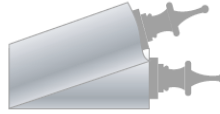




CHURCH EDUCATION

The Holy Bible
The Book of Mormon



'...and they shall become one in thine hand.' Ezekiel 37.17

LESSON TITLE

Righteousness

UNIT 2 – Love, Kinship, Worship

GRADES 10-12 & Adult

THE HOLY BIBLE

Matthew 5:6 “Blessed are they which do hunger and thirst after righteousness: for they shall be filled.”

THE BOOK OF MORMON

3 Nephi 12:6 “And blessed are all they who do hunger and thirst after righteousness, for they shall be filled with the Holy Ghost.”

FAITH AND DOCTRINES ARTICLE 16: We must observe all things the Lord has commanded us and He has promised to be with us till the end of the world.

OBJECTIVES

The participant will be able to:

- Define righteousness
- Discuss the relationship between free will and personal responsibility
- Discuss the benefits of righteous living and how to attain righteousness
- Discern between righteous and unrighteous acts

MATERIALS

Holy Bible and *The Book of Mormon*

White Board and marker

A journal for each student (suggested for 10th -12th grades)

[Q12 Letter Righteousness Nov 2007](#) 1 copy per student

TEACHER NOTES

Time allotment is left to teacher's discretion. Teacher may decide the number of sessions needed to present material and expand upon topic.

To prepare for this lesson, study the scriptural references listed in **PROCEDURE**.

Q = Teacher asks question

Scriptures are embedded in full text within the lesson for teacher's convenience. Use your discretion as to the number of scriptures to read aloud in class.

Prior preparation needed. Look within the lesson.

Use The Quorum of Twelve Apostles (Q12) letter to the Church to direct your discussion about this topic.

PROCEDURE

Motivation/Introduction

Prior to class:

- ✓ Write on the white board the definitions of “Righteousness” and cover until ready to present:

Righteousness (Q12 letter) - virtuous; doing what is right; acting in a just, upright manner; acting in accord with divine or moral law; free from guilt or sin.

Righteousness (Dictionary) - characterized by uprightness or morality; morally right or justifiable; acting in an upright, moral way; virtuous, the result of righteous actions.

- ✓ Make two columns on the board, labeling each “**Righteous Acts**”; and “**Unrighteous Acts**”.

In class:

Q: “Who can present some example of righteous or unrighteous acts?”

A: (Write responses under the appropriate columns on the board. Solicit responses until you have several examples under each category.)

Q: “What do you think is the definition of righteousness?”
A: (Record their definitions on the board.)

- ✓ Uncover the definitions previously written on the board and have participants compare their definitions to the ones given above. Help them to define or redefine their definition to the standard in the Q12 letter or the dictionary as needed.

Lesson Development

Q: “Why do you think God gave man the freedom to choose between good and evil?”

Q: “What is the relationship between choice and personal responsibility?”

Q: “Why would an individual desire to live righteously?”
A: (Discussion) Righteousness is a requirement to enter the kingdom of heaven. To have a relationship with the Heavenly Father. Because of faith in Jesus Christ. To avoid the alternative. To have joy and peace with God and man.

Q: “If righteousness has so many benefits associated with it, why might a person reject righteous living?”

Q: “What are some consequences associated with unrighteous living?”

Say: “Just as our physical bodies need food and water to survive; our spirit needs to attain righteousness to live.

“Knowing the standard of which to attain and the promises of God to the righteous, that should prompt one to desire to live righteously. But sadly, that does not hold true for all.”

“Righteousness can only be obtained by faith in the salvation that is offered through Jesus Christ and by applying God’s word to our lives.” **Agree or disagree?**

Q: “Let’s say that everyone in the audience would like to receive the benefits of righteous living. What are some things we might do to attain righteousness?”

1. Write responses from participants on the board.
2. Q12 suggestions are underlined below and should be included in the list being created on the board.
 - a. A few supportive scriptures are included for each Q12 suggestions.
3. Break participants into small groups and have them find scriptures to support their responses.
4. Set a goal of finding one scripture for each example listed. This may also be assigned as homework.

Make God “Number 1” in your life

Matthew 6:24; “No *man* can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and Mammon.”

1Peter 4:1-2; [1] Forasmuch then as Christ hath suffered for us in the flesh, arm yourselves likewise with the same mind: for he that hath suffered in the flesh hath ceased from sin; [2] That he no longer should live the rest of his time in the flesh to the lusts of men, but to the will of God.

