

Teaching Outlines for Missionary Preparation

Missionary Preparation Courses

Families, wards, or stakes that want to help youth prepare for full-time missionary service can use these teaching outlines. They are not meant to prescribe what you will say and do as you teach. They are designed to help you assist the youth in their personal efforts to prepare to serve a full-time mission.

Consider ways you can inspire the youth to act for themselves in preparing to be faithful and effective missionaries for the Lord. As directed by the Spirit, tailor the lessons to the interests and needs of the youth. Make your classes exciting and edifying by ensuring that the youth have opportunities to interact with one another. Consider how recently returned missionaries in your ward or stake can strengthen the preparation of the youth. Invite them to participate in class by sharing real experiences from their missions and offering their insights. You do not have to teach the outlines in order, and you can spend more than one week on an outline if you feel it will benefit the youth.

Each outline includes an opening paragraph that states the purpose of the lesson, questions to prayerfully ponder, resources to study, activities to help the youth learn principles of missionary work, and an invitation for the youth to do something outside of class.

Preach My Gospel

Preach My Gospel (2004) is one of the Church's official resources for missionary work. These teaching outlines suggest ways to use the manual often during class so the youth become familiar with this inspired resource.

Youth Learning Outlines

The youth have individual learning outlines that align with these teaching outlines (lds.org/youth/learn/work-of-salvation/missionary-preparation). You should encourage the youth each week to study those learning outlines and be prepared to come to class and discuss what they have learned and experienced.

Contents

- 3 What is my purpose as a missionary?
- 6 Why do I need the Atonement of Jesus Christ?
- 9 How do I learn and teach by the Spirit?
- 12 What is the role of the Book of Mormon in
conversion?
- 15 How do I prepare for life as a missionary?

More outlines will be posted as they become available.



What is my purpose as a missionary?

Your purpose as a missionary is to invite others to come unto Christ by helping them receive the restored gospel through faith in Jesus Christ and His Atonement, repentance, baptism, receiving the gift of the Holy Ghost, and enduring to the end (see *Preach My Gospel*, 1).

Prepare Yourself Spiritually

As you study the scriptures and other resources below, look for things that will help class members understand the purpose of missionary work.

As a teacher, what is your understanding of the purpose of missionary service? How does the doctrine of Christ relate to the purpose of full-time missionary service?

What do class members understand about the doctrine of Christ and the purpose of missionary work? What experiences have they had in helping others come unto Christ? What blessings have come to them through sharing the gospel with others?

Preach My Gospel, chapter 1

2 Nephi 31:10–21; 3 Nephi 11:31–41; 27:13–22 (The doctrine of Christ)

Alma 29:9; 36:24; D&C 16:6; 18:10–16; 88:81; 123:11–17 (Purpose of missionary work)

2 Nephi 2:8; Alma 23:6; 3 Nephi 28:23 (Convert people to Christ and unite them with His Church)

Mosiah 18:8–10; D&C 20:37; 84:19–22 (Baptismal covenants)

Elder David A. Bednar, “Becoming a Missionary,” *Ensign* or *Liahona*, Nov. 2005, 44–47

Elder Russell M. Nelson, “Ask the Missionaries! They Can Help You!” *Ensign* or *Liahona*, Nov. 2012, 18–21

“Proclaim Glad Tidings to All the World,” *Teachings of Presidents of the Church: Joseph Smith* (2007), chapter 12

“Missionary Service: A Holy Calling, a Glorious Work” *Teachings of President of the Church: Joseph Smith*, chapter 28

The District 2, “The Purpose of Missionary Work: Robles Family” (9:19)

“Know Your Purpose” (3:26)

The District 2, “Invitation to Be baptized: German” (2:40)

Prepare to Learn

Invite class members to share, teach, and testify about the experiences they have had applying what they learned during the previous week as they have studied the personal learning outlines. Follow up with any commitments the youth made during the previous class.

Write the following question on the board before the students come to class: What is the purpose of full-time missionary service? At the beginning of class, ask the youth to share and discuss their answers to the question.

