

For The Strength of Youth

Schedule

Each Quorum/Group/Class should study a topic below and then discuss at home as a family.

Date	Topic	Comments
Nov 20	First Presidency Message	What are some key concepts from this introduction?
Nov 27	Make Inspired Choices Read the sections on: 1. Jesus Christ is the way to eternal joy. 2. You are a beloved spirit child of God. His 3. Your Father in Heaven trusts you.	Relate these important sections yourself. How does this knowledge help you?
Dec 4	Make Inspired Choices Read the sections 1. The purpose of For The Strength of Youth booklet (2 paragraphs) 2. See Mosiah 4:29–30 (<i>the ways to sin are numberless, so we must watch ourselves</i>); Helaman 5:12 (<i>build your foundation on Christ</i>); Doctrine and Covenants 45:57 (<i>take the Holy Spirit for your guide</i>); 82:15 (<i>bind yourself to the Lord through covenants</i>).	Relate these important sections yourself. How does this knowledge help you?
Dec 11	Jesus Christ will help You: Doctrine 1. Read the introduction	How does Jesus Christ Strengthen You? How do you repent daily?

	<p>2. Study the section on Eternal Truths (Jesus Christ can strengthen me, Repentance is not punishment)</p>	<p>See the talk by President Nelson "We can do better and Be Better"</p>
Dec 18	<p>Jesus Christ will help You Invitations: 1. Repent 2. Rejoice in gift to do better and be better</p>	<p>How does repenting often help you? How is repentance a gift? See the talk by President Nelson "We can do better and Be Better"</p>
Jan 1	<p>Jesus Christ will help You: Invitations Promised Blessings: 1. Jesus Christ will Forgive and heal you 2. He will change your heart and life</p>	<p>How have these promises blessed you in your life? How have you changed in the last 6 months, 1 year, 5 years?</p>
Jan 8	<p>Jesus Christ will help You: Q & A 1. Review the Questions and discuss</p>	<p>Review questions and discussions</p>
Jan 15	<p>Jesus Christ will help You : Scriptures See Enos 1:6 (<i>guilt can be swept away</i>); Mosiah 4:3 (<i>through the Holy Ghost, God lets you know you are forgiven</i>); 26:30 (<i>the Savior forgives as often as we repent</i>); Ether 12:27 (<i>the Savior’s grace can make weak things strong</i>); Moroni 6:8 (<i>those who repent are forgiven</i>); 10:32 (<i>be perfected in Christ</i>); Doctrine and Covenants 1:32 (<i>the Lord forgives those who repent</i>); 58:42–43 (<i>repentance includes</i></p>	<p>How do these scriptures apply to you?</p>

	<i>confessing and forsaking sin).</i>	
Jan 22	<p>Love God, Love Your Neighbor : Doctrine</p> <ol style="list-style-type: none"> 1. Read the Introduction 2. Read and discuss the Eternal truths section (God Loves You, The two greatest of all Commandments, All people are your brothers and Sisters). 	<p>How does this doctrine apply to you? Why is it important to know God loves you? How does it help you on a daily and long term perspective? How does the knowledge that we are brothers and sisters influence you locally and worldwide?</p>
Jan 29	<p>Love God, Love Your Neighbor : Invitations</p> <ol style="list-style-type: none"> 1. Show love of God by keeping his Commandments 2. Treat Everyone as a child of God 3. Make sure your language reflects your love of God and others 4. Loving all of God's children begins at home. 	<p>How does obeying commandments show love to God What are some practical ideas on how to treat others as God's children? How does language influence relationships (for the good and bad)? How does our home behavior's reflect our societal behavior's</p>
Feb 5	<p>Love God, Love Your Neighbor : Promises</p> <ol style="list-style-type: none"> 1. Your relationship with God will deepen 2. Your relationship with others will deepen 	<p>Why does our relationship with God deepen?</p>
Feb 12	<p>Love God, Love Your Neighbor : Q & A</p> <ol style="list-style-type: none"> 1. Read through and discuss the Questions and Answers 	<p>How do the questions relate to you personally?</p>
Feb 19	<p>Love God, Love Your Neighbor : Scriptures See Isaiah 58:3–11 (<i>purposes of fasting</i>); 58:13–14 (<i>blessings of honoring the Sabbath</i>); Malachi 3:8–10</p>	<p>How do these scriptures apply to you?</p>

	<p><i>(blessings of paying tithing); Luke 6:27–28 (love your enemies); 10:25–37 (who is my neighbor?); John 3:16–17 (God loved us, so He sent His Son); 14:15 (we keep the commandments because we love God); 1 John 4:19 (we love God because He loves us); Mosiah 2:17 (when we serve others, we are serving God).</i></p>	
Feb 26	<p>Walk in God's light : Doctrine</p> <ol style="list-style-type: none"> 1. Introduction 2. Read the Doctrine (At baptism you enter a joyful covenant relationship with Heavenly Father, and Jesus Christ. Making good choices improves your ability to feel the spirit) 	<p>How important is the ordinance of baptism? Give examples of feeling the spirit and making decisions?</p>
March 5	<p>Walk in God's light : Invitations</p> <ol style="list-style-type: none"> 1. Read and discuss the invitations. 	<p>Why should we make time for the Lord every day? Why should we seek for “things of God.” (see article of Faith No. 13). How have you used Social media to uplift others?</p>
March 12	<p>Walk in God's light : Promised Blessings</p> <ol style="list-style-type: none"> 1. Read and discuss the promised blessings. 	<p>Why is it important to have the spirit with us? What blessings does the spirit bring into our lives?</p>
March 18-19 Stake Conference March 26	<p>Walk in God's light : Q & A</p> <ol style="list-style-type: none"> 1. Read and discuss the Questions and Answers. 	<p>How do the questions and answers directly apply to you? Please discuss pornography:</p>

