

Spiritual Preparation

PRINCIPLE	Spiritually prepared leaders are guided by the Spirit of the Lord in their callings.
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GOALS	Help class leaders— <ol style="list-style-type: none">1. Understand the importance of spiritual preparation.2. Identify experiences that will help them become spiritually prepared.3. Understand the importance of leading with the help of the Spirit of the Lord.
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MATERIALS	Book of Mormon, <i>Personal Progress</i> , chalk, and chalkboard.
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SUGGESTED STUDY STEPS

Step One	To help young women “come unto Christ” (D&C 20:59), to hunger for things of the Spirit, leaders must be spiritually prepared. Every event, every activity, every experience in Young Women should help promote spiritual growth. Read Mosiah 5:2. Discuss what happens when we have the Spirit with us.
Step Two	Invite a young woman to read Helaman 3:35. Discuss the meaning of the scripture in relation to being spiritually prepared leaders.
Step Three	Help the young women identify and list experiences they can have to restore or increase their spirituality. After completing the list, compare it to the following and add any that have not been listed. <ol style="list-style-type: none">1. Seeking the Spirit of the Lord through fasting and prayer.2. Partaking of the sacrament.3. Living the Standards of Personal Worthiness, which includes honoring your father and mother (see <i>Personal Progress</i>, p. 9).4. Repenting.5. Exercising faith.6. Obeying the commandments.7. Studying scriptures and other Church resources.8. Reaching out to and serving others.9. Loving unconditionally.
Step Four	Read Alma 26:22 and ask class leaders to identify the promised blessings.
Step Five	Explain that the Spirit manifests itself in many ways. President Joseph F. Smith said that it manifests itself “by the whisperings of the still small voice” (<i>Gospel Doctrine</i> , 5th ed. [Salt Lake City: Deseret Book Company, 1939], p. 7). “Enos, a Book of Mormon prophet, referred to the manifestation of the Spirit when he said, ‘The voice of the Lord came into my mind’ (Enos 1:10). It might be heard audibly, or felt—a strong impression can be a manifestation of the Spirit. However it communicates, it bears witness of the truth and reveals the mind and will of the Father” (<i>Teaching—No Greater Call</i> , p. 13). Invite the group to share experiences they have had when they felt prompted by the Spirit.

FOLLOW UP	Encourage class leaders to— <ol style="list-style-type: none">1. Continue their spiritual preparation and growth by frequently reviewing the list made in step three and striving to increase their spirituality.2. Read the book of Enos and learn more about how the Lord works with those who desire to know his will.
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