

THE LATTER-DAY SAINT WOMAN



Basic Manual for Women, Part A

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Comments and Suggestions

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

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

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INTRODUCTION

Using This Manual

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

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

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

Preparing to Teach

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

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

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

Involving Members with Disabilities

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

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

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

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

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

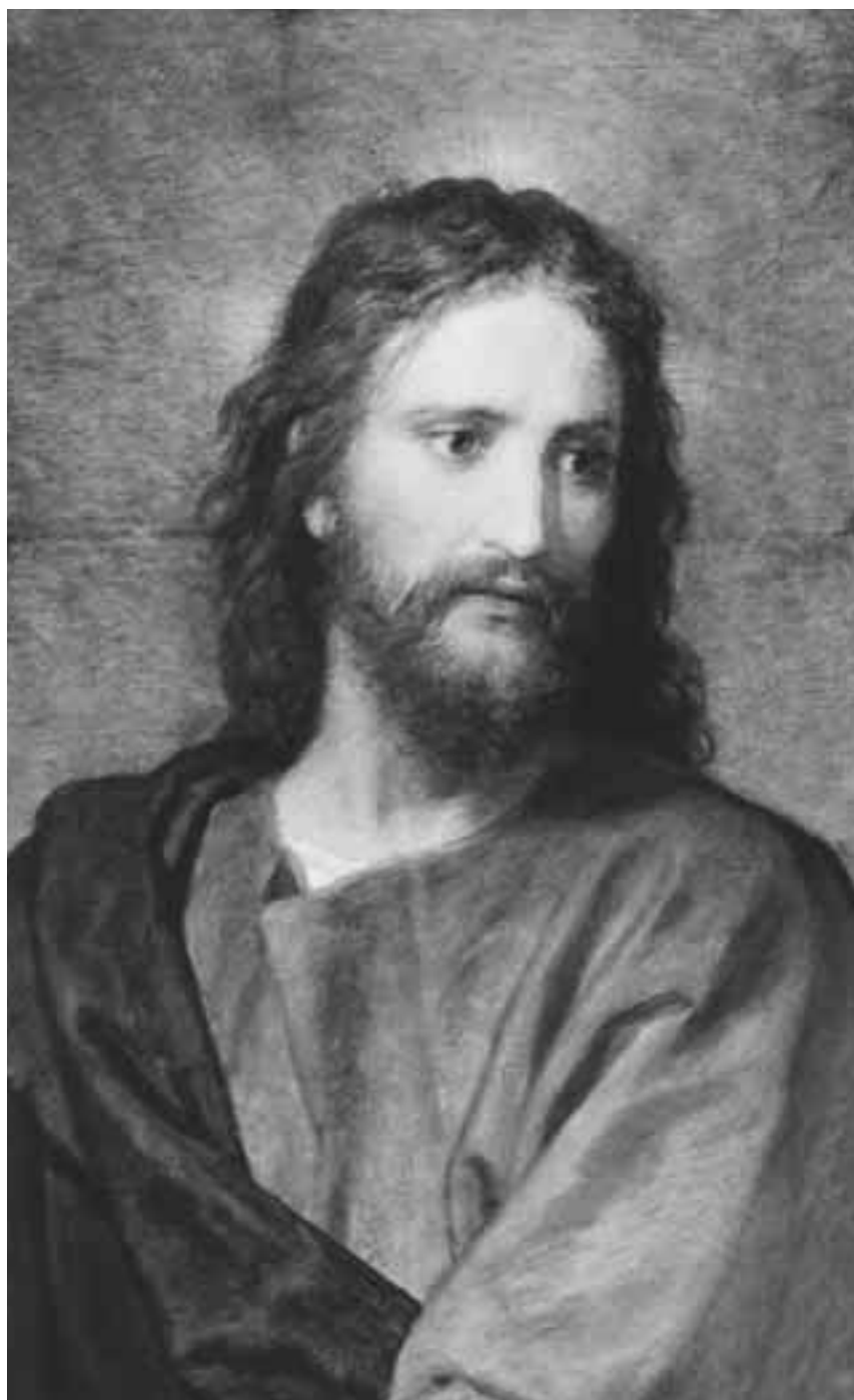
“Have ye any that are sick among you? Bring them hither. Have ye any that are lame, or blind, or halt, or maimed, or leprous, or that are withered, or that are deaf, or that are afflicted in any manner? Bring them hither and I will heal them, for I have compassion upon you; my bowels are filled with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

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

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

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

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



THE LIVING CHRIST

THE TESTIMONY OF THE APOSTLES

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

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

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

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

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

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

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

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

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

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

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

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

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

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

THE FIRST PRESIDENCY

Kevin J. Worthen
Thomas S. Monson
James E. Faust

January 1, 2000

THE QUORUM OF THE TWELVE

Bonnie H. Parker
J. Stanton Young
Donna W. Winder
Neal A. Maxwell
Russell M. Nelson
Dallin H. Oaks
M. Russell Ballard
Joseph B. Wirthlin
Richard G. Scott
Robert D. Hales
Jeffrey R. Holland
Henry A. Eyring

THE FAMILY

A PROCLAMATION TO THE WORLD

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

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

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

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

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

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

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

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

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

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

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

THE RELIEF SOCIETY DECLARATION

We

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

~
*In*crease our testimonies of Jesus Christ
through prayer and scripture study.

~
Seek spiritual strength by following the
promptings of the Holy Ghost.

~
Dedicate ourselves to strengthening
marriages, families, and homes.

~
Find nobility in motherhood
and joy in womanhood.

~
Delight in service and good works.

~
Love life and learning.

~
Stand for truth and righteousness.

~
Sustain the priesthood
as the authority of God on earth.

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

GOSPEL PRINCIPLES AND DOCTRINE



FAITH IN JESUS CHRIST

L e s s o n 1

The purpose of this lesson is to help us strengthen our faith in Jesus Christ.

What Is Faith?

“Faith is not to have a perfect knowledge of things; therefore if ye have faith ye hope for things which are not seen, which are true” (Alma 32:21).

- What is faith? How have you exercised faith today?

We Must Learn the Truth

To develop faith in Jesus Christ, we must know who He really is. We cannot have faith in Him if we know nothing about Him. We cannot have faith in Him unless what we know about Him is true.

Few people on the earth have seen the Savior. Most of us will never see Him in our mortal lives, but it is our privilege and duty to learn the truth about Him. We can gain an actual knowledge of Him through the witness of the Spirit. Knowing the truth about the Lord will help us trust Him, obey Him, and rely on Him to help us beyond our ability to help ourselves.

- Why is it important to learn true ideas about Jesus Christ?

“Without faith it is impossible to please [God]: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him” (Hebrews 11:6).

We learn several truths about faith from this scripture: that to please God (1) we must have faith in Him, (2) we must believe that He exists, and (3) we must believe that He will answer us when we try hard to know Him or to get help from Him.

- Ask the sisters to relate how learning the true principles of the gospel has brought them peace or happiness.



1-a, A woman studying the scriptures to learn about Jesus Christ



1-b, Missionaries teach the gospel to people throughout the world.

- Display visuals 1-a, “A woman studying the scriptures to learn about Jesus Christ”; 1-b, “Missionaries teach the gospel to people throughout the world”; and 1-c, “A family studying the scriptures together.”

To learn the truth about Jesus Christ and His gospel, we should study the scriptures and listen to the testimonies of the Lord’s servants on earth. If we are humble, sincere, and prayerful, we can come to know for ourselves that He is the Only Begotten Son of our Heavenly Father, that He lives today, and that He loves each of us, regardless of how imperfect we are. We can learn that He knows all truth. He will reveal this truth to those who work hard to find it. We can learn that He is a just God who must punish the wicked, and that He is also a merciful God to those who repent. We can come to know that He paid for our sins and brought resurrection to everyone. Faith in Jesus Christ grows within us as these truths take hold within our hearts and doubts and fears begin to melt away.

- How does studying the scriptures help us replace doubt and fear with faith? What other things help us build our faith?
- Ask some of the sisters to tell briefly how they have developed faith in Jesus Christ.

We Must Exercise Our Faith

We can learn the truth by studying the scriptures, by fasting and praying, and by hearing the testimonies of others. However, simply believing the truth does not mean we are using faith. There are people who believe that Jesus is our Savior and that the gospel is true, but they do not keep His commandments. These people are not exercising faith. Faith requires activity. If we have faith, we trust in Jesus Christ to help us find ways to live His commandments.

The scriptures teach us:

“Trust in the Lord with all thine heart; and lean not unto thine own understanding.

“In all thy ways acknowledge him, and he shall direct thy paths”
(Proverbs 3:5-6).

Nephi is an example of a young man who had faith and trusted the Lord to help him keep the commandments. By direction from the Lord, Nephi’s father commanded him and his brothers to obtain records of their people from Laban, a powerful, unrighteous man. They greatly feared Laban. Yet, when asked to do this difficult task, Nephi expressed his faith in the Lord. He said, “I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no command-



1-c, A family studying the scriptures together

ments unto the children of men, save he shall prepare a way for them that they may accomplish the thing which he commandeth them" (1 Nephi 3:7).

- Why was Nephi willing to obey the Lord?

There are many members of the Church today, both young and old, who have faith like Nephi's. Sister Sachiko Hotta of Nagoya, Japan, told the following story:

"Before my husband and I married, we agreed that the Church was the most important thing in our lives and that we would use our time and whatever talents we had in serving the Church. As it turned out, this was more easily said than done.

"After we were married, my husband and I had to move into an apartment quite far from the chapel. Riding my bike to the train station, taking the train to the next city, and then taking the bus to the chapel took one-and-a-half hours; and, of course, if I missed the first train and had to wait for the next one, the trip could take more than two hours. This made it difficult for the branch president to give us an assignment. Besides this, after we had been married three months, my husband became seriously ill and had to be hospitalized, so I went to work to support us. Each day after work I would go to visit my husband in the hospital and try to go by the chapel afterwards, but there just weren't enough hours in the day.

"This troubled me, and I knew that if we lived closer, I would be able to have a Church calling. Yet land around the chapel was very expensive, and we could not even afford to rent in such a fine neighborhood, much less buy a home there. Logically, I knew it was impossible, but [the scriptures teach that if you always pray, you will be heard]. (See Luke 18:1–5.) Therefore, I prayed unceasingly. I didn't know how the Lord could answer such an impossible request; I just prayed. Shortly after this, my uncle, whose house was only 13 minutes from the chapel, suddenly decided to move, and offered us his beautiful house. I knew my prayer had been heard. We were so happy, because finally we could work in the Church. By this time my husband had been released from the hospital, and we were able to attend our meetings as a family.

"After we moved, the Church announced plans for building a chapel in Nagoya, and everyone started to work very hard to earn money for the building fund. Shortly before this my husband decided to start his own business—a bakery. Again, we had very little money; we had used all our savings to start the business, and we used my monthly check to live on. We didn't know how we could help with the building fund, especially since I was pregnant and would not be able to work much

longer. Although my husband's business was growing, we didn't have enough to live on, pay the building fund, and prepare for our new baby. I worked long enough to receive my annual bonus and laid it aside to pay expenses for our baby. This was all the money we had.

"One night the branch president called us and said that they lacked just a little to complete the building fund, and he asked us if we could please help. The only money we had was for the baby, soon to be born; and since that was all we had, it was also all we could give. That evening we took the money to the branch president. It was just enough to complete the branch's assessment on the new chapel.

"We didn't worry after that about where we would get the money to pay our child's expenses; we knew that the Lord would take care of us. Naturally I worried some, but whenever I would think about it, I always felt at peace.

"The next month, my husband was hired in full-time . . . employment . . . in the Nagoya area. We did not even know that this job existed. With his new salary we would have enough to pay the hospital bills when our child was born. God says you must do whatever you can, and after that, you must leave the rest to him. I know this is true" ("Two Hours from the Chapel," *Ensign*, Aug. 1975, 64–65).

- After Sister Hotta prayed with faith to be able to serve in the Church, how did the Lord bless her family? How did the Lord bless Brother and Sister Hotta for giving the money to the Church that they had saved for the baby?

Sister Hotta gave a good description of faith. Having faith means doing whatever we can to live the principles of the gospel, even when it seems logically impossible. When we have done all we can and exercise faith, the Lord has promised that He will help us.

Faith Is Kept Alive by Obedience

Faith is like a living plant; it will wither and die if we do not nourish and protect it. The way to keep our faith alive is to obey gospel principles as we learn them. "Faith is a gift of God bestowed as a reward for personal righteousness" (Bruce R. McConkie, *Mormon Doctrine*, 2nd ed. [1966], 214). If we begin to break the commandments of God, we will weaken our faith. Satan employs many means to try to get us to neglect God's commandments and thus weaken our faith.

- Display visual 1-d, "Nephi rebuking his older brothers for their sinful ways."

In 1 Nephi we read of Laman and Lemuel, the brothers of Nephi. They were taught many true principles by their father, by Nephi, and even by angels. But they did not develop faith because they found it difficult



1-d, Nephi rebuking his older brothers for their sinful ways

to accept what Lehi and Nephi taught, and they chose not to live by these true principles. They complained that the commandments were too hard to keep. They criticized their father and brother. They did not want to do as they were commanded. They quickly fell into sin.

By contrast, Nephi did each thing he was asked and trusted in the Lord. God rewarded his faith, and many miracles happened in Nephi's life. He was able to build a ship even though he knew nothing about ship-building. He was given power beyond his own abilities and was able to defeat his brothers' wicked plans. He was privileged to see visions and talk with an angel of God. Because of his obedience, he was blessed with greater faith. Because of his faith, he had the power of God in his life.

We, too, can keep our faith alive by being obedient. We can nourish our faith through fasting and praying, reading the scriptures, attending our church meetings, and doing the things we are asked by our church leaders. We can keep our faith strong by not criticizing and complaining.

▪ Why do criticizing and complaining weaken our faith?

Each of us will have our faith tried. We may even believe that the Lord has not noticed our faith and obedience. We may feel that He is far away, has not seen our trials, and will not answer our prayers. When these times come, it helps to realize that our faith is being tested. If we persevere with patience and continue to do right, we will be given strength to overcome our trials. We will be rewarded for our faith and obedience.

Moroni taught that "faith is things which are hoped for and not seen; wherefore, dispute not because ye see not, for ye receive no witness until after the trial of your faith" (Ether 12:6).

And the Lord said, "My people must be tried in all things, that they may be prepared to receive the glory that I have for them, even the glory of Zion; and he that will not bear chastisement is not worthy of my kingdom" (D&C 136:31).

Conclusion

It is important for us to nourish our faith through fasting and prayer, obedience to the commandments of God, scripture reading, attendance at our church meetings, and doing what we are asked by our church leaders. When we do so, we will have the strength to pass through trials in our lives.

Challenge

Decide how you are going to strengthen your faith. Write your decision on a piece of paper as a reminder. Read Alma 32:17–43 and Moroni 7:33–39 during the week.

Additional Scriptures

- Matthew 8:5–10 (healing by faith)
- Matthew 17:20 (nothing is impossible through faith)
- Mark 9:23 (all things are possible through faith)
- Luke 8:43–48 (healing by faith)
- John 20:24–29 (blessed are they who believe)
- Romans 10:13–17 (to have faith, we must hear the word of God)
- 2 Corinthians 5:6–7 (we walk by faith)
- 1 Nephi 3 (the faith of Nephi)
- 1 Nephi 4 (power through faith)
- Alma 32:17–43 (Alma’s discourse on faith)
- Moroni 7:33–39 (faith is necessary for miracles)

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 11, “The Life of Christ,” and chapter 18, “Faith in Jesus Christ.”
2. Study 1 Nephi 3–4 and Alma 32:17–43.
3. Assign class members to present any stories, scriptures, or quotations you wish.

REPENTANCE

L e s s o n 2

The purpose of this lesson is to help us understand and use the principle of repentance.

What Does It Mean to Repent?

Each of us is on a journey through life, headed toward an eternal destination. As we travel, we hear voices calling to us. One is the voice of the Lord, prompting us to do good; another is the voice of Satan, enticing us to do evil. We are free to choose between the two and to act for ourselves.

- Read 2 Nephi 2:16, 27–29.

It is sometimes easy to confuse these voices. We may think we are acting correctly when in reality we have been deceived. As we learn the gospel of Jesus Christ, we realize that we have not always chosen correctly. We realize that we may not be on the right course. If we continue on the wrong course, we will arrive at the end of our journey, but we will find that we are not in the celestial kingdom. Going off our true course is called *sin*. Correcting our course so that we are once again headed toward the celestial kingdom is called *repentance*.

Jesus Christ promised us:

“It shall come to pass that every soul who forsaketh his sins and cometh unto me, and calleth on my name, and obeyeth my voice, and keepeth my commandments, shall see my face and know that I am;

“And that I am the true light that lighteth every man that cometh into the world” (D&C 93:1–2).

“I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life” (John 8:12).

- What is meant by walking “in darkness”? by having “the light of life”?
- Display visual 2-a, “Like a lighthouse in the darkness, Jesus Christ shows us the way to happiness and eternal life.”



2-a, Like a lighthouse in the darkness, Jesus Christ shows us the way to happiness and eternal life.

Jesus Christ showed us the way to get to the celestial kingdom and be with our Father in Heaven. He is like our lighthouse in the darkness. When we are on the right course, we travel in the light (see John 8:12). We can see the true path to follow. When we stray off the right course, we wander in darkness. Like a boat that has strayed from the course set by a lighthouse and sails near dangerous rocks and in treacherous waters, we expose ourselves to the traps of sin Satan has set for us. He wants to prevent us from reaching our destination. But a life of sin will not lead us to happiness at the end of our journey. The further we are drawn into sin, the greater power Satan has over us. That is why Jesus told us, “Whosoever committeth sin is the servant of sin” (John 8:34).

Satan is glad when we commit sin. He wants to keep us in his power. His voice tells us that the wrong we did was right. He tells us that we had good reasons for doing it, that we are justified in committing sin. (See 2 Nephi 28:8, 21–22.) He wants us to tell ourselves that the sin is not as serious as it really is. He knows that as long as we make excuses for our sin, we will not repent completely.

Jesus Christ knows that Satan works in this way. That is why He has blessed us with the light of Christ, sometimes called our *conscience*. The light of Christ will help us know the difference between good and evil (see Moroni 7:15–16). The voice of the Spirit prompts us, warning us to repent and return to the true course.

Jacob, speaking with the power of God, sought to awaken the people. He warned them about their sins with these words:

“O, my beloved brethren, turn away from your sins; shake off the chains of him that would bind you fast; come unto that God who is the rock of your salvation.

“Prepare your souls for . . . the day of judgment, that ye may not shrink with awful fear; that ye may not remember your awful guilt in perfectness, and be constrained to exclaim: Holy, holy are thy judgments, O Lord God Almighty—but I know my guilt; I transgressed thy law, and my transgressions are mine; and the devil hath obtained me, that I am a prey to his awful misery.

“But behold, my brethren, is it expedient that I should awake you to an awful reality of these things? Would I harrow up your souls if your minds were pure? Would I be plain unto you according to the plainness of the truth if ye were freed from sin?

“Behold, if ye were holy I would speak unto you of holiness; but as ye are not holy, and ye look upon me as a teacher, it must needs be expedient that I teach you the consequences of sin” (2 Nephi 9:45–48).

When we feel the awfulness of our sin, we choose either to continue it or decide to courageously admit our mistake and correct it. If we choose to continue in our sin, Satan will bind us further and further until eventually we may lose all desire to repent. When we choose to repent, Heavenly Father and Jesus Christ will help us overcome our sins, and we will experience blessings of joy and peace.

- Read Alma 34:32–35. Why is it unwise to put off our repentance?

We All Need to Repent

- Read Romans 3:23.

We all need to repent of the things that we should not have done, such as telling a lie, gossiping, or taking the name of the Lord in vain. We also need to repent of *not* doing the things we *should* do, such as paying our tithing, praying often, keeping the Sabbath day holy, befriending a neighbor, or completing an assignment. We need to recognize the Spirit of the Lord prompting us to overcome our errors and follow those promptings.

“A young man bore this testimony: ‘I think of all the pain I caused my parents—and myself—by not realizing that sin does not bring happiness. After high school I moved out and started drinking, smoking, and using drugs. I thought I was having a good time, but now I know I was really quite miserable.

“ ‘Then one day I stopped and thought, “What if my parents could see me now? What would they think?”

“ ‘It was then that I started to turn my life around. . . . I would never have made it without some good new friends and an understanding bishop—and without the help of the Holy Ghost. But with their help I was able to repent. And now I see how unhappy I was. I testify that repentance and righteous living bring happiness. And I know from experience that the Lord is always there to help us change our lives, if we only let him’ ” (quoted by Jay A. Parry in “Miracles Today?” *Ensign*, Jan. 1978, 56).

As we repent of our sins, we come closer to the true path. When we are on the true course leading to the celestial kingdom, we understand that all the laws of God are important. We become more like Jesus Christ and view sin as He does. We cannot look upon sin with the least degree of allowance (see D&C 1:31). In other words, we cannot stand any form of sin. This is our goal. Although we are not perfect, we must remember our goal and work to attain it.

- Read Ether 12:27.

If we are humble in prayer, asking the Lord to show us our weaknesses and sins, He will do so. He will also help us overcome our weaknesses through repentance.

True Repentance Brings Forgiveness

When we realize that all of our sins are awful before the Lord, we feel “godly sorrow” for them (2 Corinthians 7:10). We cannot remember them without feeling pangs of guilt and regret. They weigh us down and become a heavy burden. We begin to feel a small amount of the great sorrow that Jesus Christ felt when He suffered and died for us. (See Alma 36:12–13.)

- Display visual 2-b, “Christ praying in the Garden of Gethsemane.”

How grateful we should be that we do not always have to carry this burden. Through repentance we can become free from the burden of sin. Because of the great love Jesus Christ has for us, He suffered, bled, and died for our sins so that we will not have to suffer fully ourselves if we repent. (See *Gospel Principles* chapter 12, “The Atonement.”)

- Display visual 2-c, “Christ atoned for our sins on the condition that we will repent.”

Jesus said:

“For behold, I, God, have suffered these things for all, that they might not suffer if they would repent;

“But if they would not repent they must suffer even as I;

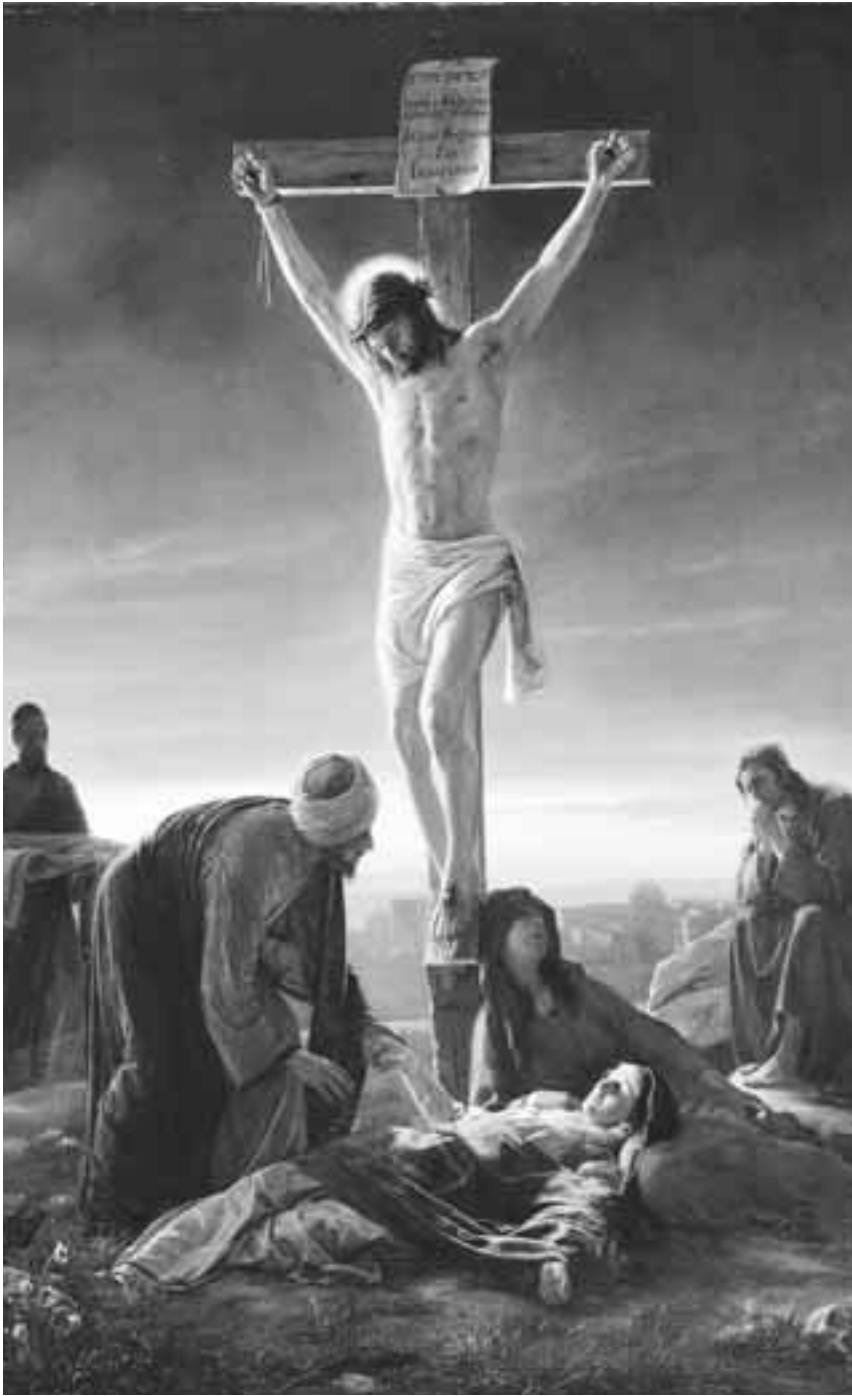
“Which suffering caused myself, even God, the greatest of all, to tremble . . . and to bleed at every pore, and to suffer both body and spirit” (D&C 19:16–18).

In order to repent, we must follow a certain process. This process is explained in *Gospel Principles* chapter 19, pages 123–26.

- Display visual 2-d, “The steps of repentance take us from godly sorrow to the joy of keeping the commandments.”
- Discuss the seven parts of repentance discussed in *Gospel Principles* chapter 19. If possible, let several sisters take part. Display a poster of the following list or refer to the information on the chalkboard:



2-b, Christ praying in the Garden of Gethsemane



2-c, Christ atoned for our sins on the condition that we will repent.

1. Recognizing sin
2. Feeling sorrow for sin
3. Forsaking sin
4. Confessing sin
5. Making restitution
6. Forgiving others
7. Keeping the commandments of God

Because Jesus Christ paid for our sins, He has the power to forgive us. When we follow the process of repentance, the Savior promises that He will forgive us of our sins and remember them no more.

- Read Doctrine and Covenants 58:42.

Through repentance we become clean and pure again. We are able to look back on our former selves and recall our sins, but without pain. Instead, we feel at peace. A missionary told a story that illustrates the forgiveness each of us can receive when we truly repent.

A young lady who was about to be baptized doubted that her repentance for sins committed in her youth was acceptable to the Lord. She continued to pray for confirmation that she had been forgiven. Just after her baptism, she was given the gift of the Holy Ghost. The elder said:

“While my hands were upon her, and as I told her to receive the Holy Ghost, I felt almost an electrical shock or jolt go through her body. I was startled for a few moments, and then I regained my composure and finished the prayer. And, as is the custom in the Church, I then reached down to congratulate her and found that she was almost in a state of shock or a trance. Her eyes were closed, and tears were streaming down her face. She was in this condition for about five minutes when, all of a sudden, she just shook her head, got up, and went and sat down in her seat.

“I was naturally very curious about her unusual reaction while being confirmed, so I later inquired about this. She told me that the most beautiful, clean, sweet feeling came through her body—a beautiful, refreshing, cleansing Spirit that she had never experienced before in her entire life.”

The results of this experience were astounding. Within three days’ time, her facial expression had changed. Even her features became more refined and smooth, and her eyes became softer. The elder said:



2-d, The steps of repentance take us from godly sorrow to the joy of keeping the commandments.

“It was a great testimony to my companion and me to see how the Spirit of the Lord can change a truly repentant person, both spiritually and physically, into a much more lovely and beautiful human being. The cleansing power of the Holy Ghost at baptism is very real.” (See “Cleansed at Baptism,” Margie Calhoun Jensen, comp., *When Faith Writes the Story* [1973], 18–19.)

This is a dramatic story about the power of the Spirit of the Lord to cleanse us. Although few of us will have such an experience, we can all receive the same sweet, clean feeling.

Conclusion

We use the principle of repentance throughout our lives to rid ourselves of sin and direct our course toward the celestial kingdom. It is a great blessing to know that when we have truly repented the Lord forgives us and remembers our sins no more.

Challenge

Examine your life during the next week to see how you can repent. Read Mosiah 27 and Alma 36. Review *Gospel Principles* chapter 19.

Additional Scriptures

- 2 Corinthians 7:8–11 (godly sorrow brings repentance)
- 1 John 1:8–9 (all have sinned)
- Enos 1:1–8 (sins forgiven through faith)
- Mosiah 26:29–31 (confess sins and forgive one another)
- Doctrine and Covenants 42:18–29 (keep the commandments)

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 12, “The Atonement,” and chapter 19, “Repentance.”
2. Study Mosiah 27 and Alma 36.
3. Prepare the poster suggested in the lesson or write the information on the chalkboard.
4. Assign class members to present any stories, scriptures, or quotations you wish.

BAPTISM: A CONTINUING COVENANT

Lesson 3

The purpose of this lesson is to encourage us to continue living the covenants we made at baptism.

Baptism Provides a New Beginning

Heavenly Father desires that all of us have faith in Him and His Son, Jesus Christ, and repent of our sins. After we repent, we are baptized into Christ's Church. Baptism is necessary for our salvation. But just being baptized is not enough. We begin a new way of life at baptism, but we must always continue to progress toward perfection.

The prophet Alma asked his people after they were baptized: "Have ye spiritually been born of God? Have ye received his image in your countenances? Have ye experienced this mighty change in your hearts?" (Alma 5:14). Have we all felt our hearts change and our spirits be reborn? We should strive to have these feelings after our baptism into the Church of Jesus Christ.

Baptism was the beginning of the "mighty change" we must all experience in order to return to our Father in Heaven (see Alma 5:13–14 and Mosiah 5:7–9). As we live up to our covenants, our desires and actions change and we become more and more like our Father in Heaven.

When we are baptized we are placed under the water. The scriptures compare this to burying, or leaving behind, our old self (see Romans 6:4; D&C 76:51). When we come out of the water, we are washed clean of sin and begin a new life. This new life began with a lasting agreement with God; and if we do our part, He will do His. As we obey Him, He will help us change and lead us back into His presence.

Many people enjoy a spiritual feeling at the time of their baptism. One member described it this way: "I will never forget the emotion inside my soul; to be clean, to start fresh as a child of God. . . . It was such a special feeling!" (quoted by Hartman and Connie Rector in *No More Strangers*, 4 vols. [1971–90], 3:175).

Our baptism represented an important change that took place inside us. Because we were repentant, baptism cleansed us and gave us a chance



3-a, A young man being baptized

to start a new life. We should remember the clean, secure feeling we had at baptism.

- Ask one or two sisters to tell how they felt when they were baptized. Ask how their lives have changed since baptism.

Our Baptismal Covenant

- Display visual 3-a, “A young man being baptized.”

A covenant is an agreement or promise between two or more people. At baptism, we made a very important covenant with God. As President Spencer W. Kimball said, “To be baptized is to enter into a covenant . . . with God . . . to *do*, . . . to work righteousness as well as to avoid evil” (*The Miracle of Forgiveness* [1969], 94).

- Have class members read Doctrine and Covenants 20:37. What requirements for baptism are given in this scripture? Allow the sisters time to answer; then display a poster of the following list or refer to the information on the chalkboard:

1. Be humble.
2. Have a broken heart and a contrite spirit.
3. Witness that you are willing to take upon you the name of Jesus Christ.
4. Have a determination to serve Jesus Christ to the end.

- What does it mean to take upon us the name of Jesus Christ?

To bear the name of Jesus Christ is to be called the children of Christ (see Mosiah 5:7–8). When we bear someone’s name, we have a responsibility to that person. Just as we have a responsibility to the family whose name we bear, we have a responsibility to Jesus Christ when we take upon us His name. We should try to live as He lives.

- Display visual 3-b, “A young woman renewing her baptismal covenant by partaking of the sacrament.” Ask the class members to read Doctrine and Covenants 20:77.

We renew our baptismal covenants through the covenants made when we partake of the sacrament. As we keep our covenants to remember Jesus Christ and to keep His commandments, we are promised a blessing.



3-b, A young woman renewing her baptismal covenant by partaking of the sacrament

- What does our Heavenly Father promise to those who keep these covenants? How does having His Spirit with us help us serve Him and keep His commandments?

Our Progress after Baptism

The gospel of Jesus Christ teaches that baptism in Christ's Church is a beginning. But simply being baptized is not enough. We must do many things after baptism to help us achieve eternal life.

- Ask a class member to read Moroni 6:4–9. What obligations do we have after baptism? Allow the sisters time to answer; then display a poster of the following list or refer to the information on the chalkboard:

1. Pray to Heavenly Father.
2. Fast for special needs.
3. Attend and participate in church meetings.
4. Partake of the sacrament regularly.
5. Be concerned about each other's welfare.
6. Repent of our sins.
7. Follow the guidance of the Holy Ghost.

- Ask class members to check the list on the chalkboard and then ask themselves, "How can I improve in keeping my baptismal covenants?"

At the time of baptism we began to be reborn spiritually. We must continue in this new life by doing the things Moroni lists. But as we go about our duties—caring for families and homes, attending school, fulfilling daily responsibilities—we get involved in worldly problems and sometimes forget our covenants.

Sometimes we make mistakes. Then we must repent to keep our baptismal agreements. When we openly admit that we have sinned and repent (see lesson 2, "Repentance"), we will again progress toward perfection. When we are honestly seeking for guidance from the Holy Ghost through prayer, we will receive guidance to help us overcome mistakes and avoid repeating those mistakes in the future.

- How can we increase our spirituality and keep our baptismal covenants?

The Way to Perfection

Will we ever completely fulfill our baptismal covenants? Perhaps not in this life, but we must continue perfecting our lives, exchanging bad

habits for good ones. President Spencer W. Kimball said: “The way to perfection seems to be a changing of one’s life—to substitute the good for the evil in every case. Changes can come best if we take one item at a time. . . . For if one pays one-tenth of his income annually, he is perfect in that respect. It is not difficult to become perfect in avoiding a swearing habit, for if one locks his mouth against all words of cursing, he is en route to perfection in that matter. If one studies the scriptures with all reasonable devotion, he has approached perfection in that matter also” (“Be Ye Therefore Perfect,” in *Speeches of the Year, 1974* [1975], 241–42).

The prophet Nephi said that we “must press forward” and “endure to the end.” The Lord has promised us eternal life with Him as we show our love by obeying Him and keeping our baptismal covenants. (See 2 Nephi 31:19–21.) True happiness on earth and eternal joy hereafter come from living the covenants we make with the Lord.

President Joseph Fielding Smith explained it this way:

“One of the great purposes of the true church is to teach men what they must do after baptism to gain the full blessings of the gospel. . . .

“We must endure to the end; we must keep the commandments after baptism; . . . we must so live as to acquire the attributes of godliness and become the kind of people who can enjoy the glory and wonders of the celestial kingdom” (“The Plan of Salvation,” *Ensign*, Nov. 1971, 5).

A former Catholic nun who joined the Church explained what her baptism meant to her:

“Everything I saw and heard in the Church impressed me very, very much. The warmth and love, as well as the deep concern each member had for the other members, made me realize that this religion must have something special about it. . . .

“I realized . . . then that I was in the wrong church and that The Church of Jesus Christ of Latter-day Saints is the only true church on this earth. I knew too that I had . . . to join it. . . .

“The transition from the former to the present life was not easy, but the thing that has sustained me throughout the entire experience was and is the renewal of my baptismal covenants each week at sacrament meeting—my covenant to take the Savior’s name upon me, to always remember him, and to keep his commandments, and the Lord’s covenant in turn that, if I honor these promises, his Spirit will always be with me. . . .

“Next I remember my baptism and the total immersion in the water. To me it symbolizes death to selfishness and sin and rising to newness of life as a child of God. This act of baptism, too, I think, is symbolic of

the way Heavenly Father wants us to live—overcoming selfishness and fighting temptation. In this manner we ‘die’ to self and sin and rise and progress *daily* on the road back into our Father’s presence.

“Then I silently renew my covenant to take the name of Jesus Christ upon me, telling him that I renew the promise to accept him, the principles of the gospel, and his teachings; to accept the Church and to uphold the prophet and the other Church authorities, the only ones divinely commissioned to lead us in the name of God. In my silent prayer I add that I renew the covenant to always remember him, for example, to recall his presence, especially during the day in moments of temptation or weariness. Finally I renew the covenant to keep his commandments, knowing that if I do this faithfully I will have his Spirit to be with me” (quoted by Hartman and Connie Rector in *No More Strangers*, 4 vols. [1971–90], 3:154, 157, 159).

Conclusion

At the time of our baptism a “change of heart” began within us. We made covenants to take upon us the name of Jesus Christ and to keep His commandments. As we try each day to do these things, we will have His Spirit to be with us. His Spirit will help us to become like Him.

Challenge

Examine what has happened in your life since baptism. Consider the questions asked in Alma 5:26–31. If you need to improve, begin today by repenting and correcting those things that are wrong.

Additional Scriptures

- Galatians 3:27–29 (we are one in Christ through baptism)
- 1 Peter 3:21 (baptism and the Resurrection)
- Doctrine and Covenants 27:2 (partaking of the sacrament)

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 20, “Baptism.”
2. Review lesson 2 in this manual, “Repentance.”
3. Prepare the posters suggested in the lesson or write the information on the chalkboard.
4. Assign class members to present any stories, scriptures, or quotations you wish.

THE GIFT OF THE HOLY GHOST

L e s s o n 4

The purpose of this lesson is to help us understand the great blessings that can come from the gift of the Holy Ghost.

Why We Need the Gift of the Holy Ghost

Before we were baptized and confirmed members of the Church, the Holy Ghost came to us at times. For example, if we were taught by the missionaries, the Holy Ghost gave us a good feeling about the gospel and helped us understand and accept the gospel. But we did not have the privilege of the constant companionship of the Holy Ghost until after we were baptized and confirmed. At that time, we were given the gift of the Holy Ghost through the power of the Melchizedek Priesthood.

The Holy Ghost is one of the greatest gifts we can enjoy on earth. President Lorenzo Snow said that “from the time we receive . . . the gift of the Holy Ghost, we have a friend” (in Conference Report, Oct. 1899, 52).

- In what way is the Holy Ghost a desirable companion?
- Display visual 4-a, “A young woman being confirmed a member of the Church and receiving the Holy Ghost by the laying on of hands.”
- Have class members read John 14:16–17, 26 and 16:13. What are some reasons we need the Holy Ghost to be our companion? Allow the sisters time to answer; then display a poster of the following list or refer to the information on the chalkboard:

1. He helps us teach and receive the gospel.
2. He helps us remember things.
3. He protects us from evil.
4. He warns us when we are in danger.
5. He tells us all things we should do.
6. He has a cleansing and sanctifying power.



4-a, A young woman being confirmed a member of the Church and receiving the Holy Ghost by the laying on of hands

Elder LeGrand Richards made this statement: “I would rather have my children and my children’s children enjoy the companionship of the Holy Ghost than any other companionship in this world because if they will heed the promptings of that Spirit, he will lead them into all truth and see them safely back into the presence of their Father in heaven” (in Conference Report, Apr. 1966, 112; or *Improvement Era*, June 1966, 540).

The Holy Ghost is a very desirable companion. We should do all we can to keep Him as our companion.

- Read 2 Nephi 32:5. What does this scripture teach us about the companionship of the Holy Ghost? In what other ways is the Holy Ghost a desirable companion?

How to Keep the Holy Ghost with Us

Keeping the commandments will help us keep the Holy Ghost with us. Each time we partake of the sacrament, we promise to obey the Lord’s commandments. If we keep our promise, the Lord has promised us that we can “always have his Spirit” to be with us. (See D&C 20:77.)

The Lord has also asked us to keep ourselves morally clean. He has told us that our bodies are like temples. As we keep our bodies clean and pure in thought, speech, dress, and action, the Holy Ghost will be with us. (See 1 Corinthians 3:16–17.) We must avoid every form of evil, including the appearance of evil.

The Holy Ghost can be offended by what we may consider “little things.” In 3 Nephi 11:29 we learn that contention comes from the devil. Contention means that we do not have unity or harmony. If we argue and quarrel, the Holy Ghost leaves. Although arguing with a husband, a child, or a brother or sister may not be a serious sin, it does drive the Holy Ghost away.

The Prophet Joseph Smith could not receive inspiration from the Spirit unless he had the right feelings toward everyone. One morning he became upset about something his wife had done. When Joseph tried to translate some of the Book of Mormon, he could not, so he went to the orchard and prayed. Later, he came back and asked for Emma’s forgiveness. Only then was he able to translate. (See statement by David Whitmer, 15 Sept. 1882, in B. H. Roberts, *A Comprehensive History of the Church*, 1:131.)

When our children do wrong, we should not lose our tempers. We should let the Holy Ghost direct us in correcting our children. (See D&C 121:43.)

- What are some things we do that prevent the Holy Ghost from being our companion? What can we do to have His companionship? List the responses in two separate columns on the chalkboard.

President Joseph Fielding Smith said:

“The Holy Ghost will not dwell with that person who is unwilling to obey and keep the commandments of God. . . . In such a soul the spirit of the Holy Ghost cannot enter.

“That great gift comes to us only through humility and faith and obedience. . . .

“Did you ever stop to think what a great privilege it is for us to have the companionship of one of the members of the Godhead? Have you thought of it that way? That is our privilege, if we keep the commandments the Lord has given us” (“Fundamental Gospel Truths Balance Education for Students at BYU,” *Church News*, 4 Nov. 1961, 14).

