals*: "Every accountable child of God needs to set goals, short- and long-range goals. A man who is pressing forward to accomplish worthy goals can soon put despondency under his feet, and once a goal is accomplished, others can be set up."
- Explain that by using one or more of these methods we can overcome sorrow, disappointment, despair, or discouragement. We can learn to overcome opposition.

The Savior Shows How to Endure to the End

Poster

Present the following scripture on a poster: "Unless a man shall endure to the end, in following the example of the Son of the living God, he cannot be saved" (2 Nephi 31:16).

Chalkboard
discussion

- In what ways was the Savior's life difficult?

List the young men's responses on the chalkboard. Answers could include the following:

1. Though a king, he was born in a humble stable.
2. He was born into a world devoid of modern convenience.
3. He was scorned by his own kinsmen and driven from his home.
4. He accomplished his mission without "purse or scrip."
5. His own people had him put to death, yet he forgave them.

Scripture and
discussion

Have a young man read Matthew 27:46 and Luke 23:34.

- Why do you think Heavenly Father withdrew from the Savior at this time? (So he could accomplish his mission and endure to the end himself, as we all must do.)

Scriptures and
discussion

Sometimes the Test of Endurance Is Prosperity

Have the young men turn to Helaman 6:9–17, and have them read the verses silently.

- What happened to these people who seemed to have all that they wanted and seemed so highly blessed?

Have a young man read 2 Nephi 28:21.

Explain that Nephi predicted the conditions of the last days. One of the great messages that the Book of Mormon has for our day is that prosperity often begets wickedness. Wickedness is a greater tragedy than death, pain, suffering, or any other condition of mortal life. Remaining humble and righteous in the midst of prosperity can be one of the greatest challenges in enduring to the end.

Conclusion

Adviser presentation

Explain that through prayer and righteous living we come close to the Lord so that when difficult experiences arise we will have the strength to face them. We must always be watchful that the prosperity of our day does not cause us to forget our relationship with the Lord and the things in life that really matter.

Challenge

Challenge the young men to set a goal for themselves to live in the celestial kingdom and center their lives on that goal. Challenge them to choose one or more of the points listed earlier in the lesson from Elder Benson's general conference address to help them overcome the problem or conflict that they wrote on their paper.

16

Jesus Christ, the Life and Light of the World

OBJECTIVE

Each young man will come to understand that Jesus is literally the life and light of the world.

PREPARATION

1. Prayerfully study John 1:1–16; 3:16; 14:6; 1 Corinthians 15:40–42; Mosiah 3:8; Helaman 14:12; Mormon 9:13; Moroni 7:15–19; and Doctrine and Covenants 11:28; 19:16–19; 76:70–71, 81, 96–98; 84:44–47; 88:7–13; 93:6–20, 39.
 2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Pencils for marking scriptures.
 3. Prepare the two lists of scriptures for the group activity in the lesson.
-

SUGGESTED LESSON DEVELOPMENT

Discussion

The Relationship between Life and Light

- What would happen to life on the earth if the earth were cut off from all sources of light?

Help the young men bring out that all forms of life would die without light. Without light, plants would die; without plants, animals would die; without plants or animals, people would die. Without light, the earth would freeze.

Adviser presentation

Explain that just as there is a relationship between light and life in the natural world, there is also a relationship between light and life in spiritual matters. The Lord compares resurrected bodies and degrees of spiritual power and glory with different degrees of light.

Have the young men read Doctrine and Covenants 76:70–71, 81, 96–98, and 1 Corinthians 15:40–42. As you discuss these verses, put the following chart on the chalkboard:

Type of Resurrected Life	Type of Light
Celestial	Sun
Terrestrial	Moon
Telestial	Stars

Explain that those who are resurrected with a celestial body receive a glory or life that is compared with the light of the sun, which is a fulness of light. Those who are resurrected with a terrestrial body are compared with the moon, whose light is only a reflection of the sun. They receive of God's glory "but not of its fulness." Those who are resurrected with a telestial body are compared with the stars, whose light appears dim compared to the sun and moon.

Jesus Is the Life and Light of the World

Scriptures and discussion

- What is the source of physical and spiritual light and life?

If the young men suggest that the sun is the source of physical light, ask where the sun gets its light.

Have the young men read and mark Doctrine and Covenants 88:7–13.

- What do these verses say about the source of light? (That Jesus Christ is the source of the light and life of all things.)

Have the young men read and mark Doctrine and Covenants 11:28.

- In what sense is Jesus Christ the light and life of the world?

Group activity

Divide the young men into two groups, and give each group one of the following lists of scriptures. Allow about ten minutes for them to look up the scriptures and be ready to explain what each passage teaches about Jesus being the light and life of the world.

1. *Group A*

Mosiah 3:8
John 1:1–16
D&C 88:7–10
D&C 19:16–19

2. *Group B*

Helaman 14:12
D&C 93:6–17
Moroni 7:15–19
John 3:16
Mormon 9:13

Ask each group to summarize what they have learned from these scriptures. Place each of the following numbered items on the chalkboard as the ideas are summarized, using the questions as necessary to guide the discussion:

1. Jesus Christ is the light of the sun, moon, and stars.

- What does Doctrine and Covenants 88:7–10 say about the light of the sun, moon, and stars?

Explain that although we do not understand how, we know that Jesus is the source of the light of the sun, moon, and stars.

2. Jesus Christ is the Father of heaven and earth.

- What do John 1:3 and Doctrine and Covenants 93:10 teach about Jesus Christ?

Explain that because Jesus was the Creator, he is called the Father of heaven and earth (see Mosiah 3:8 and Helaman 14:12). Without these creations there would be no light or life.

3. Jesus Christ is the source of physical life in us and in all living things.

- What does John 1:4 teach about Christ?

4. Jesus Christ is the light of reason, understanding, and conscience.

- According to Moroni 7:15–19, what is another way Jesus is the light?

5. Jesus Christ is the source of resurrection, or immortality.

- According to Mormon 9:13, what did Jesus do?

6. Jesus Christ is the source of eternal life.

- What does John 3:16 say about eternal life?

Help the young men understand that Jesus is not only the Father of the Resurrection but also the Father, or giver, of eternal life. Jesus suffered for the sins of all people, making forgiveness and eternal life available to all who will repent (see D&C 19:16–19).

We Receive Life and Light As We Come unto Christ

Scriptures and discussion

Have the young men read Doctrine and Covenants 93:11–20.

- How did Jesus receive a fulness of life, light, and glory?

Have the young men read John 14:6.

- How can we obtain a fulness of life, truth, light, and glory?

Help the young men understand that we must come unto the Father by coming unto Jesus Christ. Jesus taught, “I am the way, the truth and the life: no man cometh unto the Father,

but by me" (John 14:6). We must come to Christ just as he came to his Father. Then we will be glorified in Christ as he is glorified in the Father.

- What does it mean to come to Jesus Christ? (To recognize his voice in the scriptures, to pray to the Father in his name, to repent of our sins, to receive the ordinances of salvation, and to endure all trials and temptations for his sake.)

Explain that we can lose the light and truth we have. Have the young men read and mark Doctrine and Covenants 93:39.

- In what ways can we lose light and truth?

On the other hand, we gain greater light and knowledge by receiving the truths of the gospel of Christ and continuing in our worship of God. Have the young men read and mark Doctrine and Covenants 84:44–47.

Conclusion

Testimony

Testify that it is in Christ that we have life, truth, and light. We owe our lives and opportunity for eternal life to Jesus Christ; and we should put our trust and faith in him, not in ourselves or others. That is why we obey his commandments and pray to Heavenly Father in the name of Christ. That is why we humble ourselves and pray to the Father to help us become Christlike. Christ is the only way by which we can eventually get back to Heavenly Father.

OBJECTIVE

Each young man will understand that the Holy Ghost is a personage of spirit who testifies of the Father and the Son and leads us to them.

PREPARATION

1. Prayerfully study Mark 1:9–11; Luke 3:22; 1 Nephi 11:27; 2 Nephi 32:4–5; Moroni 10:5; and Doctrine and Covenants 88:3–4; 130:22.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. A pencil and a piece of paper for each young man.
 - c. Pencils for marking scriptures.
3. If it is available in your area, show “Following the Spirit,” on *Family Home Evening Video Supplement* (53276).

SUGGESTED LESSON DEVELOPMENT

Questions and
discussion

The Holy Ghost Is a Personage of Spirit

Give each young man a pencil and a piece of paper, and ask the young men to answer the following true-false questions (the answers are given in parentheses):

1. The Holy Ghost is a divine influence or power that fills the immensity of space. (False.)
2. The Holy Ghost is a member of the Godhead. (True.)
3. The Holy Ghost is “the Holy Spirit of Promise.” (True.)
4. The Holy Ghost may take the form of a dove. (False.)

Tell the young men that this lesson will help explain the answers to these questions.

Ask the young men to read Doctrine and Covenants 130:22.

Explain that the Holy Ghost is an actual person. He is a personage of spirit and is separate and distinct from Heavenly Father and Jesus Christ. Read and discuss the following scriptures and quotations.

Explain that the Prophet Joseph Smith taught the following:

“I have always declared God to be a distinct personage, Jesus Christ a separate and distinct personage from God the Father, and that the Holy Ghost was a distinct personage and a Spirit: and these three constitute three distinct personages and three Gods” (*History of the Church*, 6:474).

- What do we learn from this quotation about the Holy Ghost?
- Why wouldn’t the Holy Ghost have a body of flesh and bones? (So that he may dwell in us; see D&C 130:22.)

Have a young man read Mark 1:9–11 (or Luke 3:22 or 1 Nephi 11:27).

- What could be confusing about these verses? (Some people could mistakenly conclude that the Holy Ghost can take the body, shape, or form of a dove.)

Point out that the Prophet Joseph Smith explained that the Holy Ghost is a personage having the form of a man and that the dove is merely an outward symbol or sign of the Holy Ghost. The Prophet Joseph said that the Holy Ghost descended upon Christ at the time of his baptism “in the form of a dove, or rather in the *sign* of the dove, in witness of that administration.” He explained:

Quotations,
scriptures, and
discussion

“The sign of the dove was instituted before the creation of the world, a witness for the Holy Ghost, and the devil cannot come in the sign of a dove. The Holy Ghost is a personage, and is in the form of a personage. It does not confine itself to the *form* of the dove, but in the *sign* of the dove. The Holy Ghost cannot be transformed into a dove; but the sign of a dove was given to John to signify the truth of the deed, as the dove is an emblem or token of truth and innocence” (*History of the Church*, 5:260–61).

The Power or Influence of the Holy Ghost

Adviser presentation

Explain that in the scriptures, the prophets often use the words *Holy Ghost*, *Holy Spirit*, *Spirit*, *Spirit of Truth*, *Spirit of the Lord*, and *Holy Spirit of Promise* interchangeably. Sometimes these phrases are used to refer to the person of the Holy Ghost; other times they are used to refer to his power or influence. Only a careful reading of the passage in which the phrase is used will indicate which meaning is intended.

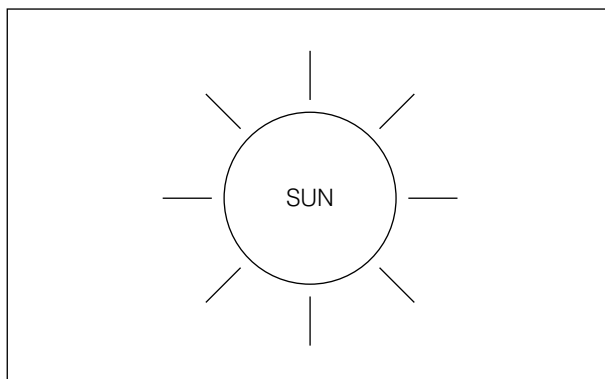
Quotation, scripture, and adviser presentation

President Joseph F. Smith distinguished between the person and the influence of the Holy Ghost:

“The Holy Ghost as a personage of Spirit can no more be omnipresent in person than can the Father or the Son, but by his intelligence, his knowledge, his power and influence, over and through the laws of nature, he is and can be omnipresent throughout all the works of God” (*Gospel Doctrine*, 5th ed. [Salt Lake City: Deseret Book Co., 1939], p. 61).

Point out that the person of the Holy Ghost can be in only one place at a time, but his power and influence can be omnipresent—present everywhere at the same time.

Have a young man read Doctrine and Covenants 88:3–4. Then draw the following on the chalkboard:



Explain that the difference between the Holy Ghost and the power and influence of the Holy Ghost can be illustrated by an analogy to the sun and the light that radiates from it. We know that the sun itself can be in only one place at a time. But the heat, light, and energy that radiate from it can enlighten and fill the entire solar system at once. Similarly, the Holy Ghost as a personage can be in only one place at one time, but his influence and power can and do fill the immensity of space.

The Effect of the Holy Ghost upon Mortal Men

Scriptures and discussion

Read 2 Nephi 32:4–5 and Moroni 10:5.

- What do we learn from these scriptures about the role of the Holy Ghost? (If we seek the companionship of the Holy Ghost, he will teach us the truth of all things and show us all things that we should do to gain eternal life.)

Quotations

Point out that it is important to learn to recognize the presence of the Holy Ghost in our lives. The Prophet Joseph Smith explained:

“This first Comforter or Holy Ghost has no other effect than pure intelligence” (*Teachings of the Prophet Joseph Smith*, sel. Joseph Fielding Smith [Salt Lake City: Deseret Book Co., 1938], p. 149).

Elder Parley P. Pratt also described the effects of the Holy Ghost:

“[His influence] quickens all the intellectual faculties, increases, enlarges, expands and purifies all the natural passions and affections; and adapts them, by the gift of wisdom, to their lawful use. It inspires, develops, cultivates and matures all the fine-toned sympathies, joys, tastes, kindred feelings and affections of our nature. It inspires virtue, kindness, goodness, tenderness, gentleness and charity. It develops beauty of person, form and features. It tends to health, vigor, animation and social feeling. It invigorates all the faculties of the physical and intellectual man. It strengthens, and gives tone to the nerves. In short, it is, as it were, marrow to the bone, joy to the heart, light to the eyes, music to the ears, and life to the whole being” (*Key to the Science of Theology*, 9th ed. [Salt Lake City: Deseret Book Co., 1965], p. 101).

Adviser presentation

Explain that we should seek to receive the influence of the Holy Ghost as described by Elder Pratt. Many times the Holy Ghost will act as a comforter, speaking peace to our minds and hearts. Other times the influence of the Holy Ghost will give us sudden bursts of thought or inspiration, as if a light were turned on in our minds and hearts, and in the light we discern some new truth. This is the pure intelligence spoken of by Joseph Smith. It is the still small voice speaking “in your mind and in your heart” (D&C 8:2), the burning in your bosom (see D&C 9:8).

Conclusion

Summary

- What must we do in order to enjoy the constant companionship of the Holy Ghost, the third member of the Godhead? (Exercise faith in Christ, repent, pray, study the scriptures, and obey the still small voice.)

Point out that as members of The Church of Jesus Christ of Latter-day Saints we have been baptized and have received the gift of the Holy Ghost. The door has been opened for us to receive the Holy Ghost as a constant companion according to our worthiness. We must follow the promptings of the Holy Ghost to return to the presence of the Father and the Son. The Holy Ghost teaches us the truth of all things and leads us to eternal life.

OBJECTIVE

Each young man will realize that through constant, sincere prayer we can find solutions to problems, receive guidance and strength, and live serenely in a troubled world.

PREPARATION

1. Prayerfully study 2 Nephi 23:8; Enos; Alma 34:17–27; 37:35–37; Ether 3:1–15; and Doctrine and Covenants 8:2; 9:8–9.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Picture 7, A Spaceship.
 - c. A pencil for each young man.
 - d. Pencils for marking scriptures.
3. Prepare a copy for each young man of the handout “Personal Evaluation Checklist,” found at the end of the lesson.
4. Assign two young men to read and report on the events in Ether 3:1–15 and Enos 1:1–27. Encourage them to discuss these passages with parents, home teachers, or other Church leaders as they prepare to report to the quorum.

**SUGGESTED
LESSON
DEVELOPMENT****Introduction**

Picture and discussion

Display picture 7, A Spaceship. Explain that one of the miracles of modern science is that we can now send men speeding through space at thousands of miles per hour and transmit instructions and directions to them when they are thousands of miles away.

- How does man’s ability to communicate like this increase your belief that God can send us messages by the power of the Spirit as we pray to him?

Explain that we are sent by Heavenly Father to earth to fulfill our life’s mission. He stands ready, regardless of time or distance, to help us succeed. We can receive guidance and direction to return to him if we will approach him in prayer.

A Sincere Heart and Real Intent

Discussion

- How long ago was the last conversation you had with a close friend? How long did you talk? What did you talk about?

Ask the following set of questions, but do not require the young men to answer them aloud.

- How long ago was your last prayer? How long did you pray? What did you pray about?

Quotation

Read the following statement:

“Each of us would become disturbed if a friend said the same few words to us each day, treated the conversation as a chore, and could hardly wait to finish in order to turn on the TV and forget us” (Ezra Taft Benson, “Improving Communication with Our Heavenly Father,” in *Prayer* [Salt Lake City: Deseret Book Co., 1977], p. 111).

Scriptures and discussion

Have the young men read Alma 37:35–37 silently to themselves.

- How would a person act who did what verse 36 says? Why?
- What is meant by “counsel with the Lord”?

Point out that the word *counsel* implies a two-way exchange or mutual consultation. Therefore, in our prayers we should both listen and talk as we discuss our intentions, goals, and concerns with our Heavenly Father.

Explain that the way we usually receive answers when we listen to Heavenly Father is by receiving ideas in our minds or feelings in our hearts.

- What is meant by “in all thy doings”?

Have a young man read Alma 34:17–27. Explain that the Lord wants us to share everything with him and to seek his guidance in all things, as close companions do.

- According to these scriptures, how important should prayer be in our lives?

Explain that if the Lord wants us to counsel with him in all our doings, then nothing is unimportant to him.

Quotation

Read the following quotation:

“It is not such a difficult thing to learn how to pray. . . . Prayer does not consist of words, altogether. True, faithful, earnest prayer consists more in the feeling that rises from the heart and from the inward desire of our spirits to supplicate the Lord in humility and in faith” (Joseph F. Smith, *Gospel Doctrine*, 5th ed. [Salt Lake City: Deseret Book Co., 1939], p. 219).

Adviser presentation

Explain that true prayer is a heart-to-heart talk with Heavenly Father. The key to proper behavior is always remembering and seeking the Lord so that we stay on the straight and narrow path. By communicating frequently with the Lord, we can make all the corrections or adjustments needed to keep on course toward our final destination. We should remain in constant communication with Heavenly Father. He will guide us back to him if we will follow his promptings.

Reports and discussion

Call upon the two previously assigned young men to give their reports about Ether 3:1–15 and Enos 1:1–27.

- How are the events in these two accounts similar? (The events in each case followed sincere, devout prayer and genuine communication with the Lord.)

Discuss how honestly, openly, and sincerely Enos and the brother of Jared prayed.

Activity and chalkboard discussion

Ask the young men to think back on their recent personal prayers. Give each young man a copy of the “Personal Evaluation Checklist,” and ask him to silently assess the nature of his prayers. He should not mark any answers but rather use the questions as a means for reviewing how effective his prayers are.

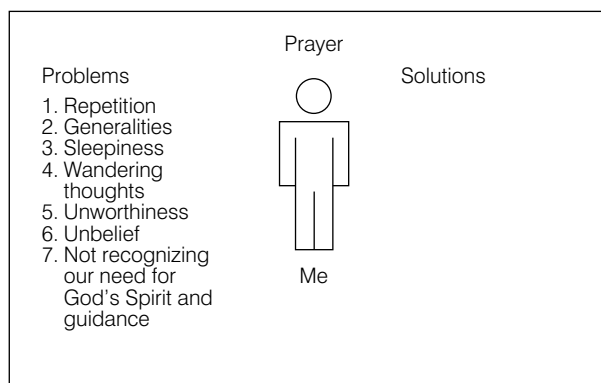
- How do your usual prayers differ from the prayers offered by Enos and the brother of Jared?

As you ask this question, draw the figure entitled “Me” on the chalkboard, and write *Prayer* above it. (See the illustration.)

Encourage the young men to discuss frankly and specifically the ways in which their prayers differ from the prayers of Enos and the brother of Jared.

- What can interfere with our ability to pray effectively?

List their answers on the chalkboard under *Problems*:



The Key to the Blessings of Heaven

Chalkboard presentation

Explain that after a few prayers, if we cannot recognize an answer, we may become discouraged and stop praying about our specific problem. We may even stop praying altogether. Explain that at these times we need to pray the most.

Write *Keep praying* under *Solutions* on the chalkboard.

Scripture and discussion

Have a quorum member read 2 Nephi 32:8 and also the first part of verse 9.

- Why does Satan continually try to discourage us from praying? (His goal is to destroy our happiness and make us miserable like himself.)

Encourage the young men not to allow Satan, other people, or circumstances to discourage them from praying.

Quotation

Explain that President David O. McKay commented about the necessity to persevere in prayer when he said:

"I hope that some day you will . . . meet a wall that seems insurmountable, impregnable; but if duty lies beyond that wall, do not stand back and say, 'I cannot do it.' You may aspire to do it, but that is not sufficient. Do what James . . . says: Ask God for power, but add to that faith, an acknowledgment of your own ability to do what you are able to do.

"You can walk from where you stand, up to the wall. When you get there, and you have gone as far as you can, you will find in answer to your prayer that there is a hidden ladder by which you can scale it, or there is a door which you could not see from where you were first standing. God's hand is shown" (*Treasures of Life*, comp. Clare Middlemiss [Salt Lake City: Deseret Book Co., 1962], pp. 303–4).

Story

Read or relate the following story:

John was nineteen. As he made his way slowly to the podium amid the applause to accept the school's indoor sports award for table tennis, he thought back on the many years of ridicule and humiliation he had received from his classmates. He had suffered from cerebral palsy from birth, which left him blind in one eye, unable to hear without the help of two awkward-looking hearing aids, and unable to use his left hand. Despite all this, John overcame his handicaps.

After graduation, John went on to serve a full-time mission. Today he serves as ward organist, a feat that requires years of practice even with two good hands.

John overcame his challenges because he had decided as a youth that if others would not love and accept him, maybe God would. This belief and yearning sent him to his knees in earnest prayer. In answer to his prayers, John found the matchless love, understanding, and peace that only God can give to the soul. This gave him the strength and courage to overcome his disability and to become the kind of person he wanted to be.

Chalkboard discussion

Explain that most of us are not faced with such physical disabilities, but we are faced with various challenges that require faith and trust in the Lord. By turning to the Lord and doing our part, we can meet all challenges.

Write *Pray* about specific needs under *Solutions* on the chalkboard.

- What might have happened to John if he hadn't turned to the Lord for comfort and guidance? (He could have ended up feeling depressed and filled with self-pity rather than developing his talents and finding the happiness and peace that come from seeking and trusting in the Lord.)

- What problems cause stress in the lives of young people?

Using one of the problems mentioned by the young men, discuss how a young man could receive help in overcoming the problem through prayer. Summarize the young men's responses on the chalkboard. These might include—

1. Prayerfully meditating about the problem.
2. Fasting and prayer.
3. Repenting, asking for forgiveness whenever we do something wrong.

4. Praying for guidance in receiving counsel from parents, bishop, and other leaders.
5. Prayerfully searching the scriptures.
6. Asking for help in overcoming weaknesses.

Guide the discussion to help the young men become more specific in their prayers. For example, if the problem regarded a particular class or course in school, the young man might ask himself: "How important is school to me? How important is this class in which I am having such a difficult time? What are my habits and weaknesses that are preventing me from achieving? What is my relationship with the teacher?" After thinking over these questions, he can be better prepared to ask for the Lord's help in specific ways.

- What, then, would be a more specific way to ask for the Lord's help for this particular problem? (To ask for the strength to get up an hour earlier tomorrow and write the paper or read the book that is due, to ask for patience to rewrite the paper if necessary, or to ask for help in remembering important information while studying.)

Point out that prayer should combine the usual expression of need with carefully meditated steps to solve the problem and, finally, a firm commitment to the Lord that the young man will do his part.

Recognizing Answers to Prayers

Scripture and discussion

- How can we recognize an answer to a prayer?

Encourage the young men to relate any personal examples they can. Then have a young man read Doctrine and Covenants 8:2 and another read Doctrine and Covenants 9:8–9. Have the young men mark these scriptures and review the situations surrounding these revelations. If necessary, remind them that the Lord is speaking to Oliver Cowdery. In the first scripture, Oliver is told that he may help translate the plates; in the second, he is told why he was unable to do so.

Summarize by explaining that the Lord will help us to know if a principle is right through a warm sensation or a confident, peaceful feeling. If a principle is wrong, we will experience a stupor of thought or a confused, uneasy feeling.

Conclusion

Quotation and adviser presentation

Read the following statement:

"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" (H. Burke Peterson, in Conference Report, Oct. 1973, p. 13; or *Ensign*, Jan. 1974, p. 19).

Give personal examples of experiencing the promptings of the Spirit, and ask the young men for other examples.

Emphasize that we must often persevere if an answer does not come at once. In some cases we may need to reassess our lives. Explain the difference between accepting as inspiration that which we most desire and praying until we receive a confirmation of its rightness.

Emphasize that such witnesses are personal and not to be treated lightly nor told to unbelievers. Point out that a young man must consistently adhere to the principles of the gospel in order to be worthy of inspiration through prayer.

Testimony and challenge

Bear testimony of the power of prayer. Challenge the young men to keep open the lines of communication with Heavenly Father through regular, constant prayer.

Personal Evaluation Checklist

Evaluate your personal prayers by considering these statements and others that you might think of.

1. I pray—
 - a. Twice or more daily.
 - b. Once a day.
 - c. Every other day.
 - d. Twice a week or more.
 - e. Once a week or less.
2. I usually say—
 - a. Meaningful prayers.
 - b. I always say the same thing.
 - c. I vary my prayers a little.
3. I pray for—
 - a. Guidance from the Holy Ghost.
 - b. My family.
 - c. My friends.
 - d. My home teaching families.
 - e. My teachers.
 - f. Success in school.
 - g. Strength and guidance for specific things.
 - h. Forgiveness.
 - i. Gifts of the Spirit.
 - j. Help in making right decisions.
4. I find that during prayer I—
 - a. Receive guidance and impressions from the Lord.
 - b. Feel close to Heavenly Father.
 - c. Am always attentive.
 - d. Am usually alert.
 - e. Let my mind wander occasionally.
 - f. Always let my mind wander.
 - g. Usually fall asleep.
5. When I pray, I—
 - a. Tell the Lord how I will improve.
 - b. Ask for help to improve in specific ways.
 - c. Ask for blessings in a general way.
 - d. Say a memorized prayer.
6. In my prayers, I—
 - a. Thank the Lord for his help with specific needs and problems.
 - b. Name what I am grateful for, such as food, my family, and the Church.
 - c. Thank the Lord for my blessings in general.
 - d. Usually forget to express my thanks.
7. I pray in my heart and think of Heavenly Father and talk with him—
 - a. Many times a day.
 - b. Sometimes during the day.
 - c. Seldom.
 - d. Almost never.

OBJECTIVE

Each young man will realize that fasting, when properly understood and practiced, is a means of increasing spirituality and faith.

PREPARATION

1. Prayerfully study Esther 4:3; Isaiah 58:3–11; Joel 2:12; Matthew 4:1–4; 6:16–18; 9:14–15; Mosiah 27:22–24; Alma 5:44–46; 17:1–3; 34:28; 3 Nephi 27:1–3; and Doctrine and Covenants 59:13–14.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Pencils for marking scriptures.
3. If it is available in your area, show “The Law of the Fast,” on *Family Home Evening Video Supplement* (53276).

SUGGESTED LESSON DEVELOPMENT

Introduction

Review

Review the following basic doctrines with the young men. If the young men in your class are familiar with this material, you might want to ask questions that will allow them to volunteer the information. You might also want to assign one or more young men in advance to prepare a short report explaining fasting to the rest of the quorum.

As members of the Church, we fast one day each month. This means that we abstain from food and drink for two meals. But fasting is more than just going without food and drink. When we fast, we should concentrate on spiritual things.

Fasting can help us develop great spiritual strength. It is one way to worship the Lord and to show our obedience and devotion. It is also a way to request special help, knowledge, or other blessings. Fasting should always be combined with prayer.

Scriptures and discussion

- What feelings or situations do you usually associate with fasting?

Ask the young men to watch for words that describe fasting as they read aloud Doctrine and Covenants 59:13–14, Esther 4:3, and Joel 2:12.

- Which words in these scriptures describe fasting or are associated with fasting? (*Joy, rejoicing, wailing, weeping, and mourning.*)
- Why do you think the scriptures relate fasting to both sadness and joy?
- What experiences have you had with fasting?

Explain that in this lesson you will discuss why we fast, what it means to fast properly, and the blessings that come from fasting. A proper fast can transform mourning into rejoicing.

Scriptures and discussion

Explain that in the Sermon on the Mount, Jesus taught his disciples the proper way to fast. Have a young man read Matthew 6:16–18.

- According to this scripture, how should we act when we fast?

Explain that Jesus often fasted and prayed. Have a young man read Matthew 17:18–21.

- Why couldn't the disciples cast the evil spirit out of the child?
- Why do you think Jesus fasted and prayed so often?

Blessings Come from Fasting

Adviser presentation	Fasting can help us develop great spiritual strength. It is one way to worship the Lord, to show our obedience and devotion. It is also a way to request special help, knowledge, or other blessings. Fasting should always be combined with prayer.
Scripture and discussion	<p>Have a young man read 3 Nephi 27:1–3.</p> <ul style="list-style-type: none">• Why were the disciples united in fasting and prayer?• How did the Lord respond to the prayers and fasting of his disciples? <p>Fasting and prayer are ways of hungering and thirsting after God, of drawing close to him and petitioning him for help. If we fast without prayer, the main result of our fasting will be physical hunger. If we fast with prayer, even physical hunger can remind us that we should spiritually hunger and thirst for God and his righteousness. Fasting helps us humble ourselves and draw closer to him.</p>
Discussion	<ul style="list-style-type: none">• What things are appropriate to fast about?• What experiences have you had with fasting and prayer?• What present needs might you want to fast and pray about?
Scripture and discussion	<p>Explain that the scriptures give us many examples of people who received blessings through fasting and prayer.</p> <p>Have a young man read Mosiah 27:22–24. Ask a young man to recount the events that led to this situation.</p> <ul style="list-style-type: none">• What does this scripture teach you about seeking the help of the Lord? <p>Explain that although there are situations like this where people have fasted for longer periods of time, we should normally fast for only twenty-four hours.</p> <p>Have a young man read Alma 5:44–46. Explain that Alma the Younger is speaking approximately ten years after the miracle described in Mosiah 27.</p> <ul style="list-style-type: none">• How did Alma the Younger gain his testimony of the gospel? <p>Have a young man read Alma 17:1–3.</p> <ul style="list-style-type: none">• What blessings did the sons of Mosiah receive because of their prayers and fasting?• How did these blessings from fasting and prayer affect their missionary efforts?
Story	<p>Read or relate the following story told by Elder Matthew Cowley, which illustrates how proper fasting can help us receive the Spirit of the Lord:</p> <p>“We have a mutual friend down in Honolulu, . . . a man who is a young bishop down there, very wealthy, and yet a young man with a lot of humility. He was called one day from the Queen’s Hospital to come and bless a boy who had polio. A native sister had called him. He was her bishop, and she said, ‘Bishop, come up here, my boy is stricken with polio, and I want you to come up here and administer to him and bless him.’ All day she waited for him, and the bishop never showed up. All night he never showed up, the next morning he never showed up, but early in the afternoon here he came. She turned loose on him. She called him everything she could think of. ‘You, my bishop, I call you and tell you my boy is here stricken with polio. And you your own boss, you have your cars; you have a beautiful yacht; you have everything you want; and your time is your own; and you don’t show up. You just come now after a whole day.’ After she had finished and couldn’t think of anything more to call him, he smiled and said, ‘Well, after I hung up the receiver yesterday, I started to fast, and I’ve been fasting and praying for twenty-four hours. I’m ready now to bless your boy.’ At five o’clock that evening the boy was released from the hospital entirely cured of his polio” (<i>Matthew Cowley Speaks</i> [Salt Lake City: Deseret Book Co., 1954], pp. 149–50).</p>
Testimony	Tell the young men about a time when you fasted and prayed and were blessed. Testify about the law of the fast.

Feasting on the Word of Christ

Adviser presentation	Explain that Alma 17:1–3 tells us that the sons of Mosiah received great spiritual blessings not only because they fasted and prayed, but also because they “searched the scriptures diligently, that they might know the word of God” (Alma 17:2). During a fast, we may feast on the word of God rather than on food and drink.
Scripture and discussion	<p>Have a young man read Matthew 4:1–4.</p> <ul style="list-style-type: none"> • What was the first way Satan tried to tempt the Savior? • What does this scripture say about our need for spiritual nourishment? <p>Explain that, like our bodies, our spirits need to be fed and nourished in order to grow and develop. Scripture study is a way to feed our spirits.</p>
Adviser presentation	<p>Explain that the Lord has repeatedly emphasized the need for spiritual nourishment. In his explanation of the oath and covenant of the priesthood, the Lord told priesthood bearers “to beware concerning yourselves, to give diligent heed to the words of eternal life. For you shall live by every word that proceedeth forth from the mouth of God” (D&C 84:43–44).</p> <p>Similarly, the prophet Nephi taught that we should be “feasting upon the word of Christ” (2 Nephi 31:20), and Moroni reported that members of the church of Christ in his day were “nourished by the good word of God” (Moroni 6:4). As we fast, we should seek nourishment for our souls through prayer and feasting on the word of Christ. Only these things can satisfy the soul that is hungering and thirsting after righteousness.</p>

Fast Offerings Sanctify Our Fasting and Prayer

Scripture and chalkboard discussion	<p>Explain that fasting allows us to care for those who are in need. The Lord has commanded us to give fast offerings to help the poor. Such offerings should be at least the equivalent of the cost of the two meals we skip while fasting.</p> <p>Have a young man read Alma 34:28.</p> <ul style="list-style-type: none"> • What does <i>vain</i> mean? (<i>Vain</i> means empty, meaningless, useless, and fruitless.) • What must we do so that our prayers are not in vain? <p>Have a young man read Isaiah 58:3–11.</p> <ul style="list-style-type: none"> • Why didn't the Lord accept the people's fasts? (See Isaiah 58:3–7.) • What does the Lord promise to those who fast properly and give a generous fast offering? (See Isaiah 58:8–11.) <p>As the young men respond, list the following phrases on the chalkboard:</p> <ol style="list-style-type: none"> 1. “Then shall thy light break forth as the morning” (verse 8). 2. “Thine health shall spring forth speedily” (verse 8). 3. “Thy righteousness shall go before thee” (verse 8). 4. “The glory of the Lord shall be thy rereward [rear guard]” (verse 8). 5. “Then shalt thou call, and the Lord shall answer” (verse 9). 6. “The Lord shall guide thee continually” (verse 11). 7. “The Lord shall . . . satisfy thy soul in drought” (verse 11). 8. “Thou shalt be like a watered garden, and like a spring of water, whose waters fail not” (verse 11). <p>In short, when we need him, the Lord will say, “Here I am” (Isaiah 58:9).</p>
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Conclusion

Discussion	<ul style="list-style-type: none"> • How can fasting become a source of joy?
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Chalkboard
summary and
challenge

Help the young men conclude that although a fast may begin with feelings of mourning and yearning, it can end in joy and rejoicing. If we focus on the Lord when we fast, and seek his Spirit through prayer, scripture study, and offerings, he will bless us with his Spirit and comfort us.

As you discuss the following points, write them on the chalkboard, and challenge the young men to apply each principle as they fast:

1. Open the fast with prayer. We should begin a fast with prayer, telling Heavenly Father the purpose of our fast, asking him to consecrate the fast to the welfare of our souls, and pleading for his Spirit.
2. Abstain from food and drink for a twenty-four-hour period. We are counseled not to abstain from food and drink for longer periods of time. We should keep in mind the purpose of the fast and maintain a prayer in our hearts. We should constantly ask the question "Do I hunger and thirst to do the will of God as much as I hunger and thirst for food and drink?" When we are hungry or thirsty, we should feast upon the word of Christ and pray for his Spirit as nourishment.
3. Pay an appropriate fast offering to the Church. As a minimum, the offering should be the equivalent of the value of two meals. On two occasions, President Spencer W. Kimball invited us to pay more than the minimum if we are financially able to do so:

"Each member should contribute a generous fast offering for the care of the poor and the needy. This offering should at least be the value of the two meals not eaten while fasting" (in Conference Report, Oct. 1977, p. 126; or *Ensign*, Nov. 1977, p. 78).

"Sometimes we have been a bit penurious and figured that we had for breakfast one egg and that cost so many cents and then we give that to the Lord. I think that when we are affluent, as many of us are, that we ought to be very, very generous.

". . . I think we should be very generous and give, instead of the amount we saved by our two meals of fasting, perhaps much, much more—ten times more when we are in a position to do it" (in Conference Report, Apr. 1974, p. 184).
4. Close the fast with prayer. Just as we open the fast with prayer and continue it with a constant prayer in our hearts, we should close the fast with prayer, expressing gratitude for the law of the fast and other blessings.
5. Bear testimony. If occasion permits, we should bear our testimonies so that others may believe and rejoice. When we fast properly, we will receive a greater portion of the Lord's Spirit.

OBJECTIVE Each young man will learn that the payment of tithing brings great blessings, tests our faithfulness, and prepares us to live the higher law of consecration.

PREPARATION

1. Prayerfully study Malachi 3:10; Mark 12:41–44; Mosiah 2:18–25; Moroni 7:6–9; and Doctrine and Covenants 11:7; 97:8–12; 119:4.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Picture 8, The Widow's Mite.
 - c. A piece of paper currency for the object lesson.
 - d. A piece of paper and a pencil for each young man.
 - e. Pencils for marking scriptures.
3. Print the words of Malachi 3:10 on a poster.
4. If it is available in your area, you may want to show the shortened version of "Windows of Heaven," on the videocassette *Moments from Church History* (53145).

NOTE If you taught lesson 19 last week, follow up on the challenge you extended to the young men. You might want to invite some of them to share experiences they have had while keeping their commitments regarding the fast.

**SUGGESTED
LESSON
DEVELOPMENT**

Introduction

Object lesson

Give a young man a piece of paper currency. Then ask him to return it. As he passes the money back, ask:

- I gave you the money. Why did you return it?

He may respond by saying, "You asked for it" or "It belongs to you."

Explain that this lesson is about the law of tithing.

- How does this object lesson relate to the law of tithing?
-

We Owe Everything to Heavenly Father

Scripture and discussion

Have a young man read Mosiah 2:18–25.

- What does King Benjamin mean when he says that Heavenly Father lends us breath?
- What does "unprofitable servants" mean in Mosiah 2:21?
- What do we owe Heavenly Father in return for all he has given us?
- Why should we acknowledge our dependence on Heavenly Father?
- How has Heavenly Father blessed you today?

Chalkboard discussion

As the young men mention their blessings, list them on the chalkboard. Emphasize the importance of recognizing that Heavenly Father is the source of all our blessings.

Story

President Spencer W. Kimball told the following story:

"I have related before my experience with a friend who took me to his ranch. He unlocked the door of a large new automobile, slid behind the wheel, and said proudly, 'How do you

like my new car?' We rode in luxurious comfort into the rural areas to a beautiful new landscaped home, and he said with no little pride, 'This is my new home.'

"He drove to a grassy knoll. The sun was setting behind the distant hills. He surveyed his vast domain. Pointing to the north, he asked, 'Do you see that clump of trees yonder?' I could plainly discern them in the fading day.

"He pointed to the east. 'Do you see the lake shimmering in the sunset?' It too was visible.

" 'Now, the bluff that's on the south.' We turned about to scan the distance. He identified barns, silos, the ranch house to the west. With a wide sweeping gesture, he boasted, 'From the clump of trees to the lake, to the bluff, and to the ranch buildings and all between—all this is mine. And the dark specks in the meadow—those cattle are also mine.'

"And then I asked from whom he obtained it. The chain of title of his abstract went back to land grants from governments. His attorney had assured him he had an unencumbered title.

" 'From whom did the government get it?' I asked. 'What was paid for it?' There came into my mind the declaration of the Psalmist, boldly restated by Paul: 'The earth is the Lord's and the fulness thereof' (1 Cor. 10:26).

"And then I asked, 'Did title come from God, Creator of the earth and the owner thereof? Did he get paid?' . . .

"And then I asked, 'What was the price? With what treasures did you buy this farm?'

" 'Money!'

" 'Where did you get the money?'

" 'From my toil, my sweat, my labor, and my strength.'

"And then I asked, 'Where did you get your strength to toil, your power to labor, your glands to sweat?'

"He spoke of food.

" 'Where did the food originate?'

" 'From sun and atmosphere and soil and water.'

" 'And who brought those elements here?'

"I quoted the Psalmist: 'Thou, O God, didst send a plentiful rain, whereby thou didst confirm thine inheritance, when it was weary' (Ps. 68:9). . . .

