The Atonement of Jesus Christ

The outlines in this unit will help the young women “come unto Christ . . . and partake of his salvation, and the power of his redemption” (Omni 1:26). In this unit the young women can learn about the Atonement, which Heavenly Father prepared as part of His plan of salvation.

As the young women come to understand the Atonement and its power in their lives, they will gain strength to overcome sin and adversity through the Savior's grace. They will find peace and healing. Their love for and commitment to the Savior will deepen, and they will feel a greater desire to share their testimony of Him with others.

Learning outlines

Select from the outlines below. Let the questions and interests of the young women guide you as you decide what to emphasize in this unit and how long to spend on a topic.

These outlines are not meant to prescribe what you will say and do in class. They are designed to help you learn the doctrine for yourself and prepare learning experiences adapted to the needs of the young women you teach.

What is the Atonement of Jesus Christ?

What does it mean to have faith in Jesus Christ?

How can repentance help me every day of my life?

What is grace?

Why do I need to forgive others?

What is the resurrection?
**Prepare yourself spiritually**

To help the young women learn the doctrine of the Atonement, you must understand and live this doctrine yourself. Study the scriptures and other resources provided in the learning outlines. Treasure up in your mind these eternal truths, and as you do, look for statements, stories, or examples that may be especially relevant or inspiring to the young women you teach. Then use the learning outlines to plan ways to help the young women discover these truths for themselves, gain a testimony of them, and live by what they learn.

**Counsel together**

Counsel with the class presidency and with other teachers and leaders about the young women in your class. What questions and needs do the young women have? What are they learning about the Atonement in other settings—at home, in seminary, in Sunday School? How will this influence your preparation to teach this unit? Write your thoughts and impressions below. (If sensitive information is shared in these conversations, please keep it confidential.)
What is the Atonement of Jesus Christ?

The Atonement is the sacrifice Jesus Christ made to help all of us overcome sin, adversity, and death.

Prepare yourself spiritually

The Atonement is the most important event in the history of mankind. What was the atoning sacrifice of Jesus Christ? What does the Atonement mean to you?

What do the young women know about what happened in the Garden of Gethsemane and on the cross? What can they discover from the scriptures to deepen their testimony of the Atonement of Jesus Christ? What can they teach each other?

What scriptures and talks will help the young women feel the significance of the Atonement and understand the sacrifice the Savior made for them?

Matthew 26–27 (In Gethsemane and on the cross, Jesus Christ paid the price for our sins and took upon Himself our pains)

Matthew 28:1–10 (Jesus Christ overcame death through His Resurrection)

2 Nephi 9:6–16 (Jesus Christ overcame sin and death through His Atonement)

Alma 7:11–13 (Jesus Christ took upon Himself our pains, sicknesses, infirmities, and sins)

Video: “An Apostle’s Easter Thoughts on Christ,” lds.org/media-library

Videos: Bible videos portraying the Atonement, biblevideos.lds.org

TEACHING IN THE SAVIOR’S WAY

The Savior used scriptures to teach about His mission. He taught people to think about scriptures for themselves. What can you do to help the young women use the scriptures to understand the Atonement of Jesus Christ?
**Ask and share**

Choose from these ideas or create your own to review last week’s lesson and introduce this week’s lesson:

- Invite the young women to think of a word or phrase that summarizes what they learned last week. Discuss their words and phrases as a class.

- Show a picture depicting one of the events of the Atonement (such as the Savior’s suffering in the Garden of Gethsemane, His Crucifixion, or His Resurrection), and ask the young women to share what they know about these events. What questions do they have?

**Learn together**

Choose from these activities or others that are better for your class, as guided by the Holy Ghost (see “Effective Teaching Methods” for additional ideas):

- Ask the young women to match an event that happened during the last few hours of the Savior’s life with scripture references in Matthew 26–28 (for pictures of these events, go to biblevideos.lds.org or the Gospel Art Book). What do the young women learn about the Savior and His Atonement from these events?

