

A New Direction for Melchizedek Priesthood and Relief Society Sunday Meetings

The new curriculum brings exciting changes to our Sunday meetings that build on Teaching in the Savior's Way. Our first-Sunday meeting will be a time to counsel together about our responsibilities, opportunities, and challenges as we do the work of the Lord. On other Sundays, instead of a new Teachings of Presidents of the Church manual, we will focus on teaching messages from the most recent general conference and a topic selected by our general Church leaders. But these changes aren't just the topics we will study—the new curriculum also affects how we prepare, teach, counsel and learn together, and receive and act on inspiration. Members and leaders in Mexico and in Utah, California, and Georgia in the United States participated in a test of the new materials. Here are some of their insights and experiences:

“**W**hat will I do without a manual?” thought Nancy Feragen, a Relief Society teacher, when she first reviewed a copy of *Come, Follow Me—For Melchizedek Priesthood and Relief Society*. “At first, I panicked,” she admitted. “Then the thought came to me: The Lord wants us to take more responsibility for our own learning and increase our spirituality as brothers and sisters in the gospel.”

“It is a little scary to trust in the Lord and come prepared to lead a discussion without lots of material,” said Linda Harmon, a Relief Society president, “but once you do it—if you have prepared yourself through prayer, study, going to the temple, and whatever else you are inspired to do—it is amazing.”

TEACHING IN THE SAVIOR'S WAY

“One challenge with the new curriculum is getting people not to teach ‘the

old way,’” said Bishop Boyd Roberts. “We’ve got to stop simply disseminating information, get out of the way, and let the Spirit teach.”

“It’s a new way of teaching that might be difficult for some people,” said Lisa Smith, a Relief Society president, referring to *Teaching in the Savior's Way*. “That’s why it’s important to model good teaching methods and encourage leaders to consistently attend teacher council meetings with the teachers,” she said.

PREPARING AND TEACHING

David Mickelson, a high priest group teacher, said that the phrase “teach ye diligently” in Doctrine and Covenants 88:78 “has to do with our preparation beforehand and our ability to diligently follow the Spirit while we’re teaching. If we teach diligently, the Savior’s grace will attend us and we will be taught more perfectly. I think that’s the Lord’s perfect way of teaching. The teacher—the person leading the discussion—has to be willing to be taught by the Spirit.”

Adam Bushman, an elders quorum teacher, prepared for lessons by reviewing the selected general conference



talk, then prayerfully considering which concepts are most important for the quorum. “To help the men have more time to ponder,” he explains, “an email goes out during the week that says, ‘This is a talk we’re going to be discussing and we’d like you to consider the following questions.’”

COUNSELING AND LEARNING TOGETHER

“Sundays in Relief Society are no longer just the responsibility of the leaders,” said Brooke Jensen, a counselor in a Relief Society presidency. “Each member takes an active role.”

Brother Bushman felt that sitting in a circle made a difference. “I love it,” he said. “It changes the nature of the conversation. It changes people’s expectations. Now there’s a lot more participation. Instead of the two or three brethren who usually answer the question, new people are commenting.”

When Rebecca Siebach, a Relief Society sister, first heard about the new focus on councils, she immediately thought of friends who had become less active. “I knew their concerns,” she said. “They had been open with me about their insecurities and struggles to come to church, and I thought, this is the perfect opportunity to reach out to them and say, ‘We need you in our council! Please come and share!’”

“When I finally spoke up during a council meeting,” said LonaMarie Cook, a counselor in a Relief Society presidency, “it was awesome to have people validate what I was thinking and to be a part of that community.”

RECEIVING AND ACTING ON INSPIRATION

“We’re creating an environment for the Spirit to teach and for us to hear and listen,” said Bishop Roberts. “The Spirit

then becomes the teacher, showing us what we need to do in our personal lives, families, and callings. What we do as a result of those promptings is what leads to true conversion and service.”

Susan Farr, a Relief Society president, said, “This method pushes us to get up and do, not just walk away from the lesson thinking ‘that was inspiring’ but then soon forgetting it. Counseling together helps us see that the learning and actions belong to all of us—not just the teacher.”