Learn Together

Tip

“The spirit must be present for a gospel message to be carried to the hearts of those you teach (see 2 Nephi 33:1; D&C 42:14). Therefore, you should use methods that will set the proper tone for the lesson and invite the Spirit” (*Teaching, No Greater Call* [1999], 91).

Consider using one or more of the ideas below or use one of your own to teach the purpose of full-time missionary service. You can also adapt the Ideas for Study and Application at the end of chapter 1 of *Preach My Gospel*.

Learn the purpose of missionary work

Divide the class into groups and assign each group a section of chapter 1 in *Preach My Gospel*, “What Is My Purpose as a Missionary?” Ask each group to write a summary statement of what they learned from their section. Have them take turns sharing and discussing their summary statements with the whole class.

Understand the doctrine of Christ

As a class, read and discuss the section entitled “The Gospel of Jesus Christ” on pages 5–6 of *Preach My Gospel*. Divide the class into three groups and assign them one of the scriptures in the box on page 6 titled “Scripture Study.” Have each group study their assigned verses and list what they learn about the doctrine of Christ. As a class, review each scripture and invite each group to share what they learned with the class.

Bringing souls to Christ

Review the seven statements in “Remember This” on page 11 of *Preach My Gospel*. Ask class members to search chapter 1 for sections that increase their understanding of each statement. As a class, discuss how each statement will help them be better missionaries.

Great missionaries in the scriptures

Invite class members to identify a great missionary in the scriptures and share with the class how those missionaries demonstrated their understanding of the purpose of missionary work. For examples of exemplary missionaries in the scriptures, see the fourth activity under “Companion Study” on page 14 of *Preach My Gospel*.

Receive the blessings of missionary work

Show the video “Ask the Missionaries! They Can Help You!” (1:28), or watch Elder Russell M. Nelson’s full talk (15:49). Ask class members to take notes on what he teaches about the purpose of missionary work. Discuss what blessings come to others and to ourselves as we participate in missionary work.

See real-life examples

Watch “The Purpose of Missionary Work: Robles Family,” (9:19) or “Know Your Purpose” (3:26) and invite class members to look for ways these missionaries fulfilled their purpose to invite and help others come unto Christ. Discuss other ways missionaries can invite and help people come unto Christ.

Invite to Act

Invite class members to share any thoughts or feelings they had during class. Ask them to note what the Spirit has impressed them to do in the coming week. You could also encourage them to:

- Teach the doctrine of Christ to a family member or friend.
- Talk with the full-time missionaries or a returned missionary about the purpose of missionary work.
- Write in their journals about the blessings they and others receive by doing missionary work.
- Read more great missionary stories in the scriptures.
- Study the learning outline “What is my purpose as a missionary?”

Encourage the youth to share their experiences in future classes.



Why do I need the Atonement of Jesus Christ?

The Atonement of Jesus Christ is central to God’s plan of salvation. Through His Atonement, Jesus Christ fulfilled His Father’s purpose by rescuing us from our fallen nature, redeeming us from physical death, satisfying the demands of justice, and cleansing us from our own sins on condition of repentance. Through the Atonement, the Savior also comforts us in our infirmities, gives us strength to accomplish things that we would not be able to do on our own, and gives us hope that we can return to live with God.

Prepare Yourself Spiritually

As you study the scriptures and other resources below, look for things that will help the class understand the need for the Atonement of Jesus Christ.

How have you experienced the redeeming and strengthening power of the Atonement in your life? What experiences could you share of being strengthened by the Atonement during a trial?

How can you help class members understand and apply the power of the Atonement in their lives? How can the Atonement help class members as they strive to be more worthy missionaries?

