

Come, Follow Me

Living, Learning, and Teaching the Gospel of Jesus Christ

For Young Women and Relief Society

Pilot Test for *Come, Follow Me: Living, Learning, and Teaching the Gospel of Jesus Christ, for Young Women and Relief Society*

Thank you for participating in this pilot test of *Come, Follow Me: Living, Learning, and Teaching the Gospel of Jesus Christ.* This resource is an effort to improve gospel learning and teaching at home and at church. We hope that you will have a wonderful experience using these materials.

What is *Come, Follow Me?*

Come, Follow Me is composed of five books:

- *Come, Follow Me* for individuals and families at home
- *Come, Follow Me* for Sunday School
- *Come, Follow Me* for Primary
- *Come, Follow Me* for Young Women and Relief Society
- *Come, Follow Me* for Aaronic and Melchizedek Priesthood quorums

Why this test?

Under the direction of the First Presidency and the Quorum of the Twelve Apostles, the Church is exploring ways to (1) better help your family live and learn the gospel at home and (2) help your experiences at church better support your gospel learning at home. Your participation and feedback as a Young Women or Relief Society leader or teacher and as a Church member will be very valuable.

What materials should I use for the test?

As part of this test, you are invited to use the following resources as you prepare to teach on Sundays:

1. *Come, Follow Me* for individuals and families at home. Each family in your ward or branch has received a copy of this book and has been encouraged to use it for gospel study at home (scripture study, family home evening, and so on).

2. *Come, Follow Me* for Young Women and Relief Society. This book contains lessons that will support the topical study that class members are doing at home during the month. It will also help sisters in Young Women and Relief Society fulfill their divine roles in the work of salvation.

Together, these two books will help you as you teach. They will also strengthen members in their efforts to learn and live the gospel at home.

For the period of the test, these two books will replace your current Young Women and Relief Society Sunday meeting materials, including *Come, Follow Me: Learning Resources for Youth* and *Teachings of the Presidents of the Church: Howard W. Hunter*. After the test is over you can return to teaching from the previous materials.

How do I share my feedback?

At least weekly, please share your experiences, comments, and suggestions. You will remain completely anonymous, and you can comment as often as you would like. Thank you for your help. May the Lord bless you in your efforts to learn and live the gospel of Jesus Christ.

To share your comments, go to **lds.org/test/learn.**



Contents

Our Meetings Are More Than Classes ii
Using *Come, Follow Me* for Young Women and Relief Society. iii
Outlines for Young Women and Relief Society Meetings 1
April
Young Women and Relief Society: Learning from General Conference. 2
May
Week 1
Relief Society: What Is Our Sacred Work as Relief Society Sisters?. 6
Young Women: How Do I Build My Life on the Gospel of Jesus Christ?. 8
Weeks 2–3
Young Women and Relief Society: Living the Gospel of Jesus Christ 10
June
Week 1
Relief Society: The Savior's Atonement Is Evidence of God's Love for Us 14
Young Women: We are Daughters of our Heavenly Father 16
Weeks 2–3
Young Women and Relief Society: The Plan of Salvation 18
Topics for Fourth-Sunday Meetings 22

Published by
The Church of Jesus Christ of Latter-day Saints
Salt Lake City, Utah

© 2016 by Intellectual Reserve, Inc.
All rights reserved.
Printed in the United States of America
PD60000672

Our Meetings Are More Than Classes

Young Women and Relief Society meetings help daughters of God be prepared to fulfill their divine roles in their homes, in the Church, in their communities, and in the world. Sisters discuss gospel principles and establish a doctrinal foundation to help each other understand and accomplish their divine roles in the work of salvation.

Regarding the important work that covenant-keeping daughters of God perform, President Russell M. Nelson made this powerful plea: "The kingdom of God is not and cannot be complete without women who make sacred covenants and then keep them, women who can speak with the power and authority of God! . . .

" . . . We need women who know how to make important things happen by their faith and who are courageous defenders of morality and families in a sin-sick world. We need women who are devoted to shepherding God's children along the covenant path toward exaltation; women who know how to receive personal revelation, who understand the power and peace of the temple endowment; women who know how to call upon the powers of heaven to protect and strengthen children and families; women who teach fearlessly" ("A Plea to My Sisters," *Ensign* or *Liahona,* Nov. 2015, 96).

As daughters of God fulfill this work, they find themselves drawing closer to Christ. Their conversion to His gospel deepens. Their desires, attitudes, and actions align more closely with Heavenly Father's will. They become happy and confident, and they delight "to act . . . and not to be acted upon" (2 Nephi 2:26). They strive to obey the promptings of the Holy Ghost, resist temptation, and "do many [good] things of their own free will" (D&C 58:27). They become "saint[s] through the atonement of Christ" (Mosiah 3:19).



Using *Come, Follow Me* for Young Women and Relief Society

Come, Follow Me is designed to help Young Women and Relief Society sisters build a strong doctrinal foundation and engage in meaningful participation in the work of salvation—at home, at church, and in everyday life.

Young Women class presidencies take an active role by leading discussions at the beginning and end of each meeting as the young women share experiences and plan to act. In Relief Society, the Relief Society president or a counselor leads and teaches the meeting, rather than a formally called teacher.

Each of the weekly outlines includes the following sections. The time spent on each section will vary according to the needs of those you teach. For instance, if the discussion during "Share Experiences" is especially meaningful, the teacher may spend more time on this section.

- *Share Experiences.* Contains sample questions to encourage the young women and Relief Society sisters to share their insights and experiences from learning and living the gospel each week.
- *Learn Together.* Provides doctrinal resources and ideas to engage the sisters in gospel discussions each week.
- *Plan to Act*. Includes suggestions for how to invite the young women or Relief Society sisters to share their impressions and counsel together about what they will do to act on the things that they have learned.

