



DOCTRINAL TOPICS 2021

Come, Follow Me— For Aaronic Priesthood Quorums and Young Women Classes

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Using *Come, Follow Me*—For Aaronic Priesthood Quorums and Young Women Classes

What Are the Purposes of Our Quorum and Class Meetings?

The Lord has given you a sacred trust: He has called you to serve in an Aaronic Priesthood quorum presidency or Young Women class presidency. Part of your responsibility is to lead and conduct your quorum or class meetings on Sunday. To do this, it helps to understand why we have these meetings.

Aaronic Priesthood quorum and Young Women class meetings are different from Church classes like Sunday School or seminary. In quorum or class meetings, we do more than study a gospel topic. We learn about the work God has given us, and we organize the members of our quorum or class to do that work in our homes, in the Church, and in our community. We plan, for example, how we will fulfill our roles as part of the Lord’s youth battalion to help gather Israel. In these meetings, we don’t just talk about the work—we make plans to do it.



But this emphasis on the work doesn’t mean that we leave doctrinal discussions only for Sunday School. In fact, learning doctrine in quorum and Young Women meetings is essential—it helps us understand the reasons we do the work. As we study the gospel together, the truths we learn can change our hearts. We can receive promptings about ways to increase “in wisdom and stature, and in favour with God and man” (Luke 2:52). As we become more converted to Jesus Christ and His gospel, we will feel desires to help others along the covenant path, including our families, our friends, and our fellow quorum and class members.

Who Leads These Meetings?

God has called you as quorum and class presidencies and given you authority to lead. That is why each meeting of your quorum or class should be conducted by a member of your quorum or class presidency. Adult leaders should offer guidance and support, but they should not take over for you. See the section titled “Counsel Together” at the beginning of each outline in this resource for ideas to help you know how to lead a meeting and accomplish its true purposes. Use presidency meetings to plan how you will conduct these Sunday meetings.

Who Should Teach the Lesson?

Adult leaders, a member of the quorum or class presidency, or any other member of the quorum or class can teach the lessons. As the quorum or class presidency, consult with your adult leaders about who should be assigned to teach the lessons. Remember that your adult leaders have much to offer. Seek to learn from their experience and testimonies. There are also advantages to asking youth to teach—teaching can help deepen their conversion and build stronger relationships with other quorum or class members. So give them appropriate opportunities to teach all or part of a lesson, but keep in mind the needs and abilities of the people in your quorum or class. For example, adult leaders may teach more often in quorums or classes with younger youth or with youth who have less experience in teaching the gospel. When youth are invited to teach, a parent or an adult adviser should help them prepare as needed.

Those assigned to teach can use the section titled “Teach the Doctrine” in each outline in this resource to help them prepare. This section contains suggestions for teaching and discussing

the doctrine for that week, but teachers should not feel limited to these suggestions alone. As the Spirit directs, teachers can adapt these ideas or use their own to teach in a way that will best meet the needs of quorum or class members and help them understand the doctrine.

What Doctrinal Topics Will We Discuss in Our Meetings?

The topic of each week’s outline is a doctrinal principle that has been selected to align with the Doctrine and Covenants reading recommended for that week, found in *Come, Follow Me—For Individuals and Families*. In this way, doctrinal discussions in quorum and class meetings will support what youth are learning at home.

Even though outlines are to be taught on specific Sundays, you still have the option to discuss other doctrinal topics based on the needs of your quorum or class.

This resource includes outlines for every week when Aaronic Priesthood quorum meetings and Young Women classes are held. On occasion, you may need to skip a lesson because of stake conferences or other reasons.

What Is the Role of Our Adult Leaders?

Your adult leaders play an important role in Aaronic Priesthood quorums and Young Women classes. They will guide and advise you in your leadership callings. They will support and encourage you as you do the work of your quorum or class. They will teach you doctrine, and they will bless you through their example, experience, and testimony.



150w x 100h, by Jon McNaughton

JANUARY 10

Why Is the First Vision Important?

INTRODUCTION TO THE DOCTRINE AND COVENANTS; JOSEPH SMITH—HISTORY 1:1–26



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss:

- *Our quorum or class.* Who needs our help and prayers? What can we do to help them? Who should we invite to an upcoming activity?
- *Our duties or responsibilities.* What assignments have we fulfilled? What assignments do we need to make? How have we invited others to come unto Christ, and how can we invite others now?
- *Our lives.* What recent experiences have strengthened our testimonies? What is happening in our lives, and how can we support each other?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

Although it has been over 200 years since Joseph Smith first knelt to pray in the Sacred Grove, the answer he received profoundly affects our lives today. Ponder the blessings that have come into your life because the Father and the Son appeared to Joseph. Why is it important for those you teach to gain their own witness of the First Vision from

the Holy Ghost? How will you help them do this? It may be helpful for you to review the messages from the April 2020 general conference, which commemorated the 200th anniversary of this glorious vision.



Each young person can receive a personal testimony of the First Vision.

Learn Together

Because Joseph Smith was in his youth at the time of the First Vision, those you teach may be able to relate to his search for truth. Give quorum and class members a few moments to share their thoughts and impressions about Joseph Smith—History 1:1–26. The activities below can help them strengthen their testimonies that God the Father and Jesus Christ appeared to Joseph Smith.

- What gospel truths do we learn from Joseph Smith’s experience in the Sacred Grove? Quorum or class members could read Joseph’s account in Joseph Smith—History 1:7–20 and share truths they find. (For example, God hears and answers prayers; Satan and his power are real, but God’s power is greater; revelation has not ceased.) How have these truths blessed our lives?
- You could also ask quorum or class members to review messages about the First Vision from the April 2020 general conference (see *Ensign* or *Liahona*, May 2020). For example, they could review President Russell M. Nelson’s message “Hear Him” (*Ensign* or *Liahona*, May 2020, 88–92). Invite them to share what they find and their feelings about the First Vision.

- Each of the Presidents of the Church testified of the divine mission of the Prophet Joseph Smith. Quorum or class members might benefit from reading their testimonies in one of the *Teachings of Presidents of the Church* manuals. (Most of these manuals contain a chapter about the Prophet Joseph Smith. For a list of these chapters, see Gospel Topics, “First Vision,” topics.ChurchofJesusChrist.org.) A few days before class, you could invite members of your quorum or class to choose one of these Presidents and share a statement he made that they could use to teach someone about the First Vision.
- Consider inviting quorum or class members to study “The Restoration of the Gospel of Jesus Christ through Joseph Smith” in chapter 3 of *Preach My Gospel* ([2019], 36–38) and to practice teaching each other about the First Vision. You might challenge them to share Joseph Smith’s experience using some of his own words, found in Joseph Smith—History 1:16–17.
- Are those you teach aware that there are several accounts of the First Vision? Each of these accounts provides unique details that give a more complete understanding of what happened in the Sacred Grove. You might summarize the “Overview” section of the Gospel Topics essay “First Vision Accounts” (topics.ChurchofJesusChrist.org). Then you might ask those you teach to review the summaries of the four accounts found under “Accounts of the First Vision.” They could also read some of the actual accounts by using the links provided. What did they find that strengthens their testimony of the First Vision? You could watch the video “Ask of God: Joseph Smith’s First Vision” (ChurchofJesusChrist.org), which portrays the First Vision by using details from these accounts. Why is it good to have several accounts of the First Vision? How do these accounts help us better understand Heavenly Father and Jesus Christ?

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today's lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- Matthew 3:13–17; Acts 7:54–60; 3 Nephi 11:3–10 (God the Father and Jesus Christ manifest Themselves to people on earth)
- “What Do We Learn about the Nature of God from the First Vision?” from “Face to Face

with President Eyring and Elder Holland” (worldwide youth broadcast, Mar. 4, 2017), FacetoFace.ChurchofJesusChrist.org

Teaching in the Savior's Way

The Savior invited His followers to testify of the truthfulness of His teachings. As they did, the Spirit touched their hearts. How can you encourage those you teach to bear their testimonies? (See *Teaching in the Savior's Way* [2016], 11.)

See also “Prepare to Teach” (video, ChurchofJesusChrist.org).



JANUARY 24

How Can I Prepare Myself to Participate in the “Marvelous Work” of God?

DOCTRINE AND COVENANTS 3–5



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Atonic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss:

- *Our quorum or class.* What can we do to build unity among quorum or class members? What goals would we like to work on together?
- *Our duties or responsibilities.* What are we doing to share the gospel? What experiences have we had doing temple and family history work?
- *Our lives.* How have we seen the hand of the Lord in our lives? What has inspired us in our scripture study this week?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

When the early Saints first began to hear the message of the restored gospel, many wanted to know what they could do to help in the work. The Prophet Joseph Smith’s father, Joseph Smith Sr., was one of those who asked to know the Lord’s will for him. The Lord’s answer, found in Doctrine

and Covenants 4, has since inspired generations of people to serve with all their “heart, might, mind and strength” (verse 2). Whether serving a mission or serving in any calling or responsibility in the Church, the qualifications for service are the same: a desire to serve God coupled with faith, hope, charity, and love (see Doctrine and Covenants 4:2–6). How can you help quorum or class members strengthen their desire to serve the Lord and prepare for future opportunities to serve?

To prepare yourself to lead quorum or class members in this study, you could read and ponder one or more of the messages found in “Supporting Resources.”



Caring for those in need is part of the work of salvation.

Learn Together

Quorum or class members may have been inspired to serve the Lord more diligently by reading Doctrine and Covenants 3–5 this week. To encourage them to share their thoughts, you could invite them to imagine that they are applying for a job. What qualifications would they put on a résumé or talk about in a job interview? They could review Doctrine and Covenants 4 and identify the qualifications the Lord requires for those who want to participate in His work. Select one or more of the activities below to help those you teach consider what they can do to more fully participate in God’s “marvelous work” (Doctrine and Covenants 4:1).

- To help those you teach learn how they can participate in hastening the work of salvation,

write on the board the following definition of the work of salvation: *God invites all to come unto Christ and assist in His work by living the gospel of Jesus Christ, caring for those in need, inviting all to receive the gospel, and uniting families for eternity.* Invite quorum or class members to discuss how the attributes listed in Doctrine and Covenants 4 would help them do each part of the work of salvation. Divide the youth into groups, and let each group discuss ways they can develop these attributes. What can we do to make the work of salvation a more important part of our lives?

- Invite quorum or class members to review one of the messages found in “Supporting Resources,” looking for a quotation they could share about how to serve the Lord faithfully in Church callings, assignments, or other responsibilities. Ask them to share the quotation they chose and why they found it meaningful. How will they apply what they learned now and in the future?
- Some quorum or class members may be preparing to serve as missionaries. You might ask them to share how they are preparing to serve. To encourage them in their efforts, you might share the question that Elder David A. Bednar said he frequently receives: “What can I do to prepare most effectively to serve as a full-time missionary?” (“Becoming a Missionary,” *Ensign* or *Liahona*, Nov. 2005, 45). How would quorum or class members answer this question? What insights did Elder Bednar provide? You could invite one or more returned missionaries to share what they did to prepare for a mission and what they wish they had done.

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today’s lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- Matthew 28:19–20; Doctrine and Covenants 18:9–16; 50:13–14; 88:81 (We have a duty to share the gospel)
- Dieter F. Uchtdorf, “The Greatest among You,” *Ensign* or *Liahona*, May 2017, 78–81
- Carl B. Cook, “Serve,” *Ensign* or *Liahona*, Nov. 2016, 110–12
- “Preparing to Serve,” ChurchofJesusChrist.org/topics/missionary-preparation

Teaching in the Savior’s Way

The Savior invited His disciples to testify, and as they did, the Spirit touched their hearts. As you teach about obedience, for example, invite quorum or class members to share their testimonies of the importance of keeping the commandments. (See *Teaching in the Savior’s Way* [2016], 11, 32.)



Upon You My Fellow Servants, by Linda Curfey Christensen and Michael T. Malm

FEBRUARY 14

What Is the Priesthood?

DOCTRINE AND COVENANTS 12–13; JOSEPH SMITH—HISTORY 1:66–75



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss:

- *Our quorum or class.* What activities have we had recently? Were they successful? What went well, and how can we improve them?
- *Our duties or responsibilities.* Who needs our service? How can we help them?
- *Our lives.* What goals are we working on individually? What experiences can we share? What blessings have we received?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

As you read about the restoration of the Aaronic Priesthood in Doctrine and Covenants 13, try to read through the eyes of those you teach. Do they understand the power of the priesthood in their lives? How have priesthood ordinances such as baptism and the sacrament helped you receive the Savior's power? Think about experiences

you could share. To prepare yourself to teach about the priesthood, consider studying the scriptures suggested in this week's outline in *Come, Follow Me—For Individuals and Families* and “Priesthood” in Guide to the Scriptures (scriptures.ChurchofJesusChrist.org).



The scriptures help us understand how the priesthood blesses our lives.