Alma 38:9; “And now, my son, I have told you this that ye may learn wisdom, that ye may learn of me that there is no other way or means whereby man can be saved, only in and through Christ. Behold, he is the life and the light of the world. Behold, he is the word of truth and righteousness.”

Read and Study God’s Word

John 4:13-14; [13] “...whosoever drinketh of this water shall thirst again: [14] But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.”

John 6:48-51; [48] “...I am that bread of life. [49] Your fathers did eat manna in the wilderness, and are dead. [50] This is the bread which cometh down from

heaven, that a man may eat thereof, and not die. [51] I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world."

Take time to Pray and Fast

Matthew 6:5-8; [5] "And when thou prayest, thou shalt not be as hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. [6] But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. [7] But when ye pray, use not vain repetitions as the heathen do: for they think that they shall be heard for their much speaking. [8] Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.

Matthew 6:16-18; [16] Moreover when ye fast, be not as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. [17] But thou, when thou fastest, anoint thine head and wash thy face; [18] That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

Fellowship with the Saints

Moroni 6:5-6; [5] And the church did meet oft, to fast and to pray, and to speak one with another concerning the welfare of their souls. [6] And they did meet together oft to partake of bread and wine, in remembrance of the Lord Jesus.

Keep God's Commandments

Matthew 5:19-20; [19] Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven. [20] For I say unto you, That except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven.

Do God's Will

Matthew 7:21; "Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven."

Praise God

Psalms 106:1-3; [1] Praise ye the Lord. O give thanks unto the Lord; for *he* is good: for his mercy endureth forever. [2] Who can utter the mighty acts of the Lord? Who can shew forth all his praise? [3] Blessed are they that keep judgment, and *he* that doeth righteousness at all times."

Ether 6:9; "And they did sing praises unto the Lord; yea the brother of Jared did sing praises unto the Lord, and he did thank and praise the Lord all the day long; and when the night came, they did not cease to praise the Lord."

Reject Sin, Receive God's Salvation

Alma 38:9; "And now, my son, I have told you this that ye may learn wisdom, that ye may learn of me that there is no other way or means whereby man can be saved, only in and through Christ. Behold, He is the life and the light of the world. Behold, He is the word of truth and righteousness."

Romans 6:1-23; [1] What shall we say then? Shall we continue in sin, that grace may abound? [2] God forbid. How shall we, that are dead to sin, live any longer therein? [3] Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death? [4] Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life. [5] For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection: [6] Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin. [7] For he that is dead is freed from sin. [8] Now if we be dead with Christ, we believe that we shall also live with him: [9] Knowing that Christ being raised from the dead dieth no more; death hath no more dominion over him. [10] For in that he died, he died unto sin once: but in that he liveth, he liveth unto God. [11] Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord. [12] Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof. [13] Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God. [14] For sin shall not have dominion over you: for ye are not under the law, but under grace. [15] What then? shall we sin, because we are not under the law, but under grace? God forbid. [16] Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness? [17] But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you. [18] Being then made free from sin, ye became the servants of righteousness. [19] I speak after the manner of men because of the infirmity of your flesh: for as ye have yielded your members servants to uncleanness and to iniquity unto iniquity; even so now yield your members servants to righteousness unto holiness. [20] For when ye were the servants of sin, ye were free from righteousness. [21] What fruit had ye then in those things whereof ye are now ashamed? for the end of those things is death.

[22] But now being made free from sin, and become servants to God, ye have your fruit unto holiness, and the end everlasting life. [23] For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord

Be Willing and Ready to do God's Work Daily

2Timothy 2:19-21; [19] Nevertheless the foundation of God standeth sure, having this seal, The Lord knoweth them that are His. And, Let every one that nameth the name of Christ depart from iniquity. [20] But in a great house there are not only vessels of gold and of silver, but also of wood and of earth; and some to honour, and some to dishonour. [21] If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified, and meet for the master's use, and prepared unto every good work.

1Peter4:1-2; [1] Forasmuch then as Christ hath suffered for us in the flesh, arm yourselves likewise with the same mind: for he that hath suffered in the flesh hath ceased from sin; [2] That he no longer should live the rest of his time in the flesh to the lusts of men, but to the will of God."

Put on the Armor of Righteousness Daily

2 Nephi 1:23; "Awake, my sons; put on the armor of righteousness. Shake off the chains with which ye are bound, and come forth out of obscurity, and arise from the dust."