"I said . . . : 'I seem to find no place in holy writ where God has said, "I give you title to this land unconditionally." . . .

" 'It seems more of a lease on which a rental is exacted than of simple title. . . .'

"But my friend continued to mumble, 'Mine—mine,' as if to convince himself against the surer knowledge that he was at best a recreant renter.

"That was long years ago. I later saw him lying in his death among luxurious furnishings in a palatial home. His had been a vast estate. And I folded his arms upon his breast, and drew down the little curtains over his eyes. I spoke at his funeral, and I followed the cortege from the good piece of earth he had claimed to his grave, a tiny, oblong area the length of a tall man, the width of a heavy one.

"Later I saw that same estate, yellow in grain, green in lucerne, white in cotton, seemingly unmindful of him who had claimed it" ("President Kimball Speaks Out on Tithing," *New Era*, Apr. 1981, pp. 6–8).

Explain that paying tithing helps us remember that Heavenly Father has given us everything we have. Faithfully tithing is a way of acknowledging that all our blessings come from him.

By Paying Tithing We Help Build God's Kingdom

Quiz

Pass paper and pencils to the young men, and have them number one through ten for a true-false quiz to help them see how well they understand the law of tithing. Read the statements, and have the young men place a *T* or an *F* next to the corresponding number on their papers. The correct answers are given in parentheses.

1. If you give one-tenth of your income to the poor and tell the bishop what you have done, that counts as tithing. (False.)
2. Tithe payers receive spiritual blessings. (True.)
3. If your family does not have enough means to meet their everyday needs (food, clothing, shelter), you do not have to pay tithing. (False.)
4. The Church uses tithing funds to print lesson manuals and build meetinghouses and temples. (True.)
5. The Church does not use tithing to help support the missionary program. (False.)
6. Righteous people in Old and New Testament times paid tithing. (True.)
7. You don't have to pay tithing to qualify for a temple recommend. (False.)
8. During tithing settlement you review your personal tithing records for the year with your bishop, branch president, or mission president. (True.)
9. Tithing helps you prepare to live the higher law of consecration. (True.)
10. One of the most important aspects of paying tithing is the intent of your heart as you pay it. (True.)

As you give the answers, discuss each statement and allow the young men to ask questions. Have the young men correct their own quizzes, but do not ask them how many statements they evaluated correctly.

Scripture, discussion, and quotation

Have a young man read Doctrine and Covenants 119:4 aloud.

- What does *interest* mean? (Income.)
- According to this scripture, what is a full and honest tithe?

Point out that President Kimball gave a clear definition of tithing when he explained:

"Inquiries are received at the office of the First Presidency from time to time from officers and members of the Church asking for information as to what is considered a proper tithe.

"We have uniformly replied that 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 (see D&C 119:4)" (in Conference Report, Oct. 1980, p. 113; or *Ensign*, Nov. 1980, p. 77).

Reinforce the idea that tithing is a tenth and that unless a person gives a tenth, he is not paying tithing but only contributing to the tithing fund.

Adviser presentation

Point out that Heavenly Father finances his kingdom on earth through tithing. If the Saints did not pay tithing, much of his work could not be done.

Scripture and discussion

Have a young man read Doctrine and Covenants 97:8–12 aloud.

- What does it mean to be "willing to observe [your] covenants by sacrifice"?

Point out that in these verses Jesus commanded the Saints to build a temple with tithing funds. Explain that tithing is needed to help build the kingdom of God. Even more important, we pay tithing to show our love for Heavenly Father. If we do not love him enough to pay tithing, then naturally we will not receive some of the blessings reserved for those who do love him.

- Why must a person pay a full tithe in order to advance in the priesthood, go on a mission, marry in the temple, or receive a temple recommend?

Relationship of the Laws of Sacrifice, Tithing, and Consecration

Discussion

Explain that in order to understand the law of tithing, we must understand the reasons for sacrificing. Heavenly Father commands us to sacrifice. To return to him, we must be willing to give everything he asks us to give.

- When have you sacrificed time, money, or other things in order to follow Jesus or support his church?
- How did you feel as you made that sacrifice? How were you blessed because of it?

Help the young men bring out the following points:

1. Sacrificing for others helps us develop Christlike love: “Greater love hath no man than this, that a man lay down his life for his friends” (John 15:13).
2. Sacrificing for others helps us become unselfish and humble.
3. Sacrificing for Heavenly Father shows our willingness to be obedient and loyal to him at all costs.
4. Anything we sincerely give to Heavenly Father becomes holy and, in turn, increases our holiness.
5. Sacrificing helps us love Heavenly Father and Jesus more and become more like them.
6. Sacrificing for the right reasons leads to true joy and happiness.

Adviser presentation

Paying tithing also prepares us to live the law of consecration. Under the law of consecration, we consecrate all our resources to Heavenly Father and then receive back what we need. Explain that after Jesus visited the Nephites, they lived the law of consecration and received the blessings that come from living this higher law.

Scripture and discussion

Have a young man read 4 Nephi 1:3.

- How would you feel if you were asked to give everything you owned to the Church?
- What kind of people must we become in order to be ready for the law of consecration?

The Intent of the Heart

Picture and scripture discussion

Display picture 8, The Widow’s Mite. Explain that the woman, who was very poor, deposited a small coin called a “mite” into the temple treasury.

Ask a young man to read Mark 12:41–44.

Discuss the differences between the poor widow’s offering and offerings of the rich people.

Ask a young man to read Moroni 7:6–9.

- Why are our intentions important when we pay tithing?

Help the young men understand the following concepts:

1. Paying tithing out of fear of punishment or to get an award, a recommend, or recognition does not please Heavenly Father as much as paying it out of love for him.
2. Righteousness is doing good because you love the good. A person who does good so that others will be impressed is not really righteous.

A Test of Personal Righteousness

Quotation

Explain that Joseph F. Smith said tithing was a test of our righteousness. Have a young man read the following statement:

“By this principle [of 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” (Joseph F. Smith, *Gospel Doctrine*, 5th ed. [Salt Lake City: Deseret Book Co., 1939], pp. 225–26).

Poster discussion	<p>Display the poster showing the commandment from Malachi 3:10.</p> <ul style="list-style-type: none"> • What blessings are promised to those who keep this commandment? <p>Point out that because of this promise, some Church members may think that if they pay a full tithe they will be rich and have no problems. It is important to understand that this is not always true, nor would it always be best for us. Blessings from Heavenly Father may come disguised as problems or trials. The choicest blessings are spiritual, not earthly.</p> <p>Have a young man read Doctrine and Covenants 11:7.</p> <p>Tell the young men about how your family or someone you know has been blessed for obeying the law of tithing. Invite them to share similar experiences.</p>
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Conclusion

Quotation and adviser presentation	<p>Read the following statement:</p> <p>“The Lord . . . makes clear that tithing is his law and is required of all his followers. It is our honor and privilege, our safety and promise, our great blessing to live this law of God” (Spencer W. Kimball, “President Kimball Speaks Out on Tithing,” <i>New Era</i>, Apr. 1981, p. 6).</p> <p>Explain that we should obey this commandment with joy and thankfulness for the privilege of belonging to Christ’s church and the chance to help support the greatest work being done on the earth today.</p>
Testimony	Bear testimony about the importance of the law of tithing and the blessings that come from paying tithing.
Challenge	<p>Help the young men understand that if they pay their tithing first—before all other things—they will learn two great lessons:</p> <ol style="list-style-type: none"> 1. “Thou shalt have no other gods before me” (Exodus 20:3). 2. It is much easier to pay one-tenth when you have nine-tenths left than to pay one-tenth when that is all you have left. <p>Encourage each young man to show his love for Heavenly Father by paying a full tithe no matter what financial challenges he may have. Challenge each young man to keep this commandment with a thankful heart.</p>

21

The Role of the Quorum

OBJECTIVE

Each young man will understand that a major role of the priesthood quorum is to strengthen brotherhood among quorum members through love and service.

PREPARATION

1. Prayerfully study John 13:34–35, Mosiah 18:8–9, and Doctrine and Covenants 29:34–35.
 2. Materials needed:
 - a. Copies of the standard works (each young man should bring his own).
 - b. Pencils for marking scriptures.
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SUGGESTED LESSON DEVELOPMENT

Chalkboard
discussion

Quorums Help Their Members Fulfill Life's Responsibilities

- Why do people join clubs, gangs, fraternities, societies, and other organizations?

List the young men's responses on the chalkboard, which may include the following:

1. To share in common interests.
2. To satisfy a need for belonging.
3. To give service to others.
4. For protection.

Point out that membership in a priesthood quorum can meet all of these needs. Heavenly Father uses priesthood bearers to do his work (see Moses 1:39), which requires that we love and take a genuine interest in each other. The benefits of quorum membership go far beyond the limited benefits that come from belonging to other organizations.

- What benefits are derived from membership in a priesthood quorum? (You might also list these answers on the chalkboard to emphasize that the quorum can provide greater benefits than other organizations.)

Story

Elder Vaughn J. Featherstone related the following story that Les Goates told of how his father, George Goates, was helped by his priesthood quorum. During the terrible influenza epidemic in the United States during the autumn of 1918, George Goates had lost four of his family members through death within six days. Les and his brother Floyd were at that time serving in the army during World War I.

"After breakfast dad [George Goates] said to [my brother Francis], 'Well, son, we had better get down to the field and see if we can get another load of beets out of the ground before they get frozen in any tighter. Hitch up and let's be on our way.'

"Francis drove the four-horse outfit down the driveway and dad climbed aboard. As they drove along the Saratoga Road [west of Lehi, Utah], they passed wagon after wagon-load of beets being hauled to the factory and driven by neighborhood farmers. As they passed by, each driver would wave a greeting: 'Hi ya, Uncle George,' 'Sure sorry, George,' 'Tough break, George,' 'You've got a lot of friends, George.'

"On the last wagon was the town comedian, freckled-faced Jasper Rolfe. He waved a cheery greeting and called out: 'That's all of 'em, Uncle George.'

"My dad turned to Francis and said: 'I wish it was all of ours.'

"When they arrived at the farm gate, Francis jumped down off the big red beet wagon and opened the gate as we drove onto the field. He pulled up, stopped the team, paused a moment and scanned the field, from left to right and back and forth—and lo and behold,

there wasn't a sugar beet on the whole field. Then it dawned upon him what Jasper Rolfe meant when he called out: 'That's all of 'em, Uncle George!'

"Then dad got down off the wagon, picked up a handful of the rich, brown soil he loved so much, and then in his thumbless left hand a beet top, and he looked for a moment at these symbols of his labor, as if he couldn't believe his eyes.

"Then father sat down on a pile of beet tops—this man who brought four of his loved ones home for burial in the course of only six days; made caskets, dug graves, and even helped with the burial clothing—this amazing man who never faltered, nor flinched, nor wavered throughout this agonizing ordeal—sat down on a pile of beet tops and sobbed like a little child.

"Then he arose, wiped his eyes with his big, red bandanna handkerchief, looked up at the sky, and said: 'Thanks, Father, for the elders of our ward' " (in Conference Report, Apr. 1973, pp. 47–48; or *Ensign*, July 1973, p. 37).

Discussion

Invite the young men to react to the story. You might emphasize that the story is true and that there are many others like it. Then ask questions such as the following:

- What are some of the ways we might help those we know who have similar problems?
- Service projects such as the one for Brother Goates do not just happen. What makes them happen?
- What successful service projects have you been involved with in the past? What made them successful for those you served and for you?

Quotation

Explain that learning the needs, wants, likes, and dislikes of our brethren presents a great challenge as we attempt to strengthen each other. Read the following statement by Elder Rudger Clawson:

"The Priesthood is a great brotherhood, held together by the eternal and immutable laws that constitute the framework of the Gospel. The feeling of brotherhood should permeate the quorum. It should be the first concern of a quorum to help all members who may be in need temporally, mentally, or spiritually. The spirit of brotherhood should be the directing force in all the plans and operations of the quorum. If this spirit be cultivated, wisely and persistently, no other organization will become more attractive to the man who holds the Priesthood" (*A Guide for Quorums of the Melchizedek Priesthood*, 3rd ed. [Melchizedek Priesthood course of study, 1930], p. 3).

The Importance of the Quorum

Chalkboard discussion

- In the story about Brother Goates, the need for help was quite obvious. Many times people's needs are not so obvious. How can we become more aware of the wants and needs of those around us, particularly of our own quorum members?

List the young men's responses on the chalkboard. Do not be concerned if there is not too much discussion at this point. More specific questions follow.

- If a person is blind, deaf, crippled, or disabled in some other way, what might his needs be?
- What material possessions could we share with each other to enrich each other's lives?
- How could we help a young man who is struggling socially? in school? at home? (Be careful not to embarrass any young men. Emphasize the strengths that the young men have to offer rather than the weaknesses of those present who need help but do not want to admit it publicly.)

Scripture and discussion

Have the young men read Mosiah 18:8–9.

- How does mourning with those who have cause to mourn help them?
- How might we more effectively give comfort to those who stand in need of comfort?
- How might we become interested in what others' burdens are rather than being caught up in our own self-interests?

- How can we help those who have spiritual weaknesses and challenges? (Emphasize that our service should follow the pattern that Jesus Christ set and come from our sincere love of others.)
- What are some ways young people sometimes cause others to suffer?

Adviser presentation

Conclude this discussion by pointing out that not everyone in need of spiritual comfort will admit his need, nor will he seek help. We should look for those in our quorum who might be in need and plan how we might help them. This help might simply involve giving friendship. It might involve telling them that we recognize that they are having some difficulty and that we are willing to help. It is often important that the appropriate quorum member be designated to approach another member in need. In addition to recognizing the needs of others and trying to do something, we ought also to stop doing things that may cause others to suffer.

Conclusion

Scripture and discussion

Refer back to Elder Clawson's statement. Emphasize that although he said that the quorum should be concerned about mental, spiritual, and temporal needs, all our service is ultimately spiritual.

Have the young men read Doctrine and Covenants 29:34–35.

- Was the service that George Goates's quorum gave him temporal or spiritual?
- How was harvesting the beets a spiritual act?
- What effect did it have on Brother Goates?

Scripture reading and testimony

Ask a young man to read John 13:34–35. Explain that quorum membership gives us a great opportunity to fulfill the Savior's admonition to love one another as he did.

Bear testimony of the love we can have for one another. Invite the young men to be quick to support, forgive, and help each other. Remind them that the quorum should be second in importance only to the family in a young man's life. His priesthood brothers and their well-being should be a major priority in his life. The quorum provides a great opportunity to be of service to our fellowmen. When in this service, the Aaronic Priesthood holder is fulfilling important priesthood work.

Suggested activity

Option 1

Either as a quorum leadership or as a full quorum, analyze the needs of the young men. Prayerfully consider the less-active members or those with special needs in difficult circumstances; then organize to help them. Plan to do something specific to help each one.

Option 2

Organize an activity designed to help the young men get to know each other better. Spend a major part of the time having each young man tell about himself so that the others can better know, love, and understand him.

OBJECTIVE	Each young man will better understand the office of a priest and the responsibilities and opportunities associated with that office.
PREPARATION	<ol style="list-style-type: none">1. Prayerfully study Doctrine and Covenants 20:46–60; 107:6, 14–15, 20.2. Materials needed:<ol style="list-style-type: none">a. Copies of the standard works (each young man should bring his own).b. Pencils for marking scriptures.
SUGGESTED LESSON DEVELOPMENT	<p>The Importance of the Office of a Priest</p> <p>Discussion</p> <ul style="list-style-type: none">• How important is a priest in the Church?• What difference would it make if there were no priests in the Church? <p>Explain that to Heavenly Father the office of priest in the Aaronic Priesthood is very important.</p> <ul style="list-style-type: none">• Who is the president of the priests quorum? (The bishop.)• What are some of the bishop's duties? <p>List the young men's responses on the chalkboard. Be sure that they mention that in addition to all his other duties, the bishop is also the president of the priests quorum and the Aaronic Priesthood. The bishop helps prepare the priests to be missionaries and to become Church leaders.</p> <p>Scripture and discussion</p> <p>Have a young man read Doctrine and Covenants 107:6, 14–15, 20. Suggest that the young men mark verse 20.</p> <ul style="list-style-type: none">• What does it mean to have “power in administering outward ordinances”? <p>In this sense <i>power</i> means the right and authority to administer or act. It also implies that the Lord will back up this right and authority with his power. Priesthood bearers are agents of the Lord as they function in the Aaronic Priesthood. When the priests baptize and administer the sacrament, they are helping members to show the outward signs that reflect an inward commitment to live the gospel.</p> <ul style="list-style-type: none">• What does it mean “to hold the keys of the ministering of angels”? <p>Let them discuss this for a few minutes. Help the young men see that this is a literal promise and that there may be cases when angels minister to them or to others they are serving even though they are not aware of it, nor will they necessarily see the angels.</p> <p>Story</p> <p>President Wilford Woodruff experienced the ministering of angels when he was doing missionary work as a priest and was impressed to warn a formerly active Church member named Father Hakeman to repent and become active again.</p> <p>“I was once moved upon to go and warn old Father Hakeman. . . . He had been in Jackson County during the persecution period. . . . We went a good deal out of our way for the purpose of visiting Father Hakeman. I had a vision the night previous, in which was manifested to me the trouble that lay before us, but that the Lord would deliver us. We arrived at his house on Sunday morning. He was taking breakfast. We had had breakfast at the place where we stayed overnight. I saw a Book of Mormon on his shelf. He did not seem to pay any attention to us, or to take any interest in us. I took up the Book of Mormon, and said, ‘You have a very good book here.’</p>

“ ‘Yes,’ said he, ‘but it is a book that came from the devil.’

“That opened my eyes. He had been an elder; he had been in Zion; had been persecuted there and driven out; but I found that he had apostatized, and he was our enemy. I saw he would do anything he could against us.

“We left him and went to Brother Hubbard’s and stayed with him three weeks, during which we took our axes and cleared some land for him. I was strongly impressed three times to go up and warn Father Hakeman. At last I did so, according to the commandment of God to me. The third time I met with him, his house seemed to be full of evil spirits, and I was troubled in spirit at the manifestation. When I finished my warning, I left him. He followed me from his house with the intention of killing me. I have no doubt about his intention, for it was shown to me in vision. When he came to where I was, he fell dead at my feet, as if he had been struck with a thunderbolt from heaven. I was then a priest, but God defended me and preserved my life. I speak of this because it is a principle that has been manifest in the church of God in this generation as well as in others. I had the administration of angels while holding the office of a priest. I had visions and revelations. I traveled thousand of miles. I baptized men, though I could not confirm them because I had not the authority to do it.

“I speak of these things to show that a man should not be ashamed of any portion of the priesthood. Our young men, if they are deacons, should labor to fulfil that office. If they do that, they may then be called to the office of a teacher, whose duty it is to teach the people, visit the Saints and see that there is no evil or iniquity carried on. God has no respect for persons in this priesthood any further than as they magnify their callings and do their duty” (*Discourses of Wilford Woodruff*, sel. G. Homer Durham [Salt Lake City: Bookcraft, 1946], pp. 297–98).

Discussion

Explain that sometimes the Aaronic Priesthood is referred to as the lesser priesthood.

- Why is it called the lesser priesthood? (It has less authority and fewer keys than the Melchizedek Priesthood.)

Help the young men understand that as president of the Aaronic Priesthood in your ward, the bishop is responsible for the temporal affairs of the ward. He is helped by the priests, teachers, and deacons in taking care of the temporal needs of the ward members.

Emphasize that as Aaronic Priesthood holders, they are not just “the boys at the sacrament table” but that they have been ordained and given priesthood authority to administer the sacrament, and, in the case of priests, to baptize. They should also set the example for the other young men of how a priesthood bearer should live.

Testimony

Testify to the young men that they have great power given to them. There is more power associated with the office of priest in the Aaronic Priesthood than with any earthly office outside the Church, because priesthood power is the power of God.

Scripture and discussion

Have a young man read Doctrine and Covenants 20:46–52. Suggest that the young men mark these verses.

- Is any one of these duties a priest’s most important duty? Why?

Help the young men understand that no duty is more important than another, but that all are important.

Have a young man read Doctrine and Covenants 20:53–60 to learn the duties of teachers and deacons.

- What duties does a teacher have that are the same as the priest?
- How many of the teacher’s duties does the priest have? How many of the deacon’s?
- How long does your ordination last?

Discussion and adviser presentation

Explain that the young men will hold the priesthood as they are worthy to do so. It is taken from them only if they are excommunicated from the Church. As long as they are worthy, they can function as priesthood bearers under the direction of proper authority. Point out that the Aaronic Priesthood is in many ways a learning priesthood. As they get experience in a particular office and grow older, they are ordained to a higher office and gain more experience. They never lose the authority to act in the callings in the Aaronic Priesthood. Remind them that teachers, priests, and even elders may be asked to pass the sacrament

Story

or to collect fast offerings. This is proper, since they are still deacons, even though they have been ordained to higher offices.

Explain that Wilford Woodruff learned further of a priest's authority and opportunities in another experience when he was a priest:

"While at that place [Clay County, Missouri] I had a great desire in my heart to go and preach the gospel. I went off one Sunday night by myself into a hickory grove, several hundred yards from the settlement, and I asked the Lord to open the door for me that I might go and preach the gospel. . . . The Lord answered that prayer, and said I should have my desire granted. I got up rejoicing. I walked about two hundred yards out in the open road; and when I got into the road there stood Judge Higbee. Said he, 'Brother Woodruff, the Lord has revealed to me that it is your duty to be ordained to go and preach the gospel.'

"Said I, 'Has he?'

" 'Yes.'

" 'Well,' said I, 'if the Lord wants me to preach the gospel, I am perfectly willing to go and do that.' I did not tell him I had been praying for this.

"The consequence was I attended a council at Lyman Wight's, and was called and ordained to the office of a priest in the Aaronic Priesthood, while other brethren were ordained elders. I was called by Bishop Partridge to go to the southern country on a mission. . . . It was then dangerous for any of our brethren to go through Jackson County. [Bishop Partridge] wanted me to go to Arkansas, and the road led square through Jackson County. I asked him if we should go through there.

"Said he, 'If you have got faith to do it, you may. . . .'

" 'Well,' said I, 'the Lord says we must travel without purse or scrip; shall we do it?'

"Said he, 'That is the law of God; if you have faith to do it, you can do it.' . . .

"But I do not want to dwell on these things. I merely wish to say that I went out as a priest, and my companion as an elder, and we traveled thousands of miles, and had many things manifested to us. I desire to impress upon you the fact that it does not make any difference whether a man is a priest or an apostle, if he magnifies his calling. A priest holds the key of the ministering of angels. Never in my life, as an apostle, as a seventy, or as an elder, have I ever had more of the protection of the Lord than while holding the office as a priest. The Lord revealed to me by visions, by revelations, and by the Holy Spirit, many things that lay before me" (*Discourses of Wilford Woodruff*, pp. 299–300).

Conclusion

Testimony and challenge

Testify that our Father in Heaven will give each worthy young man the privilege of holding the office of priest in the Aaronic Priesthood. He has given this opportunity so that young men may be a vital force in the Church. He has given priests the bishop as their quorum president to be with them and to help their parents to train them for the duties they will perform during their life in the Church.

Point out that the Lord gives them the chance to perform ordinances and to act in major responsibilities. They perform important work in the Church. Aaronic Priesthood holders should understand that when they perform their duties properly, they can influence the lives and goals of many other people.

Challenge the young men to take their ordination to the priesthood seriously by fulfilling every assignment they receive and by setting a proper example at all times.

Quorum activity

Set up a program that will allow all of the quorum members, as much as possible, to do all the things they are commissioned to do. Work with the bishop on this activity. Make sure every quorum member has a chance to do home teaching (if a teacher or priest), to give talks, and to do all the other duties of the Aaronic Priesthood holder. For example, you can give quorum members the opportunity to "preach, teach, expound, exhort" by having them help with part of a quorum lesson. Such involvement will help them gain confidence and will help prepare them for the mission field and for further Church service.

23

Preparing for the Melchizedek Priesthood

OBJECTIVE

As he learns about the oath and covenant of the priesthood, each young man will want to prepare himself to receive the Melchizedek Priesthood.

PREPARATION

1. Prayerfully study Matthew 25:1–13 and Doctrine and Covenants 62:6; 76:1–10; 82:10; 84:33–42; 107:1–8, 18–20, 99–100; 121:34–46; 137:1–4.
 2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Pencils for marking scriptures.
 3. Arrange for the bishop or branch president to come to your class for five to ten minutes and discuss with the young men the lesson material about magnifying priesthood callings. All Aaronic Priesthood classes could meet together for this lesson.
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SUGGESTED LESSON DEVELOPMENT

Scripture and
discussion

Introduction

Read and discuss with the young men Doctrine and Covenants 107:1–8, 18–20. Invite them to ask questions. Briefly explain the names of the Melchizedek and Aaronic Priesthoods, how they are related, the major offices in each, and the differences between their authority and responsibilities. If the young men in your class are familiar with this material, you may want to ask questions that will allow them to provide this information. If most of the young men in your class are not familiar with this material, you may want to supplement your discussion with material from *Gospel Principles* or *Gospel Fundamentals*.

- How do you feel about holding the Aaronic Priesthood?
 - How do you feel about preparing to receive the Melchizedek Priesthood?
-

Situation and
discussion

The Priesthood Is Received by Oath and Covenant

Present the following situation to the young men:

Tom was preparing to go on a mission. He had always looked forward to this opportunity to serve Heavenly Father. He had already been interviewed by his bishop and was now in the stake president's office.

The stake president asked Tom a few questions about his family. Then he leaned forward in his chair, looked Tom in the eye, and said, "Tom, you will soon receive the Melchizedek Priesthood and be ordained an elder. This is a serious step in your life—one that you should approach with real intent and dedication.

"Tom, the Melchizedek Priesthood is received with an oath and covenant from Heavenly Father. Tell me what you know about the oath and covenant of the priesthood."

Tom was caught completely off guard. He had heard of the oath and covenant of the priesthood, but he didn't know what it was or how it related to him.

- What does the oath and covenant of the priesthood mean to you?

Remind the young men that within a few years each of them will be in Tom's situation. They will be eligible to receive the Melchizedek Priesthood.

Scripture and chalkboard discussion

Explain to the young men that they should start to prepare now. The first thing they should do to understand the oath and covenant of the priesthood is read about it in the scriptures.

Read and discuss with the young men Doctrine and Covenants 84:33–40. Summarize the discussion on the chalkboard:

Oath and Covenant of the Priesthood	
If we—	Then Heavenly Father covenants to—
1. Are faithful	1. Give us the priesthood.
2. Are worthy to receive the priesthood	2. Sanctify us by the Spirit.
3. Magnify our calling	3. Renew our bodies.
4. Receive Heavenly Father's servants—the prophets	4. Make us his elect or chosen.
	5. Share all that he has with us.

Point out that the blessings in this covenant depend on the faithfulness of the person receiving the priesthood. Heavenly Father always keeps his promises.

Adviser presentation

Have a young man read Doctrine and Covenants 84:43–44. Emphasize that receiving the priesthood is a very sacred and important step.

Remind the young men that Heavenly Father cannot break his oath and covenant. You might wish to have the young men refer to Doctrine and Covenants 82:10 and 62:6.

Our Responsibility to Magnify Our Priesthood Callings

Bishop or branch president's discussion

The bishop or branch president can take five to ten minutes to teach this part of the lesson. He should explain the responsibilities of priesthood bearers. He might wish to mention that a priesthood bearer—

1. Should do nothing that would displease Heavenly Father or offend the Spirit. He should detest sin of any kind.
2. Should learn the commandments and commit to live them.
3. Should fulfill all priesthood assignments.
4. Should work actively and willingly to build the kingdom of God.

The bishop might share a story about someone he knows who has kept his priesthood covenants. He might also testify about the blessings of the priesthood and the importance of being prepared to provide priesthood service.

Preparing to Receive the Melchizedek Priesthood

Discussion

Explain that the young men can begin preparing right now to receive and magnify their future callings in the Melchizedek Priesthood.

- What can you do to prepare for the Melchizedek Priesthood?

Story

Tell the following story about how Heavenly Father prepared Elder George A. Smith for priesthood leadership. Emphasize to the young men that sometimes the humblest people, when they understand the power of the priesthood, become the greatest leaders.

In 1834 Joseph Smith led an army of two hundred men on a thousand-mile march from Kirtland, Ohio, to western Missouri. With the support of Governor Dunklin of Missouri, they planned to help the persecuted Saints return to their homes in Jackson County.

George A. Smith, Joseph's cousin, was the youngest member of the army, which was known as Zion's Camp. He was a big, awkward boy of sixteen who had little confidence in himself. He compared his talents to Joseph's and found himself sadly lacking.

Anyone who had seen George A. might have understood his feelings. George's mother had made him a pair of pants out of striped mattress cloth and a backpack from checked apron fabric. His father had given him a new pair of boots and an old musket. After a few days of marching, George A.'s boots had worn bloody blisters on his feet; his pants were ripped to shreds; and he had sat on his straw hat, smashing it into something resembling a bird's nest. [He did not look like much of] a warrior.

The men marched twenty-five to forty miles a day and could hardly sleep during the hot, muggy nights. Mosquitoes and flies made life miserable, and there was not much food. George A. said the water on the prairie was filled with "wrigglers" that he learned to strain out with his teeth as he drank.

When the camp reached Missouri, Joseph Smith learned that Governor Dunklin had withdrawn his support. Attempts to buy the Jackson County land failed. War was avoided, but the purpose of the march was frustrated. The men of Zion's Camp were deeply disappointed. Some even turned against the prophet, but George A. did not.

Joseph, who was deeply disappointed himself, told the men that if they continued to rebel he feared something terrible would happen to them. A few days later the men began to get sick with cholera. Sixty-eight members of the camp were stricken, and fourteen died. Jesse Smith, cousin to both Joseph and George A., was one of those who died.

Joseph was heartbroken, and George A. simply could not understand. He was sure that he would never be the man that Jesse might have been. He would never serve the Church half so well. Even worse, Zion's Camp seemed to have failed.

However, the value of the march gradually became clear. Those camp members who remained loyal, learned leadership, and gained strength during the march became leaders of the Church. And what about the awkward boy who thought he should have died instead of his cousin? Less than five years later, at the age of twenty-one, he was ordained an Apostle. He later served with Brigham Young as a member of the First Presidency. His experience in Zion's Camp prepared him for a lifetime of leadership.

Emphasize to the young men that if they are faithful, the experiences they have now can prepare them for future service in the Church. By honoring the Aaronic Priesthood, following their Aaronic Priesthood leaders, and fulfilling their Aaronic Priesthood assignments valiantly, the young men are preparing to receive and magnify their future callings in the Melchizedek Priesthood.

Have a young man read Doctrine and Covenants 107:99–100.

- What are your priesthood duties?

Have the young men answer the following question silently to themselves.

- How well have you fulfilled your priesthood duties in the past? How can you do better?

Remind the young men that the most important priesthood role a man can have is that of husband and father. Every Melchizedek Priesthood holder is responsible to teach and bless his own family. Help the young men understand that by honoring their parents and serving family members, they prepare for this most important calling.

Using the Priesthood Properly

Scripture and discussion

Explain that Heavenly Father has given us instructions about how to use the priesthood.

Read and discuss with the young men Doctrine and Covenants 121:34–45.

- What do *called* and *chosen* mean in this passage?

- According to this passage, what attitudes or actions would keep us from honoring the priesthood? How can we avoid those?
- According to verses 41–45, what are some attributes of righteous priesthood holders?
- What blessings are promised to those who use the priesthood properly?

Encourage the young men to dedicate their lives to Heavenly Father and to live virtuously so that the doctrine of the priesthood and other blessings can come into their souls as promised in Doctrine and Covenants 121:45–46.

Receiving All That the Father Has

Scripture reading
and discussion

Explain that in Doctrine and Covenants 84:35–38 Jesus says that a man who honors the oath and covenant of the priesthood will receive all that the Father has. Ask the young men to think for a few seconds about what this means. Then have them take turns reading Doctrine and Covenants 76:1–10 and 137:1–4.

Use the following questions and some of your own to stimulate thought and discussion:

- What must we be willing to offer to obtain these blessings?
- How do these promised blessings compare to worldly gain?
- When do these blessings begin?
- When do they stop?

Explain that in order to receive these blessings, we must be willing to give Heavenly Father all our faith, love, time, talent, loyalty, honor, and wealth. If we give all that we have to Heavenly Father, he will share with us all that he has. We will enjoy the blessing of eternal increase. We cannot imagine the glories Heavenly Father has prepared for us if we are faithful. (You might want to have the young men read 1 Corinthians 2:9.) No worldly wealth or power can compare with those blessings. They begin now and will go on through the eternities as we remain true to our covenants.

No Earthly Treasure Compares to the Priesthood

Adviser presentation

Refer again to the story about Tom's interview with the stake president. Encourage the young men to prepare to receive the Melchizedek Priesthood and to study and pray in order to understand its oath and covenant. Then when they are interviewed before receiving the Melchizedek Priesthood, they will be able to affirm that they are ready to receive this oath and covenant.

Conclusion

Tell the young men how you feel about the priesthood. You might also tell them about a young man you know who was truly prepared to receive the Melchizedek Priesthood.

Testimony

Bear testimony that no earthly treasure or honor compares in value to the Melchizedek Priesthood and the blessings we can receive by keeping our covenants with Heavenly Father. Tell the young men about how the priesthood has blessed your life. You might tell them about how you have been blessed for honoring your priesthood covenants or about blessings you have received through others who magnified the Melchizedek Priesthood.

Challenge

Challenge the young men to prepare to receive the Melchizedek Priesthood by studying the scriptures that pertain to the priesthood. Encourage them to commit themselves to fulfill their Aaronic Priesthood duties valiantly and develop the attributes of a righteous Melchizedek Priesthood holder.

OBJECTIVE

Each young man will understand the importance of following the living prophet.

PREPARATION

1. Prayerfully study Ezekiel 3:17 and Doctrine and Covenants 1:14, 38; 21:4–6; 28:2; 101:54; 107:65–67, 91–92; 112:20; 124:61.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. A picture of the living prophet.
 - c. Pencils for marking scriptures.
3. Either make copies of the quotations to be read during class or be ready to pass the manual around.
4. Assign two young men to practice the dialogue for the role play. You might want to make copies of the dialogue for them.
5. If they are available, bring copies of recent conference reports or conference issues of the Church magazines.

NOTE

You might want to divide this lesson over two class periods or select from the lesson those items you feel would have the greatest influence on the young men.

SUGGESTED LESSON DEVELOPMENT

Picture discussion

Introduction

Show a picture of the living prophet, and ask the young men to explain what they know about him and the position he holds.

- How do you feel about the living prophet?
- What are the prophet's responsibilities?
- Why is it important that we trust and honor the prophet?

Chalkboard discussion

A Prophet, Seer, and Revelator

Write the name of the President of the Church on the chalkboard. Explain that we sustain him as a prophet, seer, and revelator. Write the words *prophet*, *seer*, and *revelator* on the chalkboard under the name of the President of the Church.

Discussion

- What do *prophet*, *seer*, and *revelator* mean?

Have three young men read the definitions of three words from the Bible Dictionary: *prophet*, *revelation*, *seer*.

- What does it mean to sustain a leader?

Summarize by explaining that we sustain the President of the Church as a prophet, seer, and revelator. This means that we support him as the Lord's spokesman and that we agree to accept and follow his counsel.

Quotation

Explain that President Gordon B. Hinckley said the following about sustaining the prophet:

"I speak to the priesthood of this Church, wherever you may be gathered across the world, in gratitude for a prophet to guide us in these latter days. I plead for loyalty to him whom the Lord has called and anointed. I plead for steadfastness in upholding him and giving

attention to his teachings. I have said on another occasion at this pulpit that if we have a prophet, we have everything. If we do not have a prophet, we have nothing. We do have a prophet. We have had prophets since the founding of this Church. We shall never be without a prophet if we live worthy of a prophet.

“The Lord is watching over this work. This is His kingdom. We are not as sheep without a shepherd. We are not as an army without a leader. . . . God help us to be true and faithful, to hear with listening ears that counsel which has come from Him who is our Father and our God, and from Him who is our Savior and our Redeemer as they have spoken to us through those whom we sustain as prophets” (in Conference Report, Apr. 1992, pp. 77–78; or *Ensign*, May 1992, p. 53).

Only the President Receives Revelation for the Entire Church

Scripture marking

Have the young men read Doctrine and Covenants 107:65–67, 91–92. Suggest that they mark these verses and write *President of the Church* in the margin.

Explain that the President of the High Priesthood is the living prophet and has the duty of presiding over the Church. The Apostles and the Counselors in the First Presidency are also sustained as prophets, seers, and revelators. But the Lord has designated the President of the Church as the only one entitled to receive revelations and directions for the Church as a whole.

Have a young man read and explain Doctrine and Covenants 28:2.

Quotation and chalkboard

Have a young man read the following statement:

“Here we must have in mind—must know—that only the President of the Church, the presiding High Priest, is sustained as Prophet, Seer, and Revelator for the Church, and he alone has the right to receive revelations for the Church, either new or amendatory, or to give authoritative interpretations of scriptures that shall be binding on the Church, or change in any way the existing doctrines of the Church. He is God’s sole mouthpiece on earth for The Church of Jesus Christ of Latter-day Saints, the only true Church. He alone may declare the mind and will of God to his people. No officer of any other Church in the world has this high right and lofty prerogative” (J. Reuben Clark Jr., “When Are Church Leader’s Words Entitled to Claim of Scripture?” *Church News*, 31 July 1954, p. 10).

Write the following on the chalkboard. (More will be added later.)

President of the Church

1. Only person who receives revelation for the entire Church

God Will Never Allow the Prophet to Lead the Church Astray

Quotations

Hand out the four statements below, or pass the manual around for the young men to read. Tell them which prophet made each statement.

1. President Wilford Woodruff said:

“I say to Israel, the Lord will never permit me or any other man who stands as President of this Church to lead you astray. It is not in the programme. It is not in the mind of God. If I were to attempt that, the Lord would remove me out of my place, and so He will any other man who attempts to lead the children of men astray from the oracles of God and from their duty” (Official Declaration—1).

2. Elder Marion G. Romney recalled an experience he had with President Heber J. Grant:
 “I remember years ago when I was a bishop I had President Grant talk to our ward. After the meeting, I drove him home. . . . When we got to his home I got out of the car and went up on the porch with him. Standing by me, he put his arm over my shoulder and said: ‘My boy, you always keep your eye on the President of the Church, and if he ever tells you to do anything, and it is wrong, and you do it, the Lord will bless you for it.’ Then with a twinkle in his eye, he said, ‘But you don’t need to worry. The Lord will never let his mouthpiece lead the people astray’ ” (in Conference Report, Oct. 1960, p. 78).
3. President Harold B. Lee, referring to President David O. McKay, said:
 “We believe in a living prophet, seer, and revelator, and I bear you my solemn witness that we have a living prophet, seer, and revelator. We are not dependent only upon the revelations given in the past as contained in our standard works—as wonderful as they are—but . . . we have a mouthpiece to whom God does and is revealing his mind and will. God will never permit him to lead us astray. As has been said, God would remove us out of our place if we should attempt to do it. You have no concern. Let the management and government of God, then, be with the Lord. Do not try to find fault with the management and affairs that pertain to him alone and by revelation through his prophet—his living prophet, his seer, and his revelator” (*The Place of the Living Prophet, Seer, and Revelator* [address delivered to seminary and institute faculty, Brigham Young University, 8 July 1968], p. 13).
4. President Joseph Fielding Smith explained:
 “I think there is one thing which we should have exceedingly clear in our minds. Neither the President of the Church, nor the First Presidency, nor the united voice of the First Presidency and the Twelve will ever lead the Saints astray or send forth counsel to the world that is contrary to the mind and will of the Lord” (in Conference Report, Apr. 1972, p. 99; or *Ensign*, July 1972, p. 88).

Chalkboard

Add the second sentence to the chalkboard:

<p style="text-align: center;">President of the Church</p> <ol style="list-style-type: none"> 1. Only person who receives revelation for the entire Church 2. Will never lead the Church astray

The Prophet Is a Watchman

Quotation

Read the following statement by President Gordon B. Hinckley:

“Remember whose church this is. It carries the name of the Lord Jesus Christ, who stands as its head. His is the power to remove any who is found remiss in his duty or who is teaching that which is not in harmony with His divine will.

“I say for each and all that we have no personal agenda. We have only the Lord’s agenda. There are those who criticize when we issue a statement of counsel or warning. Please know that our pleadings are not motivated by any selfish desire. Please know that our warnings are not without substance and reason. Please know that the decisions to speak out on various matters are not reached without deliberation, discussion, and prayer. Please know that our only ambition is to help each of you with your problems, your struggles, your families, your lives. . . .

“Ours is the responsibility outlined by Ezekiel: ‘Son of man, I have made thee a watchman unto the house of Israel: therefore hear the word at my mouth, and give them warning from me’ (Ezekiel 3:17).

