STRONG

OCTOBER WEEK 4 YOUTH WORKSHEET

FSY Topic 10: Your Body Is Sacred

THIS WEEK IN CLASS

This week wraps up the month with covenant living: Becoming a Covenant Daughter of God and Becoming a Covenant Son of God. Same standard: who you are when nobody else is watching.

KEY TRUTHS

"I am a beloved daughter of heavenly parents, with a divine nature and eternal destiny."
"I am a beloved son of God, and He has a work for me to do."
"Humility and virtue will empower me to live with respect and reverence for myself, others, and God."

D&C 25:2, 14 · ALMA 53:20

"Walk in the paths of virtue before me... Continue in the spirit of meekness, and beware of pride."
"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."

THINK ABOUT IT

- What's something you almost did that only you would have known about? What stopped you?

REAL TALK

- *"Does it even matter if no one ever finds out?"*
- "Thy Father which seeth in secret himself shall reward thee openly" (Matthew 6:4). What's one good thing you've done that only Heavenly Father saw?

TEMPLE RECOMMEND QUESTION

"Do you follow the teachings of the Church of Jesus Christ in your private and public behavior with members of your family and others?"

- Where is the gap, if any, between your private and public behavior?

YOUR MOVE

Pick one place in your life where nobody would know whether you were living the gospel. Live it for a week and don't tell anyone. Then write down where Jesus Christ's strength showed up when yours ran out, and what you've learned this month about how the Savior helps you keep your body sacred.