Learn Together

To begin a discussion about the priesthood, you might invite quorum or class members to share what they know about the restoration of the Aaronic Priesthood, including what they read this week in Doctrine and Covenants 13 and Joseph Smith—History 1:66–75. You could also show a picture depicting the restoration of the Aaronic Priesthood (such as *Gospel Art Book* [2009], no. 93) and invite quorum or class members to share what they know about this event. Why are we grateful that the priesthood was restored? The following activities can help those you teach better understand what the priesthood is and how we are blessed by it.

- How would quorum or class members explain what the priesthood is to someone who has never heard of it before? To help them, you could list on the board some questions people might have about the priesthood, such as *What is the priesthood? How does someone receive the priesthood? How should a priesthood holder act? What do priesthood holders do?* Invite those you teach to

search for answers using the scriptures and other resources found in “Supporting Resources” and write their answers on the board. You might ask them to share the blessings that have come into their lives because of the priesthood. You could also show and discuss the video “How the Priesthood Works” (ChurchofJesusChrist.org; see also Dale G. Renlund, “The Priesthood and the Savior’s Atoning Power,” *Ensign* or *Liahona*, Nov. 2017, 64–67).

- If you teach Aaronic Priesthood holders, they could benefit from reviewing Brother Douglas D. Holmes’s message “What Every Aaronic Priesthood Holder Needs to Understand” (*Ensign* or *Liahona*, May 2018, 50–53). You could assign each quorum member to review the first several paragraphs of the message or one of the other four sections. Invite each person to look for something that he feels every Aaronic Priesthood holder needs to understand. Give him a chance to share what he learned and to explain why he chose that teaching.
- If you teach young women, you could share President Russell M. Nelson’s message “Spiritual Treasures,” which was addressed to them (*Ensign* or *Liahona*, Nov. 2019, 76–79). You could ask class members to search his message looking for something they can do to more fully “draw the Savior’s power” into their lives (page 77). What did President Nelson teach about how we can access priesthood power? How can priesthood power bless us? Encourage the young women to consider how they will act on this invitation from President Nelson: “I entreat you to study prayerfully *all* the truths you can find about priesthood power” (page 79).

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today’s lesson relate to personal goals they have made? If they

would like, quorum or class members could share their ideas.

Supporting Resources

- Doctrine and Covenants 84:17–22; 107:1–5 (Priesthood is God’s power and authority)
- Hebrews 5:4; Articles of Faith 1:5 (Priesthood holders are called of God and ordained by one in authority)
- Doctrine and Covenants 121:34–46 (The power and authority of the priesthood operate only on principles of righteousness)
- Matthew 3:1–6; 28:16–19; John 15:16; Doctrine and Covenants 12:3–4 (Worthy men and women preach the gospel)
- Acts 3:1–8; James 5:14–15 (Priesthood holders give blessings to heal the sick and afflicted)
- 3 Nephi 11:21–22; 18:1–5; Doctrine and Covenants 107:20 (Priesthood holders administer ordinances)
- Doctrine and Covenants 65:2; 107:18–21 (Priesthood holders help govern the Church)
- “Aaronic Priesthood,” “Melchizedek Priesthood,” “Priesthood,” in *True to the Faith* (2004), 3–4, 101–2, 124–28

Teaching in the Savior’s Way

The Savior taught His disciples to turn to the scriptures for answers to questions and to receive spiritual strength. How can you encourage those you teach to turn to the scriptures to find answers to their questions and challenges? (See *Teaching in the Savior’s Way* [2016], 30.)



FEBRUARY 28

What Does It Mean to Repent?

DOCTRINE AND COVENANTS 18–19



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss:

- *Our quorum or class.* Who is new to our ward, and how can we help them feel welcome? What are we doing to make our time in quorum or class meetings meaningful?
- *Our duties or responsibilities.* What are some duties and responsibilities we have as young men or young women? How can we better fulfill them?
- *Our lives.* What are we doing to become more like Jesus Christ and receive His power in our lives? What are we doing to help our families come unto Him?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

It is hard to read Doctrine and Covenants 19:16–19 and not feel the Savior’s love for us. In these verses, He described the suffering He experienced as He atoned for our sins and revealed *why* He was willing to suffer so greatly—“that [we] might not suffer if [we] would repent.” Repentance is a blessing made possible by the Savior. It is a constant, daily effort to turn away from sin and turn to God.

It is part of Heavenly Father’s plan to help us return to Him. Understanding how to repent can help us be cleansed of our sins, change our hearts and minds, and draw closer to God.

How has repentance helped you come closer to Heavenly Father? How can you help those you teach desire to repent? How can you help them see that repentance is a daily effort and not just reserved for serious sins? As you prepare to teach, consider studying President Russell M. Nelson’s message “We Can Do Better and Be Better” (*Ensign* or *Liahona*, May 2019, 67–69).



Christ in Gethsemane, by Harry Anderson

Learn Together

All prophets since the beginning have called upon people to repent. However, perhaps no invitation to repent is as poignant as the Savior’s found in Doctrine and Covenants 19:15–19, which the youth may have read this week. You might ask them what they learn about the Savior from these verses. What do these verses say about the importance of repentance in the Lord’s eyes? The following ideas can help those you teach see repentance as a daily blessing in their lives.

- To help quorum or class members understand how repentance blesses their lives, you could begin by asking these questions: How do I know if my efforts to repent are working? How will the Savior help me change? In addition to forgiveness of sin, what other blessings come

from repentance? Invite class members to read one or more of the scriptures in “Supporting Resources,” looking for answers to the questions. What did they find? As part of this discussion, you could show the video “Repentance: A Joyful Choice” (ChurchofJesusChrist.org).

- Many young people misunderstand what it means to repent. They may dread repentance or think it applies only to serious sins. To help correct this misunderstanding, you could invite quorum or class members to study part of President Russell M. Nelson’s message “We Can Do Better and Be Better” (*Ensign* or *Liahona*, May 2019, 67–69), looking for phrases that help them understand what it means to repent. What did they find that helped them think about repentance in a new way? What blessings did President Nelson promise to those who repent?
- How can you help those you teach understand why and how we repent? President Dallin H. Oaks’s message “Cleansed by Repentance” (*Ensign* or *Liahona*, May 2019, 91–94) could help. You could divide the quorum or class into four groups and assign each group to read one of the four sections of President Oaks’s talk. Each group could then present a summary of what they read to the other groups, along with any scriptures from the message that support what they learned. You could conclude by asking quorum or class members to share their testimonies of the importance of repentance in God’s plan.

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today’s lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- 2 Nephi 31:13; Enos 1:5–9; Mosiah 4:9–12; 27:23–26, 35; Alma 19:33; 36:18–21, 24; 37:9; Helaman 15:7–8; Moroni 6:8; Doctrine and Covenants 58:42–43; 64:9–10 (Scriptures about repentance)
- Doctrine and Covenants 18:10–16 (Repentance brings joy)
- “Repentance,” in *For the Strength of Youth* (2011), 28–29
- “Repentance through the Atonement of Jesus Christ,” in chapter 3 of *Preach My Gospel* (2019), 62–63
- “Repentance Is a Blessing to All of Us,” “Atonement—Not a One-Time Thing” (videos), ChurchofJesusChrist.org

Teaching in the Savior’s Way

The Savior invited others to act in faith and live the truths He taught. What can you do to help those you teach see the power of daily repentance? (See *Teaching in the Savior’s Way* [2016], 31, 35.)



MARCH 14

How Do the Divine Roles of Men and Women Complement Each Other?

DOCTRINE AND COVENANTS 23–26



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Atonic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss:

- *Our quorum or class.* Who needs our help and prayers? What can we do to help them? Who should we invite to an upcoming activity?
- *Our duties or responsibilities.* What assignments have we fulfilled? What assignments do we need to make? How have we invited others to come unto Christ, and how can we invite others now?
- *Our lives.* What recent experiences have strengthened our testimonies? What is happening in our lives, and how can we support each other?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

Heavenly Father gave men and women equally vital roles to fulfill in His plan. These roles complement each other. To help men and women fulfill these roles, He gave them unique gifts and abilities. Quorum or class members may have studied Doctrine and Covenants 25 this week. In this revelation, the Lord gave counsel to Emma

Smith about her important work in the Restoration of the gospel and explained how Joseph and Emma could support one another. What examples have you seen of men and women working together in complementary ways to do the work of the Lord? How can you inspire the young men or young women you teach to understand their divine roles and work together to build God’s kingdom?

As you prepare to teach, consider reviewing “The Family: A Proclamation to the World” (ChurchofJesusChrist.org) and President Linda K. Burton’s message “We’ll Ascend Together” (*Ensign* or *Liahona*, May 2015, 29–32).



Young men and young women can learn to work together in building God’s kingdom.

Learn Together

To begin a discussion about how men and women work together in God’s kingdom, consider inviting quorum or class members to review Doctrine and Covenants 25. What did the Lord say about the responsibilities that Emma and Joseph had toward each other? What can we learn from section 25 about how husbands and wives should work together? You might give those you teach some paper to write what they find and have them share their thoughts. Then choose from the following activities to help them better understand how God expects His sons and daughters to work together.

- Can you think of an example to help quorum or class members understand what “complementary” means? For instance, they

could talk about complementary colors or discuss how different voices in a choir make the music more beautiful. How do the divine roles of men and women complement each other? As a quorum or class, read together the first two paragraphs of the section titled “Lifting and Helping in Our Complementary Roles” from President Linda K. Burton’s message “We’ll Ascend Together” (*Ensign* or *Liahona*, May 2015, 30). Or you could invite a married couple to visit your quorum or class and talk about how they have helped each other fulfill their roles and how the Lord has helped them. What do we learn, from President Burton’s message or the couple, about how men and women support one another in families?

- The scriptures listed in “Supporting Resources” can help quorum or class members learn more about the responsibilities of men and women in families. You could assign each quorum or class member to read one of these scripture passages. Invite them to share their verses and talk about the responsibilities described. What do these scriptures teach about the responsibilities of parents? How can husbands and wives help each other in fulfilling these divine responsibilities? How can the Savior help them be successful? How can children help them?
- To help your quorum or class understand how men and women can complement each other as equal partners, write the following headings on the board: *Father’s Responsibilities* and *Mother’s Responsibilities*. Ask quorum or class members to search the seventh paragraph of “The Family: A Proclamation to the World” and write what they find under the appropriate heading. What do we learn about the divine roles of fathers and mothers? What does it mean that fathers and mothers are to help each other “as equal partners” in fulfilling these responsibilities? What examples can we share from our lives that show fathers and mothers fulfilling their roles and helping one another as equal partners?

You might also discuss ways young people can prepare now for these future roles.

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today's lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- Proverbs 22:6; Doctrine and Covenants 68:25–28; 121:41–43 (Responsibilities of parents)

- Ephesians 5:25; Moses 3:21–24; 5:1–12 (Husbands and wives work together as equal partners)
- Jean B. Bingham, “United in Accomplishing God’s Work,” *Ensign* or *Liahona*, May 2020, 60–63
- “The Women in Our Lives,” “Let Us Be Men” (videos), ChurchofJesusChrist.org

Teaching in the Savior’s Way

The Savior prepared those He taught and gave them important responsibilities. How might you prepare those you teach to work together as sons and daughters of God? (See *Teaching in the Savior’s Way* [2016], 27–28.)



Christ in Gethsemane, by Heinrich Hofmann

MARCH 28

Why Do I Need the Atonement of Jesus Christ?

DOCTRINE AND COVENANTS 29



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss:

- *Our quorum or class.* What can we do to build unity among quorum or class members? What goals would we like to work on together?
- *Our duties or responsibilities.* What are we doing to share the gospel? What experiences have we had doing temple and family history work?
- *Our lives.* How have we seen the hand of the Lord in our lives? What has inspired us in our scripture study this week?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

President Ezra Taft Benson taught: “Just as a man does not really desire food until he is hungry, so he does not desire the salvation of Christ until he knows why he needs Christ. No one adequately and properly knows why he needs Christ until he understands and accepts the doctrine of the Fall and its effect on all mankind” (“The Book of Mormon and the

Doctrine and Covenants,” *Ensign*, May 1987, 85). As you studied Doctrine and Covenants 29 this week, you may have noticed the Savior’s description of the Fall and how we are redeemed from it. How did you gain a testimony of Jesus Christ and of His role as your Savior and Redeemer? Think about how strengthening quorum or class members’ testimonies of Him will change them. As you prepare, consider studying “Agency and the Fall of Adam and Eve,” “The Atonement of Jesus Christ,” and “The Divine Mission of Jesus Christ” in chapter 3 of *Preach My Gospel* ([2019], 49–52, 60–61).



Because the Savior redeemed us from the Fall, we can find joy.

Learn Together

To introduce today’s discussion, you could invite those you teach to list on the board anything they know about the Fall of Adam and Eve. For instance, what do they learn about the Fall from Doctrine and Covenants 29:36–50? What evidence of the Fall do we see around us? The activities below will help your quorum or class discover how the Atonement of Jesus Christ helps us overcome the effects of the Fall.