“We have no selfish desire in any of this, other than the wish that our brethren and sisters will be happy, that peace and love will be found in their homes, that they will be blessed by the power of the Almighty in their various undertakings in righteousness” (in Conference Report, Oct. 1992, pp. 79–80; or *Ensign*, Nov. 1992, pp. 59–60).

Read and discuss with the young men Ezekiel 3:17 and Doctrine and Covenants 101:54 and 124:61.

- How is our present prophet a watchman? What problems or dangers has he warned us about?
- How might the prophet’s counsel protect us from danger?

Chalkboard

Add the third sentence to the chalkboard:

<p>President of the Church</p> <ol style="list-style-type: none"> 1. Only person who receives revelation for the entire Church 2. Will never lead the Church astray 3. A watchman to warn us of spiritual and temporal danger
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The Prophet Is a Teacher

Quotation

President Gordon B. Hinckley has taught:

“There are many little things that test our willingness to accept the word of the prophets. Jesus said, ‘How often would I have gathered thy children together, even as a hen gathereth her chickens under her wings, and ye would not!’ (Matthew 23:37).

“So it has been through the history of mankind, and so it is today. . . .

“Now again, as always, we are faced with public moral issues, this time concerning lotteries, pari-mutuel betting, and other forms of gambling. The Presidents of the Church have spoken clearly and unequivocally on these matters.

“These are little things, but they are important things. They bring to mind the great contest between the prophet Elijah and the priests of Baal. Said Elijah on that occasion: ‘How long halt ye between two opinions? if the Lord be God, follow him: but if Baal, then follow him.’ (1 Kings 18:21)” (in Conference Report, Apr. 1992, p. 77; or *Ensign*, May 1992, p. 53).

Scripture and discussion

Have a young man read aloud Exodus 18:20.

- What counsel did Moses receive about what he should teach the people?
- Why is it important for us to listen to what the prophet teaches about ordinances, laws, and what we should be doing in our daily lives?

President of the Church

1. Only person who receives revelation for the entire Church
2. Will never lead the Church astray
3. A watchman to warn us of spiritual and temporal danger
4. Teaches the ordinances and laws of God

Quotations and discussion

Church Members Are to Follow the Living Prophet

Explain that one of our greatest tests is to follow the living prophets.

Read the following statement by Elder Harold B. Lee:

“During the early days of the Church we passed through a period of slander and misrepresentation, and we came through. It drove us together because of enemies from the outside. And we survived it. We passed through a period of mobbing and driving, when lives were taken and blood was shed, and somehow the place of the martyr gave us strength. We passed through poverty, and we gained strength from the test of it. Then we passed through an age of what we might call apostasy, or betrayal from the inside—one of the severest tests through which we have passed. We are now going through another test—a period of what we might call sophistication. This is a time when there are many clever people who are not willing to listen to the humble prophets of the Lord. And we have suffered from that. It is rather a severe test” (“Sweet Are the Uses of Adversity,” *Instructor*, June 1965, p. 217).

President Gordon B. Hinckley told the following story about President Joseph Fielding Smith:

“Joseph Fielding Smith next became President of the Church and the prophet of the Lord. Some thought he spoke harshly in the tone of a prophet of the Old Testament. He did speak straightforwardly and without equivocation. Such is the mission of a prophet. But it was my experience that he was a man of great kindness who grieved over the unwillingness of so many to follow the commandments of the Lord.

“He used three great words that I can never forget—‘true and faithful.’ In his public addresses, in his private conversation, in his prayers to the Lord he pleaded that we might be true and faithful. Those who followed his counsel have tasted the sweet fruit of obedience. Those who have scoffed have known something of the bitterness that comes of a denial of truth” (in Conference Report, Apr. 1992, pp. 75–76; or *Ensign*, May 1992, p. 52).

- Which of the prophet’s current teachings are hard for some people to accept and obey?
- What will happen to those who do not follow the prophets?

Have a young man read Doctrine and Covenants 1:14, 38.

- How should we receive the prophet’s words? Why?

Have young men read Doctrine and Covenants 21:4–6 and 112:20.

- What blessings are promised to those who receive and follow the prophet’s words?
- How can we develop faith in the prophet’s words?

Scripture and discussion

Quotation

“The Lord will show us the way, if we will but follow his prophets and Apostles.

“Do not question their direction! It is as simple as that. No, I am not saying to have blind faith or blind obedience.

“Sometimes you may want proof of this doctrine or that saying of the prophet. Keep the commandments! Pray, walk in righteousness, and through the Holy Spirit you can know by that sweet, calm feeling that it is true” (Waldo P. Call, in Conference Report, Oct. 1990, p. 106, or *Ensign*, Nov. 1990, p. 83).

Do I Follow the Brethren?

Role play

Have the two previously assigned young men read the following dialogue:

Steve (nonmember): Do you really believe that your church has a living prophet?

Scott (Latter-day Saint): Yes, I believe that the President of our church is a prophet. He receives revelation from Heavenly Father.

Steve: How often does your prophet receive revelations from God?

Scott: Constantly, I guess. Whenever the Church needs guidance.

Steve: How do you find out what those revelations are?

Scott: Mainly from our general conferences.

Steve: Can everybody in your church go to those?

Scott: No. The Church is too big. But the conference sessions are broadcast on television and by satellite. And everybody can read the prophet's words in the Conference Report or the Church magazines.

Steve: Do you think most people in your church read those?

Scott: Well, probably not everybody.

Steve: Do you read them?

Scott: Well, not usually. I'm very busy.

Steve: What did the prophet say at your last conference?

Scott: Um, I don't know. I was studying for a big test, and I was too busy to listen to the broadcasts. I have the conference issue of the *Ensign*, but I haven't been able to read it yet.

Steve: Do you really believe in your prophet?

Scott: Of course.

Steve: Well, how can you say you follow him when you don't even know what he says?

Discussion and chalkboard

- What counsel has the living prophet given us?

If you have brought them, distribute copies of recent conference reports or conference issues of the Church magazines. Have the young men refer to the talks given by the living prophet. Ask them to look for specific instructions and to notice the things the prophet emphasizes. On the chalkboard, make a list of commandments the prophet has given. Then invite the young men to consider the following questions and answer them silently to themselves.

- How well have you followed the prophet's counsel? What can you do to follow his counsel more completely?

Invite the young men to commit themselves to follow the counsel of the living prophet throughout their lives.

Conclusion

Quotation and discussion

Read the following promise given by President Gordon B. Hinckley:

“I add my own words of testimony as one who has known and worked closely with seven Presidents of the Church, extending over a period of more than half a century. I know that each of these men has been a man of God, raised up by Him, trained and nurtured, schooled and disciplined for the great and singular and unique callings which have come to them. Our people have been blessed as they have followed their counsel. We will con-

tinue to be blessed if we will walk in the paths which they have pointed out and will continue to point out to us" (in Conference Report, Apr. 1991, p. 122; or *Ensign*, May 1991, p. 92).

- How have the teachings of the living prophet blessed you?

Adviser presentation
and testimony

Tell the young men how you gained a testimony that the living prophet is called of God. You may want to tell them about blessings you or your family members have received as you have followed the counsel of the living prophet. Testify of the blessings that come to those who rely on the words of the living prophet. Explain that life is full of dangers but that if we read, study, pray, and follow the living prophet and the Church leaders who preside over us, we can travel safely to our destination, the celestial kingdom.

Challenge

Challenge the young men to read the prophet's talks and writings and to live the principles he teaches.

Every Young Man Should Serve a Mission

25

OBJECTIVE	Each young man will realize that full-time missionary service is both a privilege and a responsibility.
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PREPARATION	<ol style="list-style-type: none">1. Prayerfully study James 5:20; Mosiah 28:1–5; Alma 17:2–5; 28:13–14; 29:1–2, 9–10, 13–15; and Doctrine and Covenants 1:4–5, 17–20; 4; 6:3; 18:10–16; 42:6–8; 50:13–14, 22.2. Materials needed:<ol style="list-style-type: none">a. Copies of the scriptures (each young man should bring his own).b. Pencils for marking scriptures.3. If it is available in your area, show “The Joy of Missionary Work,” on <i>Family Home Evening Video Supplement</i> (53276).4. Optional: Assign two or three young men to prepare to tell the class about how missionaries helped bring them (or their families) into the Church.5. Optional: Arrange for a recently returned missionary to visit your class for five to ten minutes and talk with the young men about preparing to serve missions.
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NOTE	You might want to divide this lesson over two class periods or select from the lesson those items you feel would have the greatest influence on the young men in your class.
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SUGGESTED LESSON DEVELOPMENT

Scripture and
discussion

Why Missionary Work Is Important

Tell the young men that you are going to read a passage of scripture. Ask them to identify who it is about, what led up to this situation, and what happened afterward. Read Mosiah 28:1–5, beginning in the middle of verse 1 with “They took a small number.”

Help the young men bring out the following:

1. The passage is about the four sons of Mosiah (see Mosiah 27:34).
 2. They had been very wicked and tried to destroy the Church (see Mosiah 27:10).
 3. An angel appeared and called them to repentance (see Mosiah 27:11–17).
 4. They repented and began to preach the gospel among the Nephites. They wanted to go on a mission to the Lamanites (see Mosiah 27:34–37; 28:1–4).
 5. As a result of their preaching, thousands of Lamanites were converted (see Alma 17:2–5; 19:35–36; 22:22–23; 23:4–5).
- Why were the sons of Mosiah so anxious to serve missions?
 - How has missionary work affected your life?

Some of the young men might be converts. Others might have ancestors who joined the Church many years ago. Encourage several of them to tell about the missionary effort that helped bring them or their family into the Church. If you asked some class members to prepare for this, have them share their stories now.

Story

In your own words, tell the following story about how a pair of young missionaries listened to the Spirit and taught the gospel to an entire family:

When she was seventeen years old, Sarah Pea Rich had a marvelous dream and a powerful experience with the Book of Mormon that helped her and her family join the Church. In 1835 two Latter-day Saint elders told Sarah, her family, and several of their neighbors about Joseph Smith and his translation of the gold plates. After listening to these “strange men,” as she called them, Sarah did this:

“Feeling anxious to see the Book of Mormon . . . , I asked [for it] . . . then retired to my room and spent the rest of that evening and most of [the] night reading it. I was truly astonished by its contents. The book left an impression on my mind never to be forgotten. It appeared to be open before my eyes for several weeks afterwards.”

The following day the elders left for a city five hundred miles away. They took their Book of Mormon, and Sarah’s family thought they would never see the book or the missionaries again. On a Friday night six weeks later, Sarah dreamed that at sunset the next day the missionaries would return, stand on her porch, and have a certain conversation with her. When she awoke, Sarah was so sure of her dream that she asked her father to come home early from town so he could be there when the missionaries arrived.

“Father said I must be crazy, for those men were hundreds of miles away. But I insisted: ‘Father hurry home this evening, for I am sure they will come.’ He only laughed, and he and mother went off to town. Then I said to my sister, ‘Let’s prepare, for those men will surely be here.’ ”

As the sun was setting, the missionaries appeared at Sarah’s home and stepped onto her porch. Sarah and the missionaries then had, word for word, the conversation she had dreamed, during which the missionaries said, “We had a dream that we were to return here and baptize you and build up a church in this region.” Sarah asked the elders to sit inside her house while she waited on the porch for her parents. She described their arrival:

“My father said to me, ‘Well, Sarah, where are your Mormon elders?’ I told him they were in the house, at the same time they stepped out on the porch, to meet him. Father was struck with astonishment.”

The elders stayed with the family that night and again discussed the coming forth of the Book of Mormon. They remained in the area until they had baptized a congregation of over seventy members, including Sarah and her father, mother, and sister. (See Susan Easton Black, *Stories from the Early Saints Converted by the Book of Mormon* [Salt Lake City: Bookcraft, 1992], pp. 12–14.)

- Why does the Church send missionaries to preach the gospel?

Write the young men’s answers on the chalkboard. Their responses may include the following:

1. Because Heavenly Father has commanded us to do so
2. To help people come unto Christ and his church
3. To help people receive the saving ordinances, such as baptism
4. So people can repent of their sins and be forgiven
5. To warn people of the consequences of sin
6. To gather the faithful out of the world
7. To give us a chance to serve and grow
8. To set up the kingdom of God and prepare for the Second Coming

Chalkboard
discussion

Every Young Man Should Serve a Mission

Quotation	<p>President Spencer W. Kimball said:</p> <p>“The question is frequently asked: Should every young man fill a mission? And the answer has been given by the Lord. It is ‘Yes.’ Every young man should fill a mission. . . .</p> <p>“ . . . Every man should also pay his tithing. Every man should observe the Sabbath. Every man should attend his meetings. Every man should marry in the temple” (“When the World Will Be Converted,” <i>Ensign</i>, Oct. 1974, p. 8).</p>
Adviser presentation	<p>Emphasize that through his prophets the Lord has commanded us to serve missions. We cannot escape that obligation any more than we can be exempt from paying tithing or from keeping any other of the Lord’s commandments.</p> <ul style="list-style-type: none"> • What are some common excuses for not going on a mission?
Quotation	<p>Explain that Elder William R. Bradford of the Seventy addressed this subject:</p> <p>“Some of you say in your minds, ‘Oh well, you just don’t understand my case. My situation is different. I plan to be a great lawyer, or doctor, or athlete, or some other great person. Surely neither you nor the Lord would expect me to leave my studies at such an important time. A mission would interfere with my future plans.’</p> <p>“Others are thinking, ‘Yes, I know about missions, but if you had a girl friend like mine, you’d never leave her. What will happen to her while I’m gone?’</p> <p>“Yet others of you are thinking, ‘Missions cost so much. I just got this job. I just purchased a car and a stereo. It’s just the time of life when I’m starting to get things together for myself. I can’t drop all that now. I just can’t afford it.’</p> <p>“Then there are also those who are thinking, ‘My situation disqualifies me. I have fallen into transgression and am not participating in the Church. I had always planned on being a missionary, but I slipped and now I don’t live the standards required of a missionary’ ” (in Conference Report, Oct. 1981, p. 71; or <i>Ensign</i>, Nov. 1981, p. 50).</p>
Discussion	<ul style="list-style-type: none"> • Who is exempt from serving a mission? • What are sufficient reasons for deferring a mission? <p>It should be clear from the statements of President Kimball and Elder Bradford that only rarely should a young man in the Church not serve a mission. Explain that in some cases a young man may be excused because of severe health problems.</p>
Quotation	<p>Share the following statement by Elder Bradford:</p> <p>“If I could speak separately to each of you young men, . . . I would say with all the power of speech I could generate, ‘Just who do you think you are? What right do you have to match your wisdom with that of God, who through His prophets has issued a firm decree, a solemn mandate, that the restored gospel must be declared to all the world by the voice of His disciples? This means you!’ ” (in Conference Report, Oct. 1981, p. 72; or <i>Ensign</i>, Nov. 1981, p. 50).</p>
Discussion	<ul style="list-style-type: none"> • What should a young man do who has good health but does not want to go on a mission? <p>This may be a good opportunity for the young men to teach each other. Their responses may include—</p> <ol style="list-style-type: none"> 1. Visit the bishop and discuss the situation. 2. Repent. Make sure he is worthy to serve a mission. 3. Pray earnestly and search the scriptures. Work to strengthen his testimony and prepare for missionary service. 4. Offer to help the local missionaries. See what their work is like and talk with them about their experiences. 5. Consider honestly his reasons for not wanting to serve. Pray for help to overcome fears or obstacles.

We Can Serve Others and Sanctify Ourselves

Scriptures and discussion

Explain that Alma had a vision of the need for missionaries. Have the young men read and mark Alma 29:1–2.

- According to Alma, what causes sorrow and inequality on the earth? (See Alma 28:13–14; 29:2.)
- According to Alma, what is the best solution for the world's problems?
- If you were Alma and had his desire, what would you do?

Have the young men read and mark Alma 29:9 and 13.

- How did Alma feel about his opportunity to spread the gospel?
- How can the gospel be preached to all the world?

Have the young men read and mark Doctrine and Covenants 1:4–5 and 17–18.

Discuss with the young men the commandments and promises given to missionaries. Help the young men understand that the Lord has directed us to warn “all people,” and that as missionaries go forth, “none shall stay them.”

Testimony

Bear your testimony about the blessings and responsibilities of living at this time, when the gospel has been restored in its fulness. Remind the young men that they were born to assist in the work. Point out that by serving missions they will help to fulfill the prophecies about the spread of the gospel in the last days.

Discussion and scripture

- What are the responsibilities of missionaries?

Point out that the Lord has a specific plan for missionary work and for each missionary. Have the young men read and mark Doctrine and Covenants 42:6–8.

Help the young men understand that when bearing their testimonies missionaries are, in a sense, “speaking with the trump of God.” Television, radio, and other modern communications media have been developed and are used to spread the gospel, but missionaries are the main means of preaching the gospel.

Have a young man read Doctrine and Covenants 18:10–16. The young men may want to mark parts of this passage, especially verses 10, 15, and 16. Help the young men understand that usually individuals or families, rather than large groups of people, join the Church.

- What feelings or experiences have helped you know that your soul is precious to Heavenly Father?
- How do you feel when someone you love repents?
- How would you feel about a person who helped your friend or relative learn the gospel?

Testimony and story

Testify that all efforts to share the gospel are worthwhile, even if only one person joins the Church. Elder Gordon B. Hinckley quoted Elder Charles A. Callis in relating this experience:

“When I was President of the Southern States Mission, I had each missionary come into the office before he was released. One day a young man came in and I said, ‘What have you accomplished?’

“He said, ‘Nothing, and I am going home.’

“ ‘What do you mean you have accomplished nothing?’

“ ‘Well,’ he said, ‘I baptized one man in the backwoods of Tennessee. . . . He didn’t know enough or have enough sense to wear shoes. And that’s all I’ve done. I have wasted my time and my father’s money. . . .’

“ . . . I went up into that area six months later to check on that man. The sense of failure with which that boy went home disturbed me, and I decided to check on the man he had baptized. I found he had been ordained a deacon and he had some small assignments in the branch in which he lived. Later he was ordained an elder and was given further responsibilities. He moved off the tenant farm on which he had lived and bought a little piece of ground of his own. Later he was made branch president. He later sold his farm,

moved to Idaho and bought a farm there. He reared his family; his sons and daughters went on missions and their sons and daughters. I have just completed a survey which indicates, according to the best information I can find, that over 1100 people have come into the Church as a result of the baptism of that one man by a missionary who thought he had failed" (*The Consequences of Conversion*, Brigham Young University Speeches of the Year [Provo, 28 Jan. 1959], pp. 4–5).

The Blessings of Missionary Service

Adviser presentation and quotation	<p>Explain that missionary work is a great blessing and opportunity. You might want to tell the young men about the blessings you received as a result of your own mission, or about the blessings received by a missionary you know. Elder Bradford pointed out some of the blessings that can come from missionary work.</p> <p>He explained that missionary service "is a marvelous gift of time, a time given when you can experience glimpses of heavenly life here on earth. It is a time of cleansing and refreshing. It is a special time when the Holy Ghost can seal upon you the knowledge of the great plan for your exaltation. It is one of your best opportunities to become a celestial candidate.</p> <p>"The highest of all service to others is to teach them truth and bring them into the kingdom of God" (in Conference Report, Oct. 1981, p. 73; or <i>Ensign</i>, Nov. 1981, p. 81).</p> <p>Have the young men read, mark, and discuss James 5:20.</p>
Adviser presentation	<p>Explain that missionary work blesses both the missionary and those who hear the gospel. People experience great joy when they accept Christ's gospel and obey his commandments. As they do this, they are filled with the Spirit of God and feel peace they have never before experienced.</p> <p>Have the young men read and mark Doctrine and Covenants 50:13–14, 22 and 6:3.</p> <ul style="list-style-type: none"> • In these verses, what blessings are promised to faithful missionaries?
Quotation	<p>President Ezra Taft Benson said:</p> <p>"Men and women who turn their lives over to God will find out that he can make a lot more out of their lives than they can. He will deepen their joys, expand their vision, quicken their minds, strengthen their muscles, lift their spirits, multiply their blessings, increase their opportunities, comfort their souls, raise up friends, and pour out peace. Whoever will lose his life to God will find he has eternal life" ("Jesus Christ—Gifts and Expectations," <i>New Era</i>, May 1975, p. 20).</p>
Story	<p>To illustrate the blessings that can result from missionary service, read or tell the following story:</p> <p>Doug was an exceptional athlete. He was also a talented student. During his last year of high school, coaches from many colleges and universities tried to recruit him. His parents, who were not active in the Church, were proud of Doug and encouraged him to continue his education and his athletic career.</p> <p>Doug's bishop called him in and reminded him that he would soon turn nineteen. The bishop suggested that they start preparing the papers to recommend Doug for a mission. Although he wasn't too excited about the idea, Doug took the papers home and told his parents what the bishop had said. They were amazed that Doug could even consider a mission when he had such good opportunities if he went straight to college.</p> <p>Doug thought about his opportunities and weighed them against the obligation he felt to Heavenly Father and the Church. He wanted to go to college right away, but he knew that might not be right. In his daily prayers, he asked Heavenly Father to help him make the correct decision and to help him feel good about it. He finally went to his parents and told them he had decided to go on a mission. They thought the mission was a bad choice but said they would not oppose him.</p>

When the stake president set Doug apart as a missionary, Doug was promised that he would not regret his decision to serve the Lord. He was also promised that he would be blessed in ways he could not yet recognize. During the first months of his mission Doug worked hard, but he sometimes wondered how things might have been if he had gone to college.

As time went on, Doug noticed that his parents' letters were changing. His father told him about a priesthood lesson he had attended, and his mother said that she and his father had been to sacrament meeting a few times. In one letter, his parents said that the bishop had asked them to attend a temple preparation class. They told Doug that they had decided to do it because he seemed so dedicated and happy on his mission. His parents finished the class, went to the temple, and were sealed to each other.

The week after Doug returned from his mission, he and his parents were sealed as a family. All the time they were in the temple Doug kept thinking, "What if I had not gone on a mission?"

Tell the young men that a missionary's family will not always experience dramatic changes or miracles, but they will always receive great blessings. You may want to share an experience or bear your testimony about the blessings that have come to your family or a family in the ward because of a child's missionary service.

We Must Prepare for Missionary Service

Scripture and discussion

Have the young men read and mark Alma 17:2–3.

- What spiritual strength and blessings had the sons of Mosiah received?
- What had they done to qualify for those blessings?

Scripture and chalkboard discussion

Have the young men read and discuss Doctrine and Covenants 4.

- What attributes should a missionary have?

Write the young men's responses on the chalkboard.

- How can you develop those attributes?

Emphasize to the young men that to be effective, a missionary must be prepared.

Quotation

President Ezra Taft Benson said:

"The Lord wants every young man to serve a full-time mission. . . . Not only should a mission be regarded as a priesthood duty, but every young man should look forward to this experience with great joy and anticipation. What a privilege—what a sacred privilege—to serve the Lord full time for two years with all your heart, might, mind, and strength. You can do nothing more important. . . .

"Prepare well for a mission all your life, not just six months or a year before you go.

"We love all of our missionaries who are serving the Lord full time in the mission field. But there is a difference in missionaries. Some are better prepared to serve the Lord the first month in the mission field than some who are returning home after twenty-four months.

"We want young men entering the mission field who can enter the mission field 'on the run,' who have the faith born of personal righteousness and clean living that they can have a great and productive mission. . . .

"Give me a young man who has kept himself morally clean and has faithfully attended his Church meetings. Give me a young man who has magnified his priesthood and has earned the Duty to God Award and is an Eagle Scout. Give me a young man who is a seminary graduate and has a burning testimony of the Book of Mormon. Give me such a young man, and I will give you a young man who can perform miracles for the Lord in the mission field and throughout his life" (*Ensign*, May 1986, pp. 44–45).

Returned missionary presentation

If you have invited a recently returned missionary to visit your class, let him speak for several minutes to the young men about preparing for missions. You may also want to allow time for the returned missionary to answer the young men's questions.

Discussion

- How can you prepare for missionary service?
- What can you do right now to share the gospel?

Encourage the young men to set specific goals that will help them prepare to serve missions. Encourage them to share the gospel with their friends and to serve those who are not members of the Church.

Conclusion

Class participation

Invite young men to share their feelings about serving full-time missions.

Testimony and challenge

Testify that each young man should serve the Lord as a full-time missionary and that great blessings will come to those who serve honorable missions. You might want to share your feelings about the blessings that have come to you through missionary work.

Challenge each young man to fast and pray and ask the Lord to strengthen his testimony and his desire to serve a mission.

OBJECTIVE

Each young man will understand that he must guard the sacred power of procreation and not abuse it.

PREPARATION

1. Prayerfully study Exodus 20:14; Matthew 5:27–28; 26:41; 1 Corinthians 10:13; 1 Nephi 3:7; 2 Nephi 4:17–20, 31–32; Alma 39:3–5; 3 Nephi 18:15; and Doctrine and Covenants 42:22–24.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Pencils for marking scriptures.
3. Ensure that each young man has a copy of the pamphlet *For the Strength of Youth* (34285).
4. If it is available in your area, show “Chastity: As a Man Soweth” on *Family Home Evening Video Supplement 2* (53277).

SUGGESTED LESSON DEVELOPMENT

Introduction

Discussion

Explain that some things are great blessings when used appropriately, but when misused, they become dangerous and destructive.

- What things are blessings when used properly but dangerous if misused?

Answers may include things like the following. You might share one or more of these examples in order to help the young men understand.

1. Electricity. When used properly with safeguards and insulation, electricity is a great blessing. But when handled carelessly, it can kill in an instant.
2. Automobile. A car is a useful form of transportation, but when driven carelessly, it can be a lethal weapon.
3. Water. Water sustains life, but it can be extremely destructive when out of control.
4. Medicine. When used as directed, medicine can save lives and restore bodies. When abused, it can kill, maim, or enslave.

Adviser presentation

Explain that the power of procreation is like these things. When used properly, this sacred power can help us be more like God. If we use it improperly or carelessly, we may lose our exaltation.

Knowing that the proper use of the procreative power can help exalt us and its misuse can condemn us, Heavenly Father has commanded us to protect this power. Satan knows that misuse of this power can destroy us, so he tries to convince us that it is old-fashioned to be sexually pure and that casual or promiscuous sexual activity brings popularity and happiness.

Scriptures and discussion

Have a young man read Exodus 20:14. Suggest that the young men mark this verse.

- What does this commandment mean?

Have the young men read Matthew 5:27–28 and Doctrine and Covenants 42:22–24. Suggest that they mark key words in these passages.

- How did the Lord expand his instructions in these verses?
- When do we begin to be guilty of adultery?
- According to Doctrine and Covenants 42:23, what will happen if we look with lust and do not repent?

Explain that “cast out” means excommunicated.

Have a young man read Alma 39:3–5.

- What was Corianton’s sin?
- How serious is this sin?

Explain that since sexual sin is so serious, we should guard the power of procreation with great care.

Satan Attacks Chastity

Quotation

President Harold B. Lee wrote, “When you are prompted to immodesty in dress or to unclean or obscene speech or brazen conduct in your courtship, you are playing Satan’s game and are becoming the victim of his lying tongue” (Harold B. Lee, *Stand Ye in Holy Places* [Salt Lake City: Deseret Book Co., 1974], p. 332).

Chalkboard discussion

- What tools or methods does Satan use to influence people to disobey the law of chastity?

List the young men’s responses on the chalkboard. Answers might include the following:

Tools of Satan

- Obscene or suggestive movies and television programs
- The idea of sexual “freedom”
- Peer pressure
- Alcohol and drugs
- Obscene music and lyrics
- Immodest clothes and actions
- Pornographic books and magazines

The following material describes the dangers of some things that weaken and destroy chastity. You might want to use this material as you discuss the young men’s responses.

1. *Obscene or immoral movies*: “Suggestive movies have led thousands of young people into sex traps. Hot love-making on the screen has become a pattern for similar conduct on a date for many young people” (Mark E. Petersen, *Live It Up!* [Salt Lake City: Deseret Book Co., 1971], p. 24).
2. *Sexual “freedom”*: “Some people justify their immorality by saying that restrictions against it are merely religious rules that have no meaning any longer because there really isn’t any God. . . .
“ . . . They . . . are so involved in their personal desires, passions, appetites, and lusts that they have no room left for sacred things” (Mark E. Petersen, in Conference Report, Apr. 1969, p. 65; or *Improvement Era*, June 1969, p. 79).
3. *Alcohol*: “Drinking and petting parties form an environment in which the moral sense becomes dulled and unbridled passion holds sway. It then becomes easy to take the final step downward in moral disgrace” (David O. McKay, *Gospel Ideals* [Salt Lake City: Improvement Era, 1953], p. 410).
4. *Obscene music and lyrics*: “Have you been listening to the music that many young folks are hearing today? . . . Much of it has been deliberately designed to promote revolution, [drugs], immorality, and a gap between parent and child” (Ezra Taft Benson, in Conference Report, Apr. 1969, p. 14; or *Improvement Era*, June 1969, p. 46).

Am I Being Influenced?

Thought questions

Ask the young men to think about the following questions:

1. Do I listen to and enjoy unwholesome or degrading music and lyrics?
2. Do I read books or magazines that bring suggestive or immoral thoughts into my mind?

3. Do I associate with or pay attention to girls and women who dress immodestly or behave improperly?
4. Do I tell or listen to lewd jokes or stories?
5. Do I or my friends talk crudely about girls or say vulgar things to them?
6. Do I attend movies that would never be shown in a Latter-day Saint meetinghouse or at a Church-sponsored activity?
7. Do I watch television programs that are unwholesome and degrading?
8. Do I spend a lot of time alone with my girlfriend?

Point out that a “yes” answer to any of these questions reveals a problem. Encourage the young men to refrain from these harmful activities and to set specific goals to change their habits if necessary.

Quotation

Remind the young men that the prophets have counseled us to avoid all these things. President Ezra Taft Benson said the following:

“Young men of the Aaronic Priesthood, remember the scriptural injunction ‘Be ye clean who bear the vessels of the Lord’ (3 Nephi 20:41; D&C 38:42; see also Isaiah 52:11.) Remember the story of Joseph in Egypt, who hearkened not to the wife of Potiphar and maintained his purity and virtue (see Gen. 39:6–20).

“Consider carefully the words of the prophet Alma to his errant son, Corianton, ‘Forsake your sins, and go no more after the lusts of your eyes’ (Alma 39:9).

“ ‘The lusts of your eyes.’ In our day, what does that expression mean?

“Movies, television programs, and video recordings that are both suggestive and lewd.

“Magazines and books that are obscene and pornographic.

“We counsel you, young men, not to pollute your minds with such degrading matter, for the mind through which this filth passes is never the same afterward. Don’t see R-rated movies or vulgar videos or participate in any entertainment that is immoral, suggestive, or pornographic. Don’t listen to music that is degrading” (in Conference Report, Apr. 1986, p. 58; or *Ensign*, May 1986, p. 45).

Emphasize that the young men must not be deceived by the loose moral standards that are so prevalent today. Although they seem modern, these standards are not new at all. “New morality” is just another name for the old immorality that Satan has taught for thousands of years.

Testify that the prophets know what it is like to be young. They are aware of the challenges and temptations young people face today. Explain that the Lord has revealed standards that will help protect us from sin and danger.

Discussion and *For the Strength of Youth*

Distribute the copies of *For the Strength of Youth*. With the young men, read and discuss the sections titled “Standards,” “Dating,” “Dress and Appearance,” “Media,” “Music and Dancing,” and “Sexual Purity.”

Note to teacher

It is very important that the young men in your class understand the terms and warnings in *For the Strength of Youth*. This may be an appropriate time to answer their questions about the standards. Remind the young men that if they have violated some of these standards, they should repent immediately. Promise them that the Lord will forgive anyone who sincerely repents.

Adviser presentation and quotation

Emphasize the blessings that come to those who keep themselves pure and worthy. The greatest of those blessings include the privilege of entering the temple and the opportunity to serve a mission.

Read and explain this statement from the First Presidency:

“Full-time missionary service is not a right, but a privilege for those who are called through inspiration by the First Presidency. . . .

“To ensure the requisite worthiness, an individual who has committed serious transgression must have fully repented according to the criteria established by the Savior. The candidate must be completely worthy to enter the temple before being recommended for missionary

service. . . . The individual [must be] free of transgression for sufficient time to manifest true repentance and to prepare spiritually for a sacred mission call. This period could be as long as three years for multiple serious transgressions, and should not be less than a year from the most recent transgression” (see First Presidency letters dated 4 Mar. and 21 Oct. 1993).

Overcoming Temptation

Testimony

Testify that if we keep the commandments and seek the companionship of the Holy Ghost, we will be able to live chaste lives. Heavenly Father has promised that he will give us the power to withstand temptation and keep his commandments.

Scriptures and discussion

Have the young men read and mark 1 Nephi 3:7 and 1 Corinthians 10:13.

- What do these verses mean?
- How do you feel about the words of Nephi and Paul?

Have the young men answer the following questions silently to themselves.

- What commandments are hard for you to keep right now? What temptations do you need help in overcoming?

Have a young man read 2 Nephi 4:17–20, 31–32. Invite the young men to share their impressions about Nephi’s words. Help them understand that everyone—even someone with as much faith as Nephi—needs Heavenly Father’s help in overcoming temptation.

Have young men read Matthew 26:41 and 3 Nephi 18:15. Explain that these are the words of Jesus Christ.

- According to these verses, how can we receive help to avoid sin and overcome temptation?

Encourage the young men to pray for help in overcoming the specific temptations they face now.

The Steps to Sin or Perfection

Chalkboard discussion

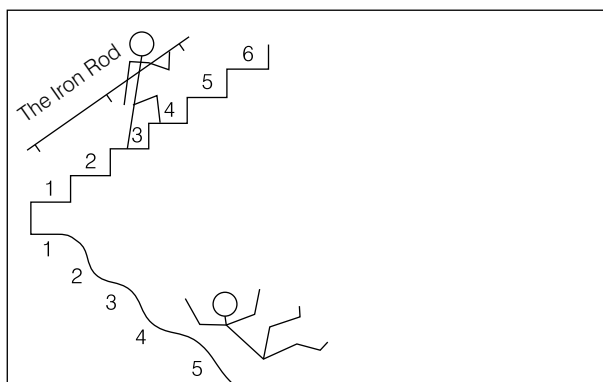
Explain that Heavenly Father leads us toward perfection by giving us “line upon line, precept upon precept; here a little, and there a little” (D&C 128:21). Satan uses similar methods to deceive us, leading us down step by step toward sin.

Quotation

President Spencer W. Kimball warned us about how Satan tries to destroy chastity.

“Too many have lost themselves completely in sin through this doorway of necking and petting. The devil knows how to destroy our young girls and boys. He may not be able to tempt a person to murder or to commit adultery immediately, but he knows that if he can get a boy and a girl to sit in the car late enough after the dance, or to park long enough in the dark at the end of the lane, the best boy and the best girl will finally succumb and fall. He knows that all have a limit to their resistance” (*Miracle of Forgiveness*, p. 66).

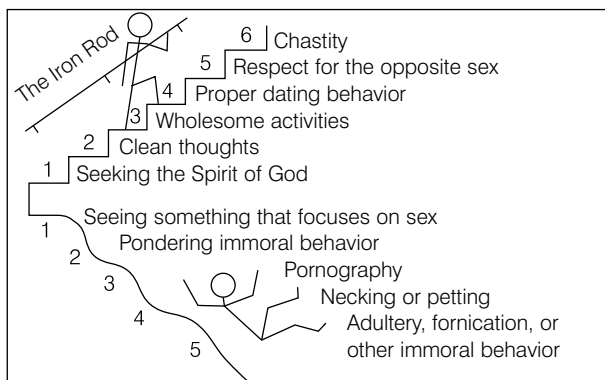
Erase the chalkboard and draw the following illustration:



Let the young men discover what the various parts of the drawing represent. Help them discover that—

1. The steps going up represent the Lord's way to build moral strength.
2. The steps going down represent Satan's way to destroy moral strength.
3. The Lord wants us to hold to the iron rod, or the word of God, and to seek his Spirit and the fruits of the Spirit, which include virtue, patience, kindness, love, and charity.
4. Satan's way has no handrail. The farther down his steps you go, the more treacherous the way becomes until you suddenly lose your footing and slide uncontrollably into immorality.

Ask the young men to suggest steps that build moral strength and steps that destroy moral strength. List their answers on the chalkboard. The following illustration is an example:



Conclusion

Testimony

Explain that men and women have been blessed with a power that allows them to be co-creators with God. Testify that the power of procreation is sacred and must be protected. Because of its sacredness, sexual intercourse should never be treated lightly. It is a sacred right granted to married men and women. Aaronic Priesthood young men should never joke about sex or talk crudely about it, no matter what other young men may do. The power of procreation should be used only within a marriage.

Challenge

Challenge the young men to hold with all their might to the word of God, which teaches chastity. Challenge them to seek the Spirit of the Lord so that they will treat young women with respect. Explain that they have a priesthood responsibility to protect the purity of all women. Heavenly Father also expects young men to protect and honor their own virtue. Testify again about the importance of the standards Heavenly Father has given us and about the great blessings that come to those who are pure. Encourage the young men to commit themselves now to be chaste throughout their lives.

OBJECTIVE Each young man will understand that obedience to the Word of Wisdom will help protect and maintain his physical and spiritual well-being.

PREPARATION

1. Prayerfully study 1 Corinthians 3:16–17 and Doctrine and Covenants 89.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. A picture of a car the young men would like to own.
 - c. Picture 9, A Healthy Young Man, and picture 10, Manila Philippines Temple (62591), or a picture of the temple closest to your area.
 - d. Pencils for marking scriptures.
3. Copies of *For the Strength of Youth* (each young man should bring his own).
4. For each young man, prepare a card containing Elder L. Tom Perry's statement found in the lesson.
5. If it is available in your area, show "Addiction versus Freedom" on *Family Home Evening Video Supplement 2* (53277).

**SUGGESTED
LESSON
DEVELOPMENT**

Introduction

Picture and discussion Display the picture of a car. Describe the car and its desirability. Make sure the young men know how good the car is. Ask the young men to imagine that they have been given this car.

- How would you take care of this car if it were yours?
- How would you feel if some vandals put sand in the engine?
- What would the sand do to the engine if you started the car?

Display picture 9, A Healthy Young Man. Tell the young men that Heavenly Father has given each of them a gift far more wonderful than the car in the picture—a physical body. Without bodies we could not experience the opportunities and lessons of life on earth. Without bodies we could not progress to godhood and become like our Father in Heaven. Point out that because of birth defects, diseases, or accidents, our bodies may not be perfect. However, Heavenly Father expects us to take care of our bodies in the very best way we can. Because he loves us, he has told us how to care for our bodies.

Things the Body Should Not Have

Scripture and discussion Emphasize that taking harmful things into our bodies is like putting sand in the engine of a car.

Have the young men read Doctrine and Covenants 89:7–9.

- What are some things that we should not take into our bodies?

Explain that the prophets have taught that "hot drinks" are coffee and tea. The prophets have also made it clear that we are commanded not to abuse drugs.

- What might happen if we take into our bodies substances the Lord has told us not to use?
- How has disobedience to the Word of Wisdom hurt people you know? How? Ask the young men to explain their answers without revealing the names of those involved.

Physical Consequences of Disobedience

Quotation

Explain that addiction is one of the most dangerous results of breaking the Word of Wisdom. Read the following statement from Elder Russell M. Nelson:

“I am impressed to speak out on a problem of deep concern—the worldwide epidemic of drug addiction. . . . I raise my voice with others throughout the world who warn against abuse of drugs beyond prescribed limits, and the recreational or social use of chemical substances so often begun naively by the ill-informed.

“From an initial experiment thought to be trivial, a vicious cycle may follow. From trial comes a habit. From habit comes dependence. From dependence comes addiction. . . . Indeed, drugs are the modern ‘mess of pottage’ for which souls are sold. No families are free from risk.

“But this problem is broader than hard drugs. Their use most often begins with cigarette smoking. Tobacco and alcoholic beverages contain addicting drugs. They lead the list in incidence and cost to society” (in Conference Report, Oct. 1988, pp. 5–6; or *Ensign*, Nov. 1988, p. 6).

- Why is addiction so dangerous?

To help the young men understand how dangerous it is to break the Word of Wisdom, you may want to read the following statement by Elder Boyd K. Packer:

“Narcotic addiction serves the design of the prince of darkness, for it disrupts the channel to the Holy Spirit of Truth. At present the adversary has an unfair advantage. Addiction has the capacity to disconnect the human will and nullify moral agency. It can rob one of the power to decide. Agency is too fundamental a doctrine to be left in such jeopardy. . . .

“I plead with all of you to pray earnestly that somewhere, somehow, the way will be discovered to erase addiction in the human body.

“It is not just human suffering, even human life, which is at risk; it is all of the personal and social and political and spiritual freedoms for which humanity has struggled for ages. At risk is all that was purchased by the blood of martyrs. Moral agency itself is in jeopardy! If we all pray fervently, the Lord will surely help us. And with those prayers, teach your children to obey the Word of Wisdom. It is their armor and will protect them from habits which obstruct the channels of personal revelation” (in Conference Report, Oct. 1989, pp. 16–17; or *Ensign*, Nov. 1989, p. 14).

