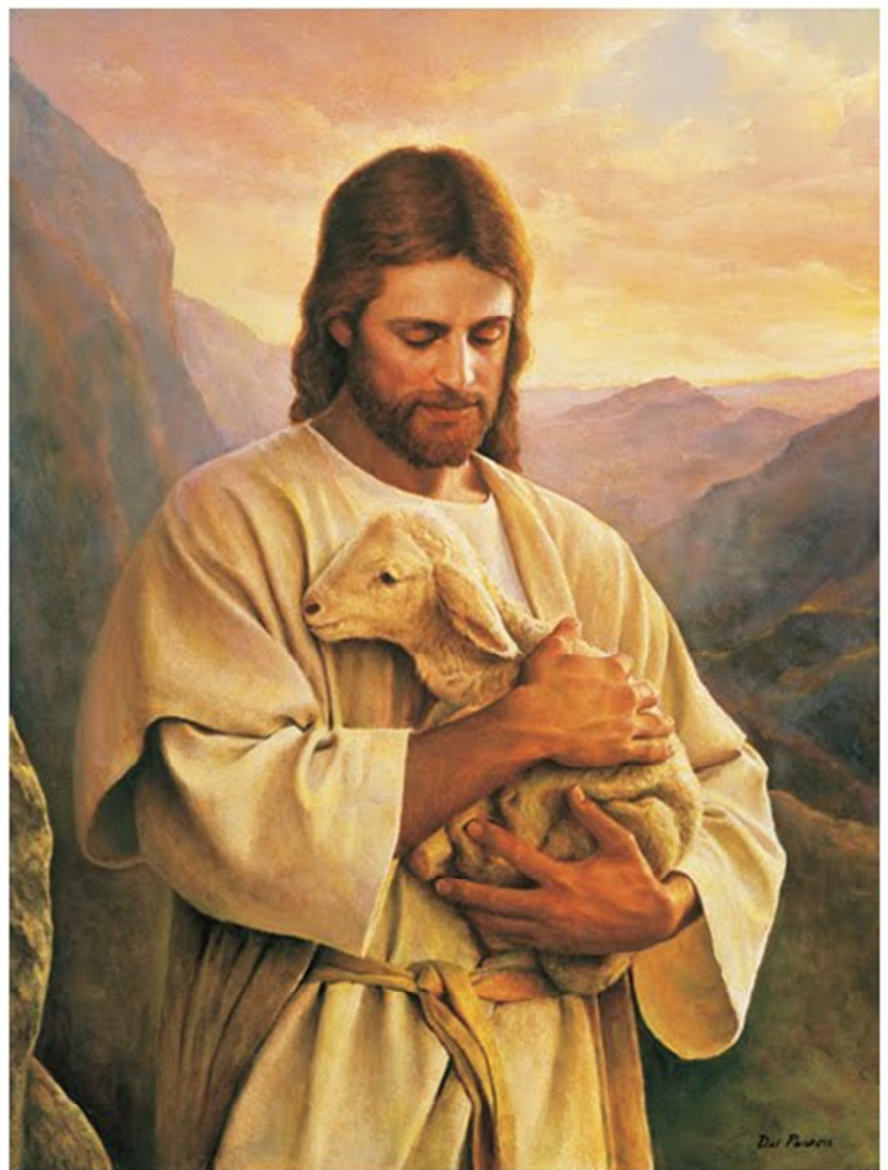


*My Savior,  
My Hero*



The Lost Lamb, by Del Parson, © Del Parson



My Name: \_\_\_\_\_

My Callings: \_\_\_\_\_

What is happening in my life right now? What challenges am I facing? What are my greatest joys? How strong in my testimony? What are my spiritual goals?

Multiple horizontal lines for writing answers to the questions above.

Even to approach the topic of what it means to know Christ is awesome. In fact, it would be out of the question if I didn't know that he lives, that he is a God of infinite power, and that he can change our lives in a marvelous way...