How the Holy Ghost Helps Us

When we show by our faithfulness that we desire to have the Holy Ghost as our companion, He will help us in many ways.

He Helps Us Have Happier Families

The Holy Ghost “inspires virtue, kindness, goodness, tenderness, gentleness, and charity” (Parley P. Pratt, *Key to the Science of Theology*, 100). When we and our family members develop these qualities, we have more harmony in the home.

He Shows Us What to Do

The Holy Ghost can help us make important decisions and help us know what to do.

- Have class members read Doctrine and Covenants 6:15 and 8:2. How does the Holy Ghost show us what to do?

He Helps Us Grow in the Church

Elder Franklin D. Richards told how the Holy Ghost had guided him: “I have heard the still small voice, or the whisperings of the Spirit, as I have counseled with you, my brothers and sisters; as I have conferred the priesthood upon men; as I have set men and women apart to positions in the Church; as I have given blessings to the sick; as I have borne my testimony to nonmembers as well as members; as I have been delivering a sermon, and at many other times” (in Conference Report, Apr. 1973, 171–72; or *Ensign*, July 1973, 117).

He Warns Us

Sometimes the Holy Ghost warns us of danger or temptation. Elder Franklin D. Richards told of a young father’s experience:

“He was awakened one night by a voice that clearly told him to get up and go downstairs. He heeded the warning, and in going into the kitchen he found one wall engulfed in flames. Hurriedly he awakened his family, called the fire department, and with the help of his family fought the fire, keeping it down until the fire department arrived and put it out.

“There was no question in his mind that this warning was a manifestation of the protection the Holy Ghost can give to those who keep their lives in harmony with the Spirit” (in Conference Report, Apr. 1973, 171; or *Ensign*, July 1973, 117).

- Since receiving the gift of the Holy Ghost, have you had an experience where He warned you of temptation or danger?

He Comforts Us

Many people have testified of the comforting spirit they have felt in times of pain or sorrow. The Holy Ghost has helped them to find peace and understanding.

Elder Franklin D. Richards told the following experience: “It was my privilege to meet two wonderful women, close friends, who had lost their husbands in a tragic airplane accident. Did I find them in despair and deep mourning? No, indeed. I have never witnessed greater courage and strength. They both bore witness to the fact that they had truly felt the comfort of the Spirit, . . . and they had an assurance that all would be well with them and their families as they lived close to the Church and kept the commandments of the Lord” (in Conference Report, Apr. 1973, 171; or *Ensign*, July 1973, 117).

President Heber J. Grant told how the Holy Ghost brought knowledge and comfort to members of his family:

“About one hour before my wife died, I called my children into her room and told them that their mother was dying and for them to bid her good-bye. One of the little girls, about twelve years of age, said to me: ‘Papa, I do not want my mamma to die. I have been with you in the hospital . . . for six months; time and time again when mamma was in distress you had administered to her and she has been relieved of her pain and quietly gone to sleep. I want you to lay hands upon my mamma and heal her.’

“I told my little girl that we all had to die sometime, and that I felt assured in my heart that her mother’s time had arrived. She and the rest of the children left the room.

“I then knelt down by the bed of my wife (who by this time had lost consciousness) and I told the Lord I acknowledged His hand in life, in death, in joy, in sorrow, in prosperity, or adversity. I thanked Him for

the knowledge I had that my wife belonged to me for all eternity. . . . But I told the Lord that I lacked the strength to have my wife die and to have it affect the faith of my little children . . . ; and I supplicated the Lord with all the strength that I possessed . . . [to] give to that little girl of mine a knowledge that it was His mind and His will that her mamma should die.

“Within an hour my wife passed away, and I called the children back into the room. My little boy about five and a half or six years of age was weeping bitterly, and the little girl of twelve years of age took him in her arms and said: ‘Do not weep, do not cry, Heber; since we went out of this room the voice of the Lord from heaven has said to me, “In the death of your mamma the will of the Lord shall be done” ’ ” (*Gospel Standards*, comp. G. Homer Durham [1941], 361).

He Testifies of the Truth

It is through the Holy Ghost that we receive our testimony of the gospel.

A Jewish woman who was interested in learning about the Church went to the public library and checked out the book *Gospel Doctrine*, by Joseph F. Smith. While reading the book she had a strong desire to learn more. She decided to visit a Latter-day Saint church. She said:

“Being married at that time, I asked my husband to take me to the Mormon Church. I clearly remember hesitating at the entrance of the chapel for fear I would see a crucifix. What joy flooded over me when, upon entering, I saw a chapel full only of warm, friendly people. The whole Sunday School service made me feel as if I had come home after a long journey.

“After the service we were told that there were classes for everybody, and we were asked to attend one that I later learned was called the investigators class. The particular lesson that Sunday was about the organization of the Church. When the office of bishop was mentioned, the teacher explained, I guess out of deference to my husband and myself, that a bishop was like a rabbi. Afterwards, when he was showing us around the meetinghouse, I said to him, ‘I hope you don’t mind my pointing this out, but a bishop in your church is not at all like a rabbi. A rabbi is simply a teacher, whereas your bishop has the authority of God.’

“I was totally surprised to hear myself say that. And that was to be only the beginning. At that time I had no idea of the source of my ‘knowing’ those things. It was true that I had just finished *Gospel Doctrine*, but two days of reading is not long enough to intellectually absorb 543 pages of new ideas and concepts. Later I learned that it is the insights of the heart—the confirmation of the Spirit—that transform knowledge into

understanding” (Renée Pool Vorhaus, “The God of My Fathers,” *Ensign*, Feb. 1978, 20).

Through the Holy Ghost we may know when the prophet of God reveals the truth. President J. Reuben Clark Jr. taught that “we can tell when the speakers are ‘moved by the Holy Ghost’ only when we, ourselves, are ‘moved upon by the Holy Ghost’ ” (*Church News*, 31 July 1954, 9). It is important that we live so that the Holy Ghost can be our constant companion and guide us in discerning truth.

The blessings of the Holy Ghost are real. These blessings are available to us as members of the Church if we will seek them righteously.

- Invite class members to tell about a time when they felt the companionship of the Holy Ghost.

Conclusion

The gift of the Holy Ghost is a great blessing. It is given to those who have been confirmed members of the Church. This Spirit is essential for us to complete our mission successfully here on earth. The Holy Ghost will help us in all areas of our lives if we will be worthy of His companionship.

Challenge

Seek the companionship of the Holy Ghost in your daily life. Make a goal to improve in one or more of the following ways.

1. Trying to keep all the commandments
2. Praying regularly
3. Showing love for the Savior
4. Serving others
5. Keeping your thoughts and actions pure
6. Thanking the Lord for His blessings and for the gift of the Holy Ghost

Additional Scriptures

- Acts 5:32 (Holy Ghost, a witness)
- 1 Nephi 10:17 (see, hear, and know by the power of the Holy Ghost)
- 2 Nephi 31:13 (speaking with the tongue of angels after receiving the Holy Ghost)
- Doctrine and Covenants 107:56 (foreseeing the future through the Holy Ghost)
- Moses 6:61 (the Comforter)

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 21, “The Gift of the Holy Ghost.”
2. Prepare the poster suggested in the lesson or write the information on the chalkboard.
3. Assign class members to present any stories, scriptures, or quotations you wish.

TESTIMONY

Lesson 5

The purpose of this lesson is to help us obtain, build, and bear a testimony of the restored gospel of Jesus Christ.

What Is a Testimony?

- Sing the hymn “I Know That My Redeemer Lives” (see *Hymns*, no. 136, or *Gospel Principles*, 346–47).

A testimony does not come from our reasoning powers alone. President Spencer W. Kimball said that “testimonies are feelings, not merely the accumulation of facts” (quoted by Margaret Hoopes in “Community and Communing: The Power of Testimony Meeting,” *Ensign*, Jan. 1978, 50).

A testimony of the gospel “is received when the Holy Spirit speaks to the spirit within [us]; it comes when the whisperings of the still small voice are heard.” It comes with “calm, unwavering certainty. . . .

“Three great truths must be included in every valid testimony: 1. That Jesus Christ is the Son of God and the Savior of the world (D. & C. 46:13); 2. That Joseph Smith is the Prophet of God through whom the gospel was restored in this dispensation; and 3. That 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)” (Bruce R. McConkie, *Mormon Doctrine*, 2nd ed. [1966], 785–86).

President Joseph F. Smith bore the following testimony: “My brethren and sisters, I desire to bear my testimony to you; for I have received an assurance which has taken possession of my whole being. It has sunk deep into my heart; it fills every fiber of my soul; so that I feel to say before this people . . . that God has revealed unto me that Jesus is the Christ, the Son of the living God, the Redeemer of the world; that Joseph Smith is, was, and always will be a prophet of God, ordained and chosen to stand at the head of [this] dispensation. . . . I know, as I live, that this is true, and I bear my testimony to its truth. . . . I know that this is the kingdom of God, and that God is at the helm. He presides over his people. He presides over the president of this Church, . . .

and he will continue to preside over the leaders of this Church until the winding-up scene. He will not suffer it to be given to another people, nor to be left to men" (*Gospel Doctrine*, 5th ed. [1939], 501–2).

The prophets of God have strong testimonies of the gospel of Jesus Christ. But a powerful testimony is not reserved for prophets alone. President Brigham Young said, "It is both the duty and privilege of the Latter-day Saints to know that their religion is true" (*Discourses of Brigham Young*, sel. John A. Widtsoe [1954], 429).

We each have the privilege and duty of gaining a testimony of Jesus Christ, of Joseph Smith, and of our living prophet. We can gain a testimony of the truthfulness of the Book of Mormon, of the principle of tithing, of the Word of Wisdom, and of every other principle of the gospel.

- Ask the sisters to name gospel principles of which they have gained testimonies. As appropriate, ask them also to share how they gained their testimonies.

A Testimony Comes through the Holy Ghost

We receive a testimony when the Holy Ghost bears witness of the truthfulness of the gospel to our spirits, hearts, and minds.

- Read Doctrine and Covenants 8:2–3. Explain how the Holy Ghost bears witness. Refer to *Gospel Principles* chapter 7, subsection "Why Is the Holy Ghost Necessary?"

For some, receiving a testimony is a vivid experience. This was true for Heinrich Stilger of Frankfurt, Germany. He had been visited by the missionaries and had decided to be baptized. But as the date drew closer, he began to question his decision. He had difficulty living the Word of Wisdom and the law of tithing. The missionaries were patient, but they could not convince him to set a baptismal date. Another missionary came and asked him to pray for a testimony. He finally did so. Brother Stilger said later, "I saw a bright figure and I heard a voice which told me that the Word of Wisdom and the law of tithing are commandments of God." ("His Testimony Came through Prayer," *Church News*, 17 Jan. 1970, 6).

For most people, a testimony comes in a less spectacular way. These testimonies are no less important or valid. Even prophets and apostles of the Church have received their testimonies in less spectacular ways. President David O. McKay explained how he received his testimony:

"I listened as a boy to a testimony regarding the principles of the gospel, the power of the priesthood, the divinity of this work. I heard the admonition that we, too, might get that testimony if we would pray, but somehow I got an idea in youth that we could not get a testimony

unless we had some manifestation. I read of the First Vision of the Prophet Joseph Smith, and I knew . . . what he had received was of God; I heard of elders who had heard voices; . . . and somehow I received the impression that that was the source of all testimony. . . .

“I remember riding over the hills one afternoon, thinking of these things, and concluded that there in the silence of the hills was the best place to get that testimony. I stopped my horse. . . .

“I knelt down and with all the fervor of my heart poured out my soul to God and asked him for a testimony of this gospel. I had in mind that there would be some manifestation, that I should receive some transformation that would leave me without doubt.

“I arose, mounted my horse, and as he started over the trail I . . . said to myself, ‘No, sir, there is no change; I am just the same boy I was before I knelt down.’ The anticipated manifestation had not come. . . .

“The testimony that this work is divine [came] . . . through obedience to God’s will, in harmony with Christ’s promise, ‘If any man will do his will, he will know of the doctrine, whether it be of God, or whether I speak of myself’ (John 7:17)” (“A Personal Testimony,” *Improvement Era*, Sept. 1962, 628–29).

President Marion G. Romney explained how he got his testimony: “Sometimes a testimony comes to a person slowly, over an extended period of time. I do not remember a testimony coming to me suddenly. . . . I cannot remember when I did not have a testimony. It has, of course, been strengthened through the years, but I can never remember when I did not believe. But whether a testimony comes suddenly or by degrees, it does something to a person. One is different after he receives a testimony” (“How to Gain a Testimony,” *New Era*, May 1976, 11).

No matter how a testimony comes, it will bless our lives and help us as we progress in the gospel.

We Must Prepare to Receive a Testimony

- Display a poster of the following list or refer to the information on the chalkboard:

1. Desire to believe.
2. Search the scriptures.
3. Do the will of God.
4. Ponder and pray with faith in Christ.
5. Fast and pray often.

Desire to Believe

The first step, having a desire for a testimony, is important.

- Read Alma 32:26–27. How did the desire to know the truth influence the experiences President McKay and Heinrich Stilger had? How did this same desire affect Joseph Smith? (See Joseph Smith—History 1:10–20.)

Search the Scriptures

Scripture study helps us receive our testimonies. A testimony will not come if we do not work for it.

- Read Doctrine and Covenants 9:7–9. How can studying the scriptures help us gain a testimony?

Do the Will of God

President David O. McKay received his testimony by doing the will of the Lord. Each of us can also gain a testimony as we do the will of the Lord.

- Read John 7:17. How does following the commandments prepare us to have a testimony?

Ponder and Pray with Faith in Christ

To receive knowledge from the Holy Ghost, we must *ask* Heavenly Father for it. We must also *trust* that God loves us and that He will help us discern the promptings of the Holy Ghost.

- Read Moroni 10:3–5. Why is prayer so important in gaining a testimony?

Fast and Pray Often

Fasting increases the power of prayer. Fasting and praying will help us gain our testimonies.

- Read Alma 5:45–46. How do fasting and prayer help us gain a testimony?

One young woman, Annette Parkinson, had difficulty getting a testimony even after praying, reading the scriptures, and keeping the commandments. She said:

“I was beset by the fear that I might be deceived, that I might trick myself into thinking that I had a testimony instead of really obtaining one through the Holy Ghost. I feared and abhorred such deception almost more than anything else. The thought of exercising that trust in God seemed about as frightening as taking a leap into space and hoping that someone would be there to catch me. I could see, however, that if I ever wanted to gain a testimony, I would have to do something.

“Gaining faith, I discovered, was not an overnight process. But I sincerely tried to show and feel trust in the Lord. As time passed, something wonderful began to happen inside me. One day while I was sitting on my bed, a feeling came into me that I had never noticed before; yet it was not a totally new feeling. As I sat there, I remember saying in my mind, ‘The Lord has answered my prayers! I now know that he lives. I really know that he lives!’

“The feeling was deep, profound, yet sweet and peaceful. I knew that God lived; and how happy I was!

“Of course, this was not the end of my struggles. I still needed to know if Jesus Christ was truly my Savior, whether Joseph Smith was a prophet, whether the president of the Church is a prophet. . . .

“Since then, my understanding of the gospel has increased a hundred-fold, and I have received a testimony of many things” (“Trust, a Key to Testimony,” *New Era*, Feb. 1978, 33).

- Why is it sometimes difficult to develop trust in the Lord? How does our desire to gain a testimony or strengthen our testimonies affect our actions?

We Must Continually Strengthen Our Testimonies

Elder Heber C. Kimball said:

“To meet the difficulties that are coming, it will be necessary for you to have a knowledge of the truth of this work for yourselves. . . .

“The time will come when no man nor woman will be able to endure on borrowed light. Each will have to be guided by the light within himself. If you do not have it, how can you stand?” (quoted by Orson F. Whitney in *Life of Heber C. Kimball*, 3rd ed. [1967], 450).

President Harold B. Lee said: “Testimony isn’t something you have today, and you are going to have always. A testimony is fragile. It is as hard to hold as a moonbeam. It is something you have to recapture every day of your life” (quoted by J. M. Heslop in “President Harold B. Lee Directs Church; Led by the Spirit,” *Church News*, 15 July 1972, 4).

Elder George Q. Cannon wrote: “It is not enough that we knew of the truth of this work yesterday or the day before or a week or a month or a year ago; we ought to and must, in order to be happy, know it to be true to-day. . . . We can only retain the testimony of the truth in our heart by living near unto God” (*Gospel Truth*, sel. Jerreld L. Newquist [1957], 1:343).

Alma compared testimony to a seed that must be cared for in order to grow into a lovely tree.

- Read Alma 32:37–38. What things could we do that would cause us to lose our testimonies?
- Read Alma 32:41. How can we nourish our testimonies?

One way we can build our own and others' testimonies is to bear them often. It is our duty to share our testimonies with members and non-members. Each month in fast and testimony meeting we can testify that we know certain gospel principles are true. We can also explain how we know. We can bear witness of the divinity and Atonement of our Savior, the calling of Joseph Smith as a prophet, and the calling of our present-day prophet. Bearing testimony helps us understand and value our feelings. It helps our testimonies grow within us. Often simply bearing testimony helps us realize we have one.

When we bear testimony by the power of the Holy Ghost, others can receive a witness from the Holy Ghost. Then they will know that what we say is true. They also can gain a desire to overcome their faults and become better. Good testimony meetings can draw the members of wards or branches together so they feel like one big family.

Conclusion

A testimony is one of a person's most precious possessions. We should live righteously, serve others, and bear our testimonies. If we do, our testimonies will gain power and bring great joy, strength, and peace into our lives.

Challenge

Find opportunities to share your testimony with others.

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 7, subsection "Why Is the Holy Ghost Necessary?" pages 37–39.
2. Study Alma 32:26–43 and Ether 12:6.
3. Plan to open the lesson with the hymn "I Know That My Redeemer Lives" (see *Hymns*, no. 136, or *Gospel Principles*, 346–47).
4. Prepare the poster suggested in the lesson or write the information on the chalkboard.
5. Assign class members to present any stories, scriptures, or quotations you wish.

FASTING

Lesson 6

The purpose of this lesson is to help us understand how to strengthen ourselves and our family through fasting.

The Proper Way to Fast

- Have the assigned class member present a three-minute review of *Gospel Principles* chapter 25, "Fasting."

Increasing the Spirituality of Our Fasting

Fasting helps us recognize our dependence on the Lord. When we fast and pray, we turn away from the things of the world. We open our hearts to learn and accept God's will for us and for our families.

Fasting also emphasizes the earnestness of our prayer.

As we increase the spirituality of our fasting, we can improve our relationships within our families. We can also receive great spiritual blessings of comfort and insight.

- How can we enrich our fasting experiences?

When we want to change something in our lives, we must plan, prepare, and practice those things that will bring about change. These same principles will help us improve our fasting.

Fast with a Purpose

We can make our fast more meaningful by fasting with a purpose. Many families and individuals prayerfully consider what to fast for before they begin. We might properly fast to (1) bless someone else (see Alma 6:6), (2) receive spiritual strength to overcome a problem, (3) receive inspiration and revelation (see Alma 17:3), (4) ask for help or comfort (see Helaman 9:10), or (5) increase love and harmony in the home.

- How would having a purpose for fasting make it easier to fast? How would this purpose increase the meaning of fasting? What are some reasons for which families might fast?

Help Family Members Fast

When our children are small, we should not force them to fast. We should talk with them about the purpose of the fast and include them in our prayers as we begin our fast. We can even help them learn to fast by asking them to fast one meal. By the time they are old enough to be baptized, they will be better prepared to observe the full fast. We should be aware of individual health problems and try to find ways family members can fast.

We can help family members who are trying to fast by feeding young children separately. We can change the usual routine and serve food that is easily prepared instead of food that fills the house with tempting aromas. We can prepare the food for the Sunday meal on Saturday, allowing us time on Sunday to study the scriptures, pray, and meditate about the purpose of our own fast. We could use the time to read the scriptures to our children, talk with them, and increase their love of the gospel. If we have suitable activities to fill the time ordinarily spent eating, we will be less concerned about meals missed. If we become hungry during a fast, we should try not to think about food. Instead, we should think of nourishing ourselves spiritually. We do this by “feast[ing] upon the words of Christ” (2 Nephi 32:3). Instead of eating, we should study the scriptures, meditate, exert faith, and continue to pray.

- Read Doctrine and Covenants 59:13–15. What should be our attitude as we prepare food to break our fast? How would following the advice given in this scripture increase our spirituality?

Fast with Prayerfulness

We should always begin our fasting with prayer. At that time we can ask Heavenly Father to give us strength to complete the fast. We should express our desire to fast, the purpose of our fast, and its importance to us. We should also ask for help in obtaining the needed blessing.

We should break our fast with prayer, exercising faith concerning the purpose of the fast. If others have been fasting with us for the same purpose, we should all unite in prayer. We should express gratitude for obedient and strong children who desire to enjoy the spiritual blessings of the fast.

- What things can we do in our homes to increase the spirituality of fasting for all family members?

Fasting Is a Source of Power

When we have trials we often need additional strength. Priesthood bearers often fast to increase their ability to use priesthood power. When we seek priesthood blessings, we can apply this same principle

by fasting. Elder Matthew Cowley told the following story about the power of parents fasting:

“A little over a year ago a couple came into my office carrying a little boy. The father said to me, ‘My wife and I have been fasting for two days, and we’ve brought our little boy up for a blessing. You are the one we’ve been sent to.’

“I said, ‘What’s the matter with him?’

“They said he was born blind, deaf and dumb, no co-ordination of his muscles, couldn’t even crawl at the age of five years. I said to myself, this is it. ‘This kind cometh not out save by fasting and by prayer.’ I had implicit faith in the fasting and the prayers of those parents. I blessed that child, and a few weeks later I received a letter: ‘Brother Cowley, we wish you could see our little boy now. He’s crawling. When we throw a ball across the floor he races after it on his hands and knees. He can see. When we clap our hands over his head he jumps. He can hear.’ Medical science had laid the burden down. God had taken over” (*Miracles*, Brigham Young University Speeches of the Year [18 Feb. 1953], 8).

- Display visual 6-a, “Esther, despite danger to her own life, went fasting before the king.”

A righteous woman, through obedient living, can bless not only herself and her family but also an entire nation. Such a woman was Esther, whose story is told in the Old Testament. Esther, a Jewess, found favor with the Persian king and became his wife. In the same country was a powerful man named Haman, who was a bitter enemy of Mordecai, Esther’s cousin. Because Mordecai refused to bow down before him, Haman made a plan to kill all of the Jews. When Mordecai heard this tragic news, he sent word to Esther, asking her to go before the king and seek his protection. Esther explained the law, saying, “Whosoever, whether man or woman, shall come unto the king into the inner court, who is not called, there is one law of his to put him to death, except such to whom the king shall hold out the golden sceptre, that he may live: but I have not been called to come in unto the king these thirty days” (Esther 4:11). Mordecai replied that if Esther did not act, everyone would be killed, including her own family.

Esther realized her responsibility. She answered, “Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish” (Esther 4:16). Esther, despite danger to her own life, went fasting before the king. The king held out his sceptre so she might approach, sparing her life. Because she had put her life



*6-a, Esther, despite danger to her own life, went fasting before the king.
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and this problem into the hands of the Lord, she was spared. The king proclaimed that the Jews could defend themselves and survive. (See Esther 5:2; 8:10–11.)

- How did the fasting of Esther and others help her gain strength and courage? What situations in your life would require strength and courage? How would fasting help you?

Conclusion

Spiritual strength from fasting comes through obedience and faith. As we fast and pray, exercising our faith, we can be blessed with the increased power we need. As we fast, the strength of our testimonies will increase. We will have a desire to share them at fast and testimony meeting. As our children hear and feel our love of the gospel, they will also grow spiritually.

Challenge

Examine how you prepare for fasting and what you do on fast Sunday. Try to increase the spirituality in your home. Remember how important attitude and preparation are to a successful fast.

Additional Scriptures

- Matthew 6:16–18 (how to fast)
- Luke 2:37 (serving God with fasting and prayers)
- Mosiah 27:22–23 (healing through fasting and prayer)
- Alma 5:46 (revelation through fasting and prayer)

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 25, “Fasting.”
2. Assign a class member to give a three-minute review of *Gospel Principles* chapter 25.
3. Assign class members to present any stories, scriptures, or quotations you wish.

REVERENCE

L e s s o n 7

The purpose of this lesson is to help us learn how to teach reverence to our family and how to improve our own reverence.

Reverence Is a Quality of the Soul

- Display a poster of Leviticus 19:30, or refer to the scripture on the chalkboard.

Modern prophets have counseled us about reverence. President David O. McKay said, “I look upon reverence as one of the highest qualities of the soul” (in Conference Report, Oct. 1951, 179–80).

The following text was written by President Spencer W. Kimball for Church members:

“We are a richly blessed people. The Lord has given us everything: the gospel of Jesus Christ, the light, the priesthood, the power, the promises, the covenants, the temples, our families, the truth. We should be the happiest people on earth. We should also be the most reverent people, but here I think every individual and every family should take a look at themselves. Are we a reverent people? Do our actions in the home and at church show reverence for our Creator?

“Sometimes we wonder. We attend sacrament meetings and conferences where children wander unrestrained in the aisles. During the service, we notice adults talking with their neighbors, people dozing, and young people gathering in the foyers. We see families coming late and filing noisily to their seats, and groups engaged in loud conversation in the chapel after the meeting.

“Our thoughts turn to investigators, friends, and those whose testimonies are fragile and developing. Are our meetings the powerful missionary tools they can be, where the Spirit of the Lord reigns and penetrates hearts? Or to sense the Spirit must we first block out many needless distractions?



7-a, We should be reverent and teach our children to be reverent in the chapel.

“Let us examine reverence, not only its meaning and importance in the lives of Latter-day Saints, but some possible ways we can teach reverence to our children and improve our performance.

“The Meaning and Importance of Reverence

“Reverence has been defined as a ‘feeling or attitude of deep respect, love, and awe, as for something sacred.’ To describe it as devotion to God is another way to express the meaning of reverence.

“Many of our leaders have expressed regard for reverence as one of the highest qualities of the soul, indicating it involves true faith in God and in his righteousness, high culture, and a love for the finer things in life.

“Reverence for God

“In modern revelation the Lord has helped us understand the meaning and importance of reverence.

“One such instance would seem to indicate that reverence toward the Father and the Son is an essential qualification or characteristic of those who attain the celestial kingdom. In section 76 of the Doctrine and Covenants, known as ‘The Vision,’ given to Joseph Smith and Sidney Rigdon in February 1832, we find:

“ ‘And thus we saw the glory of the celestial, which excels in all things—where God, even the Father, reigns upon his throne forever and ever;

“ ‘Before whose throne all things bow in humble reverence, and give him glory forever and ever.

“ ‘They who dwell in his presence are the church of the Firstborn; and they see as they are seen, and know as they are known, having received of his fulness and of his grace.

“ ‘And he makes them equal in power, and in might, and in dominion.’ (D&C 76:92–95.)

“Reverence for the Name of Deity

“Another modern revelation directs us to hold in reverence even the very name of Deity; we are told not to profane the name of the Father, and even to avoid frequent use of it. (D&C 107:2–4.)

“Here we should remind ourselves that one of the Ten Commandments reads:

“ ‘Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh his name in vain.’ (Exodus 20:7.)

“It would appear that reverence for God and his name is one of the most important qualities we can develop.

“Reverence for the House of the Lord

“In yet another area of extreme importance, the Lord has directed by modern revelation that we should have proper reverence for his holy house. In the important revelation given to Joseph Smith known as the dedicatory prayer for the Kirtland Temple, a directive was given that this, as with all other sacred temples erected unto the Lord, should be a place of reverence to Him. (See D&C 109:13, 16–21.)

“In a very real sense, what is said of the sacred temples of the Church is applicable to every ‘house of the Lord,’ whether it be a meeting-house or any place where the Saints worship, or in fact, any Latter-day Saint home.

“Reverence Involves Happiness

“As with the other principles of the gospel, reverence leads to increased joy.

“We must remember that reverence is not a somber, temporary behavior that we adopt on Sunday. True reverence involves happiness, as well as love, respect, gratitude, and godly fear. It is a virtue that should be part of our way of life. In fact, Latter-day Saints should be the most reverent people in all the earth.

“Reverence and the Home

“Where, then, does reverence begin, and how can we develop it?

“The home is the key to reverence, as it is to every other godlike virtue.

“Let me emphasize the importance of teaching children to pray. It is during personal and family prayers that little ones learn to bow their heads, fold their arms, and close their eyes while our Father in heaven is being addressed. Behavior learned at home determines behavior in Church meetings. A child who has learned to pray at home soon understands that he must be quiet and still during prayers in worship services.

“Likewise, when family home evenings are part of home life, children know that there are special times, not only at church but at home, when we learn about our Heavenly Father and when everyone needs to be on his best behavior.

“Music is a special delight for children. Hymns that are frequently sung at church can become familiar in the home too. Small children especially could benefit if parents helped them learn simple hymns at home. In this way, children would eagerly anticipate singing at sacrament and other meetings.

“Reverence at Church

“Of course, parents should attend Sunday meetings with their children.

“The father and mother should work together to make sure that preparation for meetings is a pleasant family experience. The last minute rush to gather the children, dress, and hurry to meeting is destructive to reverence.

“When families fall into this pattern they are frequently late to church, there are often cross words and hurt feelings, and the children are often upset and restless during the service. How much more reverent is the family that prepares well ahead of time for meetings, that arrives at the chapel well before the meeting begins, and that sits together to listen to the prelude music and put worldly concerns out of their minds.

“Parents with small children sometimes have a difficult time helping their youngsters appreciate meetings and keeping them from creating disturbances. Perseverance, firmness, and preparation in the home are essential ingredients for success. If they are perplexed about how to handle their children at church, young parents might seek the advice of a more experienced couple in the ward.

“Often, before and after meetings, members of the Church cluster in the chapel to exchange greetings. Some seeming irreverence is due innocently to the fact that we are a friendly people and that the Sabbath is a convenient time to visit, to fellowship, and to meet new people. Parents should set an example for their families by doing their visiting in the foyers or other areas outside of the chapel before or after meetings. After a meeting, parents can help to carry the spirit of the service into the home by discussing at home a thought, a musical number, or some other positive aspect of the meeting with their children.

“An Effort to Improve Reverence

“We have discussed the importance of reverence and examined some of its meanings. We have also offered several suggestions about promoting reverence at home and at church. The real improvement in actions of the people, however, will come as local leaders and families combine their efforts to overcome their specific reverence problems. We envision an effort throughout the Church to improve reverence. . . .

“True reverence is a vital quality, but one that is fast disappearing in the world as the forces of evil broaden their influences. We cannot fully comprehend the power for good we can wield if the millions of members of Christ’s true church will serve as models of reverent behavior. We cannot imagine the many additional numbers of lives we could touch. Perhaps even more important, we cannot foresee the great spiritual impact on our own families if we become the reverent people we

know we should be. That we might work to develop greater reverence in our lives is my prayer” (*We Should Be a Reverent People* [pamphlet, 1976], 1–4).

- How can parents help their children enjoy church meetings and be more reverent? After class members have responded, have someone read the following suggestions:

“Suggestions to Parents on Teaching Reverence

“Parents can help their children enjoy church meetings by—

“1. Participating in Sunday School and sacrament meetings with their children.

“2. Making preparation for meetings pleasant and unhurried.

“3. Arriving five to ten minutes before the meeting is scheduled to begin.

“4. Sitting together as a family.

“5. Discussing a talk, message, musical number, or other aspect of the meeting afterward” (Spencer W. Kimball, *We Should Be a Reverent People*, 4).

- Display visual 7-a, “We should be reverent and teach our children to be reverent in the chapel.”

- How can we teach reverence to small children? After class members have responded, have someone read the following suggestions:

“Parents with small children should try to—

“1. Help children understand what is happening.

“Young children may be able to occupy themselves quietly with a coloring book or workbook, but it is important to help them understand as much as possible about the meeting. An occasional whispered comment to clarify ward business or the speaker’s message may help the child to relate to what is happening. For example, the father could whisper, ‘That is Gordy’s daddy speaking now. He’s talking about pioneers.’

“2. Emphasize the songs.

“Singing can be one of the most enjoyable parts of the meeting for children. Encourage a child’s interest in hymns by singing simple hymns at home and by teaching them to the child. The ward music director may be able to furnish a list of hymns to be sung in future meetings.

“3. Reinforce etiquette learned at home, in Primary, and in Sunday School.

“Help children remember to fold their arms and bow their heads during prayers and to sit quietly during the sacrament. Children should understand that it is discourteous to play in the aisles or to walk in and out of the chapel during the meeting.

“4. Set the example.

“Set a good example by showing interest in the meeting, communicating only when necessary and only in whispers, and encouraging children to do likewise.

“5. Ensure that children are ready for meetings.

“Visits to the restroom and drinking fountain should take place before the meeting begins” (Spencer W. Kimball, *We Should Be a Reverent People*, 4–5).

Conclusion

When we are reverent, we show our love and respect for our Heavenly Father and His Son, Jesus Christ. As we develop an attitude of reverence, we can experience greater joy in life and in the teachings of the gospel of Jesus Christ.

Challenge

List the things you can do to become more reverent in your own life and to help others, especially your own family, become more reverent.

Teacher Preparation

Before presenting this lesson:

Prepare the poster suggested in the lesson or write the scripture on the chalkboard.

LOVE, CHARITY, AND SERVICE

Lesson 8

The purpose of this lesson is to help us love and serve others.

God Loves Us with Perfect Love

Perfect love, called “charity,” is the pure love of Christ (see Moroni 7:47). Those who have felt of this love have difficulty describing it. Sister Erma Braack of the United States told of her husband’s experience with the love of God:

“Bert Braack . . . had taken the Bible admonition, ‘Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you’ (Matt. 7:7), as his personal invitation to prayer. . . .

“He wanted desperately to know if there was a God. And if so, what was that God like?

“He began attending different churches and reading the Bible. The words in Matthew prompted him to ask for himself, and so, . . . with an intense desire to know the truth, he offered his first prayer: ‘If you are there, God, let me know and I will do what you want me to do.’ And as he knelt, he says, ‘A great peace engulfed me, my heart burned within me, and a joy such as I had never known flowed over me. I felt as if I were completely immersed in a great spiritual essence.’

“For three days this feeling remained with him, and during all that time, he says, ‘I hardly felt my feet touch the ground. The pure love of God seemed to completely encompass me, and it was wonderful. During this time I loved everything. I had never cared much for children, but now a great love flowed out from me toward them. I had cursed the rain; now, drenched in it, I loved every minute of it. If this is a small taste of the love of God that fills the celestial kingdom, no wonder the lamb and the lion can lie down together and there is nothing to hurt or make afraid.’ ” Bert Braack later joined the Church. (See “ ‘A Small Taste of Love,’ ” *Ensign*, Aug. 1976, 36.)

- Have class members remember a time when they felt filled with love.
- Why should we know that God loves us personally?

The Savior gave us the example of how to love. He was treated unjustly, yet He did not turn against His persecutors. He was hated, yet He returned love for hate. He was nailed to a wooden cross and left to die, yet He pleaded for the Roman soldiers, "Father, forgive them; for they know not what they do" (Luke 23:34). He had patience with His Apostles, some of whom did not fully comprehend His mission. He had a great love for children. A moving account of the Savior's love is recorded in 3 Nephi 17.

- Ask the assigned sister to read the verses she has chosen from 3 Nephi 17 that show the Savior's love.

We Are Commanded to Love

Just a few hours before His Crucifixion, the Savior taught His disciples, "A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another" (John 13:34).

He commanded us that in the same way He loved His fellowmen, we must love one another. He taught:

"Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;

"That ye may be the children of your Father which is in heaven" (Matthew 5:44–45).

Elder Marion D. Hanks told how one woman was taught in her childhood to develop Christlike love: "I think of a choice lady born with a severely handicapped body, . . . who . . . spoke of an incident of her childhood. Playmates had called her names that . . . caused her pain and tears. When she reached home her father held her in his lap in his big strong arms and wept with her as he explained that . . . [this experience] could make her life fruitful and happy. 'Sweetheart,' he said, . . . 'you do have a hump on your back and some other serious problems. But that isn't your fault. It isn't your parents' fault or Heavenly Father's fault. . . . What the boys and girls said is true, but it wasn't fair and it wasn't kind. If all your life you will try to be more fair and more kind to others than some of them may sometimes be to you, then you will be happy, and your life will be full and useful' " (in Conference Report, Oct. 1976, 42; or *Ensign*, Nov. 1976, 32).

- Have someone read 1 Corinthians 13:2–7. Ask class members to discuss the ideas in this scripture. Can a sister who has charity feel prejudice toward another race of people? Can she turn away the sick, the poor, or the hungry? Can she be jealous of the accomplishments of others? Can she gossip about or criticize others? Why must we strive to develop charity?

Christlike Service Builds Love

President Harold B. Lee said that one night he had what “must have been a vision,” in which he was told: “ ‘If you want to love God, you have to learn to love and serve the people. That is the way to show your love for God’ ” (*Stand Ye in Holy Places* [1974], 189).

Through acts of service, large or small, we can learn to love more deeply. Sister Cora Hill Arnold of the United States told of how she learned to love through service, although she lived near a woman she felt she could not like:

“I found fault with everything she did. . . . I heard from others that she felt the same way about me. She seemed always to force herself . . . to show everyone how important she was. How I disliked to see her achieve.

“She was never very friendly to me, and I would pass her with a cool nod or a polite ‘hello.’ . . . I was miserable because to dislike a person does make one unhappy.

“And then one day I heard she was ill. So what? It was not my worry.

“But it was [my worry], and I couldn’t forget it. Because I have an active conscience I finally went into my kitchen and stirred up some applesauce cupcakes. . . .

“And I took them to her!

“Her face lighted up with surprise and pleasure, and a warm glow spread over my heart, washing away the angry prejudice at once. As I walked from her home to mine I was smiling and the day was bright and beautiful.

“Now she is one of my close friends. . . .

“Someone has said, ‘Hate is love gone wrong. We hate those whom we might have loved’ ” (“Shall I Deem Her My Enemy?” *Relief Society Magazine*, Aug. 1970, 595).

- Ask a sister to tell of an experience she had in learning to love someone. How can we build a deeper relationship, even with members of our own family, through service?

We Have Covenanted to Serve One Another

When we were baptized, we covenanted with the Lord to “bear one another’s burdens; . . . mourn with those that mourn; . . . and comfort those that stand in need of comfort” (Mosiah 18:8–9). We have the responsibility to seek out those who are in need. Then we have the responsibility to help them, without being urged or commanded. (See D&C 58:26–29.)

We have covenanted to serve those who are in need, just as Christ served His fellowmen. Christlike service may not be requested. It may be needed by someone who is a stranger to us who can never repay us. It may be unpleasant and require much effort on our part. It may be needed at a time when it is difficult for us to give. We may receive no praise or recognition. But we serve because we love our Heavenly Father's children and want to help them out of the pure desire of our hearts.

Emma Sommerville McConkie, Elder Bruce R. McConkie's grandmother, was a widow from Moab, Utah. Elder McConkie's father wrote in his journal of the following experience his mother had:

"Mother was president of the Moab Relief Society. J___ B___ [a non-member who opposed the Church] had married a Mormon girl. They had several children; now they had a new baby. They were very poor and Mother was going day by day to care for the child and to take them baskets of food, etc. Mother herself was ill, and more than once was hardly able to get home after doing the work at the J___ B___ home.

"One day she returned home especially tired and weary. She slept in her chair. She dreamed she was bathing a baby which she discovered was the Christ Child. She thought, Oh, what a great honor to thus serve the very Christ! As she held the baby in her lap, she was all but overcome. She thought, who else has actually held the Christ Child? Unspeakable joy filled her whole being. She was aflame with the glory of the Lord. It seemed that the very marrow in her bones would melt. Her joy was so great it awakened her. As she awoke, these words were spoken to her, "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me" " (quoted by Bruce R. McConkie in "Charity Which Never Faileth," *Relief Society Magazine*, Mar. 1970, 169).

- Read Matthew 25:34–40. Ask the sisters to discuss ways they can be of service to others (see *Gospel Principles* chapter 28, "Service").

Conclusion

President David O. McKay said:

"We have greater responsibilities than ever before to make our homes such as will radiate to our neighbors harmony, love, community duties, loyalty. Let our neighbors see it and hear it. . . .

"God help us as members . . . of the Church, to radiate . . . Love . . . , Charity, . . . and Service!" ("Radiation of the Individual," *Instructor*, Oct. 1964, 374).

Challenge

Choose a person you have difficulty loving, and try to build a good personal relationship with him or her. Become more aware of how you might be of service to this person and others.

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 28, "Service," and chapter 30, "Charity."
2. Assign a class member to choose and be prepared to share two or three verses from 3 Nephi 17 that show Jesus' love.
3. Assign class members to present any stories, scriptures, or quotations you wish.

CHASTITY AND MODESTY

L e s s o n 9

The purpose of this lesson is to help us live the law of chastity and teach our children to do likewise.

The Law of Chastity

Within our bodies, God has provided a sacred power. It is the power to create other bodies so that life may continue upon the earth. To help us preserve the sanctity of this power and use it wisely, God has given us the law of chastity.

- Have the assigned sister read *Gospel Principles* chapter 39, subsection “What Is the Law of Chastity?” What is the law of chastity?

To be chaste also means avoiding all impure thoughts and actions that cause us to desire wrong (see Matthew 5:27–28). We must not allow the standards of an immoral world to influence us.

The Importance of the Law of Chastity

Living the law of chastity is important because it is a commandment of God. The scriptures tell us that chastity is “most dear and precious above all things” (Moroni 9:9). The Lord said: “For I, the Lord God, delight in the chastity of women. And whoredoms are an abomination before me” (Jacob 2:28).

Living the law of chastity will bring us great blessings from the Lord. It will help us have self-respect and free us from a guilty conscience. It will help us avoid sexually transmitted diseases and the related suffering. In addition, living the law of chastity will help us be worthy both of others’ trust and of guidance from the Holy Ghost. Most important, we must be chaste to enter the temple and be married for time and eternity. Chastity will help us enjoy a happy family life on this earth. It will help us be worthy to continue our family life eternally.