- To better understand the Fall of Adam and Eve, quorum or class members could read “Fall” in *True to the Faith* (56–59) or “Agency and the Fall of Adam and Eve” in chapter 3 of *Preach My Gospel* (49–50). Invite them to imagine that a friend asks them, “Why do I need Jesus Christ?” Invite

them to teach each other in pairs how they would answer that question based on what they learned from their reading.

- How can you help quorum or class members learn from the scriptures why they need the Atonement of Jesus Christ? One way is to write some of the scripture references from “Supporting Resources” on the board and then write the summary statements for those references on strips of paper. Give each quorum or class member one of the paper strips. Invite them to read the scripture references written on the board and find one that matches their summary statement. (Some of the statements refer to more than one scripture.) Invite each quorum or class member to read aloud the scripture passage that matches their statement and share what they learned about why we need the Savior’s Atonement.
- Invite quorum or class members to privately answer questions like the following: How am I blessed through the Atonement of Jesus Christ? What would the Savior have me change so that I can more fully experience the blessings of His Atonement? Then ask them to discuss the first question together. They could review “The Atonement of Jesus Christ” and “The Divine Mission of Jesus Christ” in chapter 3 of *Preach My Gospel* (51–52, 60–61) and one or more of the videos in “Supporting Resources.” Invite them to share what they learned.

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today’s lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- Doctrine and Covenants 19:16–19 (Jesus Christ paid the price for our sins so that we would not suffer if we repent)
- 2 Nephi 9:6–16; Alma 42:6–9 (Jesus Christ saves us from death and hell)
- 2 Nephi 2:5–10; Helaman 14:15–17 (Only through Jesus Christ can we return to God)
- Mosiah 3:7; Alma 7:11–13 (Because Christ took upon Himself our afflictions and sins, He knows how to help us)
- Moses 5:10–12 (Because the Savior redeemed us from the Fall, we can find joy)
- Walter F. González, “The Savior’s Touch,” *Ensign* or *Liahona*, Nov. 2019, 90–92
- “Where Justice, Love, and Mercy Meet,” “Why We Need a Savior,” “The Atonement Enables Us” (videos), ChurchofJesusChrist.org

Teaching in the Savior’s Way

The Savior prayed for His disciples and continually served them. He found opportunities to be with them and express His love. What opportunities do you have to do the same with those you teach? (See *Teaching in the Savior’s Way* [2016], 6.)



APRIL 11

How Can I Invite All to Come unto Christ?

DOCTRINE AND COVENANTS 30-36



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then, in addition to counseling about specific quorum or class business, you may want to discuss impressions and themes from general conference. The following questions may help.

- What themes or messages stood out to us?
- What did we feel prompted to do because of what we learned or felt?
- What do we need to do as a quorum or class to act on counsel we heard in general conference?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

Just months after the restored Church was organized on April 6, 1830, in Fayette, New York, the Lord began calling missionaries to gather the “elect from the four quarters of the earth” (Doctrine and Covenants 33:6). What started as the efforts of a handful of new converts in a limited geographical area has grown into an army of missionaries proclaiming the gospel throughout the world. But missionary work isn’t limited to those

servicing full-time missions. The Lord wants each of us to invite those around us to come unto Him.

What experiences have you had with inviting others to learn about the Savior’s gospel? What can you do to inspire quorum or class members to fulfill their duty to bring souls to Jesus Christ? As you prepare to teach, consider reviewing “What Is My Purpose as a Missionary?” in *Preach My Gospel* ([2019], 1–16) and Elder Dieter F. Uchtdorf’s message “Missionary Work: Sharing What Is in Your Heart” (*Ensign* or *Liahona*, May 2019, 15–18).



By inviting our friends to attend Church meetings or activities, we help them learn of Christ.

Learn Together

Doctrine and Covenants 30–36 mentions the names of several people who were called on missions in the early days of the Church. A few days before your meeting, you could give each quorum or class member one of these names (see the headings to sections 30–36) and invite him or her to learn what counsel the Lord gave to help that person share the gospel. How can we apply that counsel to ourselves? The ideas below can further inspire those you teach to invite those around them to come unto Christ.

- Do those you teach understand what it means to come unto Christ? You could ask them to share their thoughts. If it would be helpful, you could share this explanation: “To come to the Savior, people must have faith in Him unto repentance—making the necessary changes to

bring their life into agreement with His teaching” (*Preach My Gospel*, 2). Quorum or class members could also read scriptures that include phrases like “come unto me” or “come unto Christ” to help answer this question—for example, Matthew 11:28–30; Omni 1:26; Moroni 10:32; Doctrine and Covenants 20:59. Why do we want people to come unto Christ? What are some simple things we can do to help them? Quorum or class members could make plans to invite someone they know to come closer to Christ.

- Learning about how others have shared the gospel is a great way to inspire those you teach. You could show one or more of the videos found under “Supporting Resources” or invite quorum or class members to read the counsel and examples found in Sister Cristina B. Franco’s message “Finding Joy in Sharing the Gospel” (*Ensign* or *Liahona*, Nov. 2019, 83–86). What do we learn from these examples? Discuss together what your quorum or class could do to invite others to come unto Christ.
- When it comes to sharing the gospel, Elder Dieter F. Uchtdorf said that some of us may “feel uncertain about how to do it. Or we might feel timid about going outside our comfort zone” (“Missionary Work: Sharing What Is in Your Heart,” *Ensign* or *Liahona*, May 2019, 16). If quorum or class members feel this way, the five simple suggestions Elder Uchtdorf gave in his message could help them. You could invite each class member to read about one of his suggestions and share what they learned.

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today’s lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- 1 Timothy 4:12 (Be an example of the believers)
- Alma 17:2–4 (The sons of Mosiah prepared themselves to share the gospel)
- Doctrine and Covenants 42:6–7 (Preach the gospel by the power of the Spirit)
- Russell M. Nelson and Wendy W. Nelson, “Hope of Israel” (worldwide youth devotional, June 3, 2018), supplement to the *New Era* and *Ensign*, ChurchofJesusChrist.org
- “Inviting All to Come unto Christ: Sharing the Gospel,” “Inviting Others to ‘Come and See,’” “Inviting Others to ‘Come and Help,’”

“Inviting Others to ‘Come and Stay’” (videos), ChurchofJesusChrist.org

Teaching in the Savior’s Way

The Savior invited others to testify of truths so the Spirit could touch their hearts. “Whom say ye that I am?” He asked. As Peter responded, his testimony was strengthened: “Thou art the Christ, the Son of the living God” (Matthew 16:15–16). How can sharing the gospel strengthen the testimonies of quorum or class members?



Jesus Washing the Apostles' Feet by Del Parson

APRIL 25

How Can I Be More Christlike in My Service to Others?

DOCTRINE AND COVENANTS 41–44



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss:

- *Our quorum or class.* Who is new to our ward, and how can we help them feel welcome? What are we doing to make our time in quorum or class meetings meaningful?
- *Our duties or responsibilities.* What are some duties and responsibilities we have as young men or young women? How can we better fulfill them?
- *Our lives.* What are we doing to become more like Jesus Christ and receive His power in our lives?

What are we doing to help our families come unto Him?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

When the Lord commanded the Saints to gather in Kirtland, Ohio, many people faithfully left their homes and traveled there. But this move wasn't just about living in a new place—it was also about living

in a new way. Quorum or class members may have studied Doctrine and Covenants 41–44 this week and learned about the Saints’ move to Kirtland and the law that the Lord revealed to them there. Among other things, the Lord expected the Saints to become unified as they loved and served one another (see Doctrine and Covenants 42:30–31, 38–39, 45; 44:6). What experiences could you share that would help your quorum or class feel the importance of Christlike service?

To help you prepare to teach about Christlike service, you could review “Service” in *For the Strength of Youth* ([2011], 32–33) and President Russell M. Nelson’s message “The Second Great Commandment” (*Ensign* or *Liahona*, Nov 2019, 96–100).



We can serve others as the Savior did.

Learn Together

To begin a discussion about Christlike service, you might write on the board “*Live together in love*” (Doctrine and Covenants 42:45). Invite your quorum or class to read Doctrine and Covenants 42:30–31, 38–39, 45; 44:6 and list ways the Lord wanted the Saints to serve one another. What opportunities do we have, both within our homes and outside of them, to serve those who are in need physically, emotionally, or spiritually? Choose from the ideas below to inspire your quorum or class to give Christlike service to others.

- To help quorum or class members learn from the Savior’s example of service, you could assign each person to read a scripture passage about the Savior serving someone (see “Supporting Resources”). Each person could summarize the scripture passage and explain what the Savior did to serve others. What do these examples teach about what it means to serve as the Savior did? What is the difference between serving in the Savior’s way and other ways of serving? Quorum or class members could share experiences when they have tried to serve as the Savior did or when others have served them in this way.
- It might be helpful for your quorum or class to review what the Savior and His prophets have taught about service. Here are a few scripture passages they could read together: Matthew 25:31–46; Luke 10:25–37; John 13:34–35; James 1:27; Mosiah 2:17; 18:8–10. Encourage them to write down what they learn about serving others and share thoughts and experiences related to what they have learned. Then they could plan ways to give Christlike service. (They could get ideas from watching one or more of the videos in “Supporting Resources” or visiting JustServe.org.)
- To help quorum or class members in their efforts to minister to others, consider reviewing together President Bonnie H. Cordon’s message “Becoming a Shepherd” (*Ensign* or *Liahona*, Nov. 2018, 74–76). You could begin by showing some pictures of the Savior serving (President Cordon showed some during her message). What do these pictures teach about how we can minister in Christlike ways? Then consider inviting quorum or class members to read in pairs one of the sections of the message and share what they learned about how to serve like the Savior. They could also share what they are learning about Christlike service as they minister to others.

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today's lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- Matthew 14:13–21; John 9:1–11; 13:4–5, 12–17; 1 Nephi 11:31; 3 Nephi 17:5–10 (Examples of Jesus Christ serving others)
- Joy D. Jones, “For Him,” *Ensign* or *Liahona*, Nov. 2018, 50–52
- “If We Forget Ourselves,” “Teachings of Thomas S. Monson: Rescuing Those in Need,” “Youth in Action,” “Opportunities to Do Good” (videos), ChurchofJesusChrist.org

Teaching in the Savior's Way

During His earthly ministry, Jesus Christ spent His time serving and helping those around Him. True disciples of Christ do likewise (see John 13:35). Look for opportunities to invite quorum or class members to share how they have served others and what inspired them to give service. (See *Teaching in the Savior's Way* [2016], 4–5.)



MAY 9

How Can the Holy Ghost Bless Me Every Day?

DOCTRINE AND COVENANTS 46–48



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss:

- *Our quorum or class.* Who needs our help and prayers? What can we do to help them? Who should we invite to an upcoming activity?
- *Our duties or responsibilities.* What assignments have we fulfilled? What assignments do we need to make? How have we invited others to come unto Christ, and how can we invite others now?
- *Our lives.* What recent experiences have strengthened our testimonies? What is happening in our lives, and how can we support each other?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

Many early members of the restored Church had read about the spiritual manifestations of the Holy Ghost in the scriptures (see Acts 2:1–4; 13:52; 1 Corinthians 12:4–11; 3 Nephi 19). As quorum or class members studied Doctrine and Covenants 46–48 this week, they may have learned that the Lord was eager to teach these Saints about the

blessings the Holy Ghost could bring into their lives. What experiences have taught you how the Holy Ghost blesses you? How can the Holy Ghost help those you teach in all aspects of their lives?

To help you prepare to inspire your quorum or class to seek the influence of the Holy Ghost, you might review “Roles of the Holy Ghost” in *True to the Faith* ([2004], 82) and Elder Gary E. Stevenson’s message “How Does the Holy Ghost Help You?” (*Ensign* or *Liahona*, May 2017, 117–20).



The Holy Ghost can help us understand and teach the truths of the gospel.

Learn Together

The scriptures give many examples of spiritual gifts. How can you help build quorum or class members’ faith that these gifts can be manifest in our lives today? You could begin by inviting them to write on the board a spiritual gift described in Doctrine and Covenants 46:7–33 and to discuss how they have seen it manifested in their lives or the life of someone they know.

In addition to the gifts of the Spirit, the Holy Ghost blesses us in many other ways. You can use one or more of the activities below to help quorum or class members better understand this.

- Sometimes we think we need the Holy Ghost only for important decisions or events in our lives. How can you help those you teach recognize how

much more the Holy Ghost can do for them?

You could divide the quorum or class into small groups and ask each group to read one or more of the scriptures from “Supporting Resources.” One person from each group could share what they learned. Then invite each quorum or class member to make a list of ways the Holy Ghost can bless their daily lives. As they share their lists, they could talk about what they can do to have the Holy Ghost with them throughout each day.

