STRONG

FAMILY COMPANION

FSY October Week 3: Your Body Is Sacred

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

TALK ABOUT IT

- Where does real confidence come from? Share a time you felt it after doing what was right.
- In Luke 15, the father ran to meet his son before the apology was even finished. What does that teach us about how Heavenly Father responds when we turn back to Him?

READ TOGETHER: D&C 121:45

> *"...let virtue garnish thy thoughts unceasingly; then shall thy confidence wax strong in the presence of God..."*

- Why do you think the Lord connects virtuous thoughts with confidence in His presence?

DO IT TOGETHER

- Have each person choose a favorite hymn, Church song, or scripture to sing or repeat in their mind when a thought needs redirecting. Share your choices with each other, and sing one together.