

OF GOOD REPORT

Benevolent

We Believe

HOPE

VIRTUOUS

We Believe

we believe

Lovely

this way

Praiseworthy

We Believe

We Believe

Doing Good

HONEST

Learning from

We Believe

My Scripture Hero

True

We Believe

Chaste

HEROES

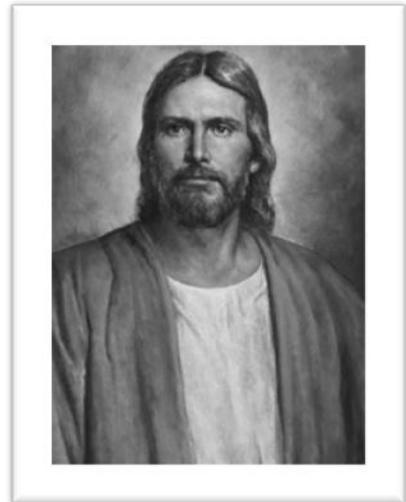
Could we ask the question, “What makes of [some] men heroes and [some] women heroines?” I answer, unwavering trust in an all-wise Heavenly Father and an abiding testimony concerning the mission of a divine Savior. This knowledge is like a golden thread woven through the tapestry of their lives.

Some may question: “But what is the value of such an illustrious list of heroes, even a private Hall of Fame?” I answer. When we obey, as did Adam, endure as did Job, teach as did Paul, testify as did Peter, serve as did Nephi, give ourselves as did the prophet Joseph, respond as did Ruth, honor as did Mary, and live as did Christ, we are born anew. All power becomes ours. Cast off forever is the old self and with it defeat, despair, doubt, and disbelief. To a newness of life we come—a life of faith, hope, courage, and joy. No task looms too large. No responsibility weighs too heavily. No duty is a burden. All things become possible.

Thomas S. Monson
October 1974 General Conference

We all need heroes to honor and admire; we need people after whom we can pattern our lives. For us Christ is the chiefest of these. “What manner of men ought ye to be?” he asked his Nephite disciples. His answer, “Verily I say unto you, even as I am.” (3 Ne. 27:27.) Christ is our pattern, our guide, our prototype, and our friend. We seek to be like him so that we can always be with him. In a lesser degree the apostles and prophets who have lived as Christ lived also become examples for us.

*Spencer W. Kimball
Apr 1979 General Conference*



THEY BELIEVED

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THEY BELIEVED

Benevolent

THEY BELIEVED

ABOUT MY SCRIPTURE HERO

The Scripture Hero I chose is: _____

Where I can read about them in the scriptures: _____

When and where they lived: _____

What was happening in the world around them:

What I know about them:

Why I chose them to be my hero:

THEY BELIEVED

Mary

THEY BELIEVED

Peter

Nephi

Jacob

THEY BELIEVE

THEY BELIEVED

Helaman

Alma the Younger

THEY BELIEVED

Daniel

THEY BELIEVED

Joseph of Egypt

Abindadi

John

THEY BELIEVED

Ruth

THEY BELIEVED

Esther

Find and paste a picture
of your hero here

Brother of Jared

Enos

Adam

THEY BELIEVED

Moses

THEY BELIEVED

2,000 Warriors

Eve

THEY BELIEVED

Mormon

THEY BELIEVED

Moroni

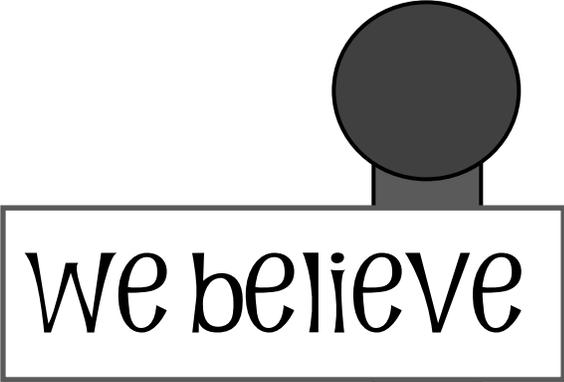
Hannah

Abraham

King Benjamin

THEY BELIEVED

We Believe



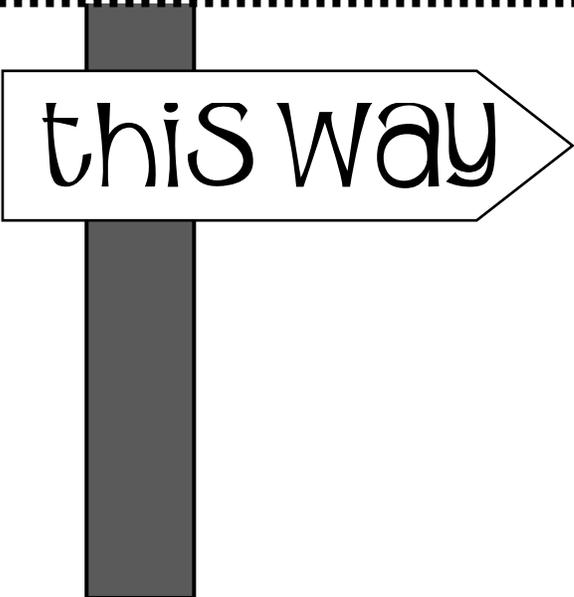
We believe

We Believe

My Two Week Study of My Scripture Hero

On the following pages is a daily study of your hero's life as well as your own life.

- Take some time each day to carefully, and prayerfully go through the questions, quotes and scriptures.
- Record your answers in the provided areas.
- Try and find some pictures of your hero and put them up so you can look at it as you study, ponder, and write.



this way

Sunday

Date:

My Hero at Church

“Remember the Sabbath day, to keep it holy.”

(Exodus 20:8)

1- Read the statement below from the *For the Strength of Youth* pamphlet. Then consider this question and write down your thoughts: How would my hero view *and* treat the Sabbath Day?

“The Lord has given the Sabbath day for your benefit and has commanded you to keep it holy. Observing the Sabbath will bring you closer to the Lord and to your family. It will give you needed rest and rejuvenation.”
Page 32

2- What would my hero’s view of church be? What is its purpose?

3- What are some things they may have done before church today to prepare themselves to learn?

4- If my hero had been in my Sacrament meeting today, what would I have expected to see if I had looked over at them in the below situations:

-During the hymns: _____

-During the Sacrament: _____

-During the talks: _____

5- If they had been in my Sunday School and Young Women’s class today – what would they have done to get the most out of the lesson?

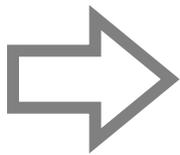
-Sunday School: _____

- Young Women’s: _____

6- In the middle column below, review your day and, as best as you can remember, write down what you did during that hour.

6:00 am		
7:00 am		
8:00 am		
9:00 am		
10:00 am		
11:00 am		
12:00 pm		
1:00 pm		
2:00 pm		
3:00 pm		
4:00 pm		
5:00 pm		
6:00 pm		
7:00 pm		
8:00 pm		
9:00 pm		
10:00 pm		

7- Now, in the column next to where you just wrote, put your hero in YOUR life. **Write down what you think your hero would have done with their time.** Some it may have been the same and some may be different. The quote below from the For the Strength of Youth pamphlet may help you with this.



