

Lifting Young Women to the Standard of Temple Worthiness
Young Women Open House Workshop—Spring 2007

This workshop discusses how leaders can inspire young women to live virtuous lives and lift them to the standard of temple worthiness.

“Think of the names of [young women] who need [personal] preparation to understand and live the standards of the house of the Lord. Write down their names. Pray about them.

“Now ask yourself this question: ‘What does each of those people need to know about the standards and getting the faith to live them?’ It will be a little different for each one. One program won’t fit them all. They need help fitted just to them” (Henry B. Eyring, “Standards of Worthiness,” *First Worldwide Leadership Training Meeting*, Jan. 2003, 12).

I. Leaders **Live** Virtuous Lives

- A. “Who can find a virtuous woman? for her price is far above rubies” (Proverbs 31:10).
- What are virtuous women like? How do they live?
 - Virtuous women live lives that are clean and pure spiritually. They are obedient, prayerful, repentant, and temple worthy. (See *Preach My Gospel*, 119.)
 - “To prepare young women to be worthy and ready to enter the temple and make and keep sacred covenants should be among our highest goals as Young Women leaders” (Susan W. Tanner, “Let Virtue Garnish Thy Thoughts” [address delivered at Young Women open house, Sept. 2006], 4).

“Let’s start with the standard the Lord has set to receive a temple recommend. Lifting people to that standard is a great test of our leadership. The standard is very high. It has to be. Those who meet it are worthy to enter the house of the Lord. They have to be pure enough to go where the Lord Himself can go” (*First Worldwide Leadership Training Meeting*, Jan. 2003, 11).

Think of one or two young women in your ward or stake or family who need help living virtuous lives. Write down their names.

B. “You begin by holding up the Lord’s standards clearly and without apology. And the more the world drifts from them and mocks them, the bolder we must be in doing that” (*First Worldwide Leadership Training Meeting*, Jan. 2003, 11).

- Leaders can lift young women to this standard by living, teaching, and practicing virtuous living.
- Our example is our most powerful teaching tool. As leaders, parents, and priesthood leaders, we hold up the standards in unity.

Who were examples of virtuous women in your life? Do the young women on your list need someone to look to?

II. Leaders **Teach** Four Things

From the scriptures and *For the Strength of Youth*, we can teach principles that will help our young women learn four things:

1. Doctrine

- Doctrines answer the question “Why?” Identify the doctrine at the beginning and end of each of the standards in *For the Strength of Youth*. When we understand why we have standards, it helps us live them.

2. Avoid/Resist

- Avoid: Read Alma 5:57 and ask, “What does Alma teach?” On page 17 of *For the Strength of Youth*, find the paragraph that teaches how to avoid temptation. Identify other “avoid” statements in *For the Strength of Youth*. Teach young women to include good things in their lives that will bear positive results.
- Resist: Read Genesis 39:1–12 and ask, “What did Joseph do when he was tempted?” On page 19 of *For the Strength of Youth*, find counsel about resisting temptation. Identify other “resist” statements in *For the Strength of Youth*.
- “Wherefore, all things which are good cometh of God” (Moroni 7:12). Help young women put good things into their lives, such as Personal Progress and Mutual.

3. Service

- “People being prepared for the temple need more than someone to serve them; they need to be called to serve others. In fact, they need to serve others more than they need to be served” (*First Worldwide Leadership Training Meeting*, Jan. 2003, 13).
- Read Luke 10:25–37 and study the standard “Service to Others” in *For the Strength of Youth*.
- “A strong youth program isn’t one that coddles . . . at-risk youth. Rather, it will give them opportunities to sacrifice in the service of God, to feel needed in the Church and feel the Spirit as they serve” (Clayton M. Christensen, “My Ways Are Not Your Ways,” *Ensign*, Feb. 2007, 57).

4. Repentance

- Study Alma 36:6–24. *For the Strength of Youth* teaches principles of repentance found in the scriptures. Identify statements in the standard “Repentance” that your young women need to know and understand.

Do the young women on your list need help to understand the doctrine and how to avoid or resist temptation? Are they involved in service in the kingdom of God? Do they need to learn about repentance? How and where will you teach them? Read Alma 26:29 and ask, “Where did the sons of Mosiah teach?” As Young Women leaders, we use these same places and settings to teach young women. Leaders teach everywhere, every place, every time they are with young women!

III. Leaders Help Young Women **Practice** Virtuous Living

“What does each [young woman] need to know about the standards and getting the faith to live them? It will be a little different for each one. One program won’t fit them all. They need help fitted just to them” (*First Worldwide Leadership Training Meeting*, Jan. 2003, 12).

- Every place we teach provides opportunities for young women to practice living virtuous lives and preparing for the temple.
- In D&C 38:24, we learn that we are to practice “virtue and holiness.” We all need practice to get better at living virtuous lives. We need to help young women practice until living the standards becomes a part of them.
- We seek inspiration to give help “fitted just to them.” Seek inspiration for help fitted just to them and opportunities that will help them practice virtuous living when you are planning camp, a stake dance, youth conferences, Mutual activities, Sunday lessons, or a Personal Progress visit to their home. Study the scriptures and pray to know what help will be fitted just to them.

Think of the young women on your list. Where do they have opportunities to practice living virtuous lives? How will you give them help fitted just to them?

As Elder Eyring stated, lifting young women to the standard of temple worthiness is “a great test of our leadership.” We will know that we have met this test when we see our young women living, teaching, and practicing virtuous living.

Additional Resources:

- Gordon B. Hinckley, “Rise to the Stature of the Divine within You,” *Ensign*, Nov. 1989, 94–98.
- Henry B. Eyring, “Standards of Worthiness,” *First Worldwide Leadership Training Meeting*, Jan. 2003, 10–13.
- Clayton M. Christensen, “My Ways Are Not Your Ways,” *Ensign*, Feb. 2007, 54–57.