Meeting Outlines for the First Sunday of Each Month

- First-Sunday Young Women lessons introduce a doctrinal topic that corresponds with the monthly doctrinal focus in *Come, Follow Me* for individuals and families.
- First-Sunday Relief Society meetings are dedicated to discussing an aspect of the purpose of Relief Society, counseling together about how to do God's work, and planning ways to carry out this work.

Meeting Outlines for the Second and Third Sundays of Each Month

Outlines for the second and third Sundays of each month focus on a doctrinal topic that corresponds with the monthly doctrinal focus in *Come, Follow Me* for individuals and families. Young Women and Relief Society meetings share the same outline for these weeks, but meet separately.

Topics for Fourth-Sundays Meetings

Fourth Sunday meeting topics are prayerfully chosen by Young Women and Relief Society leaders based on needs and in consultation with the bishopric or branch presidency and ward or branch council. The same pattern used for the first three Sundays ("Share Experiences," "Learn Together," and "Plan to Act") could be applied. These discussions may be held in separate meetings or as group discussions in any of the following combinations: Melchizedek Priesthood and Relief Society, Relief Society and Young Women, or Aaronic Priesthood and Young Women.

Fifth-Sunday meetings are under the direction of the bishopric or branch presidency.



Outlines for Young Women and Relief Society Meetings

"I plead with my sisters of The Church of Jesus Christ of Latter-day Saints to step forward! Take your rightful and needful place in your home, in your community, and in the kingdom of God—more than you ever have before. . . . I promise you in the name of Jesus Christ that as you do so, the Holy Ghost will magnify your influence in an unprecedented way!" (Russell M. Nelson, "A Plea to My Sisters," *Ensign* or *Liahona,* Nov. 2015, 97).

APRIL | YOUNG WOMEN AND RELIEF SOCIETY

Learning from General Conference



GENERAL CONFERENCE

Each Sunday in April, Young Women and Relief Society meetings focus on learning from the counsel given in the April 2016 general conference. Transcripts and videos from general conference are available online (see lds.org/general-conference) and on the Gospel Library app.

When determining which conference talks to study together, consider the following questions:

- What are the needs and challenges of young women or Relief Society sisters in the ward?
- Which conference talks would best help them?

SHARE EXPERIENCES

The Relief Society president (or a counselor) or Young Women class president (or a counselor) asks questions like the following to help sisters share experiences:

- What inspired us as we listened to general conference?
- What did we do in our homes to prepare ourselves to make general conference meaningful? How are we helping our families study the counsel given?
- What counsel from general conference seemed particularly relevant to young women and women?
- What central messages did you hear? What did you hear that was not said?
- How are you different because of what you learned or experienced at general conference?

My Spiritual Impressions

LEARN TOGETHER

Teachers use one or more of the activities below or a related idea from *Come, Follow Me* for individuals and families to help sisters learn from general conference. In Relief Society, the president or a counselor leads the discussion. In Young Women, the Young Women president, a counselor, an adviser, or occasionally a young woman may lead.

Most of these learning activities will be infinitely more meaningful if sisters are invited to prepare by reviewing specific talks prior to the lesson.

- *Work in groups*. Divide the sisters into small groups, and assign each group to discuss a different section of a talk. Then ask a member from each group to summarize what they learned with the larger group. Or have the sisters form new groups with others who studied different sections and share what they learned.
- *Answer questions*. Invite the sisters to answer questions like the following about a talk: What gospel principles did we find as we studied? What statements were most meaningful? What questions did we have? What are some possible answers?
- *Share quotations*. Invite the sisters to share quotations from a talk that inspire them to make positive changes in their lives. What opportunities might we have to share these teachings with others?
- *Share an object lesson*. In advance, invite a few sisters to bring objects from home that relate to the teachings in a talk. In the meeting, ask them to explain how those objects relate to the talk. Or you may want to bring an object or picture related to each section of a talk and invite the sisters to match the objects to the relevant sections.
- *Prepare a lesson*. Ask the sisters to work in pairs to plan a family home evening lesson based on a section of a talk. How could we make the teachings relevant to our families? Invite some of the pairs to share their plans.
- *Read and share*. Read together several quotations from the talk. Ask the sisters to share examples from the scriptures and from their lives that illustrate the same teachings.
- *Learn about a scripture*. Invite the sisters to read a scripture referenced in a talk. Ask them to discuss how the teachings in the talk help them better understand the scripture.
- *Find an answer*. Write a few questions that can be answered in a talk. Focus on questions that prompt deep thinking or help learners apply gospel principles. Allow the sisters to select a question and find answers in the talk. Invite them to discuss their answers in small groups or as a whole group.

My Spiritual Impressions



IMPROVING OUR TEACHING

Teach clearly and simply. The Lord has sent forth His gospel "in plainness and simplicity" (D&C 133:57). Rather than trying to entertain your class, trust in "the virtue of the word of God," which has "a more powerful effect on the minds of the people than . . . anything else" (Alma 31:5).



- *Prepare and share*. Before the Sunday meeting, invite several sisters to read different sections of a talk or a story from conference and come prepared to share their insights, feelings, and understanding. Or you could invite sisters to come prepared to share their favorite talks and why they found the talks meaningful.
- *Find a phrase*. Invite the sisters to search paragraphs, looking for phrases from a talk that help them understand the doctrine being taught. Ask them to share the phrases and why they are meaningful.
- *Create a picture*. Invite the sisters to find a meaningful quotation from a talk and make a poster, bookmark, or meme (or digital picture quote) that they could share or display in their homes.
- *Read in class*. Ask the sisters to choose one section from a talk or a story and read it silently. Invite them to gather in groups of two or three who chose the same section and discuss what they learned.
- *Find a friend*. Write questions about a talk on strips of paper. Place two or more copies of each question in a container. Allow each sister to draw one out. Form groups or pairs from those with the same questions, and ask each group to discuss that question using the talk.
- *Use video clips*. Show two or more short clips from similarly-themed talks and ask sisters to discuss the principles taught. How do each of the talks help us better understand the topic?