“Many uplifting activities are appropriate for the Sabbath. Worship the Lord, attend church, spend quiet time with your family, study the gospel, write letters, write in your journal, do family history work, and visit the sick or homebound. Your dress before, during and after church meetings should show respect for the Sabbath.” (page 32)

8- In what ways would I like to be more like my hero on the Sabbath?

Monday

Date:

My Hero and Repentance

“Christ is the Creator, the Healer. What he made, he can fix. The Gospel of Jesus Christ is the gospel of repentance and forgiveness.”

(President Boyd K. Packer, Ensign, May 2006, 28)

1- How, do you think, your hero used the power of repentance in their life?

2- Look up these scriptures about repentance. In the box next to it, write what you think your hero would tell you about **what is important for you to understand in that verse.**

Alma 34:31-32	
Alma 34:33-34	
Mosiah 4:2	
D&C 19:16-19	

3- Now go back and look at what you wrote up *on the first question*. Consider how you think your hero used repentance *for themselves*, and then look at what you studied in those scriptures. **How do you think, repentance influenced your hero? Would they have ever become your scripture hero if they hadn't used repentance in their life?**

Tuesday

Date:

My Hero and Prayer

“Oh, how praying rests the weary, prayer will change the night to day.”
(Hymn #140)

1- What do you imagine your hero's personal prayers were like?

2- Read quotes #1 and 2 on the next page, and then answer this question: How would understanding their relationship with Heavenly Father influence their prayers?

3- Read quote #3. Next to the quote, write how your hero would have been an example of what it teaches.

4- From what you know of your hero's story from the scriptures, what are some things they would have prayed for or about?

6- Read quote #4. How would your hero's morning prayers been different than their evening prayers?

7- In what ways would you want your prayers to be more like how your hero would have prayed?

QUOTE #1

“As soon as we learn the true relationship in which we stand toward God (namely, God is our Father, and we are his children), then at once prayer becomes natural and instinctive on our part. Many of the so-called difficulties about prayer arise from forgetting this relationship.”

(Bible Dictionary, 752)

Quote #2

“Every person here today lived at one time in Heavenly realms. We walked with our Heavenly Father. We knew Him. We heard His voice. We loved Him.

“And although we were eager to enter mortality and continue our progression, we must have regretted the separation that would accompany it. We must have sorrowed that a veil would cover our eyes and the bright memories of our lives would be cloaked in the forgetfulness of mortality. How we must have yearned to stay close to our Father in Heaven. How we must have covenanted to ever reach after Him and commune with Him.

“Undoubtedly our separation from our Heavenly Father was softened when He promised that as we sought after Him in prayer, He would reach towards us.

“Now we are here. Our memories of our premortal life are dim and dark. We have forgotten those things we supposed we could never forget. Unfortunately and tragically we sometimes even forget our Heavenly Father, whom we loved so dearly.” (Elder Joseph B. Wirthlin, BYU Speeches, January 21, 2003)



Quote # 3

“Blessings require some work and effort on our part before we can obtain them. Prayer is a form of work, and is an appointed means for obtaining the highest of all blessings.”

(Bible Dictionary, Page 753)



Quote #4

“... Meaningful Morning Prayer is an important element in the spiritual creation of each day – and precedes the temporal creation or the actual execution of the day... At the end of our day, we kneel again and report back to our Father. We review the events of the day and express heartfelt thanks for the blessings and the help we received. We repent and, with the assistance of the Spirit of the Lord, identify ways we can do and become better tomorrow. Thus our evening prayer builds upon and is a continuation of our morning prayer. And our evening prayer also is a preparation for meaningful Morning Prayer.”

(Elder David A. Bednar, Ensign, November 2008, 41-44)

Quote #5

PRA YER

I know not by what methods rare
But this I know, God answers prayer
I know that He has given his word
Which tells me prayer is always heard
And will be answered soon or late
And so I pray and calmly wait
I know not if the blessing sought
Will come in just the way I thought
But leave my prayers with him alone
Whose will is wiser than my own
Assured that He will grant my quest
Or send some answer far more blessed

Wednesday

My Hero and Their Appearance

Date:

"Through your dress and appearance, you can show the Lord that you know how precious your body is." For the Strength of Youth, 14

1- How would your hero view the importance of their personal appearance?

2- Why would modesty be an important standard in their life?

3- If your hero were living today, how do you imagine they would dress?

4- What are some things that you wear that you feel your hero would approve of?

5- What are some things in your wardrobe that you may want to reconsider?

6- How consistent would your hero be in this standard? Would prom, the beach, or other places give them an excuse to lower their standards?

7- Below are several points in the For the Strength of Youth Pamphlet under “Dress and Appearance” (page 14). Next to each one, write what you think your hero might say to you about those important principles.

Principle	What would my hero say to me about the following principles?
My body is a sacred creation	
Through the way I dress, I can show the Lord that I know how precious my body is	
Through my dress and appearance I can show that I am a disciple of Jesus Christ	
The way I dress is a reflection of who I am on the inside	
My dress and grooming sends messages about myself to others...	
...and influences the way I and they act	
When I am modestly dressed I invite the companionship of the Spirit	
When I am modestly dressed I can exercise a good influence on those around me	
I should never lower my standards for any occasion	
When I lower my standards for an occasion, I send the message that I am using my body to get attention and approval	
When I lower my standards for an occasion, I send the message that modesty is important only when it's convenient	

8- How do you think dress and appearance is part of standing as a witness at all times, things and places?

Thursday

Date:

My Hero at Home

1-Why would FAMILY be important to your hero?

2- From what you know of their story, in what ways were they serving and loving their family?

3- Imagine visiting your hero's home. What do you imagine it being like and how would you feel there?

4- How do you imagine their family would treat each other? How would the parents treat one another? How would the children treat the parents, and how would they treat each other?

5-What are things they would definitely have in their homes, and things they would definitely not have there?

6- Read the quote below. Then consider and answer the following questions.

“Recently, in a stake conference, all present were invited by the visiting authority, Elder Glen Jensen, an Area Seventy, to take a virtual tour of their homes using their spiritual eyes. I would like to invite each of you to do this also.... Let’s begin. Imagine that you are opening your front door and walking inside your home. What do you see, and how do you feel? Is it a place of love, peace, and refuge from the world, as is the temple? Is it clean and orderly? As you walk through the rooms of your home, do you see uplifting images which include appropriate pictures of the temple and the Savior? Is your bedroom or sleeping area a place for personal prayer? Is your gathering area or kitchen a place where food is prepared and enjoyed together, allowing uplifting conversation and family time? Are scriptures found in a room where the family can study, pray, and learn together? Can you find your personal gospel study space? Does the music you hear or the entertainment you see, online or otherwise, offend the Spirit? Is the conversation uplifting and without contention? That concludes our tour. Perhaps you, as I, found a few spots that need some “home improvement”—hopefully not an “extreme home makeover.”

