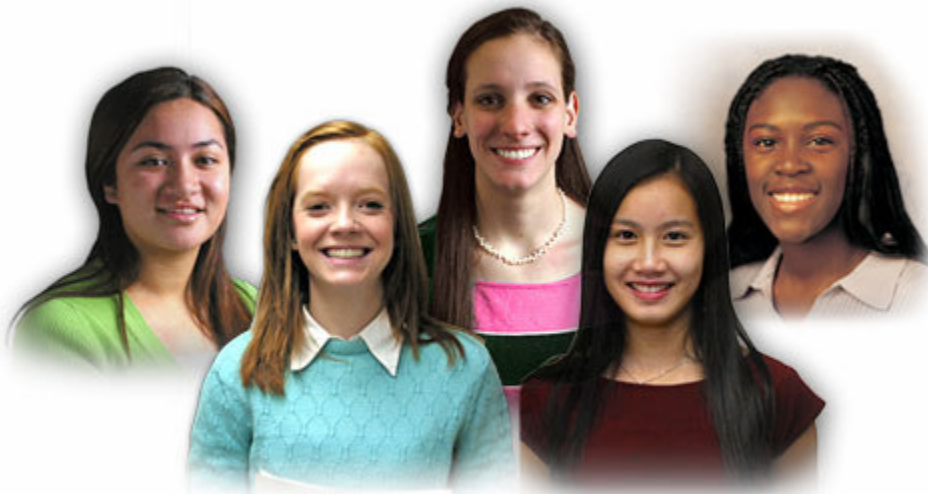


Young Women Teaching Guide



"That they might be . . . nourished by the good word of God, to keep them in the right way." Moroni 6:4

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

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Welcome

This Teaching Guide is based on seven guiding questions that will help you prepare to teach young women in such a way that the Spirit will be present to witness to each young woman that the restored gospel of Jesus Christ is true.

Seven Guiding Questions

1. What is the gospel principle (or principles) to be taught?
2. What are the needs of the young women regarding this principle?
3. What resources should I study to prepare?
4. What should I do to prepare spiritually?
5. How will I engage the young women in the learning?
6. What will my young women do as a result of this lesson?
7. What is my personal testimony of this principle that I can share?

Teaching by the Spirit

“As we teach the gospel, we should humbly recognize that the Holy Ghost is the true teacher. Our privilege is to serve as instruments through whom the Holy Ghost can teach, testify, comfort, and inspire. We should therefore become worthy to receive the Spirit. . . . We should pray for the Spirit’s guidance as we prepare the lessons and as we teach. . . . We should do all we can to create an atmosphere in which those we teach can feel the influence of the Spirit.”

Teaching, No Greater Call (1999), 41

“Sweet are the fruits of teaching done under the inspiration of the Holy Spirit. They feed the spirit and nourish the soul.”

Gordon B. Hinckley
“Feed the Spirit, Nourish the Soul,” *Ensign*, Oct. 1998, 4

“It is a gospel teacher's privilege and duty to seek that level of discipleship where his or her teachings will be directed and endorsed by the Spirit ‘Teachers and class members should seek the Spirit during the lesson. A person may teach profound truths, and class members may engage in stimulating discussions, but unless the Spirit is present, these things will not be powerfully impressed upon the soul. . . . When the Spirit is present in gospel teaching, ‘the power of the Holy Ghost carrieth [the message] unto the hearts of the children of men’ (2 Ne 33:1)’ (Church Handbook of Instructions, Book 2: Priesthood and Auxiliary Leaders [1998], 300).”

Dallin H. Oaks
“Gospel Teaching,” *Ensign*, Nov. 1999, 80

“Please teach by the Holy Spirit. If we do not teach that way, then by spiritual definition we are teaching ‘some other way’ (D&C 50:17). And any other way ‘is not of God’ (v.20). Give your students the opportunity for a spiritual experience in every way you can.”

Jeffrey R. Holland
“Teaching, Preaching, Healing,” *Ensign*, Jan. 2003, 38

“You can see why knowing how to get the Spirit matters so much to us. What will keep our students pure and at peace in the world they face is more than knowing the gospel and the word of God. It is more than knowing the wonderful organization, the inspiring history, and the great leaders of the Church. They must choose obedience to the Lord’s commandments in the face of greater temptations and trials. They must do it out of faith in Jesus Christ. And that faith can only come through the witness of the Spirit. You must have the Spirit as your constant companion to teach with power.”