PLAN TO ACT

The Relief Society president (or a counselor) or Young Women class president (or a counselor) concludes the meeting by counseling with sisters about how they can act on what they are learning:

- What impressions have we had during the meeting? What will we do to act on our impressions?
- What did we learn from general conference that will help us participate in the work of salvation?
- Invite the sisters to ponder the following question and write down what they will do: Who needs to hear the message we talked about today? How will I share it with him or her?

My Spiritual Impressions

What Do I Feel Prompted to Teach from General Conference?

MAY WEEK 1 | RELIEF SOCIETY

What Is Our Sacred Work as Relief Society Sisters?

Purpose of Relief Society



LEADER TRAINING

Relief Society is more than a class—it is a vital part of the work of salvation. As covenant-keeping daughters of God, we share experiences, learn together about our essential roles and responsibilities, and counsel about how we can fulfill the purpose of Relief Society.

How do I feel prompted to lead this discussion?

The purpose of Relief Society is to help prepare women for the blessings of eternal life as they increase faith in Jesus Christ and His Atonement, strengthen families and homes through ordinances and covenants, and work in unity to help those in need.

Prepare to lead the discussion by prayerfully studying the purpose of Relief Society and seeking inspiration about how to help sisters fulfill this purpose. How can you encourage them to act on impressions they receive?

SHARE EXPERIENCES

As disciples of Jesus Christ, we can strengthen each other as sisters by sharing how we have lived the gospel during the week. Sharing these experiences is one way to invite the Spirit into our meetings. For example, the leader might ask something like:

- What have we experienced this week that strengthened our testimonies or increased our faith in Jesus Christ and His Atonement?
- What have we done to help strengthen our homes and families this week?
- What have we felt and experienced as we have helped those in need?

My Spiritual Impressions

LEARN TOGETHER

The Relief Society president or one of her counselors may use one or more of the following activities or one of her own to help the sisters understand and fulfill the purpose of Relief Society.

- President Joseph Fielding Smith said that Relief Society "is a vital part of the kingdom of God on earth [that] . . . helps its faithful members to gain eternal life in our Father's kingdom" (in *Daughters in My Kingdom,* 2011, 97). What insights do we gain about our work in the kingdom as we study this quote and the Relief Society purpose (see also Moses 1:39)?
- Discuss what John 17:1–3 teaches about gaining eternal life. What does it mean to know Heavenly Father and His Son, Jesus Christ? (You might want to use the idea of walking with the Savior in "Living the Gospel of Jesus Christ" in *Come, Follow Me* for individuals and families.) What do we learn about increasing faith in Jesus Christ from Matthew 11:28–30; Mosiah 5:6–8; Helaman 5:12; and Moroni 10:30–32?
- Together, create a list of the promises we make at baptism (see D&C 20:37; Mosiah 18:8–10). Divide the sisters into groups, and assign each group to look for similarities between our baptismal covenants and the purpose of Relief Society. Invite each group to share their insights. They might share how fulfilling the purpose of the Relief Society has blessed them.

PLAN TO ACT

The Relief Society president or one of her counselors concludes the meeting by encouraging the sisters to counsel together about how to apply what they are learning in their sacred work. For instance, she could:

- Invite the sisters to ponder the following questions and write down what they will do: What impressions did I receive about how I can better prepare myself for the blessings of eternal life? What will I do to act on those promptings?
- Counsel together about how to help Primary girls and young women understand our Relief Society purpose and see themselves as future, vital participants in this sacred work.

How Do I Feel Prompted to Teach This Topic?



IMPROVING OUR TEACHING

Recording impressions. Sometimes during a Sunday discussion, the Holy Ghost will teach learners things that are never spoken aloud. Provide time for the sisters to write down these promptings.

MAY WEEK 1 | YOUNG WOMEN

How Do I Build My Life on the Gospel of Jesus Christ?

Living the Gospel of Jesus Christ



Seek inspiration from the Holy Ghost as you prayerfully study about living the gospel of Jesus Christ this month in *Come, Follow Me* for individuals and families. Consider questions like the following: How will living the gospel of Jesus Christ bless the young women I teach? What can the young women do now to build a firm foundation on the gospel of Jesus Christ?

In a class presidency meeting, help a member of the class presidency prepare to lead the "Share Experiences" and "Plan to Act" sections of this month's Sunday meetings.

SHARE EXPERIENCES

The Young Women class president or one of her counselors asks questions like the following to help young women share experiences:

- When have we felt the Savior's love through the kindness of someone who served us? What effect did it have?
- What things have we done that helped us feel close to the Savior?

LEARN TOGETHER

The Young Women president, a counselor, an adviser, or occasionally a young woman may use one of the activities below or a related idea from *Come, Follow Me* for individuals and families to help young women understand what it means to build their lives on the foundation of Jesus Christ's gospel.