(Elder Gary E. Stevenson, Ensign, May 2009, 101-3)

What are some things in my bedroom that communicate that it is a place of peace, love and refuge from the world?

How will those things help me personally feel the spirit when I am in there, especially while I am praying, studying the scriptures and spending quality time with my family?

How do those things affect the spirit of my entire home?

What are some things I have in my room that may distract it from being a place of love and refuge from the world?

Friday

Date:

My Hero and My Friends

1- Think about your hero, what kind of friends do you think they had? What kind of qualities would they look for in a friend?

“Live in such a way that people who know you but don’t know Christ, will want to know Christ because they know you.”

Bishop H. David Burton,
(Ensign, May 1994, 68)

2- What kind of a friend would your hero be? How would they be a good friend to others?

3-Take a moment and read the quote above and those on the facing page. What are some impressions you had as you read them?

4-Think of some of your closest friends. Pick three of them and write them in the boxes on the left side below.

- After you fill in their names, in the center box, write what you hope their life will be like ten years from now.
- After that, in the right hand column, think about and then write what you could do now, as a true friend, to help them achieve their greatness.

Friends	Their life in 10 years...	What can you do...
1.		
2.		
3.		

5- Thinking over this past week, what are some circumstances you had with some of my friends that your hero could have given you advice on and what would he/she have told you to do?

6- What advice would your hero give you on how to be a better friend to everyone you come across?

Choose your friends carefully. They will greatly influence how you think and act, and even help determine the person you will become.

- For the Strength of Youth
Pamphlet, 12

The finest of friends must sometimes be stern sentinels, who will insist that we become what we have the power to become.

-Elder Neal A. Maxwell
("Insights to My Life", p.199)

* Sentinel = A guard or lookout

Do you know how to recognize a true friend?

A real friend loves us and protects us.

In recognizing a true friend we must look for two important elements in that friendship.

A true friend makes it easier for us to live the Gospel by being around him.

Similarly, a true friend does not make us choose between his way and the Lord's way.

Elder Robert D. Hales (Ensign, May 1990, p.40)

• • •
To have good friends, be a good friend yourself.

For the Strength of Youth, p.12

• • •

Show interest in others and let them know you care about them...

Go out of your way to be a friend to those who are shy or do not feel included.

For the Strength of Youth, p.12

Inasmuch as ye have done it unto the least of these my brethren, ye have done it unto me.

Matthew 25:40

**FRIENDS WHO HOLD US
BACK SPIRITUALLY ARE
NOT TRUE FRIENDS AT ALL.**

ELDER NEAL A. MAXWELL,
ENSIGN, NOVEMBER 1992, P.66

Saturday

Date:

My Hero and My Talents

1. What are some talents, skills and abilities your hero had?

2. Why was it important that they developed those talents? What if they hadn't?

3. If you were to talk to your hero, what are some talents, skills, and abilities they would tell you that you should be working on?

4. Read the 3 quotes below. After you read them, write below each quote, how your hero would have been an example of each one.

As sons and daughters of God, we are obligated to develop as many of our divinely given talents as we can.

President James E. Faust

Life is a competition not with others, but with ourselves. We should seek each day to live stronger, better, truer lives; each day to master some weakness of yesterday; each day to repair a mistake; each day to surpass ourselves.

Elder David B Haight (Ensign, May 1981, p.42)

God does not begin by asking about our ability, but only about our availability, and if we then prove our dependability, he will increase our capability!

Elder Neal A. Maxwell
(Ensign, July 1975, 7)

You are a beloved daughter of Heavenly Father, prepared to come to earth at this particular time for a sacred and glorious purpose. You have a noble responsibility to use your strength and influence for good. Your loving Heavenly Father has blessed you with talents and abilities that will help you fulfill your divine mission.

Personal Progress Book, page 1

5. To the left is a quote taken out of the Personal Progress Booklet. It is a message to the Young Women from the First Presidency. Read it and answer the questions next to it.

- What sacred and glorious purpose was your hero sent to earth to do?
- How seriously did they view their —noble responsibility to use their strength and influence for good? And in what specific ways do you recognize that?
- What talents and abilities did Heavenly Father bless them with to help them fulfill their divine mission?
- Unlike your hero, your personal story isn't totally written yet – most of it remains to be written. Looking forward to your life – what do you hope your glorious purpose is?

6. In the chart below is a list of roles you will likely hold some, most, or all of your life. In the boxes next to each one, make a list of talents, strengths, abilities and skills that you want to have in order to have the most influence for good.

Roles I will Play	Skills, strengths, talents, and abilities I hope to have to be able to do the most good
Daughter	
Sister	
Friend	
Student	
Missionary/Example	
Employee	
Wife	
Mother	
Teacher in the home	
Teacher and leader in the Church	
Neighbor	

7. Becoming a powerful person takes a lot of work so you can develop the talents that will help you do much good. Look through the scriptures below, and choose one that you would like to use as your personal theme scripture to help inspire you to develop all of your talents and have much strength just like your hero did. Circle the scripture you chose and write why you chose it.

1 Nephi 10:18, 20

2 Nephi 11:11-13

Mosiah 1:17

Sunday

Date:

My Hero and Serving Others

WHEN YE ARE IN THE SERVICE OF YOUR FELLOW BEINGS YE ARE ONLY IN THE SERVICE OF YOUR GOD. - MOSIAH 2:17

1. From what you know of your hero's story, in what ways did they serve others?

2. How would their life have been different if they would have failed to serve?_

3. In what ways did their serving others also serve Heavenly Father?

4. Below is a famous quote by President Spencer W. Kimball. Read it and then answer this question: *How do you think having a life filled with service impacted who your hero became?*

Service to others deepens and sweetens this life while we are preparing to live in a better world. It is by serving that we learn to serve. When we are engaged in the service of our fellowmen, not only do our deeds assist them, but we put our own problems in a fresher perspective. When we concern ourselves more with others, there is less time to be concerned with ourselves! In the midst of the miracle of serving, there is the promise of Jesus that by losing ourselves, we find ourselves!

Spencer W. Kimball,
-President Kimball Speaks Out on Service to Others, New Era, Mar 1981, 47

5. Now, read this additional quote from that same talk from President Kimball. Then answer this question: *When we serve others, how are we helping Heavenly Father?*

The Lord does notice us, and he watches over us. But it is usually through another person that he meets our needs. Therefore, it is vital that we serve each other.

Spencer W. Kimball,
-President Kimball Speaks Out on Service to Others, New Era, Mar 1981, 47

6. Think of 3 opportunities you have had for service this past week and write them below. After you do this, fill in the space next to them with the indicated information.

Times I have served others this week	How that met their needs	How that helped Heavenly Father too
--------------------------------------	--------------------------	-------------------------------------

1-

2-

3-

7. Now think about your average day at home, school, and church. What if your hero were living your life? What are some opportunities they would take to help Heavenly Father by meeting the needs of others? In the spaces below, think of people in areas of your life that they may find to serve.