- Invite the young women to read scriptures about the Atonement (such as those listed in this outline). Ask them to write a brief definition of the Atonement and their feelings about what the Savior did for them.

- Ask the young women what they learn about the Savior and the Atonement from His final words on the cross (see Luke 23:34, 39–43, 46; John 19:26–30).

- Invite the young women to read 2 Nephi 9:6–26 and look for verses that teach them about the need for the Atonement. Give time for several young women to share the verses they selected and why.

- Ask the young women to list on the board some trials, challenges, or sicknesses that people they know are facing. Invite them to read Alma 7:11–13. How can the Atonement help these people overcome their challenges? What can the young women do to help them?

- Show one or more of the videos listed in this outline, and invite the young women to write down their feelings as they watch. Ask them to share what they know about the Atonement and how it affects them personally.

**Live what we are learning**

Invite the young women to consider how they will live by what they have learned today. For example, they could:

- Record in their journals what they know and how they feel about the Atonement.

- Share what they learned with a family member or friend.

Tell the young women what they will be studying next week, and invite them to prepare to learn.
What does it mean to have faith in Jesus Christ?

To have faith in Jesus Christ means to trust Him and obey His commandments.

Prepare yourself spiritually

What does it mean to have faith in Jesus Christ? What examples of faith in Jesus Christ have you seen? How does faith in Jesus Christ influence your hope for the future?

Think about the young women in your class. What examples of faith have you seen in their lives? In what areas of their lives could they rely more on the Lord?

As you prepare, prayerfully study these scriptures and resources. What examples of faith from the scriptures and lives of others could you share with the young women?

James 1:5; 2:14–20 (Faith is belief and action)

Alma 32:21, 26–43 (Faith is hope for things that are true but not seen)

Moroni 7:33–39 (Miracles are wrought by faith)

Esther 4–5; Alma 19; 56:45–48; 57:21; Ether 12:6–22; Joseph Smith—History 1:11–19 (Examples of faith)

Quentin L. Cook, “In Tune with the Music of Faith,” Ensign or Liahona, May 2012, 41–44

“Faith,” Personal Progress, 13–20

“Faith,” True to the Faith, 54–56

TEACHING IN THE SAVIOR’S WAY

The Savior said, “My doctrine is not mine, but his that sent me” (John 7:16). He taught the doctrine that He learned from His Father. How can you ensure that you are teaching true doctrine?
Ask and share

Choose from these ideas or create your own to review last week’s lesson and introduce this week’s lesson:

- Ask the young women to talk about some of the things they learned last week. What questions do they have? Give them time to share any experiences they have had as they have put into action what they learned. Did they teach someone or do something differently because of what they learned?

- Ask the young women to write down the name of a woman in the scriptures who showed great faith. Collect their papers. Read the names and invite the young women to tell the stories of these women.

Learn together

Choose from these activities or others that are better for your class, as guided by the Holy Ghost (see “Effective Teaching Methods” for additional ideas):

- Invite the young women to read James 2:14–20 and identify the examples James uses to teach about the relationship between faith and works. Give the young women time to think about examples or analogies they could use to teach this to others.

- Invite the young women to complete one of the Faith value experiences in the Personal Progress book (individually or in groups). Invite each young woman to share something she learned from her study about faith that will help her prepare to be a wife and mother.

- Invite the young women to share stories of family members and ancestors whose faith in Jesus Christ led them to trust in Him and keep His commandments.

- Ask the young women to read “Go Forward in Faith” from For the Strengthen of Youth and look for words and phrases that strengthen their faith to live the Lord’s standards.

- Invite each young woman to find a scripture about faith that gives her confidence to face the future. Invite a few to share why their scripture is important to them, and encourage all the young women to memorize the scripture they choose.

Live what we are learning

Invite the young women to consider how they will live by what they have learned today. For example, they could:

- Teach someone else about faith (such as a younger brother or sister or a friend).

- Look for examples of faith in the scriptures as they study the gospel on their own.