To realize that we can receive the marvelous assurance from the Spirit that others have known and to know the Master! But, of course, more soul-transforming is the realization that you and I can know him in a personal, powerful way...

I believe we can say that one of the most important purposes of the priesthood, the gospel, and the Church is to introduce you and me to the Savior. To have a mighty faith in Christ, we must know who he is and develop a relationship with him. If we can focus our church activity, our scripture study, and our prayers through the desire to know and relate with him in a meaningful way, then we are in a better position to receive daily guidance from the Lord...

It is not enough to have a testimony of his existence. We need to know him.

~George W Pace, What It Means to Know Christ, Ensign, September 1974

"Each day the forces of good pick up new recruits. Each day we personally make many decisions that show where our support will go. The final outcome is certain – the forces of righteousness will finally win. What remains to be seen is where each of us personally now and in the future, will stand in this fight – and how tall we will stand. **Will we be true to our last-days, foreordained mission?** Great battles can make great heroes, but heroes will make great battle. You will never have a better opportunity to be a greater hero in a more crucial battle than in the battle you will face today and in the immediate future."

(President Ezra Taft Benson, Brigham Young University Address, March 4, 1949)

# My Savior, My Hero

What is one quality you admire the most about the Savior?

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What was happening in the world around him?

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What is happening in the world around you?

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“The strength and peace that come from knowing God and having the comforting companionship of His Spirit will make your efforts eternally worthwhile.”

~Robert D Hales, Seeking to Know God, Our Heavenly Father, and His Son, Jesus Christ, Ensign, October 2009



Why would you choose the Savior to be your hero?

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# My Hero at Church



Read the statement below from the *For Strength of Youth* pamphlet. Then consider this question and write down your thoughts. How would my hero view and treat the Sabbath Day? \_\_\_\_\_

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“The Lord has given the Sabbath day for your benefit and has commanded you to keep it holy... Observing the Sabbath will bring you closer to the Lord and to your family. It will give you eternal perspective and spiritual strength.” Page 30-31

What would my hero’s view of church be? What is its purpose?

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What are some things the Savior may have done before church to prepare himself to learn?

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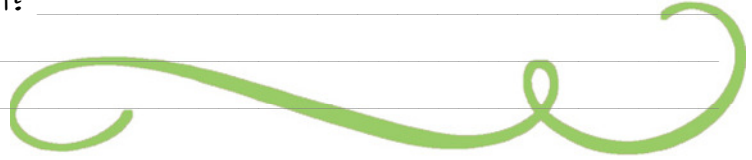
If my hero had been with me in Sacrament meeting this week, what would I have expected to see if I had looked over at him at the following times:

- During the Hymn: \_\_\_\_\_
- During the Sacrament: \_\_\_\_\_
- During the talks: \_\_\_\_\_

If my hero had attended Sunday School and Relief Society class with me this week, what would he have done to get the most out of the lesson? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# *My Hero on the Sabbath*

Use the table below to review your day and as best as you can remember, write down what you did during that hour.

TIME	ME	MY HERO
6:00 am		
7:00 am		
8:00 am		
9:00 am		
10:00 am		
11:00 am		
12:00 pm		
1:00 pm		
2:00 pm		
3:00 pm		
4:00 pm		
5:00 pm		
6:00 pm		
7:00 pm		
8:00 pm		
9:00 pm		
10:00 pm		

Next, in the 'My Hero' column, take a moment to put your hero in YOUR life. **Write down what you think your hero would have done with His time.** Use the quote below from the For the Strength of Youth pamphlet to help you do this.

“Prepare during the week so that you can reserve Sunday for the many uplifting activities that are appropriate for the Sabbath day. Such activities include spending quiet time with your family, studying the gospel, fulfilling your Church callings and responsibilities, serving others, writing letters, writing in you journal, and doing family history work. Your behavior and dress on the Sabbath should show respect for the Lord and His holy day.” (page 30)

In what ways would I like to be more like my Hero on the Sabbath?