- Another way to help those you teach understand how the Holy Ghost can help them is to write the following questions on the board: *What do we know about the Holy Ghost? How can the Holy Ghost help us?* Then quorum or class members could search for answers in Elder Gary E. Stevenson’s message “How Does the Holy Ghost Help You?” (*Ensign* or *Liahona*, Nov. 2017, 117–20). They could also find answers by reviewing “Roles of the Holy Ghost” in *True to the Faith* (page 82). As appropriate, share experiences you have had with the Holy Ghost, and invite the youth to share experiences they have had.
- Quorum or class members could read “Personal Revelation” or “Learn to Recognize the Promptings of the Spirit” in chapter 4 of *Preach My Gospel* ([2019], 95–96, 102–3). Then they could pretend they are missionaries teaching someone who has never heard how the Holy Ghost can bless our lives. What would they say to them?

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today’s lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- John 14:16–27 (The Comforter can teach us and bring all things to our remembrance)
- John 15:26; Doctrine and Covenants 42:17; Moses 1:24 (The Holy Ghost bears record of the Father and the Son)
- Romans 8:16 (The Spirit bears witness that we are children of God)
- 2 Nephi 32:5; Doctrine and Covenants 18:18 (The Holy Ghost will show us what we should do)
- 3 Nephi 27:20 (The Holy Ghost sanctifies us)
- Moroni 8:26 (The Holy Ghost fills us with hope and love)
- Moroni 10:5 (The Holy Ghost teaches us the truth)

Teaching in the Savior's Way

The Savior shared simple stories, parables, and real-life examples to teach in a way that made sense to His disciples. What personal experiences can you share with the youth to help them understand the roles of the Holy Ghost and feel a desire to seek such experiences? (See *Teaching in the Savior's Way* [2016], 22.)



MAY 23

How Do I Receive the Gift of the Holy Ghost?

DOCTRINE AND COVENANTS 51–57



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss:

- *Our quorum or class.* What can we do to build unity among quorum or class members? What goals would we like to work on together?
- *Our duties or responsibilities.* What are we doing to share the gospel? What experiences have we had doing temple and family history work?
- *Our lives.* How have we seen the hand of the Lord in our lives? What has inspired us in our scripture study this week?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

After we are baptized, priesthood holders lay their hands on our heads to confer the gift of the Holy Ghost. Quorum or class members may have been reminded of this when they studied Doctrine and Covenants 51–57 this week. However, *receiving* the Holy Ghost requires more than that. To receive the Holy Ghost as our constant companion, we must

desire His presence, invite Him into our lives, and faithfully keep the commandments. What blessings will come into the lives of those you teach as they seek His influence?

To help you prepare to teach, you could review “The Gift of the Holy Ghost” in *True to the Faith* ([2004], 83–84) or President Henry B. Eyring’s message “His Spirit to Be with You” (*Ensign* or *Liahona*, May 2018, 86–89).



To receive the guidance of the Holy Ghost, we should seek His influence daily.

Learn Together

To help quorum or class members better understand the gift of the Holy Ghost, you might begin by talking about how the gift of the Holy Ghost is conferred. They could read Doctrine and Covenants 52:10; 53:3; 55:1–3 and discuss what they learn. Emphasize that the priesthood holder does not give the Holy Ghost but invites the member to receive the Holy Ghost. What is the difference? The activities below can help those you teach better understand how to receive this remarkable gift.

- What Lehi and his family did to be guided by the Liahona is similar to what we must do to receive the guiding influence of the Holy Ghost. You might show a picture of Lehi and the Liahona (see *Gospel Art Book* [2009], no. 68) and ask quorum or class members to share what they know about the Liahona. Then, you could invite half of them to read 1 Nephi 16:14–29 and the other half to read 1 Nephi 18:8–22, looking for

ways the Liahona is like the Holy Ghost. What do we learn from the example of Lehi’s family that can help us more fully receive the Holy Ghost?

- Each section in *For the Strength of Youth* contains counsel about living the Lord’s standards and commandments. Living these commandments invites the power of the Holy Ghost into our lives. Consider inviting quorum or class members to each choose one of the sections in *For the Strength of Youth*, read it, and mark things that they should do or not do to help them receive the Holy Ghost. They could then share what they learned with the rest of the quorum or class. Invite them to set a goal that will help them more fully receive the Holy Ghost. Why do we want to have the Holy Ghost with us? (see John 14:26–27; 15:26; 16:13; 2 Nephi 32:3).
- In his message “His Spirit to Be with You” (*Ensign* or *Liahona*, May 2018, 86–89), President Henry B. Eyring said, “My hope today is to increase your desire and your ability to receive the Holy Ghost” (page 86). Ask quorum or class members to read the nine paragraphs in his message beginning with “The experiences of the Prophet Joseph Smith” (page 88). Invite them to look for what Joseph Smith did to receive the influence of the Holy Ghost. They could list on the board what they find. As appropriate, you might invite them to share their experiences with receiving guidance from the Holy Ghost. What were they doing at the time of these experiences that led to receiving guidance from the Holy Ghost? You could share an experience as well.

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today’s lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- Moroni 8:25–26; Doctrine and Covenants 20:77, 79; 121:45–46 (How to receive the Holy Ghost)
- David A. Bednar, “Receive the Holy Ghost,” *Ensign* or *Liahona*, Nov. 2010, 94–97
- Douglas D. Holmes, “The Gift of the Holy Ghost” (First Presidency Christmas Devotional, Dec. 4, 2016), broadcasts.ChurchofJesusChrist.org

Teaching in the Savior’s Way

In preparation for His earthly ministry, the Savior was “led up of the Spirit into the wilderness” to fast, to pray, and “to be with God” (Joseph Smith Translation, Matthew 4:1 [in Matthew 4:1, footnote *b*]). Powerful gospel teaching means not just preparing a lesson but preparing ourselves. (See *Teaching in the Savior’s Way* [2016], 12.)



JUNE 13

How Can I Resist Pornography?

DOCTRINE AND COVENANTS 63



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss:

- *Our quorum or class.* What activities have we had recently? Were they successful? What went well, and how can we improve them?
- *Our duties or responsibilities.* Who needs our service? How can we help them?
- *Our lives.* What goals are we working on individually? What experiences can we share? What blessings have we received?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

Quorum or class members may have studied Doctrine and Covenants 63 this week and read about the Lord's warning to the early Saints about the dangers of lust—a warning He has given repeatedly (see Doctrine and Covenants 63:13–16; Matthew 5:27–28; 3 Nephi 12:27–30). While these warnings have applied to people in all ages of

time, they apply more urgently in our day, when pornography is a widespread plague. What dangers and pressures related to pornography might the members of your quorum or class face? What gospel principles and preventive measures can help them keep their thoughts and actions pure?

As you prepare to teach, consider reviewing “Entertainment and Media” and “Sexual Purity” in *For the Strength of Youth* ([2011], 11–13, 35–37) and *Let Virtue Garnish Thy Thoughts* (booklet, 2006).



Quorum and class members can strengthen each other in resisting pornography.

Learn Together

To begin a discussion about pornography, you might invite quorum or class members to read Doctrine and Covenants 63:13–16 and discuss insights from these verses that help them understand why pornography is so harmful. To help your quorum or class members understand how to resist pornography, use one or more of the following activities. At the conclusion of your discussion, you may feel prompted to discuss how the bishop can help those involved with pornography (see *For the Strength of Youth*, 12, 37).

- Members of your quorum or class may have questions about resisting pornography. To help them find answers, you might write the following questions on the board: *What is pornography? Why*

is it harmful? How can we turn away from the temptation of pornography? To help quorum or class members find answers to the first two questions, ask them to review “Pornography” in *True to the Faith* (pages 117–18) and “Entertainment and Media” and “Sexual Purity” in *For the Strength of Youth* (pages 11–13, 35–37). To help them find answers to the third question, ask them to review Genesis 39:1–12; Romans 12:21; 2 Timothy 2:22; Alma 39:3–9; Moroni 10:30; Doctrine and Covenants 27:15–18; 121:45–46. Invite them to share the answers they find.

- To help your quorum or class discover ways to resist pornography, you might have them review Elder Jeffrey R. Holland’s message “Place No More for the Enemy of My Soul” (*Ensign* or *Liahona*, May 2010, 44–46) and Sister Linda S. Reeves’s message “Protection from Pornography—a Christ-Focused Home” (*Ensign* or *Liahona*, May 2014, 15–17). They could imagine that they are having a talk with their future son or daughter about why pornography is so destructive and how to avoid it. What information would they share from the conference message they reviewed? Invite them to form pairs and share the answers they found. Also ask them to write down what they will do to avoid pornography.
- Invite those you teach to read 1 Corinthians 10:13 and Alma 13:28. Ask them how they think these scriptures relate to our challenges with resisting pornography today. You could also ask them to imagine that they have a friend who has struggled with pornography and wants to repent. What do they find that would help their friend in the scriptures under “Supporting Resources” and on pages 1–4 of the booklet *Let Virtue Garnish Thy Thoughts*? What might help their friend understand that the bishop can help him or her? (see *For the Strength of Youth*, 12, 37).

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today's lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- Isaiah 1:18; Mosiah 4:2; Doctrine and Covenants 58:42–43 (We can be forgiven if we repent)
- 1 Nephi 17:3; Mosiah 24:14–15; Alma 26:12 (God will strengthen us in our efforts to keep the commandments)

- The “Individuals” section of [AddressingPornography.ChurchofJesusChrist.org](https://www.ChurchofJesusChrist.org/AddressingPornography)
- “Watch Your Step,” “To Look Upon,” “Chastity: What Are the Limits?” “Pornography Addiction: Is There Hope?” “Redeeming the Dead Redeemed Me” (videos), [ChurchofJesusChrist.org](https://www.ChurchofJesusChrist.org)

Teaching in the Savior's Way

As you teach as the Savior taught, quorum or class members will give place in their hearts for the seed of the gospel to be planted, to swell, and to grow. What can you do to help them use the scriptures to understand the power and beauty of living a virtuous life?



The Lord Jesus Christ by Del Parson

JUNE 27

How Can I Prepare Now to Establish a Christ-Centered Home?

DOCTRINE AND COVENANTS 67–70



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss:

- *Our quorum or class.* Who is new to our ward, and how can we help them feel welcome? What are we doing to make our time in quorum or class meetings meaningful?
- *Our duties or responsibilities.* What are some duties and responsibilities we have as young men or young women? How can we better fulfill them?
- *Our lives.* What are we doing to become more like Jesus Christ and receive His power in our lives?

What are we doing to help our families come unto Him?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

Doctrine and Covenants 68 includes counsel to parents that might not seem immediately relevant to quorum or class members (see verses 25–28). However, because they can have a powerful influence

on their current and future families, this counsel can help them now. The best way for them to prepare to have a Christ-centered home in the future is to “walk uprightly before the Lord” today (verse 28).

What blessings have come to your family because you have followed the Savior’s teachings? How can quorum or class members help their families establish a Christ-centered home? To prepare to teach, you could review President Henry B. Eyring’s message “A Home Where the Spirit of the Lord Dwells” (*Ensign* or *Liahona*, May 2019, 22–25) and “The Family: A Proclamation to the World” (ChurchofJesusChrist.org).



We can feel greater love in our families as we center our homes on Christ.

Learn Together

To help members of your quorum or class see how Doctrine and Covenants 68:25–28 applies to them, you could ask them to write a brief description of what they want their future family life to be like. You could ask them to share what they wrote if they desire. Then they could read Doctrine and Covenants 68:25–28 and look for gospel teachings and principles that can help them build righteous families now and in the future. The activities below can help them understand how to make Christ the center of their families.

- The seventh paragraph of the “The Family: A Proclamation to the World” contains truths that can help quorum or class members center their homes on the Savior. Invite them to read this paragraph and identify the teachings and principles that will help a family to be happy. You may want to write these on the board and ask those you teach to discuss why each one would help a family be happy. Quorum or class members may want to share how they have seen these teachings and principles applied in their own or others’ families. Encourage them to ponder how they can apply at least one of these principles in their lives now. Reassure them that they can make Jesus Christ the center of their lives, no matter what family situation they come from.
- Quorum or class members could discuss things that keep the Savior at the center of our homes and things that prevent Him from being at the center of our homes. You might ask individuals or small groups to review one of the sections of President Henry B. Eyring’s message “A Home Where the Spirit of the Lord Dwells” (*Ensign* or *Liahona*, May 2019, 22–25) to find principles that can help make our homes more Christ-centered. Invite quorum or class members to share what they learn and choose one thing they will do during the coming week to make their homes more focused on Jesus Christ and His teachings.
- Perhaps you could ask one or more quorum or class members to sing or read a song about home and family, such as “Home Can Be a Heaven on Earth” (*Hymns*, no. 298) or “Love Is Spoken Here” (*Children’s Songbook*, 190). The others could listen for what the song teaches about making a home a happy place. Invite them to share an experience when they felt happy because they were shown love or when they helped increase the love in their home.