Tell the young women what they will be studying next week, and invite them to prepare to learn.
How can repentance help me every day?

Through the Atonement of Jesus Christ, we can repent of our sins, be clean again, and find happiness.

Prepare yourself spiritually

What experiences have you had with repentance? Without discussing previous sins, how can you share how repenting has helped you become closer to Heavenly Father?

Some young women may be struggling with unworthiness or feelings of guilt. How can you be sensitive to them and invite the Spirit to help them desire to repent?

Prayerfully study these scriptures and resources. What inspires you to repent?

Isaiah 1:18; Alma 34:15–16; 36:6–24; D&C 1:32 (Through repentance, we can be forgiven of our sins)

Alma 19:33 (Repentance brings a change of heart)

Mosiah 27:35; D&C 58:42–43 (To repent, we must confess and forsake our sins)

D. Todd Christofferson, “The Divine Gift of Repentance,” Ensign or Liahona, Nov. 2011, 38–40

Neil L. Andersen, “‘Repent . . . That I May Heal You,’” Ensign or Liahona, Nov. 2009, 40–43

“Repentance” For the Strength of Youth, 28–29

“Virtue,” Personal Progress, value experience 4

Video: “A Change of Heart,” lds.org/youth/video

TEACHING IN THE SAVIOR’S WAY

The Savior invited others to act in faith and live the truths He taught. He found opportunities for them to learn through powerful experiences. What can you do to help the young women see the power of daily repentance in their lives?
**Ask and share**

Choose from these ideas or create your own to review last week’s lesson and introduce this week’s lesson:

- Ask the young women to share experiences they have had acting on invitations they received in previous lessons.
- Invite the young women to anonymously write on pieces of paper questions they have about repentance, and collect the papers. Invite the bishop to join the class and answer these questions.

**Learn together**

Choose from these activities or others that are better for your class, as guided by the Holy Ghost (see “Effective Teaching Methods” for additional ideas):

- Invite the young women to search (individually or as a class) resources such as the “Repentance” sections of *True to the Faith* and *For the Strength of Youth* or Alma 36:11–20. Ask them to share what they learn about repentance.
- Prepare several questions about repentance that are answered in the talks suggested in this outline. Invite the young women to study parts of the talks, looking for the answers, and share what they learn.
- Invite the young women to select a scripture passage about repentance and draw a picture of the message found in the passage. Ask them to share their pictures and the messages they represent.
- As a class, read Elder D. Todd Christofferson’s talk “The Divine Gift of Repentance.” What do the young women learn from this talk about how we can know if we have truly repented?
- Invite the young women to read the talk “Repent . . . That I May Heal You,” looking for places where Elder Neil L. Andersen uses the word *daily* while discussing repentance. Ask them to share what they learn from this about how repentance can bless them every day.
- Give the young women time in class to work on *Virtue value experience* 4 from the *Personal Progress* book. If they have already completed this value experience, ask them to share what they learned from it.

**Live what we are learning**

Invite the young women to consider how they will live by what they have learned today. For example, they could:

- Examine their lives and find areas where they can improve.
- Write in their journals what they can do to repent, improve their lives, or continue to live the principles of the gospel.

Tell the young women what they will be studying next week, and invite them to prepare to learn.
What is grace?

Grace is an enabling, strengthening power that comes through the mercy and love of Jesus Christ.

Prepare yourself spiritually

What does grace mean to you? How have you felt the power of Jesus Christ help you change your life?

What do the young women know about grace? How can you help them understand the power of grace in their own lives?

What scriptures and other sources have helped you understand grace? What are you impressed to share with the young women so that they can understand grace?