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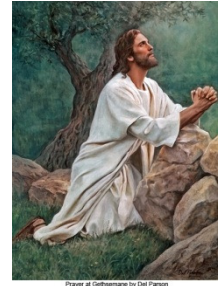
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# My Hero and Repentance

“Christ is the Creator, the Healer. What he made, he can fix. The Gospel of Jesus Christ is the gospel of repentance and forgiveness.”

(President Boyd K Packer, Ensign, May 2006, 28)



How do you think, the Savior valued the power of repentance in His life?

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Look up the following scriptures about repentance. In the box next to it, write what you think your Hero would tell you about **what is important for you to understand in that verse.**

Alma 34:31-32	
Alma 34:33-34	
Mosiah 4:2	
D&C 19:16-19	

Now go back and look at what you wrote up *on the first question*. Consider how you think your hero valued repentance and then look at what you studied in the scriptures. **How do you think, repentance influenced your hero?**

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# My Hero and Forgiveness

How often do you think your Hero forgave others? \_\_\_\_\_

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What would your hero tell you about forgiveness? Why? \_\_\_\_\_

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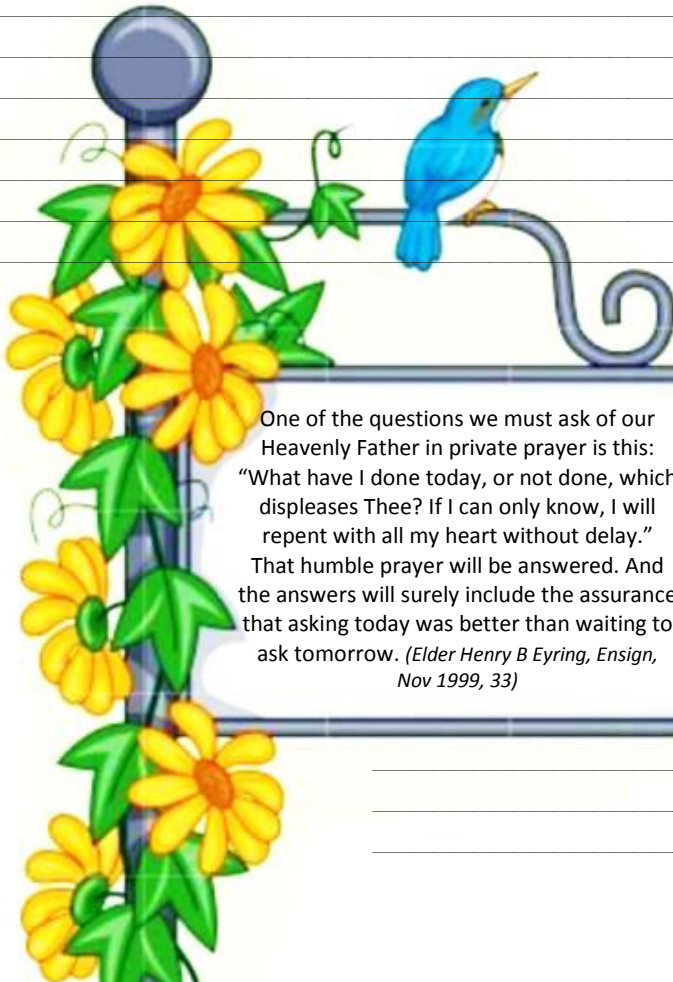
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Read the AMAZING quote below by President Henry B Eyring. After you read it, consider how your Hero would have been an example of what President Eyring is talking about and how that would have been a major tool in fulfilling His life's mission? How can this principle help you carry out your own mission in life?

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One of the questions we must ask of our Heavenly Father in private prayer is this: "What have I done today, or not done, which displeases Thee? If I can only know, I will repent with all my heart without delay." That humble prayer will be answered. And the answers will surely include the assurance that asking today was better than waiting to ask tomorrow. (Elder Henry B Eyring, *Ensign*, Nov 1999, 33)

In what ways would you like to be more like your hero in valuing and using the power of repentance and forgiveness in your own life?

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# My Hero and Prayer

“Oh, how praying rests the weary,  
prayer will change the night to day.”