Discussion

- How does obedience to the Word of Wisdom protect us from physical danger?
- How does obedience to the Word of Wisdom protect us from spiritual danger?

Things We Should Take into Our Bodies

Picture and adviser presentation

Refer again to the picture of the car. Explain that in order to keep a car running properly we must put gas and oil into it. We must keep the tires properly inflated and maintain a good battery. In a similar way, our bodies need nutrients, or they will lose their capacity to function properly and to be fit temples for the Spirit of the Lord to dwell in.

Scripture and discussion

Have the young men read Doctrine and Covenants 89:10–17.

- What does Heavenly Father tell us to eat?
- What will happen to us if we obey the Word of Wisdom?

To help answer this question, have the young men read Doctrine and Covenants 89:18–21. Suggest that the young men mark this scripture.

- What does Heavenly Father promise to those who obey the Word of Wisdom?

Physical Blessings

Quotation	<p>Point out that generally members of the Church are blessed with better physical health than nonmembers. Elder Joseph B. Wirthlin of the Council of the Twelve said the following about the Word of Wisdom:</p> <p>“Early members of the Church obeyed the Lord’s counsel without the benefit of present medical knowledge, which has validated the physical benefits of their obedience. We now know by scientific evidence what the Saints have known by revelation for 158 years.</p> <p>“Imagine the results we would see if the total populace were to live this law of health and never abuse their bodies with alcoholic beverages, tobacco, and other harmful substances. What magnitude of decline would we see in automobile accidents, illness and premature death, fetal defects, crime, squandered dollars, broken homes, and wasted lives resulting from alcohol and other addictive drugs? How much would lung cancer, heart disease, and other ailments caused by cigarette smoking decrease? The fruits of this commandment bring innumerable blessings.</p> <p>“Members of the Church have obviously been blessed with health and spirituality by being obedient to this commandment” (in Conference Report, Oct. 1991, pp. 19–20; or <i>Ensign</i>, Nov. 1991, p. 16).</p>
Adviser presentation	<p>Explain that obedience to the Word of Wisdom does not guarantee a life free from illness; however, we can be certain that Heavenly Father keeps his promises. If we sincerely try to obey the Word of Wisdom, we will receive the blessings promised.</p>
Story	<p>Tell the following story of Paul C. Kimball, which shows how obedience to the Word of Wisdom can bring spiritual and physical enlightenment:</p> <p>“When Paul C. Kimball, a Latter-day Saint student at Oxford University in England, was asked to coach a young, inexperienced rowing crew, he said he felt ‘rather weak. I had never done any coaching.’</p> <p>“However, he accepted the invitation with one condition: ‘If I am going to coach you,’ he told the rowers, ‘I am going to make you train according to my rules.’ His rules were total abstinence from tobacco, alcohol, tea and coffee. It took the boys about a week to decide to accept his condition.</p> <p>“With their agreement secured, Kimball ‘took them in hand and . . . worked with them every afternoon for three hours till February.’ That month they entered a series of rowing meets against all the other colleges at Oxford. ‘My boys were competing against crews composed of men who had been rowing since they were tiny tots,’ Kimball said. ‘This group I had was made up of inexperienced boys. But they had trained hard, and not one of them, so far as I know, used a cigarette during this time, or had a cup of tea or coffee, or drank any alcoholic drink.’</p> <p>“Still, when the day of the race came, no one thought the inexperienced crew had even the remotest chance of winning. When the cannon sounded, starting the mile-and-one-half race up the Thames River, it was expected that the young crew would fall back quickly. But by the time the rowers reached the half-way point, Kimball, who was running along the bank shouting instructions to his crew through a megaphone, noticed that his charges were still running even with their competitors.</p> <p>“Kimball shouted his last word of counsel: ‘Sprint!’ They sprinted beautifully and within a minute had stretched out a hundred feet ahead of their nearest competitors. They won the race with ease.</p> <p>“Each day of the six-day rowing competition, it was expected that Kimball’s crew would be defeated. But each day, following the same tactics, they won handily. ‘When people asked me how I managed such success with novices, I answered, “I made those boys live right,” ’ he said. ‘When the sprint came, their lungs were clean; their systems were clean; their blood was clean, and their nerves were strong’ ” (Joseph Walker, “Victory on the Thames,” <i>Church News</i>, 20 Feb. 1983, p. 20).</p>

Spiritual Blessings

Adviser presentation and quotation	<p>Explain that everything which affects the body also affects the spirit. The spiritual blessings that result from obedience to the Word of Wisdom are even greater than the physical blessings. Read and discuss the following words from Elder Boyd K. Packer:</p> <p>“Our physical body is the instrument of our spirit. In that marvelous revelation, the Word of Wisdom, we are told how to keep our bodies free from impurities which might dull, even destroy, those delicate physical senses which have to do with spiritual communication.</p> <p>“The Word of Wisdom is a key to individual revelation. It was given as ‘a principle with promise, adapted to the capacity of the weak and the weakest of all saints’ (D&C 89:3).</p> <p>“The promise is that those who obey will receive ‘great treasures of knowledge, even hidden treasures’ (D&C 89:19). If we abuse our body with habit-forming substances or misuse prescription drugs, we draw curtains which close off the light of spiritual communication” (in Conference Report, Oct. 1989, p. 16; or <i>Ensign</i>, Nov. 1989, p. 14).</p>
Handouts	<p>Give each young man a card containing the following quotation, and tell the young men to keep the card where they can refer to it frequently:</p> <p>“The largest measure of good which is derived from following the code of health prescribed by the Lord is the increase of faith, the development of more spiritual power and wisdom” (L. Tom Perry, “‘In the World,’ ” in <i>Brigham Young University 1981 Fireside and Devotional Speeches</i> [Provo: Brigham Young University Press, 1981], p. 3).</p>
Adviser presentation	<p>Help the young men understand that the most important thing about the Word of Wisdom is not the warnings about dangerous substances or even the glorious promises for those who obey. The most important thing is that Heavenly Father has commanded us to obey this law. Obedience builds spiritual strength and invites the Holy Ghost. Disobedience can be far more deadly to the soul than physical cancer is to the body.</p> <p>Emphasize again the importance of obeying the Word of Wisdom so that we do not lose the direction of the Holy Ghost. Heavenly Father promises physical and spiritual blessings to those who obey, but we should not obey simply because we want blessings. We should obey because we love Heavenly Father and because we respect our bodies as temples he has created.</p>

We Are Expected to Take Care of Our Bodies

Quotation	<p>Read the following statement:</p> <p>“It is a great privilege to have a body. We are the offspring of God clothed in mortal bodies. These bodies are not wholly our own to do with as we please. We have a responsibility to our temporal bodies” (Oscar W. McConkie Jr., <i>The Priest in the Aaronic Priesthood</i> [Salt Lake City: Corporation of the Presiding Bishop, 1964], p. 285).</p>
Scripture and discussion	<p>Have a young man read 1 Corinthians 3:16–17.</p> <ul style="list-style-type: none">• Why is Paul so anxious that we not defile our bodies?
Adviser presentation	<p>Display the picture of a temple. Describe the beauty and cleanness of the interior, and remind the young men that those who enter the temple must be obedient and pure.</p> <p>Remind the young men that Paul refers to our bodies as temples. Explain that we have the right and responsibility to control what enters our bodies and to keep our bodies in good condition. If we dishonor our bodies, Heavenly Father will not be pleased. If we defile our bodies with things that are not good for them, the result is spiritual, as well as physical, decay.</p>

Conclusion

Review with the young men the section “Mental and Physical Health” from *For the Strength of Youth*. Encourage them to refer to this pamphlet often.

Testimony	Testify that Heavenly Father has given us the Word of Wisdom for our benefit. Obedience to this commandment strengthens our bodies, our minds, and our spirits. Through obedience we make our bodies holy and obtain the peace that comes from the companionship of the Spirit of God. You may want to tell the young men about blessings you and your family have received through obedience to the Word of Wisdom.
Challenge	Invite the young men to commit themselves to obey the Word of Wisdom throughout their lives. Challenge them to never take the first step toward disobeying the Word of Wisdom or, if they have done so, to repent immediately. Encourage them to pray daily for help to resist temptation.

OBJECTIVE

Each young man will have a greater desire to withstand worldly pressures and resist temptation.

PREPARATION

1. Prayerfully study Joshua 24:15; Proverbs 3:5–6; Matthew 16:26; Ephesians 6:10–18; 1 Nephi 8:24–34; 2 Nephi 9:28–29; 28:20–26; Alma 34:32; 37:35; and Doctrine and Covenants 20:32–33; 62:1.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Pencils for marking scriptures.
3. Prepare a beautifully wrapped package containing dirt or trash.
4. If it is available in your area, show “Honesty Leads to Integrity,” on *Family Home Evening Video Supplement* (53276).

SUGGESTED LESSON DEVELOPMENT

Object lesson

Be Not Deceived

Display the beautifully wrapped package. Let the young men guess what the package contains.

- What do you expect to find in a package like this?

Invite one of the young men to open the gift. As he discovers the trash or dirt, explain that the world often deceives us in this way. Many of the things the world calls exciting or glamorous are actually worthless.

Quotations and discussion

Recognizing Temptations and Deceptions

Read and discuss the following statements.

President Spencer W. Kimball said:

“All of you . . . know of Satan, the father of lies. You know how he turns the truth into a lie. He garnishes evil to make it appear beautiful, pleasing, easy, and even good” (“The Blessings and Responsibilities of Womanhood,” *Ensign*, Mar. 1976, p. 70).

- What evil or harmful things has Satan “garnished” so that today many people think they are pleasant or valuable?

To illustrate this point, read and discuss the following statement from Elder W. Eugene Hansen of the Seventy:

“One of the most critical challenges mankind faces today is to recognize the difference between happiness and pleasure. Satan and his forces have become extremely effective in their effort to convince people that pleasure should be the most sought-after objective. He slyly promises that wherever found, pleasure will bring happiness.

“Our television and movie screens are filled with not-so-subtle messages that encourage and persuade young and old alike to unbridle their passions and they will experience happiness. The results of this reckless course should be so apparent as we watch the tremendous social and psychological costs continue to mount. The increasing incidence of teenage pregnancy, abortion, rape, child molestation, sexual harassment, assault, drug

addiction, disease, alcoholism, and broken homes are all influenced by this persuasion. And the alarming statistics continue to testify, but with little if any effect” (in Conference Report, Oct. 1993, pp. 110–11, or *Ensign*, Nov. 1993, p. 82).

- How can we avoid being deceived by the world's values and philosophies?
- What might your friends ask you to do that is against the commandments?
- What temptations does a young man your age encounter most frequently?
- What incorrect ideas or philosophies does the world teach young people?
- How might your peers try to persuade you to break the commandments?

Scripture and discussion

Remind the young men that worldly people have always tried to tempt or discourage those who are righteous. Read or retell the story of Lehi's dream and the people in the great and spacious building (see 1 Nephi 8:24–34).

- How does the world try to entice you to sin?

If the young men do not name things like the following, you might want to mention these typical rationalizations:

1. “It's your life. Do your own thing. Nobody can tell you what to do.”
2. “Everyone is doing it. It's natural. It's better to find out before you are married whether you are compatible.”
3. “I dare you to try it. No one will know.”
4. “It's fun. Just one won't hurt you.”

Discuss how a young man might respond to each rationalization.

Adviser presentation

Explain that one of the best ways to avoid sin is to decide now to keep the commandments. If a young man is determined to keep the commandments, he will do his best to avoid unwholesome situations. When he feels peer pressure or faces a persuasive temptation, he will not waver because he has already made the decision to do right.

Scriptures and discussion

Have the young men read and mark Joshua 24:15 and Alma 37:35.

- Why is it “wisdom” to keep the commandments?

The Gospel Protects Us from Evil and Danger

Quotation, discussion, and scripture

Read and discuss the following statement by Elder Hansen:

“Real joy and happiness come from living in such a way that our Heavenly Father will be pleased with us. In section 52 of the Doctrine and Covenants, the Lord tells us he will give us ‘a pattern in all things, that ye may not be deceived; for Satan is abroad in the land, and he goeth forth deceiving the nations’ (v. 14).

“That pattern is the gospel of Jesus Christ in its fulness, the gospel which we are so blessed to have” (in Conference Report, Oct. 1993, p. 111; or *Ensign*, Nov. 1993, pp. 82–83).

- How does the gospel protect us from Satan's deceptions?

Remind the young men that Heavenly Father understands Satan's methods and has given us prophets and scriptures to help us recognize and resist them.

Have the young men read 2 Nephi 9:28–29 and 2 Nephi 28:20–26.

- According to these passages, what methods will Satan use to tempt people in the last days?
- How can we be sure we are hearkening “unto the counsels of God” and not “unto the precepts of men”?

Quotations

Emphasize that Heavenly Father has revealed his will about every sin or philosophy mentioned earlier. As members of The Church of Jesus Christ of Latter-day Saints, we are blessed to have living prophets who warn us about the false ideas and evil practices that Satan promotes today.

Have the young men read and briefly discuss some of the following statements from General Authorities. Choose those most appropriate for the young men in your class.

Selfishness

Elder Marvin J. Ashton of the Council of the Twelve said:

"One of the greatest accomplishments of Satan in these last days is his success in turning men's affection towards the destructive, the fleeting, or the worldly. Rather than planning for that which is best for all, the world is becoming increasingly 'me-centered.' On every hand we have many group leaders saying, 'We have a right.' 'We demand.' Many young people believe that love has 'rights' one can demand of a loved one. For example, a young man often says, 'If you love me, you will let me. . . . ' He would take what he supposes are his rights rather than serving the higher standards of morality. Such a request does not bespeak love.

"Day-to-day acts of service, whether for good or evil, may not seem important, but they are building cords of love that become so strong they can seldom be broken. Ours is to place our areas of love in proper perspective. Meaningful love always works for our eternal progress and not against it" (in Conference Report, Apr. 1981, p. 30; or *Ensign*, May 1981, p. 23).

Immorality

President Spencer W. Kimball said:

"Then in the area of one of Satan's most destructive evils, we strongly warn all our people from childhood to old age to beware of the chains of bondage, suffering, and remorse which come from improper use of the body.

"The human body is the sacred home of the spirit child of God, and unwarranted tampering with or defilement of this sacred tabernacle can bring only remorse and regret. We urge: stay clean, uncontaminated, undefiled. . . .

". . . No indecent exposure or pornography or other aberrations to defile the mind and spirit. No fondling of bodies, one's own or that of others, and no sex between persons except in proper marriage relationships. This is positively prohibited by our Creator in all places, at all times and we reaffirm it" (in Conference Report, Apr. 1974, pp. 8–9; or *Ensign*, May 1974, p. 7).

Pornography

President Spencer W. Kimball said:

"The stench of obscenity and vulgarity reaches and offends the heavens. It putrefies all it touches.

"Each person must keep himself clean and free from lusts. He must shun ugly, polluted thoughts and acts as he would an enemy. Pornography and erotic stories and pictures are worse than polluted food. Shun them. The body has power to rid itself of sickening food. That person who entertains filthy stories or pornographic pictures and literature records them in his marvelous human computer, the brain, which can't forget this filth. Once recorded, it will always remain there, subject to recall—filthy images" (*The Teachings of Spencer W. Kimball*, ed. Edward L. Kimball [Salt Lake City: Bookcraft, 1982], pp. 282–83).

Homosexuality

President Spencer W. Kimball said:

"Let it therefore be clearly stated that the seriousness of the sin of homosexuality is equal to or greater than that of fornication or adultery; and that *the Lord's Church will as readily take action to disfellowship or excommunicate the unrepentant practicing homosexual as it will the unrepentant fornicator or adulterer*" (*The Miracle of Forgiveness* [Salt Lake City: Bookcraft, 1969], pp. 81–82; italics in original).

Marriage and Parenthood

President Spencer W. Kimball said:

“There are many who talk and write against marriage. Even some of our own delay marriage and argue against it. To all who are deceived by these ‘doctrines of devils,’ we urge the return to normalcy. We call upon all people to accept normal marriage as a basis for true happiness. The Lord did not give sex to man for a plaything. Basically marriage presupposes a family. . . .

“Certainly anyone who purposely denies himself or herself honorable parenthood is to be pitied, for the great joy of parenthood is fundamental in the normal, full life” (in Conference Report, Apr. 1974, p. 7; or *Ensign*, May 1974, p. 6).

Family Neglect

President David O. McKay said:

“When one puts businesses or pleasure, or the earning of additional income, above his home, he that moment starts on the down grade to soul weakness. When the club becomes more attractive to any man than his home, it is time for him to confess in bitter shame that he has failed to measure up to the supreme opportunity of his life, and flunked in the final test of true manhood.

“The poorest shack in which love prevails over a united family is of far greater value to God and future humanity than any other riches. In such a home God can work miracles, and will work miracles. Pure hearts in a pure home are always in whispering distance of Heaven” (*Church News*, 7 Sept. 1968, p. 4; citing J. E. McCulloch, *Home: The Savior of Civilization* [Washington, D.C.: The Southern Co-operative League, 1924], p. 42).

Referring to President McKay’s statement, President Ezra Taft Benson, thirteenth President of the Church, said: “Your supreme opportunity in life is fatherhood! These words directed to fathers by President David O. McKay should be framed by every father” (in Conference Report, Apr. 1981, p. 47; or *Ensign*, May 1981, p. 35).

Respect for Women

President Spencer W. Kimball said:

“We have all been blessed with special women in our lives—women who have had a deep and lasting influence upon us. Their contribution has been and is most important to us and is something which will be of everlasting value to us.

“Our wives, mothers, daughters, sisters, and friends are all the spirit children of our Heavenly Father. I hope we will always bear that in mind, my brothers, in terms of how we treat women. The sisters in this dispensation include many of the most noble daughters of our Heavenly Father. Let us always remember that God is no respecter of persons, but he loves us all, men and women, boys and girls, with a perfect love” (in Conference Report, Oct. 1979, p. 71; or *Ensign*, Nov. 1979, pp. 48–49).

Stealing

President Spencer W. Kimball said:

“The Lord told Adam’s posterity and carved it into the stone plates, ‘Thou shalt not steal.’ (Exodus 20:15.) All parents should train their children against this deadly thing which can destroy their characters. Honesty is socially and culturally right. Liars and cheaters are both dishonest and alien to our culture. Dishonesty of all kinds is most reprehensible. . . .

“We call upon all the . . . members of this church to be honest, full of integrity, pay for what they get, and take only that which they have properly paid for. We must teach our children honor and integrity” (in Conference Report, Apr. 1975, p. 6; or *Ensign*, May 1975, p. 6).

Video presentation

If it is available in your area, you may want to show “Honesty Leads to Integrity” at this time.

Adviser presentation	Summarize your discussion of these topics by reminding the young men that Heavenly Father has given us this counsel to help us avoid the sorrow and suffering that come to those who follow the world and break these commandments.
Scripture and discussion	<p>Have the young men read and mark Matthew 16:26.</p> <ul style="list-style-type: none"> • What does this verse mean? • How might a young man gain the world but lose his soul?

Heavenly Father Will Help Us Resist Temptation

Scriptures and discussion	<p>Have the young men read and mark Proverbs 3:5–6.</p> <ul style="list-style-type: none"> • Why should a young man “lean not unto [his] own understanding”? • How can we discover what Heavenly Father wants us to do? <p>Have the young men read and mark Doctrine and Covenants 20:32–33.</p> <ul style="list-style-type: none"> • What is the Lord’s formula for resisting temptation and worldly pressures? <p>Have the young men read and mark Doctrine and Covenants 62:1.</p> <p>Explain that <i>succor</i> means to relieve. We learn from this verse that Jesus Christ understands our weaknesses and knows how to help us overcome them. Heavenly Father will bless us with the power to resist the devil and the world if we pray for help when we are tempted (see 3 Nephi 18:18–20).</p>
Chalkboard discussion	<ul style="list-style-type: none"> • What can you do to strengthen your desire to keep the commandments? <p>List responses on the chalkboard. Encourage the young men to commit themselves to do these things.</p>

The Armor of God

Adviser presentation	Emphasize that we cannot live righteously by relying on our own strength, but with the help of the Holy Ghost, we can do whatever is necessary in order to keep the commandments. We can always resist temptation (see 1 Corinthians 10:13) if we obey the Lord and pray for the power of his Spirit to help us.
Scripture and discussion	<p>Read and discuss Ephesians 6:10–18.</p> <ul style="list-style-type: none"> • What does it mean to “put on the whole armour of God”? • According to these verses, what tools has Heavenly Father provided to protect us from evil and help us resist temptation?
Quotation	<p>Read the following statement from President N. Eldon Tanner. Explain that by asking these questions, President Tanner outlines key actions that will help us receive the companionship of the Holy Ghost and the power to resist worldly ideas and temptations.</p> <p>“Are we studying the scriptures so that we can increase our knowledge and faith and testimony regarding the gospel? Do we keep the commandments? Are we honest and truthful in our dealings? Do we keep the Sabbath day holy? Do we observe the Word of Wisdom? Do we pay an honest tithing? Do we attend our meetings and respond to the calls made of us by our authorities? Are we virtuous and clean and pure in heart and mind and deed?</p> <p>“Do we fight against the evils around us—pornography, abortion, tobacco, alcohol, drugs? Do we have the courage to stand up for our convictions? Can we truly say we are not ashamed of the gospel of Christ? Do we live peaceably with our neighbors and avoid gossip and backbiting and spreading unfounded rumors? Do we truly love our neighbors as ourselves?</p> <p>“If we can answer yes to these questions, then we will have on the whole armor of God, which will protect us from harm and preserve us from our enemies. . . .</p> <p>“Examine your armor. Is there an unguarded or unprotected place? Determine now to add</p>

whatever part is missing. No matter how antiquated or lacking in parts your armor may be, always remember that it is within your power to make the necessary adjustments to complete your armor” (in Conference Report, Apr. 1979, p. 65; or *Ensign*, May 1979, p. 46).

Conclusion

Testimony	Testify that Heavenly Father will never leave us alone. Though the world is full of temptations and deceptions, if we keep the commandments, follow the prophets, and pray for the companionship of the Holy Ghost to help us make right decisions, we will be able to “stand against the wiles of the devil.”
Challenge	Challenge the young men to be on guard against worldly pressures and ideas. Encourage them to set specific goals that will help them develop good habits so that they can answer yes to every one of Elder Tanner’s questions. Challenge them to “put on the whole armour of God” and be valiant disciples of Jesus Christ, ready to stand for truth and righteousness at all times.

OBJECTIVE

Each young man will learn the benefits that come from proper Sabbath observance and how to determine appropriate conduct for the Sabbath day.

PREPARATION

1. Prayerfully study Exodus 16:22–30; 20:8–11; Isaiah 58:13–14; Mark 2:27; 3:1–5; and Doctrine and Covenants 59:9–13; 68:29.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Pencils for marking scriptures.
3. Write each of the case studies under “The Sabbath Is Made for Man” on a separate piece of paper.

**SUGGESTED
LESSON
DEVELOPMENT**

Scripture and
discussion

The Sabbath Is Made for Man

Explain that the Sabbath was not designed to limit us but rather to bless us.

Have a young man read Mark 3:1–5.

- Why was Jesus “grieved for the hardness of their hearts”? Have a young man read Mark 2:27.
- What does this statement mean?

Let the young men give their opinions of what Jesus meant.

Discussion

- What is the purpose of the Sabbath? (It is a day to rest from normal daily labors, attend meetings, and get closer to God.)

Have the young men turn to Exodus 20:8–11 and read the commandment given to Moses and the children of Israel.

- What does “thou shalt not do any work” mean?

Help the young men recognize that people should not generally work at their ordinary daily labors. Encourage the young men to mention some examples of people who usually do need to work, such as health, safety, and emergency personnel or people such as power plant operators. Help them understand that our choice to work on the Sabbath should be made according to the need to serve others.

Case studies

Distribute the case studies to various quorum members. Have a young man read each one. Then discuss each situation.

1. A snowstorm has blocked the driveways and walks of many elderly members of the ward.
 - Why would it be appropriate to clear the driveways before church services?
2. A young man has been working to get some of his nonmember friends interested in the gospel. One Sunday after church, they are all sitting around talking when one of the nonmembers suggests that they go to a movie. The LDS youth knows that he has been taught not to attend shows on Sunday. But he is also afraid that not going with his friends might offend them, and they would become more resistant to his efforts to get them interested in the Church.
 - What should he do? (He should not go. Altering his standards will weaken his position as he seeks to interest his friends in the Church.)

3. As a young man is going to church, he passes an old car with children in it and the parents standing beside the road. He is a good mechanic but will be late for his meetings if he stops.

- What should he do? (Put the gospel into action and help where possible.)

You may have other examples you would like to use. Let the young men come up with a few situations to discuss.

Point out that the Sabbath is for man and that we give service when it is needed so that others are blessed. Help the young men understand that we should not create situations in order to justify breaking the Sabbath. Ask the young men for some examples when someone might violate the Sabbath and try to make excuses for doing it.

Discussion and
adviser presentation

- What is the Golden Rule? (Do unto others as you would have them do unto you.)
- Do you live according to the Golden Rule?

Help the young men understand that we should not cause someone else to do something we would not want to do ourselves. This principle also applies to the Sabbath. We should not have others work to furnish us pleasures or to provide services that we do not need.

- How are we not living the Golden Rule if we do not want to work on the Sabbath and yet do shopping on the Sabbath?

Point out that the Lord has promised us that we can expect his help when we keep his commandments. We are sometimes tested to see whether we will keep his commandments. Explain that as we demonstrate our faith and love for him, we may have to pass up opportunities that seem to be to our advantage or seem fun. This may be difficult at times. Sometimes we may have to take a stand based on principles we know to be correct, though it is painful or unpopular. Usually people will respect us more; but even if they do not, we have an obligation to do the things we know are right.

Refer again to Mark 3:1–5.

- What do you think the Lord was trying to teach by healing on the Sabbath?

Help the young men bring out that the Sabbath should be used for service and worship. It was never intended to use the Sabbath as an excuse to avoid rendering service to those in need. Help them understand that although some things must be done on the Sabbath, we must be careful not to look for excuses to do something that is not necessary or proper.

A Day of Rejuvenation

Adviser presentation

Explain that the Lord recognized that we need a day of rejuvenation, a change of pace, a day for us to physically, mentally, and spiritually renew ourselves. He gave us the Sabbath for that purpose. We often think of the Sabbath in terms of the “thou shalt nots,” but the Lord has also told us what we should do.

Scripture and
discussion

Have the young men turn to Doctrine and Covenants 59:9–13, and have one of them read these verses. Suggest the young men mark these verses.

- What do the terms *sacraments*, *devotions*, *vows*, and *oblations* mean?

Help the young men understand that these words mean attending church and partaking of the sacrament; worshiping in body, mind, and spirit; renewing covenants and coming closer to the Lord; and giving offerings to God of ourselves, renewing our commitment to do the most for God that we can.

- How does proper Sabbath observance help to keep us “unspotted from the world”?
- What does this scripture have to do with rejuvenation or renewing?
- What are some of the things we can do on the Sabbath that will help us to renew ourselves for the coming week?

You might want to list their responses on the chalkboard. Answers may include praying, studying the scriptures, and attending meetings. Lead the discussion to include also some of the service activities we can do, such as visiting relatives, visiting the lonely, visiting the

sick, writing letters, and helping family members. These things renew our spirits, make us feel good about ourselves and others, and bring the Spirit of God into our lives.

- What are some practical examples of how keeping the Sabbath holy can help young people be more effective during the rest of the week? (Doing better in school and athletics, getting along with others, resisting temptation, and having greater peace and contentment.)

Quotation

President Spencer W. Kimball gave the following suggestions for Sabbath activities:

“It is a day for reading the scriptures, visiting the sick, visiting relatives and friends, doing home teaching, working on genealogy records, taking a nap, writing letters to missionaries and servicemen or relatives, preparation for the following week’s church lessons, games with the small children, fasting for a purpose, writing devotional poetry, and other worthwhile activities of great variety” (*Faith Precedes the Miracle* [Salt Lake City: Deseret Book Co., 1972], pp. 270–71).

Conclusion

Adviser presentation

Explain that Heavenly Father wants us to learn to do what is right. He does not want to have to tell us everything we should or should not do. We need to learn to make righteous decisions. Heavenly Father teaches us the general guidelines and then allows us to decide for ourselves.

Bring out that to help us decide what is right or wrong on the Sabbath, we should ask—

1. Is it consistent with Church teachings?
2. Does it do good to others?
3. Does it help keep us unspotted from the world?

Scripture and discussion

Have a young man read Isaiah 58:13–14.

- What do you think it means to “call the sabbath a delight”?
- What blessings are promised to those who keep the Sabbath day holy?
- How have you or your family been blessed for honoring the Sabbath day?

Challenge

Challenge each young man to list some good things he would like to do to rejuvenate himself spiritually and physically on this Sabbath day. Challenge him to try to continue to do those things every Sabbath.

An Aaronic Priesthood Holder Cherishes Womanhood

30

OBJECTIVE	Each young man will understand the high calling of women and his need to honor and respect them.
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PREPARATION	<ol style="list-style-type: none">1. Prayerfully study Genesis 2:24; 1 Corinthians 11:11; Jacob 2:28, 31–35; Alma 56:45–48; and Doctrine and Covenants 18:10; 121:41–46; 131:1–4.2. Materials needed:<ol style="list-style-type: none">a. Copies of the scriptures (each young man should bring his own).b. Pencils for marking scriptures.3. Interview various sisters in the ward to discover how they think men should honor and respect them. Be prepared to share your observations with the quorum.4. Optional activity: A follow-up panel discussion with the young women could be organized to discuss ways young men and young women should treat each other as true followers of Jesus Christ.
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NOTE	Be sensitive to each young man’s family situation and adapt the lesson as needed.
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SUGGESTED LESSON DEVELOPMENT

Quotation

Introduction

Read and discuss the following statement by President Spencer W. Kimball: “As an indication of the importance the gods gave to women, the Lord said,

“ ‘Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.’ (Gen. 2:24.)

“Do you note that? She, the woman, occupies the first place. She is preeminent, even above the parents who are so dear to all of us. Even the children must take their proper but significant place” (“The Blessings and Responsibilities of Womanhood,” *Ensign*, Mar. 1976, p. 72).

Quotation and discussion

Women and Men Have God-Given Differences

Read the following statement by Bishop Victor L. Brown:

“In the scriptures we read, ‘So God created man in his own image, in the image of God created he him; male and female created he them.’ (Gen. 1:27.) The Lord defined some very basic differences between men and women. He gave the male what we call masculine traits and the female feminine traits. He did not intend either of the sexes to adopt the other’s traits but, rather, that men should look and act like men and that women should look and act like women” (in Conference Report, Apr. 1971, p. 56; or *Ensign*, June 1971, p. 55).

- Is there any evidence that Satan is trying to change the divine roles Heavenly Father originally intended for men and women?

Discussion

An Aaronic Priesthood Holder’s Mother Stands at the Center of His Life

- Why should a young man have profound respect for his mother?

Emphasize that the young man’s mother gave him life, encourages him on to high accomplishments, overlooks his faults and failings, and is usually the last to give up hope for him if

he goes astray. She also washes and presses his clothes, cooks his food, keeps the house clean, nurses him when sick, and does much to establish the quality of the home he lives in.

Share some of the experiences from your relationship with your mother that illustrate the above qualities of motherhood. Invite the young men to share examples from their home life that illustrate these qualities.

Story

In your own words, relate the following story to the young men:

Elder Frank Croft was a missionary in the state of Alabama. Because he persisted in his legal rights guaranteed under the Constitution of the United States in preaching righteousness unto the people, he was forcefully taken to a secluded spot of the backwoods for the purpose of receiving lashings across his bare back at the hands of armed and vicious men. Having arrived at the place where they had concluded to administer the torture, Elder Croft was commanded to remove his coat and shirt and bare his back. He was then tied to a tree to prevent his moving while he received his lashing until the blood would flow.

Having no alternative, he complied with the demands of the mob, but in so doing, a letter he had recently received from his mother fell from his coat. A short time before, he had written his parents a letter, condemning mob violence and mistreatment of the elders. In his mother's letter she counseled: "My beloved son, you must remember the words of the Savior when He said, 'Blessed are ye when men shall revile you and persecute you and say all manner of evil against you falsely for my name's sake. Rejoice and be exceedingly glad for you will have your reward in Heaven for so persecuted they the prophets which were before you.' Also remember the Savior upon the cross suffering for the sins of the world when He uttered these immortal words, 'Father forgive them, for they know not what they do.' Surely my boy, they who are mistreating you Elders know not what they do or they would not do it. Sometime, somewhere they will understand and then they will regret their action and they will honor you for the glorious work you are doing. So be patient, my son; love those who mistreat you and say all manner of evil against you and the Lord will bless you and magnify you in their eyes and your mission will be gloriously successful. Remember also, my son, that day and night, your mother is praying for you always."

Elder Croft, tied to the tree, was so situated that he could see the leader of the mob, who had picked up the fallen letter and had decided to read it before giving word to his men to start the lashing. The elder observed the hardness of his features, the cruelty in his eyes. He then realized that no sympathy could be expected from him. He closed his eyes while waiting the moment when the beating would begin. He thought of home and loved ones and in particular, of his beloved mother. Then he uttered a silent prayer in her behalf. Opening his eyes, a moment or two later, feeling that the leader had had time to finish reading the letter, he was amazed to see that the man had retired to a nearby tree stump and having seated himself, was apparently re-reading the letter; but what was more amazing to the elder was the change in the man's countenance. He would read a line or two or a paragraph and then sit and ponder. Deep down in the elder's conscience was the hope that the man's heart had been touched by the loveliness and beauty of his mother's letter.

To Elder Croft, it seemed an interminable time had elapsed when the mob leader arose and approaching the helpless elder said: "Feller, you must have a wonderful mother. You see, I once had one too." Then, addressing the mob he said, "Men, after reading this Mormon's mother's letter, I just can't go ahead with the job. Maybe we had better let him go." Elder Croft was released and went his way. The loving influence of his mother seemed very near in his heart and mind. (See Arthur M. Richardson, *The Life and Ministry of John Morgan* [Nicholas G. Morgan Sr., 1965], pp. 267–68.)

Scripture and discussion

Have the young men read Alma 56:45–48. Encourage them to mark these verses.

Remind the quorum that the honor given their mothers by Helaman's two thousand stripling warriors is a good example of what kind of men we should be. We need to view women in our lives properly and honor and serve them. The way we treat our mothers and sisters is usually the way we will treat our wives and daughters. We must exercise care to cherish them.

- What does it mean to make someone feel respected and cherished?

Interview results	<p>Help bring out that it is one thing to be liked or accepted but quite another thing to feel respected and cherished. To feel respected and cherished is to feel esteemed and valued.</p> <p>Tell the young men you have asked several women in the ward how they think men should honor and respect them. Report the results of your interviews.</p>
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An Aaronic Priesthood Holder Honors the Young Women He Knows

Scripture and discussion

Have a few of the young men read Jacob 2:28, 31–35.

- How does Heavenly Father feel about virtue and chastity?
- How do you think Heavenly Father feels toward young men who take advantage of young women?

Discuss what true manhood with the power of the priesthood is, according to Doctrine and Covenants 121:41–46. Discuss how we should conduct ourselves around others.

- What benefits result from respecting women?
- How does the way a young man treats the young women he dates reveal his attitude toward women and toward himself?

Point out that a young man's attitude toward young women reflects his own attitude toward women in general. How he treats them shows whether he regards them as daughters of God and potential wives and mothers or simply as something for his own pleasure and physical gratification. A young man may see himself as a priesthood bearer and a son of God, an eternal personality, and the future father of an eternal family; or he may see himself as a creature primarily interested in satisfying his appetites. He may, of course, be somewhere between these two positions but usually will be oriented more one way than the other.

Each Aaronic Priesthood holder should realize that he chooses the type of young woman he will marry long before he chooses the specific person. He is attracted to a certain type of young woman and will probably marry that type. The young man should keep in mind that she will then do much to set the tone of their home and bear and teach their children.

The more a young man honors young women, holding them in high esteem and seeking the most spiritual, competent, and kind among them, the better is his chance of marrying such a person.

- How can you help young women keep the commandments?

Explain that after a young man marries, he will have the obligation as a husband and father to help his family obey the commandments of the Lord. He also has the responsibility before marriage to help young women to keep the commandments.

- How will you honor each woman and young woman you associate with?

Summarize the young men's responses on the chalkboard, including the following:

1. Keep language respectful always.
2. Be good company. Help her obey the commandments.
3. Accompany her to respectable places and to good entertainment.
4. Respect her virtue by avoiding physical intimacies.
5. Respect parents' wishes and be reasonable in behavior and hours.
6. Travel safely, and do not show off. Ride with friends who drive safely.
7. Treat her as an equal.
8. Be a friend, and enjoy her companionship.
9. Take her to church, and learn of her spiritual depth.
10. Show proper manners and respect.

Chalkboard discussion

Scripture explanation	Have one of the assistants to the quorum members read and explain Doctrine and Covenants 18:10. He should remind the young men how important and valuable each soul is in the sight of God. Anyone who encourages one of the daughters of God to do wrong is under serious condemnation and needs to repent.
Discussion	<ul style="list-style-type: none"> • What characteristics foster mutual respect and admiration between men and women?

Men and Women Stand Together as One

Scripture and discussion	<p>Have the young men read Doctrine and Covenants 131:1–4, Genesis 2:24, and 1 Corinthians 11:11. Suggest that the young men mark and cross-reference these scriptures.</p> <ul style="list-style-type: none"> • What do these scriptures tell us is necessary to achieve exaltation? <p>Help the quorum understand that a man cannot stand alone before the Lord but that a man and his wife must stand together as one. Challenge the young men to respect and cherish the women in their lives and to prepare themselves to walk beside their future wives as partners in the Lord.</p>
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Conclusion

Quotation	<p>President Joseph Fielding Smith once said:</p> <p>“There is nothing in the teachings of the gospel which declares that men are superior to women. . . . The most noble, exalting calling of all is that which has been given to women as the mothers of men. Women do not hold the priesthood, but if they are faithful and true, they will become priestesses and queens in the kingdom of God” (<i>Doctrines of Salvation</i>, comp. Bruce R. McConkie, 3 vols. [Salt Lake City: Bookcraft, 1954–56], 3:178).</p>
Challenges	<p>Issue the following challenges to the young men:</p> <ol style="list-style-type: none"> 1. Do some specific things for the next month to show your mother extra respect and honor. 2. Show your sisters (if you have any) special consideration and honor this next week, and be prepared to tell about your experience in the next quorum meeting. 3. Treat every young woman you know as an equal, and always show her respect.

OBJECTIVE	Each young man will learn some principles to follow in choosing an eternal companion.
PREPARATION	<ol style="list-style-type: none">1. Prayerfully study Doctrine and Covenants 9:7–9 and 131:1–4.2. Materials needed:<ol style="list-style-type: none">a. Copies of the scriptures (each young man should bring his own).b. Pencils for marking scriptures.3. If it is available in your area, and you are teaching this lesson to priest-age young men, you could show <i>The Importance of Proper Dating</i>, on <i>Family Home Evening Video Supplement 2</i> (53277).
SUGGESTED LESSON DEVELOPMENT	<p>Introduction</p> <ul style="list-style-type: none">• Have you ever thought about the children you may one day have?• What attributes do you want to have as a father of those children?• What attributes do you want their mother to have?• When choosing an eternal companion, why is it critical for you to consider what kind of mother a young woman might become? <p>Choosing a Companion Has Eternal Consequences</p> <ul style="list-style-type: none">• Why can't a man be exalted without being sealed to a woman? <p>Read and discuss Doctrine and Covenants 131:1–4.</p> <ul style="list-style-type: none">• What does it mean that “he cannot have an increase”? (He can have no spirit children in the eternities.) <p>Explain that choosing a companion for eternity is an extremely important decision but is sometimes based on a very narrow understanding of love. A person who responds only to infatuation or romantic love might overlook many important qualities when choosing someone with whom to spend eternity.</p> <ul style="list-style-type: none">• What characteristics of young women are socially and spiritually appealing to you? <p>Write the young men's answers on the chalkboard, such as—</p> <ol style="list-style-type: none">1. Is unselfish.2. Shows respect for me.3. Has initiative.4. Is considerate of others.5. Shows patience in stressful situations.6. Is an active Church member.7. Has a testimony of the gospel and obeys the commandments.8. Maintains a healthy outlook toward life.9. Possesses values and goals similar to mine.
Scripture and discussion	
Chalkboard discussion	

Ask each young man to select what he thinks are the three most important attributes on the chalkboard. Take a vote to determine which areas the young men consider most important. Discuss why they voted the way they did.

Quotation and discussion

Compare the results of the vote with the following statement by President Spencer W. Kimball. Have a young man read it.

"We recommend that people marry those who are of the same racial background generally, and of somewhat the same economic and social and educational background (some of those are not an absolute necessity, but preferred), and above all, the same religious background, without question" ("Marriage and Divorce," in *1976 Devotional Speeches of the Year* [Provo: Brigham Young University Press, 1977], p. 144).