- Ephesians 2:8–9; 2 Nephi 25:23 (By grace we are saved)
- Philippians 4:13; Bible Dictionary, “Grace” (The grace of Jesus Christ gives us strength)
- Moroni 10:32–33 (Grace can make us perfect in Christ)

TEACHING IN THE SAVIOR’S WAY

The Savior taught His followers by helping them see examples of His teachings in their everyday lives. He used simple stories, parables, and real-life examples that made sense to them. How can you use examples to teach the young women about grace and how grace works in their lives?
Ask and share

Choose from these ideas or create your own to review last week’s lesson and introduce this week’s lesson:

- Bring an object or picture, and ask the young women how it relates to what they learned during class last week. What did they do during the last week as a result of what they learned?
- Ask the young women what they know about grace. What do they think grace means? How do they see grace in their own lives? Do they believe they are saved by grace? What questions do they have about grace?

Learn together

Choose from these activities or others that are better for your class, as guided by the Holy Ghost (see “Effective Teaching Methods” for additional ideas):

- Write on the board, “Are you saved by grace?” Invite the young women to read parts of Elder Oaks’s talk “Have You Been Saved?” and look for ways to answer this question.
- Write several statements about grace on the board, such as those provided at the beginning of this outline. Provide several scriptures that teach about grace, read them as a class, and ask the young women to match the scriptures to the truths on the board.
- Invite each young woman to make a list of things she learns as she reads about grace in the Bible Dictionary and in True to the Faith. Ask each young woman to share one thing from her list and explain why it is meaningful to her.
- Invite the young women to read Alma 7:11–13 or John 15:1–10 and discuss some of the ways we receive grace (divine help) from God.
- Ask the young women how they would complete this sentence: “Grace is like ______________.”

Live what we are learning

Help the young women make a list of things they could do to apply what they learned today. Invite them to choose what they will do during the coming week.

Tell the young women what they will be studying next week, and invite them to prepare to learn.
Why do I need to forgive others?

We are commanded to forgive everyone.

Prepare yourself spiritually

What have you learned by forgiving others? Can you think of a time when forgiving someone has helped you feel peace and love?

What experiences are the young women having in which they need to forgive others? What do they need to learn about forgiving themselves? How can you help the young women learn to forgive so that they can find peace?

Note: If the young women have questions about forgiveness in cases of abuse, suggest that they seek counsel from their bishop.

Which scriptures will help the young women recognize the blessings that will come into their lives as they forgive others?

Matthew 5:44; D&C 64:9–10 (We are commanded to forgive everyone)

Matthew 6:14–15; 18:21–35 (To receive forgiveness, we must forgive others)

Luke 23:34 (Jesus Christ forgave those who crucified Him)

Gordon B. Hinckley, “Forgiveness,” Ensign or Liahona, Nov. 2005, 81–84

Dieter F. Uchtdorf, “The Merciful Obtain Mercy,” Ensign or Liahona, May 2012, 70–76

In every setting, the Savior was the example and mentor for His disciples. He taught them to pray by praying with them. He taught them to love and serve by loving and serving them. He taught them to forgive others by forgiving them. How can you be an example of the principles you are teaching?
**Ask and share**

Choose from these ideas or create your own to review last week’s lesson and introduce this week’s lesson:

- What do the young women remember from the previous lesson? What were they invited to do? What experiences have they had applying what they learned?

- Ask the young women to think about a time when they have had to forgive someone. Invite them to share their experience if they feel comfortable doing so. What happened as a result? How might things have been different if they hadn’t forgiven?

**Learn together**

Choose from these activities or others that are better for your class, as guided by the Holy Ghost (see “Effective Teaching Methods” for additional ideas):

- Divide the young women into groups, and invite each group to read one of the talks provided in this outline or another talk of your choice. Ask them to mark parts of the talk that impress them and share them with the class.

- Read the parable of the unmerciful servant in Matthew 18:23–35 and ask the young women to calculate and compare the debts of the servant and his fellowservant (see “Weights and Measures” in the Bible Dictionary). How are we like the unmerciful servant?

- Ask the youth to compare examples of forgiving others found in the scriptures. You could review the examples of Joseph in Egypt (see Genesis 45:1–7), Nephi and his brothers (see 1 Nephi 7:21), Jesus Christ on the cross (see Luke 23:34), or others. Why is it especially important to forgive family members?