“As we record our impressions and then act upon them, we exercise a change of heart and become better servants of the Lord,” said Susan Mitchell, a counselor in a Relief Society presidency.

“Knowing that you are going to be held accountable for something and that someone is going to ask you how you felt,” said Sister Smith, “makes you an active participant in building your testimony.”

Landen Roundy, a high priests group leader, said emailing notes of what was discussed and planned “helps members recognize experiences they’re having during the week that they might want to share the following Sunday.”

“From those notes,” Bishop Roberts added, “I’ve seen a continued spirit of sharing and learning throughout the week as the brethren discuss through email additional thoughts and feelings, strengthening their quorum.”

“The Lord wants us to turn our hearts to one another and that can be done when we meet with purpose,” concluded Sister Siebach. “This new curriculum helps us identify topics of interest, set goals, look to the right source for answers, receive personal revelation, and be edified by one another as we turn to living prophets for the answers we need in our day.” ■

HOW CAN WE PREPARE?

The new *Come, Follow Me* resources for Melchizedek Priesthood and Relief Society meetings will be used throughout the Church beginning in January 2018. So what can Church units do to prepare for this change?

- Spend some time in an upcoming ward council looking over the resources together and discussing what may be different. What benefits will come?
- Invite the ward council to suggest topics for first-Sunday council meetings that will help meet the needs of the ward or branch. Priesthood and Relief Society leaders can decide when and how their organizations will address these needs.
- Introduce and discuss the new resources during an upcoming quorum, group, or Relief Society meeting. What can each member do to be prepared for these changes?
- Encourage priesthood and Relief Society teachers and leaders to attend teacher council meetings to share and discuss their experiences, challenges, and questions about the new resources.

Glimpse into a Council Meeting

It's Sunday morning, and 45 sisters of the Bugambillas Ward in Guadalajara, Mexico, sit in council. After the opening hymn, Relief Society president Yara Ramirez invites some of them to share experiences from their lesson the week before.

After the sisters share their experiences for a few minutes, Sister Ramirez writes a single word on the board before taking her seat back in the circle.

"Unity," it says.

Under Sister Ramirez's direction, they turn to Mosiah 18:21 and read, ". . . having their hearts knit together in unity and in love one towards another."

"What can we as a Relief Society do to put this scripture into practice?" she asks.

The sisters think for a few moments. "Well, the youth can't go to the temple," one sister shares. "There aren't enough adult sisters to go with them."

"I had no idea," says another, looking surprised. "If you don't know there's a need," she asks, "how can you help?"

"That is why we're here," answers Sister Ramirez. "There are needs like this that I learn about during ward council that we can all help with."

"Why don't we make a calendar?" someone suggests. The group now becomes more interested. "I think the youth have a scheduled time at the temple one Thursday a month."

"I'm having trouble going to the temple myself," admits a young mother in the group. "I haven't been there in a long time, and I've been feeling a bit self-absorbed. I would love to go and serve," she says.

Several others nod in agreement. They too find it difficult to attend as often as they want.

Another young mother suggests that they trade babysitting with each other and take turns going to the temple.

Then the sisters start asking each other where they live and who lives by which youth. They discuss how they could take turns helping the youth get to their activities.

"Well, we'll need to get to know one another too," someone says. "We should have activities!"

Sisters continue to comment, offering suggestions and asking questions.

At the end of the council, Sister Ramirez asks her secretary to summarize the minutes. "How did you all feel during the council?" she asks.

They respond that they felt more aware of everyone's needs, that their

service was needed, and that they were among friends.

"Based on what we've experienced today, what specific actions do we want to focus on this month as a Relief Society?" she asks.

As a group, they decide to have a potluck meal that Sunday after church, start playing volleyball on Thursday nights, make a calendar for attending the temple, and plan how to help youth get to activities.