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today's lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- Mosiah 4:14–16; Doctrine and Covenants 88:119; 121:41–46 (How to establish a righteous home)
- “What Can I Do to Help Ease Family Tension?” from “Face to Face with Elder Rasband, Sister Oscarson, and Brother Owen” (worldwide

youth broadcast, Jan. 20, 2016), “Two Brothers Apart,” “Through Small Things,” “More Diligent and Concerned at Home” (videos), ChurchofJesusChrist.org

Teaching in the Savior's Way

The Savior showed His love for others through giving service. Individuals were converted and lives were changed through His good works. How can you emulate this quality as a leader? How can you help the youth desire to follow the Savior's example of service in their own families?



JULY 11

How Does Knowing about the Plan of Salvation Affect My Life?

DOCTRINE AND COVENANTS 76



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss (you can decide in a presidency meeting which items to discuss):

- *Our quorum or class.* Who needs our help and prayers? What can we do to help them? Who should we invite to an upcoming activity?
- *Our duties or responsibilities.* What assignments have we fulfilled? What assignments do we need to make? How have we invited others to come unto Christ, and how can we invite others now?

- *Our lives.* What recent experiences have strengthened our testimonies? What is happening in our lives, and how can we support each other?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

Our Heavenly Father has provided a plan that enables us to receive eternal blessings and become

like Him. He wants all of His children to know about that plan, so He has revealed it to prophets throughout the ages. As quorum or class members studied Doctrine and Covenants 76 this week, they learned what God revealed about His plan to Joseph Smith and Sidney Rigdon, including the Savior’s central role in the plan and the glory we can receive in the life to come. If we are faithful, we can be perfected through Jesus Christ’s Atonement, receive a fulness of joy, and live with God forever.

How has knowing about Heavenly Father’s plan influenced your perspective on life? How can you help your quorum or class understand what a blessing it is to know about the plan of salvation? To prepare to teach, you could read “Plan of Salvation” in *True to the Faith* ([2004], 115–17) or Elder Dieter F. Uchtdorf’s message “Your Great Adventure” (*Ensign* or *Liahona*, Nov. 2019, 86–90).



Learning about the plan of salvation gives direction and purpose to our lives.

Learn Together

One way to begin a discussion with your quorum or class about the plan of salvation is to invite someone to write on the board the following headings, along with the verses from Doctrine and Covenants 76: *Premortal Life* (verses 22–27), *Mortal Life* (verses 40–43), and *Life after Death* (verses 50–53, 59–62). Give quorum or class members a few minutes to review these verses to find the Savior’s role in fulfilling Heavenly Father’s plan. Ask them to write under each heading what they find. The activities below can help them better understand how Heavenly Father’s plan blesses their lives.

- Reviewing some of the names of Heavenly Father’s plan could help quorum or class members better understand the plan. They could review the scriptures in the first bullet under “Supporting Resources” and make a list of some of the names for God’s plan. What do these names teach about the plan? For example, how does this plan bring us happiness, now and eternally? What do these scriptures teach us about the Savior’s role in the plan? You could show the video “Our Eternal Life” or “Men’s Hearts Shall Fail Them” (ChurchofJesusChrist.org) and invite those you teach to talk about times when they have felt grateful for Heavenly Father’s plan.
- Consider inviting those you teach to discuss how they might answer a friend who asked the following questions about the plan of salvation: Where did we come from? Why are we here? Where do we go after this life? Invite them to use the information under “Plan of Salvation” in *True to the Faith* (pages 115–17) and the scriptures under “Supporting Resources” to prepare an answer to one of the questions. How have we been strengthened by knowing the answers to these questions?
- Quorum or class members learn gospel truths more deeply when they are given opportunities to teach. In advance, ask several quorum or class members to come prepared to share a short summary of what they know about an aspect of the plan of salvation. They could use the summaries found under “The Plan of Salvation” in chapter 3 of *Preach My Gospel* ([2019], 48–53). What difference does it make to know about the plan of salvation?

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today’s lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- 2 Nephi 11:5; Alma 12:30; 34:9; 41:2; 42:8, 13–15; Moses 6:59–62 (Names for Heavenly Father’s plan)
- Doctrine and Covenants 38:1–3; 138:53–56; Moses 4:1–4; Abraham 3:21–24 (Premortal life)
- 2 Nephi 2:19–21, 25; Alma 5:15–16; 34:32; Abraham 3:25–26 (Mortal life)
- John 14:1–2; Alma 11:42–45; Doctrine and Covenants 76:39–43, 89–93 (Life after death)

Teaching in the Savior’s Way

The Savior asked questions that caused those He taught to think deeply. He was sincerely interested in their answers. How can you use questions to help the youth think deeply about God’s plan? (See *Teaching in the Savior’s Way* [2016], 33–34.)



JULY 25

Why Should I Be Obedient to God's Commandments?

DOCTRINE AND COVENANTS 81–83



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss (you can decide in a presidency meeting which items to discuss):

- *Our quorum or class.* What can we do to build unity among quorum or class members? What goals would we like to work on together?
- *Our duties or responsibilities.* What are we doing to share the gospel? What experiences have we had doing temple and family history work?

- *Our lives.* How have we seen the hand of the Lord in our lives? What has inspired us in our scripture study this week?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

We may feel at times that God's commandments restrict our freedom and limit our agency. The

truth is that commandments enhance our freedom. In Doctrine and Covenants 82:8–10 we learn that commandments help us understand God's will, and when we obey them, our actions will “turn to [us] for [our] salvation.” In fact, when we obey God, He is “bound” to give us all of the blessings He has promised (verses 9–10). How has Heavenly Father blessed you as you have obeyed His commandments? To prepare to teach, you could read Elder Dale G. Renlund's message “Abound with Blessings” (*Ensign or Liahona*, May 2019, 70–73) or ponder some of the resources in the Gospel Topics article “Obedience” ([topics.ChurchofJesusChrist.org](https://www.churchofjesuschrist.org/topics/obedience)).



The examples of God's faithful servants in the past can inspire us to live faithfully today.

Learn Together

Members of your quorum or class may be struggling to obey some of the commandments. Helping them understand why obedience is important could inspire them. Write the title of this outline on the board, and invite quorum or class members to share answers. You could ask them to look for additional insights in Doctrine and Covenants 82:8–10, which they may have studied this week. Then select one or more of the activities below to help them better understand why it is always important to obey God, even when doing so is hard.

- It can be easier to obey the commandments when we understand the reasons behind them. To learn why God gives us commandments, quorum or class members could review the

scripture references in “Supporting Resources” (or others you think of). How can these scriptures help us when we find it hard to obey a commandment? As part of this discussion, you could read together the section titled “Fourth, forget not the ‘why’ of the gospel” in President Dieter F. Uchtdorf's message “Forget Me Not” (*Ensign or Liahona*, Nov. 2011, 122).

- As those you teach understand the Savior's perfect example of obedience, they may be inspired to more fully obey God. When did Jesus Christ obey His Father, even in difficult circumstances? (see Matthew 4:1–11; Luke 22:39–44). Examples of men and women who were obedient can be found in Hebrews 11. Maybe your quorum or class could choose one of these examples—or others they know of, including in their families—and share what inspires them about these people. Why did these people choose to obey the Lord? How does the Savior help us when we choose to be obedient?
- To help quorum or class members see commandments as blessings and not as burdens, you could share the teachings of Elder D. Todd Christofferson found in “Supporting Resources.” You might display or draw a picture of a ladder and ask those you teach to label each rung with a commandment that might be hard for a young person to understand or obey. How could Elder Christofferson's words help someone who struggles to keep the commandments?
- Several videos that teach about obedience can be found at [ChurchofJesusChrist.org](https://www.churchofjesuschrist.org) and in the Gospel Library app (see “Supporting Resources”). You could assign each quorum or class member to watch one of these videos before the meeting and come prepared to share what they learned about obedience. Maybe the quorum or class could plan their own video about obeying God's commandments. They could then organize an activity to create the video and share it on social media.

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today’s lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- 1 Nephi 17:3; Mosiah 2:41; Doctrine and Covenants 130:20–21 (We are blessed by obedience to the commandments)
- Deuteronomy 10:12–13; John 14:15; 1 John 5:1–3 (We obey the commandments because we love God)
- Doctrine and Covenants 93:20 (Obedience allows us to receive of God’s fulness)
- “Obedience,” in chapter 3 of *Preach My Gospel* (2019), 75
- Elder D. Todd Christofferson taught: “Some see only sacrifice and limitations in obedience to the commandments of the new and everlasting

covenant, but those who live the experience—who give themselves freely and unreservedly to the covenant life—find greater liberty and fulfillment. When we truly understand, we seek more commandments, not fewer. Each new law or commandment we learn and live is like one more rung or step on a ladder that enables us to climb higher and higher. Truly, the gospel life is the good life” (“The Power of Covenants,” *Ensign* or *Liahona*, May 2009, 23).

- “The Sting of the Scorpion,” “Stay within the Lines,” “A Secure Anchor,” “Shower of Heavenly Blessings,” “Blessed and Happy Are Those Who Keep the Commandments of God” (videos), ChurchofJesusChrist.org

Teaching in the Savior’s Way

The Savior invited His disciples to testify, and as they did, the Spirit touched their hearts. As you teach, invite quorum or class members to share their testimonies of the importance of keeping the commandments.



AUGUST 8

How Can I Participate in the Gathering of Israel?

DOCTRINE AND COVENANTS 85–87



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss (you can decide in a presidency meeting which items to discuss):

- *Our quorum or class.* What activities have we had recently? Were they successful? What went well, and how can we improve them?
- *Our duties or responsibilities.* Who needs our service? How can we help them?
- *Our lives.* What goals are we working on individually? What experiences can we share? What blessings have we received?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

Those in your quorum or class probably know something about their responsibilities for doing missionary work and temple and family history work. But if you talk to them about gathering Israel, they might not know what you are talking about. How can you help them understand that sharing the gospel, researching their family history, and

performing ordinances in the temple are part of a much greater work of gathering Israel in preparation for the Savior’s Second Coming?

Those you teach may have studied the parable of the wheat and tares in Doctrine and Covenants 86, which teaches about the gathering of Israel in the last days. As you read this section, try to envision the people in your quorum or class as laborers in the Lord’s fields. How will you help them experience the joy that comes from participating in this great work? To learn more about this topic, study President Russell M. Nelson and Sister Wendy W. Nelson’s message “Hope of Israel” ([worldwide youth devotional, June 3, 2018], supplement to the *New Era* and *Ensign*, ChurchofJesusChrist.org).



Young men and young women can help to gather Israel by doing temple and family history work.

Learn Together

You might begin by asking class members questions like these: What stood out to you as you read Doctrine and Covenants 86 at home? What did you learn about the work of gathering God’s children in the last days? What are we doing to participate in this work? Below are additional ideas to inspire your quorum or class to participate in the gathering of Israel.

- Ask members of your quorum or class what they think of when they hear the term “gathering of Israel.” If they need help, suggest that they read the following definition by President Russell M. Nelson: “The gathering of Israel ultimately means offering the gospel of Jesus Christ to God’s children on both sides of the veil who have neither made crucial covenants with God nor received their essential ordinances. Every child of our Heavenly Father deserves the opportunity to *choose* to follow Jesus Christ, to accept and receive His gospel with all of its blessings” (“Hope of Israel,” 11–12). How does this definition affect the way we think about this important duty?
- To help quorum or class members see how the parable of the wheat and tares applies to them, you could write phrases from Doctrine and Covenants 86 on the board. These phrases could describe symbols in the parable—such as “sowers of the seed,” “tares choke the wheat,” “blade is springing up,” and “gathering of the wheat” (verses 2–4, 7). The phrases could also describe interpretations of these symbols—such as “the Apostles,” “the Apostasy,” “the Restoration,” and “missionary work.” Then quorum or class members could work together to review section 86 and match the symbols with their meanings. (They could also read Matthew 13:36–43.) What do we learn from this parable about the work of gathering Israel? What can we do to be “a light” and “a savior” to God’s children? (Doctrine and Covenants 86:11).
- Quorum or class members might remember that in his “Hope of Israel” message, President Russell M. Nelson invited them to do specific things to prepare to help gather Israel (see pages 14–17). Ask them what invitations they remember, and review the invitations together as needed. How might doing these things make us more effective in gathering Israel? What can we do to remind ourselves of these invitations and help each other fulfill them? Encourage quorum or class members to think creatively and share their ideas.
- Quorum or class members could read the introduction and first two sections of Elder Quentin L. Cook’s message “Great Love for Our Father’s

Children” (*Ensign* or *Liahona*, May 2019, 76–79), looking for why love is so important in our missionary and temple and family history efforts. Ask them to share what they learned about how love can make a difference as we strive to share the gospel with those on both sides of the veil. Give quorum or class members time to write down something they would like to do because of the discussion today. To help them think of ideas, you might suggest that they think about people they know. How might God be reaching out to these people? How can we help?