Preach My Gospel, 47–48, 51–52, 60–63, 67–70

Mosiah 3:7; Alma 7:11–13; 33:22; D&C 19:16–19 (Teachings about the Atonement)

Dieter F. Uchtdorf, “Point of Safe Return,” *Ensign* or *Liahona*, May 2007, 99–101

Boyd K. Packer, “The Atonement,” *Ensign* or *Liahona*, November 2012, 75–78

Jeffrey R. Holland, “Missionary Work and the Atonement,” *Ensign*, Mar. 2001, 8–15

David A. Bednar, “The Atonement and the Journey of Mortality” *Ensign*, Apr. 2012, 40–47, or *Liahona*, Apr. 2012, 12–19

“Jesus Christ, the Divine Redeemer of the World,” *Teachings of Presidents of the Church: Joseph Smith* (2007), chapter 3

“Atonement,” Bible Dictionary, or “Atonement,” Guide to the Scriptures

Video: “None Were with Him” (4:25)

Prepare to Learn

Invite class members to share, teach, and testify about the experiences they have had applying what they learned during the previous week as they have studied the personal learning outlines.

Show pictures of Jesus Christ in the Garden of Gethsemane and on the cross at Calvary. Ask class members to discuss what they know about these two events. Read together the statement following the title of this outline, and discuss as a class the blessings of the Atonement.

Learn Together

Tip

The Savior trusted His disciples and gave them responsibilities to teach, bless, and serve others. What opportunities can you give the youth to share with others what they are learning?

Consider using one or more of the ideas below to help class members learn about and experience the Atonement of Jesus Christ.

Have you experienced the Atonement in your life?

Invite class members to read “The Atonement” on pages 51–52 of *Preach My Gospel*, and ponder how the Savior and His Atonement have been a blessing in their lives. As a class, study some of the scriptures references in “Scripture Study” on page 52 and discuss what each reference teaches about Jesus Christ and His Atonement.

Understand the importance of repentance

Have class members study individually the section titled “Repentance” in *Preach My Gospel* (62–63) and the scriptures at the end of the section. Have them write in their journals their personal feelings about repentance and the Atonement of Jesus Christ. Discuss as a class how they would help others understand the importance of repenting through the Atonement of Jesus Christ.

Strengthen your testimony of Jesus Christ

Have a member or leader in your ward or stake come to class and share how he or she gained a testimony of the Atonement of Jesus Christ. Encourage class members to ask questions and share their own insights about the Atonement. Read together “Through

Christ We Can Be Cleansed from Sin” on pages 60–61 of *Preach My Gospel*. Read the scriptures in the boxes on page 61 entitled “Sin” and “Scripture Study,” and have class members discuss how each adds to their understanding of the Atonement.

Help others learn about Jesus Christ

Divide the class into small groups and have each group choose one of the scriptures listed on pages 47–48 in *Preach My Gospel* under the heading “Helping Others Learn about Jesus Christ.” Ask them to mark or make note of passages that help them understand the need for the Atonement. Have each group share what they marked and explain why they marked it. Encourage class members to study the remaining scriptures as part of their personal study.

Develop a plan to teach others

Have class members scan the lesson plans for teaching the plan of salvation and the gospel of Jesus Christ found on pages 55–59 and 67–70 of *Preach My Gospel*. Ask them to choose one of the plans and teach it to another class member. Have class members discuss with the whole class what they learned from their teaching experience.

Invite to Act

Invite class members to share any thoughts or feelings they had during class. Ask them to note what the Spirit has impressed them to do in the coming week. You could also encourage them to:

- Develop a lesson plan for teaching the Atonement to others and teach it in a family home evening.
- Write in their journal about the principle of repentance through the Atonement of Jesus Christ.
- Talk with a family member, friend, or trusted Church leader about how the youth can apply the power of the Atonement more fully in their lives.
- Study the learning outline “Why do I need the Atonement of Jesus Christ?”

Encourage the youth to share their experiences in future classes.



How do I learn and teach by the Spirit?

Missionaries fulfill their purpose by teaching people gospel truths by the Spirit and inviting them to make and keep sacred covenants. To teach by the Spirit, we need to live worthily and obtain spiritual knowledge. Effective planning and preparation helps us learn and teach by the Spirit. The Lord has encouraged us to read, seek, search, feast, ponder, and treasure up the truths of His gospel. Our gospel study and teaching will be most effective when the Holy Ghost guides us.