- Ask a sister who brought her infant to class to express the joy she and her husband feel about being a family.

Breaking the law of chastity is a serious sin. It can bring us sorrow and destroy our self-respect. It can burden us with guilt. Unchastity can

cause distrust of family members and eventually disrupt the family. Unchastity makes a person unworthy of the guidance of the Holy Ghost. It can bring children into the world outside of a family unit. Church members who break the law of chastity break sacred covenants with God. Misusing the sacred power of creation in any way may cause us to lose the privilege of eternal progress.

Outside of marriage, sexual relations are serious sins that stain the lives of those involved. Such stains can be removed only through repentance (see lesson 2 in this manual, “Repentance”). Sometimes we make mistakes before we understand the Lord’s commandments about chastity. If so, it is very important to talk to our branch president, bishop, or mission president about them. He will advise us and help us complete our repentance. The Lord is anxious to forgive us when we repent of our sins. He tells us, “Behold, he who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more” (D&C 58:42).

How to Teach Chastity to Children

- Display a poster of the following list or refer to the information on the chalkboard:

1. Help children understand the nature and sacredness of body functions.
2. Give children love.
3. Encourage proper dating standards.
4. Encourage modest dress.
5. Set the proper parental example.

Help Children Understand the Nature and Sacredness of Body Functions

Children are naturally curious about their bodies. At the right moments parents can explain simply the appropriate ways of caring for our bodies. Parents should also help their children understand that our bodies are too personal and sacred to be handled inappropriately by ourselves or by others.

- Ask class members to think of situations in which parents might teach a child to respect his or her body.

Children’s attitudes will reflect the attitudes of their parents. If parents laugh at improper suggestions, view questionable movies or television programs, or permit suggestive books or magazines in their home, children will learn wrong attitudes. Parents should speak reverently but frankly and without embarrassment about the body. By showing gen-

uine affection toward each other, parents will also teach that procreation is sacred. We should also help children understand gender roles. This will help a child have a good feeling about being a girl or boy. Parents who feel good about their roles as men and women pass this feeling along to their children.

- How can our attitudes as parents teach more than words alone?

Children must clearly understand how babies begin and how they come into this life. Children must also be taught that the Lord has commanded that sexual relations be reserved for marriage. Boys, girls, men, and women must not break this sacred commandment.

Give Children Love

- Display visual 9-a, “A mother’s love is a blessing to her family.”

When children are young, parents can teach proper ways to express affection. It is important to fill children’s needs for affection so they do not seek to fill them later in an improper way. When parents are frank and loving, they build their children’s confidence in them. Then if children have questions or problems in their personal lives, they will feel comfortable consulting their parents.

Encourage Proper Dating Standards

President Spencer W. Kimball said that “any dating or pairing off in social contacts should be postponed until at least the age of 16 or older” (“The Marriage Decision,” *Ensign*, Feb. 1975, 4). Young people are encouraged to have only casual and friendly relationships until after boys have fulfilled missions.

When people begin dating more seriously, we can encourage them to develop positive characteristics and then look for those same characteristics in potential companions. Elder Richard G. Scott offered this counsel: “As you seek an eternal companion, look for someone who is developing the essential attributes that bring happiness: a deep love of the Lord and of His commandments, a determination to live them, one that is kindly understanding, forgiving of others, and willing to give of self, with the desire to have a family crowned with beautiful children and a commitment to teach them the principles of truth in the home” (in Conference Report, Apr. 1999, 31; or *Ensign*, May 1999, 26).

Elder Scott also emphasized the importance of chastity in courtship: “To commit in courtship intimate acts intended to unfold only within the bonds of marriage is transgression. Such activity offends the Holy Ghost, lays the foundation for heartache and disappointment, and could mask traits or characteristics that could prove conflictive or incompatible within the covenant of marriage. Seeds of distrust that mature into divorce and loss of temple blessings are often sown



9-a, A mother's love is a blessing to her family.

through violation of the laws of personal purity. Don't make that mistake" (in Conference Report, Apr. 1999, 32).

- What are proper dating standards for Latter-day Saints? In what ways can parents teach their children the importance of maintaining high standards during courtship?

Encourage Modest Dress

Since the time of Adam and Eve, the Lord has asked His children to cover their bodies. Until Eve was tempted by Satan in the Garden of Eden, she and Adam did not know they were naked. After eating of the forbidden fruit, they became aware of their nakedness. They tried to cover their most sacred parts with aprons of fig leaves. However, the Lord's standards for modesty are greater, and He gave them coats of skins to cover themselves—even though at that time they were alone in the world. (See Moses 4:13, 27.)

The Lord's standards of modesty are not those of the world. From the Prophet Joseph Smith through our recent prophets, our leaders have asked us to create our own styles and fashions (see Spencer W. Kimball, "A Style of Our Own," BYU Devotional Assembly, 13 Feb. 1951). President Brigham Young described the kind of fashion that is a model for us. He said: "Suppose that a female angel were to come into your house and you had the privilege of seeing her, how would she be dressed? . . . She would be neat and nice, her countenance full of glory, brilliant, bright, and perfectly beautiful, and in every act her gracefulness would charm the heart of every beholder. There is nothing needless about her. None of my sisters believe that these useless, foolish fashions are followed in heaven. Well, then, pattern [your lives] after good and heavenly things, . . ." (in *Deseret News [Weekly]*, 30 Apr. 1873, 196).

We can measure our standards of modesty by asking ourselves: How would I feel about my clothing if I knew the prophet were to visit in my home? Is my clothing a good example of what a Latter-day Saint girl or woman should wear? We should practice modesty within our own homes. Even small children should be modestly dressed and taught about modesty.

We are responsible for the effect our dress standards have on others. Anything that causes improper thoughts or sets a bad example before others is not modest. It is especially important that we teach young girls not to wear clothes that would encourage young men to have improper thoughts.

- What styles are common today that we ought to avoid?

Modesty can help us keep our chastity. We need to choose styles that are pleasing both to us and the Lord.

Set the Proper Parental Example

In keeping the law of chastity and being modest, parents must set the proper example.

- Review the five suggestions on the chalkboard or poster for teaching children to be chaste. In what other ways can we help ourselves and our children keep the law of chastity and dress modestly?

Conclusion

President Spencer W. Kimball, speaking to Latter-day Saint girls in Mexico City, said: “You are daughters of God. . . . You are made in the image of our heavenly mother. . . . Your body is sacred to you and precious” (in Conference Report, Mexico City and Central America Area Conference 1973, 108).

Our bodies are the temples where our spirits dwell. “No unclean thing can dwell with God” (1 Nephi 10:21; see also 1 Corinthians 3:16–17). Keeping our bodies pure and clean is an important part of being worthy to return to live with our Heavenly Father.

Challenge

Check your wardrobe to be sure all your clothes are modest. Place a chair in front of a mirror at home. Have each family member sit in the chair and decide how to be modest in dress or posture. If applicable, discuss with your husband the importance of teaching chastity and modesty to your children—both boys and girls.

Additional Scriptures

- 1 Corinthians 10:13 (God makes a way to escape temptation)
- Jacob 2:22–35; 3:1–3 (chastity—a delight to the Lord)
- Alma 39:1–9 (Corianton reproved for sinful conduct and counseled to repent)

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 39, “The Law of Chastity.”
2. Review lesson 2 in this manual, “Repentance.”
3. Prepare the poster suggested in the lesson or write the information on the chalkboard.
4. Assign a sister to read in class *Gospel Principles* chapter 39, subsection “What Is the Law of Chastity?” page 249.
5. Assign class members to present any stories, scriptures, or quotations you wish.

ETERNAL MARRIAGE

Lesson 10

The purpose of this lesson is to help us plan and prepare to receive the covenant of eternal marriage.

Why We Should Marry in the Temple

- Display visual 10-a, “A couple is married for eternity in the temple.”

Life does not end at death, nor was marriage intended to end at death. But marriage by civil officers or by Church officers outside of the temple is for this life only. Eternal marriage in the temple is the only marriage that will continue after death. Exaltation in the highest level of the celestial kingdom comes only to those who make and keep the covenant of eternal marriage.

- Read Doctrine and Covenants 131:1–4.

After we have been resurrected we will go to one of three kingdoms of glory. We must make righteous decisions, continually repent, and follow Heavenly Father’s commandments throughout our lives to enter into the highest kingdom. (See Spencer W. Kimball, *The Miracle of Forgiveness* [1969], 243–44.) One of the decisions we make is to be married in the temple for eternity. Those who make and keep the covenant of eternal marriage will be united with their families for eternity.

- Read Doctrine and Covenants 132:15–17.

Joseph Smith taught, “Except a man and his wife enter into an everlasting covenant and be married for eternity, . . . they will not have any children after the resurrection” (*History of the Church*, 5:391).

“Exaltation is available only to righteous members of the Church of Jesus Christ; only to those who accept the gospel; only to those who have their endowments in holy temples of God and have been sealed for eternity and who then continue to live righteously throughout their lives” (Spencer W. Kimball, *The Miracle of Forgiveness* [1969], 246).



10-a, A couple is married for eternity in the temple.

- Why should we want our families to be sealed in the temple? What must we do *after* being sealed in the temple in order to stay married for eternity?

The Blessings of Eternal Marriage

President Lorenzo Snow taught: “When two Latter-day Saints are united together in marriage, promises are made to them concerning their offspring that reach from eternity to eternity. They are promised that they shall have the power and the right to govern and control and administer salvation and exaltation and glory to their offspring, worlds without end. And what offspring they do not have here, undoubtedly there will be opportunities to have them hereafter. What else could man wish?

A man and a woman, in the other life, having celestial bodies, free from sickness and disease, glorified and beautified beyond description, standing in the midst of their posterity, governing and controlling them, administering life, exaltation and glory worlds without end” (*Deseret News*, 13 Mar. 1897; quoted by Spencer W. Kimball in *The Miracle of Forgiveness* [1969], 246).

- Display visual 10-b, “A sealing room in the Washington D.C. Temple.”

What glorious promises! If we are sealed for eternity and continue to live worthily, we shall be families forever. Our earthly families will remain permanently ours. And we can also continue to increase, adding spirit children to our posterity.

- How do you feel knowing that you can receive these blessings?

Brother Bo G. Wennerlund of Sweden expressed these thoughts after he and his wife were sealed in the Swiss Temple:

“I shall never forget the joy and happiness and determination to live the gospel that filled my soul after that first visit to the temple. I gained knowledge and insights relating to my eternal destination that I had never dreamed of before. The highlight was when our family was sealed together for time and all eternity.

“I looked into my wife’s eyes across the altar and saw tears of happiness rolling down her cheeks. I had loved her before, but never so much as from that moment. She, a daughter of God, was the mother of my children! It seemed as if I had never understood that until then. Afterward our prayers were more meaningful, we loved the Lord more than ever, and we loved to serve him.

“We continue to return to the temple because we love the work and the spirit there. Every time we return we are reminded of the covenants we have made, and this is the strongest motivation for us to continue



10-b, A sealing room in the Washington D.C. Temple



10-c, The Preston England Temple

to live the gospel way of life" ("I Had Loved Her Before . . .," *Ensign*, Aug. 1974, 62).

We should live so that we will be worthy to receive the blessings of an eternal marriage. We should be willing to make great sacrifices to obtain them.

- Invite those sisters who have been sealed in the temple to express their feelings about eternal marriage and eternal families.

How to Prepare for Eternal Marriage

Before we go to the temple, we must have a personal interview with our bishop or branch president and stake or district president. In this interview, our leaders ask us certain questions about our worthiness to enter the temple.

- Display a poster listing the kinds of the questions asked in this interview (see *Gospel Principles* chapter 38), or refer to the information on the chalkboard.
- If we are not living the requirements to enter the temple, what can we do to correct this? What sacrifices could we make for a temple marriage?

We need to keep the goal of temple marriage constantly before us. One way to remind ourselves and our children of the importance of living worthily is to hang a picture in our home of the nearest temple.

- Display visual 10-c, "The Preston England Temple."

As mothers, we can help our children see the importance of temple marriage. We can teach them to have faith in God. We should encourage our daughters to seek good husbands who will lead them righteously through the power of the priesthood. A man of God is a great comfort to his wife, especially during life's troubles and trials. It is also important to teach our sons to look for good, worthy wives who will support them in the Church and teach true principles to their children.

One young lady from Central America felt she was very much in love with a man who was not a member of the Church. She had tried to introduce the gospel to him, but he was not interested. She was about to commit herself to marry him when she received a long-distance call from some close friends. They stressed the importance of going through life linked to a man who would support her through trials and take her with him to exaltation beyond the grave. She listened, carefully considering the consequences of her decision. The encouragement was enough to help her decide not to marry this man. She was very grateful because she later found a man who was worthy to take her to the temple.

- What should we teach our children to look for when selecting a mate?

We need to teach our children that if they truly want a righteous husband or wife, they must be righteous and worthy themselves.

- Why should we begin preparing ourselves now for temple marriage?

Those of us who are not yet married or who are already married civilly can prepare to be sealed in the temple to our husbands. If we have children, we can have them sealed to us. But we should not procrastinate this important day. Once we have heard and accepted the gospel, we should do all in our power to receive the temple ordinances while on earth. (See Spencer W. Kimball, *The Miracle of Forgiveness* [1969], 246.)

“Even though many young people do not at this time have temples in their own communities, there are generally temples within a reasonable distance. . . .

“It is our earnest hope . . . that you would plan your honeymoon so that you could go to one of these nearest temples to be sealed for all eternity so that your children will be permanently yours and that you will be permanently their parents” (Spencer W. Kimball, “The Marriage Decision,” *Ensign*, Feb. 1975, 4).

Some people, because of circumstances beyond their control, may not be able to enter the temple in this life. It is comforting to know that they can receive the ordinance of sealing for eternity vicariously in the temple.

- Ask the assigned class member to give a short review of the two subsections in *Gospel Principles* chapter 40 (see “Teacher Preparation” at the end of this lesson).

We Should Be Willing to Sacrifice

The Lord knows how greatly we desire something by the sacrifices we are willing to make in order to get it. If we truly want an eternal marriage, we will be willing to sacrifice for it.

Brother and Sister Vaha’i Tonga of the Tongan Islands sacrificed in order to go to the temple. “It was not easy for a Tongan Saint to save enough money for such a journey. It took months of preparation and saving, but finally the money was gathered and plans were made.”

However, the mission president came to Brother Tonga and asked him to contribute toward a chapel to be built in his branch all the money he had saved to go to the temple. If he did not do this, it would be two more years before a chapel could be built there. Brother Tonga discussed the situation with his wife.

“It was difficult to give up their dream of seeing the new temple,” but the next day they gave the money to the mission president. “That night [Brother Tonga] . . . said [to his wife]: ‘Honey, the Lord has promised us through our leaders that if we keep his commandments he will prepare some way that we will be able to go to the dedication [of the New Zealand Temple]. We have cows, pigs, and some horses, besides furniture and mats. Let’s sell it all so that we may be able to receive the blessings of the dedication.’ ”

Brother Tonga and his wife tried to sell their livestock on Thursday and Friday, but no one would buy. Time was getting short. The following Monday the ship bound for New Zealand was to leave. Brother Tonga related:

“ ‘On Saturday morning three families came who needed some cows, pigs, and other things, and we received between \$500 and \$600 in about half an hour.’ ” They now had the money and would be able to go.

Brother Tonga and his wife were the first couple to be sealed in the New Zealand Temple. But the story does not end there. Brother Tonga said:

“ ‘When my wife and I were sealed to each other, something touched my heart. Our children were not with us, and tears came to my eyes. When we arrived home I promised our four children that if they would help, we could go to the temple together. I thought to myself, “How can you say, be a good boy or be a good girl, if I am not sealed to them in the temple?” I had the feeling that they were not mine.

“ ‘For two years we sacrificed almost everything. I divided my pay from school for each one of us, and we saved that. But we paid our tithing and fast offerings. We were left with 70¢ . . . a month for two years. We lived on what we could grow and gather. . . . My children could not buy candy or shoes or go to movies because they were saving to go to the temple. . . .

“ ‘To save on transportation costs I also rode my bicycle to district meetings . . . seven miles away. . . . Most of our district meetings began at 6:00 A.M. so I had to leave home very early in the morning.

“ ‘When the deadline came for getting our money in, . . . the two oldest boys said they had about \$235. After saving for two years the little one [who was five years old] had saved \$65. I had saved almost \$1,300 for my family.

“ ‘Through sacrifice we were able to take our family to New Zealand to be sealed in the temple. We had to do some extra things to accomplish our goals, but it was a great blessing to us.’ ” (See “We Lived on 70 Cents a Month for the Temple,” *Ensign*, Feb. 1976, 30–31.)

Conclusion

When we are sealed through temple marriage and live worthily, we will be families forever. In the next life we can continue to increase, adding spirit children to our families. If we have not had a temple marriage, we should prepare ourselves through righteous living for this eternal blessing.

Challenge

Discuss the importance of eternal marriage with your family. Make a goal to attend the temple. Place a picture of a temple in your home to remind you.

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 38, “Eternal Marriage,” and chapter 40, “Temple Work and Family History.”
2. Study Doctrine and Covenants 132:14–20.
3. Prepare the poster suggested in the lesson or write the information on the chalkboard.
4. Assign a class member to give a brief review of two subsections of *Gospel Principles* chapter 40: “Temple Ordinances Seal Families Together Forever” and “Family History—How We Begin Helping Our Ancestors.”
5. Assign class members to present any stories, scriptures, or quotations you wish.

WOMEN IN THE CHURCH



THE IMPORTANCE OF THE PRIESTHOOD

Lesson 11

The purpose of this lesson is to help us understand what the priesthood is and how it can help our family gain exaltation.

Priesthood—The Power to Act for God

God's work is "to bring to pass the immortality and eternal life of man" (Moses 1:39). God and Jesus Christ have given men authority and power to do Their work on earth. "[The priesthood] is nothing more nor less than the power of God delegated to man by which man can act in the earth for the salvation of the human family, in the name of the Father and the Son and the Holy Ghost, and act legitimately" (Joseph F. Smith, *Gospel Doctrine*, 5th ed. [1939], 139–40).

- Display visual 11-a, "Peter, James, and John conferring the Melchizedek Priesthood on Joseph Smith and Oliver Cowdery."

John the Baptist appeared to Joseph Smith and Oliver Cowdery on 15 May 1829 and conferred upon them the Aaronic Priesthood. Soon after, Peter, James, and John conferred the Melchizedek Priesthood upon them. Then on 6 April 1830 Joseph Smith and Oliver Cowdery ordained each other elders in the priesthood.

The priesthood is conferred upon worthy male members of the Church. Then, as in the case of Joseph Smith and Oliver Cowdery, they may be ordained to an office in the priesthood. After the Aaronic Priesthood is conferred, they may be ordained to the office of a deacon, teacher, or priest. After the Melchizedek Priesthood is conferred, they may be ordained to the office of an elder or high priest; high priests may be ordained by special calling to the office of bishop, patriarch, Seventy, or Apostle. These offices are all callings in the priesthood, and each office has different responsibilities.

When men hold the priesthood they can perform the sacred ordinances of the gospel, such as baptism, confirmation, administration of the sacrament, and others. (Lesson 12, "Priesthood Ordinances," will discuss this subject.)



11-a, Peter, James, and John conferring the Melchizedek Priesthood on Joseph Smith and Oliver Cowdery

Priesthood Power Comes through Righteous Living

Joseph Smith taught a fundamental principle of the priesthood: “The rights of the priesthood are inseparably connected with the powers of heaven, and . . . the powers of heaven cannot be controlled nor handled only upon the principles of righteousness” (D&C 121:36).

President N. Eldon Tanner illustrated the importance of righteous living and the power of the priesthood in the following story:

“When I was a bishop I had six boys in my ward old enough to be ordained elders. I could only recommend five of them, because one of them wasn’t ready. We had talked about it several times, and he had said to me, ‘I am not worthy.’ He felt very bad about it, but he didn’t expect to be recommended. . . . His uncle came to me and said, ‘You are surely not going to hold that boy back with his five friends going forward.’ He pled with me to let him go. He said, ‘You will be driving him out of the Church if you don’t.’

“I explained to this man, ‘The priesthood is the most important thing that we can give this boy. We are not handing the priesthood out. . . . This boy and I understand each other, and he is not ready to be ordained an elder.’ And he wasn’t recommended.

“A few years later I was attending general conference . . . , and a young man came up to me and said, ‘President Tanner, you wouldn’t remember me. I am the boy whom you didn’t recommend to be ordained an elder.’ As he put his hand out, he said, ‘I want to thank you for it. I am a bishop now in California. If you had recommended me when I wasn’t worthy, I possibly never would have appreciated what the priesthood is and what is expected of one, and surely I would never have been a bishop as I am today.’ ” (in Conference Report, Apr. 1973, 122; or *Ensign*, July 1973, 94).

- Why was it better for this young man to wait to be ordained until he was prepared?

The Lord said that men receive blessings of the priesthood only through righteous living. Men must magnify their priesthood callings by fulfilling their priesthood assignments. They must also lead their families in love, kindness, and patience. (See D&C 121:34, 41–42.)

Sister Yu Kum Ok of Korea told the following story about her husband, who honored his priesthood in their home:

“I am a housewife with one son and two daughters. I am thirty-four. I was married in 1964. I would like to express my testimony.

“I was baptized on September 14, 1974, and I am proud of my husband, who is a real Latter-day Saint in Korea. Even though he was baptized

just four years ago, I think he is such a great person; he made up his mind to be a Jesus-like man. . . . I didn't know anything about the meaning of life. I had questions, such as, Where did we come from? Why are we here? Where are we supposed to go? I thought that there was no God, and that Jesus was a mere normal person. All I had in mind was to help my husband and keep my children strong and growing. I never cared about salvation, that is to say, everlasting life.

"But now I am quite different. I know the meaning life really has. Through the deeds and words of my husband, I have come to know what Mormonism really is. My husband never drinks, smokes, no coffee, no tea, and he comes home right after he finishes his work. He never takes offense, and he likes to play with the children, wash the dishes, keep the house clean, never tells a lie, always tries to speak soft words and do house chores as willingly as he can. All these things, I see through my own eyes. I think there is no other miracle like this. My husband was converted into quite another person.

"After my husband was converted, I wondered what made him so different a person. Finally I understood. It was the Book of Mormon, which he always read. I made a decision to enroll in an institute class to learn about the Book of Mormon, and I studied with American missionaries whom my husband introduced to me. At last I was baptized by my beloved husband. I think, this same power-spirit that made my husband quite another person now influences and blesses me also.

"Now I want to live for time and eternity with my husband and children in the home of celestial glory. I would like to be a devoted Relief Society member, good mother, and good wife who sustains always in the doings of the priesthood holder, my husband" ("A Real Latter-day Saint" in Leon Hartshorn, comp., *Inspirational Missionary Stories* [1976], 30–31).

By changing himself and honoring the priesthood, this man inspired his wife to want to be a better wife, mother, and daughter of God.

- How would this sister's resolve to live righteously influence her husband and her children? How can our righteous living influence our husbands and our children? What effect would this have on our eternal life?

The Priesthood Is Necessary for Family Exaltation

We must do certain things to achieve exaltation and live with our Father in Heaven. With the help of the priesthood, we can do all of them.

President Brigham Young said: "Much has been said about the power of the Latter-day Saints. Is it the people called the Latter-day Saints

that have this power, or is it the Priesthood? It is the Priesthood; and if they live according to that Priesthood, they can commence their work here . . . and be prepared to receive glory, immortality, and eternal life” (*Discourses of Brigham Young*, sel. John A. Widtsoe [1954], 131–32).

The Lord has given us commandments and gospel principles. Obedience to them is necessary for family exaltation. Although we can obey some of the commandments without the priesthood, the ordinances of exaltation depend on priesthood power. Baptism, confirmation, temple marriage—all depend on priesthood power. Without these ordinances, we cannot be exalted.

Some of us may feel disadvantaged because we are not married or because our husbands or fathers are not members of the Church or do not honor their priesthood. We should be patient and loving with them. We should keep praying that someday they will be touched by the Spirit of the Lord. Meanwhile, we can receive ordinances through other righteous priesthood bearers.

“Our Heavenly Father has made it plain to the children of men that only under the hands of those who possess divine authority may we obtain the power to become members of the Celestial kingdom” (George Albert Smith, in Conference Report, Apr. 1934, 28).

- Read Doctrine and Covenants 132:19. What priesthood ordinance mentioned in this scripture is necessary for exaltation? What is exaltation? How may a family be exalted?

“Exaltation is life in the highest degree of the celestial kingdom with our Heavenly Father. A couple who is living worthily may be sealed in the temple. As children are born to them, they become part of this family unit. Or a family joining the Church later and proving their worthiness may obtain the sealing ordinance in the temple. In both cases, worthily enduring to the end is essential for exaltation” (*Learn of Me and Listen to My Words: Laurel Course A* [1977], 118).

Conclusion

Through the restoration of the priesthood, Heavenly Father has given us the power to gain exaltation. We should receive the sealing ordinances and live righteously. We should be living for eternity, not only for the moment. We should strive to be worthy of and to receive the priesthood ordinances that will bring exaltation.

Challenge

Read *Gospel Principles* chapters 13 and 14 to learn more about the priesthood. As part of a family home evening lesson, discuss the importance of the priesthood.

Additional Scriptures

- Doctrine and Covenants 13 (ordination of Joseph Smith and Oliver Cowdery to the Aaronic Priesthood)
- Doctrine and Covenants 131:1–3 (new and everlasting covenant of marriage)
- Doctrine and Covenants 132:18–20 (eternal marriage)

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 13, “The Priesthood,” and chapter 14, “Priesthood Organization.”
2. Assign class members to present any stories, scriptures, or quotations you wish.

PRIESTHOOD ORDINANCES

L e s s o n 1 2

The purpose of this lesson is to help us recognize how priesthood ordinances bless our family.

Priesthood Ordinances

Priesthood ordinances are special acts that priesthood holders may perform to bless the Lord's children. Worthy men who hold the priesthood may perform these ordinances for family members and, when authorized, for others.

Some priesthood ordinances are essential to our salvation and exaltation. These include baptism, the conferring of the Holy Ghost, and the temple endowment and sealings. Other ordinances, such as blessings to heal the sick or special blessings to comfort and guide the lonely, come through the priesthood to help us on life's journey.

- Display a poster of the following list of priesthood ordinances or refer to the information on the chalkboard:

1. Baptism
2. Conferring of the gift of the Holy Ghost; also called *confirmation*
3. Conferring of the priesthood (for male members)
4. Temple endowment
5. Temple marriage and sealing for time and eternity
6. Sacrament
7. Blessing and naming of children
8. Blessing of the sick
9. Special blessings
10. Patriarchal blessing



12-a, A priesthood holder performs the ordinance of baptism



12-b, A new member being confirmed into The Church of Jesus Christ of Latter-day Saints by two elders

- Display visuals 12-a, “A priesthood holder performs the ordinance of baptism”; 12-b, “A new member being confirmed into The Church of Jesus Christ of Latter-day Saints by two elders”; 12-c, “A worthy father names his child and gives her a blessing”; and 12-d, “Administering to the sick.” Discuss the purpose of each of these ordinances (see “Priesthood Ordinances and Blessings” in the *Family Guidebook* [31180]).
- Which ordinances have you or your family received?

Blessings from Priesthood Ordinances

Priesthood ordinances bless our lives in many ways. In addition to the ordinances that are necessary to our salvation, Bishop H. Burke Peterson mentioned other ways in which the priesthood can bless our lives: “If we live for it, ours can be a power given us from our Heavenly Father that will bring peace to a troubled household. Ours can be a power that will bless and comfort little children, that will bring sleep to tear-stained eyes in the wee hours of the morning. Ours can be the power that will . . . calm the unsettled nerves of a tired wife. Ours can be the power that will give direction to a confused . . . teenager. Ours, the power to bless a daughter before she goes on her first date or before her temple marriage, or to bless a son before his departure for a mission or college. . . . Ours can be the power to heal the sick and comfort the lonely” (in Conference Report, Apr. 1976, 50–51; or *Ensign*, May 1976, 33).

As wives, mothers, daughters, and sisters, we can request such a blessing from our husband, father, brother, or home teacher.

- Ask the sisters to think of men they could call on to receive a priesthood blessing if they needed one.

Sister Kyuln Lee of Korea received the comfort of a priesthood blessing in her home. She told the following story:

“It happened about seven years ago, when . . . my husband, a member of the Korea District presidency, had to travel long distances almost every weekend to carry out his assignments for the Church, leaving me alone with our daughter, Po Hee. On this particular weekend, he had traveled 270 miles to Pusan on Saturday (a seven-hour ride each way) and then returned to . . . the Seoul East Branch on Sunday. It was tiring, and I felt sorry for him.

“Po Hee was in normal health Saturday and Sunday, and, though she was a bit noisy at sacrament meeting, after we returned home she drank her bottle and went to sleep. About 9:30 p.m. she began to cry. She was crying louder than usual, and when I picked her up, I discovered she



12-c, A worthy father names his child and gives her a blessing

had a high fever. I didn't know what to do. I found out that the only hospital near our home had closed for the day. Her cries continued for some time, and when my husband finally walked in the door, I started crying, too.

"My husband embraced the baby and me together and asked what was wrong. Po Hee looked miserable. When I told him what had happened, he put down his coat and briefcase and took out his consecrated oil. Then he administered to our daughter. I don't remember all the words, but after saying the formal words of administration he went on: 'Heavenly Father, I'm grateful for life, for my wife and baby. I'm grateful for this restored gospel and the opportunity to serve. You sent me down to Pusan and to Seoul East Branch to handle some Church affairs. I have fulfilled my given responsibility yesterday and today, and now I find my baby very ill. You have helped me all the time. Please help me tonight.'

"Before he concluded the prayer, the baby was asleep, and when I looked up, my husband stood there with tears in his eyes.

"Our little girl is now in the second grade and is healthy and happy" ("Our Baby, My Husband, and the Priesthood," *Ensign*, Aug. 1975, 65).

Special priesthood blessings are available to all family members. A child who has a difficult problem can request a special blessing. A wife or single woman who needs comfort or guidance can also request such a blessing. However, we need to remember that many trials come for our experience. We must work them out as much as we can. When we find that we need extra help, we can turn to a priesthood holder—our husband, father, home teacher, or other priesthood leader—and ask for a special blessing.

- Ask the sisters to mention blessings they have received through priesthood ordinances.

Accepting the Will of the Lord

After we have received a priesthood ordinance, we may not immediately obtain the blessings we desire. Sometimes we fail to receive the blessings because we do not have enough faith in the Lord. Perhaps we have not been keeping all the commandments. We may have asked for blessings that we are not prepared to receive.

We cannot expect to get rid of every trial that comes into our lives. Some of our problems teach us to be humble, patient, or understanding. Others help us learn to endure suffering. President Spencer W. Kimball said that sometimes we desire to remove problems because we do not understand why we have them. If every selfish or unwise prayer were answered yes, there would be little or no suffering, sorrow, disappoint-



12-d, Administering to the sick

ment, or even death. But without these experiences there would also be no joy, no success, no resurrection, no eternal life, no godhood. President Kimball said: "If we looked at mortality as the whole of existence, then pain, sorrow, failure, and short life would be calamity. But if we look upon life as an eternal thing stretching far into the premortal past and on into the eternal post-death future, then all happenings may be put in proper perspective." (See *Faith Precedes the Miracle* [1972], 97–99.)

Sister Edna O. F. Shaw learned this lesson through the following experience:

"Our beloved eldest daughter, Carol Jean, had become ill with swollen lymph glands. We took her to the doctor, and he sent us to Salt Lake City for tests. We learned that she had a stomach tumor. She was so ill that she couldn't keep any food down. We took her home, but she was so sick that we had to take her back to the hospital. It was then that they told us she had sarcoma, a form of leukemia.

"I never prayed so hard in my life. I couldn't believe that this was happening to us. The elders administered to her several times while she was in the hospital. But despite our efforts, she died.

"I blamed myself; I thought that . . . I had not had enough faith for her to have lived. Then I started to turn to the scriptures. As I read, I came across several verses in the Doctrine and Covenants that helped me understand" ("If Appointed unto Death," *Ensign*, Dec. 1972, 32).

- Read Doctrine and Covenants 42:44, 46, 48. Why will not all the sick be healed?

Not all priesthood blessings are fulfilled when we want. One woman came to Vaughn J. Featherstone when he was a member of the Presiding Bishopric. She complained that many of her priesthood blessings had not been fulfilled. She still had poor health and had not been able to bear a child. Bishop Featherstone was inspired to tell her that she had put a time limit on the Lord. Because these blessings had not been fulfilled after five years of marriage, she had become disillusioned. He told her, "But I promise you, as surely as God is in heaven, that those promises made by righteous priesthood bearers will take place in your life." The right time for the fulfillment of the blessings had not come yet. We must trust in the Lord. (See "Acres of Diamonds," in *Speeches of the Year, 1974* [1975] 346–49.)

Conclusion

Through priesthood ordinances we can receive salvation and exaltation. We can receive guidance and comfort, be protected from danger, and be healed from sickness. We need to prepare to receive these ordinances.

Challenge

Discuss with your family the priesthood ordinances you can receive. Prepare to receive these ordinances.

Additional Scripture

- 3 Nephi 17 (the Savior healing the sick and blessing little children)

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 14, “Priesthood Organization”; the *Priesthood Leader’s Guidebook*; and the *Family Guidebook*.
2. Prepare the poster suggested in the lesson or write the information on the chalkboard.
3. Assign class members to present any stories, scriptures, or quotations you wish.

WOMEN AND THE PRIESTHOOD

L e s s o n 13

The purpose of this lesson is to help us understand how the priesthood can bless us as women.

The Priesthood Benefits All Church Members

“[The priesthood] is . . . the power of God delegated to man by which man can act in the earth for the salvation of the human family” (Joseph F. Smith, *Gospel Doctrine*, 5th ed. [1939], 139). The Lord has assigned to men the chief responsibility for the governing and presiding over the affairs of the Church and the family. They in turn are to use this sacred power to bless and benefit all members of the Church—men, women, and children. President Brigham Young said:

“Priesthood is to be used for the benefit of the entire human family, for the upbuilding of men, women, and children alike. There is indeed no privileged class or sex within the true Church of Christ. . . . Men have their work to do and their powers to exercise for the benefit of all the members of the Church. . . .

“So with woman: Her special gifts are to be exercised for the benefit and uplift of the race” (quoted by John A. Widtsoe, comp., in *Priesthood and Church Government*, rev. ed. [1954], 92–93).

Men and women have different but equally important responsibilities in the home and the Church. Priesthood power can help each person perform those responsibilities for the benefit of all.

Because priesthood power is on the earth today, great blessings are available to all worthy Church members, whether they are old or young, male or female, single or married.

- What can women do to honor the priesthood?

Many privileges and blessings of the priesthood are discussed in lesson 12, “Priesthood Ordinances.”

Elder John A. Widtsoe explained other benefits of the priesthood:

“Men have no greater claim than women upon the blessings that issue from the Priesthood and accompany its possession. . . .

“The man holds the Priesthood, performs the priestly duties of the Church, but his wife enjoys with him every other privilege derived from the possession of the Priesthood. This is made clear, as an example, in the Temple service of the Church. The ordinances of the Temple are distinctly of Priesthood character, yet women have access to all of them, and the highest blessings of the Temple are conferred only upon a man and his wife jointly” (*Priesthood and Church Government* [1965], 83).

Elder Bruce R. McConkie explained the companionship role of the priesthood and women: “In the true Patriarchal Order man holds the priesthood and is the head of the household, . . . but he cannot attain a fulness of joy here or of eternal reward hereafter alone. Woman stands at his side a joint-inheritor with him in the fulness of all things. Exaltation and eternal increase is her lot as well as his. (D. & C. 131:1–4.) Godhood is not for men only; it is for men and women together. (D. & C. 132:19–20)” (*Mormon Doctrine*, 2nd ed. [1966], 844).

- What blessings have come to you because of the priesthood?

Every Member Should Honor and Support the Priesthood

Just as everyone in the Church benefits from the priesthood, so everyone is responsible for honoring and sustaining the priesthood. Priesthood bearers are continually reminded “that the rights of the priesthood are inseparably connected with the powers of heaven, and that the powers of heaven cannot be controlled nor handled only upon the principles of righteousness” (D&C 121:36). Women are likewise counseled to honor the priesthood, to be grateful for its power, and to show respect to those who hold it. We are also responsible to support the priesthood. To support means “to promote the interests or cause of; . . . to uphold or defend as valid or right” (*Webster’s New Collegiate Dictionary*, 10th ed. [1993], “Support,” 1184).

Some ways we can honor and support the priesthood are suggested in the following scriptures:

- Display a poster of the following list or refer to the information on the chalkboard. As each scripture is read, ask the sisters to listen for suggestions to help them honor the priesthood. Beside each reference write the suggestion given.

Doctrine and Covenants

19:23: learn of Jesus Christ, listen to His word,
be teachable

20:33: take heed, pray always

58:26–27: be anxiously engaged in a good cause

64:33–34: be not weary in well-doing

A Woman's Relationship to Priesthood Leadership in the Home

It is the husband's responsibility to preside and provide leadership in the home. A Melchizedek Priesthood quorum manual explained:

"In the perspective of the gospel, 'leadership' does not mean the right to dictate, command, and order. On the contrary, it means to guide, protect, point the way, set the example, make secure, inspire, and create a desire to sustain and follow. Literally, the husband is to lead the way" (*The Savior, the Priesthood and You* [Melchizedek Priesthood course of study, 1973–74], 172).

While the father is the leader in the home, "his wife is his most important companion, partner, and counselor" (*Family Guidebook* [1999], 2). A husband and wife must work together to strengthen their family and teach their children the principles of the gospel. By fulfilling her role as counselor to her husband, a woman can reinforce her husband's position as head of the home and encourage greater family unity.

We also honor the priesthood when we treat our husbands with the same gentleness, kindness, and love they should maintain as bearers of the priesthood. The Prophet Joseph Smith counseled the Relief Society to "teach women how to behave towards their husbands, to treat them with mildness and affection. When a man is borne down with trouble, when he is perplexed with care and difficulty, if he can meet a smile instead of an argument or a murmur—if he can meet with mildness, it will calm down his soul and soothe his feelings; when the mind is going to despair, it needs a solace of affection and kindness" (*History of the Church*, 4:606–7).

Trust and unity can be found in a home where both husband and wife earnestly seek the best interests and happiness of the other. In such a setting, both will have joy in their association, and each will have opportunities to attain fulfillment.

In a revelation given to Emma Smith, wife of the Prophet Joseph, the role of a wife and her relationship to the priesthood is set forth. The Lord told her:

"Thou art an elect lady, whom I have called. . . .

"And the office of thy calling shall be for a comfort unto my servant, Joseph Smith, Jun., thy husband, in his afflictions, with consoling words. . . .

"Continue in the spirit of meekness, and beware of pride. Let thy soul delight in thy husband, and the glory which shall come upon him.

"Keep my commandments continually, and a crown of righteousness thou shalt receive" (D&C 25:3, 5, 14–15).

- What was Emma instructed to do for her husband? What are the blessings that come from following this same counsel today?

Support to Priesthood Bearers in the Home

As women in the Church, we can have great influence on the priesthood holders in our home. We can support and encourage our husbands, fathers, brothers, and sons in fulfilling their priesthood responsibilities. If we request a blessing and then honor that blessing, we communicate our support of the priesthood. We can also strengthen the priesthood bearers in our home by including them in our prayers. The Prophet Joseph Smith counseled women of the Church to “concentrate their faith and prayers for, and place confidence in their husbands; . . . that we should arm and sustain them with our prayers” (*History of the Church*, 4:604–5).

We must work continually to perfect our own characters and fulfill our responsibilities. We may also need to encourage and gently remind priesthood holders in our home to honor and magnify their priesthood callings. Young women as well as mothers can do much to encourage young men to attend their meetings and prepare to serve missions. Elder David B. Haight said: “You young ladies have a profound influence on young, masculine behavior. . . . Your influence with young men is important. You encourage Church standards and dress and conduct” (in Conference Report, Oct. 1977, 85; or *Ensign*, Nov. 1977, 56–57).

When a wife has a positive attitude about her husband’s duties in the Church, it makes it easier for him to carry out those duties. Her attitude also communicates to their children that having the priesthood in the home is a great blessing.

- How can a woman organize her daily activities so that she can better support her husband in his priesthood callings?

A Woman’s Relationship to Priesthood Bearers in the Church

Just as a righteous woman can exert much influence for good by sustaining the priesthood bearers in her own home, she can also strengthen the Church when she supports the leaders in her branch or ward and district or stake. We support our leaders when we accept Church callings willingly and fulfill them faithfully, realizing that a call from the priesthood is a call from the Lord. We can honor the counsel of priesthood leaders—our husbands, home teachers, bishops or branch presidents, stake or district leaders, and General Authorities. We should refrain from criticizing priesthood leaders and teach our children to do the same. Sustaining and supporting the priesthood is more than just raising our hands or saying that we support the priesthood. It is learning, praying, obeying, and serving in a good cause.

The Lord has provided priesthood leaders to set the course to follow, under the Lord's direction. Our responsibility, then, is to listen and heed righteous counsel as though it were from the Lord. "And whatsoever they [priesthood leaders] shall speak when moved upon by the Holy Ghost shall be . . . the will of the Lord, . . . the mind of the Lord, . . . the word of the Lord, . . . and the power of God unto salvation" (D&C 68:4).

When Harold B. Lee was President of the Quorum of the Twelve, he gave the following advice to all Church members about supporting priesthood leaders and particularly the prophet: "We must learn to give heed to the words and commandments that the Lord shall give through his prophet, 'as he receiveth them, walking in all holiness before me; . . . as if from mine own mouth, in all patience and faith.' (D&C 21:4-5.) There will be some things that take patience and faith. You may not like what comes from the authority of the Church. It may contradict your political views. It may contradict your social views. It may interfere with some of your social life. But if you listen to these things, as if from the mouth of the Lord himself, with patience and faith, the promise is that 'the gates of hell shall not prevail against you; yea, and the Lord God will disperse the powers of darkness from before you, and cause the heavens to shake for your good, and his name's glory.' (D&C 21:6)" (in Conference Report, Oct. 1970, 152; or *Improvement Era*, Dec. 1970, 126).

Conclusion

The priesthood is a great blessing from God to all of His children. All members of the Church should honor the priesthood and develop Christlike attributes in their relationships with each other in the home and the Church. Women who are trying to develop these qualities can strengthen priesthood bearers and bless their families and the Church. The happiness and influence of women will increase as they honor and follow their priesthood leaders.

Challenge

Use this lesson to increase your understanding of the priesthood role in your family.

Additional Scriptures

- 1 Corinthians 11:3, 8-12 (relationship of man and woman)
- Colossians 3:18-24 (love one another)
- 1 Peter 3:5-7 (honor one another)

Teacher Preparation

Before presenting this lesson:

1. Review lesson 12 in this manual, "Priesthood Ordinances."
2. Prepare the poster suggested in the lesson or write the information on the chalkboard.
2. Assign class members to present any stories, scriptures, or quotations you wish.

THE LATTER-DAY SAINT WOMAN

L e s s o n 14

The purpose of this lesson is to help us understand our responsibilities and blessings as Latter-day Saint women—married, widowed, or single; mothers and those who do not have children.

The Role of Women

President Brigham Young explained the role of women as follows:

“One thing is very true and we believe it, and that is that a woman is the glory of the man. . . .

“ . . . When I reflect upon the duties and responsibilities devolving upon our mothers and sisters, and the influence they wield, I look upon them as the mainspring and soul of our being here. It is true that man is first. . . . But when Mother Eve came she had a splendid influence over [Father Adam]. . . .

“[Sisters,] we want your influence and power in helping to build up [the] Kingdom” (*Discourses of Brigham Young*, sel. John A. Widtsoe [1954], 199).

Responsibilities and Blessings of a Latter-day Saint Wife

As Church members, we understand the ideal companionship of husbands and wives. “If you ask new sisters what the greatest change was for them when they became members, they reply that it was the new way of looking at their home, their husband, and their children. In some cases they have had difficulty in changing their attitudes, but all have emphasized the importance of learning to respect each other and support the man as the patriarch of the home” (Anna Lindback, quoted by Carol Larsen in “The Gospel Counterculture,” *Ensign*, Mar. 1977, 26).

A Latter-day Saint wife, whether her husband is a member or non-member, active or less active, can be a companion and helpmeet to him.

President N. Eldon Tanner said: “Women, you are of great strength and support to the men in your lives, and they sometimes need your help most when they are least deserving. A man can have no greater incen-

tive, no greater hope, no greater strength than to know . . . his wife has confidence in him and loves him" (in Conference Report, Oct. 1973, 125; or *Ensign*, Jan. 1974, 8).

- How can we communicate to our husbands that we love them and have confidence in them? Why should we communicate this to our husbands even when we think they are least deserving?

As Latter-day Saint wives, we need to support our husbands in their Church assignments. When a man is being considered for a new office in the priesthood or a calling, the wife's worthiness is also discussed. She needs to be able to give him her full support. Her heart should be centered, not in the things of this world, but in the things of eternal life. Then she will be able to stand beside and support her husband. (For specific ways to support priesthood bearers, see lesson 13, "Women and the Priesthood," in this manual.)

Some of us may be married to nonmembers or less-active members. We may become discouraged when our husbands do not become active in the Church. It may take a miracle, but a wife who exercises patience and faith may yet see such a miracle. Some men may take many years to be active, but we should still continue to pray and live the teachings of the gospel in our home.

One way to help our husbands become more active in the Church is to hold a family activity on family home evening night. We can help children prepare gospel stories to present to the family, inviting our husbands to participate. Gradually, we can encourage them to conduct the family home evening and later teach lessons. Many men are far more comfortable in a family home evening than in a formal church meeting. Once they are used to meeting at home, it is easier for them to attend church also.

"Marilyn de Dolder of LaPlata Second Ward has been a member of the Church since she was nine years old. She has always been active in the Church and has held many Church positions. She married an excellent young man who was not a member of the Church, but she sought for the wisdom to apply all the counsels and teachings of the gospel in her home. She said of this experience, 'You have to look for a balance.' She dedicated herself with interest and love to her home, her husband, and her children. After Church meetings she didn't stay to entertain herself in conversation with her friends, but quickly returned home to attend to her obligations.

"Her husband has been a member of the Church for two years now and is serving as bishop of the LaPlata Second Ward" (Carol Larsen, "The Gospel Counterculture," *Ensign*, Mar. 1977, 27).

- What did Sister de Dolder do to support her husband and to stay active in the Church?

A wife can also help her husband fulfill his role as spiritual leader in the home. “One father, a quiet, unassuming man, found it hard to express his love for his family. At his wife’s prompting they began holding family prayer, and it became an opportunity to voice what was in his heart. To their daughter, who had misinterpreted her father’s manner as indifference, the experience was a revelation. His prayers were simple and sometimes clumsily worded, but to hear him say, ‘Bless my lovely daughter to do good’ thrilled her” (Ann H. Banks, “The Extra Blessings of Family Prayer,” *Ensign*, Jan. 1976, 37).

- How did this sister help her husband become a spiritual leader in their home? In what other ways we can help our husbands become spiritual leaders?

As Latter-day Saint wives, we should create a spiritual feeling at home by increasing our patience and cheerfulness. We need to work to develop good family relationships. We must exercise our faith daily and live the gospel.

- Read Romans 15:1–5. Why is being patient part of our role as a wife?

Responsibilities and Blessings of a Latter-day Saint Mother

Able, married men and women are responsible for bringing God’s spirit children into life on earth. In doing so, we form a partnership with God. We provide bodies for His spirit children—our spirit brothers and sisters. (See Spencer W. Kimball, *The Miracle of Forgiveness* [1969], 97.)

- Display visual 14-a, “A mother attending a meeting with her family.”
- Display a poster of the following list or refer to the information on the chalkboard. As each scripture is read, ask the sisters to listen for the duties of parenthood mentioned. Beside each reference write the duties given.

1. Mosiah 4:14–15: teach children to walk in truth and soberness and to love and serve one another
2. Doctrine and Covenants 20:70: ensure that children receive priesthood blessings
3. Doctrine and Covenants 68:25–28: teach children about repentance, faith, the gift of the Holy Ghost, prayer, and righteousness



14-a, A mother attending a meeting with her family

Women could have no greater honor than to assist in the divine plan to bring spirit children to earth, teaching them to “walk uprightly before the Lord.” A woman will find much satisfaction and joy by being a wise and worthy mother and raising good children. This is a greater contribution to mankind than any other career. (See N. Eldon Tanner, in Conference Report, Oct. 1973, 126; or *Ensign*, Jan. 1974, 10.)

Because daily work usually takes fathers away from home, they may not have as many opportunities to influence their children as mothers do. Mothers often seem to have a greater influence in shaping the lives of their children. (See Heber J. Grant, *Gospel Standards*, comp. G. Homer Durham [1941], 152.) That is why it is so important for mothers to stay at home to care for their children themselves. They should try not to leave them in the care of others. Our leaders have asked mothers not to work outside the home unless it is absolutely necessary.

“Even if circumstances require mothers of families to work . . . they should not neglect the cares and duties in the home, particularly in the education of the children” (Harold B. Lee, “Maintain Your Place As a Woman,” *Ensign*, Feb. 1972, 52).

Women who are left to raise families alone, or whose families have been raised and whose husbands have left them alone, are entitled to special help from priesthood leaders. President Harold B. Lee told one woman who was left alone with eight children: “ ‘Now don’t feel alone because your husband is not with you. You stay close to your home teachers and stay close to your bishop.’ And she said to me with a smile, ‘Brother Lee, I have the finest home teachers that anybody could have, and nobody has a finer bishop than ours. We are taken care of. We have a fatherly father who is watching over us, the priesthood holder who has come into our lives’ ” (*Ensign*, Feb. 1972, 53–54).

Some women are unable to raise all their children to maturity, because their children die at an early age. The Prophet Joseph taught that many of these children were too pure and lovely to live in the corruption on earth. Even as we mourn their present loss to us, we have reason to rejoice because they have been delivered from evil. (See *Teachings of the Prophet Joseph Smith*, sel. Joseph Fielding Smith [1976], 196–97.) He also taught that those who die before the age of eight are saved in the celestial kingdom (see D&C 137:10). The mothers of these children, if they live faithfully, will raise them to maturity during the Millennium (see Joseph F. Smith, *Gospel Doctrine*, 5th ed. [1939], 455–56).

Some women are unable to bear children. Childless women often fulfill the role of mother by adopting children or by taking in foster children.

Women who are unable to have children and single women can find fulfillment by working with children in a variety of ways or by doing other things whereby they can give of themselves in service to others. Women who do such work can find joy in it and bring happiness and wholesome influence into the lives of children, especially those who have been denied a mother's love.

President Brigham Young comforted those childless women who had been faithful to their temple covenants, saying: "Many of the sisters grieve because they are not blessed with offspring. You will see the time when you will have millions of children around you. If you are faithful to your covenants, you will be mothers of nations. . . . Be faithful, and if you are not blest with children in this time, you will be hereafter" (in *Deseret News [Weekly]*, 28 Nov. 1860, 306).

- How can these doctrines comfort childless and mourning women? How can this revealed truth encourage us to live righteously?

The Role of the Single Woman

- Display visual 14-b, "A young woman studying to prepare herself for future callings."

All women, single or married, have important duties and responsibilities in mortality. A girl or young woman has a great opportunity in youth to prepare herself for her future calling as a wife and mother. She can learn homemaking from her mother, at school, or through Church homemaking classes. She can educate herself by attending school. She needs to prepare to be a teacher in her home. She should set a good example before her member and nonmember friends, keeping herself pure and chaste.

- If young and unmarried, how can you prepare to be a wife and mother? Why is it important to develop spiritually in our youth?
- Display visual 14-c, "A woman teaching a class of children."

Some women may not marry until later in life. Some may remain single throughout their mortal lives if they are unable to find a worthy companion. Such women are promised worthy husbands and children in the life after death. No blessing available on earth will be denied them.

President Harold B. Lee said: "You young women advancing in years who have not yet accepted a proposal of marriage, if you make yourselves worthy and ready to go to the house of the Lord and have faith in this sacred principle of celestial marriage for eternity, even though the privilege of marriage does not come to you now in mortality, the



14-b, A young woman studying to prepare herself for future callings



14-c, A woman teaching a class of children

Lord will reward you in due time and no blessing will be denied you. You are not under obligation to accept a proposal from someone unworthy of you for fear you will fail [to receive] of your blessings” (*Ye Are the Light of the World* [1974], 308).

- How can this promise bring comfort and reassurance to unmarried women?

One single woman expressed her feelings this way:

“A multitude of unique blessings and special opportunities are available to single members. . . .

“In our anxiety to marry, we can easily neglect the many unique opportunities to prepare ourselves, not only for marriage, but for eternal exaltation.

“As a single [woman in] the Church, I have often been impatient for fulfillment of the temple marriage promised in my patriarchal blessing. Yet, . . . I have become increasingly aware of and grateful for the special blessings that come to faithful single members.

“We have time and the privilege to spend it as we wish. But we are also accountable for the manner in which we utilize that priceless gift of time. As single Church members we can . . . [bemoan] our single status, . . . or we can use this interim period in our lives as a time of active, creative waiting. I am firmly convinced that how we spend this [time] has critical importance for both our proximate and ultimate happiness as well as our eternal progression.

“An initial consideration is the question of career or occupation. . . . *Some* women find great satisfaction in meeting the challenge of a demanding career. . . . Through prayer and priesthood blessings, I have . . . received a comforting, personal reassurance that [in pursuing my career] what I am currently doing is pleasing in the sight of the Lord. . . .

“I have to confess, [however,] that the greatest, most lasting joys in my life derive . . . from quiet, anonymous acts of compassionate service. . . . It is all too easy to be so concerned with our own needs and problems that we become spiritually deaf to the cries and heartaches around us. . . .

“Never will our time be so unencumbered as now. We have time to take [classes], . . . to become widely read if we will but seek out of the best books, . . . to develop a variety of talents and interests, . . . to begin [our] genealogy. . . . [This could inspire] the entire family [to be] involved in . . . tracing [family] records. . . .

“The great satisfactions of regular, diligent Church service cannot be overestimated. . . . I . . . experience great joy in serving as a ward Sunday School teacher. . . .

“We have time to get in good physical condition. . . . Regular exercise will uplift the spirit and emotions as well as streamline the body.

“We have time to get involved with families in our ward or branch, becoming a friend to younger children. I am invited to (and eagerly anticipate) . . . [many activities for young children]. . . . By the force of our own example, we can also quietly encourage them to follow gospel principles as they reach toward adulthood.

“We have unencumbered quiet time to spend with our Father in heaven. I cannot overestimate the impact fasting and prolonged prayer have had in my life. . . . I [have] gained an unshakable testimony of the Lord’s special love and concern for my well being.

“ . . . In our hours of need, there are loving hands around us to uplift, strengthen, and assist us. Look around. I promise you they are there.

“And when discouragement weighs heavily, . . . I have found that a sure cure for depression is to realize *someone out there needs me*. In blessing someone else, my needs and problems are quickly consumed in the warm glow of knowing that I have brightened another’s life and that what I have done is pleasing to the Lord.

“Let us then rejoice in this precious treasure, time, and thank the Lord for a special gift” (Anne G. Osborn, “The Ecstasy of the Agony: How to Be Single and Sane at the Same Time,” *Ensign*, Mar. 1977, 47–49).

- What are some ways this sister found to enrich her life?

Conclusion

Every woman in this Church has great worth. If we live faithfully, we will be blessed someday with the privilege of being a companion, helpmeet, and mother. Whether this opportunity comes early or late in life or in the hereafter, we can fill our lives by serving others and fulfilling our roles as Latter-day Saint women.

Challenge

Seek ways to better yourself in your role or roles.

Additional Scriptures

- Ephesians 6:4 (provoke not children)
- 1 Timothy 5:3–14 (widows)

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 36, “The Family Can Be Eternal,” and chapter 37, “Family Responsibilities.”
2. Review lesson 13 in this manual, “Women and the Priesthood.”
3. Prepare the poster suggested in the lesson or write the information on the chalkboard.
4. Assign class members to present any stories, scriptures, or quotations you wish.

COUNSELING WITH OUR FAMILIES

L e s s o n 1 5

The purpose of this lesson is to help us strengthen our family by counseling with our husbands and children.

The Father Leads in the Home

- Sing the hymn “Love at Home” (see *Hymns*, no. 294, or *Gospel Principles*, 352–53).

Our earthly homes are the beginning of heavenly homes. We need to establish the kind of atmosphere in our homes that will continue with our families forever. President N. Eldon Tanner said, “Every Latter-day Saint home should be a model home, where the father is the head of the household, but presiding with love, and in complete harmony with the righteous desires of the mother. Together they should be seeking the same goals for the family, and the children should feel the love and harmony that exists” (“Fatherhood,” *Ensign*, June 1977, 2).

The father is the patriarch and presiding authority in the family. It is his responsibility to lead in family affairs. Parents have the responsibility of rearing a righteous family, but of course neither does it alone. Each is important. We and our husbands are partners. Together we can build strong marriages and bring our families back into the presence of the Lord. We need to counsel with our husbands in order to enjoy the Lord’s Spirit in our homes.

Showing Love and Consideration for Our Husbands

As wives, we should each establish a house of order and love. A pattern of sincere loving and sharing will bless and strengthen our marriage. We should pray together regularly, show love and respect for each other, and read and study the scriptures together. We should keep the commandments of God and the covenants made at marriage.

In describing the perfect home, President J. Reuben Clark Jr. stated that “true love . . . blesses and hallows every thought and act” of husband and wife. “There must be respect in this home, and honor. Patience in



15-a, A husband and wife working together



15-b, A family during family home evening

abundance and . . . loyalty in thought and word and deed must there abide. . . .

“Faith must cover the home as a kindly light.

“Obedience to God’s commandments must guide and cheer them”
 (“Our Homes,” *Relief Society Magazine*, Dec. 1940, 809–10).

- What can we do to show love and consideration for our husbands?
 How would showing love help us establish order in our homes?

Counseling Together

- Display visual 15-a, “A husband and wife working together.”

It is important to have good communication between husband and wife. Then we can work together to solve problems that arise in marriage. Most problems can be met and overcome when we and our husbands are guided by the Lord.

- Read Alma 37:37. How can counseling with the Lord help us?

We must talk frequently with each other. We must prayerfully discuss problems and goals with our husbands. We demonstrate love for our husbands by seeking their leadership and assistance in solving family problems. All major family decisions should be made together. We should set aside a specific time to discuss and resolve issues related to finances, children, religion, and other individual and family concerns. Once decisions are made, parents must be unified in carrying them out.

The following experience demonstrates how one married couple counseled together:

My parents were wise and well educated. Each could have easily made many family decisions alone. But instead, they always sat down and discussed problems and possible solutions with each other. At least once a week, usually on Sunday evening, they sat at the kitchen table and talked over problems. Sometimes we children were brought into the discussion. By counseling together my father and mother nearly always agreed on how we should be raised. Even though my father had a small income, we always had enough money. I do not remember my parents arguing or fighting. I am grateful for wise parents who set a pattern of a near-celestial home that all of us now try to follow in our own homes.

- How could counseling together help us avoid arguments and problems in our homes? How could counseling together increase love in our marriage?

Counseling with the Family

- Display visual 15-b, “A family during family home evening.”



15-c, A mother informally counseling her young daughter

After father and mother have counseled, they should call their children together to discuss family goals and plans in a family council.

Holding a council with the entire family is valuable. It can improve family life, deepen affections, and expand joy. Children will be aware of family plans in advance. When each family member knows what the others are doing, order and harmony result. Children should be allowed to share in decision making whenever possible, and they should help carry out these decisions. When we are counseling with our family, we should respect the opinions, problems, and schedule of each individual.

- When is an ideal time to hold a family council? What are some areas that could be discussed in such a council?
- Display visual 15-c, “A mother informally counseling her young daughter.”

Counseling with our children does not always occur in a formal situation. As mothers, we should take every chance to listen to their problems. We should try to see their point of view. We should not laugh at or minimize their concerns. Instead, we should lovingly try to understand and counsel them. We can also encourage our husbands to counsel privately with each child.

“It is wonderful when a father or a mother will sit down with a son or a daughter and discuss a personal problem. . . . There are pressures, and enticements . . . against which our sons and daughters need to be fortified. . . .

“In such heart-to-heart talks, parents will help to set objectives for their children” (Elder L. Christiansen, in Conference Report, Apr. 1972, 43; or *Ensign*, July 1972, 55).

- As a young woman, what would you like to discuss with your parents? As a mother, what would you like to discuss with your children? You may wish to remind class members to always seek direction from the Holy Ghost in giving and receiving counsel. The Holy Ghost can help us know what to say and how to apply the counsel we receive.

Elder Richard L. Evans, in talking about counseling with our children, said: “You and they together have the privilege, the right, the duty, to sit down and share your thoughts and consider your decisions with one another, that both of you together may be listened to and respected—and work and pray and plan together for the wholeness of your happiness—always and forever” (“As Parents and Children Come to Common Ground,” *Improvement Era*, May 1956, 342).

Conclusion

Since we will live in peace and harmony in the celestial kingdom, we must begin now to achieve unity and love. It does not just occur naturally. President David O. McKay said: "I can imagine few, if any, things more objectionable in the home than the absence of unity and harmony. On the other hand, I know that a home in which unity, mutual helpfulness, and love abide is . . . a bit of heaven on earth" (in Conference Report, Oct. 1967, 7). As we counsel with our husbands and children, we can strengthen our families. We can feel greater love and closeness for each other.

Challenge

Become aware of opportunities to counsel with your husband and children. Encourage them to prepare prayerfully for these opportunities. Encourage your husband to interview each of your children. If you are single, seek guidance from the Holy Ghost in finding ways to promote harmony in your family.

Additional Scriptures

- 1 Corinthians 13 (the virtue of charity)
- Galatians 5:22–23 (fruit of the Spirit)
- Jacob 2:35 (Nephites lost the confidence of their children)
- Jacob 3:7 (Lamanites loved their families)
- Doctrine and Covenants 121:36–41 (after reproofing, show forth an increase of love)

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 37, "Family Responsibilities."
2. Plan to open the lesson with the hymn "Love at Home" (see *Hymns*, no. 294, or *Gospel Principles*, 352–53).
3. Assign class members to present any stories, scriptures, or quotations you wish.

FAMILY HOME EVENING

Lesson 16

The purpose of this lesson is to inspire and help us to have successful family home evenings.

Family Home Evening Is for Everyone

Every family should hold a regular family home evening each week. The Church has kept Monday evening free of all other activities for this purpose.

- Display visuals 16-a, “Parents including their young children in family home evening,” and 16-b, “An elderly couple holding their family home evening.”

Each family is different. Some families have parents and children at home; others have one parent with children. In still other families, parents have no children at home. Many single adults live alone or with roommates. Whatever the case may be, family home evening is for everyone. If a person is living alone, he or she may join other individuals to hold family home evening. For those who are lonely, this can be a special blessing.

“There is no more appropriate place for teaching the gospel than the home. Only at home can children learn the nature of family life as authored by our Heavenly Father. Monday night with the family together sets a spirit for all family experiences. Those who have this spirit in their midst find it the source of their greatest joy” (*Family Home Evening* [1971], 4).

Holding regular family home evenings is one of the best ways to teach and learn gospel principles. It brings family members close together in love and unity.

- Hold a bundle of sticks or matchsticks in your hand. Tell the class that these represent members of a family. Now take one of the sticks out of the bundle and break it in half. Tell the class that when we stand alone we are not as strong as when we are with our family.



16-a, Parents including their young children in family home evening

Next take a string or elastic band and bind the sticks together. Tell the class that the string represents the binding influence of gospel teachings. Then show how difficult it is to break any of the sticks. Explain that we are stronger when we are united as a family and bound together with gospel truths.

How to Conduct Family Home Evening

The father, as patriarch of the home, should preside at family home evenings. When the father is absent or there is no father in the home, the mother should assume the leadership. If possible, fathers and mothers should plan each family home evening together ahead of time. Then they can make assignments to family members.

At the beginning of each home evening, a short family council or planning meeting helps to check on the activities and plans of each family member for the coming week. This is especially helpful with teenagers in the family.

“[The father] teaches the lesson or delegates the teaching to his wife or to children who are old enough. . . . Younger children can help in such ways as leading music, quoting scriptures, answering questions, holding pictures, passing out refreshments, and praying. . . .

“A suggested outline for family home evening follows:

“Opening song (by the family)

“Opening prayer (by a family member)

“Poem or scripture reading (by a family member)

“Lesson (by the father, mother, or an older child)

“Activity (led by a family member and with all family members participating)

“Closing song (by the family)

“Closing prayer (by a family member)

“Refreshments

“A family can hold home evening in many other ways. Any activity that brings the family together, strengthens their love for each other, helps them draw closer to Heavenly Father, and encourages them to live righteously can be a family home evening. Examples of activities include reading the scriptures, discussing the gospel, sharing testimonies, doing a service project, singing together, going on a picnic, playing a family game, and hiking. All home evenings should include prayer” (*Family Guidebook* [1999], 7).



16-b, An elderly couple holding their family home evening

Each of us, as a family member, can help family home evening be a success. First, we can plan our personal activities so we are free for family home evening. Also, each of us can carry out an assignment or help in some way to prepare. Mothers or older children can help the younger children with their assignments during the week. Young children love to present simple flannel-board stories and enjoy performing in many ways. Every child can participate when father and mother include them and are patient with their efforts. We can each improve our family home evenings by praying to our Heavenly Father for help as we prepare our assignments.

The following is an example of a successful home evening:

The Thompson family called one of their home evenings “Tommy Award” night. The seven children, ranging in age from 17 to 5, voted on their favorite foods for dinner. The winning menu was served, and then the “Tommy Awards” were announced.

Father, dressed in his best clothes, with an oversized bow tie at his neck, was the master of ceremonies. Mother was in her prettiest dress and stood near father, holding the envelopes that contained the names of the “winners.” Grandmother and grandfather had been invited as an admiring and appreciative audience to see the children receive their awards. After a welcoming speech by father, the presentation went like this:

Father said: “Nominations for outstanding achievement in the field of mathematics are the following: Albert Einstein and Paul Thompson. Envelope, please.” Mother handed father the envelope, which he opened. Then he excitedly announced, “The winner—Paul Thompson!”

The family cheered while Paul stepped up and received his “Tommy Award.” (In this case the awards were small plastic figures with the child’s name and achievement written on the front.)

This procedure was followed until all the children had been recognized and announced as winners over other national or international champions or celebrities. Sheri received her award for excelling in swimming; Bryan, for Scouting; Michele, for her musical achievements; Michael, for outstanding performance in Little League baseball; Denise, for her excellence in learning to read; and Cynthia, for her success in brightening up the family’s days. Her award was a special one called the “Sunshine Award.”

Following this, each child performed a number he or she had worked on during the week, and each was cheered and praised. Then Denise and Cynthia sang “Teach Me to Walk in the Light” (see *Hymns*, no. 304, or *Gospel Principles*, 374). After the closing prayer by Michael, refreshments were passed around.

It is important to plan home evenings to fit the family's needs and interests. Do the things that will appeal to family members. Home evenings are to *help* families. Many times the most successful home evenings are original ones the family develops by itself.

- How much time do you spend each week in preparing for family home evening? How can you improve your home evenings with better planning?

The First Presidency of the Church stated: "Do you spend as much time making your family and home successful as you do in pursuing social and professional success? Are you devoting your best creative energy to the most important unit in society—the family; or, is your relationship with your family merely a routine, unrewarding part of life?

"Parents and children must be willing to put family responsibilities first in order to achieve family exaltation" (*Family Home Evening* [1973], 4).

- How can we use prayer to improve our family home evenings?

Blessings from Regular Family Home Evenings

Our families receive many blessings from holding regular family home evenings. Participating helps each member develop feelings of self-worth. Discipline problems decrease, and loyalty and harmony increase.

Sister Remde Malloy, a mother of five children, said: "Even though our oldest child is only six, we have noticed a difference in the behavior of all our children since we have been holding regular family home evenings every Monday. . . . It's wonderful to know that they are retaining many of the teachings we are giving them" ("To Be a Woman in the Church," *Ensign*, Aug. 1973, 38). As Sister Malloy testified, children do remember the teachings from family home evenings.

Five-year-old Alan of Midland, Texas, was playing in the yard with his grandfather when some children in the next yard began quarreling. The arguing became louder, and the little voices rang out in angrier tones as pushing and shoving began. Then one child hit another, and she screamed in protest. Alan watched this noisy scene, then said thoughtfully, "Grandpa, what those kids need is family home evening!"

The First Presidency issued this statement: "In the past several years we have seen new . . . forces of evil at work . . . [tempting] our people, particularly our young. The Family Home Evening program, with its power for good, has been of great assistance to parents. . . . In our Home Evenings and other positive family experiences we can fill our souls with the things of God, thus leaving no room for evil to find a place in our hearts or minds" (*Family Home Evening* [1972], 4).

- What blessings have come to you and your family from home evenings?

The First Presidency also said: “Again most earnestly we urge parents to gather their children around them in love and patience and understanding, and instruct them in truth and righteousness. . . .

“The home is the first and most effective place for children to learn the lessons of life” (*Family Home Evening: Walk in the Light* [1975], 3).

Conclusion

Effective, regular family home evenings help each person who participates in them. Family home evenings build love and trust in our Heavenly Father. They increase each person’s understanding of the gospel. They strengthen family relationships and encourage everyone to develop his or her talents.

Challenge

Begin holding family home evenings regularly. Keep in mind the formula of planning, patience, and prayer.

Write down a gospel principle you would like your family to learn at your next family home evening.

Teacher Preparation

Before presenting this lesson:

1. Prepare a bundle of small sticks or matchsticks for the demonstration on family unity.
2. Assign class members to present any stories, scriptures, or quotations you wish.

CHURCH MEETINGS

L e s s o n 17

The purpose of this lesson is to help us understand the purpose of Church meetings and to inspire us to attend them regularly.

Purposes of Church Meetings

Jesus said, “Be ye therefore perfect, even as your Father which is in heaven is perfect” (Matthew 5:48). Because it is very difficult to become perfect, our Father helps us. He has established the Church; called leaders; and given us commandments, principles, and ordinances. In our Church meetings we receive instructions concerning these things. We must obey and live according to God’s laws to become perfect. The Lord said “that when ye are assembled together ye shall instruct and edify each other, that ye may know . . . how to act upon the points of my law and commandments, which I have given” (D&C 43:8).

There are various Church meetings that are or will be available for us to attend.

Sacrament Meeting

- Display visual 17-a, “*The Last Supper.*”

Paul told the Saints at Corinth “that the Lord Jesus the same night in which he was betrayed took bread:

“And when he had given thanks, he brake it, and said, Take, eat: this is my body, which is broken for you: this do in remembrance of me.

“After the same manner also he took the cup, when he had supped, saying, This cup is the new testament in my blood: this do ye, as oft as ye drink it, in remembrance of me.

“For as often as ye eat this bread, and drink this cup, ye do shew the Lord’s death till he come” (1 Corinthians 11:23–26).

The purpose of sacrament meeting is for us to partake of the sacrament. This reminds us of the sacrifice our Lord made for us. We renew the covenants made at baptism, at which time we became members of His Church and took upon ourselves His name—the name of Jesus Christ.



*17-a, The Last Supper, by Carl Heinrich Bloch
Used by permission of the National Historic Museum at Frederiksborg in Hillerød*

- Display visual 17-b, “The sacrament is in remembrance of the body and blood of Christ.”

We read in Doctrine and Covenants 20 that “it is expedient that the church meet together often to partake of bread and wine in the remembrance of the Lord Jesus” (v. 75). The bread and water that are passed to us are “the emblems of the flesh and blood of Christ” (D&C 20:40). Partaking of these emblems is a very sacred privilege. No one should partake of the sacrament unworthily (see 3 Nephi 18:28–29).

- Have the assigned sister report on the subsection “Our Attitude When Taking the Sacrament” in *Gospel Principles* chapter 23.

Sacrament meeting is for all members of the family, including children. Because small children often cannot sit quietly during the meeting, we may question whether they are benefiting from it. However, each child has a spirit that can learn. Attending Church meetings allows a child’s spirit to be taught.

We are commanded to attend sacrament meeting. When Jesus taught the Nephites the purpose of the sacrament and how to partake of it, He said, “And I give unto you a commandment that ye shall do these things [take the bread and water]” (3 Nephi 18:12).

“The Church directs the holding of weekly *sacrament meetings* in all its organized units. These are the most solemn and sacred meetings in the Church. Their purpose is to enable the saints to renew their covenants by partaking of the sacrament; to receive instruction in the doctrines of the kingdom; to worship the Almighty in song, prayer, and sermon” (Bruce R. McConkie, *Mormon Doctrine*, 2nd ed. [1966], 661).

Fast and Testimony Meeting

The fast and testimony meeting is held once a month, usually on the first Sunday, in the sacrament meeting. This meeting is for us to voluntarily bear our individual testimonies. Our testimonies should be brief expressions of our faith and knowledge of the divine mission of Jesus Christ, the callings and authority of Church leaders, and heartfelt gratitude for the mercies of the Lord to us. These meetings lift up our spirits. Our faith in God and obedience to Him increase. In the fast and testimony meeting it is appropriate to perform ordinances such as the naming and blessing of children and the confirming of new members of the Church.

Priesthood Meeting

This meeting is held each Sunday for all male members of the Church age 12 and older who hold the Aaronic or Melchizedek Priesthood. Investigators and members who do not hold the priesthood may be invited to attend.



17-b, The sacrament is in remembrance of the body and blood of Christ.

Women's Meeting

A meeting is held each Sunday for women and girls to study the gospel. If there are enough women and girls attending, this group may be divided into two separate age-groups. The women attend Relief Society, and the girls (ages 12 through 17) attend the Young Women meetings.

Gospel Instruction for Children

Children under age 12 meet together each Sunday in Primary to receive gospel instruction. This instruction is held during Sunday School and the priesthood and women's meetings.

Sunday School

The Sunday School is responsible for teaching the gospel to members of the Church age 12 and older during a class period each Sunday.

Making Church Meetings Successful

Whatever the meeting may be, we can help make it better.

Sister LaRue C. Longden told this story about herself: "While very young (and I thought I knew so much) I recall telling a dear Sunday School teacher that I was not going to sacrament meeting any more because it was so boring and dry. . . . [The teacher] looked at me and said, 'Don't you ever let me hear you say that again! God has invited you to that meeting to partake the emblems of Jesus Christ's suffering and of his gift to you. You are very privileged to be invited. If you take the right spirit with you to meeting, you will always bring something good away with you' " ("God Has Invited You" in Leon R. Hartshorn, comp., *Remarkable Stories from the Lives of Latter-day Saint Women* [1973], 1:97-98).

- What did the teacher suggest Sister Longden do? In addition to taking the right spirit with us, what else can we do to help make a meeting worthwhile? (Write suggestions on the chalkboard.)

To make a meeting successful, we should go with prayerful hearts. This will help us receive of the Spirit while we are there. We can be on time and attend regularly. We can be friendly to all. We can join in the singing and pray silently for those who are participating in the meeting. We can be reverent, keeping our thoughts on what is being said or done. We can willingly participate when asked. We can be quick to obey the promptings of the Spirit and bear testimony.

Each parent has a special responsibility to help prepare children for a happy and successful experience attending meetings. Having the children fed and dressed in time to avoid a last-minute rush will help. Quietly explaining what is taking place in the meeting can help them

understand and enjoy it. Teaching hymns at home will help them participate in the singing at Church meetings.

President Spencer W. Kimball reminded us that “we do not go to Sabbath meetings to be entertained. . . . We go to worship the Lord. . . . If the service is a failure to you, you have failed. No one can worship for you” (“The Sabbath—A Delight,” *Ensign*, Jan. 1978, 4–5).

A sister who was almost totally deaf came to sacrament meeting each week. She showed real interest in what was being said. She said: “I look forward to being in the . . . presence of those whom I love and who love the gospel. I can share in their spirit without hearing a word, and if I am really in tune, the Lord whispers to me’ ” (quoted by Robert K. Thomas in “Listening with the Spirit,” *Ensign*, Jan. 1978, 40).

When we attend Church meetings, we can give strength and support as well as receive it from others.

Blessings from Attending Church Meetings

We have talked about what we can contribute to the meetings we attend. Let us consider what we can gain from attending.

- Have the sisters discuss blessings they receive from attending Church meetings.

Attending our Church meetings can help us to become more obedient to the Lord’s commandments. Church meetings help enlarge our talents, increase our knowledge of gospel doctrines and principles, and develop greater faith and testimony. They strengthen our ties with friends and neighbors who will support us in living righteously. They draw us closer to our Father in Heaven and Jesus our Savior. They help us to have the Lord’s Spirit. The Savior has promised that “where two or three are gathered together in my name, there am I in the midst of them” (Matthew 18:20).

Conclusion

Attending Church meetings can help lead us to peace in this life and eternal life in the world to come. Meetings are blessings to us from the Lord.

Challenge

- Display visual 17-c, “Suggestions for making sacrament time more meaningful.”

Read the suggestions printed in visual 17-c. Choose at least one, and work on it so you can receive the blessings of sacrament meeting. Discuss with your family how to make Church meetings more meaningful experiences for each family member.

I will pay more attention to the words of the sacrament hymn.

I will listen carefully to the sacramental prayers.

I will promise myself and Jesus that I will keep His commandments.

I will rid my mind of worldly thoughts and think of Jesus.

By doing these things, I may have His Spirit to be with me.

17-c, Suggestions for making sacrament time more meaningful

Additional Scriptures

- Ephesians 4:11–13 (perfecting the Saints)
- Doctrine and Covenants 20:45, 55 (elders conduct meetings; meet together often)
- Doctrine and Covenants 59:9–12 (keeping the Lord’s day)

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 23, “The Sacrament.”
2. Assign a sister to report on the subsection “Our Attitude When Taking the Sacrament” in *Gospel Principles* chapter 23, pages 155–56.
3. Assign class members to present any stories, scriptures, or quotations you wish.

MISSIONARY WORK AND FELLOWSHIPING

L e s s o n 18

The purpose of this lesson is to help us become active in finding and teaching prospective members of the Church, as well as fellowshipping new members.

The Importance of Missionary Work

Sister Petra G. de Hernandez of Monterrey, Mexico, told her story:

“Nineteen years ago my husband died in an automobile accident. It was then that I felt the need to find God, so that he could help me with my family. My youngest daughter was eleven months old.

“One night, in the midst of my desperation, . . . I prayed to the Lord as if I were talking to another person. I asked him to show me the path to take in life. I told him that I knew he existed, but I didn’t know where. I asked him to show me how or where to find him. I did it with such faith and desire to find the truth that I shall never forget that prayer.

“The answer to my prayer was not long in coming. One morning two young missionaries knocked on my door and said they were from the Mormon Church and that they brought me a very important message. I had heard about the Mormons, but I had not been the least interested in them. I let them come in and they began the first lesson. As I received the first lesson, I felt that what they were saying was true, and I told them I wanted to be baptized with my family. . . .

“Since the day we accepted the gospel our lives have changed completely. I was now sure that God hears our prayers. . . .

“I can say with assurance that we are a united family due to the gospel and to those two missionaries who knocked on my door fifteen years ago.

“I will always be grateful to them both for having knocked on my door, and I know there are people who are grateful that my children have been the missionaries who knocked on their doors to bring them the gospel” (“A Missionary’s Mother” in Leon R. Hartshorn, comp., *Inspirational Missionary Stories* [1976], 123–25).

- Ask the sisters who are converts to share their gratitude for the missionaries that taught them. Have the sisters tell briefly how the gospel has changed their lives.

Our Heavenly Father has shown His great love for us by establishing the missionary program to help bring the gospel to His children around the world. The Lord said, “Preach my gospel unto *every* creature who has not received it” (D&C 112:28; italics added). Since the Church was organized in 1830, thousands of missionaries, both men and women, have been called to preach the gospel.

President Spencer W. Kimball said:

“The Lord has made clear through our prophets that we must take the gospel to the nations of the world—that all must be taught in their own language, even to the ends of the earth. There is no one else in the world to teach the nations except ourselves. And since there are a limited number of young men, it is proper that every member be a missionary . . . in accordance with the injunction of the Lord:

“Behold, I sent you out to testify and warn the people, and it becometh every man who hath been warned to warn his neighbor.” (D&C 88:81) (“Advice to a Young Man: Now Is the Time to Prepare,” *New Era*, June 1973, 8–9).

- Why should we encourage our children to serve missions? Why must every member also be a missionary?

Sharing the Gospel Brings Joy

President Kimball reminded us of the great blessings we receive as members of the Church of Jesus Christ: “We have the gospel of Jesus Christ, the gospel of peace, the gospel of joy. We have truths that can make any person better and more fulfilled, any marriage happier and sweeter, any home more heavenly. We have the priesthood power of God to bless our homes and lives and the lives of others.” President Kimball then stated: “It is to our nonmember neighbors and associates that we are now asked to also ‘give such as we have.’ The Lord has commanded us to do so. We must lengthen our stride and must do it now” (“Always a Convert Church,” *Ensign*, Sept. 1975, 3).

Members of the Church have been given the responsibility to share the gospel with others. As we fulfill our responsibility, we will be able to share in the joy of others who learn of the gospel through our efforts.

- Read Doctrine and Covenants 18:15–16. Ask a sister who has shared the gospel to tell how it made her feel.

How to Be Missionaries

- What can we do now to be missionaries?

- Display a poster of the following list or refer to the information on the chalkboard:

1. Have the courage to stand as witnesses.
2. Bear testimony when prompted by the Spirit.
3. Give out Church literature.
4. Follow the promptings of the Spirit.
5. Set a good example and be patient with our non-member family members and friends.
6. Invite friends and acquaintances into our homes or to attend Church meetings or activities.

Have the Courage to Stand as Witnesses

Elder Gene R. Cook said: “Sometimes our members are fearful to speak up for the truth. . . . [We should] speak out for the Lord and for his prophet on the vital issues of the day” (in Conference Report, Apr. 1976, 152–53; or *Ensign*, May 1976, 103). This is our duty as baptized members of the Church. (See Mosiah 18:9.)

Elder Cook told how one sister spoke up for the truth: “She was at a luncheon with a number of members of the Church; some were active and some inactive; and also a few nonmembers were present. The subject turned to abortion and birth control, and one of the nonmembers voiced for about five minutes some very strong feelings concerning these issues. She indicated, erroneously, that she felt that there is nothing wrong with an abortion, and that there should never be any kind of restriction placed on a man or a woman concerning birth control itself. This good sister in the Church was faced with a difficult challenge of whether to talk about the weather or some other noncontroversial subject, or whether to really speak out and state the truth. This choice woman chose to do the latter. After explaining what the Lord had said concerning both of those issues, she bore her testimony as to her personal feelings. As you might expect, the luncheon concluded rather abruptly. However, afterwards one of the inactive women came over to this good sister and explained that she had never before understood the Lord’s view on those issues and had felt the truth being spoken on that day” (in Conference Report, Apr. 1976, 153; or *Ensign*, May 1976, 103).

- How can we stand up for the truth on vital community issues?

Bear Testimony When Prompted by the Spirit

We can make opportunities for ourselves to spread the gospel. If we begin a discussion with a stranger, we can direct the flow of conversation

toward the gospel. With the guidance of the Holy Ghost, it is not hard to find ways to bear testimony.

A blind sister named Alice Colton Smith was challenged by her branch president to be a member missionary. Since all her friends were members of the Church, she asked him, "How can I bring anyone into the Church?" Her story continues:

"The branch president said, 'Sister, if you have faith and a desire to do his will, God will show you the way.'

"Some weeks later, this sister was traveling on a train. During the journey, the passengers who sat opposite her helped with her luggage and cared for her needs with special compassion for her affliction. The sister thought, 'What can I do to repay them?' In a few moments she leaned across and said, 'I want to give you something for your kindness. I have a great gift to give you, if you will accept it.'

"The new friends smiled. How could this woman, obviously not well-off, give them a great gift? Politely, they thanked her and said it wasn't necessary. She gently persisted. One of the women finally said, 'I will be glad to accept it.'

"The member sister replied, 'This gift is not of money or jewelry; it is a gift of the Holy Spirit. I know that God lives. I know that Jesus is the Christ. I know that living on the earth today is one of God's prophets who reveals to us the word of God. This great gift of knowledge I can give to you.'

"The woman, interested in spite of the odd situation, asked, 'How?'

" 'Give me your address and I will send to you two young men who will explain.' This was done.

"The woman [did join the Church] and [so did] seven of her friends and relatives" (" 'I Have a Great Gift to Give You' " in Leon Hartshorn, comp., *Inspirational Missionary Stories* [1976], 168–69).

Give Out Church Literature

A copy of the Book of Mormon, a Church brochure, or a Church book can do much to prepare people to receive the missionaries. Patricia Lett, a schoolteacher, told the following story of how one of her students prepared her to receive the missionaries:

"One day last spring Carol put a [book of children's stories from the Book of Mormon] on my desk and asked if I would like to read it.

" 'Fine, Carol, I'll be happy to read it,' I said.

"Since school was closing soon and I had many things to do, I forgot all about the book. But Carol didn't. It wasn't long before I heard a little voice saying, 'Mrs. Lett, have you read my book?' . . .

“I did read it. . . .

“The next day she presented me with a copy of the Book of Mormon. A few days later I heard the little voice again, ‘Mrs. Lett, would you like to meet some people from our church?’ . . .

“The next Friday Elders Grassley and Lott were at my classroom door ten minutes before the class was over” (“By Your Pupils You’ll Be Taught” in Leon Hartshorn, comp., *Inspirational Missionary Stories* [1976], 70–71).

Even children can be good member missionaries.

Follow the Promptings of the Spirit

It is important that we take time to do as the Holy Ghost directs. His promptings may seem insignificant at the time, so we need to learn to listen and heed them. Sister Catherine A. Martin told of her experience in being guided by the Holy Ghost:

“I remember the first time I saw the little shop. As I walked past, . . . I had the strangest feeling . . . that seemed to say to me that there was someone in that shop that should be a member of the Church. I was in a hurry, though, so I went on. . . . I passed the little shop several more times, and each time I would have this strong feeling telling me that I should go inside. . . . One day . . . I passed the shop on foot and was practically pulled inside by this overwhelming sensation that there was something of spiritual interest within.

“Opening the door, . . . I could see picture frames of all shapes and sizes. . . .

“As I glanced around the room, . . . a painting on the wall caught my eye. It was one of a series of drawings of soldiers in different uniforms. Something told me that it was the artist who had done these drawings that I should talk with about the gospel!

“I asked the [shopkeeper] if he could possibly give me the address of the artist. He hesitated and said that the artist had insisted that he never give out any more information than just his name, but then said, ‘You know, I have a feeling that this time he would not mind. I will call him and give him your name and phone number.’

“The artist . . . did call me and we decided to meet and discuss art and history. . . .

“I remember saying to him that I knew something that he should know—something that would change his entire life for the better. He was interested in just what that could be. So, with such encouragement, I proceeded to tell him about the restoration of Christ’s Church upon the earth. I told him about my search for the truth and the desire

I had to know what the Lord would have me be. Then I told him about the strange and wonderful events that led to my discovery of the gospel and the beauty that entered my life at the same time. . . .

“He was receptive to what had been said, but he reserved the right to study and evaluate before giving any response. [He] was open, honest, and diligent in his efforts to know the truth, and in the face of much outside opposition was baptized. . . .

“The Lord truly knows and loves each one of us. He knows those that are ready to hear his word and if we are prayerful and will perform our duty he will guide us to those righteous individuals. I have had some beautiful experiences through the whisperings of the Spirit, which is a gift available to all of us if only we will love and value another’s exaltation as our own” (“Whisperings of the Spirit” in Margie Calhoun Jensen, comp., *Stories of Insight and Inspiration* [1976], 124–25).

- How did the Spirit prompt Sister Martin to find this man? How can we become more sensitive to the promptings of the Spirit?

Set a Good Example and Be Patient with Our Nonmember Family Members and Friends

Elder Adney Y. Komatsu said:

“Many of you here are the first in your families to join the Church. You are indeed the pioneers of your family. . . .

“As you discuss the gospel principles with your parents, friends, and neighbors, do not be discouraged when they do not listen or understand the principles that you are trying to teach them. Let us be patient and remember our parents, brothers, and sisters, and friends are very important people in our lives. We love them, and we want the best for them, which is the gospel of Jesus Christ. Our personal happiness and joy in this world and the world to come includes family exaltation.

“If, as a single person, you are still living with your parents and brothers and sisters and they do not accept your new way of life, honor them, love them, and by your example show them the beautiful truths of the gospel” (in Conference Report, Korea Area Conference 1977, 4).

Missionary work is not done to bring glory to ourselves. We must love the people we have chosen to help. We must give them our sincere, lasting friendship, even if they do not accept the gospel or if it takes them many years.

Invite Friends and Acquaintances into Our Homes or to Attend Church Meetings or Activities

We can introduce the Church to others by inviting them to participate with us in church activities. We can arrange to have a special family

home evening with another family and invite the missionaries to attend. We should invite our nonmember friends and relatives to attend church with us. There they can learn about the Church for themselves and decide if they want to know more.

Sister Villafranca of San Fernando, Mexico, invited 50 people into her one-room home, where the missionaries held a special Sunday School. Afterwards the people were invited to remain for the first discussion. Several of these people were later baptized, and within six years there was a branch with 200 members in San Fernando. (See Glenn V. Bird, "Miracle at San Fernando," *New Era*, Jan. 1977, 28–29.)

- Have one or two sisters tell briefly how they became interested in the Church.

Fellowship One Another

We are here to help each other progress. We need to take care of one another as children of the Lord. President Gordon B. Hinckley said, "I am convinced that we will lose but very, very few of those who come into the Church if we take better care of them" ("Find the Lambs, Feed the Sheep," *Ensign*, May 1999, 109).

When we have new members among us it is our responsibility to put forth every effort to be friendly and helpful to them. They may feel strange. We must make them feel at home. This is called *fellowshipping*. Fellowship means encouraging and helping each other to enjoy the full blessings of the gospel. It is showing courtesy and kindness, sharing experiences, and extending service and love. We fellowship by being a good friend and neighbor.

The Church helps us do this in many ways. It provides programs such as visiting teaching that encourage us to serve others. It provides meetings where we can associate with each other. And it provides instruction in the correct expression of our love and concern.

We should also be concerned with those families among us who have a father, mother, son, or daughter who is not a member. These families need us. By fellowshiping them and sharing with them our understanding and love, we may help these part-member families become united in the gospel.

- Read Ephesians 2:19–20. How can we show new members that we love and accept them?

Conclusion

It is the responsibility of Latter-day Saints to preach the gospel to the world. To do this, every one of us should be a missionary. We should prepare friends and neighbors to receive the missionary lessons. It is

not necessary that all go forth into the world, but we must tell our friends and neighbors about the gospel. Also, by being faithful to the commandments of the Lord, we show those around us the way to eternal life. We can help new members by inviting them to attend church with us. We should be friendly to them at church and in the neighborhood. We should always welcome strangers who come to our meetings.

Challenge

Prayerfully choose one of the ways to do missionary work discussed in this lesson. Select a friend or family member to teach.

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 33, "Missionary Work."
2. Prepare the poster suggested in the lesson or write the information on the chalkboard.
3. Assign class members to present any stories, scriptures, or quotations you wish.

PREPARING AND ENCOURAGING MISSIONARIES

Lesson 19

The purpose of this lesson is to teach us how to help our youth prepare for and fulfill mission calls.

Preparing Our Youth for Missions

Presidents of the Church have asked for more missionaries to carry the gospel to the world, but they have emphasized that they must be better prepared than ever before. President Spencer W. Kimball said: “Every boy and many girls and couples should serve missions. Every prospective missionary should prepare *morally, spiritually, mentally, and financially* all of his life in order to serve faithfully, efficiently, and well in the great program of missionary work” (“Advice to a Young Man: Now Is the Time to Prepare,” *New Era*, June 1973, 9; italics added).

President Kimball emphasized that the responsibility for training missionaries rests primarily with the family. He asked us to train our missionaries “much better, much earlier, much longer, so that each anticipates his mission with great joy” (“When the World Will Be Converted,” *Ensign*, Oct. 1974, 7).

- How can we prepare youth at a very early age for missionary service?
- Display visual 19-a, “A young boy counting the money in his mission fund box.”

Elder S. Dilworth Young gave some helpful suggestions for preparing young children for missionary service. He said we should pray often with our children, asking our Father in Heaven to make a mission possible. We should tell stories of our own family missionary experiences. He also suggested that we help youth to become familiar with the scriptures, teach them obedience, and give them chances to serve others. Elder Young suggested that these great truths could be taught during family home evening, around the dinner table, before bedtime, and during times of family recreation. (See Conference Report, Apr. 1972, 82–84; or *Ensign*, July 1972, 76–77.)



19-a, A young boy counting the money in his mission fund box

Elder Franklin D. Richards said:

“When I was a young man, one of the things I aspired to was to go on a mission. . . . I am certain my family was an important factor in my decision.

“I remember listening to my grandmother, Jane Snyder Richards, telling me stories about my grandfather. . . . I admired him very much. He had been a great missionary, going on several missions during his lifetime. I’m sure that influenced me” (“Have a Dream,” *New Era*, Jan. 1978, 4).

- Display visual 19-b, “A mother preparing her son for missionary life by teaching him to prepare proper meals.”

We should help our teenagers become strong physically so they will not tire in missionary service. They should learn to prepare simple but nutritious meals and to shop wisely. Good eating habits are essential if they are to keep well and have strength for their labors. We should teach them to wash and iron and repair their clothing. We should also teach them how to keep their living quarters clean. They can learn to take pride in proper dress and grooming. They can be taught to save money, delay serious courtship, gain and bear a testimony, and follow the steps of repentance. All this they can do before leaving for the mission field.

- How can we encourage youth to earn and save money for a mission?

Elder M. Russell Ballard, when serving as a mission president, asked his missionaries to answer this question: “ ‘What could my mother have done to better prepare me?’

“They said: ‘Somehow Mom should have insisted that I pay more attention when she was trying to teach me about housekeeping—cooking, cleaning, laundry, bargain shopping, personal hygiene, mending, quick recipes.’ ”

Elder Ballard then gave this counsel: “Mothers, teach your children to be sensitive and aware of the needs of others. Teach them to know and to practice basic principles of good human relations. . . . Put your arms around your children, look them squarely in the eye, and tell them to learn these skills because you want them to be happy and successful on their mission” (in Conference Report, Oct. 1976, 130; or *Ensign*, Nov. 1976, 88).

- How can we help our children be aware of the needs of others at home? in friends’ homes? in public places?

To fill their callings as the Lord requires, missionaries must learn the principle of work. In the Book of Mormon, those who preach the word of God are counseled to teach “with all diligence” and labor “with [their] might” (Jacob 1:19). The missionary who applies himself or herself and works hard is happy and productive.



19-b, A mother preparing her son for missionary life by teaching him to prepare proper meals

Another former mission president, Elder Vaughn J. Featherstone, told this story:

“An elder in our mission has had some pretty serious health problems. . . . When I arrived in the mission, he was sleeping in to avoid becoming weak and catching the flu. Then when he came in for lunch, he was sleeping for a couple of hours to keep from catching a cold or the flu. His companion was frustrated and called me.

“I called the elder’s doctor. He said, ‘Well, his condition is bad, but it’s better than it was when he came into the mission field. It’s not going to change much no matter how many hours he works.’ I called the elder into the office and suggested that I would rather see him sick with the flu legitimately than always worrying about it. I discussed with him the principle of . . . simply going to work and doing what the Lord had called him to do. . . .

“He took the counsel and put it into practice. He has become one of the top missionaries in the mission. He . . . discovered how to . . . work” (“Self-Denial,” *New Era*, Nov. 1977, 7).

- How can young women influence young men in their preparation for a mission?

Young women can greatly influence the behavior of young men. A young woman should set high moral standards in dress, speech, and actions. She should set an example of righteousness. Speaking to young women of the Church, Elder David B. Haight said:

“You young women have a vital role in this preparation and pretraining of our young men. . . .

“You, a daughter of Zion, can be a shining light as you set the right example. Refrain from early dating or going steady. . . . Develop your minds and personalities. . . . You both have talents to develop and to share.

“Read great books. Listen to good music. Study and discuss the blessings contained in the Word of Wisdom. . . .

“Read the scriptures. . . .

“You can encourage, influence, and even shield a young man at a critical time in his life. . . . You demonstrate your love for the Lord when you help a young man remain worthy and prepared to serve the Lord” (in Conference Report, Oct. 1977, 86–88; or *Ensign*, Nov. 1977, 57–58).

It is important for young women to respect young men and encourage them to serve a full-time mission. Any thoughts of marriage should wait until young men have completed a mission.

Helping Missionaries Fulfill Their Callings

We often think of the missionaries we have known, especially those who may have first taught us the gospel. We appreciate their sacrifice and example. We can show our gratitude to them and to our Father in Heaven by helping other missionaries fulfill their callings better. When our young women and young men are serving missions, they need our continued help and support. We can pray for them and make sure they understand the importance of prayer.

Elder Hugh B. Brown told how his mother helped him to rely on the Lord during his mission in England. She said to him as he left: “ ‘Hugh, my son, do you remember when you were a little boy you often had bad dreams, nightmares, and you called out to me as I was sleeping in the next room: “Mother, Mother, are you there?” Do you remember I always said, “Yes, my son, I’m here. Just turn over and go to sleep. Everything is all right.” ’ She said, ‘My boy, five thousand miles must now separate us, across a continent and an ocean. You are not going to have bad dreams only at night, but many times, in the daytime, you are going to want to call for help and comfort. Son, when you are beset with difficulties, when you meet temptation, when you are confused and don’t know where to go, call out and say, “Father, are you there?” ’ She said, ‘My boy, I promise you He will always answer and you need not fear’ ” (*The Abundant Life* [1965], 202–3).

- In what other ways can we help missionaries fulfill their callings?

There should be mail from home. Elder Gordon B. Hinckley gave the following advice on writing to missionaries: “My heart goes out to a missionary who does not receive regular mail from home. Generally a letter once a week is a good rule. But on the other hand, too much mail can be damaging to a missionary’s morale. To be effective a missionary has to move away from home; so the kind of mail he receives will make a vast difference in what he does and how he feels. Letters that set forth the problems at home, that dwell on the difficulties, hurt the morale of the missionary. Wise letter writers will be sure to state their positive feelings—how proud they are to have a missionary in the field, how the Lord is blessing them because of his work in the ministry. Such letters bless the life of a missionary” (quoted by Brian Kelly in “A Visit with Elder Gordon B. Hinckley about Missionary Work,” *New Era*, June 1973, 32).

- What kinds of letters should young women write to missionaries?

Young women should share spiritual experiences with the missionaries, as well as tell them cheerful news of friends and home.

- What are some ways we can help the missionaries in our area?

We can introduce nonmember family members and friends to the missionaries. We can also be careful not to infringe on the missionaries' time. When we invite them to our homes for meals, we can serve them promptly. Then we can encourage them to leave and continue their work. We should not expect or allow them to help with dishes. We should not invite them to watch television with us. We can learn mission rules and help the missionaries observe them.

Young women especially should refrain from taking the missionaries' time in trivial activities. Young women should never be alone with a missionary or encourage a close relationship with him. Young women should not correspond with or telephone missionaries in their area.

As we all show respect for the missionaries and their callings, we will help them teach the gospel to others.

Conclusion

Elder Gordon B. Hinckley said that "missionary work has never been easy, and yet the joyful rewards cannot be equaled by any other experience. Anything so precious as the gospel of Jesus Christ is worthy of all the effort and sacrifice of time and means employed to teach it" (*New Era*, June 1973, 30).

As women in the Church, we should do all we can to help our youth prepare for and fulfill mission calls. Our efforts may make a difference in whether or not they go on a mission. Our encouragement makes a great difference in their performance in the mission field. We can help our missionaries prepare to experience the joy of bringing salvation to our brothers and sisters. (See D&C 18:15–16.) We should evaluate our efforts often, consult with Church leaders and other members for ideas, and ask our Father in Heaven for inspiration as we help our missionaries carry the gospel to the world.

Challenge

Reread this lesson at home. Choose some ways to help your children or yourself prepare for a mission. Evaluate your associations with prospective and full-time missionaries, and determine how you can be a greater support for them. Have a family project to write regularly to a missionary in the field.

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 33, "Missionary Work."
2. Assign class members to present any stories, scriptures, or quotations you wish.

HOMEMAKING



MANAGING OUR HOMES WELL

Lesson 20

The purpose of this lesson is to help us organize our homes and make good use of our time.

Having an Orderly Home Allows Us to Do Other Important Things

President Brigham Young said: “Study order and cleanliness in your various occupations. . . . Make your homes lovely, and adorn your hearts with the grace of God” (*Discourses of Brigham Young*, sel. John A. Widtsoe [1954], 200).

Part of a homemaker’s job is to be an efficient housekeeper. When we keep our homes tidy, we feel a sense of pride. We enjoy a peaceful atmosphere at home when it is clean. We can find anything we want whenever we want it. A well-organized home is easier to keep clean than a disorganized home.

We need to organize not only our homes but also our time. Some women spend too much time keeping their homes clean and organized. They need to learn how to spend less time on housework in order to spend more time being with their families, developing talents, and serving others. Housework is important, but it should not take away from more important things. Having a clean home should not be our main goal; it should be part of our goal to be happy and have happy families. We need time to develop our talents and learn to live the principles of the gospel. We should have time to serve in Church positions, help our neighbors and those in need, and be good missionaries. When we keep our homes clean without spending too much time on housework, we are free to spend more time in family activities and to do other important things.

- Display visual 20-a, “A family enjoying a musical evening together.”
- Ask the sisters to ponder these questions: What is the purpose of my life? How should I spend most of my time? Why is it important to keep a balance among my activities, family, and housework?



20-a, A family enjoying a musical evening together

A Place for Everything

To be comfortable, a house has to be functional. The first step in organizing our homes is to decide what the function of each room is. Then we can put what we need in that room in well-organized drawers and cupboards.

- Optional demonstration: Place the box containing assorted items on the table. Have a sister pretend that she is helping a neighbor organize her home. Ask her to sort through the box, making several neat piles. Each pile should contain items similar enough to go into a well-organized drawer or cupboard.

Sometimes we do not have enough closets, cupboards, or drawers. If not, we or our husbands can buy or make some.

Even if we have many cupboards, we may still find that we do not have room for everything. In this case, it is a good idea to sort through our things and decide what could be used by someone else, what should be thrown away, and what should be stored somewhere else. If we decide to store some items, they should go into well-labeled containers. Labels help us find things quickly and easily. Important papers such as wills, property deeds, insurance papers, and family pictures should be organized, labeled, and filed.

Keeping our homes tidy is easier if all family members take part. The responsibility for keeping the home clean and tidy should be shared by everyone. President Brigham Young counseled: "Teach little children the principles of order; the little girl to put the broom in its right place . . . and everything in its own place. Teach them to lay away their clothing neatly, and where it can be found. . . . Teach the little boys to lay away the garden hoe, the spade, etc., where they will not be destroyed by rust; . . . and see that they gather up the tools when they have done with them, and deposit them in the proper place" (*Discourses of Brigham Young*, sel. John A. Widtsoe [1954], 211).

- Display visual 20-b, "A sister teaching her young children about cleanliness and order." Have sisters tell how they have taught family members to form the habit of putting things away.

Simplifying Our Housework

It takes less time to do a job if we have organized our working conditions first. It helps to arrange equipment before we begin so we do not have to retrace our steps to get something we need. We can also save energy by putting the tools we need within easy reach.

Another way to simplify our work is to clean up after ourselves as soon as we have finished something. Clutter multiplies fast. More



20-b, A sister teaching her young children about cleanliness and order

things fall accidentally when clutter is left on counters or other work areas. Pots, pans, and dishes are harder to get clean if they have been left sitting with food on them. The sooner we clean up after ourselves, the easier it is.

A third way to make housework easier is to accomplish several things at the same time. Some homemakers wear an apron with pockets. They can walk through the house, tidying up as they go. Efficient homemakers combine some tasks. For example, they talk or plan while working with their hands. They fold clothes while teaching children how to handle a personal problem or while talking on the telephone. It is fun to create ways to use our time efficiently.

- Ask class members to share ways to cut down on housework time.

Many of us have moments during the day that are wasted because we have not planned ahead of time how to use them.

- How can we use our spare moments more productively?

We can use the extra time earned by working efficiently to relax and enjoy ourselves and our families, to help others, or to work on long-term projects, such as family histories.

- What would you like to have time to do?

Planning Helps Get Things Done

Some people are always busy, but they do not seem to accomplish much. We need to decide what is most important and do those things first.

- Have one sister name the six most important things she has to do tomorrow. List them on the chalkboard. Then ask her to number them in order of importance. Suggest that sisters try this procedure in planning their day, finishing one task before starting another.

Sometimes we may not finish everything we have planned for the day. If we do the most important things first, however, we have used our time well. As we plan our work, it is important to remember to be flexible. Our plans seldom turn out just as we expect. Little and big emergencies interrupt us during the day, but if we know where we are going, we will accomplish our work. We will feel happy at the end of the day. We will have more time to spend with our families.

Conclusion

Orderliness can bring added peace and harmony to our homes. We can have more time to develop our talents and serve others.

Challenge

Start this week to become more organized. Improve your use of time.

Additional Scripture

- Doctrine and Covenants 88:119 (organize yourselves and prepare every needful thing)
-

Teacher Preparation

Before presenting this lesson:

1. (Optional) Bring a large box filled with assorted items from home, such as clothing of different sizes, toys, tools, kitchen utensils, and so on.
2. Assign class members to present any stories, scriptures, or quotations you wish.

MANAGING FAMILY FINANCES

Lesson 21

The purpose of this lesson is to help us learn how to manage our finances.

Using Our Resources Wisely

“The earth is the Lord’s, and the fulness thereof” (Psalm 24:1).

President Brigham Young said that the Lord “has handed over a goodly portion to this people. . . . But it is not ours, and all we have to do is to try and find out what the Lord wants us to do with what we have in our possession, and then go and do it.” Brigham Young also said that we can do this “through our faith, patience and industry.” (See *Discourses of Brigham Young*, sel. John A. Widtsoe [1954], 305.)

- What has the Lord given us to help provide for our families? Think about how your family’s income depends on what the Lord provided when He created this earth.

The Lord has given us the fulness of the earth. Mortals have created money to pay each other for things that come from the earth. “Money can be anything that people agree to accept in exchange for the things they sell or the work they do” (*World Book Encyclopedia* [1977], 13:588). Money is a measure of value. All cultures have some form of money. We should learn how to use money as the Lord wants us to.

Planning How to Use Income

Money can be a tool for doing good. The Lord intends for us to do well. He intends for us to care for our families and contribute to His work on earth. When we manage our money wisely, using it as He intends, He blesses us to meet our own needs. We should learn how to manage money. We should prepare ourselves to handle money wisely. The way we use money shows our attitude toward others, toward the Lord and His work, and toward ourselves. It shows whether we are generous or selfish, thrifty or wasteful.

- Read Luke 14:28–30. What must we do before we use any of our money?



21-a, A family discussing a budget

- Display visual 21-a, “A family discussing a budget.”

As families, we need to plan together how to spend our money. This plan is called a *budget*. It gives us control. It keeps us from using our money for things that are not important. Every successful business operates on a budget. Even the Church uses a budget.

Every family will have a different budget. What is important to one family may be less important to another. We need to decide what is most important to *our* family. We need to set financial goals for ourselves. We can do this at home in a family council.

One of the great commandments we have been given is the law of tithing. As Latter-day Saints, we should consider this the first item in our budgets. The Lord will bless us if we keep this commandment. When we consistently pay one-tenth of our increase for tithing, we have the assurance that the Lord in His own way will bless us. (See Malachi 3:10; Matthew 6:33.) It is comforting to know that the Lord is concerned about our temporal welfare. He will bless us if we act honestly and show we are willing to put the kingdom of God first.

Budgeting

- Display visual 21-b, “A sample budget form.”

The first step in setting up a budget is to add up all sources of income. We need to find out the total income we have each month.

- Write on the chalkboard: *Total Income*

We then take 10 percent of that total income for our tithing.

- Write on the chalkboard: *Tithing—10 percent*

The next step is to set aside money for Church contributions, including fast offerings and missionary funds.

- Write on the chalkboard: *Church Contributions*

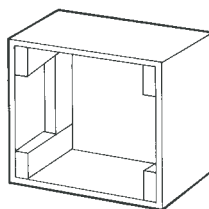
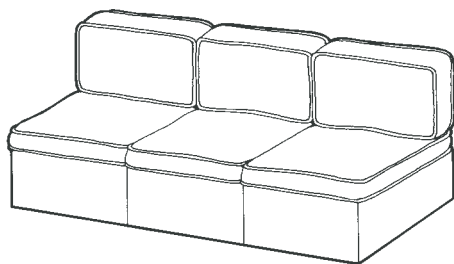
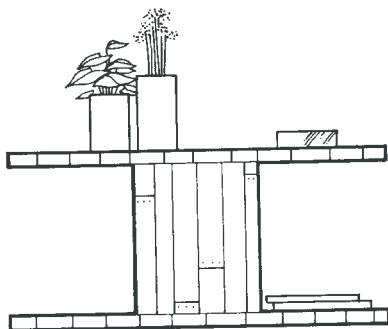
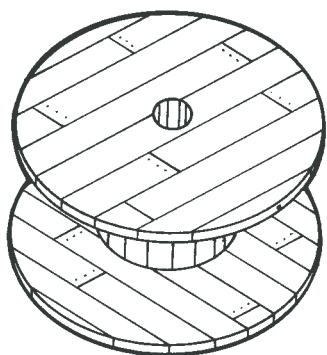
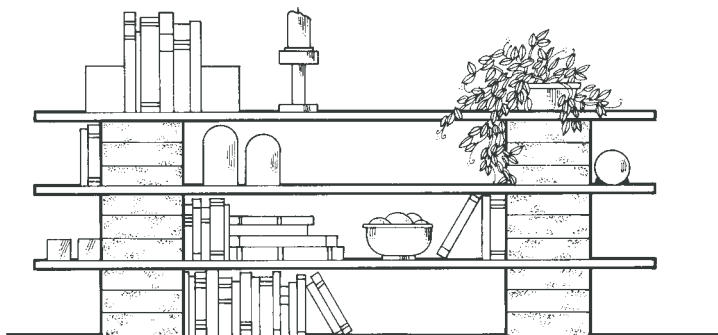
After we have paid our tithing and other Church obligations, we should set aside money for savings. Church leaders suggest we try to save as much money each month as we pay in tithing—in other words, 10 percent. (See *Relief Society Courses of Study, 1977–78* [1977], 56–57.) If we are having money problems, we may reduce our savings, but we need to save a little every month. Our savings are used for unexpected emergencies, such as unemployment, illness, or accident. We also need to save for missions, education, trips to the temple, and other long-range goals.

- Write on the chalkboard: *Savings*

Budget

Total Income	_____
Tithing—10 percent	_____
Church Contributions	_____
Savings	_____
Food	_____
Clothing	_____
Housing	_____
Medical Expenses	_____
Transportation	_____
Utilities	_____
Other	_____
Other	_____
Other	_____
Total Expenses	_____

21-b, A sample budget form



21-c, Homemade furniture can be constructed at little cost.

If we are not able to save much money, we can practice being thrifty in our homes. We can rely on our own talents and abilities. This will help us save a great deal of money. We can garden and grow some of our own foods. We can recycle old clothes by cutting them up and sewing them together in a new style. We can make new furniture from old and make new toys from crates, logs, lumber scraps, scraps of cloth, and buttons. By reusing clothing and rebuilding furniture, we can provide many things for ourselves.

- Display visual 21-c, “Homemade furniture can be constructed at little cost.”
- Have the sisters show the items they brought. Ask them to tell how they grew or made them.

The next items in our budget should be the basic necessities of life: food, clothing, and housing. The amount we spend will vary, depending on how thrifty we are and how large our families are. Families that buy commercially prepared and packaged foods spend more than those who cook from basic ingredients or who eat food from their own gardens. Careful shopping means watching the sales, buying only needed items, and avoiding luxuries. We can also save money by remaking old clothing or buying cloth on sale to make clothing rather than buying ready-made clothes. Some families save money by living in inexpensive homes.

- Write on the chalkboard: *Food, Clothing, and Housing*

Families also need to budget for items in many other areas. One of these is medical expenses. Some of the other common ones are transportation, heat, power, and water. These latter items are our utilities.

- Write on the chalkboard: *Medical Expenses, Transportation, and Utilities*

With the money that is left over we can budget for those things we would like to have but really do not need. They might be family vacations, gifts, movies, and so on.

- Write on the chalkboard: *Other*

If no money is left over, or if there is not enough for all the necessities, we will have to change the amount of money we have planned in various areas. Once we decide how to spend our money, we must follow our budget. After we have spent the money allowed in an area, we should spend no more money on it until we receive our next income. If we face an emergency, we can borrow from the least important area of our budget.

The following month we may decide to budget differently than we did the first month. We should have a budget that fits *our* family's needs. As we work with a budget, we will learn its value in helping us use our money wisely.

- What blessings come from following our budget plans? Why is it important to teach our children how to manage income? How can we do this?

Avoiding Debt

- Read Doctrine and Covenants 104:78. Why do you think the Lord has commanded us to stay out of debt?

We have also been counseled by President J. Reuben Clark Jr.:

“Let us avoid debt as we would avoid a plague; where we are now in debt let us get out of debt; if not today, then tomorrow.

“Let us straitly and strictly live within our incomes, and save a little” (in Conference Report, Apr. 1937, 26).

We can reduce our debt by making it part of our budget. We may have to put less money in other areas, but our prophets have told us to avoid debt. Except for purchasing a home or other very important items, we should avoid buying on credit. If we owe money, we should pay it as promised, being honest in all our dealings with others.

President N. Eldon Tanner warned us of one of the great dangers of debt: “[People] can’t enjoy living if they are so badly in debt that they don’t know how they are going to carry on. This causes friction in the family, it causes worry and concern, and sometimes divorces, just because people don’t live within their means” (address at Welfare Agriculture Meeting, 9 Apr. 1966; quoted in *Relief Society Courses of Study, 1977–78, [1977]*, 81).

- What blessings come from being out of debt?

Conclusion

The Lord has given us this earth so we can provide for ourselves. He intends for us to prosper. If we manage our money wisely and put the kingdom of God first in our lives, the Lord will bless us financially and spiritually.

Challenge

Set aside time to budget your money for the coming month. Fathers and mothers could discuss a budget with their children during a family council. If you have debts, decide how to reduce them. Try to save money each month.

Teacher Preparation

Before presenting this lesson:

1. Ask three or four sisters to bring one item from home production, such as a home-grown fruit or vegetable, a handmade article of clothing, or a handmade toy or home decoration.
2. Assign class members to present any stories, scriptures, or quotations you wish.

NUTRITION FOR THE FAMILY

L e s s o n 2 2

The purpose of this lesson is to help us learn the kinds of foods we must eat to stay healthy.

Heavenly Father Wants Us to Be Healthy

Our Heavenly Father loves us very much. Because He wants us to enjoy good health on earth, He has given us guidelines about the foods and other things we take into our bodies. These guidelines are found in Doctrine and Covenants 89, also called the Word of Wisdom. In the Word of Wisdom we are told to eat certain kinds of foods that contribute to good health. We are also told to avoid certain substances such as tea, coffee, alcohol, and tobacco that are harmful to us.

Different Foods Help Make Us Healthy in Various Ways

- Read Doctrine and Covenants 89:10–11. What types of foods are mentioned in these verses? What fruits and vegetables can we get in our area?

Fruits and vegetables are important because they contain vitamins that help protect us from certain diseases. Eating these foods can help prevent some kinds of blindness and infections and help wounds heal properly. These foods also protect us from many other health problems.

- Read Doctrine and Covenants 89:12–13. What kinds of foods are mentioned in these verses?

Meat, poultry, eggs, and fish are good sources of the protein that our bodies need to grow strong. Milk, yogurt, and cheese are also good sources of protein. Protein builds muscle tissue and aids us in recovering from illness. Pregnant women and small children especially need protein to develop properly. These types of foods also contain minerals, such as iron and calcium, that help our bodies develop and function properly.

- Read Doctrine and Covenants 89:14–17. What kinds of foods are mentioned in these verses? What foods do you eat that are similar?



22-a, Foods from each of the food groups

Food Guide Pyramid

A Guide to Daily Food Choices

Fats, oils, and sweets
USE SPARINGLY

Milk, yogurt, and
cheese group
2-3 SERVINGS



Meat, poultry, fish,
dry beans, eggs,
and nuts group
2-3 SERVINGS

Vegetable group
3-5 SERVINGS



Fruit group
2-4 SERVINGS



Bread, cereal, rice, and pasta group
6-11 SERVINGS

22-b, Food Guide Pyramid

In addition to grains, verse 16 mentions foods that grow on vines, such as melons, squash, tomatoes, peas, and beans. These foods are all similar to grains in the way they help the body. They give us some protein, vitamins, and minerals that we need. Most importantly they give us carbohydrates, which are natural starches and sugars. Our bodies use carbohydrates to produce the energy we use for our daily activities.

A Variety of Foods Is Necessary for Good Health

Some people think it does not matter what they eat as long as the stomach is filled. This is not true. No one kind of food can take the place of another. Each kind has its own value. We need the vitamins in fruits and vegetables to protect us from some diseases. We need the protein in meats and other foods for growth. (If family members choose not to eat meat or animal products, good sources of protein are beans, peas, and lentils.) Also, we need the carbohydrates in grains for energy. Planning our meals around five basic food groups can help ensure we eat a balanced diet.

- Display visuals 22-a, “Foods from each of the food groups”; and 22-b, “Food Guide Pyramid.” Ask the sisters to give examples of local foods that fit in each of the food groups.

Each person needs a certain number of servings from each food group every day. We need to make sure that we plan meals that include enough servings of each food for each family member.

- Display a poster of the following examples of servings from each food group, or refer to the information on the chalkboard:

1 slice of bread; $\frac{1}{2}$ cup of cooked cereal, rice, or pasta
 1 medium whole fruit; $\frac{1}{2}$ cup of canned or cooked fruit
 1 cup of raw leafy vegetables; $\frac{1}{2}$ cup of cooked vegetables
 1 cup of milk; $1\frac{1}{2}$ to 2 ounces of cheese
 2–3 ounces of cooked lean meat, poultry, or fish;
 $\frac{1}{2}$ cup of cooked dry beans; 1 egg

- Write on the chalkboard the things you ate yesterday. Was there a variety of servings from the food groups in each meal? Did you get enough servings from each food group during the day? If not, what can you do to make sure you get enough servings?

In order to have enough of each food, it may be necessary to buy less-expensive foods from each group in order to make wise use of our money.

- Which foods in each group are more expensive? Which foods in each group could be substituted for more expensive foods in the same group?

Including the Five Food Groups in Our Meals

We can do several things to include enough servings from each group during the day.

1. We can start to think about what we will prepare for a meal early in the day. Sometimes when we wait until it is time to prepare the food, we find that we do not have a good variety of food in the house.
2. When we plan a meal, we can start with a common food—rice or corn, for example—and add foods from other groups.
3. We should make a list of foods we need to help us remember all five groups when we go to the market.
4. We can plant a garden and grow vegetables and fruits. If we have no place for a garden, we can plant foods in a bucket or wooden box. Perhaps we could share some land for gardening with friends or relatives.

Conclusion

All of us want to be healthy. Carefully planning what we eat so that we get enough servings from each of the five food groups will help us.

Challenges

Compare each meal you eat with the basic food groups. Plan ways to add foods from groups that are missing from your meals. Remember that planning meals ahead of time will help you include food from all five groups.

Read Doctrine and Covenants 89 so you can learn more about the Lord's law of health.

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 29, "The Lord's Law of Health."
2. Study Doctrine and Covenants 89. Note particularly the verses discussed in the lesson.
4. Talk with a government or university nutrition worker or with another nutrition expert to learn which combinations of foods in your area provide a good diet.
5. Assign class members to present any stories, scriptures, or quotations you wish.

NUTRITION FOR MOTHER AND BABY

Lesson 23

The purpose of this lesson is to help us know what pregnant and nursing women should eat and what mothers should feed to their babies.

Nutrition for Pregnant Women

- Display visual 23-a, “Good nutrition is important for both mother and baby.”

A pregnant woman needs to be careful to eat foods that will help her and her new baby be healthy. She needs to make sure she gets enough servings from each of the five food groups every day. These five groups are (1) breads, cereals, and grains; (2) vegetables; (3) fruits; (4) milk, cheese, and yogurt; and (5) meat, poultry, fish, and nuts. Pregnant women should also make sure they drink plenty of water to avoid problems with dehydration. Women who choose their foods wisely usually have healthier, stronger babies than mothers who do not eat right.

- Have the sisters name several foods from each group; then ask them to plan a meal for a pregnant woman. Be sure they include a variety of food from the five groups.
- Why is proper nutrition important for the expectant mother?

“If the mother is not well nourished and is not taking into her body the nutrients that the baby needs in the proper amounts, the baby will not grow and develop as it should.

“Infant mortality rates, which record the number of babies that die in the first year of life, are high in many developing countries of the world. The high rates result from problems with sanitation and the spread of infection, and from problems with malnutrition. However, even in developed countries . . . inadequate nutrition among expectant mothers has contributed to excessive infant mortality rates. If a mother is poorly nourished during pregnancy, especially if she is very young, the chance is greater that her baby will be small and of low weight at birth. The risk of death shortly after birth is higher for a low-birth-weight baby.



23-a, Good nutrition is important for both mother and baby.

The nutrition of the mother-to-be is a very important factor that contributes to the health of her baby. She must eat the foods that will supply nutrients to build and protect her baby's body" (1973-74 *Relief Society Courses of Study* [1973], 105).

Mother's Milk Is Usually Best for Small Babies

Our Heavenly Father made the mother's body so it could produce milk. This milk is made especially for human babies to drink. It is better for babies than milk from animals. The first fluid that comes from the mother's breasts after a new baby is born is also important. It contains substances that help protect the baby from diseases for the first few months.

Sometimes for health reasons a mother cannot breast-feed her baby. Milk from cows or goats or prepared formulas can also be used, but the mother must take greater care to keep the milk sanitary. A mother should breast-feed her baby if she can. The mother's diet influences how much milk she produces for the baby. A mother who eats enough good foods and drinks enough water can usually produce enough milk for her baby.

- Why do some mothers not breast-feed their babies? Why is the fluid that comes before milk good for babies? Besides nutrition and disease prevention for the baby, what are some other advantages of breast-feeding?

Bottle Feeding

If a mother cannot breast-feed her baby, she can give the baby another kind of milk. This usually means feeding the baby with a bottle (later a cup). Feeding the baby with a bottle requires these precautions:

1. Keep the bottle clean. If it falls on the ground, or if flies land on the nipple and leave germs, the baby will probably get sick. Wash the bottles and nipples with hot, soapy water, and rinse well.
2. Use clean water. When milk is mixed with impure water, the baby can get sick from germs in the water. If there is a chance that water is impure, always boil it for 20 minutes and let it cool before feeding it to the baby.
3. If the milk spoils, throw it away and use fresh milk.
4. Read the label on canned or prepared formulas, and use the right amount of water. Children become sick if their milk is not diluted enough or is diluted too much. Do not add too much water in order to make the milk last longer.

A story told by Dr. James O. Mason illustrates the importance of feeding babies milk that is not diluted too much:

A young father and mother invited Dr. Mason to their home to see their baby. When the mother unwrapped the six-week-old daughter, the doctor was shocked to see that the baby was very thin. He could even see the shape of her bones. The parents told him that the mother had been unable to nurse the baby because she had been very ill during the pregnancy. When the baby was born they had purchased a can of dried-milk formula, but they could not afford to buy another can when it was gone. The doctor asked, "What are you feeding the baby now?" They showed him a baby bottle filled with fluid that was nearly clear. The fluid was water mixed with a few drops of condensed milk from a tiny can. Dr. Mason gave money to the branch president for the family to use to buy milk for the baby. He also instructed the family how to prepare the milk. In spite of the doctor's efforts, the baby later died. Much later the family learned that a local resource could have provided milk for their baby. (See "For the Health of the Saints," in *Speeches of the Year, 1974* [1975], 153–54.)

- Optional demonstration: Show how to properly clean a bottle and prepare milk for a baby.

Bottle feeding requires extra care, but babies who are bottle-fed can be healthy. It is still better to give a baby mother's milk, even if the baby may need to have a bottle sometimes too.

Other Foods for Babies

As babies grow older, they will not stay healthy if they have only milk. They also need other foods. It is hard to know how long mother's milk will meet the baby's needs; therefore, the baby should start eating other foods at about six months.

Babies need foods from the same five groups that grown people need. Canned baby food is one way to help babies get a variety of foods from the basic food groups. Where canned baby food is not available, baby food can easily be made from the same foods adults eat. These foods need to be kept very clean. They should be mashed or strained so a baby can eat them easily even before he or she has teeth.

Fruits covered by a peel are cleaner than other fruits. Ripe bananas, for example, are good food for babies. Other fruits should be carefully washed and peeled with a clean knife. All fruits should be held in clean hands.

Cooked vegetables, especially leafy vegetables, make excellent baby food. They can be easily chopped or mashed, making them easy for a baby to eat, and they contain vitamins that will help keep a baby healthy.

Cereals are also good baby food, because they contain carbohydrates. They are not adequate by themselves, however. Babies still need other

foods such as fruits, vegetables, eggs, and milk to be healthy and grow properly.

Some people feed their babies broth. Broth is good because it is usually cooked and has no germs. But broth alone will not help a baby grow. Babies should also have other foods in order to get all the vitamins, minerals, protein, and carbohydrates they need.

Parents should introduce only one new food at a time to a baby's diet. Sometimes a baby will be allergic to a particular kind of food. This may result in vomiting, congestion of lungs or nose, diarrhea, or a rash. By introducing one new food at a time, parents can learn which foods their baby might not be able to eat because of allergies.

- What foods from each of the five groups could a baby eat? How should these foods be prepared?
- Have the sisters plan a meal for a baby. Make sure they include a variety of foods from the basic food groups.
- Optional demonstration: Show how to prepare two or three kinds of baby food.

Conclusion

We need to choose carefully the foods we eat. This is especially important for pregnant women and nursing mothers. We can also influence the health of our babies by what we give them to eat. Mother's milk is the best milk to give to babies, but within a few months, babies need to eat foods from all five groups to grow strong and healthy.

Teacher Preparation

Before presenting this lesson:

1. Review lesson 22 in this manual, "Nutrition for the Family."
2. (Optional) Bring a baby bottle and milk formula to class to show the sisters how to clean the bottle and prepare milk for a baby.
3. (Optional) Bring some foods to class that are especially good for babies. If possible, bring equipment to show how to prepare the food.
4. Assign class members to present any stories, scriptures, or quotations you wish.

DISEASE PREVENTION

Lesson 24

The purpose of this lesson is to remind us to practice principles of disease prevention so we can stay healthy.

We Must Learn How to Stay Healthy

Anciently, people did not know causes of disease. They thought disease was caused by evil-doing, failure to make sacrifices, or spells cast by other people. After studying for hundreds of years, scientists and physicians now know the causes of many diseases. We have gained much knowledge since the gospel was restored to the earth in 1830. Since that time the Spirit of the Lord has been poured out upon the earth. Many new discoveries have been made to help us be healthy.

As adults, we need to know and do things that help us remain healthy. We should also teach these things to our children. We need to teach our families to have a good attitude about good health. In some cultures, parents tell their children they will get shots when they are bad. This is foolish. It teaches children to think of good health care as punishment.

In this lesson, we will review some of the things that help us stay healthy.

Controlling Germs Helps Prevent Disease

Germs are very small living things that can cause disease. Some germs travel from one person to another. Other germs travel from animals to people. Germs cause many different kinds of diseases when they enter our bodies. They live and grow well in places that are warm, moist, and dark. They grow around animals or in wastes from animals or humans. We need to get rid of the conditions where germs live.

- What can we do to eliminate these conditions? Add the following suggestions to those given by the sisters:

Keep Insects out of the Home

One way to keep insects out of the home is to put screens on the windows as well as on the doors, where possible. These screens should be kept in good repair, especially during warm weather.

Clean the Places Where Germs Live

Areas in the home where we cook, bathe, or wash clothing are often moist. There are ways to keep these areas drier. Moist areas are a problem, especially if they are warm. Although sunlight is warm, it helps prevent the growth of germs.

- What items could be placed in the sunshine occasionally to help get rid of germs?

Properly Dispose of Animal and Human Wastes

Germs live in animal and human wastes. When wastes remain in the open, flies settle there and pick up germs on the tiny hairs of their legs. When the flies land somewhere else, these germs can fall off.

- How can we dispose of animal and human wastes? (Use a latrine or toilet to dispose of human wastes. Keep animals in a pen. Bury in the garden wastes from animals that do not eat meat. Cover waste material with dirt, screens, or lids so flies cannot get to it.)

Protect Food from Insects

Put food that is not eaten into a cupboard where insects cannot get to it. If you have a cool place, keep food there. A refrigerator, icebox, or springhouse keeps food very cool. Because some germs can blow through the air, we should protect food from wind as well. In some very tropical climates, food is best stored in a good food safe.

Immunizations Help Prevent Disease

We can protect ourselves and our families from some diseases by getting immunizations. For some diseases we need only one immunization, but for other diseases we may need several immunizations at certain time intervals. Polio is a disease that was once very common. Many years ago a physician-scientist discovered a way to protect people from getting this disease. He developed a polio immunization. People who get the immunization protect themselves from this disease, which once killed many people and crippled many more. In most parts of the world, people can receive immunizations from a health clinic or a physician.

- What diseases are common in your area? What immunizations do physicians or workers at the health clinic recommend? How often should they be given? What can you do to get the necessary immunizations to protect your family? Tell the sisters when and where immunizations are given. Suggest that the sisters set a time to go get them.
- Display visual 24-a, "Resistance and Immunity to Disease." Allow the sisters time to study the chart in their manuals.

Resistance and Immunity to Disease

Recommended Immunization Schedule*

Disease

Age

	Birth	1 mo.	2 mos.	4 mos.	6 mos.	12 mos.	15 mos.	18 mos.	4–6 yrs.	11–12 yrs.	14–16 yrs.	Adult
Hepatitis B (HBV)	HBV-1											A, C
		HBV-2 (1 month after #1)		HBV-3 (5 months after #2)					HBV-1, 2, 3 (those not previously vaccinated)			
Diphtheria, Tetanus, Pertussis (DTaP or DTP)			DTaP-1 or DTP-1	DTaP-2 or DTP-2	DTaP-3 or DTP-3		DTaP-4 or DTP-4	DTaP-5 or DTP-5	B, Td booster every 10 years			
Hemophilus Influenza type B (HIB)			HIB-1	HIB-2	HIB-3	HIB-4						
Polio			Polio-1	Polio-2		Polio-3		Polio-4				C
Measles, Mumps, Rubella (MMR)						MMR-1		MMR-2	MMR-2 (if not at age 4–6)			C, D
Varicella (chicken pox) (Var)						Var-1			Var-1 (if not done earlier)			C, E
Influenza (flu shot)	Yearly. Those 65 years or older. Health-care workers and other high-risk people. Those 2 years or older with chronic health conditions such as asthma, heart disease, and diabetes. Consult physician. Contraindicated if allergic to eggs.											
Pneumococcal pneumonia	One time or again after 5 years for people at highest risk. Those 65 years or older. Those 2 years or older with chronic health conditions, on the advice of physician. Those living in special environments and social settings, such as the Native American populations. Consult physician.											
Hepatitis A	Two doses: #2, 6 months after #1. Those 2 years or older for certain international travel (see “C” below). People with chronic liver disease or those at high risk for Hepatitis A. Consult physician.											
	<p>A Health-care and public safety workers and other high-risk people. Consult physician.</p> <p>B A booster dose after 5 years may be needed for wound management. Consult physician.</p> <p>C Certain international travel. Consult physician or local health department.</p> <p>D Two doses at least 4 weeks apart. Consult physician. Adults born in 1957 or later should receive at least 1 dose if no proof of immunity. High-risk adults (college students, health-care workers, and so on). Contraindicated if pregnant or possibility of pregnancy within 3 months.</p> <p>E Two doses at least 4–8 weeks apart. All susceptible adults and high-risk people (health-care workers, teachers of young children, day-care workers, and so on). Those with reliable histories of chicken pox can be assumed to be immune. Contraindicated if pregnant or possibility of pregnancy within 1 month.</p>											

*Immunizations should not be postponed because of minor illnesses.

24-a, Resistance and Immunity to Disease



24-b, A wise young woman makes certain she gets the proper amount of sleep, eats nutritious meals, brushes her teeth properly at least twice a day, and washes her hands often.

Good Health Practices Help Prevent Disease

- Display visual 24-b, “A wise young woman makes certain she gets the proper amount of sleep, eats nutritious meals, brushes her teeth properly at least twice a day, and washes her hands often.”

We can develop habits that will bring us better health. Some of these habits are to get enough sleep at night, eat the proper variety of foods, and get some exercise every day. We also need good habits for elimination of body wastes. Bathing regularly, brushing and flossing teeth after each meal, washing hands after using the toilet, and covering our noses and mouths to sneeze are other good habits to form. In tropical climates, everyone should wear sandals or other foot coverings to prevent infection.

- Ask the sisters to tell how they have learned or have taught family members to practice good health habits.

When Sickness Comes

Sickness usually causes a change in how we feel or how our body looks or acts. Sudden change or extreme change is often a sign that something is wrong. Some of the changes that are signs of sickness are pain, fever, chills, loss of appetite, nausea, paleness, dizziness, weakness, rash, itching, swelling, and diarrhea.

If we become ill, we should go to the health clinic or see a physician to find out how to best overcome the sickness. Priesthood blessings can also help. The Lord expects us to work to receive blessings. We should allow a physician to direct us in curing an illness; then we should add good health practices, faith, prayers, and priesthood blessings. If we do these things, we can overcome many sicknesses.

- What can you do today or this week to help prevent disease?

Conclusion

We are the Lord’s workers on this earth. In order to serve Him effectively, we need to be healthy. We can help build Zion when we ourselves are healthy and when we raise healthy children.

The Lord has provided us with many ways to prevent disease and illness. He expects us to use wisdom and do all we can. He expects us to take good care of people who are ill. He has promised us that through faith, prayer, and the power of the priesthood we can be healed, according to His will. President Brigham Young taught: “Then let us seek to extend the present life to the uttermost, by observing every law of health, and by properly balancing labor, study, rest, and recreation, and thus prepare for a better life. Let us teach these principles to our children” (*Discourses of Brigham Young*, sel. John A. Widtsoe [1954], 186).

Challenge

Use the ways taught in this lesson to teach your family members to practice good health habits. Review the chart in visual 24-a.

Teacher Preparation

Before presenting this lesson:

1. Visit the local health center to learn what immunizations are available to people in your community. Find out when they are given, what record you must take with you, and so on.
2. Assign class members to present any stories, scriptures, or quotations you wish.

HOME GARDENING

Lesson 25

The purpose of this lesson is to help us begin a home garden or improve our existing garden.

Our Prophets Have Asked Us to Have a Garden

President Spencer W. Kimball called upon Latter-day Saints everywhere to produce their own food. For several years, he asked each family to have its own garden. He said: “We encourage you to grow all the food that you feasibly can on your own property. Berry bushes, grapevines, fruit trees—plant them if your climate is right for their growth. Grow vegetables and eat them from your own yard. Even those residing in apartments . . . can generally grow a little food in pots and planters. Study the best methods of providing your own foods. Make your garden . . . neat and attractive as well as productive. If there are children in your home, involve them in the process with assigned responsibilities” (in Conference Report, Apr. 1976, 170–71; or *Ensign*, May 1976, 124).

When President Kimball asked each of us to grow a garden, he reminded us of the words of the Lord: “And why call ye me, Lord, Lord, and do not the things which I say?” (Luke 6:46).

There are good reasons for this counsel from our prophets. Gardening has many benefits. It expands our appreciation of nature. It teaches the family to work together. When we have a garden that produces well, we are not entirely dependent on others for food. We can select crops we like that provide a nutritious diet. Growing our own food gives us the satisfaction of providing for ourselves. We can also trade produce with our neighbors, save money, and help those in need.

- Ask the sisters to explain benefits they have received from a home garden.

Begin with a Plan

Before we can actually plant our gardens, we must make some decisions.



25-a, Those who live in apartments can garden in pots and planters.



25-b, Select and plant foods that grow well in your climate and soil.

Where to Plant

- Display visual 25-a, “Those who live in apartments can garden in pots and planters.”

First we must decide where to plant the garden. A garden needs the best location possible. It will become a valuable piece of land. Choose a sunny location with at least six hours of sunlight each day. Check the soil. Some soil is so sandy that it cannot retain water or so full of clay that water collects in puddles on top and runs through very slowly. If so, we should add compost or the opposite kind of soil to improve it. Water should be available if there is not enough rainfall. The garden should be near the house if possible. It should not be so far away that it is hard to get there to work several times a week. Choose a place that is not too steep; otherwise water will wash away the soil and seeds. If you must garden on a steep slope, make furrows running across the slope rather than up and down. Those who live in apartments can garden in pots and planters.

Those who want a larger garden can dig up the yard or flower garden or borrow or rent land. Two families in Germany found a way to have a garden:

“ ‘We are two families in the Frankfurt Mission, and we [are writing to] tell you about our garden.

“ ‘It was not very easy to find a piece of land in a large city like Frankfurt—it is a tiny garden—and when we rented it, it looked like a wilderness, with a broken fence, a broken cottage, and wild grass all over. It did not discourage us.

“ ‘First we made a new fence, repaired the cottage, and [dug] the whole garden. In the springtime we planted vegetables and the neighbours told us that [they] would not grow. There is a little stream where we can go on our bikes [and carry cans with us], and this way we carry our water. We prayed to the Lord that he would bless our garden. The Lord did answer our prayers. Every kind of vegetable came. It is so wonderful to see the plants grow’ ” (quoted by Spencer W. Kimball in Conference Report, Oct. 1976, 5; or *Ensign*, Nov. 1976, 5).

What to Plant

- Display visual 25-b, “Select and plant foods that grow well in your climate and soil.”

The second decision we will have to make is what to plant. Some gardens have plenty of space; others have only a little. If space is limited, choose crops that grow upward, such as berry vines, pole beans, or tomatoes on stakes. Choose seeds that bear heavily, such as squash



25-c, *A sample group of vegetables*

and tomatoes, rather than crops, such as radishes, that produce only one fruit or vegetable from a single seed.

Be sure to choose foods that will give your family the nutrients they need. But avoid planting foods they do not like and will not eat. Also be sure to select foods that grow well in your climate and soil.

- Display a poster showing the specific fruits, vegetables, legumes, roots, and grains that grow in your area, or refer to the information on the chalkboard. Which crops produce the most food in a limited amount of space?

It is a good idea to draw a map of your garden each year while planning. The same plants should not grow in the same spot year after year. If crops are not alternated, the soil will become poorer and poorer, and crops will not grow well.

- Display visual 25-c, “A sample group of vegetables.”

When to Plant

Another decision we must make is when to plant. Each food grows best under its most favorable conditions. Some crops grow better in a dry season, while others prefer more water. Some crops—beets, cabbage, carrots, lettuce, onions, peas, and spinach—grow best in cooler weather. Others—beans, corn, melons, squash, and tomatoes—grow best in warmer weather.

- Display a poster listing the planting times for specific crops that grow in your area, or refer to the information on the chalkboard.

Prepare the Garden Site

Four to six weeks before planting time, clear the site of weeds, stumps, stones, trash, and twigs. Loosen the soil with a shovel or hoe so that water can go through easily. The soil should be crumbly, not in clods, at planting time.

- Display visual 25-d, “Prepare the soil well before planting.”

At this time, most soil can be improved. Compost, or well-rotted plant and animal waste, will improve the texture of both sandy and clay soil. It also helps to produce better crops because it adds nutrients. But compost cannot be made and added to the soil in the same day. It can take four to six months to produce compost that is ready to go in the soil. Because of this, some people make a compost heap every year and add it to their gardens the next year.

You can learn how to make your own compost heap by consulting a library book, an agricultural adviser, or an experienced gardener.



Clear garden site of weeds, stumps, stones, trash, and twigs.



Loosen soil with a shovel or hoe.



Add compost to improve the soil.



Rake soil smooth before planting.

25-d, Prepare the soil well before planting.

- Ask sisters who have made compost to explain how they made and managed their compost heap.

Plant the Garden

In areas where the growing season is short, you may want to start your garden indoors in potting soil. If you start outdoors, plant seeds in straight rows so that you can tell weeds from vegetables. Leave space between the seeds. Learn when to plant seeds for each crop, and plant on those dates. Plant one row of the same crop such as corn every week for several weeks. Then you will have a longer period of maturing crops.

Seeds vary in size; if they are all planted at the same depth, they will not grow. Plant each seed at a depth of about four times its diameter. Then tamp the soil down firmly. Be sure to leave enough room between rows so that you can loosen the soil around the plants while they are growing.

Keep the ground moist after the seeds are planted. If the ground dries out, seeds will not germinate.

Tend the Garden

All of the planning, preparing, and planting we do will have little benefit if we do not care for our gardens later. We will need to do the following:

Water

Water the garden heavily about once a week if there is not enough rainfall. The soil should be wet to a depth of seven inches just after watering. Always water when the sun is not hot so the ground does not become baked.

Mulch

When the plants get several inches high, remove any remaining weeds. Place sawdust, shredded newspapers, grass, leaves, or straw two to three inches high around the plants and between the rows. This mulch prevents the soil from drying out or becoming too warm. Many people who use mulch find that they do not need to pull many weeds.

Cultivate

Weeds rob water and nutrients from plants. Pull them by hand or dig them out with a hoe. A thick mulch may prevent weeds from growing, but you will need to pull the mulch to one side every week or so in order to loosen the soil with a hoe. Replace the mulch after loosening the soil.

Control Insect Damage

Insects damage plants and can ruin crops. Be sure to remove any mature crops before they begin to rot. If you do not, insects will feed on them. Also remove any crops that have stopped bearing. Remove insects by hand, wash them off, or use insecticide. If you use insecticide, be sure to wash the food before eating it.



25-e, A garden can provide many benefits to a family.

Harvest Crops

If you pick fruits and vegetables just before cooking, eating, or preserving them, they will give the best flavor and nutrition. Some crops, such as cucumbers, produce much better if they are harvested often. Do not allow them to become overripe, wilted, or dried out. Harvest leafy vegetables when they are young and tender.

- Display visual 25-e, “A garden can provide many benefits to a family.”
- What benefits do we gain from a garden when we plan, prepare, plant, and take care of it?

Conclusion

We can show that we love the Lord and trust Him by doing as His prophets have asked us. Each of us will receive blessings if we will plan and prepare our gardens and then care for them so that they will be orderly and produce well. President Kimball counseled: “Keep your lawns and your gardens well-groomed. Whatever your circumstances, let your premises reflect orderliness, beauty, and happiness. Plan well and carry out your plan in an orderly and systematic manner” (in Conference Report, Apr. 1976, 171; or *Ensign*, May 1976, 125).

- Read Doctrine and Covenants 59:16–19.

Challenge

Plan now to begin or improve your garden. Remember that the whole family can work together to have a successful garden.

Teacher Preparation

Before presenting this lesson:

1. Learn the following from your library, a local agricultural adviser, or an experienced gardener:
 - a. Which crops produce best in a home garden
 - b. What the planting dates are for each crop
 - c. How to make a compost heap successfully in a home garden
 - d. How to water, weed, control insect damage, mulch, and cultivate a home garden
2. Prepare the posters suggested in the lesson or write the information on the chalkboard.
3. Assign class members to present any stories, scriptures, or quotations you wish.

HOME PRODUCTION

Lesson 26

The purpose of this lesson is to help us learn how to become self-reliant by producing what we need at home.

Self-Reliance

President Spencer W. Kimball said, “We encourage all Latter-day Saint families to become self-reliant and independent” (in Conference Report, Apr. 1976, 170; or *Ensign*, May 1976, 124). There is good reason for this counsel. President Marion G. Romney explained: “We’re living in the latter days. . . . We are living in the era just preceding the second advent of the Lord Jesus Christ. We are told to so prepare and live that we can be . . . independent of every other creature beneath the celestial kingdom” (in Conference Report, Apr. 1975, 165). (See D&C 78:13–14.)

- Display visual 26-a, “Chickens can be raised for food in a small area.”

President Kimball counseled us to become self-reliant because the prophecies of old are coming to pass. He said: “Now I think the time is coming when there will be more distresses, when there may be more tornadoes and more floods, . . . more earthquakes. . . . I think they will be increasing probably as we come nearer to the end, and so we must be prepared for this” (in Conference Report, Apr. 1974, 184).

President Kimball also said:

“Should evil times come, many might wish they had filled all their fruit bottles and cultivated a garden in their backyards and planted a few fruit trees and berry bushes and provided for their own commodity needs.

“The Lord planned that we would be independent of every creature, but we note even many farmers buy their milk from dairies and home owners buy their garden vegetables from the store. And should the trucks fail to fill the shelves of the stores, many would go hungry” (in Conference Report, Oct. 1974, 6; or *Ensign*, Nov. 1974, 6).



26-a, Chickens can be raised for food in a small area.

- Ask the sisters to imagine that the stores were closed and they had to rely on themselves for everything. Ask them what they would like to be producing at home under such conditions.

How We Can Provide for Our Needs

Bishop Vaughn J. Featherstone taught us which skills we should develop in order to provide for our needs: “Now regarding home production: Raise animals where means and local laws permit. Plant fruit trees, grapevines, berry bushes, and vegetables. You will provide food for your family, much of which can be eaten fresh. Other food you grow can be preserved and included as part of your home storage. Wherever possible, produce your nonfood necessities of life. Sew and mend your own clothing. Make or build needed items. I might also add, beautify, repair, and maintain all of your property” (“Food Storage,” *Ensign*, May 1976, 117).

To follow Bishop Featherstone’s instructions, we must learn how to provide for ourselves in the following ways:

- Display a poster of the following list or refer to the information on the chalkboard:

1. Keep livestock.
2. Plant fruit trees, vines, and bushes.
3. Plant vegetable gardens.
4. Preserve food.
5. Sew and mend.
6. Make or build needed items.
7. Repair and maintain our possessions.

Keep Livestock

If we have enough land and live where we can legally keep livestock, we should raise some animals. Before we decide which animals to raise, we must learn about the food, shelter, and care they need in order to be healthy. We must prepare to care for them ahead of time. Some animals that are easier to care for are chickens, rabbits, ducks, and milk goats.

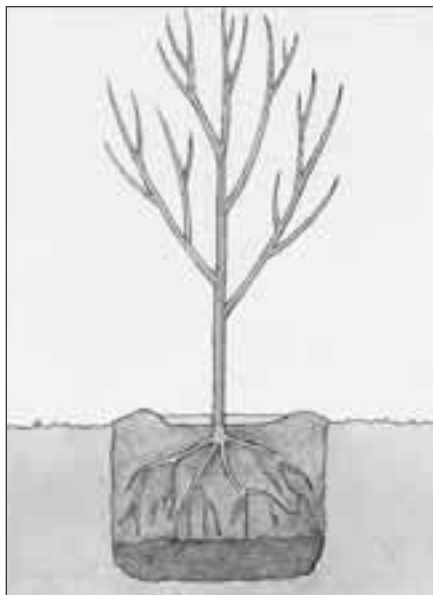
- Discuss the kinds of livestock most commonly raised in the area. Discuss the food, shelter, and care that each requires.

Plant Fruit Trees, Vines, and Bushes

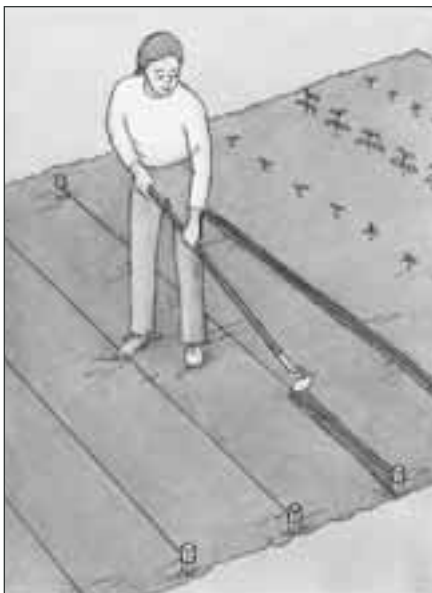
- Display visual 26-b, “Tips for planting trees and vegetables.”



Use a stick laid across the top of the hole to help determine planting depth for a tree.



Add compost to the soil to help roots grow. Water should not drain too quickly.



String tied to posts can be used as a guide to make straight rows.



Plant one row of a crop each week to extend harvesting time.

26-b, Tips for planting trees and vegetables

Fruit trees, vines, and bushes bear fruit every year or every other year. They do not need to be planted each year like vegetables. However, they may not bear fruit for several years after they are planted. We should plant them as soon as possible so that we will have the fruit when we most need it.

Each tree, vine, and bush requires the right amount of water. We must control its pests and diseases. Some trees and bushes grow much larger than others. Before we plant them, we should learn how much space they require when fully grown.

- Discuss which fruit trees, vines, and berry bushes produce well in the area. Discuss how to plant trees, vines, and bushes and the care each one needs.

Plant Vegetable Gardens

- Display visual 26-c, “A family working together in their garden.”

President Kimball asked that every family have a vegetable garden. It provides us with fresh food as well as extra food to preserve and store. Lesson 25, “Home Gardening,” covers this subject.

Preserve Food

- Display visual 26-d, “Food can be stored, canned, or dried to use when fresh produce is not available.”

For many years our prophets have asked us to preserve and store our own food where we legally can do so. We need to store food in case a time comes when no other food is available. When a hurricane hit Honduras in the fall of 1974, Church members were grateful they had dried and stored their own food. Only a few months before the hurricane, the mission president had warned them of impending disaster. He had challenged them to begin a food storage program. The beans, flour, rice, and other staples they had put away saved the Saints from hunger. (See Bruce Chapman, “Hurricane in Honduras,” *New Era*, Jan. 1975, 30–31.)

To preserve and store our own food, we can:

1. Store it under the ground. This method is good for some root vegetables and certain green, leafy vegetables if there is good drainage and not too much rain.
2. Dry it. Use a food dehydrator or, during warm, sunny weather, dry fruits and vegetables in the sun. Food being dried in the sun must be protected from flies and other insects, and it must be covered or brought inside when it rains.
3. Bottle it. This method is simple—but dangerous if done improperly. If done properly, bottling is a good way to store food and maintain



26-c, A family working together in their garden



26-d, Food can be stored, canned, or dried to use when fresh produce is not available.

its flavor. Proper bottling requires at least a cold-pack canner. (The equipment involved could be shared among several families.) This method also requires that the bottles be protected from breakage.

4. Salt or brine it (to *brine* means to preserve in clean, salty water). This is an inexpensive method of preserving fruits, vegetables, and meat. It requires little or no equipment.
 - Discuss traditional methods for preserving food in your area. Discuss new methods the sisters may want to learn.

Sew and Mend

- Display visual 26-e, “Household tools used in sewing, cooking, and building.”

We should learn to sew and mend our own clothing. To be prepared for a time of need, we should also learn how to remake old clothing. It is a good idea to store materials for making clothing in case none are available. We can learn to make many items in addition to clothing: bedding, window and floor coverings, towels, tablecloths, and furniture upholstery or coverings. We can also learn other skills such as weaving, quilting, knitting, crocheting, and other needlecrafts. All of these can beautify our clothing and homes.

- What can we sew or make for our homes?

Make or Build Needed Items

If we were to face a natural disaster, we should be prepared to cook; heat our food and homes; and clean our clothing, bodies, and surroundings. We can learn to make soap from household materials. And, when allowed by law, we should store fuel, making sure that the fuel is stored in a safe, protected area.

In an emergency, we might also face the need to rebuild our homes, barns, or corrals. It is important that family members learn to work with wood and other materials and to use tools. Then they can make and repair possessions.

- Do we know people with skills in this area? How can we or members of our families learn these skills?

Repair and Maintain Our Possessions

We want to save time and money and avoid depending on others. To do so, we can learn to repair and maintain our own possessions.

- Why is it important to keep our things in good repair?

Learning the Skills We Lack

The Church has recommended holding separate classes to learn skills for self-reliance. Some of us have learned skills we can teach others. If



26-e, Household tools used in sewing, cooking, and building

there are skills that we do not have, we can look for those who can teach us. Perhaps we can learn from books or magazines, home economics classes, government workers, or school programs.

- Ask the sisters to explain which skills they have, and encourage them to teach the other sisters these skills. Explain where they can go within the community to learn these and other skills. How can we help and encourage our children to learn useful skills?

Even in Old Testament times the Lord encouraged His people to be self-reliant and independent. Proverbs 31 describes a good homemaker who uses her skills to provide for her household:

“She seeketh wool, and flax, and worketh willingly with her hands. . . .

“ . . . With the fruit of her hands she planteth a vineyard. . . .

“She layeth her hands to the spindle, and her hands hold the distaff.

“She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy.

“She is not afraid of the snow for her household: for all her household are clothed. . . .

“She looketh well to the ways of her household, and eateth not the bread of idleness” (vv. 13, 16, 19–21, 27).

Conclusion

The Lord has planned that problems and trials be part of our experiences on earth. But He is merciful to us. He has provided ways for us to solve these problems. Through His prophets, the Lord has counseled us to learn to provide for ourselves. When we follow this counsel, we will not fear hard times, because we will be prepared. The Lord said, “If ye are prepared ye shall not fear” (D&C 38:30).

Challenge

Decide which skills you and your family need to learn. Begin this week to learn and practice at least one of these skills.

Teacher Preparation

Before presenting this lesson:

1. Find out how the sisters can learn home production skills, such as in community classes or extra classes at church where skilled people can come to teach them.

2. Check with a government extension worker or another experienced person to find out:
 - a. What kinds of livestock are raised in the area and which are easiest to raise.
 - b. Which fruit trees, vines, and bushes grow well in the area and what care they need.
 - c. If classes are available in sewing skills. If not, find out who can teach sewing to class members.
 - d. If there are classes for family members to learn how to build housing, furniture, and other needed items. If not, try to find people with these skills who would be willing to teach.
3. Prepare the poster suggested in the lesson or write the information on the chalkboard.
4. Assign class members to present any stories, scriptures, or quotations you wish.

PERSONAL AND FAMILY DEVELOPMENT



DEVELOPING OUR TALENTS

Lesson 27

The purpose of this lesson is to help us discover, develop, and use the individual talents and abilities given us by our Heavenly Father.

Everyone Has Talents and Abilities

President Spencer W. Kimball said: “God has endowed us with talents and time, with latent abilities and with opportunities to use and develop them in his service. He therefore expects much of us, his privileged children” (*The Miracle of Forgiveness* [1969], 100).

If someone asked what talents we have, how would we answer? Some of us might think we have no talents. We may not be creative in artistic areas like singing, dancing, or writing. But we may have abilities we do not recognize as talents. We may have special skills in organizing, making friends, bringing peace, teaching others, or caring for children.

Ella, a girl in her early teens, was unhappy because she did not have the talents her older sisters had. She did not receive the attention and praise they did. In tears she went to her Aunt Susan, sobbing: “Nobody likes me. I’m just no good.”

After calming Ella and thinking for a while, Aunt Susan said: “I can understand how you feel, Ella. It would be difficult to live with two very popular, talented older sisters. It could make you feel quite inferior.” Then Aunt Susan said: “Ella, our Father in Heaven has taken great care to create each one of us individually. Don’t try to make yourself like someone else. Be grateful for your own talents and gifts and do your best to cultivate them.”

Aunt Susan explained that because of Ella’s ability to handle children exceptionally well, she made an ideal baby-sitter. She continued:

“I’ve heard your mother say . . . you always do your work well and willingly and do so much to make your home a better place to be.

“Have you ever realized, Ella, that when someone is ill, you know just what to do to bring the most comfort? [When I was ill] it was you who

took the time to run my errands, keep fresh flowers by my bedside, and cheer me through your visits. You have a fine mind, Ella. . . . You love school and do very well there. . . . You have many gifts and talents which make you special just the way you are." And then Aunt Susan asked Ella if she knew that "no two diamonds are, or ever have been, alike. . . ." She explained: "That's one of the reasons the diamond . . . holds the greatest value of all worldly possessions. No two diamonds are alike, but they are all jewels. Never forget that you are a jewel, Ella." (See Daryl V. Hoole and Donette V. Ockey, *With Sugar 'n Spice* [1966], 19–21.)

Our talents and abilities are gifts from our Heavenly Father. Every person is endowed with some of these gifts.

Discovering and Developing Our Talents

It is essential that we discover and develop our talents. The Apostle Paul said, "Neglect not the gift that is in thee" (1 Timothy 4:14). But finding and improving our talents will require effort.

- How can we discover our talents?

We should pray for the guidance of our Heavenly Father as we search and experiment to discover our individual talents. We may ask for special blessings to help us recognize them. If we have been set apart for Church callings, perhaps some talent was mentioned at that time or at the time of our release. We may ask ourselves, "What qualities do I have that helped me present a lesson, give a talk, work on a committee assignment, or help plan a party?" We should observe the lives of those whom we admire. Then we can check ourselves to see if we have some of their good qualities, even in small measure. Parents and other relatives, friends, and teachers can often help us recognize and develop our talents.

Where stakes of the Church are organized, worthy members can receive blessings from the stake patriarch. Special gifts and talents are often revealed in a patriarchal blessing. We may use it as a guide in seeking out and developing our talents. President Spencer W. Kimball said, "It is our great hope that every person, including the older youth, will be given the opportunity of having a patriarchal blessing" (in Conference Report, Oct. 1977, 4; or *Ensign*, Nov. 1977, 4).

Sister Nancy Seljestad of Homer, Alaska, told how she discovered her talents. She had asked her husband for a special blessing. During the blessing he was inspired to tell her that if she did not soon develop her talents, they would be taken from her and given to someone else. She said:

"I was shocked and scared and humbled.

"It made me think. . . . Nothing about myself seemed evident to me as a talent. How could I develop what I was unable to recognize? Buried somewhere inside me there must be an untapped source of gifts that were unknown, untouched, unused. . . .

"As a convert, I see talented people who have been in the Church all their lives, with years of practice to develop their singing, writing, and speaking talents. I had none of these things.

"Suddenly my insight came. I can act on the desires and interests that I have and thereby reveal and use my talents in small ways.

"Through meditation and prayer I discovered my desires and interests were:

"People: I decided to carry out the good intentions that I often felt but seldom followed through on to make others happy. As a starter I baked a pie for a little boy whose mother was away.

"Music: I can't read notes or play an instrument, yet I love music. I contacted a sister with musical talent and said, 'I'd like to sing a duet with you.'

"Drama: I volunteered to be in charge of an 'evening of drama' with donations to be given to the youth in our branch for their temple trip.

"Writing: Ofttimes I have strong feelings when I am touched by something that someone says or does. I decided to put those feelings in writing when they happen and mail them to the one who touched me. . . .

"Chances are I'll never be 'famous.' . . . What *is* mine, though, can be shared with those dearest to me—my family, our branch members, and neighbors. Small, perhaps, yet capable of development, precious and God-given—my very own talents" ("I Dug Up My Talents," *Ensign*, Mar. 1976, 31).

Our talents may only be small at first. But with hard work they can grow. Improving one talent often helps us develop other talents. Special training or formal education helps us build many skills. Overcoming special challenges or handicaps can also help us develop new talents. As members of The Church of Jesus Christ of Latter-day Saints, we have many chances to find and develop new talents when we accept calls to serve. Many of us are called not for what we can do but for what we can be.

Elder Franklin D. Richards said: "Frequently persons asked to accept a position in the Church are prone to say, 'Oh, I can't do that. I haven't as

much experience or education as someone else that may have been serving.' But with faith, study, work, and prayer, the Lord will make it possible for us to accomplish things that seem impossible" (in Conference Report, São Paulo Area Conference 1977, 23).

Sister Maria Teresa P. de Paredes, wife of the former president of the Mexico Veracruz mission, testified: "When a woman is active in the Church, she develops surprising talents she did not know she had. Through studying the gospel and applying correct principles to her daily life, she changes into a better woman, more capable of fulfilling her stewardship in her home and helping her family and community" (quoted by Carol Larsen in "The Gospel Counterculture," *Ensign*, Mar. 1977, 23).

President Brigham Young said, "Every accomplishment, every polished grace, every useful attainment in mathematics, music, and in all science and art belongs to the Saints" (*Discourses of Brigham Young*, sel. John A. Widtsoe [1954], 252).

President Spencer W. Kimball looked for the day when Church members would be great artists and master craftsmen. He challenged us to excel in our talents and skills. He cautioned us not to be satisfied with "good" but to work for excellence. He reminded us that those who develop their talents with the aid of the Holy Spirit should get superior results. (See "The Gospel Vision of the Arts," *Ensign*, July 1977, 3.)

- Display visuals 27-a, "A woman weaving cloth," and 27-b, "A woman learning to play the guitar."

Use Talents or Lose Them

After we have discovered and developed our talents, the Lord expects us to use them. If we do not use them, we will lose them. The Lord warned:

"But with some I am not well pleased, for they will not open their mouths, but they hide the talent which I have given unto them, because of the fear of man. Wo unto such, for mine anger is kindled against them.

"And it shall come to pass, if they are not more faithful unto me, it shall be taken away, even that which they have" (D&C 60:2–3).

Elder Richard L. Evans told of a mother who was concerned with "what her daughter was, or wasn't, doing with her talents and opportunities. . . . The mother one day . . . said: 'I've given you life. Now you do something with it!' " Elder Evans then said: "We could conceive of the Father of us all saying about the same: 'I've given you life. Now you do something with it! Now make the most of it! I've given you

time, intelligence, the good earth and all it offers—now use it' " (in Conference Report, Oct. 1970, 86–87; or *Improvement Era*, Dec. 1970, 88).

How many talents we have is less important than how well we use them. The Lord said, "Of him unto whom much is given much is required" (D&C 82:3).

Happiness Comes through the Righteous Use of Talents

The Lord said:

"Seek ye earnestly the best gifts, always remembering for what they are given;

"For verily I say unto you, they are given . . . that all may be benefited . . . that ask of me, . . . and not for a sign that they may consume it upon their lusts" (D&C 46:8–9).

Talents and abilities should help others as well as ourselves. We show our gratitude to Heavenly Father for our talents when we use them to enlighten, lift, and build others. We should use them to teach children and youth and to inspire them to greater effort. Our families are blessed as we use our abilities in our homes. As we learn to sew, cook, and keep an orderly home, we can beautify our lives and lighten others' work. As we develop a kind and loving nature, we bring peace and harmony into our homes. We can extend our talents to bless the neighborhood where we live. We can bring joy to friends around us as we help those in need.

Unfortunately, some people discover a talent, develop it well, but use it in ways that do not help others. In fact, some use their talents to promote unrighteousness. The person who has a beautiful singing voice may use it to sing immoral songs. The person who can write inspiring poetry may misuse that talent and write pornographic literature. A gifted speaker or teacher may lead others into sin. "Talent without character is more to be dreaded than esteemed" (Richard L. Evans, *Thoughts . . . for One Hundred Days* [1966], 208).

Earlier in this lesson we learned about Sister Seljestad, who discovered and developed several new talents. Sister Seljestad's branch president asked her to be the public relations director for the branch. This gave her an opportunity to use some of her newly found talents. She approached the local newspaper editor with the idea of writing a religion column in her community's weekly newspaper. This gave her the chance to meet and work with leaders of other churches. Because of the column, she said, "I have been able to dispel many myths about the Church, and have given out copies of the Book of Mormon." (See "Calling Inspires New Talent," *Church News*, 4 Feb. 1978, 14.)



27-a, A woman weaving cloth



27-b, A woman learning to play the guitar

Elder Boyd K. Packer issued this challenge: “Go to, then, you who are gifted; cultivate your gift. Develop it in any of the arts and in every worthy example of them. If you have the ability and the desire, seek a career or employ your talent as an avocation or cultivate it as a hobby. But in all ways bless others with it. Set a standard of excellence. . . . Never express your gift unworthily” (“The Arts and the Spirit of the Lord,” in *Speeches of the Year, 1976* [1977], 280).

Conclusion

We are each blessed with talents and abilities and with opportunities to develop them. Our Heavenly Father expects us to use our talents for the benefit of others as well as for ourselves. Much joy can come to us and those about us when we use our talents for righteous purposes. As we use them righteously, they will expand and new opportunities and abilities will develop. It is important for us to remember that our talents are gifts from God and that He holds us responsible for what we do with them.

Challenge

Examine your interests, seeking for a new talent; then develop it. Encourage your family members to discover and develop their talents.

Additional Scripture

- Matthew 25:14–30 (parable of the talents)

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 34, “Developing Our Talents.”
2. Assign class members to present any stories, scriptures, or quotations you wish.

DEVELOPING EMPLOYMENT SKILLS

L e s s o n 28

The purpose of this lesson is to inspire us to find and develop employment skills.

Sometimes Women Must Be Employed

In many families a father or husband works to provide for the family's needs. However, this is not always the case. Women must also be prepared to provide support. Many women work to support themselves, and still others work to support themselves and their families.

- What are some reasons a woman must work? Write the responses on the chalkboard and discuss them. Be sure to include the following ideas:

Her husband or father is dead.

Her husband or father is disabled through illness or accident.

She is single and must support herself.

The family's basic needs are not being met with one income.

Unexpected illness or other hardship creates a need for extra income.

Women Should Prepare for Employment

Women should qualify themselves both to be a homemaker and to earn a living.

"An unmarried woman is always happier if she has a vocation in which she can be socially of service and financially independent. . . . Any married woman may become a widow without warning. Property may vanish as readily as a husband may die. Thus, any woman may be under the necessity of earning her own living and helping to support dependent children. If she has been trained for the duties and the emergencies of life which may come to her, she will be much happier and have a greater sense of security" (Camilla Kimball, "A Woman's Preparation," *Ensign*, Mar. 1977, 59).

Mothers are encouraged to make raising their children their primary occupation, especially when their children are young. They should still prepare to be able to earn a living outside the home, however. Before the mother of small children considers working outside the home to provide the basic needs of her family, she should be certain those needs are valid. She should be sure they cannot be met through careful budgeting and home production. She should make every effort to stay at home with the children.

“Mothers who have young children in the home should devote their primary energies to the companionship and training of their children and the care of their families, and should not seek employment outside the home unless there is no other way that the family’s basic needs can be provided” (First Presidency letter to Neal A. Maxwell and Dallin H. Oaks; quoted by Dallin H. Oaks in “Insights,” *Ensign*, Mar. 1975, 56).

▪ Display visual 28-a, “A woman assisting her disabled husband.”

The mother who suddenly finds herself working as a wage earner for her family, in addition to performing home duties, has great need for education. If she has prepared herself earlier, better opportunities will be available, and she can become employed more quickly.

We should not expect the government or a welfare agency to care for our needs if we can work. Bishop Victor L. Brown said:

“A dole, or getting something for nothing, fosters idleness and dependence and destroys self-respect.

“The Lord’s way is designed to help each of us prepare for our own needs” (“The Church and the Family in Welfare Services,” *Ensign*, May 1976, 110).

How to Prepare for Employment

▪ Discuss the following ways women can prepare for employment. Encourage additional ideas from class members.

Women and girls who are unmarried can:

1. Set a goal for a career and obtain the necessary education and training.
2. Take regular or evening classes to prepare for employment.
3. Seek employment to help them develop skills and gain experience.
4. Seek education to prepare for responsibilities as wives and mothers.
5. Volunteer in hospitals, community agencies, schools, and so on.
6. Learn skills that can be used in the home to earn money.

- Are there opportunities for part-time work in your area? Are classes available to further your education?

Married women who do not currently need to work outside the home can:

1. Take classes that will prepare them for employment.
2. Check with schools and services in the area for advice and counseling on employment skills and opportunities.
3. Provide volunteer service that will help develop work skills.

Of course, none of these activities should prevent a mother from fulfilling family needs. Instead, she should seek things that will help her become a better mother and homemaker. A class on financial management, for example, could help her find ways to better manage the family budget.

- What are some additional ways you can prepare yourself for employment?

A sister in Central America was widowed when her youngest child was less than a year old. At first she felt helplessly alone. With three little children to support, she knew she would need to gain some work skills. She enrolled in a class to learn to make patterns and clothing so she could work in her home and be with her children too. She improved her skills so much that she was later asked to conduct some classes for the government. As a result of her efforts and wise money management, her three children were able to attend good schools and eventually become teachers. This sister is one of many women who found ways to develop their talents and turn them into work skills.

When we search for an employment skill, we should decide what we really like to do. If possible, we should select something that interests us. Then we should learn all we can about it. For example, if we decide to produce something at home, we should keep trying until we find an item that sells well and can be made at a good profit. We can show our crafts to friends, neighbors, and relatives. We can display them at county fairs and trading posts.

We should always pray for help in making decisions. We should ask our Heavenly Father to guide us in finding ways to prepare ourselves.

“Instead of searching after what the Lord is going to do for us, let us inquire what we can do for ourselves” (*Discourses of Brigham Young*, sel. John A. Widtsoe [1954], 293).

Earning Money at Home

- Display visuals 28-b, “A woman earning money at home by cutting hair”; and 28-d, “Homemade baked goods may be sold.”



28-a, A woman assisting her disabled husband



28-b, A woman earning money at home by cutting hair

Many women have found ways to use their talents and interests to earn money at home. This is especially helpful when a mother with small children must work. Here are some ways that women have earned money at home:

1. Sewing children's clothing, draperies, wedding gowns, uniforms, household items, stuffed animals, dolls, or doll clothing
2. Embroidering, knitting, quilting, crocheting, doing crewel work, making or arranging flowers, making jewelry, doing silversmith work, or making leis
3. Decorating cakes; making tortillas, wedding cakes, bread, cookies, candy, or pies; or packing school lunches
4. Caring for children in the home or teaching a nursery school at home
5. Gardening and selling produce. Fresh home-grown produce is always in demand and sells well. Some women who live in farming communities make jams and jellies from local fruit. They sell them at roadside stands or in stores.
6. Teaching music, dance, or art
7. Providing day care for the elderly
8. Tutoring students
9. Writing for the newspaper
10. Typing or bookkeeping
11. Selling by telephone
12. Acting as a rental agent for apartment owners
13. Boarding someone in their home
14. Providing foster care for handicapped children
15. Grooming or caring for animals
16. Styling or cutting hair

We should understand and obey any legal requirements for licenses to work in the home to make money.

- What are some other ways to earn money at home?
- Why is it wise to improve our talents even if we never have to work outside the home?

Conclusion

We have been told to provide for ourselves. The scriptures tell us not to be idle (see D&C 42:42). Church leaders have repeatedly encouraged us to care for our own needs.



28-c, Homemade baked goods may be sold.

- Why is it important to provide for our own needs? Why should we not rely on someone else to do it?

We should all prepare to provide for ourselves and our families. We should begin early to develop our talents. We should qualify ourselves for earning a living if it becomes necessary. We should find ways of earning money, using our talents to bring satisfaction and security.

If we must work, we should gather helpful information about employment opportunities, gain needed training and experience, and be prayerful in our decision making.

President Marion G. Romney said that each of us must work out our own salvation in worldly as well as spiritual things. He emphasized that those who are in need “can be exalted when and only when they are enabled to obtain independence and self-respect through their own industry and thrift” (“In Mine Own Way,” *Ensign*, Nov. 1976, 125).

Challenge

List talents and skills that could help provide for your family. Choose at least one skill and try to improve it. Begin to develop this skill through practical experience, classes, lessons, or volunteer service.

Teacher Preparation

Before presenting this lesson:

1. Review lesson 27, “Developing Our Talents.”
2. (Optional) Gather a few articles made by women of your area, and arrange them in a display in your classroom.
3. Assign class members to present any stories, scriptures, or quotations you wish.

TEACHING FAMILIES THE VALUE OF WORK AND RESPONSIBILITY

Lesson 29

The purpose of this lesson is to help us teach family members to respect work and feel responsible toward the family.

The Privilege of Work

“A . . . newspaper [printed] an interview with a retired shepherd whose age is listed at 165. His name is Shirali Mislimov. He was born and has lived all his life in the Caucasus Mountains . . . between the Black Sea and the Caspian Sea. . . .

“Mislimov still chops wood. ‘I am convinced an idler cannot live long,’ he told his interviewer. . . .

“The article said that the old man still ‘digs around trees in an orchard, which he has replanted several times in his lifetime.’

“‘Constant work, mountain air, and moderate eating helped me reach such an advanced age,’ said Mislimov, who neither drinks nor smokes” (quoted by Wendell J. Ashton in “The Sweetness of Sweat,” *Ensign*, July 1971, 35).

Although most of us will not live to be 165, we should value work for the temporal and spiritual blessings it provides. President David O. McKay said, “Let us realize that the privilege to work is a gift, that the power to work is a blessing, that love of work is success” (quoted by Franklin D. Richards in “The Gospel of Work,” *Improvement Era*, Dec. 1969, 101).

The best way to overcome boredom and disappointment is purposeful work that produces a positive result. Painting a fence, hoeing a garden, and digging a ditch are physical forms of work. Studying for school is also work, as is caring for others.

- What are other kinds of work?

Teaching Children to Work Hard

It is important for children to learn good work habits and attitudes while they are young. These habits will likely stay with them later. They can

make the difference between a useful, productive life and one that is idle and wasteful.

- Why should children learn good work habits and attitudes?

Bishop Vaughn J. Featherstone told a story of how a lady taught a boy to work:

An aristocratic lady once hired a 13-year-old boy to take care of her yard and garden. After the first week she explained to him: "There are as many ways of mowing a lawn as there are people, and they may be worth anywhere from a penny to five dollars. Let's say that a three-dollar job would be just what you have done today. . . . A five-dollar lawn is—well, it's impossible, so we'll forget about that."

She allowed the boy to evaluate his work and decide how much she should pay him. She paid him two dollars for his first week's effort. The boy was determined to earn four dollars the next week, but he did not do a job worth even three dollars. He worked carefully and looked for ways to make the yard better, but over the next few weeks he still could not pass the three-and-a-half dollar job. Finally, he resolved that instead of just trying for a four-dollar job, he would try to earn five dollars. He thought of all the ways he could make the yard more beautiful. He worked very hard all day long, taking out small amounts of time occasionally to rest. It took him longer than ever before, but by the time he was finished he was satisfied that he had done a job that was worth five dollars.

After carefully inspecting the yard, the lady decided that this boy had done the impossible. She praised him for his work and was glad to pay him the five dollars he deserved.

Many years later, when the boy was a grown man, he recalled how important that experience was to him: " 'Since that time, some 25 years ago, when I have felt myself at an end with nothing before me, suddenly, with the appearance of that word, "impossible," I have experienced the unexpected lift, the leap inside me, and known that the only possible way lay through the very middle of impossible.' " (See Conference Report, Oct. 1973, 98; or *Ensign*, Jan. 1974, 84–86; quoted from Richard Thurman, "The Countess and the Impossible," *Reader's Digest*, June 1958.)

Children often feel that doing their best is impossible. However, as this story shows, we can challenge them to do a little better than before. We must also praise them for work well done and for good progress made. Then they do not become discouraged.

- How can we challenge and encourage our children to perform well in school? Ask a sister to tell how she encourages her children to achieve in other areas, such as music, art, or sports.

Work Contributes to Family Success

- Display visual 29-a, “A mother teaching her child to work in the kitchen.”

President Spencer W. Kimball said: “We believe in work for ourselves and for our children. . . . We should train our children to work, and they should learn to share the responsibilities of the home and the yard. They should be given assignments to keep the house neat and clean, even though it be humble. Children may be given assignments . . . to take care of the garden” (in Conference Report, Apr. 1976, 5; or *Ensign*, May 1976, 5).

- How does working for the benefit of the family help a child develop a sense of responsibility?

Some parents feel they had to work too hard when they were growing up. They do not want their children to feel the same way, so they do not require their children to help with work in the home. Others feel that children are too young or unskilled to help much. But many others feel it is important to have children help at home.

- What are the results of these attitudes about work?

We may wonder how to help children learn the joy of work and feel responsible toward the family. Each family’s situation is different, but children can learn to enjoy work and take responsibility in many ways.

- Display a poster of the following list or refer to the information on the chalkboard:

1. Teach children to care for some of their own physical needs.
2. Ask older children to teach and care for younger children.
3. Teach children to help care for a family business.
4. Organize family work projects.

Teach Children to Care for Some of Their Own Physical Needs

We should teach children to pick up after themselves and to care for their clothes. Someday they may need to teach these tasks to their own children or do the work themselves. Children need to learn to be self-reliant. They need to develop positive attitudes about work and learn the lessons that work teaches.



29-a, A mother teaching her child to work in the kitchen



29-b, A brother helping his sister get a drink of milk

- What are specific ways to teach children to care for their own physical needs?

Ask Older Children to Teach and Care for Younger Children

- Display visual 29-b, “A brother helping his sister get a drink of milk.”

Older children should be taught to feel partly responsible for their younger brothers and sisters. They can tend them when parents are away for a while. They can read to, sing with, play with, and entertain them. Most important, older children should set a good example. Elder Adney Y. Komatsu told of the power of example: “Recently, in a fast and testimony meeting, a young man bore his testimony for the first time since joining the Church. He touched the hearts of everyone when he said, ‘My brother has been a wonderful example to me. I noticed a great change in my brother’s life as he magnified his calling in the priesthood. I know my brother was called of God to his position in the Church. He exercises compassion and service and serves the Lord with diligence, with humility, and with cheerfulness. I want to become like my brother’ ” (in Conference Report, Korea Area Conference 1977, 4).

- What are other ways older children can help with younger children?

Teach Children to Help Care for a Family Business

As members of the family, children should share in family work. President Spencer W. Kimball described his own experiences as a young man: “I’ve been grateful for the experience I had under the [instruction] of my own father to wash with Castile soap the harnesses and grease them to preserve them. I learned to paint the picket fence, the water tank, the carriage shed, the granary, the buggy and the wagon, and finally the house. And since the days when I wore the occasional blister on my hands, I have not been sorry for those experiences” (in Conference Report, Apr. 1976, 172; or *Ensign*, May 1976, 126).

The Willy Herrey family of Göteborg, Sweden, involved their seven children in a successful family business. “Father, mother, and children—ages ten to eighteen—deliver newspapers before sunrise. They also train and sell horses. In the summer they operate a children’s dude ranch at Strömstad for four hundred to six hundred children from Sweden, Norway, and Finland. When the day starts for most people, the Herreys have been in action for several hours. After work and school the day ends with Church activities. Monday evenings—family night—they sing and play musical instruments. They are too busy and excited about life to be unhappy” (Edwin O. Haroldsen, “Changing Lives,” *Ensign*, June 1971, 20–21).

Working together in a family business can help children develop healthy pride in their family and its accomplishments. They can earn money to save for a mission and future schooling.

- What other benefits come from including children in a family business?

Organize Family Work Projects

Family work projects can provide good experience and associations. By centering on the talents or interests of family members, these projects can be fun for everyone. Through working together, children and parents grow closer and learn more about each other.

In one family the parents were concerned that their children learn the value of work. They realized they were passing up an opportunity for their children's growth by hiring a custodian to clean the father's office.

The children, excited about earning a regular income, took over cleaning the office each morning. Teamwork became important. The girls in the family would clean the office one morning while the boys stayed home to assist with household duties. On the following morning they would rotate duties.

"The project did require extra effort and time on the part of the parents, for the mother was required to drive the children to the office each morning. But the values gained by the children were worth far more than the extra effort required." (See Elwood R. Peterson, "Family Work Projects for Fun and Profit," *Ensign*, June 1972, 8.)

- What were the benefits of this family work project?

Children Can Learn to Enjoy Work

When children enjoy work, they try harder to do better. Those who do not enjoy work often make excuses for themselves. President N. Eldon Tanner told of the difference between two messenger boys who worked for the same company: "[One boy] was interested in all that was going on. . . . He wanted to serve and assist others and learn what he could about the business. . . . He was trying to be the best messenger boy it was possible to be. . . . He had only been there a few months when one of the supervisors who had observed him wanted him to come with him, so he was advanced to a more responsible position. Before the end of the year he had another advancement, and he will continue to advance because of his attitude. He was prepared to go the extra mile. He was interested in his company and wanted to be of service and was dependable in every way. The other messenger boy [remained] a messenger boy. . . . Of course, he felt that the company didn't appreciate him and his ability" (*Seek Ye First the Kingdom of God* [1973], 236–37).

- What made the difference in the success of these two boys?

Children will enjoy work when their reward is the happiness of others. President David O. McKay gave this example:

“I have seen young girls who have spent the entire day serving people on Old Folks’ Day: seeking the comfort and happiness of somebody else. I remember on one occasion when one of those young ladies came home in the evening she suddenly realized she was weary, threw herself on the cot and said, ‘My, I am tired, but do you know this has been one of the happiest days of my life.’ She had found joy in work that gave joy to others.

“Learn to like your work. Learn to say ‘This is my work, my glory, not my doom’ ” (*Stepping Stones to an Abundant Life*, comp. Llewelyn R. McKay [1971], 115–16).

Work will be fun if the child succeeds. The first few times a child does a task, an adult or older child may need to work with him or her until the child learns to do it alone. Then we should recognize the child’s success and honestly praise his or her efforts. It is too easy to focus only on the things a child does wrong, because we want him or her to do better next time. Children usually work better when we focus on the things they do right.

We can make work more pleasant by singing songs or even by turning work into a game. Parents can retell stories about their own childhood or about their ancestors. All of these activities make working together more fun. Do not forget that children need a vacation or day off now and then. If they are given a day off from chores each week, they will be more likely to enjoy work the following day. They also need time to themselves for play or other activities after their chores are done.

- Ask the sisters how they have made work more fun for their family.

Conclusion

To teach our children to work successfully, we must be enthusiastic about our own work. As President Brigham Young stated, “Each one will find that happiness in this world mainly depends on the work he does, and the way in which he does it” (quoted by Elwood R. Peterson, *Ensign*, June 1972, 9).

Challenge

Talk with each of your children. Discuss your attitude and theirs about family responsibilities. Help each child take and finish assignments.

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 27, “Work and Personal Responsibility.”
2. Prepare the poster suggested in the lesson or write the information on the chalkboard.
3. Assign class members to present any stories, scriptures, or quotations you wish.

DEVELOPING AND TEACHING SELF-MASTERY

L e s s o n 3 0

The purpose of this lesson is to help us develop and teach self-mastery.

We Must Learn to Master our Desires and Feelings

- Sing the hymn “Teach Me to Walk in the Light” (*Hymns*, no. 304, or *Gospel Principles*, 374).

In the scriptures we read, “He that ruleth his spirit [is better] than he that taketh a city” (Proverbs 16:32). We also read, “See that ye bridle all your passions, that ye may be filled with love” (Alma 38:12).

Our appetites and passions are like a spirited, powerful horse. If they are allowed to run wild, unharnessed and unbroken, they will take us where they please. They may take us to dangerous and harmful places. But we would not destroy a fine horse just because it is high-spirited. When bridled so that we become master, the horse can serve us well. Likewise, when we become master over our desires and feelings, we learn to redirect them within the bounds of the gospel. These feelings then become our servants. They can increase our ability to feel joy and love.

Developing Self-Mastery Helps Us Progress and Receive Blessings

Baptism was the beginning of a new life for us. By following the Savior, we strive to overcome worldliness, weakness, and sin. The Savior taught:

“If any man will come after me, let him deny himself, and take up his cross, and follow me” (Matthew 16:24)

“And now for a man to take up his cross, is to deny himself all ungodliness, and every worldly lust, and keep my commandments” (Joseph Smith Translation, Matthew 16:26).

He also taught:

“Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat:

“Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it” (Matthew 7:13–14).

Entering into heaven by the narrow way requires self-restraint and self-denial. It means doing without some things that are very tempting. When we know the truth and live by it, our reward will be freedom.

- Read John 8:31–32. Write on the chalkboard: *How does obeying the principles of the gospel make us free?* Ask the sisters to think about this question.

If we allow ourselves to express anger, jealousy, revenge, selfishness, pride, bragging, hate, and so on, they can bind us. They continually gain more power. They embed themselves into our character and become our habits. In this way, we lose not only our freedom but also our self-respect. When we bridle our passions, however, we free ourselves of feelings that could be our masters.

When we bridle our appetites, we become free of wants that could be our masters. On the other hand, if we eat too much food or use harmful substances such as coffee, tea, alcohol, tobacco, or certain drugs, we may develop habits that are hard to break. Our bodies begin to crave these things, and we become slaves to them.

Hunger for worldly goods (when we already have enough for our needs) and desire for too much sleep or too much entertainment (such as television) are also appetites. They must be kept within their proper limits.

- Read 2 Nephi 9:45. How does obeying gospel principles make us free?

Our kind, wise Heavenly Father gives us commandments because He loves us. He wants to protect us from unnecessary sorrow. He wants to help us gain self-mastery so that He can bless us. The law of fasting helps us learn to control our appetite for food. Then we can make our spirits masters over our bodies. The law of tithing helps us overcome our selfish desires. He gave us the Word of Wisdom partly to free us from the harmful effects of tobacco, alcohol, and drugs. He gave us the law of chastity to help us control our physical desires.

- Display visual 30-a, “Daniel and his friends refuse the king’s meat and wine.”

In the Old Testament we read of Daniel and his friends, who were commanded to eat food that they had been taught not to eat and to drink wine. But they refused, and because of their obedience to the



30-a, Daniel and his friends refuse the king's meat and wine

Lord's law of health, they were blessed with strength and wisdom. (See Daniel 1:1–16.)

- What can we learn from the experience of Daniel and his friends? How does self-mastery help us obey the commandments?

Gaining Self-Mastery

Gaining self-mastery is a lifelong process. As we gain greater understanding of the gospel, we also gain a greater desire to live its principles. Living the gospel requires us to continually work toward greater self-mastery.

- Display a poster of the following list or refer to the information on the chalkboard:

1. Know ourselves.
2. Set goals.
3. Pray and read the scriptures for help.

Know Ourselves

Throughout our lives we face new situations and can learn more about the gospel and about ourselves. We learn to recognize our weaknesses and strengths, and we begin to understand why we have them. We want to get rid of bad habits and develop good ones.

Set Goals

Until we set goals and work to achieve them, we are like the waves of the sea. We are driven by the winds of uncontrolled wants and feelings. We must have firm goals and self-confidence before we can master our weaknesses. Sister Kay Newman of the United States struggled with an undisciplined appetite:

“I was a grown woman with my own children nearly raised when I came to the realization that I was my own worst enemy. And do you know what caused it? I’m embarrassed to tell you! A box of chocolates! During the Christmas holidays I ate nearly a whole box of chocolates. . . .

“Eating the chocolates represented my low point. I cannot describe what I went through to one who has never experienced similar feelings: I was stuffed with chocolates, disgusted with myself, despondent, and thoroughly discouraged. Through this ridiculous, silly weakness, Satan worked with me and brought me down. All my feelings and thoughts at this time were unworthy.

“So that Christmas I decided that I would never experience that situation again. I sat down and wrote myself a letter. In the letter I described my feelings so I couldn’t forget them, and I promised myself that I would not let another year pass without gaining total control over my appetite. I’ve seen such progress in myself in the year since then, and my confidence has grown daily. I know that I have almost won this particular battle” (“My Worst Enemy—Me!” *Ensign*, Feb. 1975, 62).

- How did Sister Newman feel when she proved she could set a goal and stick to it? What did she do to remind herself of her goal?

Pray and Read the Scriptures for Help

Through regular prayer and scripture reading we can strengthen our desire to do better. The lives of people in the scriptures set models for us to follow. They help us realize that we can gain mastery too. Sister Newman strengthened herself by faithfully reading the scriptures every day for one hour. She said: “During that hour I’ve realized the desire to overcome myself. During that hour I found the desire to rid myself of lifelong habits that were holding me back, and that desire has stayed with me through countless problems” (*Ensign*, Feb. 1975, 63).

- Ask the sisters to tell how praying and reading the scriptures have helped them improve themselves.

Teaching Self-Mastery to Our Children

Our homes should be training grounds where our children can learn self-mastery. If we fail to teach them enough, or if we control them too tightly, they will not learn how to govern themselves. We should follow an orderly process in teaching our children self-mastery.

- Display a poster of the following list or refer to the information on the chalkboard:



30-b, President and Sister David O. McKay

1. Set the bounds.
2. Teach children to apply gospel principles.
3. Give children responsibility.

Set the Bounds

- Display visual 30-b, “President and Sister David O. McKay.”

President David O. McKay taught:

“It is my opinion . . . that the best time for the child to learn [the] rules of conformity is between the ages of three and five. . . . If the mother does not get control of the child during those ages, she will find great difficulty in getting control later. . . . I do not mean to push and drag or confine—just let the little child be perfectly free to develop until he goes beyond the bounds of safety. Then let him feel the gentle but firm hand of restraint.

“Once Sister McKay and I saw this rule effectively illustrated in a zoo. . . . We saw a little baby monkey just learning to toddle. The mother was taking care of it and feeding it. We were interested first in seeing the mother pat the little babe, and try to get it to go to sleep. But the little fellow broke away from the mother and began to climb up the cage. The mother apparently paid no attention and let it climb until it got up to danger. Then she reached up, brought it back, and let it play within the bounds of safety. . . . Thus, we see the first contribution of the home to the happiness of the child is to impress him with the fact that there are bounds beyond which he cannot go with safety” (*Stepping Stones to an Abundant Life*, comp. Llewelyn R. McKay [1971], 38).

- Read Doctrine and Covenants 93:40–44. Why did the Lord reprimand Frederick G. Williams and Sidney Rigdon? Even if we struggle with teaching our children self-mastery while they are young, why should we continue to try?

Teach Children to Apply Gospel Principles

President N. Eldon Tanner said:

“Children do not learn by themselves how to distinguish right from wrong. Parents have to determine the child’s readiness to assume responsibility. . . . While we are teaching them, we have the responsibility to discipline them and to see that they do what is right. If a child is besmudged with dirt, we do not let him wait until he grows up to decide whether or not he will bathe. We do not let him wait to decide whether or not he will take his medicine when sick, or go to school or to church. . . .

“Parents also should teach their children early in life the glorious concept and fact that they are spirit children of God, and choosing to follow the teachings of Jesus Christ is the only way to enjoy success and happiness here and eternal life hereafter. They must be taught that Satan is real and that he will use all agencies at his disposal to tempt them to do wrong, to lead them astray, make them his captives, and keep them from the supreme happiness and exaltation they could otherwise enjoy” (*Seek Ye First the Kingdom of God* [1973], 87).

In the scriptures we read of Eli, a righteous priest who served in the temple. Eli’s sons did not follow their father’s example. Instead, they sinned greatly against the Lord. Eli warned them but did not restrain them. Because of this, the Lord was unhappy with him and brought a harsh judgment upon him. (See 1 Samuel 2–3.)

- Read 1 Samuel 3:13. What does the Lord expect us to do in addition to teaching our children?

It is extremely important for us to set the proper example for our children to follow. If we do not control our tempers, appetites, and passions, our children probably will not control theirs.

We need to make our home a place of happiness. Our children should feel safe, secure, and loved. If they do not find happiness in living the gospel at home, they will go outside of the gospel. Therefore, when a child has been disobedient, we should discipline the child and then show him or her an increase of love.

- Read Doctrine and Covenants 121:43–44. Why should we show more love to our children after disciplining them?

Give Children Responsibility

Elder F. Enzo Busche said:

“My wife and I agree that in the process of maturing spiritually, children have what might be thought of as a right . . . to have deficiencies.

. . . We believe that it is the duty of the parents to understand . . . and to forgive, 'lest they become discouraged.' [See Colossians 3:21.] . . . Their smallest beginnings toward acquiring positive gifts need to be seen, mentioned, and admired. . . .

"We try to guide our children toward self-respect . . . and mostly leave it up to them to judge themselves. We have experienced the fact that one is not as good a teacher when one discovers and points out mistakes . . . as when one helps a child to discover for himself that he is doing wrong. When a child can comprehend his mistakes himself, the first step to change has already been taken.

"I remember once how we asked our son, after a transgression, to set his own punishment. He decided that he should not be allowed to watch television for one month. That seemed to us to be considerably too severe, but how happy we were to hear from his grandmother that while visiting her he had insisted she was wrong to encourage him to watch a certain television program, even though his parents would never know. I don't think there can be a greater joy for parents than to see a child handle himself well in a difficult situation" (" 'Provoke Not Your Children,' " *Ensign*, Mar. 1976, 41–42).

- How did Elder Busche encourage his children to develop self-mastery?

Elder L. Tom Perry said: "The Prophet Joseph Smith's words concerning governing principles certainly apply to our children: 'Teach them correct principles and [let them] govern themselves.' (As quoted by John Taylor in *Millennial Star*, 13:339.) Of course we must be careful to be certain that our teaching is adequate and that we have instilled a faith and trust in the Lord in their lives. We must be certain that they have been trained properly, and as they start to mature spiritually, we need to give them opportunities to express the strength that is growing within them. We need to give them our faith and trust and give them responsibility" (in Conference Report, São Paulo Area Conference 1977, 11–12).

Conclusion

Developing self-mastery in ourselves and our children is a lifelong process. It requires faith and patience. But as we continue to build self-mastery, we will enjoy more blessings of the gospel.

Challenge

Set a goal of mastering a weakness. Follow the three steps of teaching self-mastery outlined in this lesson in order to help your children. Review this lesson at home.

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 4, “Freedom to Choose,” and chapter 35, “Obedience.”
2. Plan to open the lesson with the hymn “Teach Me to Walk in the Light” (see *Hymns*, no. 304, or *Gospel Principles*, 374).
3. Prepare the posters suggested in the lesson or write the information on the chalkboard.
4. Assign class members to present any stories, scriptures, or quotations you wish.

CREATING AN UPLIFTING ENVIRONMENT IN OUR HOMES

L e s s o n 3 1

The purpose of this lesson is to inspire us to create an uplifting environment in our homes.

The Powerful Influence of Home Life

- Display visuals 31-a, “A mother and her children,” and 31-b, “A mother reading to her children.”

The time we spend at home and the atmosphere of the home have a powerful influence on our lives. Here our children form their habits and ideas. Dorothy Law Nolte wrote:

“If a child lives with criticism, he learns to condemn.

“If a child lives with hostility, he learns to fight.

“If a child lives with ridicule, he learns to be shy.

“If a child lives with shame, he learns to feel guilty.

“If a child lives with tolerance, he learns to be patient.

“If a child lives with encouragement, he learns confidence.

“If a child lives with praise, he learns to appreciate.

“If a child lives with fairness, he learns justice.

“If a child lives with security, he learns to have faith.

“If a child lives with approval, he learns to like himself.

“If a child lives with acceptance and friendship, he learns to find love in the world” (“Children Learn What They Live,” © 1963 by John Philip Co.; used by permission).

Women have an important responsibility to help create a good feeling in the home. We have a great influence on the atmosphere in the home through our example. We might ask ourselves these questions: Are we patient and happy? Do we correct our family’s mistakes in love, not in anger? Do we show reverence toward sacred things? Do we have



31-a, A mother and her children

faith in Jesus Christ? Do we share each other's problems? Do we pray individually and as a family? Do we listen carefully to each other? As we do these things, we create a feeling that will inspire and help our family.

Making a House into a Home

A house is a place where people live in peace and happiness. A house can be a cave, a cottage, a tent, a palace, a cabin, or a hogan. The size or beauty of a building does not make it a home; happy people make a home.

Each of us should create a feeling in our home that will inspire our family. We want our family members to live gospel principles and to make good use of their time and talents. We should provide opportunities for study, recreation, and hobbies in our homes. Then family members will want to be at home and will be less likely to seek activities elsewhere.

- What causes a good feeling in our homes? Write the responses on the chalkboard and discuss them. Be sure to include the following ideas:

Being careful of other people's feelings
 Having the Spirit of the Lord
 Feeling wanted and needed
 Praying
 Holding family home evening
 Studying the scriptures

Whether we are rich or poor, we can do many things to help our families enjoy being home. We can plan fun activities to teach and amuse family members.

- Ask the sisters to tell about happy times at home when they were growing up.
- Write on the chalkboard: *Music*

"Fred ate [his breakfast] dutifully and then slipped down from his chair.

" 'Now can I go over to Jimmy's, mother?' he asked.

" 'But Fred,' I [said], 'you were over there yesterday and the day before. Why not have Jimmy come here today?'



31-b, A mother reading to her children

“ ‘Oh, he wouldn’t want to.’ Fred’s lip quivered in spite of his six years of manhood. ‘Please, mother.’

“ ‘Why do you like Jimmy’s house better than ours, son?’ I pursued. It came to me suddenly that Fred and all his companions were always wanting to go to Jimmy’s house.

“ ‘Why,’ he explained hesitatingly, ‘it’s ‘cause—it’s ‘cause Jimmy’s house is a singing house.’

“ ‘A singing house?’ I questioned. ‘Now what do you mean by that?’

“ ‘Well,’ Fred was finding it hard to explain, ‘Jimmy’s mother hums when she sews; and Annie-in-the-kitchen, she sings when she cuts out cookies; and Jimmy’s daddy always whistles when he comes home.’ Fred stopped a moment and added, ‘Their curtains are rolled clear up and there’s flowers in the windows. All the boys like Jimmy’s house, mother.’

“ ‘You may go, son,’ I said quickly. I wanted him out of the way so I could think.

“I looked around my house. Everyone told me how lovely it was. There were oriental rugs. We were paying for them in installments. . . . We were paying for the overstuffed furniture and the car that way, also. Perhaps that was why Fred’s daddy didn’t whistle when he came into the house. . . .

“I . . . went over to Jimmy’s house, even if it was ten o’clock and Saturday morning. It came to me that Mrs. Burton would not mind being interrupted in the middle of the morning. She never seemed to be in a hurry. She met me at the door with a towel around her head.

“ ‘Oh, come in. I have just finished [cleaning] the living room. No indeed, you are not interrupting. I’ll just take off this headdress and be right in.’

“While I waited, I looked around. The rugs were almost threadbare; the curtains . . . tied back; the furniture, old and scarred. . . . A table with a bright cover held a number of late magazines. In the window were hanging baskets of ivy . . . , while a bird warbled from his cage hanging in the sun. Homey, that was the effect.

“The kitchen door was open and I saw Jerry, the baby, sitting on the clean linoleum, watching Annie as she pinched together the edges of an apple pie. She was singing. . . .

“Mrs. Burton came in smiling. ‘Well,’ she asked, ‘what is it? For I know you came for something; you are such a busy woman.’

“ ‘Yes,’ I said abruptly, ‘I came to see what a singing house is like.’

"Mrs. Burton looked puzzled. 'Why, what do you mean?'

" 'Fred says he loves to come here because you have a singing house. I begin to see what he means.'

" 'What a wonderful compliment!' Mrs. Burton's face flushed. 'But of course my house doesn't compare with yours. Everyone says you have the loveliest house in town.'

" 'But it isn't a singing house,' I objected. ' . . . Tell me how you came to have one.'

" 'Well,' smiled Mrs. Burton, 'if you really want to know. You see, John doesn't make much. I don't think he ever will. He isn't that type. We have to cut somewhere, and we decided on non-essentials. . . . There are books, magazines, and music. . . . These are things the children can keep inside. They can't be touched by fire or [financial problems] so we decided they were essentials. Of course good wholesome food is another essential. . . . The children's clothes are very simple. . . . But when all these things are paid for, there doesn't seem to be much left for rugs and furniture. . . . We don't go into debt if we can avoid it. . . . [However] we are happy,' she concluded.

" 'I see,' I said thoughtfully. I looked over at Jerry and Fred in the corner. They had manufactured a train out of match boxes and were loading it with wheat. They were scattering it a good deal, but wheat is clean and wholesome.

"I went home. My oriental rugs looked faded. I snapped my curtains to the top of the windows, but the light was subdued as it came through the silken draperies. . . . [My house] was not a singing house. I determined to make it sing" (May Morgan Potter, "The Singing House," as quoted by Reed H. Bradford in "Priorities," *Instructor*, Nov. 1969, 410, 415).

- What was meant by a "singing house"? What are some of the reasons this home was happy?

Some of the music in the world today is not uplifting. It encourages us to think immoral or irreverent thoughts. Such music prevents us from having the Spirit of the Lord.

- Display visual 31-c, "A mother teaching gospel songs to her young children." Read Doctrine and Covenants 25:12.

Music can bring families closer together and closer to the Lord. Singing hymns together as a family brings us closer to the Lord. Folk music reminds us of our ancestors and how they lived. Good music uplifts and inspires us. We learn to love it by hearing, singing, and playing it often.



31-c, A mother teaching gospel songs to her young children

We should encourage family members to develop their musical talents. Church leaders have asked us to do this, even if it is hard for us. Sister Margrit F. Lohner, a Swiss Church member, told the following story:

“My mother’s beautiful voice filled our home in Switzerland morning, noon, and night. She did not know any nursery rhymes, but she sang the songs of Zion. . . . As a result, I could sing these anthems even when I was only a very small child.

“My parents could not afford a piano, and so each day I walked for 20 minutes through the rain and snow for a year to practice the piano in the cold front room of some members in our branch in Zurich. I soon caught pneumonia because of this, and my parents went without some of their needs to buy me a piano. My mother also cleaned rooms at a neighbor’s apartment to earn money for my music lessons. As a result of these sacrifices, my life was enriched with many choice relationships through music” (“With a Song on Your Hearth,” *Ensign*, Aug. 1975, 27).

- Write on the chalkboard: *Art*. How can we encourage art in our homes?
- Display visual 31-d, “A picture of the resurrected Christ enhances the atmosphere of this home.”

The pictures we use in our homes remind our families of what things are important. We can surround ourselves with pictures that remind us of our families, our ancestors, our religion, and our goals. These pictures could be of the Savior, the temples, or our prophets. We can also decorate our homes with pictures that help us love nature, peace, beauty, history, and so on.

We can also develop our own abilities in painting, sculpture, needlework, and weaving, decorating our homes with our handiwork. We can encourage family members in art by giving them supplies and tools and displaying their work in our homes. We should never make fun of their work or their efforts. At family home evenings we could have a workshop. Everyone could work together to create something of beauty. Then we could give it to someone who is ill, homebound, or lonely.

- Write on the chalkboard: *Nature*. How can we encourage enjoyment of nature?

Many of us do not take enough time to appreciate the beauties of nature. But we can often feel the Spirit of the Lord when we enjoy a sunset, a beautiful flower, sunshine through the trees, a seashell, or a colorful stone. We can talk about the wonders of nature and give thanks for God’s handiwork.



31-d, A picture of the resurrected Christ enhances the atmosphere of this home.

- Read the words to the song “My Heavenly Father Loves Me,” found below.

Whenever I hear the song of a bird
Or look at the blue, blue sky,
Whenever I feel the rain on my face
Or the wind as it rushes by,
Whenever I touch a velvet rose
Or walk by our lilac tree,
I'm glad that I live in this beautiful world
Heav'nly Father created for me.

He gave me my eyes that I might see
The color of butterfly wings.
He gave me my ears that I might hear
The magical sound of things.
He gave me my life, my mind, my heart:
I thank him rev'rently
For all his creations, of which I'm a part.
Yes, I know Heav'nly Father loves me.
(*Children's Songbook*, 228)

We can bring the beauties of nature into our homes by growing flowers and plants either outdoors or indoors. Almost everyone enjoys planting seeds, watering them, and watching them break through the soil. We can enjoy collecting rocks and studying leaves. Raising and caring for animals teaches us about birth, life, and death. We also learn to give affection and service. We should encourage interest in nature shown by family members.

- Write on the chalkboard: *Books*. How can we encourage the enjoyment of good books in our home?

Reading the scriptures and other good books nourishes our minds, just as good food nourishes our bodies. Books are like companions. They can lift us up or tear us down. We should read only books that will help us become better people. Good books help us appreciate what is good, beautiful, and true.

We can influence our family's reading habits by selecting good books for our home. We can encourage family members to read aloud to each other. We can tell stories of our lives and of our ancestors.

- Read Doctrine and Covenants 88:118 and 90:15. What books can you bring home to help your family?
- Write on the chalkboard: *Entertainment*. What entertainment should we provide for our families?

Movies and television programs can influence us like books. Some teach true principles, some simply amuse us, and some give us false ideas. Our families must decide which programs are worth our time. Many adults and children could use their TV time better by improving their bodies and minds in some of the ways discussed earlier in this lesson.

- Write on the chalkboard: *Order and Cleanliness*

We can have a bit of beauty in our homes even if we do not have much money. We should not settle for the dirty or untidy, either in ourselves or our homes. Sometimes, in keeping our homes neat and clean, we want to get rid of activities, hobbies, or projects. We may think they are clutter that makes our homes less attractive. But each member of the family needs freedom to create. We should all respect the belongings and activities of other family members. Each child should have a special drawer or box for his or her own “treasures.”

Conclusion

The thirteenth article of faith states, “If there is anything virtuous, lovely, or of good report or praiseworthy, we seek after these things.” We can use this statement to guide us as we develop an uplifting atmosphere in our homes.

President David O. McKay said: “I know of no place other than home where true happiness can be found in this life. It is possible to make home a bit of heaven; indeed, I picture heaven to be a continuation of the ideal home” (*Secrets of a Happy Life*, comp. Llewelyn R. McKay [1960], 18). Each of us has the privilege and the challenge of creating that kind of home.

- Sing the hymn “Love at Home” (*Hymns*, no. 294, or *Gospel Principles*, 352–53).

Challenge

Do something specific this week to improve the feeling in your home. As a beginning, try smiling more often or improving your attitude. Notice what happens to other family members. Plan a nature walk, regular reading program, or other enjoyable activity with a child.

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 34, “Developing Our Talents,” and chapter 36, “The Family Can Be Eternal.”

2. Plan to conclude the lesson with the hymn “Love at Home” (*Hymns*, no. 294, or *Gospel Principles*, 352–53).
3. Assign class members to present any stories, scriptures, or quotations you wish.

LEARNING THE GOSPEL IN OUR HOMES

L e s s o n 3 2

The purpose of this lesson is to help us make our home a center for gospel learning.

Parents Must Teach Their Children

Enos, the son of a prophet, often heard his father, Jacob, talk of eternal truths. One day Enos went into the forest to hunt. While there, he said:

“The words which I had often heard my father speak concerning eternal life . . . sunk deep into my heart.

“And my soul hungered; and I kneeled down before my Maker” (Enos 1:3–4). After praying all day, he heard a voice telling him that his sins were forgiven. The experience was so important to Enos that he taught the gospel and rejoiced in it all the rest of his life.

Enos had been taught the gospel in his home. The Old Testament teaches, “Train up a child in the way he should go: and when he is old, he will not depart from it” (Proverbs 22:6). As faithful parents, we are responsible to help our children learn gospel principles and practice them in their lives.

Our Home—A Center for Learning

The Lord planned for us to be always learning and progressing. He placed great responsibility on parents to teach their children. For this reason we must make our homes places to learn the gospel.

- Read Doctrine and Covenants 68:25–28. Where do children learn their basic knowledge about the world? How can they learn about eternal life?

Children learn about this life in the home, at school, and from their playmates. But usually they do not learn eternal truths from school or friends. The Lord has placed on parents the responsibility to teach their children eternal truths. We fulfill His commandments when we do this.

To bring up our children in light and truth, we should study the gospel in our homes with our children, even when they are young. King Benjamin told parents:

“Ye will not suffer your children . . . that they transgress the laws of God, and fight and quarrel one with another, and serve the devil. . . .

“But ye will teach them to walk in the ways of truth and soberness; ye will teach them to love one another, and to serve one another” (Mosiah 4:14–15).

Planning for Family Gospel Study

To make our home a place for gospel learning, we must have a plan. Each family should find the way that works best for its members.

- Display a poster of the following list or refer to the information on the chalkboard.

1. Create an atmosphere for learning.
2. Pray with the family.
3. Take advantage of “teaching moments.”
4. Study the scriptures and and other gospel materials regularly.
5. Hold family home evening regularly.
6. Bear testimony to our children.

Create an Atmosphere for Learning

Our children should feel free to talk with us at home. Many homes are filled with tension, which discourages children from asking questions and expressing their feelings. President David O. McKay counseled: “Parents must . . . show a willingness to answer questions. A child that is asking questions is contributing happiness to your life” (*Gospel Ideals* [1953], 480). We must encourage children to ask questions, especially about the gospel. We may not always know the answers, but together we can learn.

- How can we encourage gospel discussions in our homes?

Pray with the Family

- Display visual 32-a, “A family praying together.”

When we pray with our families, we can teach them. We can communicate our hopes, worries, and ideals. As we pray for family members and others, we can teach love and concern for their needs. As we thank



32-a, A family praying together

Heavenly Father for our blessings, children can learn to appreciate their own blessings. As we communicate with our Heavenly Father, we teach about our relationship with Him and the love we feel for Him.

Take Advantage of “Teaching Moments”

We can teach the gospel in many situations. At mealtimes parents can show how daily events relate to gospel principles. Bedtime stories for children can come from the Book of Mormon, the Bible, or our own spiritual experiences. We can share stories from our daily scripture reading. As everyday situations arise, we can teach our children to understand gospel principles.

- What are other times to teach gospel principles?

Study the Scriptures and Other Gospel Materials Regularly

- Display visual 32-b, “A mother reading the scriptures to her children.”

Women have been told to study the scriptures: “We would like all Latter-day Saint sisters to read all of the Standard Works [the Bible, Book of Mormon, Doctrine and Covenants, and Pearl of Great Price], to ponder in their hearts the eternal truths that are found in them” (Bruce R. McConkie, “Drink from the Fountain,” *Ensign*, Apr. 1975, 70). As we set the proper example, it will be easier to teach our children to read the scriptures.

There are many ways to study the scriptures. We can study individually and as a family.

- Display a poster of the following list of suggestions or refer to the information on the chalkboard. Then have class members suggest other ways to study the scriptures individually.

1. Read the scriptures from beginning to end. Try reading one or more chapters a day or reading for 15 minutes a day.
2. Study the scriptures by topic (such as “prayer” or “obedience”). Search for all the references about that topic.
3. Search the scriptures to find the answer to a problem.
4. Make a list of scriptures that inspire you.
5. Cross-reference scriptures in a regular study plan.



32-b, A mother reading the scriptures to her children

- Display a poster of the following list or refer to the information on the chalkboard. Then have class members suggest other ways to study the scriptures as a family.

1. Set aside 15 minutes each morning before family members leave for work or school.
2. Hold a short study session in the evening before the children go to bed.
3. Prepare and tell stories from the scriptures to younger children.
4. Select special scripture verses, and write them on cards. Post the cards on a bulletin board or wall where everyone can see them. Then encourage family members to memorize the verses.
5. Choose a scripture to teach a principle. Then decide how to experience the principle taught. Examples: read Matthew 25:31–40, and then help a needy family; or read James 1:27 or Galatians 6:2, and then help someone who has lost a loved one.
6. If available, read talks from the last general conference. Apply the suggestions given.
7. Play scriptures from audiocassettes if possible.

Whatever plan we follow, we should always begin our scripture study with prayer. We should ask Heavenly Father for guidance and understanding. We should think about what we have read, applying gospel principles in our lives.

Bishop H. Burke Peterson said: “There shouldn’t be—there mustn’t be—one family in this Church that doesn’t take the time to read from the scriptures every day. Every family can do it in their own way” (in Conference Report, Apr. 1975, 79; or *Ensign*, May 1975, 53–54).

- Why is it important to study the scriptures as a family? Ask sisters to explain how they have been able to have successful scripture study.
- Display visual 32-c, “Gospel and other good books can be made available to family members.”

Other materials can also help us learn about gospel principles. A bookshelf at home could hold a library of gospel materials. Books, pictures,



32-c, Gospel and other good books can be made available to family members.

audiocassettes and an audiocassette player, and other materials could be kept there for the whole family. The standard works and *Gospel Principles* should be the basic books or tapes in our library. If possible, we should buy each child a copy of the Book of Mormon and the Bible. We should then plan a specific time with them for studying these books. We cannot expect our children to study unless we work with them and set the example.

Hold Family Home Evening Regularly

Family home evening is one of the best times to teach our children. (Each Monday evening is set aside for this.) Families should use the family home evening manual if it is available. If no manual is available, we should study the scriptures and *Gospel Principles*, listen to gospel recordings, or share our feelings about the Church. Creating a pleasant, happy atmosphere will help the children enjoy the evening. Then they will want to be more involved. Family home evening should not be filled with preaching that the children cannot understand. It should be fun for everyone.

Bear Testimony to Our Children

During mealtime, scripture study, family home evening, or gospel discussions, we should bear our testimonies to our children. As they hear us and see with their own eyes that we live the gospel, their own testimonies of the gospel can increase.

- Read Deuteronomy 11:19. Have class members share experiences they have had teaching the gospel to their children.

Conclusion

As we study the gospel, our families will be blessed. Our testimonies and our homes will grow strong. We will find answers to our problems. We will be happier and have greater peace because we are trying to live closer to Jesus Christ and Heavenly Father.

The mother of a family that held early morning scripture study told about their blessings:

“There are many benefits from this early morning program: getting a better understanding of the scriptures and their meaning in our lives, starting the day in a more organized manner . . . , enjoying a family breakfast together.

“I’m sure our children go off to school with a happier, more secure feeling about themselves, our family, and their world” (Geri Brinley, “Getting a Head Start on the Day,” *Ensign*, Apr. 1977, 8).

Elder Bruce R. McConkie told of other blessings that come from such study: “We want to have peace and joy and happiness in this life and

be inheritors of eternal life in the world to come. These are the two greatest blessings that it is possible for people to inherit. We can gain them by reading and learning the words of eternal life, here and now, and by keeping the commandments" ("Drink from the Fountain," *Ensign*, Apr. 1975, 70).

Challenge

Plan to study the gospel at home, both individually and with your family. Look every day for chances to explain gospel principles to your children.

Additional Scriptures

- Romans 15:4 (scriptures give hope)
- 2 Timothy 3:14–17 (scriptures direct us toward perfection)
- 2 Nephi 4:15 (scriptures for learning and benefit)
- Doctrine and Covenants 1:37 (commandments are true and faithful)

Teacher Preparation

Before presenting this lesson:

1. Prepare the posters suggested in the lesson or write the information on the chalkboard.
2. Assign class members to present any stories, scriptures, or quotations you wish.

PREPARING TO TEACH

L e s s o n 33

The purpose of this lesson is to help us prepare to teach the gospel effectively.

Teaching One Another

The Lord has commanded members of His Church to teach one another.

- Have a class member read Doctrine and Covenants 88:77–78. Whom should we teach?

We can teach our family, friends, neighbors, coworkers, and school classmates. We can teach Church members in organized classes. We can also teach nonmembers.

- Display visual 33-a, “A mother teaching her daughter to tie her shoelaces.”

Since the creation of the earth, the Lord has told us to teach our children the gospel. We can teach during family home evening and at other times. Mothers especially have many chances to teach their children in the home.

- Have class members tell about experiences in teaching their children.

Elder Boyd K. Packer said:

“Much of what we do is teaching. Showing a youngster how to tie his shoe, . . . helping a daughter with a new recipe, giving a talk in church, bearing testimony, conducting a leadership meeting, and, of course, teaching a class—all of this is teaching, and we are doing it constantly. . . .

“We are teaching when we preach or speak or respond in meetings”
(*Teach Ye Diligently* [1975], 2–3).

In the Church there are many opportunities to teach in organized classes. Elder Boyd K. Packer reminded us:

“Every member of the Church teaches for virtually his whole lifetime.



33-a, A mother teaching her daughter to tie her shoelaces

“We have teachers serving in all the organizations of the Church. . . .

“The Church moves forward sustained by the power of the teaching that is accomplished. The work of the kingdom is impeded if teaching is not efficiently done” (*Teach Ye Diligently* [1975], 2–3).

Sometimes our teaching is not in the classroom. Instead, it is done as we talk to each other. The following story is an example of this:

“Bishop Fred Carroll entered the scene when our family moved into his ward while I was an over-age deacon in the Aaronic Priesthood. This great man probably spoke no more than fifty words to me directly, yet twenty-five of them remain indelibly imprinted on my mind. I am certain that this good bishop was never aware of the tremendous impact he had on me with those twenty-five golden words, given to me one day quietly and privately: ‘I have been noticing how reverent you are in our Church meetings. It is a fine example you set for the other boys to follow.’

“Just a few words, but oh, how powerful! To me they had more effect than hundreds of assignments I have had since. Up to that time I never did see myself as being particularly reverent. I am quite sure that Bishop Carroll mistook my shy, reserved manner for reverence. Yet that did not matter. From that time on I started wondering about the meaning of reverence in my life. I soon began to feel reverent. After all, if Bishop Carroll thought I was reverent perhaps I really was! The attitude which developed in me because Bishop Carroll planted a seed has since grown to be a guiding influence in my life” (Lynn F. Stoddard, “The Magic Touch,” *Instructor*, Sept. 1970, 326–27).

Teachers of organized classes have many chances to influence and guide class members. When they work hard, they find good ways to teach gospel principles in and outside of the classroom. Elder Thomas S. Monson told of coming under the influence of such a teacher:

“In our Sunday School class, she taught us concerning the creation of the world, the fall of Adam, the atoning sacrifice of Jesus. She brought to her classroom as honored guests Moses, Joshua, Peter, Thomas, Paul, and Jesus the Christ. Though we did not see them, we learned to love, honor, and emulate them.

“Never was her teaching so dynamic nor its impact more everlasting as one Sunday morning when she sadly announced to us the passing of a classmate’s mother. We had missed Billy that morning, but knew not the reason for his absence. The lesson featured the theme, ‘It is more blessed to give than to receive.’

“Midway through the lesson, our teacher closed the manual and opened our eyes and our ears and our hearts to the glory of God. She asked, ‘How much money do we have in our class party fund?’

“ . . . ‘Four dollars and seventy-five cents.’

“Then ever so gently she suggested: ‘Billy’s family is hard-pressed and grief-stricken. What would you think of the possibility of visiting the family members this morning and giving to them your fund?’

“Ever shall I remember the tiny band walking those three city blocks, entering Billy’s home, greeting him, his brother, sisters, and father. Noticeably absent was his mother. Always I shall treasure the tears which glistened in the eyes of all as the white envelope containing our precious party fund passed from the delicate hand of our teacher to the needy hand of a heartbroken father. We fairly skipped our way back to the chapel. Our hearts were lighter than they had ever been; our joy more full; our understanding more profound. A God-inspired teacher had taught her boys and girls an eternal lesson of divine truth. ‘It is more blessed to give than to receive’ ” (“Only a Teacher,” *Ensign*, May 1973, 29).

Every member of the Church is a teacher. We all teach others the gospel by our words and deeds. When we were baptized, we promised “to stand as witnesses of God at all times and in all things, and in all places that [we] may be in, even until death” (Mosiah 18:9). After we are baptized, we must share the gospel with our neighbors and all people upon the earth. We must also teach our children and other members of the Church.

Study and Preparation

- Display visual 33-b, “A sister teaching from the scriptures.”

To become good teachers, we must prepare well. We all have teaching abilities, but each of us can still improve. President David O. McKay said: “No teacher can teach that which he does not know. No teacher can teach that which he does not see and feel” (*Treasures of Life* [1962], 476).

- Ask class members to listen for ideas about preparing a lesson as you read the following quotation:

“Set aside a specific time and place to do your lesson planning. Have your materials—scriptures, lesson manual, references, paper, pencil—readily available. . . .

“Begin . . . planning by [praying]. This is [the Lord’s] gospel; you are his teacher, teaching his children. Ask the Lord how he wants the message taught. . . . When a special need is felt, fasting should accompany



33-b, A sister teaching from the scriptures

prayer as a means of getting in tune with the spirit of the Lord”
(*Teacher Development Program: Basic Course* [1971], 133).

- List on the chalkboard the materials you need to prepare a lesson. What should you do as you prepare?

The following steps are suggested in preparing a lesson for class:

1. Set the goal (purpose) for the lesson.

In most Church manuals, this goal is written at the beginning of the lesson. The goal is the main idea you want class members to learn, to remember, or to do. Write down your goal, and think about it as you prepare the lesson.

2. Know the lesson material.

Study the lesson material, both the manual and scriptures, well in advance, and decide which points are most important. Always prepare prayerfully.

3. Gather visual aids through research and study.

To create interest in the lesson, use things the class can see. Objects, charts, pictures, or other items can be visual aids. Creating interest in the lesson is important in teaching people of all ages.

4. Organize the lesson aids and materials.

Arrange your materials in the same order they will be used in the lesson. Having them in order beforehand will help avoid confusion.

Loving Those We Teach

Elder Boyd K. Packer said: “The good teacher has already studied the lesson. The superb teacher also studies the students—studies them seriously and intently. . . . As you study carefully the features and expressions of your students, there may well within your heart . . . a feeling akin to inspiration; it is love that will compel you to find the way to do the work of the Lord—feeding His sheep” (“Study Your Students,” *Instructor*, Jan. 1963, 17).

Students who are loved will have more confidence. They will desire to improve themselves. Students who are loved also learn how to love others. Teachers who love their students receive inspiration from the Lord. They will better understand the needs of their students.

“Even a teacher untrained in the traditional arts of teaching can have great effect upon the individual student if he loves and respects that student and shows a personal interest in him.

“I remember that a teacher whom I considered dry and uninteresting met me one day and handed me a book in which he thought I might be interested. I was not particularly interested in the book. . . . But on that day I gained a new appreciation for the teacher who showed such an interest in me, and thereafter he was able to reach me” (William E. Berrett, “Teaching: An Extension of Your Personality,” *Ensign*, Apr. 1973, 61).

- How can we show class members that we love them in the classroom? outside of the classroom?

Praying for the Spirit

- Display visual 33-c, “A teacher praying for guidance as she studies the scriptures.”

President Brigham Young said, “After all our endeavors to obtain wisdom from the best books, etc., there still remains an open fountain for all; ‘If any man lack wisdom, let him ask of God’ [James 1:5]” (*Discourses of Brigham Young*, sel. John A. Widtsoe [1954], 261).

If we are to have the gift to teach, we must pray to our Father in Heaven. He will help us prepare the lesson. He will help us know and love the students. If we seek His help, He will be with us as we teach.

Conclusion

We have the responsibility to teach the gospel to our children, to other members of the Church, and to our nonmember family members and neighbors in the world.

Elder Vaughn J. Featherstone, quoting President David O. McKay, said, “There is no greater responsibility in the world than the training of a human soul.” Elder Featherstone then continued, “A great part of the personal stewardship of every parent and teacher in the Church is to teach and train” (in Conference Report, Oct. 1976, 153; or *Ensign*, Nov. 1976, 103).

The Lord expects us to prepare ourselves to teach effectively. Preparation means to study, pray, and teach by the influence of the Holy Ghost.

Challenge

Choose a gospel principle to teach this week. Pray to find daily opportunities to teach it. Evaluate your efforts at the end of the week, and determine how you can continue to improve.

Additional Scriptures

- Deuteronomy 6:5–7 (teach children diligently and continually)
- Mosiah 4:14–15 (teach love to children)



33-c, A teacher praying for guidance as she studies the scriptures

- Doctrine and Covenants 42:14 (teach by the Spirit)
 - Doctrine and Covenants 68:25–28 (teach the gospel to children)
 - Moses 6:57 (teach repentance to children)
-

Teacher Preparation

Before presenting this lesson:

Assign class members to present any stories, scriptures, or quotations you wish.

TEACHING FROM THE SCRIPTURES

L e s s o n 34

The purpose of this lesson is to help us prepare to teach from the scriptures.

The Scriptures Are Our Greatest Teaching Resource

- Display visuals 34-a, “This teacher knows that she must not only study the scriptures but must also ponder the things she has learned,” and 34-b, “This sister teaches from the scriptures, and the children have their own copies of the scriptures to refer to in class.”

President J. Reuben Clark Jr. once stated to a group of teachers in the Church: “Your essential . . . duty, is to teach the Gospel of the Lord Jesus Christ. . . . You are to teach this Gospel using as your sources and authorities the Standard Works of the Church, and the words of those whom God has called to lead His people in these last days” (*The Charted Course of the Church in Education* [1938], 10–11).

Knowing the scriptures and using them as we teach is the greatest teaching aid available to us.

The Lord has taught the importance of knowing and teaching the scriptures. To the Nephites during His visit after the Resurrection, He said, “Yea, a commandment I give unto you that ye search these things [scriptures] diligently” (3 Nephi 23:1). He also commanded them to teach the gospel to others (see 3 Nephi 23:14). In the Doctrine and Covenants He commanded us to work hard to search the scriptures (see D&C 1:37). We should teach them faithfully because they testify and teach about Him. The scriptures teach us all things that we must do to enjoy the blessing of eternal life.

In addition to the standard works, we have the word of the Lord today through His living prophet. Words of the living prophets when “moved upon by the Holy Ghost” are also considered scripture (see D&C 68:1–4). Church manuals and magazines help us learn the words of the prophets and the other scriptures.

- Where can we obtain the words of the living prophet?



34-a, This teacher knows that she must not only study the scriptures but must also ponder the things she has learned.

Applying the Scriptures to Our Lives

When Lehi and his family arrived in the promised land, Nephi taught his brethren the scriptures. He taught in a way that the people could understand. He stated, “For I did liken all scriptures unto us, that it might be for our profit and learning” (1 Nephi 19:23).

The scriptures teach us “the doings of the Lord in other lands, among people of old” (1 Nephi 19:22). Although they were written in the past, scriptures still have meaning for us today. Good teachers are able to apply the scriptures to modern life and show us how the events of the past can help us understand the present.

- Display visual 34-c, “Nephi and Lehi with the Liahona.” Have a class member read 1 Nephi 16:9–12, 15–31.

Referring to the story from the Book of Mormon of Lehi’s family and the Liahona, President Spencer W. Kimball said:

“Can you think of yourself as being Nephi who heard his father excitedly call attention to something he had found just outside the door of his tent? It was . . . ‘a round ball of curious workmanship,’ made ‘of fine brass,’ and none of you had ever seen anything like it before. (1 Ne. 16:10.) . . .

“If you . . . observed very carefully the workings of this unusual ball, you would note that it worked ‘according to the faith and diligence and heed’ which were given unto it concerning the way you should go. (1 Ne. 16:28.) What would you think if, upon closer examination, you noted that there were writings upon the ball that were ‘plain to be read’ and . . . explained the ways of the Lord? And what if the instructions were ‘changed from time to time’ as additional demands were made of the Lord and this ‘according to the faith and diligence’ which the family gave to it? (1 Ne. 16:29.) . . .

“The ball, or Liahona—which is interpreted to mean a compass—was prepared by the Lord especially to show unto [Lehi] the course which he should travel in the wilderness. Wouldn’t you like to have that kind of a ball—each one of you—so that whenever you were in error it would point the right way and write messages to you . . . so that you would always know when you were in error or in the wrong way?

“That . . . you all have. The Lord gave to . . . every person, a conscience which tells him everytime he starts to go on the wrong path. He is always told if he is listening; but people can, of course, become so used to hearing the messages that they ignore them until finally they do not register anymore.

“You must realize that you have something like the compass, like the Liahona, in your own system. Every child is given it. . . . If he ignores



34-b, This sister teaches from the scriptures, and the children have their own copies of the scriptures to refer to in class.

the Liahona that he has in his own makeup, he eventually may not have it whispering to him. But if we will remember that everyone of us has the thing that will direct him aright, our ship will not get on the wrong course . . . if we listen to the dictates of our own Liahona, which we call the conscience" (in Conference Report, Oct. 1976, 115–17; or *Ensign*, Nov. 1976, 77–79).

- How did President Kimball relate the scriptures to us today?

When we know the scriptures, we can apply true principles to our lives. The following examples show how one mother taught her children from the scriptures:

At prayer time one night, four-year-old Ann announced that she did not want to say her prayers. Mother coaxed, but Ann refused to pray. Then mother told Ann the story of Daniel.

- Have the assigned class member read Daniel 6:1–23 or tell the story in her own words.

Mother then explained that prayer was very important to Daniel. He prayed even when he thought he would die for praying. She then asked Ann, "Now that you know how important prayer is, would you like some help with your prayer?"

Another time, Ann and her sister Jennifer were quarreling loudly. Each girl claimed the same doll. Mother came to the girls and asked, "Why don't we cut the doll in half and give you each a piece?"

"No," Ann said, "don't cut her in half."

"Yes, do!" Jennifer cried.

Mother answered, "It must be Ann's doll. Can you guess how I know?" Then she read and discussed with the girls the story found in 1 Kings 3:16–27.

- Have the assigned class member read or tell the story from 1 Kings 3:16–27 in her own words. How did the scriptures help this mother teach her children? Read Matthew 25:1–13 and Enos 1:2–5.

Preparing to Teach the Scriptures

President Harold B. Lee stated: "I say that we need to teach our people to find their answers in the scriptures. . . . But the unfortunate thing is that so many of us are not reading the scriptures. We do not know what is in them, and therefore we speculate about the things that we ought to have found in the scriptures themselves. I think that therein is one of our biggest dangers of today" ("Find the Answers in the Scriptures," *Ensign*, Dec. 1972, 3).



34-c, Nephi and Lehi with the Liahona

No one will force us to study the scriptures. We can find many excuses not to study them. We must plan for scripture study. (See lesson 32, “Learning the Gospel in Our Homes,” in this manual.)

- How can we overcome obstacles to scripture study?

If we want to teach from the scriptures, we must do more than just read them without thinking.

- Have class members read Moroni 10:3. What does Moroni tell us about learning from the scriptures?

President Marion G. Romney said:

“As I have read the scriptures, I have been challenged by the word *ponder*. . . . The dictionary says that *ponder* means ‘to weigh mentally, think deeply about, deliberate, meditate. . . .’

“*Pondering* is, in my feeling, a form of prayer. It has, at least, been an approach to the Spirit of the Lord” (in Conference Report, Apr. 1973, 117; or *Ensign*, July 1973, 90).

Once we have read and pondered the scriptures, we can ask Heavenly Father to help us know they are true through the power of the Holy Ghost, as Moroni promised. Through the guidance of the Spirit we can also find comfort and answers to problems by studying the scriptures. Experiencing these things will help us teach others.

- Invite class members to share how studying the scriptures has blessed their lives and helped them prepare to teach.

Conclusion

In order to teach the scriptures, we must *prepare* by reading them often. We must *ponder* the material by thinking about it. We must *pray* with real, sincere intent. Then we must *practice* what we have come to know and understand through the Spirit. When we have done this, we can teach the scriptures with power.

Challenge

Mark scriptures that are especially meaningful to you. Compare the scriptures to your own life. In family home evening, at mealtime, or in other family situations, talk about scripture stories. Apply the scriptures to your life.

Additional Scriptures

- 2 Nephi 4:15–16 (Nephi’s love of the scriptures)
- 2 Nephi 32:3 (feast upon the words of Christ)

- Alma 37:38–47 (Alma’s sacred teachings to his son Helaman about the Liahona)
 - Doctrine and Covenants 11:21–22 (obtain the word of God)
-

Teacher Preparation

Before presenting this lesson:

1. Study *Gospel Principles* chapter 10, “Scriptures.”
2. Review lesson 32 in this manual, “Learning the Gospel in Our Homes.”
3. Assign two class members to read the following scriptures or tell in their own words the stories related in these scriptures: Daniel 6:1–23 and 1 Kings 3:16–27.
4. Assign class members to present any stories, scriptures, or quotations you wish.

TEACHING BY THE POWER AND INFLUENCE OF THE HOLY GHOST

L e s s o n 3 5

The purpose of this lesson is to help us teach the gospel by the power of the Holy Ghost.

Teachers Need the Guidance of the Holy Ghost

The Lord has commanded us to teach each other about His kingdom (see D&C 88:77). To teach, we must have a testimony of the truth of the restored gospel of Jesus Christ. We must teach with the power and influence of the Holy Ghost.

President David O. McKay said: “Teachers, begin the preparation of your lessons in prayer. Teach your lessons with a prayerful heart. Then pray that God will enrich your message . . . through the influence of his holy Spirit” (*Gospel Ideals* [1953], 223).

Elder Hartman Rector Jr. told a story about President Harold B. Lee:

“Shortly after he was ordained to the office [of President], . . . one reporter asked . . . :

“ ‘What do you expect to accomplish during your administration as president of the Church?’ . . .

“ ‘Well,’ he said, ‘I can only answer that question in the words of a great prophet when he was given an assignment by the Lord to secure an ancient record. He said:

“ ‘ ‘And I was led by the Spirit, not knowing beforehand the things which I should do.’ ’ (2 Ne. 4:6)” (in Conference Report, Oct. 1973, 134; or *Ensign*, Jan. 1974, 106).

As teachers, we also must be led by the Spirit. To teach the gospel of Jesus Christ, we must have the guidance of the Holy Ghost.

- Ask class members to read Doctrine and Covenants 42:12–14. What are we told to teach? Where do we find these principles? How do we obtain the Spirit with which to teach? If we do not have the influence of the Holy Ghost, why should we not teach?

The influence of the Holy Ghost can cause the words of the teacher to sink deep into the hearts of the listeners: “For when a man speaketh by the power of the Holy Ghost the power of the Holy Ghost carrieth it unto the hearts of the children of men” (2 Nephi 33:1).

- Display visual 35-a, “King Benjamin teaching his people from a high tower.”

King Benjamin called his people together to give them special instructions. He desired to strengthen them spiritually.

- Ask the class to read Mosiah 5:1–2. What made the people believe the words King Benjamin had spoken? Ask a class member to read Mosiah 5:3–4. How did their faith affect the experience?

Obtaining the Guidance of the Holy Ghost

The sons of Mosiah taught the gospel by the influence of the Holy Ghost. They received this guidance after much effort.

- Ask a class member to read Alma 17:2–3. What three steps did the sons of Mosiah follow to teach with power? Write them on the chalkboard.

After preparing through study, a teacher must pray to receive the guidance of the Holy Ghost.

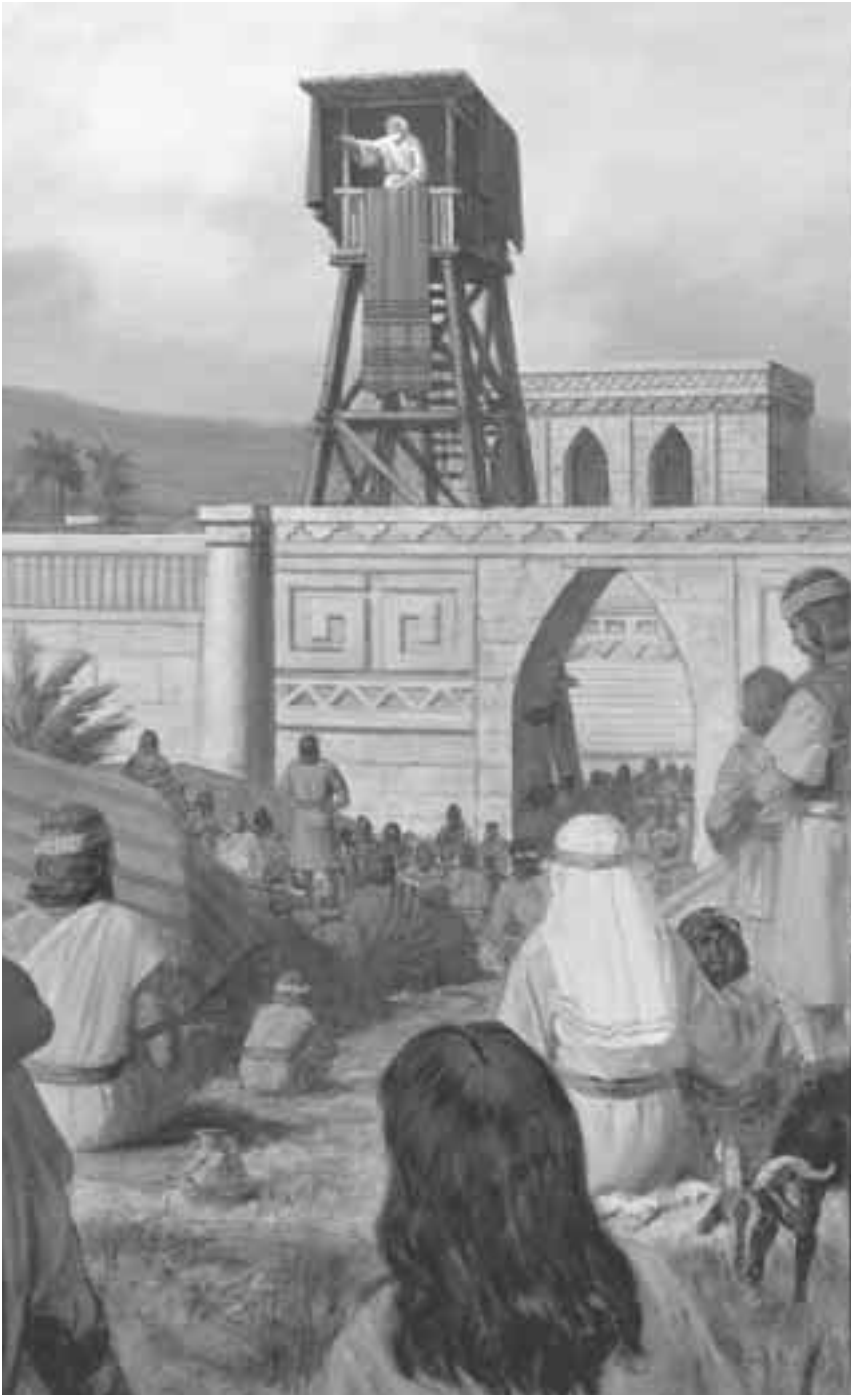
President Marion G. Romney told of his wife’s experience in teaching by the Spirit. She was to give a lesson on the Prophet Joseph Smith’s vision of the Father and the Son. In her class was a nonmember who was a university graduate. Sister Romney was afraid that her lesson would not be accepted by this educated woman and she was not sure that she herself knew it was true.

In discussing the problem with her mother, Sister Romney said: “I can’t give that lesson. I don’t know that Joseph Smith had that vision.”

“Her mother was not an educated woman, but she did have a testimony. She said to her daughter, ‘You know how the Prophet got the vision, don’t you?’

“‘Yes, . . . he got it by praying to God for wisdom.’ . . .

“[Sister Romney] went to her room and tried it. . . . The result was that she . . . gave that lesson convincingly, with power beyond her natural abilities. How could she do it? Well, the Holy Spirit came to her in response to her inquiry. She received a burning within her soul. She knew that Joseph Smith had seen the vision, as well as he knew it. She had not seen exactly the same things with her eyes that the Prophet saw, but she had the same knowledge. She knew from Joseph Smith’s description what he had seen, and she had a witness from the



35-a, King Benjamin teaching his people from a high tower

Holy Ghost that his account was true" ("How to Gain a Testimony," *New Era*, May 1976, 10–11).

- What steps did Sister Romney follow? Compare these with the three steps listed on the chalkboard. Why did adding prayer to her study give her enough confidence? What do we call the witness that Sister Romney received?
- What is the difference between simply reading a truth and having someone you trust say he or she knows it is true? Have class members read Moroni 10:4–5. How does the Holy Ghost tell us the truth? What do we have to do to receive this witness?

Bearing Testimony

Teaching with testimony means teaching with knowledge that the gospel is true. With the spirit of testimony we can help others understand the restored gospel. The Holy Ghost can witness the truth of gospel principles to the listeners. (See 1 Corinthians 2:12–13.)

- Display visual 35-b, "Two missionaries at the door of an investigator."

Elder Alvin R. Dyer told the following story:

"Two missionaries arrived at a home in the late afternoon. . . . The family . . . was just preparing to sit down to an early evening meal. . . . The missionaries had little success with their door message, . . . [and] the woman began to close the door. . . . [As she did,] the missionaries . . . bore testimony to the truthfulness of the Gospel. . . . One of the elders purposely raised his voice so that those on the inside could hear it. . . . The missionaries [then] left rather hurriedly. . . .

"They had traveled about a half a block when they heard someone calling to them. . . . A young man about 14 years old caught up with them and said, 'Father wants you to come back.' So they hurried back to the home. . . . The father said that he had not felt impressed with what had been said at the door until he heard one of them bear his testimony. Then, said he, 'A strange feeling came over me, and I knew we had done wrong in sending you away.' This awakened interest, brought about by testimony and the spirit of conviction, led to the baptism of this family" ("When Thou Art Converted," *Instructor*, July 1961, 225).

- Why did the father have the missionaries return?
- Have the two assigned sisters tell how they felt when they were taught the gospel.

Conclusion

By teaching with the Holy Ghost, we will increase knowledge, understanding, testimonies, and faith—in ourselves and those we teach. We



35-b, Two missionaries at the door of an investigator

must be worthy and prepared to teach by the power of the Holy Ghost. If we prepare well, we will teach the truth convincingly. The guidance of the Holy Ghost comes as we study, pray, and live the commandments of God.

“And the Spirit shall be given unto you by the prayer of faith; and if ye receive not the Spirit ye shall not teach. . . .

“And as ye shall lift up your voices by the Comforter, ye shall speak and prophesy as seemeth me good;

“For, behold, the Comforter knoweth all things” (D&C 42:14, 16–17).

Challenge

Seek the guidance of the Holy Ghost by studying, praying, and fasting. These are steps in preparing to teach. Notice and use your chances to teach children, other family members, friends, and neighbors.

Additional Scriptures

- Luke 24:32 (disciples’ hearts burn within them)
- John 14:26 (Holy Ghost teaches all things)
- 2 Nephi 32:7–8 (hearken to the Spirit)
- Alma 5:43–52 (Alma testifies of the Holy Spirit)
- Moroni 10:7–8 (gifts of God are given by the Spirit of God)

Teacher Preparation

Before presenting this lesson:

1. Follow the steps outlined in this lesson to receive the help of the Holy Ghost.
2. Assign two class members to tell how they felt when they were taught the gospel.
3. Assign class members to present any stories, scriptures, or quotations you wish.

PRESIDENTS OF THE CHURCH

1. Joseph Smith

Born 23 December 1805 in Sharon, Windsor County, Vermont, the son of Joseph Smith Sr. and Lucy Mack Smith. Received the Melchizedek Priesthood (ordained an Apostle) in the spring of 1829 by the Apostles Peter, James, and John (see D&C 20:2, 27:12); called of God to be First Elder of the Church 6 April 1830; ordained a high priest 3 June 1831 by Lyman Wight; sustained as President of the high priesthood 25 January 1832 at a conference at Amherst, Lorain County, Ohio; martyred 27 June 1844 at Carthage Jail, Carthage, Hancock County, Illinois, at age 38.

2. Brigham Young

Born 1 June 1801 in Whitingham, Windham County, Vermont, the son of John Young and Abigail Howe Young. Ordained an Apostle 14 February 1835 by the Three Witnesses of the Book of Mormon: Oliver Cowdery, David Whitmer, and Martin Harris; sustained as President of the Quorum of the Twelve Apostles 14 April 1840; First Presidency organized with Brigham Young as President of the Church 27 December 1847; died 29 August 1877 in Salt Lake City, Salt Lake County, Utah, at age 76.

3. John Taylor

Born 1 November 1808 in Milnthorpe, Westmoreland County, England, the son of James Taylor and Agnes Taylor Taylor. Ordained an Apostle 19 December 1838 by Brigham Young and Heber C. Kimball; sustained as President of the Quorum of the Twelve Apostles 6 October 1877; sustained as President of the Church 10 October 1880; died 25 July 1887 in Kaysville, Davis County, Utah, at age 78.

4. Wilford Woodruff

Born 1 March 1807 in Avon (Farmington), Hartford County, Connecticut, the son of Aphek Woodruff and Beulah Thompson Woodruff. Ordained an Apostle 26 April 1839 by Brigham Young; sustained as President of the Quorum of the Twelve Apostles 10 October 1880; sustained as President of the Church 7 April 1889; died 2 September 1898 in San Francisco, San Francisco County, California, at age 91.

5. Lorenzo Snow

Born 3 April 1814 in Mantua, Portage County, Ohio, the son of Oliver Snow and Rosetta Leonora Pettibone Snow. Ordained an Apostle

12 February 1849 by Heber C. Kimball; sustained as Counselor to President Brigham Young 8 April 1873; sustained as Assistant Counselor to President Brigham Young 9 May 1874; sustained as President of the Quorum of the Twelve Apostles 7 April 1889; First Presidency organized with Lorenzo Snow as President of the Church 13 September 1898; died 10 October 1901 in Salt Lake City, Salt Lake County, Utah, at age 87.

6. Joseph F. Smith

Born 13 November 1838 in Far West, Caldwell County, Missouri, the son of Hyrum Smith and Mary Fielding Smith. Ordained an Apostle and named Counselor to the First Presidency 1 July 1866 by Brigham Young; became a member of the Quorum of the Twelve Apostles 8 October 1867; released as Counselor to the First Presidency at the death of President Young 29 August 1877; sustained as Second Counselor to President John Taylor 10 October 1880; released at the death of President Taylor 25 July 1887; sustained as Second Counselor to President Wilford Woodruff 7 April 1889; sustained as Second Counselor to President Lorenzo Snow 13 September 1898; sustained as First Counselor to President Lorenzo Snow 6 October 1901 (not set apart to this calling); released at the death of President Snow 10 October 1901; First Presidency organized with Joseph F. Smith as President of the Church 17 October 1901; died 19 November 1918 in Salt Lake City, Salt Lake County, Utah, at age 80.

7. Heber Jeddy Grant

Born 22 November 1856 in Salt Lake City, Salt Lake County, Utah, the son of Jedediah Morgan Grant and Rachel Ridgeway Ivins Grant. Ordained an Apostle 16 October 1882 by George Q. Cannon; set apart as President of the Quorum of the Twelve Apostles 23 November 1916; blessed and set apart as President of the Church 23 November 1918; died 14 May 1945 in Salt Lake City, Salt Lake County, Utah, at age 88.

8. George Albert Smith

Born 4 April 1870 in Salt Lake City, Salt Lake County, Utah, the son of John Henry Smith and Sarah Farr Smith. Ordained an Apostle 8 October 1903 by Joseph F. Smith; set apart as President of the Quorum of the Twelve Apostles 8 July 1943; ordained and set apart as President of the Church 21 May 1945 at 75; died 4 April 1951 in Salt Lake City, Salt Lake County, Utah, at age 81.

9. David Oman McKay

Born 8 September 1873 in Huntsville, Weber County, Utah, the son of David McKay and Jennette Eveline Evans McKay. Ordained an Apostle

9 April 1906 by Joseph F. Smith; sustained as Second Counselor to President Heber J. Grant 6 October 1934; sustained as Second Counselor to President George Albert Smith 21 May 1945; sustained as President of the Quorum of the Twelve Apostles 30 September 1950; sustained as President of the Church 9 April 1951; died 18 January 1970 in Salt Lake City, Salt Lake County, Utah, at age 96.

10. Joseph Fielding Smith

Born 19 July 1876 in Salt Lake City, Salt Lake County, Utah, the son of Joseph F. Smith and Julina Lambson Smith. Ordained an Apostle 7 April 1910 by Joseph F. Smith; sustained as Acting President of the Quorum of the Twelve Apostles 30 September 1950; sustained as President of the Quorum of the Twelve Apostles 9 April 1951; sustained as Counselor in the First Presidency 29 October 1965; ordained and set apart as President of the Church 23 January 1970; died 2 July 1972 in Salt Lake City, Salt Lake County, Utah, at age 95.

11. Harold Bingham Lee

Born 28 March 1899 in Clifton, Oneida County, Idaho, the son of Samuel M. Lee and Louisa Bingham Lee. Ordained an Apostle 10 April 1941 by Heber J. Grant; set apart as President of the Quorum of the Twelve Apostles 23 January 1970; sustained as First Counselor to President Joseph Fielding Smith 23 January 1970; ordained and set apart as President of the Church 7 July 1972; died 26 December 1973, in Salt Lake City, Salt Lake County, Utah, at age 74.

12. Spencer Woolley Kimball

Born 28 March 1895 in Salt Lake City, Salt Lake County, Utah, the son of Andrew Kimball and Olive Woolley Kimball. Ordained an Apostle 7 October 1943 by Heber J. Grant; set apart as Acting President of the Quorum of the Twelve Apostles 23 January 1970; became President of the Quorum of the Twelve Apostles 7 July 1972; ordained and set apart as President of the Church 30 December 1973; died 5 November 1985 in Salt Lake City, Salt Lake County, Utah, at age 90.

13. Ezra Taft Benson

Born 4 August 1899 in Whitney, Franklin County, Idaho, the son of George T. Benson and Sarah Dunkley Benson. Ordained an Apostle 7 October 1943 by Heber J. Grant; set apart as President of the Quorum of the Twelve Apostles 30 December 1973; ordained and set apart as President of the Church 10 November 1985; died 30 May 1994 in Salt Lake City, Salt Lake County, Utah, at age 94.

14. Howard William Hunter

Born 14 November 1907 in Boise, Ada County, Idaho, the son of John William Hunter and Nellie Marie Rasmussen Hunter. Ordained an

Apostle 15 October 1959 by David O. McKay; set apart as Acting President of the Quorum of the Twelve Apostles 10 November 1985; set apart as President of the Quorum of the Twelve Apostles 2 June 1988; ordained and set apart as President of the Church 5 June 1994; died 3 March 1995 in Salt Lake City, Salt Lake County, Utah, at age 87.

15. Gordon Bitner Hinckley

Born 23 June 1910 in Salt Lake City, Salt Lake County, Utah, the son of Bryant S. Hinckley and Ada Bitner Hinckley. Sustained an Assistant to the Twelve 6 April 1958; ordained an Apostle 5 October 1961 by David O. McKay; set apart as Counselor to President Spencer W. Kimball 23 July 1981; set apart as Second Counselor to President Kimball 2 December 1982; served as First Counselor to President Ezra Taft Benson 10 November 1985; set apart as President of the Quorum of the Twelve Apostles 5 June 1994; called as First Counselor to President Howard W. Hunter 5 June 1994; ordained and set apart as President of the Church 12 March 1995.

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This section contains selected pictures from the Gospel Art Picture Kit (34730). These pictures can be used as an additional resource for gospel study and teaching at church and in the home.

Old Testament

1. Building the Ark
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2. Moses in the Bulrushes
Exodus 1:1–2:10
3. Boy Samuel Called by the Lord
1 Samuel 3:1–10, 19–20
4. Esther
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New Testament

5. The Announcement of Christ's Birth to the Shepherds
Luke 2:8–20
6. Woman at the Well (by Carl Bloch. Used by permission of the National Historic Museum at Frederiksborg in Hillerød.)
John 4:3–30, 39–42
7. Mary and Martha
Luke 10:38–42; John 11:5
8. The Last Supper (by Carl Bloch. Used by permission of the National Historic Museum at Frederiksborg in Hillerød.)
Matthew 26:17–30; Mark 14:12–26; Luke 22:7–23, 39; John 13:1, 23–35; 14–17; 18:1; Joseph Smith Translation, Matthew 26:22–24
9. Jesus at the Door
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10. Christ and Children from around the World
Matthew 11:28–30; 2 Nephi 26:33; 3 Nephi 9:14–18; Moroni 10:32

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11. Abinadi before King Noah
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12. Alma Baptizes in the Waters of Mormon
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13. Two Thousand Young Warriors
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14. Samuel the Lamanite on the Wall
Helaman 13:1–16:8

Church History

15. Martin Handcart Company in Bitter Creek, Wyoming, 1856
Our Heritage: A Brief History of The Church of Jesus Christ of Latter-day Saints, 77–80

Temple Pictures

16. Manila Philippines Temple
Sealing room, Vernal Utah Temple











Pearl





















