STRONG

OCTOBER WEEK 3 YOUTH WORKSHEET

FSY Topic 10: Your Body Is Sacred

THIS WEEK IN CLASS

This week your class and quorum look at the law of chastity. God attaches a blessing to this law. As you live it, your confidence grows strong in the presence of God.

KEY TRUTHS

"The law of chastity is about trust, loyalty, creation, and covenant family."
"Living the law of chastity brings God's approval and personal spiritual power."
"Your confidence will grow as you live as a disciple of Jesus Christ."

D&C 121:45

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

THINK ABOUT IT

- Think of a time you chose to obey God. How did you feel about yourself afterward?

REAL TALK

- *"What if I've already made mistakes? Am I damaged?"*
- Christ's love and atoning sacrifice are bigger than any mistake. The Lord says, "He who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more" (D&C 58:42). Who is one trusted adult you could talk to if you ever need help coming back?

TEMPLE RECOMMEND QUESTION

"The Lord has said that all things are to be 'done in cleanliness' before Him (Doctrine and Covenants 42:41). Do you strive for moral cleanliness in your thoughts and behavior? Do you obey the law of chastity?"

- How does living this law build your confidence before God?

YOUR MOVE

Build a holy place. Pick one specific time or spot where you choose what goes in, especially when nobody's watching: your room after lights out, the drive home, wherever is real for you. Then choose a hymn, Church song, or scripture you can sing or repeat in your mind when an unwholesome thought shows up. Write your holy place and your song down.