(Hymns #140)



What do you imagine your Hero's personal prayers were like? \_\_\_\_\_

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“As soon as we learn the true relationship in which we stand toward God (namely, God is our Father, and we are his children), then at once prayer becomes natural and instinctive on our part. Many of the so-called difficulties about prayer arise from forgetting this relationship.”

(Bible Dictionary, 752)

“Every person here today lived at one time in Heavenly realms. We walked with our Heavenly Father. We knew Him. We heard His voice. We loved Him.

“And although we were eager to enter mortality and continue our progression, we must have regretted the separation that would accompany it. We must have sorrowed that a veil would cover our eyes and the bright memories of our lives would be cloaked in the forgetfulness of mortality. How we must have yearned to stay close to our Father in Heaven. How we must have covenanted to ever reach after Him and commune with Him.

“Undoubtedly our separation from our Heavenly Father was softened when He promised that as we sought after Him in prayer, He would reach toward us.

“Now we are here, our memories of our premortal life are dim and dark. We have forgotten those things we supposed we could never forget. Unfortunately and tragically we sometimes even forget our Heavenly Father, whom we loved so dearly.” (Elder Joseph B Wirthlin, BYU Speeches, January 21, 2003)

Read the two quotes above. How would understanding the relationship the Savior had with Heavenly Father influence the way He prayed? \_\_\_\_\_

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“Blessings require some work and effort on our part before we can obtain them. Prayer is a form of work, and is an appointed means for obtaining the highest of all blessings.”

(Bible Dictionary, 753)



How would your Hero be an example of the principles taught in the quote to the left? \_\_\_\_\_

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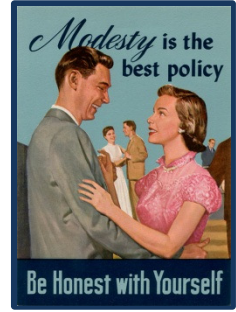
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# My Hero and Appearance



*“Through your dress and appearance, you can show the Lord that you know how precious your body is.” (For the Strength of Youth, 14)*

How would your Hero view the importance of His personal appearance? \_\_\_\_\_

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Why would modesty be an important standard in His life?

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If the Savior were on the earth today, how do you imagine that He would dress?

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What are some of the things that you wear that you feel your Hero would approve of? Is there anything in your wardrobe that you may want to reconsider?

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How consistent would your Hero be in this standard? Would prom, the beach, or other places give Him an excuse to lower His standards? How would He feel about the temptation to lower ones standards of dress?

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*“When you are well groomed and modestly dressed, you invite the companionship of the Spirit and can exercise a good influence on those around you.” (For the Strength of Youth, 15)*



# My Hero and Appearance

Below are several points in the For the Strength of Youth Pamphlet under "Dress and Appearance" (page 14). Next to each one, write what you think your hero might say to you about those important principles.

PRINCIPLE	What would my Hero say to me about this principle?
My body is a sacred creation	
Through the way I dress, I can show the Lord that I know how precious my body is.	
Through my dress and appearance I can show that I am a disciple of Jesus Christ	
When I am modestly dressed I invite the companionship of the Spirit.	
When I am modestly dressed I can exercise a good influence on those around me.	
I should never lower my standards for any occasion	
My dress and grooming sends messages about myself to others...	
... sends messages to others contrary to my beliefs.	
... sends the message that I need to use my body to get the attention of others.	
Dressing appropriately for church meetings and activities shows respect for the Lord.	
My dress and appearance can help me prepare myself for further blessings.	

How do you think dress and appearance is part of standing as a witness at all times, things and places?

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## *My Hero at Home*

Why would FAMILY be important to your Hero? \_\_\_\_\_

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From what you know Christ, in what ways was He serving and loving His family? \_\_\_\_\_

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Imagine visiting your Hero's home. What do you imagine it being like and how would you feel there? \_\_\_\_\_

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How do you imagine His family would treat each other? How would the parents treat one another? How would the children treat the parents and how would they treat each other? What do you picture the parents doing for their children? \_\_\_\_\_

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What are things the Saviors family would definitely have in their home and what things would they definitely not have there? \_\_\_\_\_

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Read the following quote and then answer the questions.