- Ask the young women to find something in the scriptures that the Savior taught about forgiving others and share what they find with the class (see Matthew 5:44; 6:14–15; and 18:22–23). Ask them to share experiences of the peace that comes from forgiving others. Why is it important to learn to forgive ourselves?

- Show the video “Forgiveness: My Burden Was Made Light,” and ask the young women to share their impressions. What other examples of forgiveness could they share?

**Live what we are learning**

Invite the young women to consider how they will live by what they have learned today. For example, they could:

- Write in their journals any impressions they received about forgiving others. Who do they need to forgive? How will it bless their lives?

- Memorize a hymn or scripture about forgiveness.

Tell the young women what they will be studying next week, and invite them to prepare to learn.
What is the resurrection?

Resurrection is the uniting of the spirit with the body in a perfect, immortal state.

- At the time of the resurrection we will be judged according to our works.

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**Prepare yourself spiritually**

What do you know about the resurrection? What insights do we have about the resurrection from modern-day scripture?

What do the young women understand about the resurrection? How can a greater understanding of the resurrection influence how they feel about their physical bodies?

- What scriptures or other resources could you use to help teach the young women about the resurrection? What are you impressed to share?

- **Luke 24** (The Resurrection of Jesus Christ)

- **1 Corinthians 15** (Because the Savior overcame death, we will all be resurrected)

- **Alma 11:41–45** (When we are resurrected, our spirits and bodies are reunited, and we are judged)

- **Alma 40–41** (Alma explains the resurrection to his son Corianton)

- Thomas S. Monson, “He Is Risen!” *Ensign or Liahona*, May 2010, 87–90


- Video: “He Is Risen”

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**TEACHING IN THE SAVIOR’S WAY**

*Jesus Christ used the scriptures to teach about His mission. He taught His disciples to think about scriptures for themselves and to use them to answer their questions. How can you help the young women turn to the scriptures to understand God’s plan and the blessings that await them?*
**Ask and share**

Choose from these ideas or create your own to review last week’s lesson and introduce this week’s lesson:

- Invite the young women to open to a scripture they learned about during last week’s lesson. Encourage a few to share their scripture, what they learned, and what they are doing to live by its teachings.

- Ask the young women what they celebrate at Easter. What are some of the symbols of Easter? How do these symbols teach them about the resurrection?

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**Learn together**

Choose from these activities or others that are better for your class, as guided by the Holy Ghost (see “Effective Teaching Methods” for additional ideas):

- Select some passages from 1 Corinthians 15 about the resurrection. Invite the young women to read the passages, in small groups or individually, and create a summary statement of what they learn about the resurrection (for example, verses 1–8 could be summarized as “There are witnesses of the resurrection”).

- Ask half of the young women to read Alma 40 and the other half to read Alma 41. Invite them to look for teachings about the resurrection. Invite each young woman to share what she learned with someone from the other group.

- Prepare several questions about the resurrection that Elder Dallin H. Oaks answers in his talk “Resurrection.” Invite the young women to study a section of the talk, looking for answers, and share what they learn.

- Hand out several of the Teachings of Presidents of the Church books (or make copies of selected chapters) and invite the young women to find teachings from the latter-day prophets about the resurrection. Ask them to share what they find with the class.

- Invite the young women to find hymns about the resurrection. Sing a few of these as a class. Look at the scriptures in the footnotes of the hymn, and discuss what they teach.

- Ask the young women to imagine that a friend who is not a member of the Church has lost a loved one. What would they want to teach their friend about the resurrection? Invite them to make a list, in small groups or as a class, of truths they would teach and where to find these truths in the scriptures.

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**Live what we are learning**

Invite the young women to consider how they will live by what they have learned today. For example, they could:

- Share their testimonies of the resurrection. Who can they share their testimonies with in the coming days or weeks? How could they teach what they have learned to someone else?

- Find answers to any questions they still have about the resurrection.

Tell the young women what they will be studying next week, and invite them to prepare to learn.