Welcome the Spirit of the Lord into your Heart

Mosiah 2:36-39; [36] And now, I say unto you, my brethren, that after ye have known and have been taught all these things, if ye should transgress and go contrary to that which has been spoken, that ye do withdraw yourselves from the Spirit of the Lord, that it may have no place in you to guide you in wisdom's paths that ye may be blessed, prospered, and preserved -- [37] I say unto you, that the man that doeth this, the same cometh out in open rebellion against God; therefore he listeth to obey the evil spirit, and becometh an enemy to all righteousness; therefore, the Lord has no place in him, for he dwelleth not in unholy temples. [38] Therefore if that man repenteth not, and remaineth and dieth an enemy to God, the demands of divine justice do awaken his immortal soul to a lively sense of his own guilt, which doth cause him to shrink from the presence of the Lord, and doth fill his breast with guilt, and pain, and anguish, which is like an unquenchable fire, whose flame ascendeth up forever and ever. [39] And now I say unto you, that mercy hath no claim on that man; therefore his final doom is to endure a never-ending torment.

Q. "Where can we go to find righteousness?"

A. Discussion. Use the following scriptures, as needed to support that Jesus is the source of righteousness and everlasting life.

1John 3:7, "Little children, let no man deceive you: he that doeth righteousness is righteous, even as He is righteous."

John 4:13-14, Jesus answered and said unto her, Whosoever drinketh of this water shall thirst again: But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.

John 6:48-51; I am that bread of life.

Your fathers did eat manna in the wilderness, and are dead. This is the bread which cometh down from heaven, that a man may eat thereof, and not die.

I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.

John 3:16, For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

Q. "What promises await those who live righteously?"

A. Discussion.

- ✓ Assign a few scriptures for participants to read aloud in class concerning some of the promises of God to the righteous:

Psalm 1:1-3, Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

But his delight is in the law of the LORD; and in his law doth he meditate day and night.

(bold print added for emphasis)

And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

Psalm 15:1-2, "Lord, who shall abide in thy tabernacle? Who shall dwell in thy holy hill?

He that walketh uprightly, and worketh righteousness, and speaketh the truth in his heart."

1 Nephi 22:26, "And because of the righteousness of His people, **Satan has no power**; wherefore, he cannot be loosed for the space of many years; for he hath **no power over the hearts of the people**, for they dwell in righteousness, and the Holy One of Israel reigneth."

2 Nephi 9:18, "But, behold, the righteous, the saints of the Holy One of Israel, they who have believed in the Holy One of Israel, they who have endured the crosses of the world, and despised the shame of it, they **shall inherit the kingdom of God**, which was prepared for them from the foundation of the world, and their joy shall be full forever."

- c. his/her relationship with God.

Review/Assessment

Q: "Why should we hunger and thirst for righteousness?"

Q: "How should we hunger and thirst for righteousness?"

Life Application

Activity - Developing Discernment

Option 1

Prior to class:

1. See Attachment A. for a list of statements portraying 'righteous' and 'unrighteous' behaviors or desires. If needed, create statements that are relevant to your audience.
2. Cut statements into individual strips and place into a container.

In class:

3. Pass the container around the room, asking participants to take one strip of paper from it.
4. Participants take turns reading the statement aloud and then briefly:
 - a. discussing whether the statement portrays a righteous or an unrighteous act or attitude
 - b. defending their responses
 - c. anticipate the effect of the act/attitude on:
 - i. the individual,
 - ii. his/her relationship with others,
 - iii. his/her relationship with God

If participants have difficulty deciding between the two choices or conclude that it is neither, ask them to answer this question, "Does the desire or action in the statement lead a person toward Christ or away from Christ." See if participants are willing to take the stance that if it does not lead toward Christ, then it may be unrighteous or sinful.

Option 2

Say: "Consider the list and supporting scriptures for righteous desires on the board.

Ask: "On a scale of 1-10, with 10 being the highest, what personal value do you place on righteous living?"

"How strongly do you desire to do what it will take for you to be righteousness 100 % of the time?"

1. **See attachment A** for examples of situations that may be role played, create scenarios your audience can relate to, or have participants come up with their own ideas.
2. Break participants into small groups and ask them to role play scenarios to drive the point home of anticipating the effect of the act/attitude on:
 - a. the individual,
 - b. his/her relationship with others,

In addition:

Consider engaging the class in a discussion about the "guilt" of not feeling righteous enough.