“Recently, in a stake conference, all present were invited by the visiting authority, Elder Glen Jensen, an Area Seventy, to take a virtual tour of their homes using their spiritual eyes. I would like to invite each of you to do this also. Wherever your home may be and whatever its configuration, the application of eternal gospel principles within its walls is universal. Let’s begin. Imagine that you are opening your front door and walking inside your home. What do you see, and how do you feel? Is it a place of love, peace, and refuge from the world, as is the temple? Is it clean and orderly? As you walk through the rooms of your home, do you see uplifting images which include appropriate pictures of the temple and the Savior? Is your bedroom or sleeping area a place for personal prayer? Is your gathering area or kitchen a place where food is prepared and enjoyed together, allowing uplifting conversation and family time? Are scriptures found in a room where the family can study, pray, and learn together? Can you find your personal gospel study space? Does the music you hear or the entertainment you see, online or otherwise, offend the Spirit? Is the conversation uplifting and without contention? That concludes our tour. Perhaps you, as I, found a few spots that need some “home improvement”—hopefully not an “extreme home makeover.” (Elder Gary E Stevenson, Ensign, May 2009)

What are some things in my home that communicate that it is a place of peace, love and refuge from the world?

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How will those things help me personally feel the Spirit when I am in my home, especially while I am praying, studying the scriptures and spending quality time with my family?

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How do those things affect the spirit of those who enter my home?

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What are some things I have in my home that may distract it from being a place of love and refuge from the world?

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# My Hero & Friendship

Everyone needs good and true friends. They will be a great strength and blessing to you. They will influence how you think and act, and even help determine the person you will become. They will help you be a better person and will make it easier for you to live the gospel of Jesus Christ.

(For the Strength of Youth, 16)

Do you know how to recognize a true friend? A real friend loves us and protects us.

In recognizing a true friend we must look for two important elements in that friendship.

A true friend makes it easier for us to live the Gospel by being around him.

Similarly, a true friend does not make us choose between his way and the Lord's way.

(Elder Robert D Hales, Ensign, May 1990, 40)

The finest of friends must sometimes be stern sentinels, who will insist that we become what we have the power to become.

(Elder Neal A Maxwell, Insights to My Life, p. 199)

*\*Sentinel = A guard or lookout*

To have good friends,  
be a good friend.

(For the Strength of Youth, 16)

Show genuine interest in others; smile and let them know you care about them... Make a special effort to be a friend to those who are shy or lonely, have special needs, or do not feel included.

(For the Strength of Youth, p. 16)

*Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.*

(Matthew 25:40)

Friends who hold us back spiritually are not true friends at all.

(Elder Neal A Maxwell, Ensign, November 1992, 66)

# My Hero & Friendship

What kind of a friend would your Hero be? What qualities do you see that indicate that He was a good friend to others?

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Read the quotes on the previous is page and to the right. What are some impressions you had as you read them?

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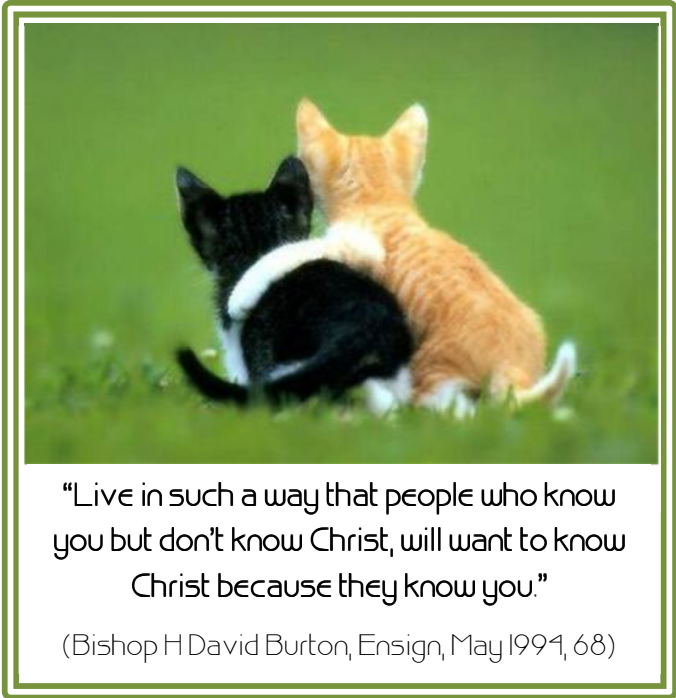
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Think of your closest friends. Pick three of them and write them in the boxes on the left side below. Next, in the center box, write what you hope their life will be like ten years from now. After that, in the right had column, think about and then write what you could do now as a true friend, to help them achieve their greatness.