Henry B. Eyring
Church News, Feb. 15, 2003, 5

How Will I Use the Teaching Guide?

- Leaders can use this guide for all teaching settings, such as Sunday lessons, and when planning youth activities.
- Leaders can use quotes and methods in this guide in training and leadership settings.
- Young women can use this resource to prepare family home evenings and other lessons and activities.

Lesson Title and Number

What is the title and number of the lesson from the Young Women Manual you are preparing?

Title _____

Number _____

“And now, as the preaching of the word had a great tendency to lead the people to do that which was just—yea, it had had more powerful effect upon the minds of the people than the sword, or anything else, which had happened unto them—therefore Alma thought it was expedient that they should try the virtue of the word of God.”

Alma 31:5

1: Principle

What is the gospel principle (or principles) to be taught?

“And I give unto you a commandment that you shall teach one another the doctrine of the kingdom.”

D&C 88:77

Why Is Finding the Principle to Be Taught So Important?

“True doctrine, understood, changes attitudes and behavior. The study of the doctrines of the gospel will improve behavior quicker than a study of behavior will improve behavior.”

Boyd K. Packer
“Do Not Fear,” *Ensign*, May 2004, 77

“Those who are entrusted to speak and teach in our meetings need to do so with doctrinal power that will be both heard and felt. . . .

“Clear declaration of truth makes a difference in people’s lives. That is what changes hearts. That is what the Holy Ghost can confirm in the hearts of God’s children.”

M. Russell Ballard
“Pure Testimony,” *Ensign*, Nov. 2004, 41

"The youth of the Church are hungry for things of the Spirit; they are eager to learn the gospel, and they want it straight, undiluted. . . .

“. . . These students crave the faith their fathers and mothers have. . . .

“You can come right out, face to face, and talk with [them].”

J. Reuben Clark
“Gospel Classics: Excerpts from
The Charted Course of the Church in Education,”
Ensign, Sept. 2002, 55

“If we make the doctrine simple and clear, and if we teach out of our own changed hearts, the change for them will come as surely as it did for Enos.”

Henry B. Eyring
“We Must Raise Our Sights,” *Ensign*, Sept. 2004, 17

How to Find the Principles of a Lesson

1. Read the lesson objective.
2. Look for key words in the objective.
3. Look at section headings.
4. Read the scriptures listed in the lesson.

For example, let's look at Young Women Manual 3, lesson 19, "Heritage."

1. Read the lesson objective.

Lesson 19 Heritage

OBJECTIVE Each young woman will understand the importance of the traditions she receives and passes on to future generations.

PREPARATION

1. Review Lehi's vision of the tree of life recorded in 1 Nephi 8.
2. Provide pens and paper for the class members.
3. Select one or more of the activities outlined in the first section of the lesson, and prepare accordingly. Gather all materials needed and make the necessary assignments to make

2. Look for key words in the objective.

Lesson 19 Heritage

OBJECTIVE Each young woman will understand the importance of the traditions she receives and passes on to future generations.

PREPARATION

1. Review Lehi's vision of the tree of life recorded in 1 Nephi 8.
2. Provide pens and paper for the class members.
3. Select one or more of the activities outlined in the first section of the lesson, and prepare accordingly. Gather all materials needed and make the necessary assignments to make

3. Look at section headings.

Through Righteous Living, We Can Give a Worthy Heritage to Our Posterity

Scripture discussion Write on the chalkboard: "What kind of ancestor will you be?"

Explain that although we are not able to control what kind of ancestors we have, we can each determine what kind of ancestor we will be for our posterity.

Have class members read 1 Nephi 1:1. Then have them quickly review 1 Nephi 2:1-15 and answer the following question:

- In what ways were Nephi's parents goodly?

1. Faithful to commandments (see 1 Nephi 2:1)
2. Obedient (see 1 Nephi 2:3)
3. Blessed and taught children (see 1 Nephi 2:9-14)

Explain that we should desire righteousness for our children. Lehi felt strongly about this. Review the vision of the tree of life as recorded in 1 Nephi 8. Have the class members read 1 Nephi 8:12.