Places I am often in	3 people in those places that I could serve	Needs that they have that I could help meet
----------------------	---	---

1- Classes at school

1-
2-
3-

2- The halls at school

1-
2-
3-

3- Lunch time

1-
2-
3-

4- Home

1-
2-
3-

5- Mutual

1-
2-
3-

6- My neighborhood

1-
2-
3-

7- The Community

1-
2-
3-

8. If you did those things that you just filled out above – how would that impact the kind of person you become? How would you be like your hero? _____

9. How would it put you on the righteous end of this parable that Christ told? Matthew 25:34–36

Monday

Date:

My Hero and My Language

"How you speak says much about who you are."

For the Strength of Youth, p.22

1- Check out in the quote to the above right from the For the Strength of Youth Pamphlet under "Language". If how you speak says much of who you are, what kind of words do you think your hero used? What words did they and didn't they use?

"Use language that uplifts, encourages and compliments others. Do not insult others or put them down even in joking."

For the Strength of Youth, p.22

2- Do you think your hero would have insulted others or put them down, even as a joke? Why or why not?

3- On the adjoining page is part of a conference talk by Elder Holland. Take a minute and read it, mark up your favorite parts, and then answer these two questions:

- How would your hero have had a "tongue of angels"? (Angels save people, and if you have a "tongue of angels" you say the sort of things an angel would say)
- In what ways do you have a "tongue of angels"?
- In what ways do you have a tongue of fire? (Fire burns, so if you have a tongue of fire then your words burn others)

4- Now take a moment and read the poem and the story on the other page. What do they teach you about the power of words

5- Read the following scriptures. Next to them, write what they teach you about the power of words.

James 3:2-10 _____

Matthew 15:11 _____

Ephesians 4:29-32 _____

Enos 1:3 _____

6- Consider your vocabulary. Are there words that you use, that may not uplift others when you use them? Are there words that your hero wouldn't use because they may give the wrong impression of who they were?



Tongues of Angels

Like all gifts "which cometh from above," words are "sacred, and must be spoken with care, and by constraint of the Spirit."

It is with this realization of the power and sanctity of words that I wish to caution us, if caution is needed, regarding how we speak to each other and how we speak of ourselves. ...

...Continuing the imagery of the bridle, he writes: "Behold, we put bits in the horses' mouths, that they may obey us; and we turn about their whole body.

"Behold also ... ships, which though they be ... great, and are driven of fierce winds, yet are they turned about with a very small helm."

Then James makes his point: "The tongue is [also] a little member. ... [But] behold, how great a [forest (Greek)] a little fire [can burn].

"... So is the tongue [a fire] among our members, ... it defileth the whole body, ...it is set on fire of hell.

"For every kind of beasts, and of birds, and of serpents, and of things in the sea, ...hath been tamed of mankind:

"But the tongue can no man tame; it is an unruly evil, full of deadly poison.

"Therewith bless we God, even the Father; and therewith curse we men, which are made after the similitude of God.

"Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be."

Well, *that* is pretty straightforward! Obviously James doesn't mean our tongues are *always* iniquitous, nor that *everything* we say is "full of deadly poison." But he clearly means that at least some things we say can be destructive, even venomous—and that is a chilling indictment for a Latter-day Saint! The voice that bears profound testimony, utters fervent prayer, and sings the hymns of Zion *can be* the same voice that berates and criticizes, embarrasses and demeans, inflicts pain and destroys the spirit of oneself and of others in the process. "Out of the same mouth proceedeth blessing and cursing," James grieves. "My brethren [and sisters], these things ought not so to be." Is this something we could all work on just a little? Is this an area in which we could each try to be a little more like a "perfect" man or woman? ...

So, brothers and sisters, in this long eternal quest to be more like our Savior, may we try to be "perfect" men and women in at least this one way now—by offending not in word, or more positively put, by speaking with a new tongue, the tongue of angels.

Jeffrey R. Holland, "The Tongue of Angels," *Ensign*, May 2007, 16–18

A Builder or a Wrecker?

I passed one day through a lonely town
And saw some man tearing a building down
With a "heave" and a "ho" and a husky yell
They swung a beam and a side wall fell

I asked the foreman "are these men skilled?
The type you'd hire if you had to build?"
"Oh no" he chuckled, "Oh no, indeed,
The common laborer is all I need
Why I can destroy in a day or two
What builders have taken weeks to do."

I thought to myself as I walked away
Which of these roles have I tried to play?
Am I a builder, who works with care,
Making his tools a ruler and a square
Shaping my peers to a well made plan,
Helping them be the best they can?

Or am I wrecker who walks the town,
Content with the labor of tearing down?

"I had the opportunity to serve the young women of my ward in Redmond, Washington several years ago. We decided to have a talent share for mutual one evening. As we prepared for this even we encouraged each young man and young woman in the ward to participate. We held it in the cultural hall. We had a spotlight on the stage to illuminate those that were performing. Around the cultural hall were the displays of those that were artistic and creative. We had youth that sang, played the piano, displayed paintings, shared crafts they had made, read poetry, and told jokes – and yes, that is a talent. It was turning out to be a very successful night. In the audience were the youth, the young men and young women leaders, and the bishopric. And on the back row, in the corner, leaning on the back on their chairs, were the priest age boys of our ward. 6 or 7 young men who were less than thrilled about being at a talent share activity. As we neared the end of our evening – someone tapped me on the shoulder. „Sister Bradshaw, I decided to do something – is it ok?" I turned around to see Christine, a brand new beehive. „Of course Christine, we would love to hear from you." I responded, assuming that she would be singing. She came from a family of 11 children, who loved to sing. I passed the word to our MC that our final performer would be Christine. Now, I would like you to picture in your minds. Christine. 4 foot, 10 inches tall, 70 pounds soaking wet – long red hair. As she approached the stage – the lights in the cultural hall were dimmed, I sensed groans from the back row priests who had to sit through one more number. Christine surprised us all when she walked out onto the stage with a music stand in one hand and a trumpet in the other. I didn't know Christine played the trumpet. And as it turned out, she had only been taking lessons for a few weeks. As she raised the trumpet to her lips – there was silence in the cultural hall. As she blew into the instrument – there was still silence. She tried again – silence. She tried again – still silence. She tried once more and this time something close to a few notes came out. Her face began to match her red hair. I wanted to do something but wasn't quite sure what it was I should do. I glanced back into the dark at that row of boys and hoped that they caught my glare – I didn't want anyone to laugh or tease or cause Christine more discomfort than she was already having. As she continued to try to blow air into that trumpet and make something come out – she looked into the dark cultural hall where the audience was seated. And then one of those boys – sitting in the dark corner leaning back on his chair called out „Hey Christine – come on – you can do it!" I knew by the look on Christine's face that she recognized the voice of her 16 year old brother David. „Come on – I know you can do it" he repeated. David then got out of his seat and walked right up to the stage so she could see his face. Christine then put the trumpet up to her lips and played the most beautiful trumpet solo any of us had ever heard." (Barbara Bradshaw, Centering in the Peace of Private Prayer: He knows my Heart, BYU Women's Conference, 2006)

Tuesday

Date:

My Hero and Education

1. Below are several principles that are in the *For the Strength of Youth* pamphlet (page 9), under “Education.” Consider each principle and write why that principle would have been important to your hero, **and how that principle helped them fulfill their mission here on Earth.**

Principle in the For the Strength of Youth pamphlet	Why that principle would be important to my hero and how it helped them fulfill their mission here on Earth.
“The Lord wants you to educate your mind and improve your skills and abilities.”	
“Education will help you to be an influence of good in the world.”	
“It will help you better provide for yourself, your loved ones, and those in need.”	
“Education is an investment that brings great rewards.”	
“Find joy in continuing to learn about yourself, other people, and the world around you”	
“Study the words of the Lord, and continue learning about your Heavenly Father’s plan”	
“Make seminary an important part of your total education”	

2. How would it have impacted your hero’s life if they hadn’t valued the importance of learning and education?

3. Do you think if your hero was in school right now (like you), that all the subjects would come easily? Or would they struggle too? What advice would your hero give you about the classes that you are struggling in right now?