		what it is, what to do if you see it, how to avoid it, etc.
April 1-2 General Conference April 9	<u>Walk in God's light</u> : Scriptures See Amos 5:14 (<i>seek good</i>); Galatians 5:22–23 (<i>the fruits of the Spirit</i>); Moroni 7:18–19 (<i>the light of Christ</i>); Doctrine and Covenants 6:23 (<i>the Lord speaks peace</i>); 20:77, 79 (<i>the sacrament prayers</i>).	How do these scriptures relate to “Walking in God’s light.”
April 16	<u>Your body is sacred</u> : Doctrine <ol style="list-style-type: none"> 1. Read the introduction 2. Your body is in the image of God 3. Your soul is made up of your body and your spirit. 4. Sexual feelings are an important part of God’s plan 	How does this doctrine help you? Why is it important to know sexual feelings are an important part of God’s plan?
April 23	<u>Your body is sacred</u> : Invitations Read the following sections: <ol style="list-style-type: none"> 1. Treat your body—and others’ bodies—with respect. 2. Do things that will strengthen your body 3. Keep sex and sexual feelings sacred. 4. 	Why should we “look after” our bodies How do you strengthen your body? How do you keep sex and sexual feelings sacred?
April 30	<u>Your body is sacred</u> : Promised Blessings: Read the following sections: <ol style="list-style-type: none"> 1. Your respect for yourself and others will increase 2. Living the law of chastity brings God’s approval and personal spiritual power. 	How does respecting yourself increase respect for others? What blessings come from living the law of Chastity?

<p>May 7</p>	<p>Your body is sacred: Q & A Read the following:</p> <ol style="list-style-type: none"> 1. What is the Lord's standard on dress, grooming, tattoos, and piercings? 2. How can I overcome temptations and bad habits? 3. I am attracted to people of my same sex. How do these standards apply to me? 4. I am attracted to people of my same sex. How do these standards apply to me? 	<p>Discuss each question and give insights.</p>
<p>May 14</p>	<p>Your body is sacred: Scriptures See Genesis 1:27 (we are created in God's image); John 14:18 (the Savior promises comfort); Philippians 4:7 (the peace of God passes understanding); Doctrine and Covenants 88:15 (the spirit and the body are the soul); 89 (the Word of Wisdom); 121:45 (virtuous thoughts lead to increased confidence).</p>	<p>How do these scriptures relate to the topic of "Your body is sacred."</p>
<p>May 21</p>	<p>Truth will make you free: Doctrine Read the following</p> <ol style="list-style-type: none"> 1. Introduction 2. Heavenly Father wants His daughters and sons to always be learning. 3. Living with integrity means that you love truth with all your heart 4. You have something precious to share. 	<p>Why is learning so important here on Earth? How have you shown Integrity? What are your talents?</p>

<p>May 28</p>	<p><u>Truth will make you free:</u> Invitations Read the following:</p> <ol style="list-style-type: none"> 1. Always be learning. 2. Love the truth 3. Be a light for others. 	<p>What do you do to learn new things? How do you try to be a good example?</p>
<p>June 4</p>	<p><u>Truth will make you free:</u> Promised Blessings: Read the following:</p> <ol style="list-style-type: none"> 1. Education increases your ability to serve the Lord. 2. Honesty brings peace and self-respect. 3. When you stand up for the teachings of Jesus Christ, He stands with you. 	<p>How has education and knowledge blessed you? How is being honest a blessing? How have you stood up for Jesus Christ?</p>
<p>Jun 11</p>	<p><u>Truth will make you free:</u> Questions and answers Discuss the following:</p> <ol style="list-style-type: none"> 1. Is it wrong to have questions about the Church? How can I find answers? 2. How can I stand up for what is right without offending those who have different beliefs? Start 	<p>What do you with questions you can not answer about the church? How do you stand up for what is right and balance civility?</p>
<p>Jun 18</p>	<p><u>Truth will make you free:</u> See Matthew 5:14–16 (<i>let your light shine</i>); John 14:6 (<i>Jesus is the truth</i>); 1 Peter 3:15 (<i>be ready always to share your hope in Christ</i>); Doctrine and Covenants 88:77–80 (<i>things the Lord wants us to learn</i>); 93:36 (<i>the glory of God is intelligence</i>); 124:15 (<i>integrity means loving what is right</i>);</p>	<p>How do these questions relate to “truth?”</p>

	130:18 (<i>our intelligence will rise with us when we are resurrected</i>).	
Jun 25	Finding joy in Christ Read the entire section on Finding joy in Christ (3 paragraphs)	How do choices matter? Will we have trials in our life? How do you find joy in Christ