My Spiritual Impressions

- Invite the young women to spend a few minutes writing about what it would be like to take a walk with the Savior (see the article "Living the Gospel of Jesus Christ" in *Come, Follow Me* for individuals and families). Encourage them to share what they wrote. Ask them to read Moses 6:33–34 in pairs and discuss how we can walk with Christ and what blessings we might receive when we stay close to Him. They could create a poster using this verse or other verses (see Ezekiel 11:20; Micah 6:8) to remind them to walk each day with Christ.
- To help the young women see the value of a firm foundation, build a tower of blocks together, first on a firm surface (like a table) and then on an unstable surface (like someone's hands). What can we learn from this activity and from Matthew 7:24–27 and Helaman 5:12? How do the first principles and ordinances of the gospel (see Articles of Faith 1:4) build on each other to become a firm foundation for our lives?
- Help the young women understand how faith in Jesus Christ, repentance, baptism, and the Holy Ghost (see 3 Nephi 27:13–21) give them power to keep the commandments and standards of the gospel (see "A Secure Anchor," LDS.org). Ask them to think of as many commandments and standards as they can (see *For the Strength of Youth* for ideas) and discuss how the first principles and ordinances of the gospel will help them keep the commandments.

PLAN TO ACT

The class president or one of her counselors concludes the meeting by counseling with the young women about how they can act on what they are learning:

- Invite the young women to ponder the following question and write down what they will do and when: What can I do to strengthen my faith in Jesus Christ?
- As a class, what can we do to better support each other in living the gospel of Jesus Christ? (See *Young Women Personal Progress* Faith value experiences.)

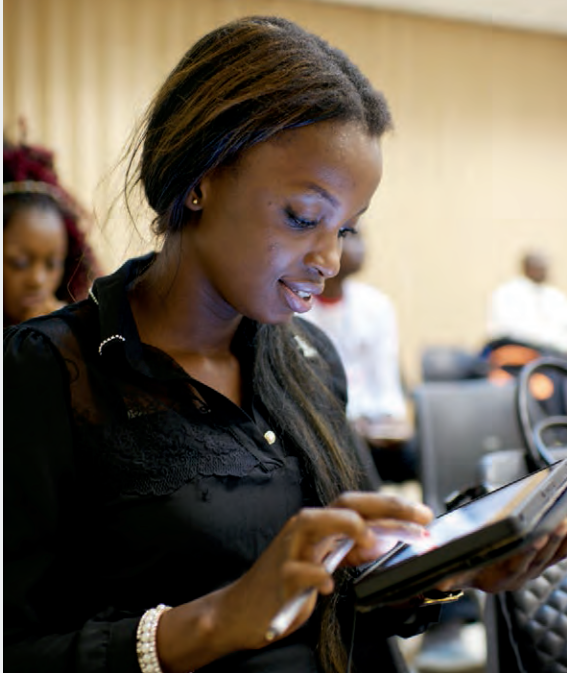
How Do I Feel Prompted to Teach This Topic?

My Spiritual Impressions



IMPROVING OUR TEACHING

Nurture a loving atmosphere. Some factors that invite the Spirit aren't tangible—such as how the young women feel about and treat each other. Establish a loving, respectful environment so that the young women will feel safe sharing experiences, questions, and testimonies.



MAY WEEKS 2–3 | YOUNG WOMEN AND RELIEF SOCIETY

Living the Gospel of Jesus Christ

Prepare to lead the discussion by prayerfully studying, seeking inspiration from the Holy Ghost, and recording impressions about how to help sisters understand how to live the gospel of Jesus Christ each day.

SHARE EXPERIENCES

The Relief Society president (or a counselor) or a Young Women class president (or a counselor) asks questions like the following to help sisters share experiences:

- What impressed us from last Sunday's discussion? What did we do because of those thoughts and feelings?
- Who can share an insight about living the gospel of Jesus Christ from her personal or family study?

LEARN TOGETHER

For the second and third Sundays of the month, teachers may use one or more of the following activities or a related idea from *Come, Follow Me* for individuals and families to help sisters understand how to live the gospel of Jesus Christ each day. In Relief Society, the president or a counselor leads the discussion. In Young Women, the Young Women president, a counselor, an adviser, or occasionally a young woman leads.

My Spiritual Impressions

The gospel of Jesus Christ is a pattern for my life.

- Invite a sister to come prepared to share how she made something by following a pattern. What did her experience teach her about using patterns? Ask sisters to search 2 Nephi 31:10–21 and pages 38–39 in *Come, Follow Me* for individuals and families, looking for the pattern the Savior gave. Why is it important to repeat this pattern throughout our lives?
- Assign each sister to read one of the following sections of chapter 3 of *Preach My Gospel*: "Faith in Jesus Christ," "Repentance," "Baptism, Our First Covenant," "The Gift of the Holy Ghost," and "Endure to the End." Ask them to teach one another what they learn, using a scripture and sharing how the principle they read about can help them on the path back to God.
- Show the video "Daily Bread: Pattern" (LDS.org), and ask the sisters to share what they learn from Elder D. Todd Christofferson's words. In what ways is gathering manna an insightful metaphor for the things we do every day to strengthen our spirits? How do daily prayer and scripture study help us increase faith? Repent? Keep covenants? Receive the influence of the Holy Ghost?

Is the gospel of Jesus Christ continually changing my heart?

- As a group, read portions of Sister Neill F. Marriott's talk "Yielding Our Hearts to God" (*Ensign* or *Liahona*, Nov. 2015, 30–32) or watch the video "A Mighty Change: Conversion" (LDS.org). In these examples, how did the gospel of Jesus Christ—faith in Jesus Christ, repentance, baptism, and the Holy Ghost—lead to a change of heart? What do the scriptures teach about a change of heart? (See Mosiah 5:1–5, 12, 15; Alma 5:14–15, 26.) How is it a process, not a one-time event?
- Prophets have often used the heart as a symbol of our spiritual state, such as a meek heart centered on the gospel (see 2 Corinthians 3:2–3; 2 Nephi 2:6–7; 3 Nephi 9:19–20) or a hard heart set on the world (see Hebrews 3:12–13; 2 Nephi 33:2; Alma 5:53; D&C 121:34–36). How can we soften our hearts (see 1 Nephi 2:16)? What does it mean to have the gospel of Jesus Christ written in our hearts?
- Divide the sisters into groups, and invite each group to review one of the three principles from Sister Linda K. Burton's talk "Is Faith in the Atonement of Jesus Christ Written in Our Hearts?" (*Ensign* or *Liahona*, Nov. 2012, 111–15). Give each group a paper heart to write key points on. Invite them to share these points with everyone. When is a time that Jesus Christ helped you change your heart?