Supporting Resources

- Russell M. Nelson, “The Gathering of Scattered Israel,” *Ensign* or *Liahona*, Nov. 2006, 79–82

- Church History Topics, “The Gathering of Israel,” [ChurchofJesusChrist.org/study/history/topics](https://www.ChurchofJesusChrist.org/study/history/topics)

Teaching in the Savior’s Way

The Savior trusted those who followed Him. He prepared them and gave them important responsibilities to teach, bless, and serve others (see *Teaching in the Savior’s Way* [2016], 28). What opportunities can you provide for the youth to teach each other?



AUGUST 22

Why Does the Lord Want Me to Be Healthy?

DOCTRINE AND COVENANTS 89–92



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss (you can decide in a presidency meeting which items to discuss):

- *Our quorum or class.* Who is new to our ward, and how can we help them feel welcome? What are we doing to make our time in quorum or class meetings meaningful?
- *Our duties or responsibilities.* What are some duties and responsibilities we have as young men and young women? How can we better fulfill them?
- *Our lives.* What are we doing to become more like Jesus Christ and receive His power in our lives?

What are we doing to help our families come unto Him?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

It is easy for some people to think of the Word of Wisdom, found in Doctrine and Covenants 89, as a list of dos and don'ts. The Word of Wisdom does have some of those, but it also contains principles

for keeping our bodies healthy. It also teaches that the way we treat our bodies influences our mental, emotional, and spiritual health. What blessings have you received as you have strived to live a healthy life?

Members of your quorum or class may have studied the Word of Wisdom as they read Doctrine and Covenants 89–92 this week. How can you help them understand the physical and spiritual blessings that come from obeying this revelation? You can find helpful insights by reviewing the Gospel Topics article “Word of Wisdom” (topics.ChurchofJesusChrist.org) or “Physical and Emotional Health” in *For the Strength of Youth* ([2011], 25–27).



Caring for our physical bodies influences our mental, emotional, and spiritual health.

Learn Together

To begin a discussion about the Word of Wisdom, write these words on the board: *Physical*, *Intellectual*, *Spiritual*, and *Social*. Invite quorum or class members to read Doctrine and Covenants 89:18–21 and discuss how the promises in the verses can apply to these areas. What blessings can come from obeying the Word of Wisdom? How have we experienced these blessings in our lives?

- Members of your quorum or class can learn a lot from each other by making a collective list of things they are doing to be healthy. Divide quorum or class members into groups, and assign each group to search one or more of the scripture

passages in the first bullet under “Supporting Resources,” looking for truths about physical health. Have each group share what they learned and list their ideas on the board. How would we respond to questions like the following: Why does God give us laws concerning physical health? Why do we obey them?

- Members of your quorum or class may be asked questions about why they don’t drink alcohol, smoke, or do drugs. How do they answer these questions? They could search “Physical and Emotional Health” in *For the Strength of Youth* (pages 25–27) and find counsel and promised blessings that they could share with others. How does the way we treat our bodies affect our relationship with God? How have quorum or class members gained testimonies that obeying the Word of Wisdom blesses their lives?
- Experiences that show the blessings of obeying the Word of Wisdom can inspire quorum or class members to be more committed to living this law. You could share an experience from your life or the experience President Thomas S. Monson shared in his message “Principles and Promises” (*Ensign* or *Liahona*, Nov. 2016, 78–79). The video “Leave the Party” (ChurchofJesusChrist.org) contains another example. You could encourage quorum or class members to share their experiences.
- To begin a discussion about how to resist temptations to violate the Word of Wisdom, you might show your quorum or class a fishing lure (or a picture of one). How do fishing lures deceive fish? Answers to this question can be found in the video “You Will Be Freed” (ChurchofJesusChrist.org; see also M. Russell Ballard, “O That Cunning Plan of the Evil One,” *Ensign* or *Liahona*, Nov. 2010, 108–10). How are fishing lures like what Satan does to deceive or trick us? What message does President Ballard have for those caught in addiction? How could we help someone who is struggling

with temptation turn to the Savior? (see the scriptures in the second bullet under “Supporting Resources”).

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today’s lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- Daniel 1:3–20; 1 Corinthians 6:19–20; Doctrine and Covenants 88:124; 89:5–21 (How we care for our bodies is important to the Lord)

- Mosiah 7:33; Alma 13:27–29; Ether 12:27 (Hope for those who struggle with addiction)
- August 2019 issues of the *New Era* and *Ensign* (special issue about the body)

Teaching in the Savior’s Way

In every setting, the Savior was our example and mentor. As you prepare to teach, think of how the Lord communicated with others and how you can communicate in a way that uplifts and encourages those you teach.



C. A. Christensen (1831–1912), *Saints Driven from Jackson County, Missouri, c. 1878*, tempera on muslin, 77 1/4 × 113 inches, Brigham Young University Museum of Art, gift of the grandchildren of C. A. Christensen, 1970

SEPTEMBER 12

How Can We Face Adversity with Faith?

DOCTRINE AND COVENANTS 98–101



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss (you can decide in a presidency meeting which items to discuss):

- *Our quorum or class.* Who needs our help and prayers? What can we do to help them? Who should we invite to an upcoming activity?
- *Our duties or responsibilities.* What assignments have we fulfilled? What assignments do we need to make? How have we invited others to come unto Christ, and how can we invite others now?

- *Our lives.* What recent experiences have strengthened our testimonies? What is happening in our lives, and how can we support each other?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

God’s words in Doctrine and Covenants 98 and 101 offered comfort to the Saints who were facing severe trials in Missouri in the 1830s. While our trials may

be different from those of early Church members, we all face adversity during mortality, and responding faithfully to adversity can help us grow spiritually and become more like Jesus Christ.

How has turning to the Lord during times of adversity strengthened you and improved your relationship with Jesus Christ? What challenges and trials are members of your quorum or class experiencing, and how can you help them find strength in the Savior? To help you prepare to teach about adversity, you might review Elder Neil L. Andersen’s message “Wounded” (*Ensign* or *Liahona*, Nov. 2018, 83–86) and “Adversity” in *True to the Faith* ([2004], 8–11).



We can find peace in times of adversity by turning to the Savior.

Learn Together

Each of your quorum or class members is struggling with his or her own challenges. What comfort do you feel they can find in Doctrine and Covenants 98:1–3? You might use one or more of the activities below to help them understand how to endure adversity with faith in the Lord.

- The scriptures contain many examples of people who faithfully endured trials. Quorum or class members can learn how to faithfully endure adversity by studying some of these examples (see some in “Supporting Resources”). They could each choose one of the scripture passages and summarize that person’s experience for the quorum or class. What insights do we gain about why we have adversity? What do we learn about how to faithfully endure adversity? Invite quorum or class members to each write down a trial that they or their loved ones are facing and to ponder how they can draw on the Savior’s power to help them during these trials.
- To learn about some of the causes of adversity and what we can learn from our trials, you could read together the first two paragraphs under “Adversity” in *True to the Faith* (page 8). Ask quorum or class members to share what they learned. Then each person could review one of the remaining three sections under “Adversity” and prepare to teach the rest what they learn, including how the Savior can help us during times of trial. Encourage them to share a personal experience related to what they read if they feel comfortable doing so.
- One way to prompt a discussion about adversity is to draw a line down the middle of the board and write *Why do we have adversity?* on one side and *How can we face adversity faithfully?* on the other side. Each member of your quorum or class could read one of the sections from Elder Neil L. Andersen’s message “Wounded,” looking for answers to the questions on the board. What do we learn about the Savior from Elder Andersen’s message?
- Elder Stanley G. Ellis used the examples of baby chicks and butterflies to teach about adversity in his message “Do We Trust Him? Hard Is Good” (*Ensign* or *Liahona*, Nov. 2017, 112–14). You could show a picture of a chick hatching or a butterfly emerging from a cocoon and discuss what Elder Ellis taught. Those you teach could then work together in pairs to review Elder Ellis’s talk. Each pair could list everything they can find that he taught about why we have adversity and how we should respond to it. How has enduring faithfully during times of adversity helped us come closer to the Savior?

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today's lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- 1 Samuel 1; 1 Kings 17; Luke 23:33–34; 1 Nephi 5:1–9; Mosiah 24:8–17; 3 Nephi 1:4–21; Moroni 1; Guide to the Scriptures, “Ruth” and “Esther,” scriptures.ChurchofJesusChrist.org (Examples of people who faced adversity)
- John 14:18; Romans 8:28, 35–39; Alma 36:3 (The Savior can help us during adversity)
- “God Will Lift Us Up,” “The Will of God” (videos), ChurchofJesusChrist.org

Teaching in the Savior's Way

The Savior personally knew those He taught—and He knew who they could become. When they struggled, He did not give up on them but continued to love them. What struggles are the youth having? How can you show love and support?



SEPTEMBER 26

Why Is It Important That Priesthood Keys Are on Earth Today?

DOCTRINE AND COVENANTS 106–108



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss (you can decide in a presidency meeting which items to discuss):

- *Our quorum or class.* What can we do to build unity among quorum or class members? What goals would we like to work on together?
- *Our duties or responsibilities.* What are we doing to share the gospel? What experiences have we had doing temple and family history work?

- *Our lives.* How have we seen the hand of the Lord in our lives? What has inspired us in our scripture study this week?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

“Priesthood keys,” Elder Gary E. Stevenson taught, “unlock blessings, gifts, and powers of heaven

for [us]” (“Where Are the Keys and Authority of the Priesthood?” *Ensign* or *Liahona*, May 2016, 32). Jesus Christ holds all priesthood keys, and He authorized heavenly messengers to confer priesthood keys upon Joseph Smith. Today the members of the First Presidency and Quorum of the Twelve Apostles hold these same keys (see Doctrine and Covenants 90:3–4, 6; 107:35; 132:7). These keys are the authority God has given to priesthood leaders to direct the use of His priesthood on earth.

As you read Doctrine and Covenants 107 this week, think about how God can bless you and those you teach through His priesthood. What do you find in this section that is important for quorum or class members to know? As you prepare to teach, you could review Elder Gary E. Stevenson’s message cited above and “Priesthood Keys” in *True to the Faith* ([2004], 126–27).



Great spiritual blessings are available to us through priesthood keys.

Learn Together

Doctrine and Covenants 107 can help answer the question “What blessings do we receive through the priesthood and the service of priesthood leaders?” Maybe quorum or class members can look for some answers in verses 18–23, 85–89. To help them better understand how the priesthood and priesthood leaders bless our lives, use one or more of the following activities.

- You could begin a discussion about priesthood keys by inviting a quorum or class member to come prepared to share the story of President

Spencer W. Kimball’s visit to a church in Denmark, told by President Boyd K. Packer in his message “The Twelve” (*Ensign* or *Liahona*, May 2008, 83–87; see also the video “The Restoration of Priesthood Keys” [ChurchofJesusChrist.org]). You could also ask your quorum or class to read together the section “Priesthood Keys” in *True to the Faith* (pages 126–27). Give them time to teach each other in pairs what priesthood keys are, based on what they learned. What blessings have come to us through the service of those who hold priesthood keys?

- You might want to share Elder Gary E. Stevenson’s story about losing his keys from the first six paragraphs of his message “Where Are the Keys and Authority of the Priesthood?” (or show the video “Where Are the Keys?” [ChurchofJesusChrist.org]). You could show some keys and invite your quorum or class to share how those keys are similar to priesthood keys. Those you teach could review and discuss the scriptures referred to by Elder Stevenson (Joseph Smith—History 1:68–72; Doctrine and Covenants 110:11–16), which describe priesthood keys being committed to the earth. You might invite quorum or class members to each choose one of the following scriptures and share a one-sentence summary of what they learn about the powers and blessings we receive through priesthood keys: Matthew 16:18–19; Doctrine and Covenants 27:12; 65:2; 84:19–20. Why is it important that priesthood keys are on the earth today?
- You could give each member of your quorum or class a paper key and assign each person to read section II, III, IV, or V of President Dallin H. Oaks’s message “The Keys and Authority of the Priesthood” (*Ensign* or *Liahona*, May 2014, 49–52). Invite them to write on the key what they learned about the priesthood and then share what they wrote. How do these truths influence the way we feel about our quorum or class leaders and the assignments we receive from them?

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today's lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- Russell M. Nelson, "Spiritual Treasures," *Ensign* or *Liahona*, Nov. 2019, 76–79
- "Priesthood Keys," in *General Handbook: Serving in The Church of Jesus Christ of Latter-day Saints*, 3.4.1

- "Learn Your Duty," "The Priesthood, an Opportunity to Serve" (videos), ChurchofJesusChrist.org

Teaching in the Savior's Way

The Savior called and set apart leaders to direct and govern His Church (see Matthew 10:1–5). How can you help those you teach feel gratitude for those who are called to serve and help them?

See also the video "Asking Follow-up Questions" (ChurchofJesusChrist.org).



OCTOBER 10

How Can I Become More Fully Converted to the Lord?

DOCTRINE AND COVENANTS 111-114



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then, in addition to counseling about specific quorum or class business, you may want to discuss impressions and themes from general conference. The following questions may help.