"We've experienced unity today," Sister Ramirez concludes, inviting each sister to think of ways she could serve during the week. "The Holy Ghost will continue to give us promptings as we act individually and as a Relief Society. I invite you to be ready to share your experiences next Sunday." ■

SUGGESTIONS FOR COUNCIL MEETINGS

- Be patient and allow the Lord to teach you what it means to counsel together.
- There are principles we can keep in mind: Follow the Spirit, share your thoughts, and act on impressions.
- Keep your heart and mind open to new ideas, views, and solutions.
- Before each meeting ends, think about what the Spirit has taught you; then decide how you will act on His promptings.



Relief Society sisters in Guadalajara, Mexico, sit in council.



Come, Follow Me—For Melchizedek Priesthood and Relief Society



Find these resources on the Gospel Library app and at comefollowme.lds.org.



What Is Different?

In these latter days, God has restored the priesthood and organized priesthood quorums and the Relief Society to help accomplish His work (see Moses 1:39). So each Sunday when we gather in Melchizedek Priesthood and Relief Society meetings, we gather to discuss and plan how we will accomplish His work. That is why these meetings

need to be more than classes. They are also opportunities to counsel about the work of salvation, learn together from the teachings of Church leaders about that work, and organize to accomplish it. These changes to our Sunday meetings will help us fulfill these purposes.

A Monthly Schedule

Sunday Melchizedek Priesthood and Relief Society meetings will follow this monthly schedule:

WEEK	PURPOSE
First Sunday	Counsel together about local responsibilities, opportunities, and challenges and make plans to act.
Second and Third Sundays	Study recent general conference messages chosen by presidency or group leaders or, on occasion, by the bishop or stake president.
Fourth Sunday	Discuss a special topic chosen by the First Presidency and the Quorum of the Twelve Apostles.
Fifth Sunday	Address a topic chosen by the bishopric.

A Pattern for Our Meetings

In each of our Melchizedek Priesthood and Relief Society meetings, we follow a pattern to accomplish God's work.

1. *Share experiences* resulting from impressions and invitations received in previous priesthood or Relief Society meetings (led by a presidency member or group leader).
2. *Counsel together* (first Sunday, led by a presidency member or group leader) or *learn together* (second, third, and fourth Sundays, led by a called teacher).
3. *Plan to act* as a group or as individuals (led by a presidency member or group leader).



FIRST-SUNDAY COUNCIL MEETINGS

On the first Sunday of each month, quorum, group, and Relief Society meetings *will not include a lesson taught by a teacher*. Instead, presidencies or group leaders will lead a council meeting. Each quorum, group, or Relief Society

will counsel together about local responsibilities, opportunities, and challenges; learn from each other's insights and experiences; and plan ways to act on impressions received from the Spirit.

Before the Council Meeting

- Leaders identify local responsibilities, opportunities, and challenges and prayerfully choose a topic to discuss.
- Everyone seeks the guidance of the Spirit.
- Everyone prepares to share thoughts and experiences.

During the Council Meeting

- Leaders invite members to share experiences acting on impressions they've had from previous meetings.
- Everyone counsels together about the topic, listens to each other, and seeks the guidance of the Spirit.
- Leaders summarize key points and extend invitations to act.

After the Council Meeting

- Everyone acts on impressions and invitations, together and as individuals.
- Everyone prepares to share their experiences in future meetings.



**"REVELATION IS
SCATTERED AMONG US."**¹

Elder Neil L. Andersen

"WE ARE HIS HANDS."²

President Dieter F. Uchtdorf

NOTES

1. Neil L. Andersen, in Adam C. Olson, "Handbook Training Emphasizes Work of Salvation," *Ensign or Liahona*, Apr. 2011, 76.
2. Dieter F. Uchtdorf, "You Are My Hands," *Ensign or Liahona*, May 2010, 68.