My Spiritual Impressions



IMPROVING OUR TEACHING

Recording impressions. Sometimes during a Sunday discussion, the Holy Ghost will teach learners things that are never spoken aloud. Provide time for the sisters to write down these promptings.



How does living the basic principles and ordinances of the gospel bring us joy?

- How can we feel joy when our circumstances are not what we would choose? To help the sisters find answers to this question, show the video "Mountains to Climb" (LDS.org). Discuss how living the gospel of Jesus Christ has brought us joy in the midst of challenges. What can we do to support each other through our trials?
- Sister Bonnie L. Oscarson taught, "True conversion occurs as you continue to act upon the doctrines you know are true and keep the commandments, day after day, month after month" ("Be Ye Converted," *Ensign* or *Liahona*, Nov. 2013, 77). What do we learn from her talk about the blessings of living the gospel of Jesus Christ day by day? Consider showing the video "Atonement—Not a One-Time Thing" (LDS.org).
- Invite sisters to review examples of people acting on the principles of the gospel in "We Have Great Reason to Rejoice" by Sister Carole M. Stephens (*Ensign* or *Liahona,* Nov. 2013, 115–17), "Keeping Covenants Protects Us, Prepares Us, and Empowers Us" by Sister Rosemary M. Wixom (*Ensign* or *Liahona*, May 2014, 116–18), or chapter 3 in *Daughters in My Kingdom* (27–37). What inspires us?

How can I faithfully endure to the end?

- On the board, write "What does it mean to endure to the end?" Invite the sisters to find answers in the corresponding section of President Dieter F. Uchtdorf's talk "Have We Not Reason to Rejoice?" (*Ensign* or *Liahona*, Nov. 2007, 18–21). The sisters could discuss misconceptions about enduring and draw images about enduring well based on phrases from the talk. What will we do to more joyfully endure?
- Invite the sisters to sing and discuss hymns that help them feel the joy of faithfully enduring, such as "Now Let Us Rejoice" (*Hymns*, no. 3). How can we "rely on the arm of Jehovah"? What do the hymn, 2 Nephi 31:20, and Helaman 3:28–30 teach us about why enduring to the end is essential to obtaining eternal life?
- Consider adapting the activity under the heading "What does it mean to endure to the end?" on page 37 of *Come, Follow Me* for individuals and families. Is there an experienced runner who could talk to the sisters about what it takes to endure to the end of a race? How is this experience similar to enduring in the race of life (see Hebrews 12:1–2; Mosiah 4:27; D&C 10:4)?

How can we help others find joy in living the gospel?

- In "A Summer with Great-Aunt Rose," President Dieter F. Uchtdorf described how Rose helped Eva see that living the gospel brings joy (see *Ensign* or *Liahona*, Nov. 2015, 15–19). Invite the sisters to review this talk to discover the ways in which Rose taught Eva. How have others taught us the joy of living the gospel? Give the sisters time to ponder how they will share with others the joy the gospel brings.
- What can we learn from the scriptures about how we can help others experience the joy of the gospel? (see 1 Nephi 8:5–18; Alma 29:1–13; D&C 18:10–18). Divide the sisters into four groups and ask them to share ways to help loved ones in one of the following areas: increasing faith in Jesus Christ, repenting and making changes, making and keeping covenants, and receiving the Holy Ghost.
- How can we support those who are struggling with their faith? Invite the sisters to look for counsel in "Returning to Faith" by Sister Rosemary M. Wixom (*Ensign* or *Liahona*, May 2015, 93–95) or "Choose to Believe" by Elder L. Whitney Clayton (*Ensign* or *Liahona*, May 2015, 36–39). Sisters could role-play or share ideas about how to respond when someone they love shares a question or doubt with them.

PLAN TO ACT

The Relief Society president (or a counselor) or a Young Women class president (or a counselor) concludes the meeting by counseling with sisters about how they can act on what they are learning:

- Invite the sisters to ponder the following questions and write their impressions: What was I inspired to do as I learned today? How will I act on those promptings?
- How can we better rely on the gospel of Jesus Christ to help us in our daily lives? How can we strengthen each other?

My Spiritual Impressions

How Do I Feel Prompted to Teach This Topic?



JUNE WEEK 1 | RELIEF SOCIETY

The Savior's Atonement Is Evidence of God's Love for Us

Purpose of Relief Society

Prepare to lead a meaningful discussion by prayerfully studying about how the Savior's Atonement is evidence of God's love for us and seeking inspiration about how to help sisters understand this principle. How can you encourage them to act on impressions they receive?

SHARE EXPERIENCES

The purpose of Relief Society is to help prepare women for the blessings of eternal life as they increase faith in Jesus Christ and His Atonement, strengthen families and homes through ordinances and covenants, and work in unity to help those in need.

To help fulfill this purpose, the Relief Society president or one of her counselors begins the meeting by inviting the sisters to share experiences. For instance, she could ask:

- How have we been blessed as we have strived to fulfill the purpose of Relief Society?
- How has the Savior's Atonement strengthened us and helped us fulfill our divine roles?