- Why is it so important for a couple to be worthy members of the Church? Ensure that the following points are discussed:

1. Exaltation cannot be attained without celestial marriage.
2. Religious values are powerful, and conflicting values can cause continual stress.
3. President Kimball quoted a survey showing that "only about one out of seven non-member spouses would be converted and baptized into the Church" ("Marriage and Divorce," p. 152).
4. When one spouse is not converted to the gospel, the children are caught between the differing values of the parents.

- Why is it important for a couple to have a similar economic, educational, and cultural background?

Quotation and discussion

Explain that choosing a companion is a tremendous responsibility. President Kimball gave some principles that should guide our selection:

"In selecting a companion for life and for eternity, certainly the most careful planning and thinking and praying and fasting should be done to be sure that, of all the decisions, this one must not be wrong. In true marriage there must be a union of minds as well as of hearts. Emotions must not wholly determine decisions, but the mind and the heart, strengthened by fasting and prayer and serious consideration, will give one a maximum chance of marital happiness" ("Marriage and Divorce," p. 144).

- What are the major points President Kimball emphasized? Help the young men bring out that he emphasized—

1. Careful planning and thinking.
2. Praying and fasting.
3. That emotions must not wholly determine decisions.

Scripture and chalkboard discussion

Explain that the Lord gave Oliver Cowdery specific advice on how to combine his efforts with inspiration when making an important decision. Have the young men read and mark Doctrine and Covenants 9:7–9.

- How can we apply these concepts to choosing a companion?

On the chalkboard list the answers given in the passage of scripture and by the young men. Then explain the following steps that might be involved in finding and choosing an eternal companion:

1. Before your mission, learn to be friends with various young women. As you do that, think about the importance of having the same religion; similar ideals, values, and goals; and some of the same interests as the girl you may someday marry.
2. After your mission, study the issue in your mind. After dating a young woman seriously for a while, you might continue to get to know her under many circumstances, such as in spiritual situations, under stress, in happiness, in fatigue, and while working. Get to know her well. Then make a decision.
3. Finally, take your decision to the Lord for confirmation and ask for his help and guidance daily in this important matter. Alma 37:37 states, "Counsel with the Lord in all thy doings, and he will direct thee for thy good."

Timing for Marriage

Story

Relate the following situation:

Tim was seventeen and Kathy was fifteen when they became married. Their life together became very serious when their baby was born with a heart defect. Tim had to work two jobs, and Kathy spent many anxious hours at the hospital during two different operations on their baby. Both were relieved when the doctor found that the operation would give their child a normal life. But he would require extra care for at least a year.

Kathy watched her friends going to school as she hung clothes on the line. All Tim could see were hospital and medical bills. The future for him didn't include basketball or other activities, at least not the near future.

Explain that Tim and Kathy chose to marry before they were prepared spiritually, emotionally, and practically. It takes a certain amount of experience before we know who we are and who would be best for us. That is why teenage marriages frequently fail.

Point out that Tim and Kathy were aware of the obvious things they were missing because of their early marriage. But they had only a vague idea of some of the other things they might not have a chance for or would only be able to do later in life under different, and possibly more difficult, circumstances.

Chalkboard discussion

- What experiences of value might Tim and Kathy miss or have difficulty in acquiring by having married so young?

Record the young men's responses on the chalkboard. These may include—

1. Mission.
2. Further education.
3. Further social and emotional development.
4. Development of talents.
5. Ability to acquire the desired livelihood.

Finding the Right Person

Story

Relate the following situation:

After returning from his mission, Bill felt pressured by his friends to get married. He enrolled in college and began his studies. Although Bill was interested in pursuing his education, his worries about getting married began to interfere with his studies. Night after night, Bill was on his knees asking the Lord to bring the right girl into his life. His prayers did not seem to be answered.

- Is there such a thing as the "one and only" right mate for each of us?

Quotations and discussion

As a part of the discussion, you might assign two different young men to read the following quotations, the first by President Kimball and the other by Elder Boyd K. Packer:

" 'Soul mates' are a fiction and an illusion; and while every young man and young woman will seek with all diligence and prayerfulness to find a mate with whom life can be most compatible and beautiful, yet it is certain that almost any good man and any good woman can have happiness and a successful marriage if both are willing to pay the price" ("Marriage and Divorce," p. 146).

"While I am sure some young couples have some special guidance in getting together, I do not believe in predestined love. If you desire the inspiration of the Lord in this crucial decision, you must live the standards of the Church, and you must pray constantly for the wisdom to recognize those qualities upon which a successful union may be based. You must do the choosing, rather than to seek for some one-and-only so-called soul mate, chosen for you by someone else and waiting for you. You are to do the choosing. You must be wise beyond your years and humbly prayerful unless you choose amiss" (*Eternal Love* [Salt Lake City: Deseret Book Co., 1973], p. 11).

- What do President Kimball and Elder Packer mean by the term *soul mate*? (A person that is considered the one and only right person.)

Point out that young men should not be looking for *the* right person but *a* right person, similar to themselves in religion, values, goals, and ideals.

Being the Right Person

Adviser presentation	Explain that happiness in marriage consists largely in <i>being</i> the right person. A successful marriage depends on each person's willingness to sacrifice and to put someone else first. Marriage can be the greatest challenge we have to test our own Christian ideals. But it can bring the greatest rewards in companionship, love, and happiness.
Chalkboard discussion	<ul style="list-style-type: none"> • What can you do to prepare yourself to be a good marriage partner? <p>Write the young men's answers on the chalkboard, such as—</p> <ol style="list-style-type: none"> 1. Developing a close relationship with the Lord. 2. Learning to get along with people and being a good friend. 3. Avoiding selfishness. 4. Practicing kindness in the home now. 5. Developing talents and abilities. 6. Becoming educated or trained in order to be a good provider. 7. Increasing in spirituality. 8. Working to overcome weaknesses. 9. Learning what charity is and seeking it through prayer and effort. 10. Living righteously in all circumstances, not just when it's convenient.

Conclusion

Challenge	<p>Challenge the young men to establish a relationship with their Heavenly Father now that will allow them to someday receive personal inspiration in making a wise marriage choice. Remind them that when the time comes to consider marriage, they must continue to pray daily but not expect the Lord to do the work for them.</p> <p>Challenge them to work now at becoming the kind of person they wish to marry. They should watch for daily opportunities to help and serve others and be close enough to the Lord to choose wisely in one of the most important decisions they will make.</p>
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Preparing for the Temple Endowment

32

OBJECTIVE

Each young man will prepare to receive his temple endowment and prepare to make this experience beautiful and sacred.

PREPARATION

1. Prayerfully study Doctrine and Covenants 124:40–41 and 105:18.
 2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Picture 10, Manila Philippines Temple (62591); picture 11, Temple Baptismal Font (62031; Gospel Art Picture Kit 504); and picture 12, Temple Celestial Room.
 - c. You may want to obtain various pictures of temples from your meetinghouse library.
 - d. A piece of paper and a pencil for each young man.
 - e. Pencils for marking scriptures.
 3. Write on slips of paper the seven statements about the purpose of temples (found at the beginning of the lesson).
 4. Write on slips of paper the nine questions at the end of the lesson.
 5. Arrange well in advance to have the bishop teach this lesson, especially the section “Bishop’s presentation.” Provide him with the lesson outline, and help him in any way he wishes to set up the room, provide visual aids, or teach parts of the lesson. He can teach the quorums together or separately. He might even want to have the young women join the young men. Since this lesson covers such an important subject, it is longer than usual and more background material has been provided; therefore, either you or the bishop should prayerfully select which materials to use. Be sure to leave time for the question-answer period at the end of the lesson. This is a lesson on the endowment only, not on temple marriage (see lesson 33, “Celestial Marriage—A Preparation for Eternity”). This lesson might require two weeks, depending on local circumstances and the direction of the Spirit.
 6. If it is available in your area, you might want to show “Temples Are for Eternal Covenants” on *Family Home Evening Video Supplement 2* (53277).
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SUGGESTED LESSON DEVELOPMENT

Pictures, handouts,
and discussion

Purposes of Temples

Display the pictures of various temples and of an ordinance room. Hand out to class members the following statements taken from an article by Elder John A. Widtsoe (“Looking Toward the Temple,” *Ensign*, Jan. 1972, pp. 56–57). Have the young men read each quotation in turn. Discuss the statements with the young men.

1. “*The temple is a house or home of the Lord.* Should the Lord visit the earth, he would come to his temple.”
2. “*The temple is a place of instruction.* Here the principles of the gospel are reviewed and profound truths of the kingdom of God are unfolded.”
3. “*The temple is a place of peace.* Here we may lay aside the cares and worries of the outside, turbulent world.”
4. “*The temple is a place of covenants,* which will help . . . us to go out from the temple with the high resolve to lead lives worthy of the gifts of the gospel.”
5. “*The temple is a place of blessing.* Promises are made to us, conditioned only upon our faithfulness.”

6. “*The temple is a place where ceremonies pertaining to Godliness are presented.* The great mysteries of life, with man’s unanswered questions, are here made clear: (1) Where did I come from? (2) Why am I here? (3) Where do I go when life is over?”
7. “*The temple is a place of revelation.* The Lord may here give revelation, and every person may receive revelation to assist him in life.”

Chalkboard
discussion

List on the chalkboard some of the ordinances that are performed inside the temple:

1. Baptism for the dead.
2. Priesthood ordinations for the dead.
3. Endowments for the living and the dead.
4. Sealing of couples for eternity for the living and the dead.
5. Other sealing ordinances for the living and the dead.

Explain that ordinances performed in the temple have symbolic meaning. In the ordinance of baptism, for example, we are buried in water and brought out again. This symbolizes the death, burial, and resurrection of the Lord. All temple ordinances are symbolic of gospel truths. Because more is taught in the temple than a person can comprehend in one visit, worthy members should return often to the temple where possible.

The Endowment Is Vital to Each Person’s Exaltation

Story

The ordinances of the temple were so important to one young Latter-day Saint girl that she went to great lengths to feel the spirit of the temple. Tell the following story in your own words:

Dedication of the Nauvoo Temple took place on 30 April 1846 and the following three days. Few of those already on the trail to Winter Quarters returned for the dedication, but one who did was fourteen-year-old Elvira Stevens. Orphaned in Nauvoo and traveling west with her sister and brother-in-law, Elvira crossed the Mississippi River three times to attend the services, the only member of her wagon company to do so. “The heavenly power was so great,” she wrote, “I then crossed and recrossed to be benefitted by it, as young as I was.” Elvira had not yet received the temple ordinances, but the spiritual power of the edifice itself and the circumstances of its dedication remained prominent memories of her brief and troubled life in Nauvoo. (See Carol Cornwall Madsen, *In Their Own Words* [Salt Lake City: Deseret Book Co., 1994], p. 23.)

Chalkboard
discussion

Explain that the better prepared the young men are, the better they will understand the endowment when they go to the temple. This lesson will help prepare them and give them suggestions for further preparation.

Write the word *endowment* on the chalkboard. Ask the young men to define it.

- When we say that a university has received a large endowment, what has it been given? (A financial gift.)
- The Lord promises the elders of the Church that if they sanctify themselves, they “shall be endowed with power” (D&C 43:16). What does this mean?
- The Lord promised the elders of the Church, “I have prepared a great endowment . . . to be poured out” (D&C 105:12). What was he promising? (Many gifts or blessings.)

On the chalkboard write, *Endowment means a gift of spiritual blessings.*

Scripture and
discussion

Ask the young men to explain why they think the endowment is necessary. Have them read, mark, and discuss Doctrine and Covenants 124:40–41.

Quotation

Read the following statement:

“Let me give you a definition in brief. Your endowment is, to receive all those ordinances in the house of the Lord, which are necessary for you, after you have departed this life, to enable you to walk back to the presence of the Father, passing the angels who stand as sentinels, being enabled to give them the key words, the signs and tokens, pertaining to the holy Priesthood, and gain your eternal exaltation in spite of earth and hell” (Brigham Young, *Discourses of Brigham Young*, sel. John A. Widtsoe [Salt Lake City: Deseret Book Co., 1954], p. 416).

Chalkboard
discussion

Write *Doctrine and Covenants 124:40–41* on the chalkboard. Place the following words and phrases below the reference in this way:

Doctrine and Covenants 124:40–41
Exaltation in the presence of God
Continued faithfulness
Eternal marriage
Temple endowment
The holy priesthood
Gift of the Holy Ghost
Baptism
Repentance
Faith in Jesus Christ

Bear testimony that the temple endowment is essential to each person's exaltation. It is a necessary step in order to gain exaltation in the celestial kingdom and attain godhood.

Bishop's
presentation

Requirements for a Temple Recommend

The bishop may wish to show his temple recommend book to the young men (and young women, if present) and explain that he has been ordained to be a common judge in Israel. To obtain a temple recommend, a Church member must have a personal worthiness interview each year with a member of the bishopric and a member of the stake presidency. The bishop may wish to read from the temple recommend book the specific questions that will be asked, or he may paraphrase them in simple terms. He should invite the class members to privately examine their own lives to see if they could qualify for a temple recommend. If not, they should begin to make themselves worthy.

The bishop might explain that honesty in the interviews is vital. The young people are really responding to Heavenly Father through his representatives.

The bishop might explain that each young person will be interviewed individually and must sign the recommend to indicate that he or she has answered all questions correctly and honestly. The bishop witnesses that signature. Later a member of the stake presidency will interview the individual and must also sign the recommend.

Discussion

Discuss how young people can prepare to be interviewed for their temple recommends and to receive their own endowments. Relate the preparations to the purpose of the endowment already discussed earlier in the lesson, and help the class members bring out the following points:

1. Study the scriptures. Especially review Genesis 1–3; Doctrine and Covenants 124:40–41; 132; Moses 1–5; and Abraham 4–5.
2. Be prayerful.
3. Obey the Word of Wisdom.
4. Live a morally clean life.
5. Pay a full tithing.
6. Sustain the General Authorities and the local authorities of the Church.
7. Be honest in all your dealings.
8. Avoid apostate groups or teachings.

9. Repent of wrongdoing.

10. Love your fellowmen.

Testimony

Bear your testimony of the joy and satisfaction that come to those who live worthy to enter the temple to receive their endowment and who remain worthy of these blessings throughout their lives.

Questions Concerning the Temple

Discussion

This is an ideal opportunity to answer any appropriate questions the young people have concerning the endowment. Included here are nine questions often asked by young people preparing to go through the temple. Use any or all of the information that follows.

Hand out the slips of paper containing the questions. Have the class members read their questions one at a time. Then discuss the answers.

1. What kind of help can a young man expect when he goes to the temple?

"[You] should . . . know that when you go to the temple for the first time, you will not be left unattended. Temple officiators, receptionists, and others assigned to labor therein will assist you to make your temple experience a beautiful and meaningful one" (ElRay L. Christiansen, "Some Things You Need to Know about the Temple," *New Era*, June 1971, p. 27).

2. Can my family, fiancée, or friends go through the ceremony with me?

Certain activities in the temple are done separately. But for anyone going to the temple for the first time, a father, mother, brother, sister, teacher, or friend with a valid temple recommend may accompany him.

3. What will I need to take to the temple?

A temple recommend and a new pair of authorized garments.

4. Will I need temple clothing?

All necessary clothing is available at the temple or can be purchased from a garment distribution center.

5. What clothing should be worn to the temple?

When entering the temple, one should wear modest clothing. Sunday best is appropriate. After receiving the endowment, a person's wardrobe should always be modest, whether worn in the temple or not.

People who enter the temple to participate in sacred ordinances change from their Sunday clothes to simple, clean, white clothing. Elder Hugh B. Brown explained:

"Here we will not only lay aside the clothing of the street, but the thoughts of the street, and will try not only to clothe our bodies in clean white linen but our minds in purity of thought. May we profit by the spoken word and what is more lasting and more impressive, receive instruction from the Spirit" (quoted in ElRay L. Christiansen, "Some Things You Need to Know about the Temple," *New Era*, June 1971, p. 26).

6. Why does everyone wear the same kind of clothing in the temple?

"In the temples all are dressed alike in white. White is the symbol of purity. No unclean person has the right to enter God's house. Besides, the uniform dress symbolizes that before God our Father in heaven, all men are equal. The beggar and the banker, the learned and the unlearned, the prince and the pauper sit side by side in the temple and are of equal importance if they live righteously before the Lord God, the Father of their spirits. It is spiritual fitness and understanding that one receives in the temple. All such have an equal place before the Lord" (John A. Widtsoe, "Looking Toward the Temple," *Ensign*, Jan. 1972, p. 58).

7. Why is wearing the temple garment at all times so essential?

The temple garment is identified with the temple endowment and covenants that are made. In Revelation, John wrote: "Behold, I come as a thief. Blessed is he that watcheth, and keepeth his garments, lest he walk naked, and they see his shame" (Revelation 16:15).

President Joseph F. Smith also stated:

“The Lord has given unto us garments of the holy priesthood, and you know what that means. And yet there are those of us who mutilate them, in order that we may follow the foolish, vain and (permit me to say) indecent practices of the world. In order that such people may imitate the fashions, they will not hesitate to mutilate that which should be held . . . sacred. . . . They should hold these things that God has given unto them sacred, unchanged and unaltered from the very pattern in which God gave them. Let us have the moral courage to stand against the opinions of fashion, and especially where fashion compels us to break a covenant and so commit a grievous sin” (“Fashion and the Violation of Covenants and Duty,” *Improvement Era*, Aug. 1906, p. 813).

8. Why is the temple endowment kept from public view?

The ordinances of the temple are so sacred that they are not open to the view of the public. They are available only to those who qualify through righteous living. They are performed in places dedicated especially for this purpose. Their sacred nature is such that discussion in detail outside the temple is inappropriate.

“Many blessings come to those who receive and respect these sacred ordinances, which are so necessary for exaltation. Participation in temple work provides dynamic, vivid, useful instruction in gospel principles, and the temple is a place for contemplation and prayer.

“The temple is a sanctuary from the world, a bit of heaven on earth, and one should continue to live worthily so that he can go to the temple often and renew his covenants” (ElRay L. Christiansen, “Some Things You Need to Know about the Temple,” *New Era*, June 1971, p. 27).

9. Why are the ceremonies in the temple so different from our normal Sunday worship?

Because they are more symbolic in nature. Therefore, when we go to the temple we should be prepared for an experience that is quite different from our usual worship services.

Conclusion

Scripture and testimony

Have the young men read and mark Doctrine and Covenants 105:18. Bear testimony to the truth of this scripture, as well as to the importance of the endowment.

Challenge

Challenge each young man to commit himself to righteous choices concerning dating and courtship and to living the commandments of God in order to be worthy of a temple recommend.

OBJECTIVE

Each young man will better understand the eternal significance of being married to a worthy woman in the temple and then fulfilling the covenants they make together.

PREPARATION

1. Prayerfully study Doctrine and Covenants 132:15–20.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Picture 10, Manila Philippines Temple (62591); picture 12, A Temple Celestial Room; picture 13, A Temple Endowment Room.
 - c. Pencils for marking scriptures.
3. If it is available in your area, you might want to show *Together Forever* (53411).

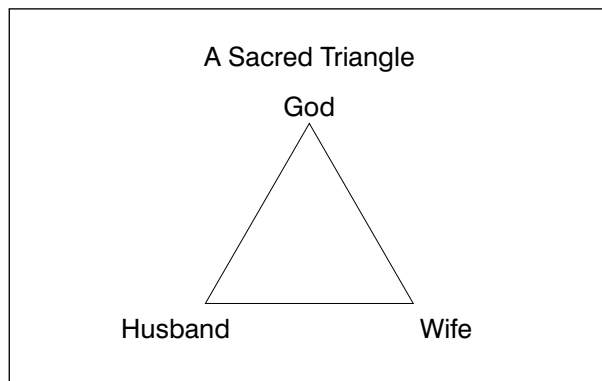
SUGGESTED LESSON DEVELOPMENT

Chalkboard
discussion

Introduction

Write the phrase *A Sacred Triangle* on the chalkboard. Draw a triangle beneath it.

Tell the quorum that they may ask ten questions to discover what the triangle represents. You must be able to answer each question with a yes or no. If after the first five questions they have not guessed that the triangle has something to do with marriage, give them a hint or two. Help them discover that the triangle represents the relationship between a husband, wife, and God. Write these words on the triangle in the proper place:



- How can God become a partner to a marriage?
- Why do you think Heavenly Father wants each of us to marry in the temple?

Explain that this lesson will help answer this question.

A Proper Marriage Is Necessary for Complete Happiness

Point out that most people spend over two-thirds of their mortal life in marriage. The quality of this time here and in eternity depends to a great extent on how and whom we marry.

- What kind of future family and home life do you want?
- What types of marriage ceremonies are available to Church members?

Adviser presentation
and chalkboard
discussion

When the young men mention civil marriage, write on one side of the chalkboard, *Civil Marriage: Contract for Time*. When they mention marriage in the temple, write on the other side of the chalkboard, *Celestial Marriage: Covenant for Eternity*.

As you discuss the following questions, write the responses under the proper heading. At the conclusion of the discussion, the chalkboard should look similar to the following:

Civil Marriage: Contract for Time	Celestial Marriage: Covenant for Eternity
1. Home, church, office, almost anywhere	1. Sacred sealing room in the temple
2. Justice of the peace, minister, judge, bishop	2. One having sealing power from the prophet of the Lord
3. Until death	3. For time and eternity
4. Single, servant to others	4. Gods and goddesses
5. No claim on our family	5. A family unit forever

Discussion

- Where do these different types of marriage take place?

Show and briefly explain pictures 10, 12, and 13.

- Who will perform the marriage?

As a young man reads the following quotation, ask the quorum to think about how important it is to be married by the proper authority:

"There is but one man living on the earth at a time who holds the keys of this binding or sealing power. No other man has the right to officiate in a marriage, or sealing ceremony, for time and all eternity, unless he has obtained the direct appointment from the one who holds the keys of this power" (Joseph Fielding Smith, *Doctrines of Salvation*, comp. Bruce R. McConkie, 3 vols. [Salt Lake City: Bookcraft, 1954–56], 2:74).

Scripture, discussion,
and quotation

- How long will each type of marriage last?

Have the young men read Doctrine and Covenants 132:15. Help them bring out that civil marriage lasts until death and temple marriage lasts for time and eternity.

Have the young men consider the joys of marriage that last forever, as a young man reads the following quotation:

"The greatest joys of true married life can be continued. The most beautiful relationships of parents and children can be made permanent. The holy association of families can be never-ending if husband and wife have been sealed in the holy bonds of eternal matrimony. Their joys and progress will never end" (Spencer W. Kimball, "So Long as You Both Shall Live," *Improvement Era*, Dec. 1964, p. 1055).

- What will be the eternal status if the individuals keep the covenants of these types of marriages?

To find the answer for civil marriage, have the young men read Doctrine and Covenants 132:16–17. Then read the following quotation:

"The implication here is this, that they who are clean in their lives; who are virtuous; who are honorable; but who will not receive this covenant of eternal marriage in the house of God, shall come forth—and *they may even enter into the celestial kingdom*, but when they enter there they enter as servants—to wait upon those 'who are worthy of a far more, and an exceeding, and an eternal weight of glory.' . . .

"Who desires to enter the eternal world and be a *servant*, when the promise is held out that we may be sons and daughters of God? Yet there will be the vast majority who will enter the eternal world as *servants*, and not as *sons*, and this simply because they think more of the world and its covenants, than they do of God and his covenants. . . . Oh, what bitterness there will be in the day of judgment, when every man receives his reward according to his works!" (Joseph Fielding Smith, *Doctrines of Salvation*, 2:62, 64–65).

To find the answer for temple marriage, have a young man read Doctrine and Covenants 132:19–20.

Discussion and quotations

- What will be the state of the family after its members have died?

To find the answer for civil marriage, have a young man read the following quotation:

“They [a husband and wife] are not bound by any law of the gospel. It has no claim upon them [the family]; when they are dead their contract, and obligations, and bonds come to an end; *they have no claim upon each other, and no claim upon their children. Their children are left without parents*, only as they themselves through their own faithfulness may be adopted into some other man’s family” (Joseph Fielding Smith, *Doctrines of Salvation*, 2:61).

To find the answer for temple marriage, have a young man read the following quotation:

“I get a great deal of comfort out of the thought that *if I am faithful and worthy of an exaltation, my father will be my father, and I will be subject to him as his son through all eternity*; that I will recognize and know my mother and she will be my mother in all eternity; and my brothers and sisters will be my brothers and sisters for all eternity; and that my children and my wives will be mine in eternity” (Joseph Fielding Smith, *Doctrines of Salvation*, 2:67).

Review the triangle and other information on the chalkboard, and have the young men explain which marriage has the potential to bring complete happiness and why.

Temple Marriages Can Become Celestial

Discussion and story

- Is a temple marriage always a celestial marriage?

Share the following story:

“In the middle of a bitter argument over family finances, Bill Morgan stopped in mid-sentence and stared at his wife with a strange expression. ‘It’s not enough,’ he said with surprise.

“ ‘What’s not enough?’ his wife snapped.

“ ‘Temple marriage. It’s like having a concrete canal with no water.’

“ ‘What are you talking about?’ Susan demanded, thoroughly exasperated now. ‘We were talking about money, remember?’

“ ‘It suddenly hit me. *Temple* marriage is not eternal marriage. It’s like having a perfectly constructed canal that doesn’t carry water.’

“Now Susan’s anger was fading too. ‘What do you mean?’

“ ‘Temple marriage is the channel for eternal marriage, but you can have the canal without having it filled with water. Look,’ he said earnestly, ‘suppose at this very moment the roof of our home was to cave in and kill us both.’ He smiled faintly. ‘We have a temple marriage. Do you think we would have an eternal marriage? Think about our marriage for a moment. Do you think it is a celestial marriage?’

“His wife shook her head slowly. ‘Probably not, and what an awful thought.’

“Bill nodded soberly. ‘Somehow we’ve just assumed that being married in the temple was enough. But we’ve got to work at building a celestial marriage. We have the channel. Let’s fill it with what it was intended to carry’ ” (*Achieving a Celestial Marriage* [Church Educational System student manual, 1976], p. 125).

Scripture and discussion

- How can a temple marriage become a celestial marriage?

To help answer this question, read Doctrine and Covenants 132:19 again. Read only to the first semicolon. Have the quorum listen for the function of the Holy Spirit of Promise in relation to temple marriage.

- What is the Holy Spirit of Promise? (The Holy Ghost.)
- What does it mean to have a marriage sealed by the Holy Spirit of Promise?

Quotation

Allow the young men to respond. Then share the following quotation with them:

“To seal is to *ratify*, to *justify*, or to *approve*. Thus an act which is sealed by the Holy Spirit of Promise is one which is ratified by the Holy Ghost; it is one which is approved by the Lord; and the person who has taken the obligation upon himself is justified by the Spirit in the thing he has done. The ratifying seal of approval is put upon an act only if those entering the contract are worthy” (Bruce R. McConkie, *Mormon Doctrine*, 2nd ed. [Salt Lake City: Bookcraft, 1966], pp. 361–62).

Adviser presentation
and discussion

Explain that when a righteous and worthy man and woman take upon themselves the covenants of eternal marriage and continually remain pure, God becomes part of their marriage, and the Holy Spirit of Promise ratifies their marriage. It requires constant effort to develop a temple marriage into a celestial one.

- Why do you want a celestial marriage and not just a temple marriage?

Adviser presentation

Explain that preparation for a celestial marriage cannot be accomplished in a few hours, weeks, or even months. It takes years, and it needs to be started now. Celestial marriage requires two people who are committed to living celestial lives. Explain that filling a full-time mission is one of the best ways to prepare for a celestial marriage. Refer to the triangle on the chalkboard, and point out that all lines must be established in order to have a celestial marriage.

Conclusion

Challenge

Challenge the young men to continue to prepare to worthily participate in the sacred triangle of celestial marriage and to date only girls who would be worthy of temple blessings.

OBJECTIVE

Each young man will understand that his obedience to Heavenly Father and Jesus Christ should be motivated by love rather than by duty or fear.

PREPARATION

1. Prayerfully study Luke 22:39–44; John 6:38; 14:15, 21, 31; 15:9–10; 1 Nephi 17:1–9; Moroni 7:6–8; and Doctrine and Covenants 59:23.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Pencils for marking scriptures.

**SUGGESTED
LESSON
DEVELOPMENT**

Story

Obedience Indicates True Love of the Lord

Explain that on 26 April 1839, the Quorum of the Twelve met with some members of the Church in the square at Far West, Missouri. In fulfillment of an assignment from the Prophet Joseph Smith, they relaid the southeast cornerstone of the temple that will someday be built there. (The southeast cornerstone was first laid on 4 July 1838.) They assisted with the initial settlement of Nauvoo, and then began to leave on a mission to England to which they had been called. The call to the Apostles to go to England came at a very difficult time for some of the Twelve. It was certainly a test of faith.

Read the following account of the departure of Brigham Young and Heber C. Kimball:

“On the fourteenth of September, Brigham Young left his home at Montrose and started for England. He had been prostrated [bedridden] for some time by sickness, and at the time of starting on his mission was so feeble that he had to be assisted to the ferry, only some thirty rods from his house. All his children were sick, and he left his wife with a babe but ten days old, and in the poorest circumstances, for the mobs of Missouri had robbed him of all he had. After crossing the river to the Nauvoo side, Israel Barlow took him on a horse behind him and carried him to the house of Elder Heber C. Kimball, where his strength altogether failed him, and he had to remain there for several days, nursed by his wife, who . . . had crossed the river from Montrose to care for him.

“On the eighteenth of the month, however, Elder Young, in company with Heber C. Kimball, made another start. . . . Elder Kimball left his wife in bed shaking with ague, and all his children sick. It was only by the assistance of some of the brethren that Heber himself could climb into the wagon. ‘It seemed to me,’ he remarked afterwards in relating the circumstance, ‘as though my very inmost parts would melt within me at the thought of leaving my family in such a condition, as it were, almost in the arms of death. I felt as though I could scarcely endure it.’

“ ‘Hold up!’ said he to the teamster, who had just started. ‘Brother Brigham, this is pretty tough, but let us rise and give them a cheer.’ Brigham, with much difficulty, rose to his feet, and joined Elder Kimball in swinging his hat and shouting, ‘Hurrah, hurrah, hurrah for Israel!’ Sisters Young and Kimball, hearing the cheer came to the door—Sister Kimball with great difficulty—and waved a farewell; and the two apostles continued their journey without purse, without scrip, for England” (B. H. Roberts, *Comprehensive History of the Church*, 2:23–24).

Discussion

- What do you think motivated Elders Young and Kimball to go on their missions to England and leave their families in such difficult conditions?

Help the young men understand that the Apostles obeyed the Lord and trusted in him even though they might have felt justified in staying home.

- Are there times in your lives when it is difficult to obey the Lord?
- What are some difficult choices for young men your age?

This may be a good time to indicate that for some a mission call may seem to come at an inconvenient time but that we are expected to respond to it willingly, despite inconvenience or conflicting self-interests.

- Why do you think it was important to Elders Young and Kimball to obey the call to go to England?

Help the young men understand that the Apostles did this because of their love for the Lord and their desire to do his will.

- How can we show Heavenly Father and Jesus that we love them?

Explain that Jesus had some definite thoughts about how we express our love for him.

Have a young man read John 14:15.

- Why do you think those who love the Lord keep his commandments?

Help the young men understand that those who disobey the commandments love something else more than Heavenly Father and Jesus. Help them recognize that Jesus loves us and has given us the possibility of eternal life by atoning for our sins. He gave his life for us. Out of his great love for us, he gave us his commandments to help us. We show our love for him by doing the things he wants us to do. It is impossible to truly love Heavenly Father and Jesus and disobey their commandments.

Read and discuss with the young men John 14:21, 31; 15:9–10; and 6:38.

- What was the final result of Christ's obedience?

Help all the quorum members understand that Christ willingly gave his life for us in obedience to the Father's will. Point out that we also have to learn to submit willingly to our Heavenly Father if we want to receive the happiness and joy that Christ obtained through his obedience.

Scripture and
adviser presentation

Explain that there are several scriptural accounts of Jesus Christ's suffering in the Garden of Gethsemane. Have the young men read Luke 22:39–44.

Explain that even though Christ had prepared during his whole life for this moment, it was hard to bear. He pled with the Father to remove, if possible, the "cup" or trial from him. He had obeyed his Father's will all his life and had no intention of not doing so now. But perhaps he had hoped that some other way was available and in that moment pled for relief from what he knew was to come. The powerful lesson he taught us was that he did what the Father asked regardless of what it was. He demonstrated his love for his Father and for us by his willingness to do something that was so difficult and painful that it lies beyond our comprehension. He suffered for our sins without having committed any sins himself. His suffering was so great that he bled at every pore (see D&C 19:18).

Blessings Come When an Aaronic Priesthood Holder Is Obedient

Adviser presentation

Help the young men understand that Christ obeyed the Father because he loved him. Jesus loved doing what was right. Righteousness can be defined in one way as doing what is right simply *because* it is right. We should also obey Heavenly Father simply because we love him and because it is right.

Scripture and
discussion

- What blessings come to us when we are obedient?

Have the young men read Doctrine and Covenants 59:23.

- Why do the obedient have more peace in life?

Testimony and
discussion

Testify that the blessings of peace and happiness come with obedience. We feel more at peace with ourselves because we have done what God wanted us to do. We often feel this way, to a lesser degree, when we obey our parents. Explain that doing right also makes us feel better about ourselves and our ability to conquer temptations to do wrong. Help the young men understand that following the promptings of the Holy Ghost and doing what we know and feel to be right always lead to peace and joy.

- What is meant by the phrase “eternal life in the world to come”?

Help the young men understand that the blessings associated with eternal life can come only when we have been obedient and when we have allowed Jesus Christ’s atonement to become effective in our lives.

Quotation and discussion

Point out that we have help in trying to do Heavenly Father’s will. Read the following quotation from President Heber J. Grant:

“There is a still small voice telling us what is right, and if we listen to that still small voice, we shall grow and increase in strength and power, in testimony and in ability not only to live the Gospel but to inspire others to do so.

“My most earnest prayer is that every man and every woman will get it into his and her heart that they are in very deed the architects of their lives” (“The Path of Safety,” *Improvement Era*, Dec. 1937, p. 735).

- Why does the Lord give us the still small voice to help us do right?
- How does the Holy Ghost help us?

Help the young men understand that Satan is doing his best to keep us in a state of disobedience and that this will finally lead to misery. Heavenly Father, through the Holy Ghost, is trying to help us to do right and obey the commandments so that we can become as he is. As we obey the still small voice, we become more subject to Heavenly Father’s influence. Explain that we tend to become like those who influence us most. As we increasingly come under the Father’s influence, we will become more like him.

Scripture and discussion

Relate in your own words the events from 1 Nephi 17:1–6. Then have the young men read verses 7 through 9.

- What response did Nephi give when the Lord commanded him to build a ship?

Point out that Nephi did not ask the Lord how to build the ship, even though he probably had never done anything like this before. Nephi just asked where to get ore to make the tools. This kind of response showed his love for the Lord and his complete trust in the Lord. Likewise, our response should not be, “Why do we have to do these things?” but simply, “How do we begin?”

- How did the Lord bless Nephi because of his willingness to do what he was told to do?

Have a young man read Moroni 7:6–8.

- What do we learn about obedience from these verses?

Story and adviser presentation

Tell the following story:

Ben had a decision to make. He was twenty-five years old, was working as a mining engineer for a coal mine, and had been a member of the Church for just a year. He had joined the Church after some friends had introduced him to it.

All the happiness the Church had brought him made him want to share the gospel with his family, but his parents were disappointed that he had joined the Church. He thought he might take a job with a coal company in his home town and try to show them by the way he lived how the gospel can change lives. However, the prophet had said that every young man should serve a mission.

Finally, after much prayer and fasting, Ben decided to be obedient to the counsel of the prophet, so he submitted his papers for a mission. When he reported to his mission president, he told the president his parents were strongly opposed to his leaving his job and spending his time for the Church trying to convert people who were already Christians. But Ben said he felt he had to do what the prophet asked.

As Ben’s mission progressed, he reported to the president that his parents had asked some members of the Church what their son was doing and were told about the missionary system. They then asked what their son was teaching the people, and the missionaries came to tell them.

One night, after Ben had been in the mission field about a year and a half, he called his mission president. Ben was so excited and pleased that he could hardly tell the president that his parents had been baptized.

Explain that similar situations may not always end this happily; individuals have their freedom to choose. But point out that the Lord was greatly pleased by Ben's faith and willingness to obey; because of that faith, Ben's family also benefited and was blessed with the gospel.

Conclusion

Chalkboard
discussion

Ask the young men to bring out the main points about obedience from the lesson. Help them bring out the following, and summarize them on the chalkboard:

1. The principle of obedience is basic to the gospel.
2. We show our love for Heavenly Father and Jesus by willingly doing what they command.
3. It is not always easy to demonstrate this love and obey, but we can learn to obey more perfectly by practicing obedience in both little and big things in our lives and by seeking help through the Spirit of the Lord.
4. As we practice obedience in small matters, we become more and more able to obey when difficult issues arise.
5. Christ was obedient all his days here on earth as well as when he was in the premortal existence.
6. Christ understands that it is not easy to obey in all things but has given us help, the "still small voice."
7. The blessings that come to us as we obey the Lord are peace and eternal life.
8. We will become more like the Lord as we let his influence be part of our lives. As we obey the Lord out of love, we can become, as did Nephi, more powerful in accomplishing the Lord's will and in doing good for others.

Challenge

Challenge the young men to show their love for their Heavenly Father by renewing and strengthening their efforts to live his commandments.

OBJECTIVE

Each young man will understand that he must place his faith in the Lord Jesus Christ and that he can show his faith in Christ by keeping the commandments.

PREPARATION

1. Prayerfully study 1 Kings 18:21–40 and John 14:6. See also Enos 1:5–8; Mosiah 3:9; Helaman 8:15; 3 Nephi 17:8–9; Mormon 9:37; Moroni 7:26, 37, 33; and Doctrine and Covenants 44:2.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Colored chalk (or crayons if you make the chart on poster paper).
 - c. Pencils for marking scriptures.
 - d. Chalk, chalkboard, and eraser.
3. On the chalkboard or on poster paper, prepare a chart of the scripture references and the list of blessings of faith in Jesus Christ (located near the end of the lesson). Do not include the lines that match the scriptures with the corresponding blessing.

**SUGGESTED
LESSON
DEVELOPMENT**

Scripture and
discussion

Introduction

Explain that throughout the scriptures we can read stories of people whose faith was sincere but was of little value because it was faith in the wrong things. Tell the young men that one such story is found in 1 Kings.

Have them read aloud 1 Kings 18:21–40. Suggest they mark the key phrases or verses.

- What happened when the priests put their faith in Baal and asked him to start a fire? (Nothing. See 1 Kings 18:25–29.)
- Why was Baal unable to answer the prayers of the priests? (He was a false god and existed only as an image. He had no power.)
- What happened when Elijah put his faith in the Lord and asked him to start a fire? (See 1 Kings 18:36–38.)
- Why was Elijah successful when the priests were not?

Help the young men understand that the priests of Baal had put their faith in something that had no power. Thus their faith did them no good. Elijah, however, had put his faith in Jesus Christ.

- Why did Elijah suggest this contest? (To help the people know that the true God was Jehovah, or Jesus Christ, not Baal.)
- How did the people react to Elijah's demonstration? (They became convinced that "the Lord, he is the God" [verse 39].)

Point out that the people of Elijah's time were unsure about where to put their faith and trust (see 1 Kings 18:21). Elijah used this contest to show them they should have faith in Jesus Christ.

True Faith Must Be Centered on the Lord Jesus Christ

Chalkboard
discussion

Tell the young men that in the past various people have put their faith in false gods such as Baal, in the sun, or in animals. Today people continue to put their faith in things other than Jesus Christ.

- What do people put their faith in instead of Jesus Christ?

List the young men's responses on the chalkboard. Answers might include money, education, other people, and oneself. Briefly discuss how people might put their faith in these things (for example, if we think that we will be happier when we have more money, we are putting our faith in money).

- Why is it dangerous to put our faith in these things?

Explain that these things have limited power. Things such as money, education, and even other people can bring us some earthly success and happiness, but they cannot lead us to exaltation and eternal joy.

Article of faith

Ask a young man to repeat the fourth article of faith.

- What is the first principle of the gospel?

Point out that faith in Jesus Christ is a saving faith that leads to repentance, baptism, reception of the Spirit, spiritual growth, and eventual exaltation. Faith in Christ can bring us eternal joy.

Scripture

Ask a young man to read John 14:6. Suggest that the young men mark this verse in their scriptures. Point out that the only way to get back into the presence of Heavenly Father is by faith in Jesus Christ. Emphasize that Christ alone has the power to give our lives the direction, power, blessings, and knowledge necessary to bring us true happiness and exaltation.

We Are Blessed When We Put Our Faith in Jesus Christ

Story

Have a quorum member present the following story to illustrate the power of faith in the Lord Jesus Christ. Introduce the presentation by explaining that Randall Ellsworth was a missionary who exercised great faith after being seriously hurt in an earthquake in Guatemala.