Emphasize that Lehi's greatest desire was for the members of his family to partake of the

4. Read the scriptures listed in the lesson.

Scripture discussion	<p>Through Righteous Living, We Can Give a Worthy Heritage to Our Posterity</p> <p>Write on the chalkboard: "What kind of ancestor will you be?"</p> <p>Explain that although we are not able to control what kind of ancestors we have, we can each determine what kind of ancestor we will be for our posterity.</p> <p>Have class members read 1 Nephi 1:1. Then have them quickly review 1 Nephi 2:1-15 and answer the following question:</p> <ul style="list-style-type: none">• In what ways were Nephi's parents goodly? <ol style="list-style-type: none">1. Faithful to commandments (see 1 Nephi 2:1)2. Obedient (see 1 Nephi 2:3)3. Blessed and taught children (see 1 Nephi 2:9-14) <p>Explain that we should desire righteousness for our children. Lehi felt strongly about this. Review the vision of the tree of life as recorded in 1 Nephi 8. Have the class members read 1 Nephi 8:12.</p> <p>Emphasize that Lehi's greatest desire was for the members of his family to partake of the</p>
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Once you have gone through these steps you might write the principle of lesson 19 as follows:

"Honor your heritage. Develop righteous traditions of faith and testimony to pass on to posterity."

2: Needs

What are the needs of the young women regarding this principle? (List names and individual needs.)

“Remember the worth of souls is great in the sight of God.”

D&C 18:10

Understanding the Needs of Your Young Women Helps You Prepare

“Love prompts us to prepare and teach differently. When we love those we teach, we pray for each of them. We do all we can do to know their interests, achievements, needs and concerns.”

Teaching, No Greater Call (1999), 32

“There is hunger in the land, and a genuine thirst—a great hunger for the word of the Lord and an unsatisfied thirst for things of the Spirit. . . . Ours is the obligation and the opportunity to nourish the soul.”

Gordon B. Hinckley
“Feed the Spirit, Nourish the Soul,” *Ensign*, October 1998, 2

“Each family has its own special circumstances. But the gospel of Jesus Christ addresses every challenge—which is why we must teach it to our children.”

Robert D. Hales
“With All the Feeling of a Tender Parent:
A Message of Hope to Families,” *Ensign*, May 2004, 88

“Those who teach out of love will be magnified as instruments in the hands of Him whom they serve.”

Dallin H. Oaks
“Gospel Teaching,” *Ensign*, Nov. 1999, 78

“As you are attentive to the quiet promptings of the Spirit when you prepare and teach you will be led to meet important needs that you may not know exist.”

Elder Richard G. Scott
“To Understand and Live Truth,”
CES Evening With a General Authority, February 4, 2005

“In every ward or branch, in every home or family, there is [a young woman] with a special need, physical, emotional, or spiritual, who is praying and trusting that somehow through her challenges, eventually ‘all things shall work together for [her] good.’ Each of us can be an instrument in the Lord’s hands, an earthly angel who can help the miracles happen.”

Susan W. Tanner
Young Women Genral President
“All Things Shall Work Together for Your Good,” *Ensign*, May 2004, 107

See “Love Those You Teach” in *Teaching, No Greater Call*. It includes these topics:

- Love Softens Hearts (32)
- Understanding Those You Teach (34)
- Reaching Out to the One (36)

Questions to Guide Your Thinking

1. What do my young women need to know about this principle?
2. How will this principle help my young women with challenges they are facing?

3: Resources

What resources should I study to prepare?

- Manual: Read and pray about the lesson early.
- Scriptures: Which will I use?

- Approved Materials: (*Ensign, Liahona, New Era*, others)

“Seek not to declare my word, but first seek to obtain my word, and then shall your tongue be loosed; then, if you desire, you shall have my Spirit and my word, yea, the power of God unto the convincing of men.”

D&C 11:21

Read and Pray About the Lesson Early

"When you are familiar with the lessons you are going to teach, you will be more aware of everyday occurrences that you can use to teach those lessons."

Teaching, No Greater Call (1999), 23

"As you prayerfully prepare to teach, as you study the scriptures, and even as you perform your daily tasks, open your mind and heart to the Lord's guidance."

Teaching, No Greater Call (1999), 48

"Teachers should begin to prepare a lesson several days before they will teach it."

*Church Handbook of Instructions,
Book 2: Priesthood and Auxiliary Leaders* (1998), 301

Why Use Scriptures?

"Our study and use of the scriptures is an invitation to receive revelation and be tutored by the Holy Ghost."

David A. Bednar
Church News, Nov. 20, 2004, 3

"When we use the scriptures and the words of latter-day prophets as the source of all our teaching, we invite the Spirit to bear witness."

Teaching, No Greater Call (1999), 51

"When you teach from the scriptures it is often helpful to have learners look or listen for something specific."

