

Mutual Activity Idea

• At the change of the seasons, different preparations need to be made by ward members around their homes. In the northern hemisphere, as temperatures are dropping, make sure elderly ward members have help in putting away hoses, annual flowers are removed from flowerbeds, and shrubs cut back. In the southern hemisphere, as temperatures rise, help those who need it to get their homes and yards ready for warm weather.

Make assignments and divide up the chores. Be sure to let everyone know you are coming and ask if they would like this type of service.



Personal Progress or Duty to God Idea

• Take some time to preserve a part of your own history. If you have some poetry you have written, artwork you have produced, or music you have composed, make copies (or take photos of your artwork) and collect them into one folder or box. This collection will become more interesting in the future.

Family Home Evening Idea

• Read together the story “Not So Fast!” on page 24. Talk about the reasons that we fast and what kinds of things we fast for.

SUNDAY LESSON HELPS

In addition to the Resource Guides (online at www.lds.org/gospellibrary, in the Shortcuts section), Young Women and Aaronic Priesthood teachers may find these resources helpful in enhancing lessons 38–42.

Young Women Manual 3

Lesson 38: Good Health Habits

- Riley M. Lorimer, “Take Care,” *New Era*, July 2007, 34.
- Shanna Ghaznavi, “Rising above the Blues,” *New Era*, Apr. 2002, 30.
- Janet Thomas, “Eating Disorders: A Deadly State of Mind,” *New Era*, Feb. 1993, 36.

Lesson 39: Recognizing Our Individual Worth

- Sarah Cutler, “I Am Important,” *New Era*, Apr. 2008, 24.
- Angela Hirschi, “My Big Feet,” *New Era*, Nov. 2006, 24.

Lesson 40: Loving Ourselves and Others

- Amanda Diane Tingen, “Sitting With Chris,” *New Era*, Apr. 2008, 42.
- Tricia Hardcastle, “Worth Loving,” *New Era*, Apr. 2004, 37.

Lesson 41: Being Dependable

- Michael Brodeur, “My Attitude Transplant,” this issue, 16.
- Annette Larsen Proulx, “I’m Impressed,” *New Era*, July 1998, 49.

Lesson 42: Preparing for Change

- John Bytheway, “Five Scriptures That Will Get You through Almost Anything,” this issue, 26.
- John H. Groberg, “Choose a Bright Future,” *New Era*, Sept. 2006, 38.

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Lesson 38: The Pure Love of Christ

- Kirk Faulkner, “Out of the Mouth of Blake,” *New Era*, Feb. 2004, 8.
- Paula T. Weed, “Getting It Right,” *New Era*, Feb. 1996, 26
- Gordon B. Hinckley, “Forget Yourself and Serve,” *New Era*, July 2006, 2.

Lesson 39: Feasting on the Words of Christ

- Lani Ricks, “One Hundred Questions,” *New Era*, Sept. 2000, 14.
- Jay E. Jensen, “Why We Ask People to Read the Book of Mormon,” *New Era*, Aug. 2005, 40.

Lesson 40: Doing Missionary Work

- Ryan Carr, “The First Latter-day Missionary,” *New Era*, Sept. 2004, 12.
- Alexandre Machado Vasconcelos, “Soccer or Mission?” *New Era*, June 2007, 18.

Lesson 41: Becoming More like Our Savior

- Quentin L. Cook, “Strengthen Faith as You Seek Knowledge,” this issue, 2.
- Charity Brunson, “Saving the Bees,” *New Era*, Nov. 2003, 10.

Lesson 42: Being Humble and Teachable

- What Joseph Taught: “Revelation and the Living Prophet,” this issue, 7.
- David Wall, “What I Learned as a Cowboy,” *New Era*, Mar. 2008, 30.