Principles of Counseling Together

Not all council meetings look alike. Let the Lord teach you. Here are some principles to get you started:

1. The purpose of a council meeting is to counsel together about local responsibilities, opportunities, and challenges; learn from each other's insights and experiences; and plan ways to act on impressions received from the Spirit.
2. A council meeting should lead to action—individual and group plans, inspired by the Spirit, to act outside of the meeting to accomplish the Lord's work (see D&C 43:8–9).
3. Councils should use the scriptures and the words of latter-day prophets and apostles, other General Authorities, and General Officers to guide and support the discussion. In this way, the words of inspired Church leaders can help quorums, groups, and Relief Societies address important needs.

4. Discussions should not touch on confidential or sensitive issues about individual members or families.
5. Even though the council meeting is led by a member of the presidency or group leadership, he or she does not dominate the sharing. The leader introduces an issue for discussion and invites everyone to share thoughts and experiences, as guided by the Spirit.
6. While no one should feel pressured to participate, everyone should feel safe sharing comments and ideas without fear of being criticized.
7. Where possible, sitting in a circle can help cultivate a spirit of sharing and open discussion.

Possible Topics for First-Sunday Council Meetings

Ideas for topics to discuss in council meetings may come from the ward council, presidency meetings, the area plan,

leaders' impressions from ministering to members, and impressions from the Holy Ghost. The topics below are suggestions only. Leaders may be aware of other needs that they feel inspired to address.

- How can we better prioritize all of our different responsibilities?
- How can we come closer to God and receive more guidance from the Spirit in our lives and in our homes?
- How will we share the gospel with our friends and neighbors? (see Alma 17).
- How can we protect ourselves and our families from inappropriate media and pornography? (see D&C 42:22–23).
- What will we do to help mentor and strengthen our children and the youth in our ward?
- How do we increase unity in our quorum, group, or Relief Society? (see Mosiah 18:19–22).
- How can we be more involved in family history work and temple worship?
- How do we invite the Lord's help as we seek answers to our questions and a deeper understanding of the gospel?
- How can parents become better leaders in the home?
- How can we strengthen our testimonies of the Lord and His gospel and help our families to be spiritually self-reliant?
- What does it mean to minister? How are we ministering to those around us? (see 1 Peter 4:11).

If possible, leaders may want to let members know about the topic in advance so they can come prepared to discuss it.



SECOND- AND THIRD-SUNDAY MEETINGS

On the second and third Sundays of each month, Melchizedek Priesthood quorums and Relief Societies study the teachings of the living prophets, Apostles, and other Church leaders from the most recent general conference. **Any message from the most recent conference may be discussed.**

In most cases, the quorum presidency, group leadership, or Relief Society presidency will select a conference message to study based on the needs of the members, although the bishop or stake president may give input. Leaders may choose a message related to the topic discussed in the first-Sunday council meeting, or they may choose another message based on the inspiration of the Spirit. Leaders and teachers should find ways to encourage members to read the selected messages in advance and come prepared to share insights. The suggested learning activities below, which are based on principles in *Teaching in the Savior's Way*, can engage members in learning from general conference messages.

Sharon Eubank, “Turn On Your Light”

Ask members of your quorum or Relief Society to think about how their lives have been influenced for good by a righteous and faithful woman. Consider inviting a few members to share how this woman illustrates one or more of the characteristics of righteous women outlined in Sister Eubank’s message. What do we learn from Sister Eubank about how we can become “a *significant force* in both the numerical and the spiritual growth of the Church in the last days”?



Neill F. Marriott, “Abiding in God and Repairing the Breach”

This message can help members who may feel separated from Heavenly Father or from those around them. What would help those you teach understand what a breach is? Maybe you could bring pictures of different kinds of breaches. How does Sister Marriott define *breach*? What can cause breaches in our relationships with God and others? Invite members to search Sister Marriott’s message for suggestions about what we can do to repair breaches in our lives. Give members time to write down what the Spirit prompts them to do to draw closer to God and others.

Joy D. Jones, “Value beyond Measure”

What blessings flow into our lives when we understand our divine identity? To answer this question, members of your quorum or Relief Society could review together the stories of Mariama, Renu, and Taiana in Sister Jones’s message. What counsel does Sister Jones give to help us “remember and embrace our divine identity”? Invite members to find and discuss a scripture passage or a quotation in Sister Jones’s message that helps them understand their true worth to God. Invite them to share one of these scriptures or quotations with someone

who needs a reminder of his or her divine worth.