FRIENDS	Their life in 10 years....	What can I do to help them?
1.		
2.		
3.		

Thinking over the past month, what are some circumstances I have had with some of my friends that my Hero could have given my advice on and what would He have told me?

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What advice would the Savior give my on how to be a better friend to everyone I meet?

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# My Hero & My Talents

What are some talents, skills and abilities your Hero had?

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Why was it important that He developed those talents? What if He hadn't

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If you were to talk to your Hero, what are some talents, skills, and abilities He would tell you that you should be working on?

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Write below each of the following quotes how your Hero would have been an example of each one.

**As sons and daughters of God, we are obligated to develop as many of our divinely given talents as we can.**

President James E Faust

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Life is a competition not with others, but with ourselves. We should seek each day to live stronger, better, truer lives; each day to master some weakness of yesterday; each day to repair a mistake; each day to surpass ourselves.

Elder David B Haight (Ensign, May 1981)

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*God does not begin by asking about our ability, but only about our availability, and if we then prove our dependability, he will increase our capability.*

Elder Neal A Maxwell  
(Ensign, July 1975, 7)

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To the right is a quote taken out of the Young Women Personal Progress booklet. It is a message to the Young Women from the First Presidency. Read it and answer the following questions.

What sacred and glorious purpose was your Hero sent to earth to do?

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How seriously did He view His 'noble responsibility' to use His strength and influence for good? And in what specific ways do you recognize that?

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What talents and abilities did Heavenly Father bless Him with to help Him fulfill His divine mission?

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Unlike your Hero, your personal history isn't totally written yet... looking into your life, what do you think your glorious purpose is?

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In the chart below is a list of roles you will likely hold some, most or all of your life. In the boxes next to each one make a list of talents, strengths, abilities and skills that you feel you need to have in order to have the most influence for good.

Roles I will play or have played	Skills, strengths, talents and abilities needed to be able to do the most good.
Daughter	
Sister	
Friend	
Student	
Missionary / Example	
Employee	
Wife	
Mother	
Teacher in the home	
Teacher and leader in the church	
Neighbor	

Becoming a powerful person takes a lot of work so you can develop the talents that will help you do much good. Look through the scriptures listed below, and choose one that you would like to use as your personal theme scripture to help inspire you to develop all of your talents and have much strength just like your Hero. Circle the scripture you choose and write why you chose it.

**Moroni 10:18, 30**

**D&C 46:8, 11-12**

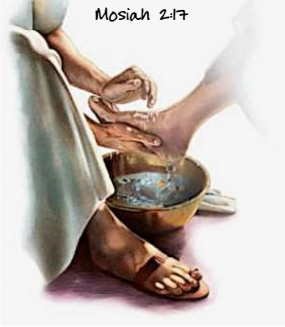
**Mosiah 2:17**

You are a beloved daughter of Heavenly Father, prepared to come to earth at this particular time for a sacred and glorious purpose. You have a noble responsibility to use your strength and influence for good. Your loving Heavenly Father has blessed you with talents and abilities that will help you fulfill your divine mission.

Personal Progress Book, page 1

When ye are in the service of your fellow beings ye are only in the service of your God.