My Spiritual Impressions

LEARN TOGETHER

The Relief Society president or one of her counselors uses one or more of the following activities to help the sisters understand how the Savior's Atonement is evidence of God's love for them.

- Nephi was shown a vision of the Savior's earthly ministry (see 1 Nephi 11:8–33) and was taught that the love of God is "the most joyous to the soul" (1 Nephi 11:23). To help the sisters feel the love of God, invite them to review Nephi's account and share scriptures that have helped them feel God's love. What do we learn from these scriptures about Heavenly Father's and Jesus Christ's love for us? What does Their love inspire us to do to serve each other in Relief Society?
- Several hymns help us understand that Christ's Atonement is evidence of God's love, such as "How Great the Wisdom and the Love" (*Hymns*, no. 195). Invite the sisters to listen to or sing a few of these hymns and share their feelings about the Savior's sacrifice for them. How is the Savior's sacrifice evidence of God's love? What experiences can we share when we have felt God's love because of the Savior's Atonement?
- Invite the sisters to review section three of Sister Linda K. Burton's talk "The Power, Joy, and Love of Covenant Keeping" (*Ensign* or *Liahona*, Nov. 2013, 111–14) or watch several Bible videos that illustrate God's love. Then discuss how feeling His love inspires us to be more faithful in keeping our covenants. What can we do each day to remember and show gratitude for His infinite love for us?

My Spiritual Impressions

How do I feel prompted to lead a discussion on this topic?

PLAN TO ACT

The Relief Society president or one of her counselors concludes the meeting by encouraging the sisters to counsel together about how to apply what they are learning in their sacred work. For instance, she could:

- Invite the sisters to ponder the following questions and share their impressions: What can I do to be more aware of God's love for me, my family, and my neighbors? How will I treat myself and others differently as a result?
- What can we do this week to help others recognize God's love for them?



LEADER TRAINING

The members of the Relief Society presidency are spiritual leaders in the effort to strengthen sisters and their families. As part of this responsibility, they counsel regularly with the bishop about how Relief Society meetings can help meet the needs of individuals and families in the ward (see *Handbook 2: Administering the Church* [2010], 9.2.2, 9.4.2).



JUNE WEEK 1 | YOUNG WOMEN

We are Daughters of our Heavenly Father

Seek inspiration from the Holy Ghost as you prayerfully study about the plan of salvation this month in *Come, Follow Me* for individuals and families (pages 38–41). Consider questions like the following: What do the young women I teach need to understand about Heavenly Father's plan? How can understanding the plan of salvation help them with the challenges they are facing?

In a class presidency meeting, help a member of the class presidency prepare to lead the "Share Experiences" and "Plan to Act" sections of this month's Sunday meetings

SHARE EXPERIENCES

The Young Women class president or one of her counselors asks questions like the following to help young women share experiences:

- When have you felt that God was aware of you and knew you personally?
- As covenant daughters of God, we promise to engage in the work of salvation (see *Handbook 2*, 5). How are we fulfilling this work? For instance, who would like to share an experience they've had sharing the gospel?

My Spiritual Impressions

LEARN TOGETHER

The teacher uses one or more of the following activities or a related idea from *Come, Follow Me* for individuals and families to help young women understand that they are daughters of a loving Heavenly Father. The Young Women president, a counselor, an adviser, or occasionally a young woman leads.

- Understanding God's plan can help each young woman know that she is a daughter of a loving Heavenly Father. During the week before class, invite the young women to complete Individual Worth value experience 1 in *Young Women Personal Progress* (booklet, 2009). Invite them to come prepared to share their experiences.
- Ask the young women to think of a friend who is struggling with self-worth. Invite them to make a card for their friend, searching Sister Rosemary M. Wixom's talk "Discovering the Divinity Within" (*Ensign* or *Liahona*, Nov. 2015, 6–8) for a quotation that will help their friend feel his or her worth to God. What does Sister Wixom teach about our divine nature?
- Invite the young women to list some of the messages the world gives young women about who they are and what qualities make them important. Show the video "Significant in Every Way" or "Our True Identity" (LDS.org) and ask the young women to contrast the messages in these videos with the world's messages. How can we help each other live true to our identity as daughters of God?

PLAN TO ACT

The class president or one of her counselors concludes the meeting by encouraging the young women to counsel together about how they can act on what they are learning:

- What divine qualities do we see in members of our class? How can we build each other up and help each other recognize our divine nature?
- Provide time for the young women to ponder the following question and, as moved upon by the Spirit, share their impressions with the group: What does it really mean to be a daughter of God? What does this knowledge lead me to do?

My Spiritual Impressions

How Do I Feel Prompted to Teach This Topic?



IMPROVING OUR TEACHING

Finding answers in the scriptures. As the young women learn how to draw meaning out of the scriptures and turn to them daily, they will be able to access divine guidance to overcome any challenge. Help them see that the scriptures contain the Lord's answers to questions and problems we all face.



JUNE WEEKS 2–3 | YOUNG WOMEN AND RELIEF SOCIETY

The Plan of Salvation

Prepare to lead a meaningful discussion by prayerfully studying, seeking inspiration from the Holy Ghost, and recording impressions about how to help sisters understand their role in the plan of salvation.

SHARE EXPERIENCES

The Relief Society president (or a counselor) or Young Women class president (or a counselor) asks questions like the following to help sisters share experiences:

- Who would like to share something you have learned about the plan of salvation from their personal or family study?
- As covenant daughters of God, we assist in His plan by doing the work of salvation (see Handbook 2, 5). How are we fulfilling this work? For instance, can someone share an experience with doing temple work for an ancestor?

LEARN TOGETHER

For the second and third Sundays of the month, teachers use one or more of the following activities or a related idea from *Come, Follow Me* for individuals and families to help sisters understand the plan of salvation. In Relief Society, the president or a counselor leads the discussion. In Young Women, the Young Women president, a counselor, an adviser, or occasionally a young woman leads.

