STRONG

LEADER GUIDE

FSY October Week 2: Your Body Is Sacred

WHERE THIS FITS

Use this episode alongside the week your class covers the Word of Wisdom (Doctrine and Covenants 89). Show it in class, in a mutual activity, or assign it as a watch-at-home lesson follow-up.

TRY THIS: THE WHISPER TEST

Materials: a phone or speaker playing loud music.

Hold the speaker near a volunteer's ear with the music turned up. Whisper a short sentence to them and ask them to repeat it back. Then turn the music off and whisper a new sentence. They hear it right away.

Tag line: “The whisper was just as clear both times. The only thing that changed was how much noise was in the way. The Word of Wisdom protects a clear mind, so you can hear the Spirit when He speaks quietly.”

DISCUSSION QUESTIONS

- How has keeping the Word of Wisdom blessed you?
- Read Daniel 1:15, 20 together. What physical and spiritual blessings did Daniel and his friends receive for trusting the Lord's law of health?
- Rylee talked about sleep, food, and daily habits on the tennis court. How do the same habits help you feel closer to Heavenly Father?
- “It's just one drink. Why's that such a big deal?” How would you answer a friend who asked you this?

FROM THIS MONTH'S FSY GUIDE: WEEK 2

- What promises are attached to living the Word of Wisdom?
- How can you live the Word of Wisdom daily?

CLOSING CHALLENGE

Ask everyone to pick one thing, sleep, food, or late-night scrolling, and change it for seven days. Have them write it down and watch what shifts, physically and spiritually. Ask a few people to share what they noticed next time.