

Mutual Activity Idea

• Invite the bishop to come and explain what fast offerings are used for. You could watch the video *In the Service of Your God* about Humanitarian Services. Or read Bishop David H. Burton's talk "More Holiness Give Me" from general conference (*Ensign*, Nov. 2004, 98).

- Make copies of the *New Era* survey on page 48 of this issue. Make sure each person has a copy. Fill them out. Ask a leader to mail them to the *New Era*.

• Have a recently returned missionary bring a suitcase full of things he took and used on his mission. Have him explain each item, especially the unusual ones.



Personal Progress or Duty to God

• Create your own Church library of pictures, poems, and stories. Use the Church magazines and manuals. Photocopy or cut out *New Era* posters, illustrations, poems, and stories that are meaningful to you and could be used in family home evening lessons or in class lessons. You could also group items that deal with similar themes such as the Young Women values.

Family Home Evening Idea

• If you have younger brothers and sisters, use "recess" as a theme for a family home evening activity. Ask your parents to teach you some of the games they played as children. Teach them some of the games your siblings are playing now. Talk about staying physically fit and getting enough exercise.

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 23–26.

Young Women Manual 2

Lesson 23: Fasting Brings Blessings

Esther Hansen, "The Real Fast," *New Era*, May 2002, 11.
 Larry A. Hiller, "Fasting Is What?" *New Era*, Oct. 1989, 38.

Lesson 24: Revelation in Our Daily Lives

Harold B. Lee, "Your Right to Revelation," *New Era*, Mar. 2006, 18.
 Gerald N. Lund, "Is It Revelation?" *New Era*, July 2004, 44.

Lesson 25: The Law of Sacrifice

Alexandre Machado Vasconcelos, "Soccer or Mission?" this issue, 8.
 S. Michael Wilcox, "The Abrahamic Covenant," *Ensign*, Jan. 1998, 42.

Lesson 26: The Sacrament

D. Todd Christofferson, "A Sense of the Sacred," *New Era*, June 2006, 28.
 L. Tom Perry, "As Now We Take the Sacrament," *Ensign*, May 2006, 39.

Aaronic Priesthood Manual 2

Lesson 23: Practical Preparation for a Mission

The *New Era* March 2007 special issue on mission preparation.
 The *New Era* June 2000 special issue on serving a mission.

Lesson 24: The Blessings of Work

Sherrie Mackelprang, "What I Learned from Doing the Dishes," this issue, 22.
 Stephen B. Oveson, "Good Work," *New Era*, Jan. 2007, 36.

Lesson 25: Personal Purity through Self-Discipline

M. Russell Ballard, "Go for It!" *New Era*, Mar. 2004, 4.
 Jeffrey R. Holland, "Personal Purity," *New Era*, Feb. 2000, 4.

Lesson 26: Worthy Thoughts

To the Point (getting rid of inappropriate thoughts), *New Era*, Nov. 2005, 37.
 Q&A (dirty jokes stick with me), *New Era*, Nov. 1995, 16.
 Kenneth McKinney, "Rolling without Rock," *New Era*, Nov. 2004, 14.