My Spiritual Impressions

What is the plan of salvation?

- Ask the sisters to use President Thomas S. Monson's talk "The Race of Life" (*Ensign* or *Liahona*, May 2012, 90–93) to answer these questions: Where did we come from? Why are we here? Where do we go after we leave this life? Invite sisters to share their answers with a partner. Also consider using ideas from the activity titled "What is the plan of salvation?" in the February "Ideas for Family Home Evening" in *Come, Follow Me* for individuals and families.
- In advance, ask a few sisters to come prepared to teach about a stage in the plan of salvation—premortal life, mortal life, the spirit world, and the kingdoms of glory. They can use *Preach My Gospel* (2004), 47–54 or *True to the Faith* (2004), 115–17. Draw a diagram of the plan of salvation on the board. As the sisters teach, invite them to add scriptures to the diagram that teach about the parts of the plan. What will we do differently because of our knowledge of God's plan?
- Read together Alma 12:30 and Alma 42:13–16, and invite the sisters to look for phrases that describe the plan of salvation. What do these phrases teach us? Show the video "Men's Hearts Shall Fail Them" (LDS.org), and ask the sisters to look for how a knowledge of God's plan blessed Elder Russell M. Nelson. Invite the sisters to share ways in which this knowledge has blessed them.

How can understanding God's plan help me deal with life's difficulties?

- Sister Linda S. Reeves taught, "I do not know why we have the many trials that we have, but it is my personal feeling that the reward is so great . . . that in that day of reward, we may feel to say to our merciful, loving Father, 'Was that all that was required?'" ("Worthy of Our Promised Blessings," *Ensign* or *Liahona*, Nov. 2015, 11). Invite the sisters to read sections of Sister Reeves's talk and look for how God's plan helps us endure challenges.
- Show the video "Plan of Salvation—We're Still a Family" (LDS.org), and ask the sisters to look for how a knowledge of the plan of salvation helped the father and his son cope with the death of their family members. Invite sisters to share how an eternal perspective is helping them with their challenges. You may want to use the metaphor of the tapestry in the February article "The Plan of Salvation" in *Come, Follow Me* for individuals and families.
- Invite the sisters to think about or write down their questions, fears, or struggles, and encourage them to search the following scriptures for ways the plan of salvation can bring them comfort and answers: 2 Nephi 2:11; Alma 7:11–12; 36:3; Doctrine and Covenants 58:2–4; 121:7–8; Abraham 3:22–26; Moses 6:47–62. You might invite a few sisters ahead of time to share how a knowledge of God's plan has helped them through difficulties.

My Spiritual Impressions



IMPROVING OUR TEACHING

Adapt lesson plans. Be willing to change direction during class as the Spirit directs. The Spirit may prompt you to spend more time on a principle than you had planned or address a concern that is not part of your original lesson plan.



What does it mean to be stewards of God's creations?

- The Creation is an important part of the plan of salvation. It gives us the opportunity to come to earth, receive our bodies, and exercise agency. What do we learn about the Creation in Genesis 1–2; Moses 1–3; and Abraham 4–5? Sisters could divide into groups to review these scriptures and share what was meaningful to them. How can we show God that we are grateful for His Creation?
- How can you teach that a steward looks after the property of another? You could invite sisters to share experiences when they cared for someone else's things, such as a home or a library book. How do these experiences help us understand what it means to be stewards of the earth? What do we learn from Doctrine and Covenants 59:16–21 and 104:13–18 about why God gave us His beautiful creations and made us stewards over these things?
- Elder Russell M. Nelson taught, "The Creation itself testifies of a Creator. We cannot disregard the divine in the Creation. Without our grateful awareness of God's hand in the Creation, we would be just as oblivious to our provider as are goldfish swimming in a bowl" ("The Creation," *Ensign*, May 2000, 85). When have you felt close to God when you were out in nature? What did you feel? What do you learn from Alma 30:44 and Doctrine and Covenants 88:45–47 about how God's creations testify of Him?

How can the plan of salvation help me understand current moral issues?

- How does knowing about the plan of salvation help us better understand the Lord's counsel on the moral issues of our day? For an example, invite the sisters to review Elder David A. Bednar's talk "We Believe in Being Chaste" (*Ensign* or *Liahona*, May 2013, 41–44) and discuss how knowing the plan of salvation helps us understand God's commandments regarding chastity. As a group, discuss another moral issue of our day and how the plan of salvation makes it easier to understand the Lord's counsel on that issue.
- Divide the sisters into pairs and ask each pair to make a list of ways that Satan is attacking the family and ways they can defend the family. Invite sisters to share their thoughts with the group. How can understanding the role of the family in Heavenly Father's plan help us defend against Satan's attacks? Ask the sisters to review portions of chapter 9 in *Daughters in My Kingdom: The History and Work of Relief Society* (2011), 145–65. What from this chapter inspires us to enrich, protect, and guard the family?

- Consider showing close-up pictures of familiar objects (so close that the objects are not recognizable) and asking the sisters to guess what the objects are. Ask them what this demonstration teaches about the importance of having an eternal perspective regarding moral issues. For example, the sisters could discuss how having an eternal perspective helps them understand the Church's teachings about same-sex marriage (see "Same-Sex Marriage," Gospel Topics, lds.org/topics). Sisters could role-play discussing moral issues with others, using the plan of salvation to help them understand God's commandments.

What happens after I die?

