

# Leading a Discussion

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**PRINCIPLE** Well-guided discussions among class members lead to deeper understanding of gospel principles.

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**GOALS** Help class leaders—

1. Encourage the sharing of thoughts and feelings related to the gospel.
2. Encourage thoughtful discussion involving all class members.
3. Build and strengthen relationships through meaningful discussion.
4. Relate gospel principles taught on Sunday to Mutual activity.
5. Develop skills to evaluate an activity.

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**MATERIALS** Book of Mormon, Bible, *Young Women Leadership Handbook*.

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## SUGGESTED STUDY STEPS

**Step One** Together, read the *Young Women Leadership Handbook*, page 3, the last paragraph under the heading "Help Each Young Woman Grow Spiritually." This concerns what should happen following a lesson, activity, or Personal Progress experience. Also read Step 5 under "Guidelines for Planning with a Purpose" on page 8.

Ask: What is the purpose of holding a discussion following an activity or Personal Progress experience?

**Step Two** Together, read and note the questions asked in the following scriptures:

Luke 8:25

Luke 10:29

John 9:2

2 Nephi 4:27

Ask: What makes good questions that invite discussion? Answers might include:

1. The questions are open-ended; more than one answer might be correct.
2. They require thoughtful answers.
3. They often invite self-evaluation by the hearer.
4. They invite a change of behavior where needed.
5. The Spirit can bear witness to thoughtful, honest answers to these questions.

Help class leaders understand that participation is encouraged by inviting others to share their thoughts and by asking thought-provoking questions—questions that require more than a yes or a no answer. These questions often begin with "What do you think . . . ?" "How do you feel about . . . ?" or "Why?"

**Step Three** Listening is an important part of discussion. During this lesson, encourage the young women to practice listening to better understand feelings and thoughts.

**Step Four** Together, review events from a recent Young Women activity or experience, such as a service project. Invite a member of the class presidency to lead a discussion involving every class member. Help her ask meaningful questions and to determine how each young woman feels and why. Effective discussions will help build relationships.

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**FOLLOW UP** Help class leaders plan time for class discussion following activities and encourage them to listen attentively to responses.

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