

**Mutual Activity Ideas**

- It might be fun and educational to try Book of Mormon charades. Choose teams and have each team act out the stories or characters in the Book of Mormon using the methods used in charades. To help the teams, write out a brief paragraph on the person or event that they can read after drawing a slip before their turns.
- Have a physical fitness activity. Plans could include assigning each Young Women class or quorum a part of the body and having them present two or three exercises that will improve that particular part. Have the classes teach the exercises to the whole group.

**Personal Progress Idea**

- You could help plan a family home evening for

keeping the Sabbath day holy. Talk with your family about how it has strengthened their faith in that Church principle. Use the experience to help complete Faith experience #3.

**Family Home Evening Idea**

- Create a list of activities to help your family keep the Sabbath holy. Gather past issues of Church magazines into one storage spot. Make extra copies of coloring or activity pages from the *Friend*. Make a list of people in your family or ward who need visits. Schedule a time to take a walk together as a family. Keep adding to your list of ideas to encourage Sabbath day observance.

# SUNDAY LESSON HELPS

In addition to the Resource Guides (printed in the May and November *Ensign*), Young Women and Aaronic Priesthood teachers may find these additional resources helpful in enhancing lessons 27–31.

**Young Women Manual 2**

**Lesson 27: Strengthening Testimony through Obedience**

Elder Mervyn B. Arnold, “Make Your Life a Legacy,” *New Era*, June 2007, 40.  
 Q&A (sin seems to be fun), *New Era*, Jan. 2007, 14.

**Lesson 28: Agency**

Poster: “Choose,” *New Era*, June 2007, 17.  
 Idea List: “Overcoming Temptation,” *New Era*, Jan. 2007, 23.

**Lesson 29: Exaltation**

“Charting the Plan,” *New Era*, July 2006, 33.  
 Alexa Justesen, “The Long Wait,” *New Era*, Apr. 2007, 32.  
 Elder Joseph B. Wirthlin, “What Is the Difference between Immortality and Eternal Life?” *New Era*, Nov. 2006, 8.

**Lesson 30: Strengthening Testimony through Service**

Carolyn J. LeDuc, “Where Are the Needy?” *New Era*, Apr. 2007, 8.  
 Mariama Kallon, “Learning to Hope,” *New Era*, Nov. 2006, 10.

**Lesson 31: The Law of the Land**

Jordan Muhlestein, “Serve It Forward,” *New Era*, Jan. 2007, 28.  
 Elder William R. Walker, “Can You Be Trusted?” *New Era*, Nov. 2006, 40.

**Aaronic Priesthood Manual 2**

**Lesson 27: The Lord’s Law of Health**

Riley M. Lorimer, “Take Care,” this issue, 34.  
 President Gordon B. Hinckley, “The Body Is Sacred,” *New Era*, Nov. 2006, 2.  
 Idea List: “A Healthier You,” *New Era*, Nov. 2006, 23.

**Lesson 28: The Sabbath**

Idea List: “Getting the Most out of Sacrament Meeting,” *New Era*, June 2007, 13.  
 Q&A (working on Sunday), *New Era*, June 2004, 16.

**Lesson 29: The Purpose of Life**

Elder Clate W. Mask Jr., “Spotless before the Lord,” *New Era*, July 2006, 42.  
 Elder W. Craig Zwick, “Ponder, Pray, Perform, Persevere,” *New Era*, May 2007, 40.

**Lesson 30: Charity**

Mariama Kallon, “Learning to Hope,” *New Era*, Nov. 2006, 10.  
 President Gordon B. Hinckley, “Forget Yourself and Serve,” *New Era*, July 2006, 2.

**Lesson 31: Forgiveness**

Q&A (coming back to church), *New Era*, June 2007, 14.  
 Nathan Richardson, “Road Rash and Repentance,” *New Era*, Apr. 2007, 34.