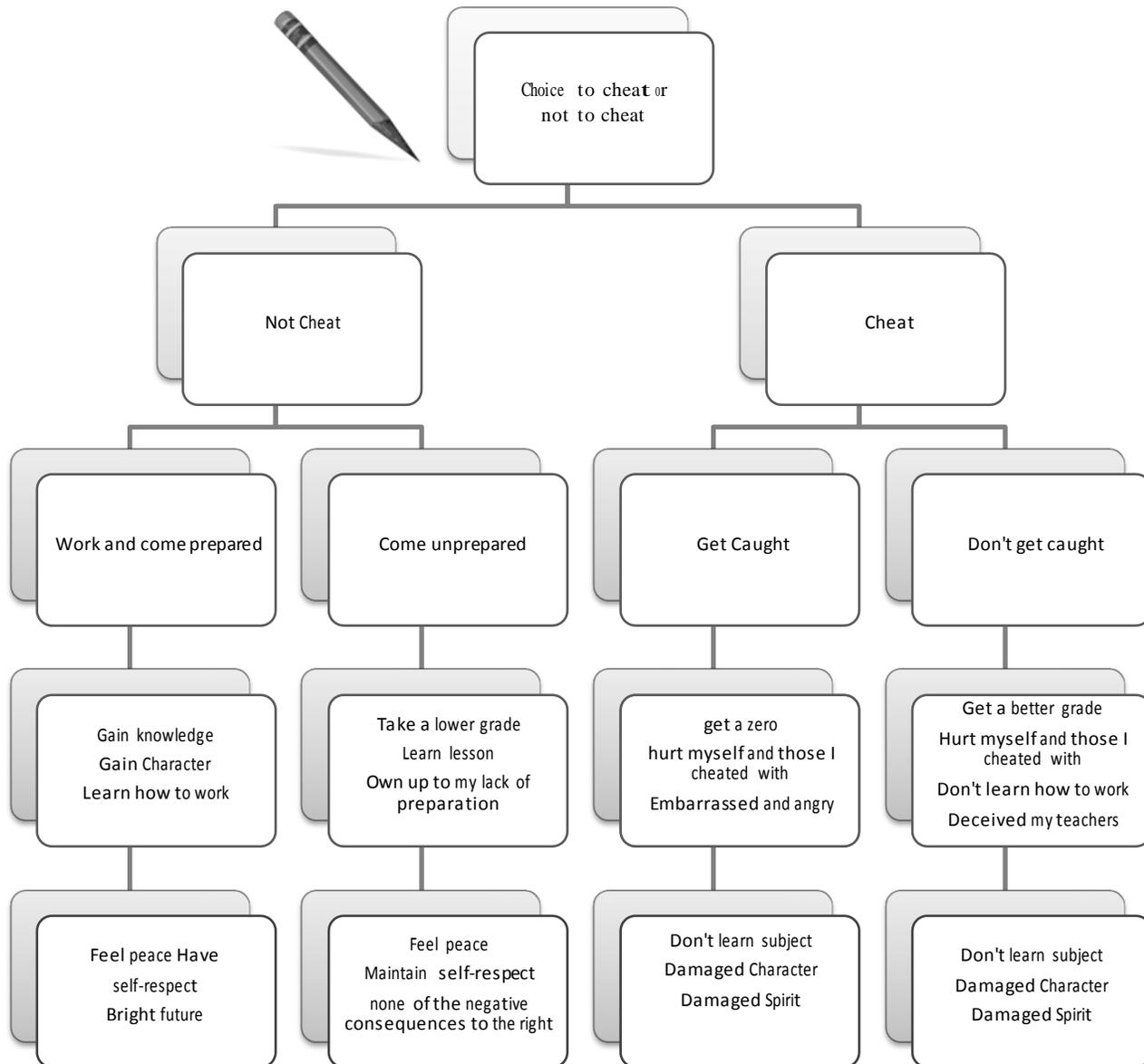
4. How would they have organized their time in order to complete their homework?

5. What connection would they have made with education and growing spiritually?

6. Read this scripture: D&C 88:77-79. List *all* of the things the Lord tells us we should be studying and learning about.

7. Now read D&C 88:80 and write WHY we should study all of those things.

8. How big of a problem is cheating at your school? **Study the chart below and see how cheating affects you in far more important ways than the better grade you may get on one assignment.** In the *For the Strength of Youth* pamphlet under “*Honesty*” (page 31), it says, “**When you are honest in every way, you build strength of character that will allow you to be of great service to God and others...Dishonesty hurts you and usually hurts others as well... you damage your spirit and become less able to do good things.**”



9. What do the following scriptures have to do with cheating?

Doctrine and Covenants 130:18-19

Alma 37:35

2 Nephi 28:7-9

10. Therefore, why would your hero never cheat in school? And what would they say to someone in their class who was trying to cheat off of their assignment or test?

Wednesday

Date:

My Hero and Social Networking and Cell Phones

Following is part of a talk by Elder David A. Bednar. Carefully read this. Mark it up, write your own notes in the columns. When you are finished, take some time and thoughtfully answer the questions at the end.

As I have looked forward to and prepared for this opportunity to learn with you, I have come to better understand the strong feelings of Jacob, the brother of Nephi. He said, "I this day am weighed down with much... desire and anxiety for the welfare of your souls" (Jacob 2:3). The message I want to share with you today has over time distilled upon my "soul as the dews from heaven" (D&C 121:45). I invite your earnest attention to a serious subject that has both immediate and eternal implications. I pray for the Holy Ghost to be with and teach each of us during our time together...

Our Divine Destiny

...The Prophet Joseph Smith taught with clarity the importance of our physical bodies:

"We came to this earth that we might have a body and present it pure before God in the celestial kingdom. The great principle of happiness consists in having a body. The devil has no body, and herein is his punishment. He is pleased when he can obtain the tabernacle of man, and when cast out by the Savior he asked to go into the herd of swine, showing that he would prefer a swine's body to having none. All beings who have bodies have power over those who have not. ...

"The devil has no power over us only as we permit him; the moment we revolt at anything which comes from God, the devil takes power."