- Write the question "What happens after I die?" on the board and invite the sisters to look for answers in *True to the Faith* (2004), 92–95, 116–17 or in the following scriptures: Alma 11:42–45; Doctrine and Covenants 42:45–46; 76:50–93; 137:5–10. Which verses bring them hope and comfort? What did they learn that they could share with their families?
- Consider how you could use activities found in of *Come, Follow Me* for individuals and families. What object lessons have we found helpful when teaching about death and resurrection? What can we learn from President Monson's experience about comforting others who have lost loved ones? What experiences could we share when we were comforted after the loss of a loved one?
- On LDS.org, there are several videos that help us know about what happens after we die, such as "We Can Live With God Again" and "What Happens When I Die?" Show one or more of these videos, and ask the sisters to share how the truths in the videos reassure them. Sisters could make a video as a group, sharing their testimonies about what happens after we die, and post it on social media.

PLAN TO ACT

The Relief Society president (or a counselor) or Young Women class president (or a counselor) concludes the meeting by counseling with sisters about how they can act on what they are learning:

- Invite the sisters to ponder the following question and write down their impressions: Who can I reach out to that has recently lost a loved one? What will I share?
- As we discussed aspects of the plan of salvation, what did the Holy Ghost inspire us to do?

My Spiritual Impressions

How Do I Feel Prompted to Teach This Topic?

Topics for Fourth-Sunday Meetings

For Priesthood Quorums, Young Women Classes, and Relief Society Meetings

Prayerfully select a topic for fourth-Sunday discussions based on the needs of ward members. Under the direction of the bishopric or branch presidency, these discussions may be held in separate quorums, classes, or meetings or as a group discussion in any of the following combined meetings: Melchizedek Priesthood and Relief Society, Aaronic Priesthood and Young Women, Melchizedek Priesthood and Aaronic Priesthood, or Relief Society and Young Women.

Sabbath-Day Worship

- Exodus 20:8–11; Isaiah 58:13–14; Doctrine and Covenants 59:9–16.
- Russell M. Nelson, "The Sabbath Is a Delight," *Ensign* or *Liahona,* May 2015, 129–32.
- "Observing the Sabbath: That Your Joy May Be Full," in *Teachings of Presidents of the Church: Joseph F. Smith* (2011), 230–39.

Eternal Marriage

- Genesis 2:24; Moses 5:1–12; Doctrine and Covenants 42:22.
- Richard G. Scott, "The Eternal Blessings of Marriage," *Ensign* or *Liahona,* May 2011, 94–97.
- "Marriage—An Eternal Partnership," in *Teachings of Presidents of the Church: Howard W. Hunter* (2015), 207–18.

Making Our Homes a Refuge

- 2 Nephi 14:5–6; 3 Nephi 22:13
- Richard G. Scott, "For Peace at Home," *Ensign* or *Liahona,* May 2013, 29–31.

Strengthening Families through Family History

- Doctrine and Covenants 2; 128:16–18.
- Quentin L. Cook, "Roots and Branches," *Ensign* or *Liahona,* May 2014, 44–48.
- "Uniting Families through Temple and Family History Work," in *Teachings of Presidents of the Church: Heber J. Grant* (2002), 51–61.

Helping Our Youth Prepare to Make Covenants

- Psalm 24:3–5; Mosiah 18:8–10; Doctrine and Covenants 20:37.
- Linda K. Burton, "Prepared in a Manner That Never Had Been Known," *Ensign* or *Liahona,* Nov. 2014, 111–14.

Improving Personal and Family Gospel Study

- 1 Nephi 15:24–25; Helaman 3:29–30; Doctrine and Covenants 84:43–44.
- Boyd K. Packer, "The Key to Spiritual Protection," *Ensign* or *Liahona,* Nov. 2013, 26–28.
- "The Power of the Word," in *Teachings of Presidents of the Church: Ezra Taft Benson* (2014), 115–25.

Working Together to Build the Lord's Kingdom

- 1 Corinthians 12; Doctrine and Covenants 38:27.
- Chi Hong (Sam) Wong, "Rescue in Unity," *Ensign* or *Liahona*, Nov. 2014, 14–16.
- How Good and How Pleasant It Is . . . to Dwell Together in Unity," in *Teachings of Presidents of the Church: Joseph Smith* (2011), 271–80.

Ministering through Home Teaching and Visiting Teaching

- Luke 22:32; Doctrine and Covenants 20:51–59; 81:5.
- Dieter F. Uchtdorf, "You Are My Hands," *Ensign* or *Liahona,* May 2010, 68–75.

Preparing to Serve a Mission

- Doctrine and Covenants 4:1–7; 18:10–16.
- Robert D. Hales, "Couple Missionaries: Blessings from Sacrifice and Service," *Ensign* or *Liahona,* May 2005, 39–42.

Strengthening New and Less-Active Members

- Luke 15; Alma 31:34–35; Moroni 6:4–5.
- Dieter F. Uchtdorf, "Come, Join with Us," *Ensign* or *Liahona,* Nov. 2013, 21–24.
- "Come Back and Feast at the Table of the Lord," *Teachings of Presidents of the Church: Howard W. Hunter*, 169–76.

Unity in Our Ward

- John 17:11–23; Mosiah 18:21–22; Moses 7:18.
- Henry B. Eyring, "Our Hearts Knit as One," *Ensign* or *Liahona,* Nov. 2008, 68–71.

Gospel Principles that Sustain Us During Economic Difficulties

- Genesis 41:14–57; 2 Nephi 5:17; Doctrine and Covenants 29:8–11.
- Dieter F. Uchtdorf, "Providing in the Lord's Way," *Ensign* or *Liahona,* Nov. 2011, 53–56.
- "Provident Living: Applying Principles of Self-Reliance and Preparedness," in *Teachings of Presidents of the Church: Spencer W. Kimball* (2006), 114–23.

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS