STRONG

OCTOBER WEEK 2 YOUTH WORKSHEET

FSY Topic 10: Your Body Is Sacred

THIS WEEK IN CLASS

This week your class and quorum cover the Word of Wisdom, the Lord's guide for taking care of your body and mind, given by revelation in Doctrine and Covenants 89. What you put into your body affects how clearly you can hear the Spirit.

KEY TRUTHS

"The Savior revealed the Word of Wisdom to teach principles of caring for your body and to promise physical and spiritual blessings."

"A healthy body, free from addiction, also increases your ability to receive personal revelation, think clearly, and serve the Lord."

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."

THINK ABOUT IT

- When have you trusted advice before you had any proof it would work, then got the proof?

REAL TALK

- *"It's just one drink. Why's that such a big deal?"*
- Daniel's test started with one plate, offered once. When has one small choice made the next one easier, for good or for bad? Who are the friends who help you hold the line?

TEMPLE RECOMMEND QUESTION

"Do you understand and obey the Word of Wisdom?"

- What's the difference between obeying the Word of Wisdom and understanding it?

YOUR MOVE

Pick one thing, sleep, food, or late-night scrolling, and change it for seven days. Write it down and watch how clearly you hear the Spirit. If a habit has a bigger grip on you, Heavenly Father and Jesus Christ have the power to help. Reach out to family or a leader, and never give up.