Dieter F. Uchtdorf, “Three Sisters”

One way to review President Uchtdorf’s message would be to divide the quorum or Relief Society into small groups. You could assign each group to read about one of the sisters in President Uchtdorf’s message. Each group could write a letter to that sister summarizing his counsel and share what they wrote with the other groups. What can we do to be more like the third sister? How can we make our quorum or Relief Society a “safe home” for those who are struggling?

Dieter F. Uchtdorf, “A Yearning for Home”

How can you help those you teach recognize how God is using them to bless others? You could invite them to review the section of President Uchtdorf’s message titled “God Will Use You,” looking for promises made to those who strive to serve in God’s kingdom despite their weaknesses. Reading this message may also remind members of experiences they could share in which God used them to bless others—or when He used others to bless them. Give members time to ponder what they feel inspired to do because of this discussion.

Bonnie L. Oscarson, “The Needs before Us”

One way to start a discussion about Sister Oscarson’s message is to give everyone a piece of paper with “Who needs me today?” written at the top. Members of your Relief Society or quorum could take a few minutes pondering and listing answers to this question. Then they could search Sister Oscarson’s message for ideas about how they could serve the people on their list—or add names as inspired. A few could share what they have learned.

Dallin H. Oaks, “The Plan and the Proclamation”

How will the members of your quorum, group, or Relief Society act on Elder Oaks’s invitation to “teach [and] live by” the family proclamation, at home, in the community, and at church? Invite them to share ideas with each other. It might also help to search the message for some doctrinal statements from the family proclamation. How do these statements help us respond to “current challenges to the family”? Section IV of Elder Oaks’s message contains some examples of such statements.

D. Todd Christofferson, “The Living Bread Which Came Down from Heaven”

Here are some questions that Relief Society and quorum members could have in mind as they review Elder Christofferson’s message: What is holiness? How do we seek after holiness? How does partaking of the sacrament help us in our efforts? Members could share words from Elder Christofferson’s message that help answer these questions. How do we help each other as “fellow Saints” in our efforts to become more holy?

Jeffrey R. Holland, “Be Ye Therefore Perfect—Eventually”

Some of those you teach may feel that they do not measure up when it comes to living the Savior’s teachings. What does Elder Holland teach that can comfort and encourage those who might feel this way? You could invite Relief Society or quorum members to look for something in this message that they might share with someone who is struggling to feel that they are “good enough.” Or they could find something in the message that inspires them to feel “greater love and admiration for [Christ] and a greater desire to be like Him.”

Gary E. Stevenson, “Spiritual Eclipse”

Have any of your quorum or Relief Society members experienced a solar eclipse? If so, you could invite one of them to explain the analogy that Elder Stevenson shares about a “spiritual eclipse.” What obstacles can “block out the magnitude, brightness, and warmth of the light of Jesus Christ and His gospel”? How can social media distract us from “the beauty, warmth, and heavenly light of the gospel”? How do we put on “gospel glasses” that protect us from spiritual blindness? What does Elder Stevenson’s analogy teach us about maintaining a gospel perspective?

Quentin L. Cook, “The Eternal Everyday”

Elder Cook’s message reminds us of the importance of striving to be humble in various ways. One way to discuss what he teaches is to divide members into two groups. Ask one group to look for suggestions in Elder Cook’s message that might help us develop humility, and the other group to look for ways that people manifest pride. Invite each group to share their description with the other group. Members could also share ways they can show more “everyday humility” in

their lives and consider how this humility might help them prepare to meet God.

Ronald A. Rasband, “By Divine Design”

To encourage discussion about Elder Rasband’s message, it might be helpful to invite a few members to bring a sewing pattern, a blueprint, or a recipe and talk about why these are helpful. What examples or teachings from Elder Rasband’s message inspire members to recognize God’s design for their lives? Perhaps class members could share experiences in which they saw that the Lord was directing their lives. What have they done to show God that they “treasure” His direction? Why is it important to recognize God’s “divine design”?

Russell M. Nelson, “The Book of Mormon: What Would Your Life Be Like without It?”

President Nelson invited members to think about three questions: (1) “What would your life be like *without* the Book of Mormon?” (2) “What would you *not know*?” (3) “What would you *not have*?” Invite members of your quorum, group, or Relief Society to ponder these questions and share how they would answer them. What do they find in this message that inspires them to value the Book of Mormon more than “diamonds or rubies”?

Dale G. Renlund, “The Priesthood and the Savior’s Atoning Power”

How can you help members of your quorum or Relief Society understand how the priesthood helps make the blessings of the Savior’s Atonement available to them? You might write these two headings on the board: “Why we need the Atonement of Jesus Christ” and “How the priesthood ‘delivers’ the blessings of the Atonement to us.” Then invite members to search Elder Renlund’s message, looking for phrases to write under each

heading. How do the priesthood and its ordinances help fulfill Heavenly Father's purposes for His children?

Dieter F. Uchtdorf, "Bearers of Heavenly Light"

Invite members to search President Uchtdorf's message and identify how the presence or absence of divine light can affect our lives. You could invite members to study some of the scriptures that President Uchtdorf references and identify truths related to spiritual light. What does the metaphor about the eclipse teach us about the role of agency in seeking spiritual light? What can we do to share Jesus Christ's divine light with others, especially with our families and with "our youth, who are seeking light"?

Henry B. Eyring, "The Lord Leads His Church"

Invite the members of your quorum or Relief Society members to share experiences in which they needed to develop faith that their calling or another's calling came from God. How did they exercise their faith? How did they come to learn that the calling was from God? Invite members to search President Eyring's message and identify truths he learned from personal experience that can help us trust and be patient with ourselves and others whom the Lord has called.

Jean B. Bingham, "That Your Joy Might Be Full"

Sister Bingham's message can help members of your Relief Society or quorum understand how to find joy, despite life's difficulties, as we come unto Christ. One way to discuss her message might be to draw a path on the board leading to the word *joy*. Invite several members to write on the path a suggestion from Sister Bingham's message that leads to true joy. Encourage members to consider



ways they can act on Sister Bingham's counsel. Invite several members to share their thoughts.

David A. Bednar, "Exceeding Great and Precious Promises"

To help members of your Relief Society or quorum discuss Elder Bednar's message, you could put pictures on the board to represent the Sabbath, the temple, and our homes. Invite members to read the corresponding sections of Elder Bednar's message and write on the board how the Sabbath day, the temple, and our homes help us focus on God's promises to us. What things in our lives might pull our attention away from these promises? What steps can we take to make sure that we remember them?

Henry B. Eyring, "Fear Not to Do Good"

President Eyring's message can help those you teach find the courage and faith to do good in the world. You could invite a few members to summarize the examples of faithful people President Eyring shares. What do these examples teach us about how to serve others? What do these examples suggest about ways we can serve as a quorum or Relief Society?

Another way to discuss this message is to review the blessings that President Eyring saw from following President Thomas S. Monson's counsel to study the Book of Mormon. What blessings

have we seen from studying the Book of Mormon?

M. Russell Ballard, "The Trek Continues!"

To begin a discussion about Elder Ballard's message, you could invite someone to share an experience when they had a destination but discovered they were on the wrong route. How do examples like these relate to our personal "trek" back to Heavenly Father? Members could then search for counsel and warnings that Elder Ballard gives that can help us know if we are headed in the right direction in our own lives. Give members time to ponder their own paths and to discuss ways we can help and encourage others in their "trek" back to Heavenly Father.

Neil L. Andersen, "The Voice of the Lord"

Perhaps members of your Relief Society or quorum could share an experience in which a general conference message felt particularly meaningful to them. Why were these messages meaningful? What does Elder Andersen teach about the significance of general conference messages and the effort and process involved in preparing them? How should this knowledge affect the urgency with which we study and heed these words? Consider making a list of invitations from the most recent conference. What have we done to act on these invitations?