Prepare Yourself Spiritually

As you study the scriptures and other resources below, look for things that will help the class members learn and teach by the Spirit.

What study habits do you use to learn the gospel of Jesus Christ? What do you do to allow the Spirit to guide your personal study and preparation to teach?

How will the personal study habits of class members affect those they teach? How can you help them improve their ability to teach by the power of the Holy Ghost?

Preach My Gospel, chapter 2

“Teach by the Spirit,” *Teaching, No Greater Call* (1999), 40–48

Preach My Gospel, chapter 4

“The Sacrament,” *Gospel Principles* (2011), 133–37

John 5:39; 2 Nephi 31:20; 32:5; 3 Nephi 17:3; Moroni 10:3; D&C 84:85; Joseph Smith—Matthew 1:37 (We are commanded to study diligently the word of God)

“Mormonism 101: FAQ” (mormonnewsroom.org)

Elder David A. Bednar, “Receive the Holy Ghost,” *Ensign* or *Liahona*, Nov. 2010, 94–97

“Pray for Inspiration” (2:23), *The District 1*

Elder Dallin H. Oaks, “Always Have His Spirit,” *Ensign*, Nov. 1996, 59–61

“The Importance of the Spirit in Planning” (5:07), *The District 1*

L. Tom Perry, “As Now We Take the Sacrament,” *Ensign* or *Liahona*, May 2006, 39–42

“Teach People, Not Lessons: Jynx” (6:33), *The District 2*

“Teaching about the Holy Ghost and Prayer” (5:00), *The District 1*

Prepare to Learn

Invite class members to share, teach, and testify about the experiences they have had applying what they learned during the previous week as they have studied the personal learning outlines.

Show the video “Pray for Inspiration” and discuss what the youth learn about receiving inspiration from the Holy Ghost as they teach the gospel to others.

Learn Together

Tip

“Often a lesson will contain more material than you are able to teach in the time you are given. In such cases, you should select the material that will be most helpful for those you teach” (*Teaching, No Greater Call* [1999], 98–99).

Consider using one or more of the ideas below to help class members understand how to learn and teach by the Spirit. You can also adapt the Ideas for Study and Application at the end of chapter 2 of *Preach My Gospel*.

Improve your gospel study

Invite class members to search chapter 2 of *Preach My Gospel*, “How Do I Study Effectively and Prepare to Teach?” (17–27) and find a study suggestion that they have used. Have class members form pairs and share how they have used the suggested study method and how it improved their gospel learning. Invite several youth to share with the class how they use the suggested study idea. Invite class members to choose a study suggestion they have not used before and try it in their personal gospel study.

Develop a habit of gospel study

Assign class members one or more scriptures from the Scripture Study activities on pages 18–19 of *Preach My Gospel*. Invite them to read their verses and mark words and phrases that describe how to approach your gospel study. Invite them to ponder the meaning of those words and phrases and record impressions they receive. Encourage several class members to read their verse to the class and share their insights about gospel study. Invite class members to develop and follow a plan to consistently study the gospel.

Learn about the Holy Ghost

Divide the class into groups and invite them to study the section “The Holy Ghost” in *Preach My Gospel* (90–91) or Elder David A. Bednar’s talk “Receive the Holy Ghost” (*Ensign or Liahona*, Nov. 2010, 94–97), and make note of additional insights they receive about the gift of the Holy Ghost. Invite them to share what they discovered as a

class. Also watch “Teaching about the Holy Ghost and Prayer” (5:00) from *The District 1*. Discuss what the youth can do to ensure that they are guided by the Holy Ghost daily.

Recognize and follow promptings

As a class, study “How Do I Recognize and Understand the Spirit?” (*Preach My Gospel*, 89–102). Discuss ways you can recognize promptings from the Spirit. Invite the class to share how they gain courage to follow promptings they receive from the Spirit.