- What themes or messages stood out to us?
- What did we feel prompted to do because of what we learned or felt?
- What do we need to do as a quorum or class to act on counsel we heard in general conference?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

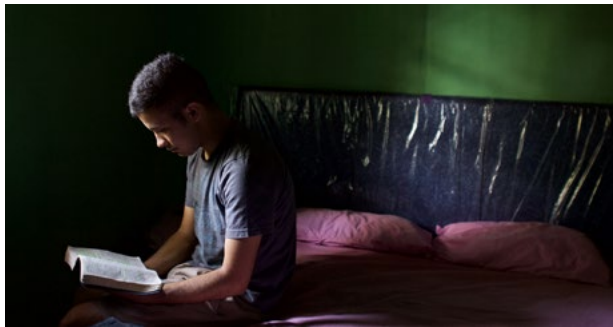
Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

To become more fully converted to Jesus Christ, we must trust Him and obey His commandments—even when difficult challenges test our conversion. In 1837, some members of the Church, including some members of the Quorum of the Twelve Apostles, lost their testimonies and turned against the Prophet Joseph Smith. Thomas B. Marsh was the President of the Quorum of the Twelve at

that time. As you and your family read Doctrine and Covenants 112 this week, you might notice the counsel the Lord gave to help Thomas B. Marsh strengthen his conversion (see especially verses 10–26). What does this counsel teach you about becoming more converted to the Savior?

How can you help quorum or class members receive the Savior’s promise that “they shall be converted, and I will heal them”? (Doctrine and Covenants 112:13). What experiences can you share? As you ponder these questions, consider reviewing President Bonnie H. Cordon’s message “Trust in the Lord and Lean Not” (*Ensign* or *Liahona*, May 2017, 6–9) and “Conversion” in *True to the Faith* ([2004], 40–43).



The scriptures are a great strength as we seek to become more fully converted.

Learn Together

Do members of your quorum or class know what it means to be converted to Jesus Christ? Do they know how to become more fully converted? Invite them to ponder these questions as they review Doctrine and Covenants 112:10–26. How can we remain converted to Jesus Christ even in challenging circumstances? You might use one or more of the following activities to help your quorum or class strengthen their conversion to the Savior.

- Alma 32:27–43 can help those you teach understand how to strengthen their faith and become more fully converted to the gospel of Jesus Christ. Maybe you could divide quorum or class members into groups and ask each group to read

these verses and discuss what they teach about faith and conversion. Ask each group to share what they learned. You might encourage discussion by asking questions such as these: Why is a seed growing into a tree a good description of conversion? What does it mean to “experiment upon [God’s] words”? (verse 27). What does it mean to “nourish the tree”? (verse 41). How can we tell that the seed of conversion “swelleth, and sprouteth, and beginneth to grow” within us? (verse 30). Give quorum or class members time to ponder what they need to do to nourish their own conversion to Jesus Christ.

- There are many forces in the world that oppose our conversion to Jesus Christ. Reading Helaman 5:12 could teach quorum or class members how to stay strong despite opposition. What does it mean to “build your foundation” on the rock of Jesus Christ? You could assign each person a portion of Elder Quentin L. Cook’s message “Foundations of Faith” (*Ensign* or *Liahona*, May 2017, 127–31) and ask them to search for examples and counsel that help them build their foundation on the Savior.
- Can you think of a creative way to demonstrate the principle taught by President Bonnie H. Cordon in her message “Trust in the Lord and Lean Not”? For instance, you could divide your quorum or class into groups and challenge each group to build the tallest structure on a slanted surface using blocks or other objects. Then discuss how this relates to President Cordon’s message. The quorum or class could then search the message for suggestions on how to keep our lives centered on Jesus Christ. What experiences can we share when we leaned on our own understanding or when we trusted in the Savior?

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today’s lesson

relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- Alma 5 (Alma teaches about becoming converted)
- David A. Bednar, “Converted unto the Lord,” *Ensign or Liahona*, Nov. 2012, 106–9
- Richard J. Maynes, “The Joy of Living a Christ-Centered Life,” *Ensign or Liahona*, Nov. 2015, 27–30
- Becky Craven, “Careful versus Casual,” *Ensign or Liahona*, May 2019, 9–11

Teaching in the Savior’s Way

The Savior said, “My doctrine is not mine, but his that sent me” (John 7:16). He taught the doctrine that He learned from His Father. How can you ensure that you are teaching true doctrine? (See *Teaching in the Savior’s Way* [2016], 20–21.)



OCTOBER 24

How Can I Access “the Powers of Heaven” in My Life?

DOCTRINE AND COVENANTS 121–123



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss (you can decide in a presidency meeting which items to discuss):

- *Our quorum or class.* Who is new to our ward, and how can we help them feel welcome? What are we doing to make our time in quorum or class meetings meaningful?
- *Our duties or responsibilities.* What are some duties and responsibilities we have as young men and young women? How can we better fulfill them?
- *Our lives.* What are we doing to become more like Jesus Christ and receive His power in our lives?

What are we doing to help our families come unto Him?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

Priesthood authority and power are not the same thing. A person can receive priesthood authority through the laying on of hands—men can be ordained to an office of the priesthood, and

both men and women can be set apart for a calling. But priesthood power—God’s power, or “the powers of heaven”—can be used only “upon the principles of righteousness” (Doctrine and Covenants 121:36), and both men and women can use this power. If we want our service to others to be powerful and life-changing, we need to be worthy to call upon the powers of heaven.

Do the members of your quorum or class know how to access the power of the priesthood? How might their lives and their service be different if they had that understanding? Ponder these questions as you study Doctrine and Covenants 121. It would also be good to study two messages from President Russell M. Nelson. One is addressed to priesthood holders—“The Price of Priesthood Power” (*Ensign* or *Liahona*, May 2016, 66–69). The other is addressed to sisters—“Spiritual Treasures” (*Ensign* or *Liahona*, Nov. 2019, 76–79).



Priesthood power comes through righteous living.

Learn Together

To begin a discussion about priesthood power, you could ask quorum or class members to share something they learned about this power from their reading of Doctrine and Covenants 121 this week. If it helps, you could suggest that they scan verses 34–46 to find every place the word *power* is used and then share what they learn. You can use the following activities to help members of your quorum or class better understand how they can access God’s priesthood power in their lives.

- It could be useful to contrast how “power” and “influence” are maintained in the world with what the Lord taught in section 121 about how priesthood power is maintained. You could make a two-column chart on the board with the headings *Worldly Power* and *Powers of Heaven*. Quorum or class members could fill in the chart with words and phrases from Doctrine and Covenants 121:34–46. How can understanding these verses affect the way we seek to influence others for good, including our friends, family members, and those we serve and minister to? According to these verses, how can the Holy Ghost help us influence others righteously?
- To help Aaronic Priesthood holders learn how to bring power into their priesthood service, you could display various objects and ask quorum members to guess how much each object is worth. Why are some of the objects worth more than others? What things are worth the most in our lives, and what price do we have to “pay” for them? Quorum members could then search President Russell M. Nelson’s message “The Price of Priesthood Power,” looking for the price he said we must pay to receive priesthood power. How are our lives and others’ lives affected as we serve with more of the Savior’s power?
- To help young women understand how they access priesthood power, you could ask them to think about times when they have felt God’s power in their lives. Explain that priesthood power is God’s power. They could search President Russell M. Nelson’s message “Spiritual Treasures” for truths about women and priesthood power. What did President Nelson ask the women of the Church to do in order to “draw liberally upon the Savior’s power”? (page 77; see especially the four paragraphs beginning with “Every woman and every man”). When have we drawn upon this power to bless our lives and the lives of others? What does Doctrine and

Covenants 121:39–43 teach us about how to act with the Lord’s power in our lives?

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today’s lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- Russell M. Nelson, “Drawing the Power of Jesus Christ into Our Lives,” *Ensign* or *Liahona*, May 2017, 39–42
- David A. Bednar, “The Powers of Heaven,” *Ensign* or *Liahona*, May 2012, 48–51

Teaching in the Savior’s Way

As you seek to follow the example of Jesus Christ and live worthy to access His power, you will be able to teach with power and authority.



NOVEMBER 14

Why Is Eternal Marriage Important?

DOCTRINE AND COVENANTS 129–132



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss (you can decide in a presidency meeting which items to discuss):

- *Our quorum or class.* Who needs our help and prayers? What can we do to help them? Who should we invite to an upcoming activity?
- *Our duties or responsibilities.* What assignments have we fulfilled? What assignments do we need to make? How have we invited others to come unto Christ, and how can we invite others now?
- *Our lives.* What recent experiences have strengthened our testimonies? What is happening in our lives, and how can we support each other?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

As members of your quorum or class gain testimonies of temple marriage while they are young, they are more likely to desire and prepare for this great blessing. In our Heavenly Father’s plan of happiness, the eternal covenant of marriage is essential to exaltation (see Doctrine and Covenants 131:1–4). But temple marriage isn’t just about what we will receive in the next life—it can also bring great blessings in this life. For instance, sacred covenants

with God can influence the way a husband and wife view their relationship with each other. And a man and a woman who are sealed to each other for time and all eternity have the assurance that because of Jesus Christ, their relationship will continue forever if they are true to their covenants.

How can you help members of your quorum or class feel a greater desire to be sealed in the temple? To prepare yourself to teach about temple marriage, you might explore the article “About a Temple Sealing” at temples.ChurchofJesusChrist.org or read “Marriage” in *True to the Faith* ([2004], 97–101).



Families can be sealed eternally through the ordinances of the temple.

Learn Together

To give quorum or class members a chance to share what they have been studying in the scriptures this week, you could write on the board a question like *Why is eternal marriage in God’s temple important?* Quorum or class members could then find the reference to a verse they read in Doctrine and Covenants 129–32 that could help answer the question and write the reference next to the question. (If it helps, you could point them to Doctrine and Covenants 131:1–4; 132:13–19.) Read together some of the references, and discuss what they teach. You can use any of the following activities to help the youth better understand the importance of temple marriage.

- Because eternal marriage is unique to the restored gospel, those you teach may have opportunities to explain it to people who aren’t familiar with it. To help quorum or class members do this, you

could invite them to imagine they have a friend who wonders why Latter-day Saints believe that being married in the temple is so important. Ask them to read the scriptures in “Supporting Resources,” “The Family: A Proclamation to the World” (ChurchofJesusChrist.org), or pages 97–98 in *True to the Faith*. They could look for words, phrases, and ideas they might include in a letter to their friend explaining the importance of temple marriage. They could also watch “Why Is Marriage Sacred to Heavenly Father?” from “Face to Face with Elder and Sister Renlund” ([worldwide youth broadcast, Aug. 5, 2017], FacetoFace.ChurchofJesusChrist.org). You could give them time to write a letter and then invite them to share what they wrote.

- Seeing an example of a faithful marriage can inspire those you teach to seek for this blessing themselves. One way to do this is to review sections of Elder L. Whitney Clayton’s message “Marriage: Watch and Learn” (*Ensign* or *Liahona*, May 2013, 83–85). What do quorum or class members learn from this message about how to build a happy eternal marriage? Quorum or class members might also review the ideas in “Achieving a Happy Marriage” in *True to the Faith* (pages 99–101). They could also watch “How Did Elder and Sister Bednar Meet?” from “Face to Face with Elder and Sister Bednar” ([worldwide youth broadcast, May 12, 2015], FacetoFace.ChurchofJesusChrist.org).
- Ask quorum or class members to think of some things that could keep them from being sealed in the temple. What can we do now to overcome these things? Then they could review “Eternal Marriage” in chapter 3 of *Preach My Gospel* ([2019], 89) to find principles and practices that lead to happy marriages and families. They could list some of the things they can do now to prepare for an eternal marriage. What is the role of the Savior in helping us prepare for and achieve an eternal marriage?

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today's lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- Doctrine and Covenants 49:16–17; 131:1–4; 132:13–19 (Eternal marriage is essential in God's plan)
- Gospel Topics, “Marriage,” topics.ChurchofJesusChrist.org
- “What Is a Temple Wedding Like?” (video), temples.ChurchofJesusChrist.org
- Elder D. Todd Christofferson stated: “To declare the fundamental truths relative to marriage and

family is not to overlook or diminish the sacrifices and successes of those for whom the ideal is not a present reality. . . . Much that is good, much that is essential—even sometimes all that is necessary for now—can be achieved in less than ideal circumstances. . . . With confidence we testify that the Atonement of Jesus Christ has anticipated and, in the end, will compensate all deprivation and loss for those who turn to Him” (“Why Marriage, Why Family,” *Ensign* or *Liahona*, May 2015, 52).

Teaching in the Savior's Way

Ask questions that will inspire those you teach to think deeply about eternal marriage and feel a desire to work toward that goal. Listen carefully to their answers and respond with kindness as prompted by the Spirit.



Brother Joseph, by David Lindley

NOVEMBER 28

How Did Joseph Smith Help Accomplish Heavenly Father's Plan?