Our physical bodies make possible a breadth, a depth, and an intensity of experience that simply could not be obtained in our premortal estate. President Boyd K. Packer, President of the Quorum of the Twelve Apostles, has taught, "Our spirit and our body are combined in such a way that our body becomes an instrument of our mind and the foundation of our character." Thus, our relationships with other people, our capacity to recognize and act in accordance with truth, and our ability to obey the principles and ordinances of the gospel of Jesus Christ are amplified through our physical bodies. In the classroom of mortality, we experience tenderness, love, kindness, happiness, sorrow, disappointment, pain, and even the challenges of physical limitations in ways that prepare us for eternity. Simply stated, there are lessons we must learn and experiences we must have, as the scriptures describe, "according to the flesh" (1 Nephi 19:6; Alma 7:12–13)...

Satan does not have a body, and his eternal progress has been halted. Just as water flowing in a riverbed is stopped by a dam, so the adversary's eternal progress is thwarted because he does not have a physical body. Because of his rebellion, Lucifer has denied himself all of the mortal blessings and experiences made possible through a tabernacle of flesh and bones. He cannot learn the lessons that only an embodied spirit can learn. He cannot marry or enjoy the blessings of procreation and family life. He cannot abide the reality of a literal and universal resurrection of all mankind. One of the potent scriptural meanings of the word *damned* is illustrated in his inability to continue developing and becoming like our Heavenly Father.

Because a physical body is so central to the Father's plan of happiness and our spiritual development, we should not be surprised that Lucifer seeks to frustrate our progression by tempting us to use our bodies improperly. One of the ultimate ironies of eternity is that the adversary, who is miserable precisely because he has no physical body, invites and entices us to share in his misery through the improper use of our bodies. The very tool he does not have and cannot use is thus the primary target of his attempts to lure us to physical and spiritual destruction.

The Adversary's Attacks

The adversary attempts to influence us both to misuse our physical bodies and to minimize the importance of our bodies. These two methods of attack are important for us to recognize and to repel.

When any of Heavenly Father's children misuse their physical tabernacles by violating the law of chastity, by using drugs and addictive substances, by disfiguring or defacing themselves, or by worshipping the false idol of body image, whether their own or that of others, Satan is delighted. To those of us who know and understand the plan of salvation, any defiling of the body is rebellion and a denial of our true identity as sons and daughters of God (see Mosiah 2:36–37; D&C 64:34–35).

Now, brothers and sisters, I cannot tell you all the ways whereby you may misuse your bodies, "for there are divers ways and means, even so

many that I cannot number them" (Mosiah 4:29). You know what is right and what is wrong, and you have the individual responsibility to learn for yourself "by study and also by faith" (D&C 88:118) the things you should and should not do and the doctrinal reasons you should and should not do those things...

Sadly, some young men and young women in the Church today ignore "things as they really are" and neglect eternal relationships for digital distractions, diversions, and detours that have no lasting value. My heart aches when a young couple—sealed together in the house of the Lord for time and for all eternity by the power of the holy priesthood—experiences marital difficulties because of the addicting effect of excessive video gaming or online socializing. A young man or woman may waste countless hours, postpone or forfeit vocational or academic achievement, and ultimately sacrifice cherished human relationships because of mind- and spirit-numbing video and online games. As the Lord declared, "Wherefore, I give unto them a commandment ...: Thou shalt not idle away thy time, neither shalt thou bury thy talent that it may not be known" (D&C 60:13).

You may now be asking yourself, "But, Brother Bednar, you began today by talking about the importance of a physical body in our eternal progression. Are you suggesting that video gaming and various types of computer-mediated communication can play a role in minimizing the importance of our physical bodies?" That is precisely what I am declaring...

I raise an apostolic voice of warning about the potentially stifling, suffocating, suppressing, and constraining impact of some kinds of cyberspace interactions and experiences upon our souls. The concerns I raise are not new; they apply equally to other types of media, such as television, movies, and music. But in a cyber world, these challenges are more pervasive and intense. I plead with you to beware of the sense-dulling and spiritually destructive influence of cyberspace technologies that are used to produce high fidelity and that promote degrading and evil purposes.

If the adversary cannot entice us to misuse our physical bodies, then one of his most potent tactics is to beguile you and me as embodied spirits to disconnect gradually and physically from things as they really are. In essence, he encourages us to think and act as if we were in our premortal, unembodied state. And, if we let him, he can cunningly employ some aspects of modern technology to accomplish his purposes. Please be careful of becoming so immersed and engrossed in pixels, texting, earbuds, twittering, online social networking, and potentially addictive uses of media and the Internet that you fail to recognize the importance of your physical body and miss the richness of person-to-person communication. Beware of digital displays and data in many forms of computer-mediated interaction that can displace the full range of physical capacity and experience...

Consider again the example I mentioned earlier of a young couple recently married in the house of the Lord. An immature or misguided spouse may devote an inordinate amount of time to playing video games, chatting online, or in other ways allowing the digital to dominate things as they really are. Initially the investment of time may seem relatively harmless, rationalized as a few minutes of needed relief from the demands of a hectic daily schedule. But important opportunities are missed for developing and improving interpersonal skills, for laughing and crying together, and for creating a rich and enduring bond of emotional intimacy. Progressively, seemingly innocent entertainment can become a form of pernicious enslavement.

To feel the warmth of a tender hug from an eternal companion or to see the sincerity in the eyes of another person as testimony is shared—all of these things experienced as they really are through the instrument of our physical body—could be sacrificed for a high-fidelity fantasy that has no lasting value. If you and I are not vigilant, we can become "past feeling" (1 Nephi 17:45), as did Laman and Lemuel long ago.

Let me provide another example of disconnecting gradually and physically from things as they really are. Today a person can enter into a virtual world, such as Second Life, and assume a new identity. An individual can create an avatar, or a cyberspace persona, that conforms to his or her own appearance and behavior. Or a person can concoct a counterfeit identity that does not correlate in any way to things as they really are. However closely the assumed new identity approximates the individual, such behavior is the essence of things as they really are not. Earlier I defined the fidelity of a simulation or model. I

now emphasize the importance of personal fidelity—the correspondence between an actual person and an assumed, cyberspace identity. Please note the lack of personal fidelity in the following episode as reported in the *Wall Street Journal*:

Ric Hoogestraat is “a burly [53-year-old] man with a long gray ponytail, thick sideburns and a salt-and-pepper handlebar mustache. ... [Ric spends] six hours a night and often 14 hours at a stretch on weekends as Dutch Hoorenbeek, his six-foot-nine, muscular ... cyber-self. The character looks like a younger, physically enhanced version of [Ric]. ...

... [He] sits at his computer with the blinds drawn. ... While his wife, Sue, watches television in the living room, Mr. Hoogestraat chats online with what appears on the screen to be a tall, slim redhead.

“He’s never met the woman outside of the computer world of Second Life, a well-chronicled digital fantasyland. ... He’s never so much as spoken to her on the telephone. But their relationship has taken on curiously real dimensions. They own two dogs, pay a mortgage together and spend hours [in their cyberspace world] shopping at the mall and taking long motorcycle rides. ... Their bond is so strong that three months ago, Mr. Hoogestraat asked Janet Spielman, the 38-year-old Canadian woman who controls the redhead, to become his virtual wife.

