STRONG

FAMILY COMPANION

FSY October Week 4: Your Body Is Sacred

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

TALK ABOUT IT

- Has anyone in our family ever gone back to fix a mistake nobody else would have noticed? What happened?
- What does "true at all times" look like in our home on an ordinary Tuesday?

READ TOGETHER: ALMA 53:20

> *"And they were all young men, and they were exceedingly valiant for courage, and also for strength and activity... they were men who were true at all times in whatsoever thing they were entrusted."*

- The stripling warriors learned from their mothers at home, long before any battle. What are we learning at home right now that will show up later?

DO IT TOGETHER

- As a family, write one sentence each about what you've learned this month about how the Savior helps us keep our bodies sacred. Share them with each other.