FOURTH-SUNDAY MEETINGS

On the fourth Sunday of each month, quorums, groups, and Relief Societies discuss a topic selected by the First Presidency and Quorum of the Twelve Apostles. These topics will be updated with every general conference. The topic until the next general conference will be the Sabbath day. Leaders or teachers may choose from the doctrines and learning activities suggested below, combine several of them, or create their own according to the needs of members.

The Sabbath is a day to remember what God has done for us.

Throughout history, God has associated certain mighty works with the Sabbath. These mighty works include the Creation (see Genesis 2:1–3), the exodus of the children of Israel from Egypt (see Deuteronomy 5:15), and the Savior’s Resurrection (see John 20:1–19; Acts 20:7). Invite members to review these passages and discuss how remembering each of these events can help us honor the Sabbath day. What are some of the mighty works that God has done for us? How can we remember these things on the Sabbath day? As applicable, invite members to discuss questions like these in their families.

Jesus Christ is the Lord of the Sabbath.

The Sabbath is also called the Lord’s day (see Revelation 1:10). Why do you think that Jesus Christ is called the Lord of the Sabbath? (see Matthew 12:8). Review together a few verses that can help inspire members to think of ways to center their Sabbath day experiences on Jesus Christ (for example, Helaman 5:12; Ether 12:41; Moroni 10:32; and D&C 6:36–37). What other verses can members share that could help them make the Sabbath more Christ-centered? What goals can we set to

help us focus on the Savior throughout the Sabbath day?

Jesus Christ is our example of honoring the Sabbath.

During His mortal ministry, the Savior took opportunities to teach about the Sabbath day. Ask members to read the following accounts and make a list of things that Jesus did on the Sabbath and the principles that He taught: Luke 6:1–11; 13:11–17; John 5:1–20; 9:1–16. What other principles about the Sabbath do we learn from the following verses? Exodus 20:8–11; 31:12–18; Isaiah 58:13–14; and D&C 59:9–19. Invite members to share what they can do to follow the Savior’s example.

See also Russell M. Nelson, “The Sabbath Is a Delight,” *Ensign* or *Liahona*, May 2015, 129–32.

The Sabbath is a day to worship.

Write the word *worship* on the board and ask class members to write other words that are related next to it. Then make three columns with the words *before*, *during*, and *after* at the top of each column. What can we do before, during, and after church to worship the Lord on His holy day? Class members could read together Mosiah 18:17–29 and Moroni 6 for ideas. Invite members to ponder how their attitudes and actions on the Sabbath day are helping them worship the Lord on that day (see Exodus 31:16–17). What can we do to help improve the worship experience our families and ward members are having during Church meetings?

Partaking of the sacrament allows us to have the Spirit with us always.

Write the following question on the board: How is the sacrament affecting your life? To answer this question, invite members to work in pairs to select and

discuss one phrase from the sacrament prayers in Doctrine and Covenants 20:77, 79 and the counsel in Doctrine and Covenants 59:9. Give each pair time to find scriptures that help them better understand their phrase and discuss how they would answer the question on the board. You might also invite class members to choose favorite sacrament hymns and sing them together.

See also Cheryl A. Esplin, “The Sacrament—A Renewal for the Soul,” *Ensign* or *Liahona*, Nov. 2014, 12–14.

The Sabbath is a day to serve others.

What can we learn about serving others on the Sabbath from the ways the Savior served and blessed those around Him? Encourage members to review and discuss Matthew 9:10–13; Luke 19:1–9; John 11:32–46; 13:1–5, 12–17; and 3 Nephi 17:5–10. Ask members to think about these scriptures as they consider how they can serve on the Sabbath. For example, they could serve family members, reach out to individuals and families they minister to as home and visiting teachers, work on family history, visit the sick, or share the gospel. Perhaps members could have a family council to plan ways they can serve others on the Sabbath.