Mosiah 2:17



# My Hero & Service

In what ways did your Hero serve others?

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In what ways did His service also serve Heavenly Father? \_\_\_\_\_

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Read the quote to the right and ponder how serving like your Hero will enrich and bless your life? How can you make service a part of your daily lifestyle?

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Service to others deepens and sweetens this life while we are preparing to live in a better world. It is by serving that we learn to serve. When we are engaged in service of our fellowmen, not only do our deeds assist them, but we put our own problems in a fresher perspective. When we concern ourselves more with others, there is less time to be concerned with ourselves! In the midst of the miracle of serving, there is the promise of Jesus that by losing ourselves, we find ourselves!

(Spencer W Kimball, New Era, Mar 1981, 47)

Now read this additional quote from that same talk from President Kimball. When you serve others, how are you helping your Heavenly Father?

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The Lord does notice us, and he watches over us. But it is usually through another person that he meets our needs. Therefore, it is vital that we serve each other.

(Spencer W Kimball, New Era, Mar 1981, 47)

What can you learn from your Hero's example of service?

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*"When we willingly serve others in the spirit of love, we become more like Christ."* (Gospel Principles, 166)

Think of three opportunities you have had for service this past week and fill in the chart below.

Times I have served others this week	How that service met their needs	How that service helped Heavenly Father too.
1.		
2.		
3.		

Think about your average day at home, church and work. What if your Hero were living your life? What are some opportunities He would take to help Heavenly Father by meeting the needs of others? In the spaces below, think of people in the different areas of your life that He would find to serve.

Places I am often in	3 people in those places that I could serve	Needs they have that I could help meet
<b>Meal times</b>	1. 2. 3.	
<b>Relief Society Meetings</b>	1. 2. 3.	
<b>At work</b>	1. 2. 3.	
<b>In my home</b>	1. 2. 3.	
<b>At church</b>	1. 2. 3.	
<b>In my Neighborhood</b>	1. 2. 3.	

If you did those things that you just listed above - how would that impact the kind of person you become? How would you be more like your Hero?

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Read Matthew 25:34-36. How would daily service prepare you for this reward?

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# My Hero & My Language

Let no corrupt communication proceed out of your mouth, but that which is good.  
Ephesians 4:29

In the For the Strength of Youth pamphlet it says that "how you communicate should reflect who you are". With this in mind, what kinds of words do you think your Hero used in His speech?

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Read the following scriptures. Next to them, write what they teach you about the power of words.

James 3:2-10	
Matthew 15:11	
Ephesians 4:29-32	
Enos 1:3	

Good language that uplifts, encourages, and compliments others invites the Spirit to be with you. Our words like our deeds should be filled with faith, hope, and charity.  
(For Strength of Youth, 20)



Consider your vocabulary. Are there words, phrases or tones you use that may not uplift others when you use them? Are there words, phrases or tones that your Hero wouldn't use because they may give the wrong impression of who He was?

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Read the following story and poem. What do they teach you about the power of words?

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## A BUILDER OR A WRECKER

*I passed one day through a lonely town  
And saw some man tearing a building down.  
With a 'heave' and a 'ho' and a husky yell  
They swing a beam and a side wall fell.*

*I asked the foreman 'are these men skilled?'  
The type you'd hire if you had to build?  
'Oh no' he chuckled, 'Oh no indeed,  
The common laborer is all I need  
Why I can destroy in a day or two  
What builders have taken weeks to do.'*

*I thought to myself as I walked away  
Which of these roles have I tried to play?  
Am I a builder, who works with care,  
Making his tools a ruler and a square  
Shaping my peers to a well made plan,  
Helping them be the best they can?*