During an earthquake, the building Randall Ellsworth was in collapsed on him. A General Authority described Randall's experience:

"[He was] pinned for, I think, twelve hours. Found himself totally paralyzed from the waist down. Kidney functions, not present. No hope to ever walk again. . . .

"He was flown to . . . Maryland and . . . interviewed in the hospital by a television reporter. The television reporter said to him, 'The doctors say you will not walk again. What do you think, Elder Ellsworth?' He said, 'I'll not only walk again, but I have a call from a prophet to serve a mission in Guatemala, and I shall go back to Guatemala and finish that mission.' . . .

"He exercised twice the [requirement] outlined by the doctors. He exerted his faith. He received a blessing from the priesthood, and his recovery was miraculous. It astounded the physicians and the specialists. He began to be able to stand on his feet. Then he could walk with crutches, and then the doctors said to him, 'You may return to the mission field if the Church will permit you to go.' He went. We sent him to Guatemala. He returned to the land to which he had been called, to the people whom he dearly loved.

"While there he was walking, proselyting a full schedule with a cane in each hand. [His mission president] looked at him and said, 'Elder Ellsworth, with the faith that you have, why don't you throw those canes away and walk?' And Elder Ellsworth said, 'If you have that kind of faith in me [take the canes].' " Elder Ellsworth never used the canes again (Thomas S. Monson, quoted by Marion G. Romney, in Conference Report, Oct. 1977, pp. 61–62; or *Ensign*, Nov. 1977, p. 42).

Point out that Elder Ellsworth could not put his faith in the doctors or even in his own body's ability to heal. Only his faith in Jesus Christ could heal him.

Story

Remind the young men that the blessings that come from faith in Jesus Christ are not always great miracles like Elder Ellsworth's recovery. Sometimes they are small miracles that help us in our daily lives. Tell the following story recorded by Martha Cragun Cox, an early pioneer in the Salt Lake Valley:

“In the year that the crickets nearly took our crops, we were on rations, our flour was nearly gone. Many others were pretty short on provisions, also. We had just about 1 quart of flour in the house.

“One of our neighbors came and asked if we could loan him just enough flour to make a biscuit for his Wife, who was sick, and had not eaten anything for days. So, I asked how much flour we had. The reply was, ‘Just about 1 quart, but we will divide it with this man, and we will have enough for our breakfast in the morning.’ So we gave him half the flour. He took it and said, ‘May the Lord bless you that you will not want.’

“The next morning when we went to get the flour, there was still a quart of flour in the bin. This same thing happened every day for a week or more, until we could get another sack of flour. So, we did not want” (Richard Cottam Shipp, *Champions of Light* [Orem, Utah: Randall Book, 1983], p. 82).

Chart activity

Tell the young men that the scriptures testify that faith in Christ brings many blessings. Show the chart on the chalkboard or poster paper. Have each quorum member look up one or more scriptures and use colored chalk or a crayon to draw a line connecting the scripture reference to the blessing it describes. Then have a different young man read each scripture aloud, and discuss with the class the blessing the scripture describes.

Scripture	Blessings of Faith in Jesus Christ
Moroni 7:37	Sins forgiven
3 Nephi 17:8–9	Salvation
Enos 1:5–8	Miracles
Moroni 7:33	Become sons of God
Moroni 7:26	Healings
D&C 44:2	Prayers answered
Mosiah 3:9	Power
Helaman 8:15	Eternal life
Mormon 9:37	Receive Spirit of Lord

We Can Show Our Faith in Jesus Christ by Keeping His Commandments

Discussion

- How can we show our faith in Jesus Christ?

Help the young men understand that we can show our faith by keeping the commandments and living the gospel. We show Christ we have faith in him by doing what he wants us to do.

Scripture and discussion

Ask a young man to read aloud 1 Nephi 3:7. Point out that Nephi showed his faith in the Lord by doing what the Lord asked him to do.

- How did Elder Ellsworth show faith in Christ?
- How did Martha Cragun Cox’s family show faith in Christ?
- How can we show our faith in Christ?

Conclusion

Testimony

Bear witness of Jesus Christ and his ability to save and exalt us. Remind the young men that faith in Christ, which we can demonstrate by obeying his commandments, can bring us true happiness and exaltation.

Challenge

Challenge the young men to put their trust in the Lord and to show their faith by living according to his commandments.

OBJECTIVE	The young men will understand the nature and purpose of patriarchal blessings.
PREPARATION	<div>1. Prayerfully study Genesis 25:19–34; 26:34–35; 49:8–12, 22–26; 2 Nephi 4:5–9; and Doctrine and Covenants 107:39, 53–57.</div> <div>2. Materials needed:<div>a. Copies of the scriptures (each young man should bring his own).</div><div>b. Pencils for marking scriptures.</div></div> <div>3. Bring a letter to show the young men.</div> <div>4. Optional: Invite the stake patriarch to talk about the declaration of lineage and the difference between natural and ordained patriarchs.</div>
SUGGESTED LESSON DEVELOPMENT	<div>What Is a Patriarchal Blessing?</div> <div>Object lesson<div>Display the letter.<div><ul style="list-style-type: none">How would you like to receive a personal letter from the Lord?What would you like the Lord to tell you in such a letter?</div>The young men might mention advice about their problems or what the future will bring. Spend only a few minutes on this activity.<div><ul style="list-style-type: none">How many of you have received a patriarchal blessing?</div></div></div> <div>Quotation<div>Ask the young men to listen for what a patriarchal blessing contains as you read the following statement made by President David O. McKay and his Counselors (Stephen L. Richards and J. Reuben Clark Jr.) in 1957:<div>“Patriarchal blessings contemplate an inspired declaration of the lineage of the recipient, and also, where so moved upon by the Spirit, an inspired and prophetic statement of the life mission of the recipient, together with such blessings, cautions, and admonitions as the patriarch may be prompted to give for the accomplishment of such life’s mission” (quoted by Bruce R. McConkie, <i>Mormon Doctrine</i>, p. 558).</div></div><div><ul style="list-style-type: none">What do patriarchal blessings contain?</div></div> <div>Chalkboard discussion<div>List the young men’s answers on the chalkboard, which may include—<div><div>1. A statement or declaration of lineage.</div><div>2. A prophetic statement of our life’s mission.</div><div>3. Admonitions or warnings.</div><div>4. A comfort, a guide, and a protection.</div></div><div><ul style="list-style-type: none">Who can call and ordain a patriarch?Who is the patriarch in our stake (or district)?</div></div><div>Scripture and discussion<div>To find the answer, have a young man read Doctrine and Covenants 107:39 aloud. Explain that patriarchs are evangelists and must be ordained under the direction of an Apostle. The prophet, who is the senior Apostle on earth, has extended to stake presidents this authority to ordain patriarchs.</div></div><div>Quotation<div>Have a young man read Joseph Smith’s definition of an evangelist:</div></div></div>

Scriptures and discussion	<p>"An Evangelist is a Patriarch, even the oldest man of the blood of Joseph or of the seed of Abraham. Wherever the Church of Christ is established in the earth, there should be a Patriarch for the benefit of the posterity of the Saints, as it was with Jacob in giving his patriarchal blessing unto his sons" (<i>Teachings of the Prophet Joseph Smith</i>, sel. Joseph Fielding Smith [Salt Lake City: Deseret Book Co., 1938], p. 151).</p> <p>Ask a young man to read aloud Doctrine and Covenants 107:53–57. Explain that Adam desired to bestow his last blessing upon his posterity before his death.</p> <ul style="list-style-type: none"> • Why would Adam want to give a blessing to his descendants?
	<p>Read and discuss 2 Nephi 4:5–9.</p> <p>Explain that the Lord can reveal the future for our benefit. The Lord knew the hearts of Laman and Lemuel, and he knew what choices they would make. He could predict that because of them their posterity would eventually go astray. He then offered their posterity hope for the future because eventually they would discard the false teachings of their fathers passed down from Laman and Lemuel and would believe again.</p> <p>Have the young men analyze the other blessings. Point out that the gift of prophecy is given to patriarchs so that they, under the inspiration of the Holy Ghost, can give such blessings.</p> <p>Ask a young man to read Genesis 49:8–12 (Judah's blessing), then verses 22–26 (Joseph's blessing). Explain that Judah and Joseph, two of the twelve sons of Israel, received important blessings. Look in each blessing for one important item that has affected the world.</p> <ul style="list-style-type: none"> • How do these blessings indicate the inspiration Jacob received for each of these two sons? <p>Briefly list on the chalkboard how Joseph's and Judah's blessings were fulfilled. Help the young men understand that through Judah's descendants came Christ. Through Joseph's descendants came Lehi, whose journey fulfilled the prophecy concerning the "branches over the wall" when he and his family crossed the ocean (wall) and came to the promised land.</p> <ul style="list-style-type: none"> • How does the fulfillment of these two blessings affect us today?
Quotation	<p>Ask the young men to listen to Elder Bruce R. McConkie's explanation of their relationship to Jacob or Israel:</p> <p>"Nearly every member of the Church is a literal descendant of Jacob who gave <i>patriarchal blessings</i> to his 12 sons, predicting what would happen to them and their posterity after them. . . . As inheritors of the blessings of Jacob, it is the privilege of the gathered remnant of Jacob to receive their own patriarchal blessings and, by faith, to be blessed equally with the ancients" (<i>Mormon Doctrine</i>, 2nd ed. [Salt Lake City: Bookcraft, 1966], p. 558).</p>
Adviser presentation	<p>Explain that every worthy member of the Church is eligible to receive an inspired, personal blessing from the Lord through the patriarch. This blessing will include an inspired statement of the person's lineage, as well as personal blessings and admonitions.</p>

Patriarchs Give Blessings

Visitor or quorum discussion	<p>As an optional activity you may have the stake patriarch explain the difference between the types of blessings given by an ordained patriarch and the blessings a father gives as patriarch of his family.</p>
Discussion and adviser presentation	<ul style="list-style-type: none"> • What are the two kinds of patriarchs in the Church who may give blessings? (A father gives a father's blessing and an ordained patriarch gives patriarchal blessings.) <p>Explain that every priesthood bearer who enters the covenant of celestial marriage becomes a patriarch to his own family. However, fathers' blessings are different from those given by ordained patriarchs.</p>
Sharing experiences	<p>Give the young men time to share instances when their fathers have given blessings to them or to someone in their homes. Point out how these blessings may be used to heal the sick, to calm fears, to bless someone before leaving home, or to help solve problems.</p>

Realization of Blessings Requires Our Faithfulness

Adviser presentation

Explain that anciently under the patriarchal order certain rights, privileges, powers, and blessings, collectively called the birthright, were passed down from the father to his first-born son.

Scripture and chalkboard discussion

Have the quorum members follow as you read Genesis 25:19–34 and 26:34–35. Suggest that they listen for answers to the following question:

- What did Esau do to show that he despised his birthright?

Record the young men's answers on the chalkboard. Include the following:

1. He sold his birthright or blessing for a dish of food. (Note the symbolism of selling our birthright in God's kingdom through seeking after the fleeting pleasures of the moment.)
2. He married outside his religion.
3. He caused his parents grief because of his indifference.

Point out that Esau's actions showed that he was not worthy of the birthright blessings.

Adviser presentation

When Jacob received this patriarchal blessing, he also received the birthright blessing that usually came to the oldest son born into the family, even though he was hours younger than Esau. As a result, Jacob became the primary inheritor of his father's lands and wealth. He also became the patriarch and spiritual leader of the family through this blessing.

- What do you think led Esau to give up his birthright blessing? (He must not have really believed it was important. He put temporal things before spiritual.)
- What far-reaching blessings did Jacob receive that Esau forfeited?

Chalkboard discussion

Help the quorum members bring out that—

1. He became Israel, the father of the great family through which the blessings of Abraham would come.
 2. Through his lineage, all the nations of the world would be blessed.
 3. Through his lineage, the Savior would come.
 4. Through his lineage, Israel would be gathered on earth from all over the world.
- How do some young people in our day "sell their birthrights"?

Point out the similarities between patriarchal blessings and birthright blessings. Both give promises based on faithfulness and both can be lost through neglect.

- What might be a modern "mess of pottage," something of a worldly nature, for which people give up spiritual blessings?
- What are some of the ways in which a person today might lose or give up his birthright blessings?

Summarize the young men's answers on the chalkboard. These should include the following:

Not keeping the Word of Wisdom
Immorality
Lure of wealth or status
Selfishness
Dishonesty
Indifference to the gospel
Marrying outside the covenant
Worldliness

Conclusion

Adviser presentation
and discussion

Explain that the Aaronic Priesthood holders may receive their patriarchal blessings when they, their parents, and the bishop feel they are ready. In order to receive a patriarchal blessing the following steps are necessary:

1. Make an appointment with the bishop to receive from him a written recommend that must be presented to the stake patriarch.
 2. The bishop's interview will center on worthiness and preparation for a patriarchal blessing.
 3. Contact the stake patriarch for an appointment to receive the blessing. It is important to ask the patriarch what to do to prepare for the blessing. He may suggest fasting, prayer, and specific scripture study before giving the blessing.
- After a blessing has been received, what should be done with it?

Explain that a patriarchal blessing is like a set of personal scriptures for the individual alone. It will require continued study in order to fully understand it. Remind the young men that each blessing is personal. They should not pass their blessings around for others to read, and they should discuss the contents of their blessings with their friends and extended family only if they are prompted by the Spirit to do so. Remind the young men that they should also seek personal blessings from their own fathers, especially when they feel the need. In addition, they should always strive to live worthy of their blessings. (Note that the patriarch will make a copy of each blessing for Church headquarters for safekeeping and official storage.)

Challenge

Challenge each young man who has not yet obtained his patriarchal blessing to prepare himself to receive it. Challenge each young man who has received his blessing to refer to it often and seek for answers to his own specific problems.

OBJECTIVE

Each young man will come to better understand what fruits and gifts of the Spirit are and how he can obtain and develop them.

PREPARATION

1. Prayerfully study Galatians 5:22–23, 2 Peter 1:5–7, Alma 13:28–29, Moroni 10:8–19, and Doctrine and Covenants 46:10–26.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. A piece of paper and a pencil for each young man.
 - c. Pencils for marking scriptures.
 - d. Chalk, chalkboard, and eraser.

SUGGESTED LESSON DEVELOPMENT

Quotation and discussion

Introduction

Explain that a Mr. Sollars once asked Joseph Smith if he could just get baptized and not worry about the gifts of the Spirit. The Prophet replied:

“Suppose I am traveling and am hungry, and meet with a man and tell him I am hungry, and he tells me to go yonder, there is a house of entertainment, go and knock, and you must conform to all the rules of the house, or you cannot satisfy your hunger; knock, call for food, sit down and eat;—and I go and knock, and ask for food, and sit down to the table, but do not eat, shall I satisfy my hunger? No. I must eat. The gifts are the food; and the graces of the Spirit are the gifts of the Spirit” (*Teachings of the Prophet Joseph Smith*, sel. Joseph Fielding Smith [Salt Lake City: Deseret Book Co., 1938], pp. 270–71).

- What do you think Joseph Smith meant by this answer?

Explain that to be followers of Jesus Christ, we must do certain things, such as have faith in Christ and his atonement, repent of our sins, be baptized, and receive the Holy Ghost. If we do these things, we will receive great blessings. Explain that the Prophet was saying that for a person to meet all the Lord’s requirements but then fail to fully partake of the blessings that come from meeting those requirements would be the same as for a hungry man to do everything necessary to obtain food, sit down at the table, and then not eat. It would be foolish.

Explain that keeping the Lord’s commandments and completing ordinances such as baptism and confirmation are like sitting down at the table and obtaining food. To eat, or enjoy the blessings of obedience, we must receive and develop the fruits and gifts of the Spirit.

Becoming Godlike through the Fruits of the Spirit

Adviser presentation

Explain that by following Heavenly Father’s plan and living the gospel of Jesus Christ, we can return to live with Heavenly Father and Jesus and eventually become gods ourselves. To become godlike while we are on earth, we want to develop the qualities and attitudes that Heavenly Father and Jesus have. These qualities and attitudes are some of the fruits of the Spirit.

Explain that another word for *fruits* is *results*. We receive these qualities and attitudes as the results of living the gospel.

Scripture activity

Write *Fruits of the Spirit* on the left side of the chalkboard.

- Can you name any fruits of the Spirit mentioned in the scriptures?

List any responses. Then tell the young men you would like them to learn more about the fruits of the Spirit by searching the scriptures.

Give the young men paper and pencils, and ask them to list the fruits of the Spirit discussed in Galatians 5:22–23, 2 Peter 1:5–7, and Alma 13:28–29.

When the young men have completed their lists, have them take turns naming fruits of the Spirit as you write them on the chalkboard. Some of these fruits are listed below:

Fruits of the Spirit
Love
Joy
Gentleness
Kindness
Meekness
Patience
Peace

Briefly discuss why these qualities are desirable.

- Who has all these qualities in complete perfection? (Heavenly Father, Jesus Christ.)

Point out that as we strive to follow the commandments and live the gospel, the Holy Ghost will help us develop these qualities and become more like Heavenly Father and Jesus Christ.

Scripture

Ask a young man to read aloud 2 Peter 1:5–7. Point out that we will not receive all of these qualities perfectly at once, but we can receive and develop them throughout our lives.

Serving Others through the Gifts of the Spirit

Scriptural activity

Explain that the fruits of the Spirit are available equally to every person who lives the gospel of Jesus Christ. But each of us is also given specific gifts of the Spirit, which are special abilities we can develop through following Jesus.

Write *Gifts of the Spirit* on the chalkboard next to *Fruits of the Spirit*. Divide the young men into two groups. Ask one group to list the gifts of the Spirit discussed in Moroni 10:8–19 and the other to list the gifts discussed in Doctrine and Covenants 46:10–26. Have each young man write the gifts on his own piece of paper.

List these gifts on the chalkboard as you did with the fruits of the Spirit. Have the young men add to their lists the gifts mentioned by the other group, as suggested below:

Fruits of the Spirit	Gifts of the Spirit
Love	Healing
Joy	Working miracles
Gentleness	Prophecy
Kindness	Speaking in tongues
Meekness	Ministering of angels
Patience	
Peace	

Point out that these two scriptures list some of the better-known spiritual gifts, but these are not the only spiritual gifts we can receive.

Scripture and discussion	<ul style="list-style-type: none"> • What other spiritual gifts might we receive? <p>Ask a young man to read aloud Doctrine and Covenants 46:11–12, 26.</p> <ul style="list-style-type: none"> • Why are we given these spiritual gifts? • Why don't we all have the same spiritual gifts? <p>Help the young men understand that we are given gifts of the Spirit to serve others and to build up the kingdom of God. We are all given different gifts so that we may all serve each other.</p>
Story	<p>Tell the following story about how Newel Knight used his spiritual gift to help a friend:</p> <p>In November 1833 some of the residents of Jackson County, Missouri, attacked the Latter-day Saints living there. In the ensuing fight three men were killed and many were wounded. One of the Saints who was wounded was Philo Dibble, who had been shot in the abdomen. A surgeon who examined him said he had never known anyone to survive that kind of wound.</p> <p>Because of the antagonism from people in Jackson County, many Church members there were leaving to go to Clay County. Staying in Jackson County was very dangerous. Despite the danger, Newel Knight went to Brother Dibble's home, which was surrounded by members of the mob, gave Brother Dibble a blessing, and then left quickly.</p> <p>The next day Newel Knight met Philo Dibble ten miles from the house where he had seen him the day before. Brother Dibble was able to walk and was leaving Jackson County. He told Brother Knight that as soon as he had received the blessing, the pain seemed "to move as before a power driving it, until in a few minutes it [was gone]."</p> <p>Philo Dibble recovered completely and later crossed the plains to Utah. (<i>History of the Church</i>, 1:431. See also <i>Autobiography of Parley P. Pratt</i>, 3rd ed., edited by Parley P. Pratt Jr. [Salt Lake City: Deseret Book Co., 1938], pp. 99–100.)</p> <ul style="list-style-type: none"> • What spiritual gifts were used in this incident? (Newel Knight used the gift of healing; Philo Dibble used the gift of faith to be healed.)

Receiving and Developing the Fruits and Gifts of the Spirit

Discussion	<p>Remind the young men that we can develop the fruits of the Spirit and our particular spiritual gifts by living the gospel.</p> <p>Write these six words down the left side of the chalkboard: <i>Obey, Pray, Fast, Study, Repent, and Serve</i>. Explain that <i>Study</i> refers to studying the scriptures. Point out that these are some of the major actions required to live the gospel.</p> <ul style="list-style-type: none"> • Which, if any, of these actions do you think is most important in obtaining the fruits and gifts of the Spirit? <p>Give the young men a moment to think, then ask for responses. The responses will probably vary. Point out that it is impossible to choose one of these behaviors as most important, because they are all necessary for obtaining the fruits and gifts of the Spirit.</p> <p>Discuss why each action is important. Bring out the following points:</p> <p><i>Obey</i>: Commandments are established to bring us happiness. When we obey the commandments and the promptings of the Holy Ghost to us, we will do the things that will make us happy and enable us to become like Heavenly Father and Jesus Christ. (See 1 Nephi 4:6–18.)</p> <p><i>Pray</i>: When we humbly pray for God to strengthen us in righteousness, our loving Heavenly Father will respond. (See Alma 17:3.)</p> <p><i>Fast</i>: Fasting exercises our spiritual strength in governing the appetites and passions of our physical bodies. If done with the right attitude, it humbles us and helps us be more sensitive to spiritual promptings. (See Alma 5:46.)</p> <p><i>Study</i>: By studying the scriptures, we learn about the attributes of godliness we should seek to obtain. We also learn how some of God's faithful children have attained these attributes. (See D&C 33:16.)</p>
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Repent: We need to repent and continually renew our baptismal covenants by partaking of the sacrament so that the Spirit may be unrestrained. The Holy Ghost will not dwell in unholy temples. (See 3 Nephi 9:22.)

Serve: When we use our spiritual gifts to serve each other, we increase both our ability to use our spiritual gifts and our ability to experience the fruits of the Spirit in our own lives. (See Galatians 5:13.)

Conclusion

Emphasize to the young men that all the fruits of the Spirit are available to those who live the gospel. Remind them that each of them also has specific spiritual gifts that they can develop by living the gospel, and that they should use these gifts to serve others. Serving this way will help increase the fruits of the Spirit in their lives.

Testimony Bear testimony that the Lord wants to bless us with the fruits and gifts of the Spirit so that we may be happy and help other people. Testify that the Spirit can help us become more like Heavenly Father and Jesus Christ and return to live with them someday.

Challenge Challenge the young men to strive to become more like Heavenly Father and Jesus Christ by living the gospel, and to seek the blessings of the Spirit through praying, fasting, obeying, studying, repenting, and serving.

OBJECTIVE Each young man will desire to possess the gift of charity, the pure love of Christ, and apply it in his daily life.

PREPARATION

1. Prayerfully study Matthew 22:35–39, John 13:34–35, 1 Corinthians 13, 1 John 4:20–21, and Moroni 7:47–48.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Picture 3, Jesus the Christ (62572; Gospel Art Picture Kit 240), and picture 14, Three Young Men Rescue the Martin Handcart Company (62606; Gospel Art Picture Kit 415).
 - c. A piece of paper and a pencil for each young man.
 - d. Pencils for marking scriptures.
3. Prepare a copy of the handout “Charity Profile,” which is located at the end of the lesson, for each young man.

**SUGGESTED
LESSON
DEVELOPMENT**

Writing activity

Introduction

Divide the quorum in half. Have the first group count off using numbers and the second count off using letters. Pair off the two groups as follows: *1* with *a*, *2* with *b*, *3* with *c*, and so on. Give each young man a pencil and a piece of paper, and have him write down at least one thing he admires and respects about his partner. Have the young men share their responses with the quorum.

Point out that looking for the good and admirable qualities in other people will help us learn to love as Christ does.

Charity Is Christlike Love

Scriptures and discussion

Ask a young man to read aloud Matthew 22:35–39 while the other young men follow along in their own scriptures.

- What are the two greatest commandments?

Point out that these two commandments both tell us to love. Love is the central theme of the gospel.

- Who are we commanded to love?

Have the young men read and mark 1 John 4:20–21.

- What does it mean to love your brother?
- Why is it impossible to love God and hate your brother at the same time? (To love God is also to love the things God loves most, and God loves his children most.)

Discussion

Explain that love can be many things to many people, but it may be classified into three basic types.

The first type is expressed in the terms “I will love you if . . .” People give this kind of love if others meet certain requirements. It is conditional and always has strings attached.

- What are some examples of this type of love? (I will love you if you are popular, if you have a car, if you attend church, if you are nice to me, if you do your chores, or if you do what I say.)

The second type of love uses the word *because* and emphasizes selfish or worldly aspects. It, too, is conditional love. People love others only because of their attractive qualities or characteristics.

- What are some examples of this kind of love? (I love you because you have pretty eyes, because you try to make me happy, because you help me with my homework, because you loan me money when I need it, because you do things for me, or because you put me first.)
- What is wrong with these two kinds of love? (They are not true love. They are conditional love based on selfishness.)

Explain that the third type of love is unselfish and unconditional. We do not have to earn or deserve this kind of love by acting a certain way or having certain qualities. This kind of love can use the phrase “even though.”

- What are some examples of this kind of love? (I love you even though I disagree with what you do, even though you have weaknesses and problems, even though you made a mistake, or even though you don’t always do exactly what I want.)

Point out that this is the kind of love that Heavenly Father and Jesus Christ give each of us. They love and accept us no matter what we do or who we are. This kind of love is called charity.

Scripture and chalkboard discussion

To help the young men understand what it means to have charity, have them read 1 Corinthians 13. Suggest that they mark the attributes of a charitable person.

After they have read and marked the scriptures, have the young men tell you the attributes they have marked. As they state the biblical term, discuss the term and help the young men give a modern synonym for it. Write the terms and their synonyms on the chalkboard. Possible terms and synonyms include—

1. “Suffereth long and is kind” (patient).
2. “Envieth not” (satisfied).
3. “Vaunteth not itself, is not puffed up” (humble).
4. “Doth not behave itself unseemly” (courteous).
5. “Seeketh not her own” (unselfish).
6. “Is not easily provoked” (good-tempered).
7. “Thinketh no evil” (pure).
8. “Rejoiceth not in iniquity, but rejoiceth in the truth” (honest).

We Should Love One Another As Christ Loves Us

Picture, scripture, and discussion

Show picture 3, Jesus the Christ. Explain that Moroni referred to charity as “the pure love of Christ” (Moroni 7:47). Christ exhibited all of these attributes, and he loved us unconditionally. Emphasize that in order to come unto Christ, we must learn to love as he loves.

Have the young men read and mark John 13:34–35.

Ask the young men to describe incidents they remember from the scriptures that illustrate how Christ showed the qualities of a charitable person.

After the young men have responded, point out that the incidents described are just a few examples of how Christ demonstrated charity. Everything he did showed his love for people. To be like him, we must also develop and show love for others.

Quotation

Explain that true charity is a gift of the Spirit. It is not something we can gain only by our own efforts. Help the young men understand that charity is a spiritual gift we should all seek to develop.

Have a young man read the following statement by Elder Bruce R. McConkie:

“Above all the attributes of godliness and perfection, *charity* is the one most devoutly to be desired. Charity is more than love, far more; it is everlasting love, perfect love, the pure love of Christ which endureth forever. It is love so centered in righteousness that the possessor has no aim or desire except for the eternal welfare of his own soul and for the souls of those around him” (*Mormon Doctrine*, 2nd ed. [Salt Lake City: Bookcraft, 1966], p. 121).

- Why is charity such an important spiritual gift to develop?

Scripture and discussion

Have the young men read Moroni 7:47–48.

- What does this verse tell us about how we can develop the spiritual gift of charity?

We Can Show Charity through Service

Story and picture

Explain that we can show love for others by serving them. Show picture 14, Three Young Men Rescue the Martin Handcart Company, and tell the following story about three young men who showed true charity:

When the early Mormon pioneers came west to Salt Lake City, many of them traveled in handcart companies. Not having enough money to afford wagons, they pulled by hand what little they could of their worldly possessions in two-wheeled carts. One such company was the Martin Company.

The Martin Company became stranded in the middle of a Wyoming blizzard. The people faced certain death in the subzero temperature from exposure and lack of food. Brigham Young sent a relief party to rescue them. On the way back, the Martin Company and its relief party reached a river filled with floating ice.

“To cross would require more courage and fortitude, it seemed, than human nature could muster. Women shrank back and men wept. Some pushed through, but others were unequal to the ordeal.

“Three eighteen-year-old boys belonging to the relief party came to the rescue, and to the astonishment of all who saw, carried nearly every member of that ill-fated handcart company across the snow-bound stream. The strain was so terrible, and the exposure so great, that in later years all the boys died from the effects of it. When President Brigham Young heard of this heroic act, he wept like a child, and later declared publicly, ‘That act alone will ensure C. Allen Huntington, George W. Grant, and David P. Kimball an everlasting salvation in the Celestial Kingdom of God, worlds without end’ ” (LeRoy R. and Ann W. Hafen, *Handcarts to Zion* [Glendale, Cal.: Arthur H. Clark Co., 1960], pp. 132–33).

Discussion

Point out that acts of service do not need to be extraordinary or heroic to demonstrate true charity.

- What are some ways you can show love for the people around you?

Conclusion

Activity and challenge

Pass out the copies of the charity profile, and have each young man evaluate himself in the areas listed. Challenge each young man to pick an area to pray about and to concentrate on throughout the week.

Have the young men read Moroni 7:48 again and discuss how the scripture applies to this challenge.

Testimony

Explain that charity, the pure love of Christ, is the highest principle of the gospel. Becoming charitable will enable us to become as Heavenly Father and Jesus Christ are. Testify of Heavenly Father’s and Jesus’ love for each of us.

Optional activities and challenges

You may wish to challenge the young men to choose one of the following activities:

1. Choose a brother or sister who needs extra love and attention, and do something with him or her. Read a story, go on an outing together, or simply talk with each other.

2. Choose a young man at church or school who needs a friend, and get to know him better.
3. Become involved in charitable service such as donating time to local charitable organizations, doing volunteer work for people who have disabilities, reading for the blind, or serving in hospitals and clinics.
4. Watch for someone who achieves, gives service, or makes others happy. Send him or her a note of appreciation or congratulations.

Charity Profile

	Never	Sometimes	Most of the Time	Always
Home (where charity begins)				
1. I am as kind to my brothers and sisters as I am to my friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I show consideration to family members over the use of the bathroom, television, and other common property.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I am as considerate of my parents' time as of my own.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I do more at home than I am asked to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I work in the home without assignment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I tell my family members that I love them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I spend time with the elderly in my family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I share my things with family members.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friends and Fellowmen				
1. I am loyal to my friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I befriend the friendless.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I am considerate of others' feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I don't mind letting others have attention and compliments.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I listen more than I talk.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I try to see another's point of view.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I try to be of service to my community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I strive to be of service to those in need.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Teachers				
1. I am attentive in class.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I appreciate the time and effort that have gone into the lesson.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I listen with an open mind.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I am considerate of my teacher's feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
God				
1. I pray often each day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I try to become more like the Savior each day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I try to keep God's commandments.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I magnify my priesthood responsibilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I accept calls to serve in the Church.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I attend my Church meetings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I contribute positively to the meetings I attend.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pray for Charity (Moroni 7:48)

OBJECTIVE

Each young man will understand how studying the scriptures will increase his spirituality and strengthen his faith and testimony.

PREPARATION

1. Prayerfully study 2 Nephi 31:20; Alma 32:26–43; 3 Nephi 17:2–3; Moroni 6:4; 10:3–4; and Doctrine and Covenants 18:33–36; 88:62–63.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Pencils for marking scriptures.

SUGGESTED LESSON DEVELOPMENT

Quotation and discussion

Scripture Study Helps Us Stay Closer to Heavenly Father

- Have you ever felt like Heavenly Father was not listening to your prayers or that he was far away and not concerned about you?
- What do you think causes those feelings?
- How can we overcome those feelings and feel closer to Heavenly Father again?

Read the following about what one Church leader did to feel greater spirituality:

When he was an Apostle, President Spencer W. Kimball said: “I find that when I get casual in my relationships with divinity and when it seems that no divine ear is listening and no divine voice is speaking, that I am far, far away. If I immerse myself in the scriptures the distance narrows and the spirituality returns” (*What I Hope You Will Teach My Grandchildren and All Others of the Youth of Zion* [address delivered to seminary and institute faculty, Brigham Young University, 11 July 1966], p. 6).

Explain that the testimony of President Kimball is powerful and plain. He “immerses” himself in the scriptures in order to increase spirituality. We cannot expect to achieve and maintain a close relationship with God, without studying the scriptures. That is why, as President Kimball has said, “The General Authorities have urged us all with increasing frequency and in a spirit of love to adopt a program of daily gospel study in our homes, both as individuals and as families” (“How Rare a Possession—the Scriptures,” *Ensign*, Sept. 1976, p. 2).

- How can studying the scriptures help us increase our spirituality and stay close to God?

Story

The following story told by President Marion G. Romney indicates that scripture reading can bring greater spirituality to anyone who reads with real intent:

“I remember reading [the Book of Mormon] with one of my lads when he was very young. On one occasion I lay in the lower bunk and he in the upper bunk. We were each reading aloud alternate paragraphs of those last three marvelous chapters of Second Nephi. I heard his voice breaking and thought he had a cold, but we went on to the end of the three chapters. As we finished he said to me, ‘Daddy, do you ever cry when you read the Book of Mormon?’

“ ‘Yes, Son,’ I answered. ‘Sometimes the Spirit of the Lord so witnesses to my soul that the Book of Mormon is true that I do cry.’

“ ‘Well,’ he said, ‘that is what happened to me tonight.’

“ . . . This book was given to us of God to read and to live by, and it will hold us as close to the Spirit of the Lord as anything I know” (*Look to God and Live: Discourses of Marion G. Romney*, comp. George J. Romney [Salt Lake City: Deseret Book Co., 1971], pp. xii–xiii).

- What did President Romney say about the scriptures and staying close to the Spirit?

- Have any of you had a spiritual experience while reading the scriptures?

Help the young men understand that studying the scriptures will help us know what Heavenly Father and Jesus want us to do. Understanding and living by their teachings will help us remain closer to Heavenly Father and Jesus.

We Can Be Nourished by the Word of God

Chalkboard activity

Have the young men read the following scriptures, and have them identify the words that describe how we should approach the scriptures. As they respond, place the following on the chalkboard:

Scripture	Key Word	Meaning
2 Nephi 31:20	Feast	To feed sumptuously
3 Nephi 17:2–3	Ponder	To consider carefully
Moroni 10:3–4		To weigh in the mind
D&C 88:62–63		To meditate or reflect
Moroni 6:4	Nourish	To provide with food or other substances necessary for life and growth

Scriptures and discussion

Read 2 Nephi 31:20.

- What does Nephi instruct us to do with the word of Christ? (To feast upon it.)
- What does it mean to feast?

Help the young men understand that the word *feast* means to feed or partake sumptuously. To feast is more than to nibble or sample. A feast brings to mind a banquet or dinner in which there is more to eat than can be enjoyed in one sitting.

Read 3 Nephi 17:2–3.

- What did the Savior tell the Nephites to do in order to better understand his words?

Explain that Jesus recognized that an understanding of his words usually involves more than learning them or reading them for the first time.

- What does it mean to ponder? (To weigh in the mind; to consider or examine carefully.)

Read Moroni 10:3–4.

- What does Moroni exhort us to do with the words of the Book of Mormon?
- What is the promise to those who ponder the scriptures and ask with a sincere heart, with real intent, and with faith in Christ?

Read Doctrine and Covenants 88:62–63.

- What does Jesus invite us to do with his sayings?
- What is his promise to those who do these things?

Read Moroni 6:4.

- Why were the names of those who had been baptized taken? (To remember them so that they might be “nourished by the good word of God.”)
- What does it mean to nourish?

Help the young men understand that the word *nourish* means to provide with food or other substances necessary for life and growth.

- What is the relationship of feasting, pondering, and being nourished?

Help the young men understand that a person who feasts on and ponders the scriptures will be nourished spiritually. A person will be nourished by the Spirit of God, the Holy Ghost,

and come to know the voice of Christ if he (1) feasts on the words of God, (2) weighs them carefully in his mind, and (3) asks God in the name of Christ concerning them.

Reading the Scriptures Strengthens Our Faith and Testimony

Scripture and discussion

Have the young men read Alma 32:26–43.

- What is the first step toward developing faith? (To awake and arouse our minds to make an experiment and desire to believe [verse 27]. This is like preparing the soil before planting.)
- What is the second step? (To plant the seed.)
- What is being compared to the seed? (The word of God.)
- How can we tell that the seed is good? (It will sprout and begin to grow. It will begin to enlarge our soul, enlighten our understanding, and begin to be delicious.)
- What happens if the young plant is not nourished? (It will not take root and will eventually be scorched by the sun and wither.)
- What happens if the plant is nourished? (It will grow and produce fruit of which we can partake.)
- How are faith and testimony like the plant? (They must be nourished in order to grow and develop.)
- How can we nourish the plant? (By faith [verse 41] and by further feasting on the word of God.)

Explain that these passages clearly teach that planting the word of God in our hearts is a key to the development of faith and testimony.

The Prophet Joseph Smith stated, “Faith comes by hearing the word of God, through the testimony of the servants of God” (*History of the Church*, 3:379).

Conclusion

Adviser presentation

Explain that from the scriptures we learn that nourishment is given by the power of the Spirit to those who humbly feast on and ponder the scriptures. As we read the scriptures, we can feel the Spirit, feast on the word of Christ, and come to know and recognize the voice of the Lord.

Challenge

Challenge the young men to feast on the word of Christ and then nourish other Church members with the word of God while at home, while home teaching, and in giving talks.

Suggested activity

Choose a topic, such as the Atonement, the fall of Adam, or the gift of the Holy Ghost. Have the young men refer to the Topical Guide in the Latter-day Saint edition of the King James Version of the Bible and read some of the verses listed. This will help them experience studying the gospel principles or doctrines topically. Have them also use the Bible Dictionary on a topic of your choice so that they learn how much they can use the scriptures to learn to understand the gospel.

OBJECTIVE

Each young man will understand that faith in Christ and hard work make missionary work rewarding.

PREPARATION

1. Prayerfully study Alma 17:6–11; 26:23–31, 35; and Doctrine and Covenants 1:19–23.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. A card or sheet of paper that lists for each young man the suggestions for spiritual and mental preparation given in the lesson.
 - c. Pencils for marking scriptures.
3. Optional: Arrange for a recently returned missionary to discuss the section “Following Counsel Brings Happiness.” Clear the individual with the bishop.

NOTE

Help the young men understand that serving a mission is exciting and rewarding but that it requires hard work and dedication. The realities of missionary work should be pointed out in a positive way so as not to discourage missionary service but to let the young men know that they are expected to make a major effort.

SUGGESTED LESSON DEVELOPMENT

Introduction

Story

Tell the following story:

In one of the missions of the Church, there was a town that had been open to missionary work for many years. The town was small enough that it had been tracted over many times, and the people of the town knew the Mormon missionaries by sight. There had hardly been any conversions in the town for several years, and the missionaries who were assigned to the area thought of it as one of the least exciting assignments in the mission. In fact, most missionaries failed to work diligently when they were sent there because it had a reputation for being nonproductive.

The mission president was concerned about the town. He fasted and prayed because it seemed to him that there were people there who would accept the gospel. He and his assistants decided to replace the missionaries who were there with two who did not know the reputation of the area. The two missionaries who were selected had arrived in the mission field just a few months earlier. The change was made, and the mission president waited for their first weekly report letter.

The first letter reported much resistance to missionary work among the members and the nonmembers of the Church. The second letter outlined a campaign to show the members and nonmembers that the missionaries were dedicated to spreading the gospel. The missionaries had fasted and prayed. They felt impressed that they should not go to any member's house except to get the names of referrals. As a result of their fasting and prayer, they felt that they should not return to their apartment from the time they left in the morning until they finished proselyting at night. They also concluded to leave their apartment an hour earlier than the recommended time. They read only missionary-related stories from the scriptures for the first weeks of their campaign.

Letters of the third, fourth, and fifth weeks told of hard work but no noticeable success in getting people to teach. The hours the missionaries were working increased until they were working twenty hours more per week than any other set of missionaries in the mission.

In the sixth week they reported that a family had shown some interest, and they began to teach them. The missionaries involved the members in teaching, and the family began to come to church. The Church members became excited about the possibility of their little branch getting some new members, and they began to ask their friends if the missionaries could come and teach them. The first family the missionaries had found were baptized and added their enthusiasm to the branch.

By the tenth week, the missionaries had so many people to teach that they had almost no time for tracting. The branch members were so excited about missionary work that they would stop the missionaries while they were walking down the street to tell them about new people who were interested. The missionaries continued their hard work, and the word spread to other missionaries throughout the mission. Soon the hours worked by missionaries rose within the whole mission. The town became a place where missionaries wanted to go because there was so much excitement about missionary work.

Discussion

- What made the difference in the missionary work in this town? (The dedication of the missionaries, their fasting and prayers to receive direction from the Lord, their hard work, and the involvement of the members.)
- How do you think the missionaries felt the first few weeks they were in the town?
- How do you think the missionaries felt about each other after their experiences in this town?