Understand the sacrament and the Holy Ghost

As a class, study Elder Dallin H. Oaks’s talk “Always Have His Spirit” (*Ensign*, Nov. 1996, 59–61). Invite the youth to take notes on their thoughts and impressions about the sacrament and the Holy Ghost. Divide the youth into groups, and have them develop lesson outlines they could use to teach others about the importance of partaking of the sacrament worthily to receive the Spirit.

Teach others about the Holy Ghost

Invite class members to study the scriptures in the activity for personal study found on pages 96 and 97 of *Preach My Gospel*. From what they learn, have them prepare a lesson to teach their families about the roles of the Holy Ghost. Invite several class members to share their outlines with the class. Encourage them to find a time when they can use their outlines to teach others about the Holy Ghost.

Invite to Act

Invite class members to share any thoughts or feelings they had during class. Ask them to note what the Spirit has impressed them to do in the coming week. You could also encourage them to:

- Practice one or more study skills in their personal scripture study.
- Decide what steps they will take to make gospel study a daily habit.
- Teach a family member or friend about the importance of the Holy Ghost in learning and teaching.
- Study the learning outline “How do I learn and teach by the Spirit?”
- Pick one thing they could do differently to become more worthy of the influence of the Holy Ghost in their life.

Encourage the youth to share their experiences in future classes.



What is the role of the Book of Mormon in conversion?

The Book of Mormon is powerful evidence of the divinity of Christ and proof of the Restoration through the Prophet Joseph Smith. An essential part of conversion is receiving a witness from the Holy Ghost that the Book of Mormon is true. As missionaries, we must have a personal testimony that the Book of Mormon is true.

Prepare Yourself Spiritually

As you study the scriptures and other resources about the role of the Book of Mormon in conversion, look for things that will help class members learn to use the Book of Mormon as they teach others the gospel.

How has the Book of Mormon helped you become more fully converted to Jesus Christ and His gospel? What experiences have you had using the Book of Mormon to help others become converted to the gospel of Jesus Christ?

How can you help class members understand how the Book of Mormon can be used in conversion? What personal experiences about feeling the power of the Book of Mormon could they share with one another?

Preach My Gospel, chapter 5

Doctrine and Covenants 20:5–28 (The Savior testifies of the Book of Mormon)

Book of Mormon, introduction

Jeffrey R. Holland, “Safety for the Soul,” *Ensign* or *Liahona*, Nov. 2009, 88–90 (see also the video “Testimony of the Book of Mormon” [4:40])

Joseph Smith—History 1:27–60 (Joseph Smith’s testimony of the coming forth of the Book of Mormon)

1 Nephi 13:39–41; 2 Nephi 3:7–15 (The Book of Mormon restores precious truths and confounds false doctrines)

“The Book of Mormon: Keystone of Our Religion,” *Teachings of Presidents of the Church: Joseph Smith*, Chapter 4

2 Nephi 29:1–14 (The Book of Mormon is evidence that God speaks to many nations)

The District 1, “Questions of the Soul” (5:08)

Matthew 7:15–20 (The Book of Mormon is evidence of Joseph Smith’s prophetic calling)

The District 2, “Invitation to Read the Book of Mormon: Alejandra” (5:18)

Prepare to Learn

Invite class members to share, teach, and testify about experiences they have had applying what they learned during the previous week as they have studied the personal learning outlines.

Invite class members to read one of the scriptures in this outline and share with the rest of the class what it teaches about the Book of Mormon. How has the Book of Mormon brought them closer to Christ?

Learn Together

Tip

The Savior knew and understood those He taught. He found unique ways to help them learn and grow. What do you know about the youth you teach? How can you come to understand them better? How will this influence the way you teach them?

Consider using one or more of the ideas below to help class members understand the role of the Book of Mormon in conversion. You can also adapt the Ideas for Study and Application at the end of chapter 5 of *Preach My Gospel*.

Understand the role of the Book of Mormon

Divide the class into groups, and assign each group to read a section of “What Is the Role of the Book of Mormon?” (chapter 5 in *Preach My Gospel*). Give each group time to summarize what they learned about the Book of Mormon from their section. How will what they learned help them be better missionaries?