“The woman he’s legally wed to is not amused. It’s really devastating,” says Sue Hoogestraat, ... who has been married to Mr. Hoogestraat for seven months.”

Brothers and sisters, please understand. I am not suggesting all technology is inherently bad; it is not. Nor am I saying we should not use its many capabilities in appropriate ways to learn, to communicate, to lift and brighten lives, and to build and strengthen the Church; of course we should. But I am raising a warning voice that we should not squander and damage authentic relationships by obsessing over contrived ones. ...

How important, how enduring, and how timely is the Lord’s definition of truth “things as they really are.” The prophet Alma asked, “O then, is not this real?” (Alma 32:35). He was speaking of light and good so discernible they can be tasted. Indeed, “they who dwell in [the Father’s] presence ... see as they are seen, and know as they are known, having received of his fulness and of his grace” (D&C 76:94)....

Now I would like to address an additional characteristic of the adversary’s attacks. Satan often offers an alluring illusion of anonymity. Lucifer always has sought to accomplish his work in secret (see Moses 5:30). Remember, however, that apostasy is not anonymous simply because it occurs in a blog or through a fabricated identity in a chat room or virtual world. Immoral thoughts, words, and deeds always are immoral, even in cyberspace. Deceitful acts supposedly veiled in secrecy, such as illegally downloading music from the Internet or copying CDs or DVDs for distribution to friends and families, are nonetheless deceitful. We are all accountable to God, and ultimately we will be judged of Him according to our deeds and the desires of our hearts (see Alma 41:3). “For as [a man] thinketh in his heart, so is he” (Proverbs 23:7).

The Lord knows who we really are, what we really think, what we really do, and who we really are becoming. He has warned us that “the rebellious shall be pierced with much sorrow; for their iniquities shall be spoken upon the housetops, and their secret acts shall be revealed” (D&C 1:3)....

For your happiness and protection, I invite you to study more diligently the doctrine of the plan of salvation—and to prayerfully ponder the truths we have reviewed. I offer two questions for consideration in your personal pondering and prayerful studying:

1. Does the use of various technologies and media invite or impede the constant companionship of the Holy Ghost in your life?
2. Does the time you spend using various technologies and media enlarge or restrict your capacity to live, to love, and to serve in meaningful ways?

You will receive answers, inspiration, and instruction from the Holy Ghost suited to your individual circumstances and needs. I repeat and affirm the teaching of the Prophet Joseph: “All beings who have bodies have power over those who have not. The devil has no power over us only as we permit him.”...

The Rising Generation

I would like to speak specifically to you as you really are. You really are the rising generation in The Church of Jesus Christ of Latter-day Saints. In October of 1997, Elder Neal A. Maxwell (1926–2004) of the Quorum of the Twelve Apostles visited Brigham Young University–Idaho to speak in a devotional. During the day he was on the campus, we talked together about a variety of gospel topics in general and about the youth of the Church in particular. I remember Elder Maxwell making a statement that greatly impressed me. He said, “The youth of this generation have a greater capacity for obedience than any previous generation.” He then indicated that his statement was based upon a truth taught by President George Q. Cannon (1827–1901), First Counselor in the First Presidency: “God has reserved spirits for this dispensation who have the courage and determination to face the world,

and all the powers of the evil one, visible and invisible, to proclaim the gospel and maintain the truth and establish and build up the Zion of our God fearless of all consequences. He has sent these spirits in this generation to lay the foundation of Zion never more to be overthrown, and to raise up a seed that will be righteous, and that will honor God, and honor Him supremely, and be obedient to Him under all circumstances.”

I testify that God lives and is our Heavenly Father. He is the author of the plan of salvation. Jesus is the Christ, the Redeemer, whose body was bruised, broken, and torn for us as He offered the atoning sacrifice. He is resurrected, He lives, and He stands at the head of His Church in these latter days. To be “encircled about eternally in the arms of his love” (2 Nephi 1:15) will be a real and not a virtual experience.

I testify we can and will be blessed with the courage and determination to face the world and all the powers of the evil one. Righteousness will prevail. No unhallowed hand can stop this work from progressing. I bear witness and testify of these things as they really are and as they really will be, in the sacred name of the Lord Jesus Christ, amen.

1- If your hero lived in today’s world, with all of the technology surrounding them, what dangers would they avoid in the following areas?

- **Texting:**
- **Social Networking (facebook, etc):**
- **Online Chatting:**
- **Video Gaming:**
- **The internet in general:**

2- What Gospel doctrines would give them the strength and wisdom to avoid those things above?

3- How could Satan use those things to affect my hero so they would be less able to fulfill their mission on earth?

Thursday

Date:

My Hero and Entertainment

1. Take a moment and list the programs or movies you have watched, books you have read, internet sites you have used and music (songs and artists), you have listened to over the past 3 days.

Television programs or movies I have watched over the past three days	Music (songs and artists I have listened to sometime during the past 3 days)	Books or magazines I have read over the past 3 days	Internet sites I have visited in the past 3 days

2. Do you know the standard that has been set for entertainment and media? See if you can fill in the blanks below from the *For the Strength of Youth* pamphlet on “Entertainment and the Media” (pages 17-19).

Whatever you read, listen to, or look at has an _____ on you. Therefore, choose only entertainment and media that _____ you. Good entertainment will help you to have good _____ and make righteous _____. It will allow you to enjoy yourself without _____ the Spirit of the Lord.

While much entertainment is good, some of it can lead you _____ from righteous living. Offensive material is often found in websites, concerts, movies, music, ... DVDs, books, magazines, pictures, and other media. _____ uses such entertainment to deceive you by making what is wrong and evil look _____ and exciting. It can mislead you into thinking that _____ is doing things that are wrong.

Do not attend, view, or participate in entertainment that is V_____, I_____, V_____, or P_____ in any way. Do not participate in entertainment that in any way presents immorality or violent behavior as acceptable. _____ in all its forms is especially dangerous and addictive. What may begin as a curious indulgence can become a destructive _____ that takes control of your life. It can lead you to sexual transgression and even criminal _____. Pornography is a _____ that weakens your self-control, changes the way you see others, causes you to lose the guidance of the _____, and can even affect your ability to have a normal relationship with your future _____. If you encounter pornography, turn away from it _____.

Depictions of violence often _____ vicious behavior. They offend the _____ and make you less able to respond to others in a sensitive, caring way. They contradict the Savior’s message of _____ for one another.

Have the _____ to walk out of a movie or video party, turn off a computer or _____, change a _____ station, or put down a magazine if what is being presented does not meet _____ standards. Do these things even if _____ do not. Let your _____ and family know that you are committed to keeping God’s standards. You have the gift of the Holy Ghost, which will give you _____ and help you make good choices.

* Look up the answers in your personal For the Strength of Youth pamphlet or online at www.lds.org

3. After reviewing the standards in the *For the Strength of Youth*, imagine your hero were sitting by your side. Review all of the TV programs, Internet sites and Books you wrote down on the last page. Circle the ones that fall within the guidelines as being uplifting and appropriate and you fill your hero would watch and read as well.

4. Now go through the others that you didn't circle. Why wouldn't your hero read or watch them?

5. Pick your 5 favorite songs from the list you wrote above. Write them in the chart below, and then in the next column, write what the main message of the song is:

My 5 favorite songs	Main message	How I feel
1.		
2.		
3.		
4.		
5.		

6. In the *For the Strength of Youth* pamphlet, under "Music and Dancing" (page 20), it says:

"Choose carefully the music you listen to. Pay attention to how you feel when you are listening."

Now go up and next to each song, write how you feel.

7. Read the quote to the right. Why do you think this is true?

"Music is one of the most forceful instruments for governing the mind and spirit of man"

President Boyd K. Packer
(Brigham Young University, September 26, 1967)

8. Which of your 5 favorite songs, do you think your hero would also listen to?

8. What do these scripture have to do with the choices we make regarding the programs, books, music and computer sites we allow into our life?

moroni 7: 12-19

2 nephi 2:21

Friday

Date:

My Hero and Their Future Family

1- When your hero was a teenager, how often do you think they thought of and prepared for their future family that they would have one day?

2- Read this amazing quote below by Sister Julie B. Beck (the General Relief Society President). Read it carefully, and when you are finished, consider the depth to what she has said, then you may want to add to your answer you put on #1.

As I've met with young single adults around the world, I ask these questions: Why does the First Presidency care so much about the youth of the Church, and why do they invest so much? ...These are the answers I get... They say: "Well, we are the future Church leaders." "Education is the key to success." "We need training so we can stay strong." "Our testimonies are strengthened in our classes." ... I was very interested in those answers. You have to know that after pushing hard and receiving response after response, I have rarely heard, "So I will someday be a better father, or a better mother, or a better family leader." Family is rarely on their minds. Their responses are generally about self, and of course we know this is the time of life they're in. They're living in a very self-interested time of life, but they aren't thinking about family....

Let's talk...about the theology of the family.... Its based on the Creation, the Fall, and the Atonement. I don't know how well [the youth] understand that. They may be able to recite the facts about the Creation, but do they know that this is a theology of the family? The Creation of the earth was the creation of an earth where a family could live.... The Fall provided a way for the family to grow.... The Atonement allows for the family to be sealed together eternally. It allows for families to have eternal growth and perfection.

The proclamation on the family was written to reinforce...the family being central to the Creator's plan. Without the family, there is no plan; there is no reason for it. I'm not certain that everyone of the rising generation understands that with clarity.

Sister Julie B. Beck (Seminaries and Institutes of Religion Satellite Broadcast, August 4, 2009)

3- What are some specific things your hero may have done, while they were young, to prepare themselves to be a great husband or wife and father or mother?

4- What do you hope your future spouse is doing right now, while they are in their youth, to prepare themselves for you and your future family?

5- If your hero was alive today, and they went to your school, what would they say are some THREATS TO THE FAMILY? What sort of things occur that show that the family is not important, or that the youth are not thinking of or preparing for their future roles as a parent or spouse?

Reason 1: The natures of male and female spirits complete and perfect each other, and therefore men and women are intended to progress together toward exaltation

(Exaltation = the highest degree of the Celestial Kingdom, God's life, Becoming as He is – an Eternal Parent).

Reason 2: By divine design, both a man and a woman are needed to bring children into mortality and to provide the best setting for the rearing and nurturing of children.

Elder David A. Bednar

6- Why is marriage an essential part of the Plan of Salvation? Do you understand this clearly? Elder Bednar gives 2 important reasons. Read them in the quote to the left and answer the questions with as much clarity as you can.

➤ According to reason #1, what are a man and woman intended to do?

➤ Exaltation and Eternal Life is the same thing. Read these scriptures. What do they teach you about Eternal Life?

D&C 131:1-4

D&C 132:19-20

Moses 1:39

➤ Why is getting married such an important part of the plan and becoming like Heavenly Father?

7- What kind of a future wife or husband do you want to be to your spouse?

8- What kind of a mother or father do you want to be to your children?

9- What are some things you can do now, to prepare yourself?

10- From what you know of your hero, what kind of husband or wife do you think they had?

11- How will diligently preparing yourself while you are young, make a difference in the kind of man or woman you will one day marry? (D&C 88:40)

Saturday

Date:

My Hero and Dating

1- Yesterday you learned about the importance of Marriage and Family. Turn back and review what you learned, and then respond to this question: WHAT WOULD BE MY HERO'S VIEW ON THE PURPOSE OF DATING IN THEIR TEEN YEARS?

2- How different would dating look, between a person who understood what you studied yesterday, and someone who didn't?

3- Why is it SO important to learn wisdom in your youth???? (Alma 37:35)

4- Think about the kind of dating standards your hero would have had. Why would they wait until they were 16 to date?

5- What would be their view of a proper boy/girl relationship before the age of 16?

6- What would be their view of an appropriate boy/girl relationship when they reached the dating age?

7- How would proper dating help them reach their goal of an Eternal Marriage?

8. Read through all of the quotes on the next page. They are all about dating. Write down your impressions as you read them.

Not 5 Minutes

In a dating and courtship relationship, I would not have you spend five minutes with someone who belittles you, who is constantly critical of you, who is cruel at your expense and may even call it humor.

Elder Jeffrey R. Holland
("How Do I Love Thee?" New Era, Oct)

High Standards of Dating

"When you are old enough, you ought to start dating. It is good for young men and young women to learn to know and to appreciate one another. It is good for you to go to games and dances and picnics, to do all of the young things. We encourage our young people to date. We encourage you to set high standards of dating.

"When are you old enough? Maturity may vary from individual to individual, but we are convinced that dating should not even begin until you are 16. And then, ideal dating is on a group basis. Stay in group activities; don't pair off. Avoid steady dating. Steady dating is courtship, and surely the beginning of courtship ought to be delayed until you have emerged from your teens."

President Boyd K. Packer

Steady Dating

"The Lord has made us attractive one to another for a great purpose. But this very attraction becomes as a powder keg unless it is kept under control. It is beautiful when handled in the right way. It is deadly if it gets out of hand.

"It is for this reason that the Church counsels against early dating. This rule is not designed to hurt you in any way. It is designed to help you, and it will do so if you will observe it.

"Steady dating at an early age leads so often to tragedy. Studies have shown that the longer a boy and girl date one another, the more likely they are to get into trouble.

"It is better, my friends, to date a variety of companions until you are ready to marry. Have a wonderful time, but stay away from familiarity. Keep your hands to yourself. It may not be easy, but it is possible."

President Gordon B. Hinckley
(New Era, Jan 2001, 13)

Guard Rails

"How foolish is the youth who feels that the Church is a fence around love to keep him out. Oh, youth, if you could know! The requirements of the Church are the highway to love and to happiness, with guardrails securely in place, with guideposts plainly marked, and with help along the way.

"How unfortunate to resent counsel and restraint. How fortunate are you who follow the standards of the Church, even if just from sheer obedience or habit. You will find a rapture and a joy fulfilled."

(President Boyd K. Packer, New Era, June 2004, 6)