- "How do we or how should we measure our righteousness?"
- "How does God measure our righteousness?"
- "What role does "grace" and "mercy" play?"
- "How can we override our guilt so that it is not a hindrance to spiritual development and prevent us from obtaining the promises to the righteous?"
- "How do we avoid falling into the justification trap, for example, justifying unrighteous behaviors by saying, 'I'm doing my best'?"

- ✓ Give each student a journal that they can use to keep track of things they are doing to reflect righteousness on a weekly basis. This is a good place to reflect on the examples from the sections above.

Scripture Texts/ References/ Memory Verses

Bible:

Embedded in the lesson

The Book of Mormon:

Embedded in the lesson

Q12 letter Nov.2007

Faith and Doctrine Article 16

We believe in observing all things whatsoever the Lord has commanded us, and on these conditions, he has promised to be with us always, even to the end of the world.

Isaiah 61:10 "I will greatly rejoice in the Lord, my soul shall be joyful in my God; for he hath clothed me with the garments of salvation, he hath covered me with the robe of righteousness, as a bridegroom decketh himself with ornaments, and as a bride adorneth herself with her jewels."

2 Nephi 4:33, "O Lord, wilt thou encircle me around in the robe of thy righteousness! O Lord, wilt thou make a way for mine escape before mine enemies! Wilt thou make my path straight before me! Wilt thou not place a stumbling block in my way – but that thou wouldst clear my way before me, and hedge not up my way, but the ways of mine enemy."

Ether 12:28 "Behold, I will show unto the Gentiles their weakness, and I will show unto them that faith, hope and charity bringeth unto me – the fountain of all righteousness."

Follow-Up/Take-Home Activities

- ✓ Give each student the letter from the Q12 concerning Righteousness to read and/or discuss with their family.
- ✓ Journal activity from Life Application

Suggestions/Scriptures for Further Study/ Exploration/ Extension of Topic

- ✓ In future lessons, explore more in depth the scriptures contained in the Q12 letter.

Key Words: righteous, righteousness, hunger, thirst, virtuous, moral, scribes, Pharisee, treasures, iniquity ungodly, blessings, wisdom

Statements of Righteous and Unrighteous Desires/Acts

Grades 10-12

Jason cannot wait to turn twenty-one so he can go to happy hour with his friends.

Sue's mom asked if she would help a neighbor, but she said she was too busy catching up on Facebook.

Kevin reads a Bible verse each morning to help him focus on the Lord.

Andrew plugs his ears into his Ipod and listens to secular music all day long.

A group of young people visited the lonely widower who lived in the neighborhood.

Joe's parents set his curfew at 10:00 p.m., but he disregards it and stays out later.

Jill usually runs late for school and doesn't take time to pray or eat breakfast.

Penny turns her cell phone off in church.

Rachel often counts her blessings throughout the day.

Sam watches TV so much that he often neglects his responsibilities.

Carrie listens to Christian music because it improves her mood.

Henry doesn't pray before going to bed.

Jean says her bedtime prayers every night.

Sally texts her friends during Sunday school.

Jean focuses her attention on the lesson and raises her hand to ask a question.

Sam spends time praying for friends and family while riding the bus.

Adults

Joe tells a “white lie” to a client to seal the deal.

Mary entertains her supervisor’s flirts, hoping he will consider her for a promotion.

Jackie moved in with her fiancé so they both could save on expenses.

Jim hung out with the ‘boys’ at the sports bar all night instead of going home to his wife and children.

Sue got a little tipsy at the neighborhood party which embarrassed her husband.

Joe posted a comment on Face book that had slight sexual innuendo.

Tony fasts and prays weekly, seeking God’s direction.

Angie seeks opportunities to help those in need.

Sue became offended when her husband admonished her for her inappropriate behavior at the neighborhood party and refused to speak to him for days.

Joe dreaded giving the client the bad news, but he hoped being forthright would strengthen the relationship.

Tessa used the company’s computer for personal business on company time.

Even though he might be late for work, Jim took time to assist the elderly woman who was hungry and tired, by buying her a meal and calling a cab for her to ride home.

Tony joined a basketball league and missed several weeks of Wednesday night services. His doctor had advised him to get more exercise.

Mary makes a point to check on her elderly neighbors to see if they are all right.

Robert uses more “colorful” language when he’s out with the boys, to fit in with the crowd.

Sam felt the Lord prompting him to repent. He chose to put off the call.

Tessa refuses to accept an office in church because she is too busy with her social and work obligations.

Peter decided to stop his monthly donations to church to pay off his credit card bills faster.