

Receiving Help from Our Heavenly Father

PRINCIPLE As leaders grow closer to our Heavenly Father, they are better prepared to help others grow in testimony and fulfill their divine potential as daughters of God.

GOALS Help class leaders—

1. Understand how their Father in Heaven can help them.
2. Understand the guidelines to follow in receiving his help.
3. Help class members realize that their Heavenly Father loves them and will help them throughout their lives.

MATERIALS Bible, Book of Mormon, Doctrine and Covenants, pencils, and paper.

SUGGESTED STUDY STEPS

Step One There are many ways leaders are assisted in their leadership responsibilities. Read Matthew 7:7. Share examples from the scriptures of ways we may receive his help. You might include some of the following:

The voice of his servants (prophets)	D&C 1:38
--------------------------------------	----------

Through the Spirit

Feeling his words	1 Nephi 17:45
-------------------	---------------

Still voice of perfect mildness	Helaman 5:30
---------------------------------	--------------

Peace to your mind	D&C 6:23
--------------------	----------

Step Two One reason we are here on earth is to learn to use our agency in righteousness. Read Doctrine and Covenants 9:7–9. Review the steps Oliver Cowdery was given to receive revelation. Include that he (1) studied it out in his mind and (2) he asked the Lord if it was right (he prayed about it).

Step Three Discuss with the young women how they could apply these same steps in meeting concerns they may have as leaders. For example, reaching out to a less active class member or helping individual class members grow spiritually.

Step Four Help young women plan a Mutual activity in which class members are invited to share their feelings about prayer and the help they receive from the Lord.

FOLLOW UP Encourage the young women to pray for help in their callings.

This lesson is for your personal use. Do not publish in any way!!