Learn how the Book of Mormon testifies of Jesus Christ

Read together the section titled “The Book of Mormon Testifies of Christ” on page 105 of *Preach My Gospel*. Ask each class member to read one of the scriptures listed at the end of the section and share with the class what reasons for keeping records that prophets gave in that scripture. Invite the full-time missionaries to share with the class how they help investigators understand that the Book of Mormon testifies of Jesus Christ.

Why should we read the Book of Mormon?

Ask class members to read the last two paragraphs of the introduction to the Book of Mormon and look for things they could share that would inspire others to read the Book of Mormon. Encourage class members to role-play how they could invite someone in their community, school, or workplace to read the Book of Mormon using the introduction page.

Respond to objections and concerns

As a class, study “Use the Book of Mormon to Respond to Objections” on pages 108–9 in *Preach My Gospel*. What do they learn about how to respond to objections? Divide the class into pairs, and allow each pair to practice responding to the objections and concerns listed in the box on page 109.

Find answers to questions of the soul

Prepare several slips of paper with questions from pages 107 of *Preach My Gospel*, and ask class members to choose one of the questions. Give class members time to find and share scriptures from the Book of Mormon they could use to answer their question. Show the video “Questions of the Soul” (5:08) from *The District 1*, and ask the youth to share what impressed them about how the missionaries helped others answer the questions of the soul.

Invite others to read the Book of Mormon

Show the video “Testimony of the Book of Mormon” or read as a class the last 11 paragraphs of Elder Jeffrey R. Holland’s talk “Safety for the Soul.” Invite class members to share their feelings and impressions about Elder Holland’s testimony. Show the video “Invitation to Read the Book of Mormon: Alejandra” (5:18) from *The District 2*. Ask class members how they can use what they learned to inspire a friend or family member to read the Book of Mormon.

Invite to Act

Invite class members to share any thoughts or feelings they had during class. Ask them to note what the Spirit has impressed them to do in the coming week. You could also encourage them to:

- Plan how to explain the importance of the Book of Mormon and then find someone to whom they can give a Book of Mormon.
- Talk with the full-time missionaries about how they teach investigators that the Book of Mormon testifies of Christ.
- Prepare how they would use the Book of Mormon to handle objections to and questions about the Church.
- Study the learning outline “What is the role of the Book of Mormon in conversion?”

Encourage the youth to share their experiences in future classes.



How do I prepare for life as a missionary?

Serving a full-time mission is accepting a call to represent the Lord Jesus Christ. It is a joyful experience, but it is also hard work. To be successful missionaries, we must prepare spiritually, physically, emotionally, intellectually, and socially. Effective preparation in these ways will allow us to serve with all our “heart, might, mind and strength” (D&C 4:2).

Prepare Yourself Spiritually

As you study the scriptures and other resources about full-time missionary work, look for things to help future missionaries prepare to handle new situations and unfamiliar stress that they will encounter as they adjust to full-time missionary life.

What do you know about the daily routine of missionary life that you can share with class members? What full-time missionary experiences can you share with class members?

How are the youth preparing for the spiritual, physical, emotional, social, and intellectual demands of serving a full-time mission? What can they do now to make the transition to full-time missionary work easier? How can you help them prepare to serve with all their heart, might, mind, and strength?

Preach My Gospel, First Presidency Message and chapters 8–11

Jeffrey R. Holland, “Lord, I Believe,” *Ensign* or *Liahona*, May 2013, 93–95

D&C 4; Mark 8:35 (We should lose ourselves for the gospel’s sake)

Lyle J. Burrup, “Raising Resilient Children,” *Ensign*, Mar. 2013, 12–15, or *Liahona*, Mar. 2013, 10–13

D&C 84:88 (The Lord supports His servants)

Robert K. Wagstaff, “Preparing Emotionally for Missionary Service,” *Ensign*, Mar. 2011, 22–26