DOCTRINE AND COVENANTS 135–136



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss (you can decide in a presidency meeting which items to discuss):

- *Our quorum or class.* What can we do to build unity among quorum or class members? What goals would we like to work on together?
- *Our duties or responsibilities.* What are we doing to share the gospel? What experiences have we had doing temple and family history work?

- *Our lives.* How have we seen the hand of the Lord in our lives? What has inspired us in our scripture study this week?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

“Joseph Smith, the Prophet and Seer of the Lord, has done more, save Jesus only, for the salvation

of men in this world, than any other man that ever lived in it” (Doctrine and Covenants 135:3). This is a bold statement about the role of Joseph Smith. Have you ever thought about what this statement means in your life? How would your life be different if the gospel of Jesus Christ had not been restored? What can you do to help the members of your quorum or class strengthen their testimonies of Joseph Smith’s mission?

As you prepare to teach, in addition to studying Doctrine and Covenants 135, consider reviewing President M. Russell Ballard’s message “Shall We Not Go On in So Great a Cause?” (*Ensign* or *Liahona*, May 2020, 8–11) and Elder Neil L. Andersen’s message “Joseph Smith” (*Ensign* or *Liahona*, Nov. 2014, 28–31).



Our lives are blessed by the truths restored through the Prophet Joseph Smith.

Learn Together

To begin a discussion about how Joseph Smith helped accomplish Heavenly Father’s plan, you might start by reviewing what quorum or class members learned about the Prophet from reading Doctrine and Covenants 135 this week. For example, they could make a list of the truths they know about the Savior and His gospel because of Joseph Smith. Why are each of these truths important in Heavenly Father’s plan? The following activities can help your quorum or class better understand Joseph Smith’s role in the plan of salvation.

- To help quorum or class members prepare to help others understand the importance of the Prophet Joseph, they could read “The Restoration of the Gospel of Jesus Christ through Joseph Smith” in chapter 3 of *Preach My Gospel* ([2019], 36–38). Working in pairs or small groups, they could identify points that seem important to share with others. Then they could practice sharing Joseph Smith’s experience with each other in their own words. Ask them to consider what they might do to share the message of the Restoration. Perhaps they can think of a specific person with whom they could share this message. They may also be willing to share experiences when they have helped someone learn about Joseph Smith.
- Ask quorum or class members to imagine that one of their friends at church says, “I’m not sure I have a testimony of Joseph Smith. How do you know he is a prophet?” How would we answer? What do we learn from Joseph Smith’s own experience in Joseph Smith—History 1:8–19 about how we can gain or strengthen our testimonies? Ask quorum or class members to make a list of ways to strengthen their testimonies of the Prophet Joseph Smith and each choose one thing they would like to do this week.
- To help quorum or class members better understand the work that God accomplished through Joseph Smith, you could invite them to read pages 48–53 of *Teachings of Presidents of the Church: Gordon B. Hinckley* (2016) or watch one or more of the videos in “Supporting Resources.” They could pick one or two of the doctrines and practices presented in these resources that are especially meaningful to them. They could explain why they are thankful the Lord restored these things through Joseph Smith. They might also enjoy writing a note expressing their gratitude for how Joseph Smith’s work has helped bring them closer to the Savior. They could also ponder what they can do to more fully take advantage of the

blessings the Lord has made available through Joseph Smith.

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today's lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- Doctrine and Covenants 35:17–18 (Through the Prophet Joseph Smith, the Lord restored the fulness of the gospel)

- Russell M. Nelson, “The Book of Mormon: What Would Your Life Be Like without It?” *Ensign* or *Liahona*, Nov. 2017, 60–63
- “Teachings of Joseph Smith: The Nature of God,” “Ministry of Joseph Smith: The Book of Mormon,” “Ministry of Joseph Smith: The Organization of the Church,” “Ministry of Joseph Smith: The Restoration of Priesthood Authority,” “Ministry of Joseph Smith: Temples (videos),” ChurchofJesusChrist.org

Teaching in the Savior's Way

The Savior focused on helping His followers live the gospel with all their hearts. How can you help those you teach see how their testimonies of Joseph Smith should affect their daily lives?



DECEMBER 12

How Do I Find Answers to My Questions?

ARTICLES OF FAITH AND OFFICIAL DECLARATIONS 1 AND 2



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss (you can decide in a presidency meeting which items to discuss):

- *Our quorum or class.* What activities have we had recently? Were they successful? What went well, and how can we improve them?
- *Our duties or responsibilities.* Who needs our service? How can we help them?
- *Our lives.* What goals are we working on individually? What experiences can we share? What blessings have we received?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

It is normal to have questions. We wonder about our future and the world around us. We also have questions about God and His plan for us. As you read Official Declarations 1 and 2 this week, notice what prophets and apostles did to find answers to their questions (this week's outline in *Come, Follow Me—For Individuals and Families* might be

helpful). What role has seeking answers to questions played in your gospel learning? What can you do to encourage members of your quorum or class to seek answers to their gospel questions in a faithful way? As you prepare to teach, consider reviewing Doctrine and Covenants 6:14–15; 9:7–9 and “Acquiring Spiritual Knowledge” in *Doctrinal Mastery Core Document* ([2018], 3–5).



Our testimonies can be strengthened as we seek answers to our questions in faithful ways.

Learn Together

As members of your quorum or class studied Official Declarations 1 and 2 this week, they may have discovered principles related to receiving answers to questions about the gospel. Give them a few minutes to review the declarations and share what they learned about receiving revelation. The following activities can help those you teach better understand how to seek answers to their gospel questions.

- The following scriptures teach principles about asking questions and receiving answers: Matthew 7:7; Doctrine and Covenants 6:14–15; 9:7–9. Your quorum or class could read these passages together and make a list on the board of the principles they find. Why doesn't Heavenly Father always answer our questions completely or immediately? How can we continue showing our faith as we wait for answers? (see Doctrine and Covenants 19:23; 78:18). Consider sharing an experience when you had a question about the

gospel and received an answer. Ask quorum or class members to share similar experiences.

- Can members of your quorum or class think of people in the scriptures who asked questions that led to revelation? (If needed, you may refer them to the scriptures under “Supporting Resources.”) Quorum or class members could read about these people in the scriptures and identify what questions they asked, how they sought answers, and the answers they received. What do we learn from these examples? How can we apply what we learn as we seek answers to our own questions? As part of this activity, you could also show “How Can I Live the Gospel Standards Better?” from “Face to Face with Elder and Sister Bednar” ([worldwide youth broadcast, May 12, 2015], FacetoFace.ChurchofJesusChrist.org).
- Elder W. Mark Bassett's message “For Our Spiritual Development and Learning” (*Ensign or Liahona*, Nov. 2016, 52–54) provides suggestions about how to seek answers to spiritual questions. Your quorum or class could read together the four paragraphs of his message beginning with “In order to understand the mysteries of God.” Then invite quorum or class members to read 1 Nephi 2:16, 19–20; 10:17–19; 11:1 and identify what Nephi did to seek answers to his questions. Invite quorum or class members to think about what they will do to follow Nephi's example when they have questions about the gospel.
- The story in Mark 9:14–27 can help quorum or class members when they struggle with questions or doubt. In advance, invite a member of your quorum or class to come prepared to share the story. Then, divide your quorum or class into three groups, and assign each group to study one of the three observations that Elder Jeffrey R. Holland made about the story in his message “Lord, I Believe” (*Ensign or Liahona*, May 2013, 93–95). How can we apply Elder Holland's observations when we or someone we know has questions or doubts about the gospel?

Act in Faith

Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today's lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- Enos 1:1–8; Alma 5:43–47; 40:3–5; Ether 2:18–23; Doctrine and Covenants 138:1–4, 11; Joseph Smith—History 1:10–18 (Examples of people seeking answers to their questions)
- James B. Martino, “Turn to Him and Answers Will Come,” *Ensign* or *Liahona*, Nov. 2015, 58–60
- Gospel Topics, “Answering Gospel Questions,” [topics.ChurchofJesusChrist.org](https://www.churchofjesuschrist.org/topics)

Teaching in the Savior's Way

The Savior encouraged those He taught to use the scriptures to find answers to their own questions. How will those you teach be blessed as they learn how to find answers to their questions?



DECEMBER 26

Why Are Families Important?

"THE FAMILY: A PROCLAMATION TO THE WORLD"



Counsel Together

Led by a member of the quorum or class presidency; approximately 10–20 minutes

At the beginning of the meeting, repeat together the Aaronic Priesthood Quorum Theme or the Young Women Theme. Then lead a discussion about items such as the following, and plan ways to act on what you discuss (you can decide in a presidency meeting which items to discuss):

- *Our quorum or class.* Who is new to our ward, and how can we help them feel welcome? What are we doing to make our time in quorum or class meetings meaningful?
- *Our duties or responsibilities.* What are some duties and responsibilities we have as young men and young women? How can we better fulfill them?
- *Our lives.* What are we doing to become more like Jesus Christ and receive His power in our lives?

What are we doing to help our families come unto Him?

At the end of the lesson, as appropriate, do the following:

- Testify of the principles taught.
- Remind quorum or class members about the plans and invitations made during the meeting.



Teach the Doctrine

Led by an adult leader or youth; approximately 25–35 minutes

Prepare Yourself Spiritually

Every family is different, and no family is perfect. But we all have perfect Heavenly Parents, who want us to receive the blessing of living happily as eternal families. To help us achieve this, God has

inspired prophets and apostles to declare eternal truths in “The Family: A Proclamation to the World” (ChurchofJesusChrist.org).

As you prepare to teach about the importance of families, think about why your family is important to you. What role has Jesus Christ played in helping your family find happiness? As you prepare to teach, you could study “The Family: A Proclamation to the World” (ChurchofJesusChrist.org); “Family” in *For the Strength of Youth* ([2011], 14–15); and Elder D. Todd Christofferson’s message “Why Marriage, Why Family” (*Ensign or Liahona*, May 2015, 50–53). What principles from these resources do you feel would be most meaningful to those you teach?



The family is central to Heavenly Father’s plan for us.

Learn Together

To begin a discussion about the importance of families, you could ask the quorum or class what they learned about happiness in family life as they read “The Family: A Proclamation to the World” at home. What did they learn that might help them strengthen their families? Then select one or more of the activities below to help quorum or class members better understand why families are important in Heavenly Father’s plan.

- The scriptures in “Supporting Resources” support inspired truths in the family proclamation. Perhaps you could assign each quorum or class member to read one of these scriptures and then search the family proclamation to find a passage that relates to his or her scripture. Each

quorum or class member could share what he or she found.

- Living the teachings of Jesus Christ leads to true and lasting happiness within our families. To help quorum or class members understand this, you could invite each person to choose a Christlike attribute (see “How Do I Develop Christlike Attributes?” in chapter 6 of *Preach My Gospel* [2019], 121–29) and then find a scripture or prophetic statement that teaches about that attribute. As quorum or class members share what they found, they could answer one or more of the following questions: How would more fully living this Christlike attribute affect my family? What do I learn from the example of the Savior about how to apply this attribute in my family?
- President Russell M. Nelson taught: “The adversary is increasing his attacks on faith and upon us and our families at an exponential rate” (“Opening Remarks,” *Ensign or Liahona*, Nov. 2018, 7). To help quorum or class members guard against these attacks, you could invite them to list on the board several attitudes and behaviors that Satan promotes in order to weaken families. Why are these things harmful to families? Quorum or class members could then search the seventh paragraph of the family proclamation for attitudes and behaviors that can counter Satan’s attacks. How can we seek the Savior’s help in developing these attitudes and behaviors? As part of this discussion, you could show the video “Proclamation” (ChurchofJesusChrist.org). What do we learn about how we can protect our families from Satan’s influence?

Act in Faith

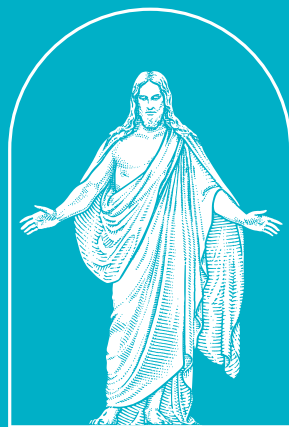
Encourage quorum or class members to ponder and record what they will do to act on the impressions they received today. How does today’s lesson relate to personal goals they have made? If they would like, quorum or class members could share their ideas.

Supporting Resources

- Romans 8:16–17; Hebrews 12:9 (We are children of Heavenly Father)
- Genesis 2:18, 24; Doctrine and Covenants 131:1–4 (God ordained marriage)
- Mosiah 4:14–15; Doctrine and Covenants 68:25–29; 93:40–50 (Parents are to teach their children the gospel)
- L. Tom Perry, “Why Marriage and Family Matter—Everywhere in the World,” *Ensign* or *Liahona*, May 2015, 39–42
- “Families Can Be Together Forever,” “The Home Is a Divine Institution” (videos), ChurchofJesusChrist.org

Teaching in the Savior’s Way

The Savior invited His disciples to testify, and as they did, the Spirit touched their hearts. As you teach, invite quorum or class members to share their testimonies of the importance of the family in God’s plan.



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