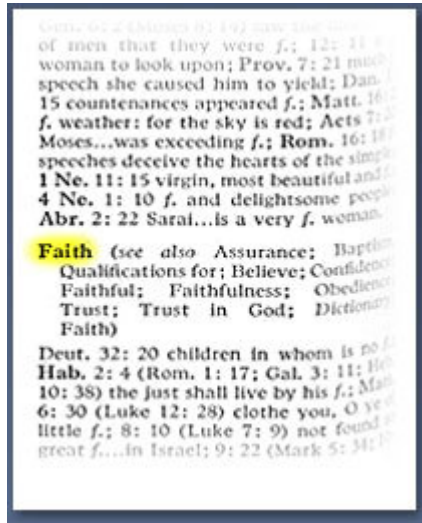
Teaching, No Greater Call (1999), 55

See the section titled "Use 'Look for' and 'Listen for' Approaches" found on page 55 of *Teaching, No Greater Call*.

Finding Appropriate Scriptures

Use these resources for finding additional scriptures related to your lessons:

- Topical Guide to the Scriptures




- *Personal Progress*

1. Look in the *Personal Progress* Subject Index for subjects related to your lesson.



2. Read the Value Experiences listed under that subject to find additional scriptures.



FAITH VALUE EXPERIENCES

Complete the following three Value Experiences. Have your parent or leader sign and date each experience after you finish.

1. Learn about faith from the scriptures and living prophets. Read Hebrews 11, Alma 32:17–42, Ether 12:6–22, and Joseph Smith—History 1:11–20. Read two general conference talks on faith. Exercise your own faith by establishing a habit of prayer in your life. Begin by saying your morning and evening prayers regularly. After three weeks of following this pattern, discuss with a parent or leader what you have learned about faith and daily personal prayer. In your journal express your feelings about faith and prayer.
2. Discover the principles of faith taught by the mothers of Helaman's stripling warriors. Read **Alma 56:45–48 and 57:21**. Review what "The Family: A Proclamation to the World" (see page ii) says about a mother's role. With a mother, grandmother, or leader, discuss the qualities a woman needs to teach children to have faith and to base their decisions on gospel truths. How can these principles help you in your life today and help you prepare to be a mother? Record your thoughts in your journal.
3. Living gospel principles requires faith. Choose a principle such as prayer, fasting, fasting, repentance, or

■ *For the Strength of Youth*

family home evenings, and family scripture reading. These traditions strengthen and unify families. Set a good example for other family members.

Strengthen your relationships with your brothers and sisters. They can become your closest friends. Support them in their interests and help them with problems they may be facing.

 **Ephesians 6:2–3**



31

- *True to the Faith*

Faith

The Apostle Paul taught that "faith is the assurance of things hoped for, the evidence of things not seen" (Hebrews 11:1; see footnote 2). Alma made a similar statement: "If ye have faith ye hope for things which are not seen, which are true" (Alma 32:21).

Faith is a principle of action and power. Whenever you work toward a worthy goal, you exercise faith. You show your hope for something that you cannot yet see.

Faith in the Lord Jesus Christ

In order for your faith to lead you to salvation, it must be centered in the Lord Jesus Christ (see Acts 4:10-12; Mosiah 3:17; Moroni 7:24-26; Articles of Faith 1:4). You can exercise faith in Christ when you have an assurance that He exists, a correct idea of His character, and a knowledge that you are striving to live according to His will.

Having faith in Jesus Christ means relying completely on Him—trusting in His infinite power, intelligence, and love. It includes believing His teachings. It means believing that even though you do not understand all things, He does. Remember that because He has experienced all your pains, afflictions, and infirmities, He knows how to help you rise above your daily difficulties (see Alma 7:11-12; D&C 122:8). He has "overcome the world" (John 16:33) and prepared the way for you to receive eternal life. He is always ready to help you as you remember His plea: "Look unto me in every thought, doubt not, fear not" (D&C 6:36).

Living by Faith

- *Hymns*

254 **True to the Faith**

Vigorously ♩ = 96-104

1. Shall the youth of Zi - on fal - ter In de - fend - ing
 2. While we know the pow'rs of dark - ness Seek to thwart the
 3. We will work out our sal - va - tion; We will cleave
 4. We will strive to be found wor - thy Of the King

1834-1900

1 Timothy 4:12
Alma 53:18-21

Using the Resource Guide and Sunday Lesson Helps

The Resource Guide is found in the May and November issues of the *Ensign* and *Liahona* magazines.

