STRONG

FAMILY COMPANION

FSY October Week 2: Your Body Is Sacred

Watch this week's STRONG episode together, then use this as a springboard for family discussion.

TALK ABOUT IT

- When have you trusted advice before you had proof it would work? What happened?
- What habits in our home make it easier to feel the Spirit, and which ones make it harder?

READ TOGETHER: D&C 89:18–20

> *"And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones; and shall find wisdom and great treasures of knowledge, even hidden treasures; and shall run and not be weary, and shall walk and not faint."*

- Which of these promises do you want most in your life right now? Why?

DO IT TOGETHER

- Choose one change as a family for seven days, like screens off earlier, a healthier snack, or more sleep. Write it down. At the end of the week, compare notes on what shifted, physically and spiritually.