STRONG

LEADER GUIDE

FSY October Week 3: Your Body Is Sacred

WHERE THIS FITS

Use this episode alongside the week your class covers the law of chastity.
Keep the discussion anchored in trust, covenant, and the Savior's power to forgive. The episode points youth who are navigating same-sex attraction or healing from abuse to their parents, bishop, or another trusted adult. Be available for private follow-up.

TRY THIS: DECIDED IN ADVANCE

Materials: an index card and a pen, plus a list of five quick either/or questions (pizza or tacos, beach or mountains, and so on).

Pick two volunteers. Give one of them the list ahead of time to write down answers. Then ask both volunteers the questions, two seconds to answer each. The one who decided ahead of time answers instantly and confidently. The other hesitates.

Tag line: “Same questions. One of them was ready. Joseph of Egypt had already decided before the pressure ever came, so he didn't negotiate. He ran. That's where real confidence comes from.”

DISCUSSION QUESTIONS

- Tell me about a time you chose to obey God. How did that make you feel about yourself afterward?
- Read Genesis 39:7–12 together. What do you learn from Joseph's actions when he faced temptation?
- The FSY guide names four things to guard: thoughts, words, actions, and media. Which one is hardest for people your age, and what helps?
- “What if I've already made mistakes? Am I damaged?” Read Luke 15:20 and D&C 58:42 together. What do these verses teach about how the Lord responds when we turn back to Him?

FROM THIS MONTH'S FSY GUIDE: WEEK 3

- How can you be chaste in your thoughts?
- How do your media choices affect your thoughts? How do they affect your relationships?
- Can a person be forgiven after breaking the law of chastity?

CLOSING CHALLENGE

Invite everyone to build a holy place this week: one time or spot where they choose what goes in, especially when nobody's watching. Have each person choose a hymn, Church song, or scripture to repeat when an unwholesome thought shows up. Ask a few people to share their song next time.