

**STRENGTHENING OUR YOUTH
YOUNG WOMEN OPEN HOUSE WORKSHOP—FALL 2006**

“Let virtue garnish thy thoughts unceasingly; then shall thy confidence wax strong” (D&C 121:45)

Our prophet has asked us to help our youth increase and strengthen their faith in Jesus Christ. *For the Strength of Youth* begins and ends with pictures of the Savior and teaches how to become more like Him and how to qualify for the guidance of the Spirit. Exercising faith in Jesus Christ and living His standards protects and strengthens our youth.

This workshop uses the *For the Strength of Youth* pamphlet as a resource to help get the standards into the hearts of our youth. The workshop focuses on the standard of “Sexual Purity.”

Teachings within *For the Strength of Youth*

1. Doctrines

- Our standards are based on doctrine. These doctrines answer the question, Why do we live these standards?
- Each standard in *For the Strength of Youth* begins with scriptures or with words of the prophets. Each standard also concludes with scriptural references. These are doctrines that answer the question, Why?
- We also find doctrinal teachings in “The Family: A Proclamation to the World” and “The Living Christ: The Testimony of the Apostles” found at the back of the pamphlet.
- Watch a video that explains why we must teach the standards. See “Standards and Eternal Truths,” available on LDS.org > Serving in the Church > Young Women > Resources, Videos, and Music (shortcut on right side of screen) > Videos.
- Identify and, using a pen or pencil, mark the doctrines in each standard in *For the Strength of Youth*.

2. The Do’s and Don’ts

- “*For Ezra had prepared his heart to seek the law of the Lord, and to do it*” (Ezra 7:10).
- Some of the do’s and don’ts with strong wording are commandments. Others are guidelines that help us live the standards. Do’s and don’ts are instructions that we can obey and that bring us happiness.
- “*One of Satan’s most frequently used deceptions is the notion that the commandments of God are meant to restrict freedom and limit happiness. Young people especially sometimes feel that the standards of the Lord are like fences and chains, blocking them from those activities that seem most enjoyable in life. But exactly the opposite is true. . . . The gospel principles are the steps and guidelines that will help us find true happiness and joy*” (President Ezra Taft Benson, “A Mighty Change of Heart,” *Ensign*, Oct. 1989, 2).
- Identify the do’s and don’ts in each standard in *For the Strength of Youth*.

3. Consequences

- “*While you are free to choose for yourself, you are not free to choose the consequences of your actions. When you make a choice, you will receive the consequences of that choice. The consequences may not be immediate, but they will always follow, for good or bad*” (*For the Strength of Youth*, 4).
- This is the “if-then” part of standards. Good, or positive, consequences will result from living the standards. We are also warned about the bad, or negative, consequences of not living the standards.
- To learn how a consequence will affect you, state it in the first person: “*If I live a standard, then how will I be helped?*” “*If I do not live a standard, then how will I be hurt?*”
- Identify the consequences in each standard in *For the Strength of Youth*.

4. Guidance of the Spirit

- Read D&C 20:77. Each Sunday as we take the sacrament, we are reminded of how we qualify for the Spirit by doing three things:
 1. We are willing to take upon ourselves the name of Jesus Christ.
 2. We will always remember Him.
 3. We will keep His commandments.This is living the standards: *If we do these things, then we will always have His Spirit to be with us.*
- *For the Strength of Youth* teaches specific ways to qualify for guidance of the Spirit.
- Identify and circle the words “Spirit” and “Holy Ghost” and any feelings or words that are gifts of the Spirit in *For the Strength of Youth*.

Young Women leaders can make a difference by using *For the Strength of Youth*.

- How can you as a Young Women leader use this book to help get the standards into the hearts of your youth—how can you transfer gospel knowledge from their “heads” to their “hearts”?
 - John 7:17: “*If any man will do his will, he shall know of the doctrine.*”
 - When youth are truly converted, the standards will be planted in their hearts.
- **Ideas for using *For the Strength of Youth***
 - Discuss in ward councils.
 - Recommend use in Relief Society and priesthood lessons or fifth-Sunday bishop’s instruction.
 - Testify of principles in Sunday lessons.
 - Teach in informal settings and in casual conversations.
 - Educate parents about *For the Strength of Youth*.
 - Include with Personal Progress.
 - Encourage youth to teach the standards to their friends.
 - Encourage youth to give away copies of the pamphlet.
 - Have youth give *For the Strength of Youth* talks in sacrament meeting and Mutual.
 - Give small copies to put in lockers, purses, mirrors.
 - Use in class presidency leadership lessons.
 - Use as a camp theme. Write skits, jingles, rhymes, songs. Have fun.

Young Women leaders have a responsibility to testify.

1. Prophets testify.

Read and identify the promises from the First Presidency on pages 2–3 of *For the Strength of Youth*. Read additional promises on page 42.

2. Youth testify.

Our youth can be examples and can teach each other as they live the standards every day. When the standards are in their hearts, they will have the confidence to be strong.

3. We testify.

Young Women leaders have the responsibility to teach and testify of Jesus Christ. It is through the Savior that we receive strength, and it is through living His standards that we gain confidence. As we testify, we can help young women find hope and confidence in the Atonement, and then their own confidence grows. “*Then shall thy confidence wax strong.*”

Additional Resources:

- President Gordon B. Hinckley, “An Ensign to the Nations, a Light to the World,” *Ensign*, Nov. 2003, 82–85.
- President Boyd K. Packer, “The Standard of Truth Has Been Erected,” *Ensign*, Nov. 2003, 24–27.
- Elder Dieter F. Uchtdorf, “See the End from the Beginning,” *Ensign*, May 2006, 42–45.