Aaronic Priesthood and Young Women Resource Guides

The following resources may be used to supplement, but not replace, lessons in *Aaronic Priesthood Manual 3* and *Young Women Manual 3*. In the references, *Duty to God* stands for the *Aaronic Priesthood: Fulfilling Our Duty to God* guidebooks. *Personal Progress* stands for the *Young Women*

Dallin H. Oaks, "Apostasy and Restoration," *Ensign*, May 1995, 84. Use the ideas about the current misunderstanding of the Godhead to supplement the lesson introduction.

"Joseph Smith's First Prayer," *Hymns*, no. 26.

Duty to God (Deacon), "Spiritual Development," no. 1.

Lesson 19: Heritage

Dallin H. Oaks, "Repentance and Change," *Liahona and Ensign*, Nov. 2003, 37. Use this article with Helaman 15:7-8.

Jeffrey R. Holland, "A Prayer for the Children," *Liahona and Ensign*, May 2003, 85. Supplement the discussion on what kind of ancestors we can be with the article section on what our children must know from us.

Lesson 20: Understanding a Missionary's Responsibilities

M. Russell Ballard, "The Greatest Generation of Missionaries," *Liahona and Ensign*, Nov. 2002, 46. Consider introducing the lesson with Mary

It lists general conference talks that can be used to update the lessons in the Young Women manuals.

Use quotes, scripture references, and stories from the general conference talks listed in the Resource Guide.

Repentance and Change
ELDER DALLIN H. OAKS
Of the Quorum of the Twelve Apostles
Repenting means giving up all family, ethnic, and national—commandments of God.

A Prayer for the Children
ELDER JEFFREY R. HOLLAND
Of the Quorum of the Twelve Apostles
As parents we can hold life together . . . with love and faith, passed on to the next generation, one child at a time.

of praying . . . he arose; . . . and . . . wept, . . . and he took their little children, one by one, and blessed them, and they were raised from the Father

Sunday Lesson Helps are found on the "What's in It for You?" page of the *New Era* magazine.

SUNDAY LESSON HELPS

In addition to the Resource Guides (printed in May and November in the *Ensign* and *Liahona*), Aaronic Priesthood teachers may find these additional resources helpful in enhancing lessons.

<p>Young Women Manual 3</p> <p>Lesson 19: Heritage Q&A: "... Does it really matter if you're related to pioneers?" <i>New Era</i>, July 1996, 16. Jeffrey R. Holland, "The Debt You Owe," <i>New Era</i>, July 2001, 8.</p> <p>Lesson 20: Preparing to Attend the Temple Howard W. Hunter, "Your Temple Recommend," <i>New Era</i>, Apr. 1995, 6.</p>	<p>Aaronic Priesthood Manual 1</p> <p>Lesson 16: Jesus Christ, the Son of God Boyd K. Packer, "The Brilliant Light of Christ," this issue, 4. Idea List: "Always Remember Christ," this issue, 4. Poster: "Now There Is Hope," this issue, 4.</p> <p>Lesson 17: The Holy Ghost F. Melvin Hammond, "A Remembrance of the Holy Ghost," this issue, 4.</p>
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It lists *New Era* articles that can be used to update Young Women lessons.

Use quotes, scripture references, and stories from the articles listed in Sunday Lesson Helps.

QUESTIONS AND ANSWERS

Some people almost seem to brag about how many generations of their family have belonged to the Church.

The DEBT You OWE

We are all blessed by the faithful lives of those who have gone before us.

A young man of Pitkin and...

building projects, had been set up with only \$20 cash. On the day Brother Cannon committed to building the freighters to prepare to leave California to get the glass. He had to pray that the enormous building project would be completed...

4: Prepare

What should I do to prepare spiritually?

“And the Spirit shall be given unto you by the prayer of faith.”

D&C 42:14

Why Is It Important to Prepare Spiritually?

“As teachers and parents of youth, we must live the gospel in such a way that we will have the Spirit to ever be with us. If we live worthily, the Spirit will always be with us. We can then teach by the Spirit. When we teach by the Spirit, youth will be able to feel it and to receive the Spirit. Hearts will be touched, and lives will be affected.”

Robert D. Hales

“Teaching by Faith,” *Ensign*, Sept. 2003, 20

“The Lord has a great work for each of us to do. You may wonder how this can be. You may feel that there is nothing special or superior about you or your ability. . . .

“The Lord can do remarkable miracles with a person of ordinary ability who is humble, faithful, and diligent in serving the Lord and seeks to improve himself. This is because God is the ultimate source of power.”

James E. Faust
“Acting for Ourselves and Not Being Acted Upon,”
Ensign, Nov. 1995, 47

“If we ourselves are continually seeking the light of His Only Begotten Son . . . if our hearts are right, if we are as clean as we can be, if we have prayed and wept and prepared and worried until we don't know what more we can do, God can say to us as He did to Alma and the sons of Mosiah: ‘Lift up thy head and rejoice. . . . I will give unto you success’ (Alma 8:15, 26:27).”

Jeffrey R. Holland
“A Teacher Come from God,” *Ensign*, May 1998, 26

“Every woman can be a gospel doctrine instructor in her home, and every sister in the Church needs gospel knowledge as a leader and teacher. If you have not already developed the habit of daily scripture study, start now and keep studying in order to be prepared for your responsibilities in this life and in the eternities.”

Julie B. Beck
First Counselor in the Young Women General Presidency
“My Soul Delighteth in the Scriptures,” *Ensign*, May 2004, 107–108

“But this is not all; they had given themselves to much prayer, and fasting; therefore they had the spirit of prophecy, and the spirit of revelation, and when they taught, they taught with power and authority of God.”

Alma 17:3

“Pray every day for help in your preparation. . . . Always keep in mind those you teach and the lesson you are preparing. [See also Moroni 7:48.]”

Teaching, No Greater Call (1999), 23

Questions to Guide Your Thinking

1. How are my prayers?
2. Do I need to fast for a particular purpose?
3. Do I need to mend a relationship?
4. Do I need to repent for something I have done so I can have the Holy Ghost with me?
5. How can the blessings of the temple help prepare me?

The Power of Spiritual Preparation

“To help young women grow spiritually, leaders should prepare themselves spiritually. As they draw close to the Lord through prayer, scripture study, and obedience to His commandments, they are better able to bring the Spirit of the Lord into their teaching of gospel principles and their association with young women.”

*Church Handbook of Instructions,
Book 2: Priesthood and Auxiliary Leaders (1998), 211*

“During youth activities, your example is your most powerful teaching tool. You teach young people through your actions, your casual conversation about others, your solution to problems, the language you use, and the way you extend yourself to others.”

Teaching, No Greater Call (1999), 121

“You are your own best tool. You Young Women leaders are one of the greatest tools in the lives of young women. Young women see you. Take care of your testimonies. Take care of your families, then do the best you can.”

Elaine S. Dalton
Second Counselor in the Young Women General Presidency
Counselor’s Workshop,
Young Women Open House,
Sept. 30, 2003

5: Engage

How will I engage the young women in the learning?

- What questions will I ask?

- What methods will I use?

- What personal experiences will I share?

“Wherefore, he that preacheth and he that receiveth, understand one another, and both are edified and rejoice together.”

D&C 50:22

“The methods you use to teach gospel truths will help develop learners' sensitivity toward sacred things.”

Teaching, No Greater Call, 91

Questions to Help Engage Young Women

- "What does that mean to you?"
- "How does this scripture [or story or principle] relate to your life?"
- "How can you apply this teaching in your home?"
- "How do you feel about it?"

Robert D. Hales
“Teaching by Faith,”
Ensign, Sept. 2003, 22

Teaching with Variety

“To help others want to learn, our teaching must be interesting. To help them understand, our teaching must be clear. To help them retain and ponder what they learn, our teaching must be memorable.”

Teaching, No Greater Call (1999), 88

“It is a wise teacher who knows how to ask questions. And then be patient. It will take the young person a little time to put the wheat and the chaff on the table before you. . . . This may require . . . some effort through wise questioning and some patience through careful listening. Listen attentively.”

Thomas S. Monson
“True Shepherds After the Way of the Lord,” (address delivered at the Church Educational System Conference, July 15, 1970)

What questions will I ask to get young women thinking about that which is important?
What questions can I ask to encourage young women to express their feelings? See
“Teaching with Questions” in *Teaching, No Greater Call*, pages 68–70.

“We are able to feel and learn very quickly through music . . . some spiritual things that
we would otherwise learn very slowly.”

Boyd K. Packer
“The Arts and the Spirit of the Lord,”
Ensign, Aug. 1976, 61

How can I involve everyone, including the most quiet member of the class? See
“Conducting Discussions” in *Teaching, No Greater Call*, pages 63–65.

Methods I Can Use

See "Methods of Teaching" in *Teaching, No Greater Call* (pages 158–184) for ideas on
over 50 various ways of teaching.

Methods include:

- Activity sheets
- Brainstorming
- Discussions
- Games
- Likening
- Music
- Object Lessons
- Pictures
- Questions
- Role Playing

This chart (found on page 90 of *Teaching, No Greater Call*) can help you determine if there is enough variety in your lessons.

METHODS I CAN USE	Lesson	Lesson	Lesson	Lesson	Lesson
Commonly Used Methods					
Chalkboard					
Comparisons and Object Lessons					
Discussions					
Examples					
Lectures					
Likening					
Music					
Questions					
Scriptures					
Stories					
Visuals					
Other Methods					
Activity Verses					
Application Techniques					
Attention Activities					
Audiovisual Materials					
Brainstorming					
Buzz Sessions					
Case Studies					
Demonstrations					
Dioramas					
Dramatizations					
Drawing Activities					
Flannel Boards					
Games					
Guest Speakers					
Maps					
Memorization					
Overhead Projectors					
Panel Discussions					
Paper Stand-Up Figures					
Pictures					
Readers' Theaters					
Role Playing					
Roller Boxes					
Special Reports					
Stations					
Work Sheets					

6: Do

What will my young women do as a result of this lesson?

“If you believe all these things see that ye do them.”

Mosiah 4:10

Getting Principles Inside Them

"Will you pray for guidance in how to have truth sink deeply into the minds and hearts of your [young women] so as to be used throughout life?"

Elder Richard G. Scott
“To Understand and Live Truth,”
CES Evening With a General Authority,
February 4, 2005

“Our aim must be for them to become truly converted to the restored gospel of Jesus Christ while they are young. . . . The words of God in pure doctrine go down deep into the heart by the power of the Holy Ghost.”

Henry B. Eyring
“We Must Raise Our Sights,” *Ensign*, Sept. 2004, 14–18

“Turning a knowledge of scriptures into righteous living should be the goal of every teacher in the Church. As you are teaching a beautiful principle of the gospel, . . . bear your fervent testimony of that great principle, and then ask,

- ‘Do you get it?’
- ‘Do you feel it?’
- ‘Do you love it?’
- ‘Are you willing to live it?’ ”

Elder F. Melvin Hammond
CES Faculty Satellite Broadcast, July 2003

What Young Women Can Do Now

To identify ideas for applying principles, ask yourself these questions:

1. What is one behavior a young woman could change this week as a result of this lesson?
2. What challenge or assignment could I give my class?
3. How could a young woman use a journal or scriptures to strengthen her knowledge of this principle?

Using *Personal Progress*

Do the young women understand that Personal Progress helps them live the principles they learn in Sunday lessons?

You as a leader could help them identify, or suggest Personal Progress Value Experiences or Projects that relate to the principle taught in the lesson.

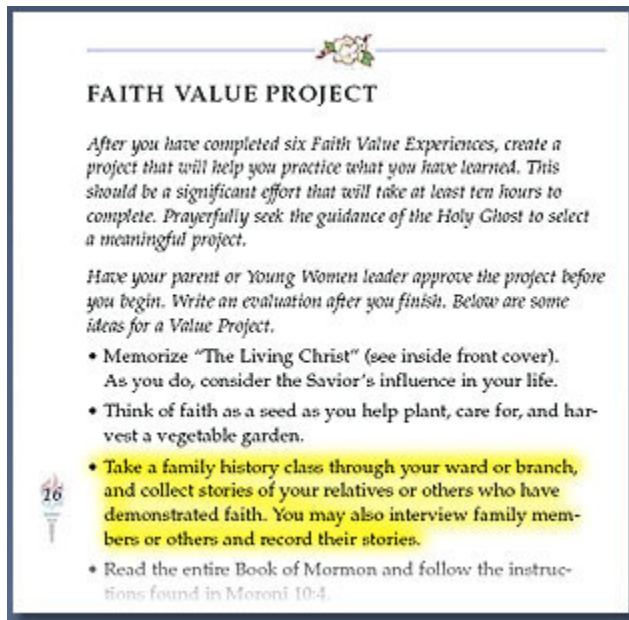
Let's see how to identify Personal Progress Value Experiences and Projects using lesson 19, "Heritage."

1. Check the Subject Index on page 65 of *Personal Progress* for topics related to the lessons.



2. Read the Value Experiences and Projects to determine those which relate to the lesson.

Also, help young women discover how to identify related experiences or projects.



Activity Ideas for Mutual or Family Home Evening

Young women could:

- Share stories of interviews with young women class or in family home evening.
- Share how characteristics of relatives can help her in the future.

Using *For the Strength of Youth*

Do the young women understand that *For The Strength of Youth* helps them live the principles they learn in Sunday lessons?

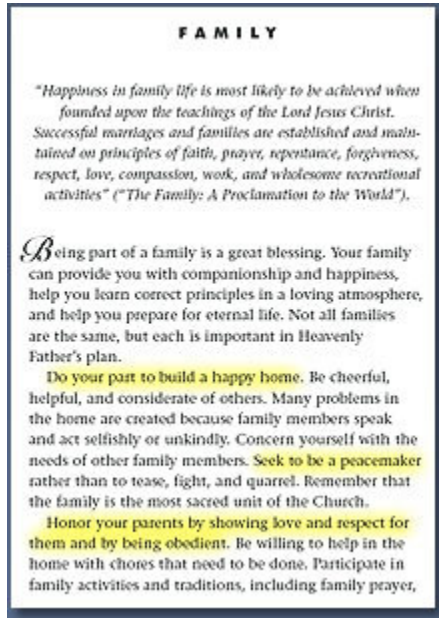
You as a leader could help them identify, or suggest *For The Strength of Youth* standards that relate to the principle taught in the lesson.

Let's see how to identify standards using lesson 19, "Heritage."

1. Check the Contents page in *For The Strength of Youth* for standards related to the lesson.

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2. Help young women identify what they can do as a result of this lesson.



Activity Ideas for Mutual or Family Home Evening

- Talk about communication skills. Role play conversations dealing with common family situations.
- Talk about how to be a peacemaker. You could invite a young woman and her brother to share "What does it mean to be a peacemaker?"
- Teach cooking skills or cleaning techniques. The young women could then give their mothers a rest by making dinner or cleaning the house.

7: Testify

What is my personal testimony of this principle that I can share?

And we talk of Christ, we rejoice in Christ, we preach of Christ, we prophesy of Christ, and we write according to our prophecies, that our children may know to what source they may look for a remission of their sins.”

2 Nephi 25:26

“Let us never make our faith difficult to detect.”

Jeffrey R. Holland
Ensign, May 1998, 25

We Must Testify That What We Teach Is True

“As you bear testimony of the principles you teach, the Holy Ghost can witness to each person of the truth of what you say.”

Teaching, No Greater Call (1999), 45

“It is this conviction, this quiet inward certainty of the reality of the living God, of the divinity of His Beloved Son, of the restoration of their work in this time . . . which become[s] for each of us the foundation of our faith. This becomes our testimony.”

Gordon B. Hinckley
“Testimony,” *Ensign*, May 1998, 71

“You need not go to [the Holy Land] to walk where Jesus walked. You need simply to walk through the door of your classroom, walk to the front of your class, and bear your testimony, as did Jesus of old, that God our Heavenly Father lives, that the gospel of Christ is a reality, that it has the answers for the problems which vex our young people.”

Thomas S. Monson
“True Shepherds After the Way of the Lord”
(address delivered at the Church Educational System Conference, July 15, 1970)

“Keep the fire of your testimony of the restored gospel and your witness of our Redeemer burning so brightly that our children can warm their hands by the fire of your faith.”

Boyd K. Packer
“The Golden Years,” *Ensign*, May 2003, 84

“A testimony is a witness or confirmation of eternal truth impressed upon individual hearts and souls through the Holy Ghost, whose primary ministry is to testify of truth, particularly as it relates to the Father and the Son. When one receives a testimony of truth through this divinely appointed process, it immediately begins to have impact on that person’s life.”

M. Russell Ballard
“Pure Testimony,” *Ensign*, Nov. 2004, 40

“I feel so loved by a wise and all-knowing Father in Heaven who has blessed us with prophets and apostles to guide this Church. I am so grateful for a personal assurance that we are his children. We are numbered to Him. He knows us by name. If our young women can know of His love, if they can be embedded in the truths of the gospel, they will not fear.”

Susan W. Tanner
Young Women General President
“Strengthen Home and Family,”
(Young Women Open House Address, April 2004), 7

Conclusion

Your young women will be “nourished by the good word of God” as you teach by the Spirit.



"Your sacred callings give you the divine right to inspiration. Confidently seek it. Wherever you live in the world, in the smallest branch or the largest ward, a struggling district or a fully organized stake, you have the right to be guided in fulfilling your inspired assignment to best meet the needs of those you serve" (Richard G. Scott, Worldwide Leadership Training Meeting, January 10, 2004, 8).