Missionary Work Is Exciting

Scripture and discussion

Have a young man read Doctrine and Covenants 1:19–23. The young men may want to mark this scripture.

- To what does “weak things of the world” refer?
- What does it mean to “trust [not] in the arm of flesh” (verse 19)?

Help the young men realize that most missionaries are relatively unlearned and untrained to teach the gospel. Yet through hard work and a strong testimony of the gospel, they are able to testify of the truth.

- What must a person do to be able to “speak in the name of God the Lord” (verse 20)?

Scripture story

Briefly relate the account of the four sons of Mosiah preparing for their mission to the Lamanites (see Alma 17:6–11). Explain that these young men had rebelled against the Church but were finally converted. When they realized how vital the gospel was, they wanted to share its blessings with others and try to make up for dishonoring the Church of God. They requested permission to preach the gospel among the Lamanites. They labored as missionaries there for fourteen years, suffering all kinds of persecution and hardships. However, they were finally able to help many Lamanites change their lives and learn the peace that comes from obeying the commandments. After the experience, the sons of Mosiah met Alma, the head of the Church, and reported their missions to him.

Scriptures and discussion

Have the young men read Ammon’s summary of his and his brothers’ work among the Lamanites in Alma 26:23–26.

- What were the Lamanites like when the mission began?

Refer to verses 23 and 24 for the answer.

- Are conditions for missionary work better or worse today?
- What did the Nephites think of the chances of converting the Lamanites? (The Nephites thought it was futile and wanted to destroy the Lamanites rather than preach the gospel to them.)

Have a young man read Alma 17:6–11.

- How did the sons of Mosiah prepare for their missionary efforts?
- What did the Lord tell them to do? (Show good examples [see verse 11].)

Read Alma 26:27–31.

- What were the methods used by the sons of Mosiah to finally touch the lives of the Lamanites?

Read Alma 26:35.

- How did Ammon and the other sons of Mosiah feel at the end of their missions?

Point out that their gratitude was more for the change in the lives of the Lamanites than it was for their own success as missionaries.

Adviser presentation

Explain that not every missionary will have experiences like the sons of Mosiah and suffer great privations and finally convert large numbers of people. The promise to missionaries is that they will have the opportunity to work hard for Heavenly Father. They will have feelings of joy as they give everything they have to the work of the Lord, but they are not promised that they will baptize many people. They will have the opportunity of knowing they are instruments of the Lord in giving people the opportunity to receive the blessings of the gospel. Explain that missionary work, when done with the right spirit, is exciting and rewarding and greatly increases one's spiritual strength.

Story

When Lorenzo Snow and his companions were sent by Brigham Young to Italy for the purposes of opening missionary work, they were initially overwhelmed with discouragement. As they struggled to find a prepared people, Lorenzo reported that "the spirit had revealed that the Lord had hidden up a people amid the Alpine Mountains" and that he would "commence something of importance in that part of this dark nation."

Acting on this impression, the missionaries traveled to the Piedmont valley in Northern Italy to teach the Waldenses—a stubborn but religious Protestant people. Like Ammon of old, the missionaries first attempted to prepare for teaching the people by winning their friendship and trust. This proved a difficult task, until 6 September 1850, when a series of events began that would open the hearts of the people to listen to the message of the foreigners.

On that day, the three-year-old son of the family with whom the missionaries were staying became critically ill. When Lorenzo and his companions saw little Joseph, the boy seemed beyond earthly help. Lorenzo described him: "His eye-balls turned upwards; his eyelids fell and closed; his face and ears were thin, and wore the pale, marble hue indicative of approaching dissolution. The cold perspiration of death covered his body, and . . . life was nearly exhausted." His mother sobbed while the father hung his head and whispered "Il meurt! il meurt!" (He is dying! He is dying!)

Lorenzo recognized an opportunity both to heal the boy and to speed the faltering missionary work. That night he spent "some hours" imploring God for direction. The following day he and his companion fasted and retired to a nearby mountain, where they "called upon the Lord in solemn earnest prayer, to spare the life of the child." Returning to the city about three o'clock, the elders administered to the boy. The father reported that improvement was almost immediate, and the following morning little Joseph Guy was entirely well.

Because of the tender mercies of God and the power of the priesthood, a little boy was saved. In addition, the hearts of many were softened, as doors were opened to the missionaries that had been firmly closed. An intense interest in the missionaries' message replaced the hostility previously shown toward Lorenzo Snow and his companions. Many joined the Church, beginning the great work of conversion in Italy (see Francis M. Gibbons, *Lorenzo Snow: Spiritual Giant, Prophet of God* [Salt Lake City: Deseret Book Co., 1982], pp. 60–71).

- What are some similarities between the experiences of Lorenzo Snow in Italy and Ammon among the Lamanites?
- How did Lorenzo Snow and his companions learn how to open people's hearts to the gospel?

Following Counsel Brings Happiness

Returned missionary discussion

Explain that the missionary committee of the Church has written a missionary handbook that provides instructions for missionaries. The suggestions in this section of the lesson will

help the Aaronic Priesthood holders know what is expected of missionaries. Help the young men understand why these suggestions will help them be most effective and that their willingness to give of themselves is what brings happiness in missionary work.

Have a recently returned missionary lead the discussion, or lead it yourself. Have cards or papers prepared with the following information for each young man to consider and take home with him.

Spiritual Preparation

1. Love your companion. Make him a part of all you do. Be with him at all times. Help him to succeed.
2. Pray individually and with your companion.
3. Ponder gospel principles. Spirituality is developed by studying the word of God.
4. Lose yourself in the work. Put out of your life all thoughts and discussions of home, school, girlfriends, and worldly things. Forget yourself in the service of others.
5. Fast only once a month, except in unusual circumstances.

Mental Preparation

1. Study the gospel.
 - a. Hold an hour study class with your companion every day.
 - b. Devote at least one hour each day to individual study.
 - c. Search the scriptures.
2. Have the attitude of success. Make up your mind to be successful. Successful missionaries develop a high degree of faith in the Lord.
3. Be affirmative in your thinking. Do not speak negatively of the weather, the people, the country, or the area. Be grateful to your Heavenly Father for the privilege of being called as a missionary.
4. Establish personal goals.
 - a. Establish goals for personal development.
 - b. Develop good communication skills.

Conclusion

Testimony and
adviser presentation

Testify to the sacred nature of missionary work. You may want to include some of the following ideas:

Missionary work requires hard work and devotion to the Lord. Some missionaries will go to areas where there are many baptisms; some to areas where baptisms are scarce. The Lord measures success not by the number of baptisms but by the missionaries' selfless efforts to help those who have not yet accepted the gospel. Their measure of success will be how well they do what the Lord has called them to do. There will be more heartaches and happiness than they have experienced before. But they will also have extremely satisfying, spiritual experiences as they serve the Lord. These experiences can build a strong foundation for spiritual growth throughout their lives. They will build friendships with companions, other missionaries, members, and converts that will last eternally. They will find more happiness and joy than they thought possible.

Challenge

Challenge the young men to develop the traits of industry and self-sacrifice; the attitudes of success; and, most of all, closeness to Heavenly Father and the Savior.

Quorum activity

Encourage each young man to prepare one of his nonmember friends for the discussions so he can be present when the missionaries teach him. You may be able to arrange for the young men to go with the full-time missionaries assigned to your area. Coordinate these efforts through your ward mission leader. A large quorum could take several months to complete this activity, but it should be a worthwhile experience for the young men.

OBJECTIVE Each young man will understand that Jesus Christ is his Savior and will strive to be more like Him.

PREPARATION

1. Prayerfully study Mark 2:17; John 14:6–7; Mosiah 3:17; 5:7–8; Alma 5:14–16; 3 Nephi 9:14; and Doctrine and Covenants 88:63, 67–68.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Picture 15, Jesus at the Door (62170; Gospel Art Picture Kit 237).
 - c. Pencils for marking scriptures.

**SUGGESTED
LESSON
DEVELOPMENT**

Scriptures and
discussion

Introduction

Ask the young men to find and read John 14:6 and Mosiah 3:17.

- What do these scriptures teach about the way we obtain salvation?
- What has the Savior done to provide salvation for us?

Explain that this lesson will teach the young men more about the Savior so they can love him more and strive to be more like him.

Jesus Christ Is Sometimes Called the Father

Scripture and
discussion

Explain that a father is one who gives life. Heavenly Father gave us life as his spirit children. The scriptures explain in what way Jesus Christ can be considered our Father.

Ask the young men to read Mosiah 5:7–8.

- What do you think King Benjamin meant when he said that we can be spiritually born of Christ?

Adviser presentation

Explain that the covenant King Benjamin mentioned is the covenant of baptism. The Savior has taught us that we should have faith in him, that we should be baptized, and that we should be worthy of the constant companionship of the Holy Ghost to guide us. As we do these things, our hearts are changed so that we desire to become more like the Savior and do not desire to participate in sin.

The process of having our hearts changed so that we become like the Savior is called being spiritually born of Christ. When we are spiritually born of him, we become his sons and daughters.

Scripture and
discussion

Explain that the young men in your class have already been baptized. But not everyone who has been baptized has also been spiritually born of the Savior. Ask the young men to consider the questions that Alma asked to a group of Church members.

Ask the young men to read Alma 5:14–16.

Suggest that the young men consider privately how much like the Savior they are becoming. They may want to consider these questions:

- Do I have a great desire to do good?
- Am I losing any desire for sin?

Adviser presentation	<ul style="list-style-type: none"> • Do I have great faith in the Savior and his promises of eternal life to the faithful? <p>Explain that another reason Jesus Christ is sometimes called the Father is because his will and the will of the Father are identical. Jesus Christ “received all power, both in heaven and on earth” (D&C 93:17) from Heavenly Father. He speaks and acts in the same way that our Heavenly Father would speak and act.</p>
Scripture and discussion	<p>Ask the young men to read John 14:7.</p> <ul style="list-style-type: none"> • Why do you think Jesus said that we know the Father if we know his Son, Jesus Christ?

Jesus Christ Desires Everyone to Come unto Him

Picture and discussion	<p>Show picture 15, Jesus at the Door.</p> <ul style="list-style-type: none"> • What is different about this particular door? (There is no handle on the outside of the door.) • If Christ is to come in, what must happen? (We must each open the door from our side and invite him in.) <p>Ask the young men to locate 3 Nephi 9:14. Read, mark, and discuss the passage with the quorum.</p> <p>Help the class members understand that Christ has personally invited each of us to come to him. But we must make the decision to do so.</p>
Story and discussion	<p>Read the following experience:</p> <p>“The prospect of two years without warm sand and blue-green waves ahead of me sent me surfing with my friend Gaven. At the end of the summer I’d be leaving for my mission in Iceland.</p> <p>“As Gaven and I carried our surfboards down a steep slope, we saw that an offshore wind was shaping six-foot waves into smooth, hollow barrels, beautiful to surfers’ eyes.</p> <p>“At the foot of the hills, cliffs dropped 50 feet down onto a narrow beach. We followed an eroded gully down the bluffs and easily climbed the last ten feet to the sand. Leashing our surfboards to our legs, we paddled out through kelp beds to the distant surf line.</p> <p>“I got in some of the best surfing of my life that day. The air and water sparkled clear and warm, and salt spray felt fresh on our faces. Seabirds wheeled and cried constantly, and the rides were long, fast, and perfect. Gaven and I stayed until after sunset.</p> <p>“As the twilight began to fade, my friend caught a last ride to shore. I looked at the horizon, which promised yet another set of extra-large waves, and waited for one more. I was rewarded by a last long, pounding ride.</p> <p>“I began the long paddle back, but a current pulled against me, and light faded to almost nothing. I finally reached the cliff’s base and discovered that the tide had risen much higher than I’d expected and now covered the beach. Waves rolled in and crashed directly against the cliff I had to climb. At first I shrank from the foaming water and tried in vain to discover an easier way; then I finally got up the courage to try.</p> <p>“The climb up was nothing like climbing down had been that afternoon. Then the cliff had been dry and high above the surf. Now it was slick as sushi, and white water roiled around me as I climbed.</p> <p>“Just short of the safety of the gully, I could go no farther. One last handhold lay just above my right hand, but I couldn’t reach it. That hand held my heavy surfboard, which a leash still attached to my leg. If I dropped it to the water, the waves would catch it and pull me off the rock. I needed my left hand to hold me in place. I was truly stuck.</p> <p>“Gaven, who had already reached the cliff top, suddenly appeared above me. For a moment, my foolish pride told me not to accept the hand he offered. ‘I’ve come so far on my own,’ I thought. ‘I can make it myself.’ But then I gratefully handed him the surfboard that burdened me, and with my right hand freed, I grasped the last handhold and reached the top.</p> <p>“Summer ended, and I found myself flying off to Iceland. The weather was atrocious, the work was hard, and after the first cold, wet month, I was overcome with discouragement.</p>

"I tried to save myself by concentrating on work and studying more, but my confidence continued to sink.

"One dark day, when the Icelandic police required everyone to stay inside because of Arctic cold and high winds, I sat on the couch in our apartment. Running through my cross-referenced collection of memories, I stumbled across the image of myself clinging to the cliffs at home. I looked at the blizzard outside and realized I was once again in just that position. I'd sworn to the cliff and done all that I could, but my own strength could carry me no more.

"I remembered the scripture in Matthew that said, 'But when he saw the wind boisterous, he was afraid; and beginning to sink, he cried, saying, Lord, save me. And immediately Jesus stretched forth his hand, and caught him' (Matt. 14:30-31).

"My confidence in myself exhausted, unable to climb farther, I had no choice but to humble myself and reach for the Savior's hand. My mission president gave me a priesthood blessing that I would find the assurance I sought. I trusted him. Although I saw no angels or pillars of light, and although the storms continued, I discovered that I had received the gift of strength I needed.

"I know that my Savior lives and that he will lift us all above the waves. The hand that was extended to me is extended to all" (Thomas J. Eastman, "Saved from the Surf," *New Era*, Apr. 1994, pp. 12-14).

- How does this story make you feel about the Savior?
- Is it necessary to be totally free from sin to have a strong personal testimony of Christ?

Explain that our Savior wants us to come to him as we are. We do not have to be perfect to go to him.

Scripture and discussion

Have someone read Mark 2:17.

- What do you think the Savior meant when he said this?

Explain that the Lord does not ask us to heal ourselves of our imperfections before we approach him. As we come to him with those imperfections and a desire to repent and overcome them, he will help us.

Emphasize that each of us can know the Savior of the world and feel his power and influence in our lives. He does not require that we be perfect, but he does require that we do all we can to be like him.

Scripture presentation

Have the young men find and read Doctrine and Covenants 88:63. Ask them to look at the words describing what we must do in order to find the Savior: "draw near unto me"; "seek me diligently"; "ask"; "knock." Explain that these words make clear that we must put forth great effort if we are to draw near to the Savior.

Chalkboard discussion

Write on the chalkboard, *How can I draw closer to the Savior?* Ask the young men to consider this question; then write the answers that you receive. They may include repenting of our sins, keeping the commandments, seeking to draw close to the Savior through prayer, and striving to serve others as the Savior did.

Explain that if we do love the Lord and draw near to him, we will receive the promise recorded in Doctrine and Covenants 88:67-68. Have the young men read these verses and discuss their meaning.

Conclusion

Testimony and challenge

Testify that Jesus Christ is our Savior and Redeemer. He came to earth and lived and died for us. We draw near to him as we do all we can to become like him.

Challenge the young men to try throughout the coming week to act as much like Jesus Christ as they can. Suggest they pray for the Holy Ghost to guide them as they try to become more like Christ.

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Being Humble and Teachable

OBJECTIVE

Each young man will desire to be humble and teachable.

PREPARATION

1. Prayerfully study Exodus 18:13–18, 21–24; Numbers 11:27–29; Matthew 18:4; James 4:10; Mosiah 11:27–28; 12:1, 9; 17:5–13; and Doctrine and Covenants 1:28; 67:10; 112:10; 136:32.
 2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Picture 16, Jesus Washing the Disciples' Feet (62550; Gospel Art Picture Kit 226).
 - c. A pencil for each young man.
 - d. Pencils for marking scriptures.
 3. Prepare for each young man a copy of the word list located at the end of the lesson.
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SUGGESTED LESSON DEVELOPMENT

Handout activity

Servants of the Lord Must Be Humble

- What do you think it means to be humble?

After the class members discuss this question, give each young man a copy of the word list and a pencil. Have them circle the words that describe humility and cross out those that do not. This activity should take no more than five minutes.

Explain that a humble person is meek and teachable. He recognizes that he is dependent on God and wants to submit to God's will. He recognizes the great value of other people. Those who want to be valiant servants of the Lord must be humble.

Scriptures and discussion

Explain that Moses was an example of humility (see Numbers 12:3). He led 600,000 men, plus women and children, through the wilderness to the promised land (see Exodus 12:37). He was the prophet through whom the Lord spoke to the people. Moses could have been jealous of others who exercised priesthood powers. But instead he acted with humility when two men in the camp prophesied to the people.

Have the young men read Numbers 11:27–29.

- What was Moses' reaction to the two men who prophesied? (Moses did not envy those who had also received gifts from the Lord. He wanted all the Lord's people to be blessed by the Lord's Spirit.)

Have a young man read Exodus 18:13–18, 21–24.

- How did Moses react when Jethro, his father-in-law, gave him instruction in how to lead the people?

Point out that Moses was over eighty years old at the time, but he was still anxious to learn. He gratefully accepted the counsel from Jethro and applied it immediately. He was teachable.

These examples show that Moses was meek and humble. There are also examples that show Moses' courage and strength.

- In what ways did Moses demonstrate courage and strength?

You may wish to point out two such examples. Moses courageously spoke the will of the Lord to the Pharaoh of Egypt (see Exodus 7:10, 20; 8:5–10, 29; 10:24–29). He rebuked the Lord's people when they turned to idol worship (see Exodus 32:15–20, 30). Explain that these examples remind us that meekness does not mean that a person is weak.

Story

Explain that Joseph Smith had qualities of kindness and humility that are identified in the following story related by William F. Cahoon, Joseph Smith's seventeen-year-old home teacher. Ask the young men to listen and identify how both the Prophet and the young man were humble and teachable.

"I was called and ordained to act as a teacher to visit the families of the Saints. I got along very well till I found that I was obliged to call and pay a visit to the Prophet. Being young, only about seventeen years of age, I felt my weakness in visiting the Prophet and his family in the capacity of a teacher. I almost felt like shrinking from duty. Finally I went to his door and knocked, and in a minute the Prophet came to the door. I stood there trembling, and said to him:

" 'Brother Joseph, I have come to visit you in the capacity of a teacher, if it is convenient for you.'

"He said, 'Brother William, come right in, I am glad to see you; sit down in that chair there and I will go and call my family in.'

"They soon came in and took seats. He then said, 'Brother William, I submit myself and family into your hands,' and then took his seat. 'Now, Brother William,' said he, 'ask all the questions you feel like.'

"By this time all my fears and trembling had ceased, and I said, 'Brother Joseph, are you trying to live your religion?'

"He answered, 'Yes.'

"I then said, 'Do you pray in your family?'

"He said, 'Yes.'

" 'Do you teach your family the principles of the gospel?'

"He replied, 'Yes, I am trying to do it.'

" 'Do you ask a blessing on your food?'

"He answered, 'Yes.'

" 'Are you trying to live in peace and harmony with all your family?'

"He said that he was.

"I then turned to Sister Emma, his wife, and said, 'Sister Emma, are you trying to live your religion? Do you teach your children to obey their parents? Do you try to teach them to pray?'

"To all these questions she answered, 'Yes, I am trying to do so.'

"I then turned to Joseph and said, 'I am now through with my questions as a teacher; and now if you have any instructions to give, I shall be happy to receive them.'

"He said, 'God bless you, Brother William; and if you are humble and faithful, you shall have power to settle all difficulties that may come before you in the capacity of a teacher.'

"I then left a parting blessing upon him and his family, as a teacher, and took my departure" ("Recollections of the Prophet Joseph Smith," *Juvenile Instructor*, 15 Aug. 1892, pp. 492–93).

Discussion

- How did Joseph Smith's behavior show that he was humble and teachable?
- What actions showed William Cahoon's humility?
- What can you learn from this story about how righteous servants of the Lord should act?

Relate some examples of humility you have observed in members of the ward or branch or in other people you know.

We Must Avoid Pride

Quotation

Read the following statement by President Ezra Taft Benson:

"In the scriptures there is no such thing as righteous pride. It is always considered as a sin. We are not speaking of a wholesome view of self-worth, which is best established by a close relationship with God. But we are speaking of pride as the universal sin. . . .

Scripture and discussion

“Essentially, pride is a ‘my will’ rather than ‘thy will’ approach to life. The opposite of pride is humbleness, meekness, submissiveness (see Alma 13:28), or teachableness. . . .

“Pride is characterized by ‘What do I want out of life?’ rather than by ‘What would God have me do with my life?’ It is self-will as opposed to God’s will. It is the fear of man over the fear of God” (in Conference Report, Apr. 1986, pp. 5–6; or *Ensign*, May 1986, pp. 6–7).

Explain that the scriptures show examples of people who were filled with pride. King Noah was filled with uncontrolled pride and selfishness (see Mosiah 11–12, 17). He was a very wicked king who felt that he was so powerful and wise that he did not need help from the Lord or the prophet Abinadi.

Have the young men read Mosiah 11:1–5, 27–28; 12:1, 9; and 17:5–13.

- What are some ways in which King Noah showed his pride? (He disobeyed God’s commandments. He caused great hardship to his people in order to support his sinful lifestyle. He would not believe the words of the Lord’s prophet and finally had the prophet killed.)

- How do King Noah’s actions match President Benson’s description of pride?

Point out that since King Noah and his people were unwilling to humble themselves, they were taken into bondage by the Lamanites, and King Noah died by fire (see Mosiah 19).

- In what ways do we sometimes show that we have unrighteous pride?

Encourage the young men to discuss this question. They may mention such things as disobeying God’s commandments, feeling that we know better than God what to do with our lives, refusing to repent of our sins, thinking we are better than other people, and treating them badly.

Being Humble Brings Great Blessings

Picture discussion

Display picture 16, Christ Washing the Disciples’ Feet (see John 13:3–9).

- How does this picture show Christ’s humility?

Scriptures and discussion

Explain that some of the Lord’s greatest promises are given to those who are humble. Assign each young man one of the following scriptures to locate and read to himself. Then read aloud the following promises and have the young men identify which scripture describes each promise. Have the verses read to the entire class. If there are more than six young men, assign each scripture to several young men.

Scriptures

1. Doctrine and Covenants 136:32
2. James 4:10
3. Doctrine and Covenants 112:10
4. Matthew 18:4
5. Doctrine and Covenants 1:28
6. Doctrine and Covenants 67:10

Promises

1. If we are humble, the Lord will guide us and answer our prayers.
2. If we are humble, we can be made strong and receive knowledge.
3. If we are humble, the Lord lifts us up.
4. If we are humble, we can learn wisdom and our eyes will be opened.
5. If we are humble, we shall see and know the Lord.
6. If we are humble, we can be great in the kingdom of heaven.

Conclusion**Challenges**

Give the young men the following challenges:

1. Watch for acts of humility by other people, particularly among members of your own family.
2. Evaluate your behavior and watch for times when you can sincerely be humble and teachable.

Word List

meek

self-important

kind

demanding

thoughtful

egotistical

gentle

submissive

tolerant

critical

vain

childlike

follower

childish

patient

boastful

serves others

conceited

rebellious

selfish

teachable

critical

OBJECTIVE

Each young man will desire to control his thoughts and use uplifting language.

PREPARATION

1. Prayerfully study Leviticus 19:12; Matthew 5:34–35; 15:17–20.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. A glass half full of water.
 - c. Various colors of food coloring.
 - d. Pencils for marking scriptures.
3. Prepare a chart with 1 Timothy 4:12 written on it.
4. Fill a clear glass bottle with liquid bleach and label the bottle “Mind and Language Cleaner.”
5. To ensure success, experiment with the object lesson before teaching the lesson.
6. On separate sheets of paper, write the solutions to the case studies found in the last section of this lesson. Give one solution to each young man to be read aloud at the appropriate time.

**SUGGESTED
LESSON
DEVELOPMENT**

Object lesson
and chalkboard
discussion

There Are Many Ways We Can Keep Our Thoughts and Language Clean

- What are some things in our society today that may have a bad influence on our thoughts and speech?

Write the young men’s responses on the chalkboard and discuss them. They may include the following:

Many television shows and movies
Many magazines and books
Swearing
Dirty jokes
Pornography
Jealousy
Selfishness

As the young men mention each evil influence, add a drop of food coloring to the glass of water. Use several different colors.

Explain that our minds become clouded like the water when we let vulgar and impure thoughts and language into our minds.

- How can we keep our thoughts clean so that the Lord’s Spirit can dwell in us?

Tell the young men that cleaning agents exist to help us keep our minds and language clean.

Ask a young man to pour a little bleach from the bottle marked “Mind and Language Cleaner” into the water containing the food coloring. At the conclusion of the readings, the water should be clear again. Tell the quorum that if we use some of the cleaning agents

mentioned below, our minds will be clean like the water. Review and discuss the quotations and ideas.

Sacred Music

"Choose from among the sacred music of the Church, one favorite hymn. . . .

"Now, go over it in your mind very thoughtfully a few times. Memorize the words and the music. . . . Use this hymn as your emergency channel. Use this as the place for your thoughts to go. . . . It will change the whole mood on the stage of your mind. Because it is clean and uplifting and reverent, the baser thoughts will leave" (Boyd K. Packer, *Let Virtue Garnish Thy Thoughts*, Brigham Young University Speeches of the Year [Provo, 26 Sept. 1967], p. 10).

Earnest Prayer

"Through the exercise of self-control and by engaging in earnest prayer, it is possible to learn to govern one's speech" (Henry D. Taylor, in Conference Report, Apr. 1964, p. 89; or *Improvement Era*, June 1964, p. 494).

Savior's Example

"A person who is striving to pattern his or her life after that of the Savior will be pure in thought and action. His or her speech will then be clean, dignified, and worshipful" (Henry D. Taylor, in Conference Report, Apr. 1964, p. 90; or *Improvement Era*, June 1964, p. 494).

Good Company

Choose your company so you will not be tempted. Good choices and self-control are often influenced by those with whom we associate.

Mental Control

Visualize your mind as a big television screen or theater stage. When an evil thought enters, mentally change channels or change the scene or set, and think of something uplifting.

Memorized Scripture

Pick a favorite scripture that has special meaning to you and memorize it. When the temptation to think evil enters your mind, quote the scripture over and over until the thought leaves.

Special Rock

A father tells of the time his little girl presented him with a rock as a special gift. It was small and fit nicely into his pocket. Whenever an evil thought entered his mind, he took out the rock and looked at it. It reminded him of the sweet, innocent spirit and personality of his little girl. While he was thinking of her, no evil thought could stay in his mind. Some object, such as a rock, could remind us of a person whom we hold in such esteem that we could not harbor evil thoughts while thinking of him or her.

Avoid Evil

Avoid pictures, books, magazines, movies, or anything else that would bring evil thoughts into your mind.

Quotation

Read the following quotation:

“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, perhaps, 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 [Provo, 20 May 1953], p. 3).

We Should Use Clean Language in All Situations

Case studies

Explain that it is easy to rationalize the use of some bad language. But young men who are disciples of the Savior should strive to use clean language in all situations, as made clear in the discussion of the following case studies.

Give each young man a solution to one of the following case studies and ask him to read it silently. Then present a case study and allow the young men to discuss it. Afterward, have the young man with the solution share it with the quorum. Do this for each of the case studies.

1. *Problem:* David has noticed that his friends at school swear in their everyday language. They say that the words are so common that they should not be classified as swearing. David is confused. He would like to know just what it means to swear. Could you tell him?

Solution: Swearing includes the taking of the Lord’s name in vain. This is sometimes called profanity, and the Lord has clearly condemned it (see Exodus 20:7).

“There are no doubt some unacceptable words that . . . are offensive only because society happens to consider them so. We should keep in mind that many good people (right or wrong) are offended by these terms and consider them evidence of a lack of Christian dignity or even a lack of morality” (Daniel S. Hess, “Offend Not in Word,” *New Era*, Mar. 1975, p. 9).

2. *Problem:* Joe’s friends are convinced that swearing is completely acceptable. “Everybody does it,” they say to rationalize their habit. What answer would you give to this statement?

Solution: “Despite the prevalence of profanity, there is still good language and bad language, refined speech and crude speech, reverent language and irreverent language, and the prevalence of such practice hasn’t removed the difference between the two” (Richard L. Evans, “The Use of Profanity,” *Improvement Era*, June 1965, p. 554).

3. *Problem:* Russell has let the sacred names of Deity become common in his language at school. He has been careful not to use them at home, but one day one of the words slips out. When his mother tries to talk to him about it, Russell replies, “They are just words. They don’t change how I feel about the Lord. I can’t see anything wrong with them.” If you were Russell’s mother, what would you tell him?

Solution: “The Lord said: ‘Therefore, whatsoever ye shall do, ye shall do it in my name. . . .’ (3 Ne. 27:7.)

“In the Church that Jesus Christ established, all things are done in his name. Prayers are said, children are blessed, testimonies borne, sermons preached, ordinances performed, sacrament administered, the infirm anointed, graves dedicated.

“What a mockery it then becomes when we use that sacred name profanely” (Boyd K. Packer, in Conference Report, Oct. 1967, p. 128; or *Improvement Era*, Dec. 1967, p. 97).

“To use the usual swear words is bad enough—they brand one as crude and careless—but to use profanely any of the names of our Lord is absolutely inexcusable. Should one ever slip in this way he should repent in ‘sackcloth and ashes,’ the same as if he had committed any one of the other serious sins” (Spencer W. Kimball, *The Miracle of Forgiveness* [Salt Lake City: Bookcraft, 1969], p. 54).

4. *Problem:* When John asked his friends not to swear around him, they laughed and ridiculed him: “Why be a hypocrite? This is the real world. You might as well accept life as it really is.” What can John say?

Solution: “Many things that are *real* are not *right*. Disease germs are real, but must we therefore spread them? . . . The reality of profanity does not argue for the toleration of it” (Boyd K. Packer, in Conference Report, Oct. 1967, p. 127; or *Improvement Era*, Dec. 1967, p. 96).

5. *Problem:* Ron’s parents disapprove of his friends because they swear. Ron feels that his parents are judging his friends unfairly. Are they?

Solution: “Profanity is filthiness. A person is known as much by his language as he is by the company he keeps. . . . Filthiness in any form is degrading and soul-destroying and should be avoided” (Joseph Fielding Smith, *Doctrines of Salvation*, 3 vols. [Salt Lake City: Bookcraft, 1954–56], 1:13).

The Lord emphasized the importance of strengthening each other in our speech as well as in our actions when he said, “Strengthen your brethren in all your conversation, in all your prayers, in all your exhortations, and in all your doings” (D&C 108:7).

Conclusion

Scriptures and discussion

On the chalkboard list Leviticus 19:12 and Matthew 5:34–35; 15:17–20.

Have the young men find the scriptures and read them aloud.

Briefly discuss each scripture, pointing out that because the Lord has commanded us not to swear or profane, we really need no other reason to keep our thoughts and speech clean.

Point out that a spiritually mature young man will do the things his Heavenly Father asks of him, having faith that Heavenly Father will ask him to do only those things that bring happiness. He will keep his language clean.

Challenge

Challenge the class members to try one of the methods suggested to control their thoughts and speech. Emphasize that someday they will serve as examples on their missions and to their children. They now serve as examples to their friends and other family members. With such a responsibility, now is the time to build thought and speech habits worthy of emulation.

OBJECTIVE

Each young man will understand that he can be a tool in the hands of God by serving others.

PREPARATION

1. Prayerfully study Matthew 20:27; Luke 9:24; John 3:16; 21:15–17; and Mosiah 18:7–10.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Picture 16, Jesus Washing the Disciples' Feet (62550; Gospel Art Picture Kit 226).
 - c. Two or three tools or pictures of tools, such as a hammer, saw, rake, shovel, and screwdriver.
 - d. A piece of paper and a pencil for each young man.
 - e. Pencils for marking scriptures.
3. Before the lesson, discuss with the bishop some ways quorum members might serve, both individually and as a group. At the end of the class period, the young men may wish to choose an individual or group service project.

**SUGGESTED
LESSON
DEVELOPMENT**

Story

Read the following:

Jim glanced around the chapel during the opening hymn in priesthood meeting. He noticed Bill Johnson, who was new in the ward, sitting by himself. Several times during the song Jim saw the lone figure on the back row, and he made a mental note to be sure to give Bill a special welcome. He could have gone back to sit by him then, but he felt that would be too awkward. Jim thought to himself, "Bill should do things on his own to become better acquainted. He could have chosen a seat next to someone."

The singing ended, and all thoughts of Bill Johnson vanished as Jim turned his attention to the class that followed with all of his friends. However, as he stood to say the closing prayer, he could see that Bill Johnson was feeling left out. He resolved that immediately after the prayer he would hurry over and offer his friendship. As he said amen he looked up to see Bill slip out the door.

"Oh well," he thought to himself, "I'll catch him next week."

Objects or pictures

Display some tools or show pictures of them.

- What makes these tools work?

Explain that no matter what the purpose of these tools, they can perform their function only in the hands of a person.

Quotation and discussion

Elder Marion D. Hanks has talked about the kind of tools with which Heavenly Father has to work:

"The Lord said, speaking of His servants, 'Their arm shall be my arm.' [D&C 35:14.] Have you thought about this? To me this is one of the most sacred and significant and personal commissions I can read about in the holy records or elsewhere. The Lord says this arm of mine is His arm. This mind, this tongue, these hands, these feet, this purse—these are the only tools He has to work with so far as I am concerned. . . . So far as you are concerned, your arm, your resources, your intelligence, your tongue, your energy, are the only tools the Lord has to work with" (*Service*, Brigham Young University Speeches of the Year [Provo, 15 Oct. 1958], p. 3).

	<ul style="list-style-type: none"> • How does this statement make you feel about serving other people? <p>Explain that Jim had an opportunity to help Bill at a time when he was lonely and unsure. But Jim lost his chance by not doing what he was prompted to do.</p> <ul style="list-style-type: none"> • How could Jim have taken better advantage of his opportunity to serve God by helping someone in need? (Jim could have spoken to Bill after the opening exercises or called him on the telephone after church.)
Scripture and discussion	<p>Explain that when we were baptized, we entered into a covenant with the Lord that we renew each time we take the sacrament.</p> <p>Have a young man read Mosiah 18:7–10.</p> <ul style="list-style-type: none"> • According to these verses, how are we to serve other people? • Why do you think we are serving God when we serve his children? (Because God loves his children and wants their needs to be met.) <p>Explain that a person who loves God freely serves others. He frequently asks himself, “Whom have I helped today? Whose burden is lighter because he passed my way?”</p>
Adviser presentation	<p>Explain that service is the product of love. It is the way we show love for God, others, and even ourselves. One of life’s greatest joys is the peace and contentment that come from knowing that another’s life has been improved because of our efforts in his behalf. Service is love’s greatest gift.</p>
Scripture and discussion	<p>Have a young man read John 21:15–17.</p> <ul style="list-style-type: none"> • What was the Savior’s charge to Peter? (If Peter truly loved him, Peter would feed his sheep.) • What did Christ mean by “feed my sheep”? (Teach and serve others.) <p>Explain that if we truly love the Savior we will serve others. We will lift them up, strengthen them, encourage and teach them, and do whatever the Lord himself would do if he were here.</p>

Our Greatest Gift Is the Gift of Ourselves

Adviser presentation and discussion	<ul style="list-style-type: none"> • What is an epitaph? (A statement about the life of a person who has died. Many times an epitaph will state what a person did or what he was like while he was living.) <p>Read the following epitaphs of the lives of two men:</p> <p>“Here lies a miser who lived for himself And cared for nothing but gathering pelf [money or riches]. Now, where he is, or how he fares, Nobody knows and nobody cares.”</p> <p>“Sacred to the memory of General Charles George Gordon, who at all times and everywhere gave his strength to the weak, his substance to the poor, his sympathy to the suffering, his heart to God.”</p> <ul style="list-style-type: none"> • What was the chief difference in the way these two men lived their lives? <p>Explain that as we love and serve one another, the greatest gift we have to offer is to give of ourselves.</p> <ul style="list-style-type: none"> • How do we give of ourselves? (By sharing our time, talents, and abilities with others as the need arises, by showing an interest in another person, and by helping to ease another’s burdens.)
Chalkboard discussion	<p>Ask the young men to think of the two or three individuals who have had the greatest influence for good in their lives.</p> <ul style="list-style-type: none"> • What specifically did they do that was most helpful to you? <p>Write the young men’s responses on the chalkboard.</p>

Emphasize that those who are most helpful to us usually are those people who—

1. Take time to help us.
2. Really care for us.
3. Teach us something we really need to know.
4. Listen to us without criticizing and carefully consider the feelings behind what we have to say.

Writing activity

Hand a piece of paper and a pencil to each young man. Instruct them to write down the words *family*, *church*, and *friends*.

Have the young men list under each word several ways in which they can be of service to people in that category. Allow three or four minutes for the activity. Then invite the young men to share some of their ideas with the other quorum members.

We Should Give throughout Our Lives

Picture, scripture, and discussion

- Why do we exchange gifts at Christmas? (Giving gifts symbolizes God's love for each of us in sending the gift of his Son.)

Have a young man read John 3:16. Explain that Christ's entire life was a perfect example of service. Display the picture of Christ washing the disciples' feet.

Have a young man read Matthew 20:27. Explain that Christ taught the principle of service to his disciples by example. Washing of other people's feet was a task usually reserved for household servants, but the Savior did it freely for his disciples.

Have a young man read Luke 9:24.

- How do we lose our life for Christ's sake? (By loving and serving others the way Jesus did with the help and guidance of the Spirit.)

- If you give service to someone who fails to thank you or who does not seem to appreciate your kindness, how should you react?

Help the young men understand that service should not be given for the purpose of receiving thanks or praise.

Quotation and discussion

- What does the word *mundane* mean? (Common and ordinary.)

Read President Spencer W. Kimball's statement:

"So often our acts of service consist of simple encouragement or of giving mundane help with mundane tasks—but what glorious consequences can flow from mundane acts and from small but deliberate deeds" ("There Is Purpose in Life," *New Era*, Sept. 1974, p. 5).

- How can each of us serve as a tool for Heavenly Father in giving service to others?

Discuss the young men's ideas. You might suggest some types of service, such as reading to a younger brother or sister, offering a smile or a kind word to a neighbor, or doing an errand for a family member.

Adviser presentation

Explain that unlike the giving of gifts once a year at Christmas, the giving of the gift of self is a lifelong process. Just as the gospel is not limited to Sunday worship, service to others is not limited to a single act, such as raking a widow's leaves once. We must constantly love and serve others. As priesthood holders we have a special responsibility to give of ourselves in daily service to others.

Point out that sometimes we think that, in order to be effective, an act of service must be large or impressive. But glorious results can come from seemingly small deeds.

Conclusion

Quotation

Read the following statement:

"It is by serving that we learn how to serve. When we are engaged in the service of our fellowmen, not only do our deeds assist them, but we put our own problems in a fresher perspective. When we concern ourselves more with others, there is less time to be

concerned with ourselves! In the midst of the miracle of serving, there is the promise of Jesus, that by losing ourselves, we find ourselves!" (Spencer W. Kimball, "There Is Purpose in Life," *New Era*, Sept. 1974, p. 4).

Testimony and
challenge

Testify that as each young man serves others, he will make others happy. He will also feel happier himself, feel more satisfied with life, and forget many of his own problems.

Challenge each young man to do an act of service for someone each day and record it in his journal. Have the young men report their efforts during the next quorum meeting.

Presidency
presentation
(optional)

Have the quorum presidencies or bishop's assistants present plans for a service project, or have the quorum members suggest one.

OBJECTIVE

Each young man will strengthen his testimony by sharing it often.

PREPARATION

1. Prayerfully study Isaiah 43:10–12 and Doctrine and Covenants 62:3.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Pencils for marking scriptures.
3. Prepare three wordstrips:
 - a. “Jesus Christ is the Son of God and the Savior of the world.”
 - b. “Joseph Smith is the Prophet of God through whom the gospel was restored.”
 - c. “The Church of Jesus Christ of Latter-day Saints is ‘the only true and living church upon the face of the whole earth’ (D&C 1:30).”
4. Prepare to share an experience you have had with being strengthened and blessed by the testimony of another person. Or you may want to invite a ward member to share such an experience.
5. Prepare a handout for each young man of Doctrine and Covenants 62:3.

**SUGGESTED
LESSON
DEVELOPMENT**

Scriptures and
discussion

We Should Be Witnesses of God

Have the young men read and mark Mosiah 18:8–9.

- What does it mean to “stand as witnesses of God”? (To make sure that our lives, as well as our words, testify of the existence of Heavenly Father and Jesus Christ.)
- When and where are we to be witnesses of God?
- What are some ways we can be witnesses of God?

