STRONG

LEADER GUIDE

FSY October Week 4: Your Body Is Sacred

WHERE THIS FITS

Use this episode alongside the last Sunday of the month: Becoming a Covenant Daughter of God (Young Women) and Becoming a Covenant Son of God (Aaronic Priesthood quorums).

TRY THIS: EYES CLOSED

Materials: a shoe with laces, and a pen and paper.

Ask a volunteer to tie the shoe with their eyes closed. They can do it, because they've practiced thousands of times when nobody was watching. Then, eyes still closed, ask them to write their name with their other hand. It falls apart.

Tag line: “Whatever you practice when nobody's watching is what shows up when it counts. That's what ‘true at all times’ means.”

DISCUSSION QUESTIONS

- Have you ever almost done something you'd regret, something only you would have known about? What stopped you?
- Young Women: Read Proverbs 31:10. Why is virtue more precious than rubies? Young Men: Read Alma 53:20. What helped the stripling warriors become “true at all times”?
- “Does it even matter if no one ever finds out?” Read Matthew 6:3–4 together. How does Jesus answer that question?

FROM THIS MONTH'S FSY GUIDE: WEEK 4

- As you studied the FSY guide this month, what have you learned about how the Savior can help you keep your body sacred?
- How does this help you accomplish His work?

CLOSING CHALLENGE

Invite everyone to pick one place in their life where nobody would know whether they were living the gospel, and live it for a week without telling anyone. Ask them to write down where Jesus Christ's strength showed up when theirs ran out, and to be ready to share next time if they choose.