Alma 17:1–12; 26:23–31 (Alma and the sons of Mosiah share their missionary experiences)

“Missionary Preparation,” Gospel Topics on LDS.org

Mark 9:14–27 (The Lord can help us believe)

The District 1, “Companion Inventory” (7:27), “Developing the Faith to Find” (2:54), “9:00 p.m. Daily Planning” (9:27), and “How to Set Goals” (6:11)

Thomas S. Monson, “Come, All Ye Sons of God,” *Ensign* or *Liahona*, May 2013, 66–69

Prepare to Learn

Invite class members to share, teach, and testify about the experiences they have had during the previous week as they have studied the personal learning outlines.

As a class, make a list on the board of experiences and schedules missionaries may have that will be new and different to them. What experiences may be challenging or stressful? How can their faith and desire to serve help them learn and grow through these experiences?

Learn Together

Tip

The Savior shared simple stories and real-life examples. He helped His followers discover gospel lessons in their everyday lives and in the world around them. Are there any examples or experiences from your life or the world around you that you could share to help teach a principle in this lesson?

Consider using one or more of the ideas below to help class members prepare for life as a full-time missionary. You can also adapt the Ideas for Study and Application at the end of chapters 8–11 of *Preach My Gospel*.

Using time wisely

Divide the class into companionships, and have them read page 137 of *Preach My Gospel* and do the activity at the end of the introductory paragraphs. As a class, discuss how Heavenly Father feels about His children and the effort He requires of His servants. Invite class members to record their thoughts in their journals. Watch “9:00 p.m. Daily Planning” (9:27) from *The District 1*, and discuss what class members can do now to learn to use their time wisely, such as setting goals, using a planner, following a schedule, and so on.

Learn about missionary life

Choose an episode of *The District 1* or *The District 2* to watch in class. Have class members take notes on things that impress or surprise them about missionary life. Divide the class into groups, and have each group discuss how they can prepare for these things. Consider including a recently returned missionary in each group.

Identify ways to prepare for missionary life

Either in or before class, ask class members to watch, listen to, or read President Thomas S. Monson’s talk “Come, All Ye Sons of God” and take notes on what he teaches about adjusting to missionary life. Discuss together the following question: “What do his words inspire you to do as you prepare for your mission?” As a class, read the First Presidency Message in *Preach My Gospel* and discuss the same question.

Manage challenges

Divide the class into groups. Have each group read the scriptures suggested in this outline and look for passages that could strengthen missionaries in times of difficulty. Invite recently returned missionaries to discuss the joys and stresses of missionary work and share scriptures that gave them strength. Discuss how to handle difficult situations such as homesickness, discouragement, rejection, fatigue, and so on.

Find others to teach

Before class, ask the class members study chapter 9, “How Do I Find People to Teach?” in *Preach My Gospel*. Show the video “Developing the Faith to Find” (2:54) from *The District*, and have class members make a list of ways to find people to teach. Discuss how missionaries work with members to find people to teach. Invite class members to use one or more of the ways on their list to find someone to teach now. Encourage them to accompany the full-time missionaries when they are finding people to teach.

Answer challenges to faith

Ask a class member to come prepared to relate the story in Mark 9:14–27, or read the story as a class. Divide the class into three groups, and give each group one of the three observations of Elder Jeffrey R. Holland about the story in his talk “Lord, I Believe.” How can they use Elder Holland’s observations when they face challenges to their faith as a full-time missionary?

Invite to Act

Invite class members to share any thoughts or feelings they had during class. Ask them to note what the Spirit has impressed them to do in the coming week. You could also encourage them to:

- Use their time wisely by setting goals, using a planner, or following a schedule.
- Arrange a time to accompany the full-time missionaries when they are finding people to teach.
- Talk with their parents or a trusted Church leader about how to cope with homesickness, discouragement, fatigue, irritability, rejection, impatience, and other stresses that may arise on a mission.
- Study the learning outline “How do I prepare for life as a missionary?”

Encourage the youth to share their experiences in future classes.