Explain that we can be witnesses by the way we act and the way we treat others. We can also be powerful witnesses by bearing our testimonies to others. It is most appropriate to bear testimony at a time when the person we are speaking with is most receptive and willing to listen.

Ask a young man to read Isaiah 43:10–12.

- What does the Lord want his servants to do?

Discussion and
adviser presentation

We Should Testify of Gospel Truths

- What kinds of things should we include when we bear a testimony?

Explain that we should give careful thought to the words we say when we bear our testimonies to others. Our testimonies should be brief and heartfelt. We should testify of gospel truths. We may relate faith-promoting experiences. But we should avoid preaching; relating long narratives of experiences; and making routine, repetitious statements.

Wordstrips and
discussion

Explain that Elder Bruce R. McConkie pointed out three great truths that should be part of a testimony (see *Mormon Doctrine*, 2nd ed. [Salt Lake City: Bookcraft, 1966], p. 786).

Give each of the following wordstrips to a young man:

- a. “Jesus Christ is the Son of God and the Savior of the world.”
- b. “Joseph Smith is the Prophet of God through whom the gospel was restored.”

c. "The Church of Jesus Christ of Latter-day Saints is 'the only true and living church upon the face of the whole earth' (D&C 1:30)."

Have the wordstrips read aloud and displayed.

- Why is it important to have a strong testimony of these three truths?
- Why are these truths important to include when you bear your testimony?

Our Testimonies Can Help Others

Adviser or visitor
presentation

Share an experience you have had with being strengthened and blessed by the testimony of another person. Or ask the assigned visitor to share such an experience.

- To whom can you bear your testimony?

Explain that our own families should be the first to hear our testimonies. We can also bear our testimonies to those we home teach, to member and nonmember friends, and to ward or branch members in testimony meetings.

Remind the young men of the following story from lesson 30. In this story, a mother wrote her son a letter sharing her testimony of the Savior's teachings. This testimony was a great blessing to her son in a time of trial.

Elder Frank Croft was a missionary in the southern United States in the early days of the Church. He taught the gospel in an area where some of the people became very angry at his teachings. A mob of armed men forcefully took him into the woods, where they told him to remove all of his clothing above the waist. They tied his arms and body to a tree and prepared to lash his back until the blood flowed.

Elder Croft had no alternative but to do what the mob asked, but as he was doing so, a letter fell from his pocket. It had been written by his mother, who lived in Utah. A short time before, Elder Croft had written to his parents telling them about the mob violence, and this letter from his mother was an answer to his concerns. The letter said:

" 'My beloved son, you must remember the words of the Savior when He said, "Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven;" also "Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you." Also remember the Savior upon the cross suffering from the sins of the world when He had uttered these immortal words, "Father, forgive them; for they know not what they do." Surely, my boy, they who are mistreating you Elders know not what they do or they would not do it. Sometime, somewhere, they will understand and then they will regret their action and they will honor you for the glorious work you are doing. So be patient, my son, love those who mistreat you and say all manner of evil against you and the Lord will bless you and magnify you in their eyes and your mission will be gloriously successful.' "

The leader of the mob picked up the letter and began to read it. His face and eyes were so hard and cruel that Elder Croft knew no sympathy would come from him. He closed his eyes and waited for the beating to begin, silently thinking of his home and his beloved mother. He opened his eyes a few moments later and found that the leader had seated himself on a nearby stump and was rereading the letter. His face had undergone a great change. "Much of the hardness and cruelty in his face were gone; his eyes were slightly dimmed by moisture. His whole personality appeared to have changed. He would read a line or two or a paragraph and then sit and ponder, and deep down in the Elder's conscience was the hope, yes, the conviction that the man's heart had been touched by the loveliness and beauty of his mother's letter."

The man finally arose and said, " 'Feller, you must have a wonderful mother. You see, I once had one, too.' Then, addressing the other members of the mob, he said, 'Men, after reading this Mormon's mother's letter, I just can't go ahead with the job. Maybe we had better let him go.' Elder Croft was released and went his way" (Arthur M. Richardson, *The Life and Ministry of John Morgan* [Nicholas G. Morgan Sr., 1965], pp. 267–68).

- Of what truths did this mother bear testimony to her son?
- How did her testimony bless her son and the men who were persecuting him?

Sharing personal experiences

Invite the young men to share experiences they have had with bearing testimony formally or informally to a family member or friend.

Our Testimonies Become Stronger As We Share Them

Quotation

One Church leader learned that we strengthen our testimonies when we share them with others. He related this experience with a twelve-year-old boy:

"The power of a plain, unadorned testimony is always impressive to me. I recall a twelve-year-old boy standing in front of a large congregation to share his testimony. As he stood trembling in fear and emotion, his voice failed him. He stood speechless; our hearts went out to him. The creeping seconds dragged on, making the silence of the moment intense. . . . After great uneasiness . . . he raised his bowed head and softly said, 'Brothers and sisters, my testimony is too small.' He cleared his voice and sat down. His message had been given. I thought then, as I think now, what a timely observation. Whose testimony isn't too small? Whose testimony doesn't need to be added upon? After this one-sentence sermon, I acknowledged before the congregation that my testimony was too small also and I was going to give it a chance to grow by more frequent sharing. I had been taught by a plain, simple statement" (Marvin J. Ashton, in Conference Report, Apr. 1977, p. 99; or *Ensign*, May 1977, p. 67).

Discussion and quotation

- Why do you think that our testimonies are strengthened as we bear them to others?

Let the young men discuss; then read the following statement:

"When a person bears his testimony, he receives new strength and spiritual power. I believe this happens because finding the words to express our beliefs somehow makes them more real to us. Telling someone how much you appreciate your parents automatically intensifies those feelings. And thinking through something so you can say it brings the concept into focus. . . . When one makes his testimony public, he often gains significant insights about the gospel.

" . . . Talking about our feelings lets us pay attention to them long enough to realize how important they are to us. Bearing testimony repeatedly helps that which we know and feel to surface and become a consistent part of us" (Margaret Hoopes, "Community and Communing," *Ensign*, Jan. 1978, p. 50).

Conclusion

Adviser presentation and testimony

Explain that it is very important for us to share our testimonies of truth because our testimonies grow from sharing them with others. Testimony bearing is for the benefit of those who bear their testimonies as well as for those who hear them.

Share your testimony with the young men.

Handout and challenge

Give each of the young men a card with the scripture reference Doctrine and Covenants 62:3. Have them locate the scripture and mark it. Challenge them to memorize it during the week.

Follow up on the memorization of this scripture during the next quorum meeting.

Suggested activity

As a follow-up activity, plan a testimony meeting where the young men can have an opportunity to share their testimonies with the quorum.

OBJECTIVE	Each young man will learn how to be an effective home teacher.
PREPARATION	<ol style="list-style-type: none">1. Prayerfully study Doctrine and Covenants 20:46–57.2. Materials needed:<ol style="list-style-type: none">a. Copies of the scriptures (each young man should bring his own).b. Pencils for marking scriptures.3. Make a copy on a card or piece of paper of each of the role-playing situations described in the lesson. Hand them out to some of the young men at the beginning of the quorum meeting.4. Study each of the role-playing situations carefully.5. If it is available in your area, you may want to show “Following the Spirit,” on <i>Family Home Evening Video Supplement</i> (53276).
SUGGESTED LESSON DEVELOPMENT	<p>Home Teachers Are to Help Their Assigned Families</p> <p>Story</p> <p>Larry Foster, an Aaronic Priesthood holder, lives with his mother in a small branch. Larry’s father was killed in an automobile accident when Larry was young, and Larry works to help support his mother and younger sisters. He has chosen not to go with the quorum on many of their activities so he can work to help buy food and clothing for the family. Neither Larry nor his mother feels that they are included in the branch, even though they both are active.</p> <ul style="list-style-type: none">• How could Larry’s priesthood quorum help him? <p>Let the young men discuss this situation. Help them realize that the quorum has a responsibility to help Larry and that the home teachers have a responsibility to help the family.</p> <ul style="list-style-type: none">• If you were one of the home teachers, what could you do to help Sister Foster and her family? How could you help them feel needed and wanted in the branch? <p>Help the young men understand that visiting the Fosters is important, but more effort is required. Effective home teaching is not merely a monthly visit. It is a commitment to help meet the family’s spiritual and temporal needs.</p>
Scripture and chalkboard discussion	<p>Duties of the Home Teacher</p> <ul style="list-style-type: none">• What are the duties of home teachers? <p>List the young men’s responses on the chalkboard. Have them read Doctrine and Covenants 20:46–57. Suggest that they mark the verses that seem important to them.</p> <ul style="list-style-type: none">• Which of these verses describe the duties of a home teacher?• Who calls Aaronic Priesthood holders to be home teachers? (The Lord through his representatives, the local priesthood leaders.)
Role playing	<p>To help the young men understand more about home teaching, use role-playing situations similar to the following. Assign pairs of young men to be home teaching companions for the following situations. Give each set of companions one of the cards or papers on which you have written a home teaching situation. You and the bishop could act as some of the family members to whom the home teachers are assigned. You may also want to have some of the young men take the parts of family members.</p>

Situation 1

Read the following:

Two home teachers have just been assigned to the Allen family. The Allens are active in the ward and attend all their meetings. Richard Allen is a priest and often blesses the sacrament. The junior companion of the home teachers is a priest and knows Richard from school. He is aware that Richard is using drugs and alcohol with some of his friends at school and is drifting away from the Church. The two new home teachers are having their first planning meeting to decide how to help their families. The senior companion tells the junior companion that the Allens are active, and he knows of no problems with the family. Have two young men role-play how the planning session might continue.

Situation 2

Read the following:

Two home teachers, a priest and a high priest, have been visiting the Garcias for several months. Brother Garcia is elderly and confined to a wheelchair, and Sister Garcia is not well enough to work outside the house. The home teachers have noticed that there is much work to do in the yard and would like to help, but each time they ask if there is anything they can do, Brother Garcia replies that there is not. The home teachers have discussed the situation and have decided that something must be done to help. The home teachers are now visiting in the home.

Have two young men role-play how the home teachers could help the Garcias without lessening the self-respect of the Garcias.

Situation 3

Read the following:

For some months two home teachers have been assigned to several families in the ward. Some of the families are active and some are not. The senior companion is a high priest who is not very responsible about visiting the families. When he does go, he usually talks about the weather and whatever comes to mind. The junior companion knows that the families need some help, but he does not feel he should go alone to visit or should take over the responsibilities of his senior companion. Each month the Aaronic Priesthood holder calls the senior companion to ask him when they are going to visit the families. He is now about to make the call. He is determined that he will somehow get his senior companion to visit and do a good job so that the families will be helped.

Have two young men role-play the conversation between the two companions.

Discussion

After each situation has been acted out, have the quorum members discuss additional ways to handle the situation. Bring out the following points during the discussion:

1. Home teachers need to counsel together as companions.
2. Home teaching is more than just visiting a family. It is showing genuine concern for the family members and their needs.
3. Sometimes the junior companion can do more than the senior companion with family members his own age.
4. Home teachers should work to maintain the dignity of the families who are helped.
5. Suggesting particular things to do for the family can be more effective than asking what can be done to help.
6. The junior companion must be wise and careful when he prompts a senior companion who is not ready to lead.
7. Home teachers should work with the head of the family in planning visits so that they can help him or her meet the family's needs.

Add any points from your own experiences that may help the young men to better understand their responsibilities. Use these role-playing situations to help the young men better understand the importance of effective home teaching.

Home Teachers Can Change People's Lives

Story

Read or tell the following story:

"Thank goodness for the home teachers."

"Brother Bjarne Engman said those words with emphasis as he recalled the events that had brought a return of activity in the church to his family. . . .

"I met a lady at work who didn't smoke or drink coffee. I asked if she was a Mormon, and her answer was "yes."

"We began to talk and as a result the branch president came to see us. We asked for the missionaries," Brother Engman recalled.

"No," the branch president said, "You are members, we will send the home teachers."

"The home teachers were great men. They renewed our interest in the gospel. They came often. They looked after us in every way. They were so well informed and spent so much time that we knew they were interested in us. We knew that they loved us.

"We were slow to respond, and I think they may have been discouraged. Each time they prayed with us. It was the prayers that touched us finally. One evening they asked us to pray. I said, "I will if my wife will." She did, and we enjoyed a great spiritual experience," he said.

"Working with wisdom and patience, the home teachers prepared the way and invited them to attend Sunday School.

"We had a welcome we will never forget," Sister Engman said. "We were like the prodigal son returning.

"The members were so friendly. We were invited to their homes, and they came to visit us. Soon we were enjoying the spirit of the gospel. We wanted to have our children baptized."

". . . Missionaries taught the children. But it was the home teachers who were asked to baptize the older children. Brother Engman didn't have the priesthood.

"The home teachers, Svenerik Thompsen and Preben Devantie, taught the Engman family about Family Home Evening.

"We had Family Home Evening with the home teachers the first time. It was wonderful. We had a lesson, played some games about the church and had cake and juice," Sister Engman explained.

"Then we started having our own Family Home Evening," Brother Engman added. "And it has been wonderful for the family."

"Now their church activity and personal involvement is complete. Brother Engman [became] a member of the high council of the Copenhagen Denmark Stake. Before that he was in the district presidency.

"Sister Engman [became] the inservice leader for the Primary, as well as being the secretary of the Primary and president of the ward choir" ("Home Teachers Show the Way," *Church News*, 16 Nov. 1974, p. 12).

- What did these home teachers do to bless this family?

Personal experiences

You may want to share an experience you have had with effective home teaching. Invite the young men to also share any experiences they have had.

Conclusion

Testimony

Testify that the Lord has instituted home teaching for the benefit of the Saints. He has called priesthood bearers to perform this important function. We must wisely carry out this duty. Home teaching requires us to have continuous concern for the families to whom

we are assigned and constant thought about how to serve. We cannot do this without help from the Lord, and he is always ready to help if we will ask.

Challenge

Challenge the young men to become more involved with the families to whom they are assigned as home teachers. Challenge them to find at least one way each month to show their concern for the families.

OBJECTIVE	Each young man will analyze himself and strive to be honest in all things.
PREPARATION	<div>1. Prayerfully study Exodus 20:13–17 and Alma 7:20.</div> <div>2. Materials needed:<div>a. Copies of the scriptures (each young man should bring his own).</div><div>b. Pencils for marking scriptures.</div></div>
SUGGESTED LESSON DEVELOPMENT	<div>Dishonesty Causes Unhappiness; Honesty Brings Peace</div> <div>Quotation and discussion</div> <div>Quotation</div> <div>Adviser presentation</div>
Scripture and discussion	<div>Honesty Is the Basis for All Good Relationships</div> <div>Explain that honesty is the basis of all good relationships. Many of the Ten Commandments teach us how to live peacefully with others.</div> <div>Have the young men read and mark Exodus 20:13–17.</div> <div><ul style="list-style-type: none">In what way does each of these verses teach us to be honest? What do these verses teach about the value the Lord places on honesty?</div>

Adviser presentation	<p>Explain that successful relationships depend on people being able to trust each other. Treaties are made between nations on the basis of trust. When there is a lack of trust between nations, diplomatic relations break down and trade and other peaceful activities cease. War may result. The reestablishment of trade and diplomatic relations comes only as trust is rebuilt between the nations.</p> <p>The same is true of relationships between people. We like to build relationships with those we can trust. We respect those who have demonstrated that they are honest in their dealings with us and others. When we think of those we respect most highly, it becomes apparent that they are the people whom we trust to do what they say they will do and deal honestly with us.</p>
Discussion	<ul style="list-style-type: none"> • How do you know that you can trust someone? (By experience with the person.) • What experiences have you had that show you can trust your parents, the bishop, and your friends? <p>Let the young men relate some of the experiences that have led them to trust others. Point out that in each case there has been personal integrity on the part of the trusted one.</p>
Scripture and discussion	<p>One of the most important characteristics of the Lord is that he always keeps his word to us. Have one of the young men read and mark Alma 7:20.</p> <ul style="list-style-type: none"> • In what way does this verse help you know that you can trust the Lord? • What does it mean to us that the Lord will not vary from what he says? • How can this verse help you learn how to treat others? <p>Make sure the young men understand that we learn to trust the Lord because we know he is honest with us. We should also be honest with others so that they can trust us.</p>

Honesty Prepares Us to Serve the Lord

Quotation	<p>Explain that honesty prepares us to serve the Lord. A young man cannot be an effective missionary unless he has learned to be honest. Read the following statement by President N. Eldon Tanner:</p> <p>“There is no greater quality of character than honesty in all we do. . . . I am very sorry to report that we have cases where people, both men and women, have lied to go to the temple and to go on missions. The Lord has said that no unclean thing shall enter the temple of God. (See D&C 97:15.) When one is being interviewed for a temple recommend or for a mission, he should realize that the bishop and stake president are representing the Lord and that their answers are to the Lord and their commitments to the Lord. The Lord knows and will not be mocked. . . .</p> <p>“Prospective missionaries should realize that the Lord wants somebody in whom he can place every confidence, one who is clean and worthy in every way to represent him in the mission field. If you are not worthy, don’t accept a call, don’t lie to get there, but through repentance prepare yourself to go” (in Conference Report, Apr. 1976, pp. 66–67; or <i>Ensign</i>, May 1976, p. 44).</p>
Discussion	<ul style="list-style-type: none"> • Why is it so important not to lie to our priesthood leaders? <p>Emphasize the great importance of the young men keeping themselves worthy to go on a mission.</p>
Story and discussion	<p>Explain that one of the Lord’s leaders in South America learned as a child to be honest. Tell the following story:</p> <p>“When Ben Pantoja of Santiago, Chile, was six years old, his parents went to a nearby city to buy groceries for the family. After they had gone, Ben’s eight-year-old brother said, ‘Let’s go get an ice cream cone.’</p> <p>“Now, an ice cream cone for Ben and his little sister Mercedes was a special treat. They asked their brother what they would do for money. He said their father had told him if they wanted a treat he could take the money from the chest where they kept the family budget.</p>

Ben knew in his heart that was not the truth, but the anticipation of the ice cream overwhelmed his sense of what was right.

“They had their ice cream cone. When their parents returned home, Ben’s mother went to the chest to return the change from their trip to the market and noticed that money was missing. The children were questioned and the truth discovered.

“Ben Pantoja made up his mind that night that he would never be dishonest again, that he would never go contrary to what he knew to be right. Today he is one of the Lord’s chosen leaders in South America because he has kept his resolve” (Lynn Mickelsen, “Stretching the Truth,” *New Era*, Apr. 1992, p. 4).

- How do you think Ben’s decision as a child prepared him to become a leader in the Church?

Conclusion

Adviser presentation

Tell the young men that Heavenly Father has given us the opportunity to become like him and to eventually become gods. It is impossible to imagine that we can become like Heavenly Father until we can be honest with others and with ourselves.

Testimony and challenge

Bear testimony of the value of honesty in your life. Challenge the young men to analyze how honest they are and strive to be more honest by following the promptings of the Holy Ghost.

OBJECTIVE

Each young man will learn the value of education in becoming a future provider for a family and a more effective servant of the Lord.

PREPARATION

1. Prayerfully study 2 Nephi 9:28–29 and Doctrine and Covenants 88:78–80.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Pencils for marking scriptures.
3. Make a list of some of the schooling opportunities available in your area.
4. Optional: Prepare handouts of the challenges at the end of the lesson.
5. If it is available in your area, show “Self-Reliance and Service,” on *Family Home Evening Video Supplement* (53276).

**SUGGESTED
LESSON
DEVELOPMENT**

Scripture and
chalkboard
discussion

We Are Commanded to Seek Learning

Have a quorum member read Doctrine and Covenants 88:77–80. Suggest to the young men that they mark key words in the passages.

- According to these verses, what does the Lord want us to learn? (The principles, doctrines, and laws of the gospel; also information about the earth, the heavens, history, current events, our own country, and other countries.)

List the young men’s answers to these questions on the chalkboard.

Explain that the Lord wants us to learn as much as we can about many subjects.

- What is the most important kind of knowledge we can obtain?

Quotation

Read the following statement by President Ezra Taft Benson:

“The truths upon which our eternal salvation rest are the most crucial truths that we must learn. No man is truly educated unless he knows where he came from, why he is here, and where he can expect to go in the next life. He must be able to adequately answer the question Jesus posed, ‘What think ye of Christ?’

“This world cannot teach us these things. Therefore, the most essential knowledge for us to obtain is the saving knowledge of the gospel and of its Author—even Jesus Christ” (“In His Steps,” *Ensign*, Sept. 1988, pp. 4–5).

Adviser presentation

Explain that the Lord wants us to gain many kinds of knowledge, but spiritual knowledge is the most important, and it will help us use other kinds of knowledge well. Spiritual knowledge helps us prepare to meet God, which is the purpose of mortality. Secular knowledge can help us to become even more like God, but it is spiritual knowledge that saves us.

Scripture and
discussion

Ask the young men to refer back to Doctrine and Covenants 88:80.

- What should be our purpose in obtaining knowledge of all kinds?

Have a young man read 2 Nephi 9:28–29. Suggest that the young men mark key words.

- Why do you suppose there is a tendency for people to stop listening to God’s counsel as they become learned? (Sometimes as people obtain an education, they develop pride in themselves because of their new knowledge and skills. They may feel more self-sufficient and less humble and reliant on the Lord.)

Adviser presentation	<ul style="list-style-type: none"> • How can this scripture help us as we learn the things of the world? (It can serve as a reminder that if we remain humble, learning will be good for us.) <p>Emphasize that the Lord wants us to gain knowledge and wisdom but that in the process we must continue to recognize our dependence on him. If we keep the commandments and continue believing, we will be blessed because of our diligent and wise pursuit of knowledge.</p>
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Education Can Prepare Us for Gainful Employment

Discussion	<p>Explain that a major reason for obtaining education is so that we can obtain good employment and provide well for our future families. Education does not always have to be obtained in school. There are some jobs that can be learned through on-the-job training. However, in most areas of the world today, some kind of schooling—through trade schools, colleges, or universities—is required for most jobs.</p> <ul style="list-style-type: none"> • What are some of the schools or training available to help young people in this area prepare for a career? <p>Write the young men's responses on the chalkboard and tell them about the other opportunities of which you are aware.</p>
Adviser presentation	<ul style="list-style-type: none"> • What aspects of your life will be influenced by the type of work you do? (The young men may mention such things as the place where they will live, how much money they will have for their family, the type of people they will spend time with, their physical and mental well-being.) <p>Explain that because our work affects our lives so greatly, we should prepare to do something that we enjoy and that we can do well. Because so much of our lives is spent working, we should prepare well to work. It is also important that our work allows us to serve our fellowmen in some good way.</p> <p>President Spencer W. Kimball counseled: "You are not going to be satisfied, I am sure, with merely preparing to make a living, important as that is, but it must be secondary to the great and important thing of helping the Lord to bring to pass the immortality and eternal life of man, unselfish service. I would hope that you who are training to be teachers would not be learning to teach for the compensation that would come each month, but that you might inspire people throughout your lifetime, that you might build faith and build character in many. I would hope that you who are following other fields of endeavor, that your education and your employment would be a means to an end and not the end in and of itself. . . . Do great things for the glory of God and for the benefit of mankind" (<i>The Teachings of Spencer W. Kimball</i>, ed. Edward L. Kimball [Salt Lake City: Bookcraft, 1982], p. 257).</p>
Discussion and quotation	<ul style="list-style-type: none"> • In what ways do a car mechanic, a city mayor, a dentist, and a farmer serve God while working at their occupations? <p>Ask the young men to suggest some common occupations in their area and discuss how people in these occupations serve the Lord.</p> <p>Explain that any honorable vocation is pleasing to the Lord. Elder Boyd K. Packer said: "There is great dignity and worth in any honest occupation. Do not use the word <i>menial</i> for any labor that improves the world or the people who live in it" (in Conference Report, Apr. 1982, p. 121; or <i>Ensign</i>, May 1982, p. 84).</p> <p>Show the video presentation "Self-Reliance and Service."</p>

Education Should Be a Lifelong Pursuit

Quotation	<p>Explain that some people consider education useful only if it helps prepare them for a job. But the Lord wants us to continue seeking knowledge throughout our lives.</p> <ul style="list-style-type: none"> • Besides helping you find a job, in what ways does education bless your life? <p>Encourage the young men to expand their interests. As they prepare for missionary work, they could benefit by studying many subjects, such as language, literature, geography, and history.</p>
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Conclusion

Challenges

Give the following challenges to the young men. Either list them on the chalkboard, or distribute them as a handout.

1. Diligently and prayerfully study the gospel.
2. Obtain knowledge of the world to prepare for a career and to better serve the Lord.
3. Maintain the proper balance between religious and secular learning.
4. Make education a lifelong pursuit.
5. Take advantage of current educational opportunities now.

OBJECTIVE Each young man will understand that he is part of a wonderful legacy because he belongs to The Church of Jesus Christ of Latter-day Saints.

PREPARATION

1. Study the following scriptures: 2 Thessalonians 2:2–3, Matthew 24:11–12, Isaiah 24:5, 2 Timothy 4:3–4, and Amos 8:11–12.
2. Materials needed:
 - a. Copies of the scriptures (each young man should bring his own).
 - b. Pencils for marking scriptures.
3. If they are available in your area, prepare to show *The First Vision* and *Restoration of the Priesthood* from the videocassette *Moments from Church History* (53145).

NOTE This lesson is prepared to help teachers remind young people of their great heritage as members of the Lord's church on earth. The lesson could take two class periods to present.

**SUGGESTED
LESSON
DEVELOPMENT**

There Was a Great Apostasy

Adviser presentation Explain that Jesus Christ established his church when he lived here on earth. He ordained Apostles and other leaders to lead the Church after his death. These leaders taught the gospel throughout the world and established many branches of the Church. However, some people began to change the teachings of the Savior, and many people were deceived.

Scriptures and discussion Write the following references on the chalkboard:

2 Thessalonians 2:2–3

Matthew 24:11–12

Isaiah 24:5

2 Timothy 4:3–4

Amos 8:11–12

Ask the young men to find these scriptures and read them to learn what happened to the Church after the death of Jesus. After studying the scriptures, each person should be able to answer these questions:

- What happened to the Church that Jesus established when he lived on the earth?
- How did this happen?

You may want to use some of the following ideas in your discussion:

- In his letter to the Thessalonians, what did Paul say would happen to the Church before the second coming of the Savior? (There would be a falling away from the truth. See 2 Thessalonians 2:2–3.)
- Matthew recorded the Savior's prophecy about what would come to pass before His return to the earth. What was one of the things Jesus said would happen? (False prophets would deceive many. See Matthew 24:11–12.)
- What did Isaiah say would happen to the ordinances of the gospel? (They would be changed. See Isaiah 24:5.)

- Why would people turn from the truth? (They would seek teachers who told them what they wanted to hear, not necessarily the truth. See 2 Timothy 4:3–4.)
- What kind of famine did Amos say would come? (A famine of hearing the words of the Lord. See Amos 8:11–12.)

The Gospel Was Restored to Earth

Adviser presentation	Explain that this falling away from the truth was called the Apostasy. It lasted for many centuries. Then the time came when the Lord restored his true gospel with all its powers and blessings through the Prophet Joseph Smith.
Video presentation	Show the video presentation entitled <i>The First Vision</i> .
Scripture	Review with the young men Joseph Smith's account of his vision as recorded in Joseph Smith—History 1:7–26. You may want to read portions of the account. You may want to assign a young man to tell the story.
Testimony	Bear your testimony that the gospel was restored through Joseph Smith. Tell of some experience or feeling that helped you to know this truth. Invite the class members to share experiences that have helped them know that the true gospel has been restored.

Because the Gospel Has Been Restored, We Have Great Blessings

Adviser presentation	Explain that many important things happened after Joseph Smith's first vision. One of these was the restoration of priesthood power. The Aaronic and Melchizedek Priesthoods were restored to the earth. While Joseph Smith and Oliver Cowdery were translating the Book of Mormon in May of 1829, they decided to ask the Lord for guidance about baptism. They retired to the woods to pray, and while they were praying, John the Baptist descended from heaven, laid his hands upon their heads, and ordained them.
Scripture	Ask the young men to read Joseph Smith—History 1:69 to learn what John the Baptist said. Then review verses 70–72.
Adviser presentation	Explain that soon after the restoration of the Aaronic Priesthood, Peter, James, and John, three of the Lord's Apostles, conferred the Melchizedek Priesthood upon Joseph Smith and Oliver Cowdery. This priesthood included the holy apostleship, which gave them the authority necessary to organize the Church. On 6 April 1830, Joseph Smith and about fifty others met in a log cabin on the farm of Peter Whitmer Sr. in Seneca County, New York. There they organized The Church of Jesus Christ of Latter-day Saints. Section 21 of the Doctrine and Covenants was given at the time the Church was organized.
Scripture	Have the young men read Doctrine and Covenants 21:1–3.
Adviser presentation	Explain that from this organization has come the Church we know today. The Church makes it possible for us to know and worship the Lord Jesus Christ. We can go to meetinghouses and temples and be taught about the atonement of Jesus Christ. We can also partake of the sacrament, which reminds us of the great sacrifice Jesus made. We can learn and keep the commandments of God, which lead to happiness in this life and in the next. We can be sealed together as families in holy temples.
Video presentation	Show the video presentation entitled <i>Restoration of the Priesthood</i> .

We Have a Legacy of Faith

Adviser presentation	Explain that many of the people who joined the Church during the first years after its restoration were people of great faith and courage. They had many trials, especially as they were driven from their homes and forced to travel thousands of miles to establish homes in the desolate Salt Lake Valley. No matter where we now live, they have left us an example to follow.
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- What do you think enabled the pioneers to endure their severe trials?

Quotation

President Gordon B. Hinckley said that stories of the pioneers are expressions of “a marvelous but simple faith, an unquestioning conviction, that the God of Heaven in his power will make all things right and bring to pass his eternal purposes in the lives of his children.

“We need so very, very much a strong burning of that faith in the living God and in his living, resurrected Son, for this was the great, moving faith of our gospel forebears” (“The Faith of the Pioneers,” *Ensign*, July 1984, p. 6).

- What can you learn from stories about the pioneers that can help you in your life?

Conclusion

Quotation

Read the following testimony from President Joseph Fielding Smith:

“We believe that following a long night of darkness, unbelief, and departure from the truths of pure and perfect Christianity, the Lord in his infinite wisdom has again restored to earth the fullness of the everlasting gospel.

“We know Joseph Smith is a prophet; that the Father and the Son appeared to him in the spring of 1820 to usher in this final gospel dispensation; that he translated the Book of Mormon by the gift and power of God; that he received keys and authority from angels sent for this very purpose; and that the Lord revealed to him the doctrines of salvation.

“We announce that The Church of Jesus Christ of Latter-day Saints is the kingdom of God on earth, the only place where men may come to learn the true doctrines of salvation and find the authority of the holy priesthood” (in Conference Report, Apr. 1971, p. 5; or *Ensign*, June 1971, p. 4).

Testimony

Bear your testimony that the gospel of Jesus Christ has been restored. Help the young men understand that because of their membership in The Church of Jesus Christ of Latter-day Saints they have a great legacy of faith and truth. Encourage them to develop stronger testimonies that this church is true, that it was restored through Joseph Smith, and that all the blessings of eternal life are available to the faithful.

To the Quorum Adviser: Organizing Lessons from General Conference Addresses

OBJECTIVE

The words of living prophets are excellent resources for additional lessons. When you need additional lessons, select current conference addresses printed in the *Ensign* and international magazines. Preparing and presenting these lessons will give you opportunities to be directed by the Spirit in addressing specific needs of young men. Tell the young men in advance which addresses will be taught so they will be prepared for discussion. In developing these lessons, rely on the teachings of General Authorities, conference addresses, and the scriptures.

PREPARATION

Follow the same procedures for preparing and presenting these lessons that you follow for the lessons in the manual. In addition, the following steps of preparation will be helpful:

1. Prayerfully decide what gospel principle or main idea is taught in the selected address. Outline two or three supporting ideas that contribute to the main idea.
2. Decide what you want to accomplish as a result of the lesson. For example, do you want to help the young men understand a principle, increase in faith, develop an attitude, or be motivated to change their behavior?
3. Organize the lesson materials. Locate additional scriptures using the Topical Guide or the index to the triple combination. Ask the meetinghouse librarian for appropriate visuals.
4. Prepare questions about selected quotations and scriptures in the address. What do the quotations and scriptures mean? Liken them to the young men (see 1 Nephi 19:23).
5. Select teaching methods that involve class members, and assign class members to participate. Refer to *Teaching—No Greater Call* (33043) for explanations of teaching methods.

The information on the following page may be useful when preparing a lesson from an address.

LESSON OUTLINE

The following chart may be useful when preparing a lesson from an address.

Title of address: _____

Gospel principle or main idea: _____

Supporting ideas: _____

1. Introduce the gospel principle and supporting ideas.

2. Present the body of the lesson.

- Discuss what the Lord and his prophets have said about the gospel principle.

- Discuss how living this principle can increase our faith and help us make righteous decisions and solve our problems.

3. Conclude by summarizing what has been taught.

- Write the gospel principle and supporting ideas on the chalkboard. Use an object lesson, story, picture, or thought-provoking question to introduce the lesson.

- Locate and discuss scriptures within the talk and any additional scriptures to clarify the gospel principle.

- Ask questions about quotations from the talk. Relate stories and examples from the talk to illustrate the gospel principle.

- Ask questions and direct discussions that will help the young men apply the gospel principle to their lives.

- Invite class members to share experiences, feelings, and testimonies about the topic you are discussing. Add your own feelings.

- Testify of the truthfulness of the gospel principle you have taught and of its value in your life.

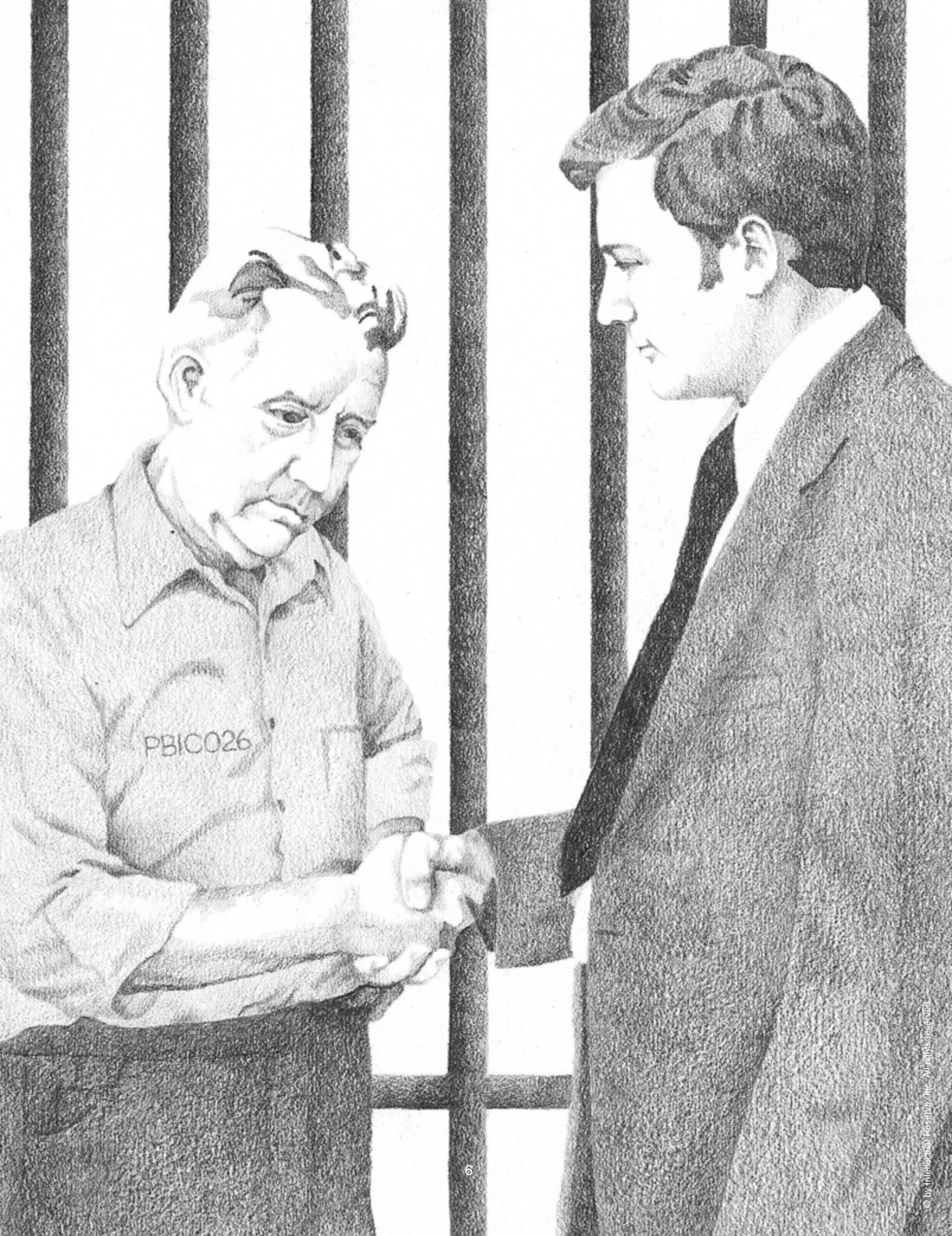






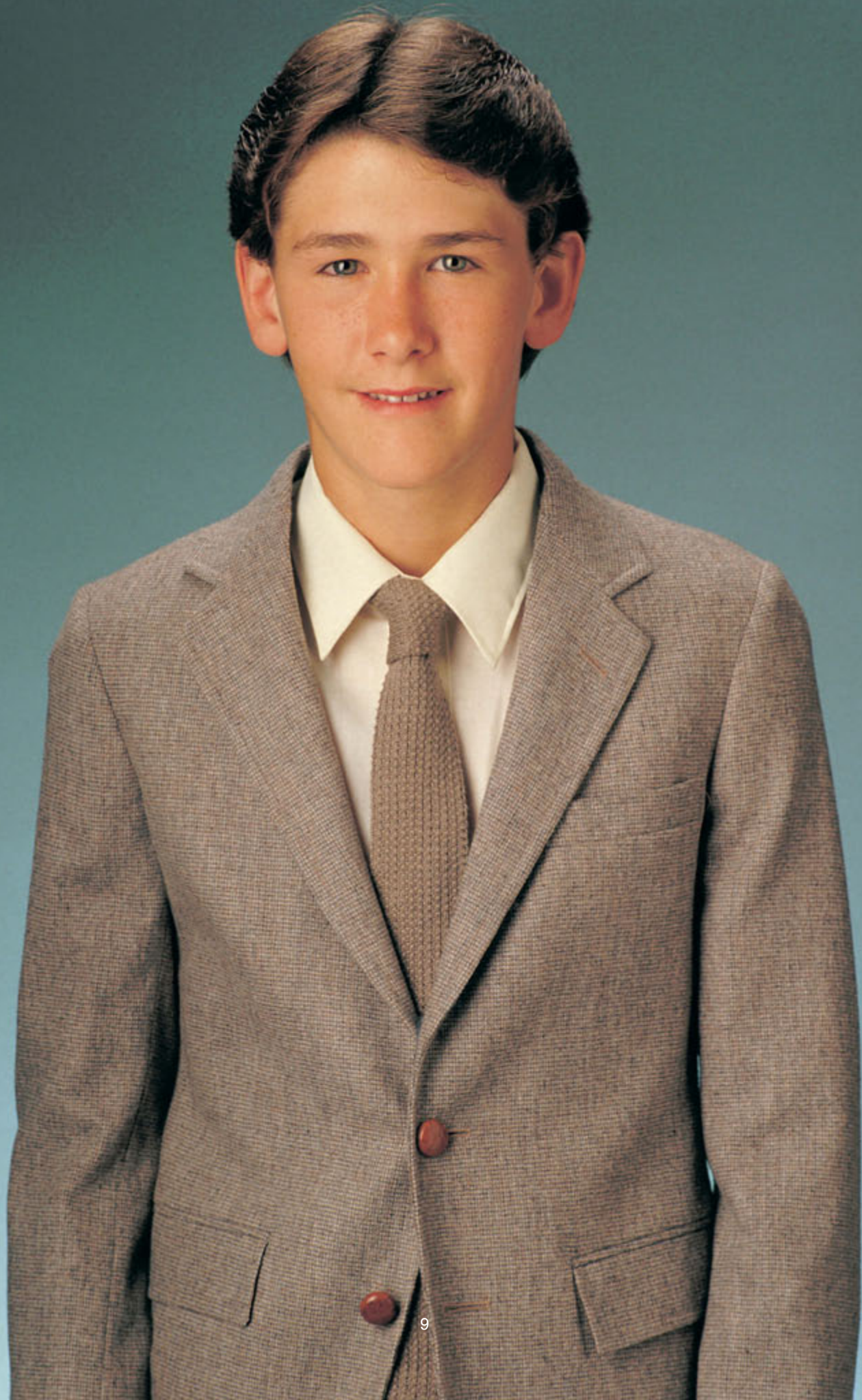






















Clark Kelley Price 87





THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