"I had the opportunity to serve the young women of my ward in Redmond, Washington several years ago. We decided to have a talent share for mutual one evening. As we prepared for the event we encouraged each young man and young woman in the ward to participate. We held it in the cultural hall. We had a spotlight on the stage to illuminate those that were performing. Around the cultural hall were the displays of those that were artistic and creative. We had youth that sang, played the piano, displayed paintings, shared crafts they had made, read poetry, and told jokes – and yes, that is a talent. It was turning out to be a very successful night. In the audience were the youth, the young men and young women leaders and the bishopric. And on the back row, in the corner, leaning on the back of their chairs, were the priest age boys of our ward. 6 or 7 young men who were less than thrilled about being at a talent share activity. As we neared the end of our evening – someone tapped me on the shoulder. "Sister Bradshaw, I decided to do something – is it OK?" I turned around to see Christine, a brand new beehive. 'Of course Christine, we would love to hear from you.' I responded, assuming that she would be singing. She came from a family of 11 children, who loved to sing. I passed the word to our MC that our final performer would be Christine - 4 foot-10 inches tall, 70 pounds soaking wet, long red hair. As she approached the stage – the lights in the cultural hall were dimmed, I sensed groans from the back row priests who had to sit through one more number. Christine surprised us all when she walked out onto the stage with a music stand in one hand and a trumpet in the other. I didn't know Christine played the trumpet. And as it turned out, she had only been taking lessons for a few weeks. As she raised the trumpet to her lips – there was silence in the cultural hall. As she blew into the instrument – there was still silence. She tried again – silence. She tried again – still silence. She tried once more and this time something close to a few notes came out. Her face began to match her red hair. I wanted to do something but wasn't quite sure what it was I should do. I glanced back into the dark at that row of boys and hoped that they caught my glare – I didn't want anyone to laugh or tease or cause Christine more discomfort than she was already having. As she continued to try to blow air into that trumpet and make something come out – she looked into the dark cultural hall where the audience was seated. And then one of those boys – sitting in the dark corner leaning back on his chair called out 'Hey Christine – come on – you can do it!' I knew by the look on Christine's face that she recognized the voice of her 16 year old brother David. 'Come on – I know you can do it' he repeated. David then got out of his seat and walked right up to the stage so she could see his face. Christine then put the trumpet up to her lips and played the most beautiful trumpet solo and of us had ever heard." (Barbara Bradshaw, BYU Women's Conference, 2006)

# My Hero & My Language

Read the following portion of the talk given by Elder Holland. Mark up your favorite parts, and then answer the questions that follow.

Like all gifts “which cometh from above,” words are “sacred, and must be spoken with care, and by constraint of the Spirit.”

It is with this realization of the power and sanctity of words that I wish to caution us, if caution is needed, regarding how we speak to each other and how we speak of ourselves...

Continuing the imagery of the bridle, he writes: “Behold, we put bits in the horses’ mouths, that they may obey us; and we turn about their whole body. “Behold also ... ships, which though they be ... great, and are driven of fierce winds, yet are they turned about with a very small helm.”

Then James makes his point: “The tongue is [also] a little member. ... [But] behold, how great a [forest (Greek)] a little fire [can burn].

“... So is the tongue [a fire] among our members, ... it defileth the whole body, ... it is set on fire of hell.

“For every kind of beasts, and of birds, and of serpents, and of things in the sea, ... hath been tamed of mankind:

“But the tongue can no man tame; it is an unruly evil, full of deadly poison.

“Therewith bless we God, even the Father; and therewith curse we men, which are made after the similitude of God.

“Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be.”

Well, that is pretty straightforward! Obviously James doesn’t mean our tongues are always iniquitous, nor that everything we say is “full of deadly poison.” But he clearly means that at least some things we say can be destructive, even venomous—and that is a chilling indictment for a Latter-day Saint! The voice that bears profound testimony, utters fervent prayer, and sings the hymns of Zion can be the same voice that berates and criticizes, embarrasses and demeans, inflicts pain and destroys the spirit of oneself and of others in the process. “Out of the same mouth proceedeth blessing and cursing,” James grieves. “My brethren [and sisters], these things ought not so to be.”

Is this something we could all work on just a little? Is this an area in which we could each try to be a little more like a “perfect” man or woman?...

So, brothers and sisters, in this long eternal quest **to be more like our Savior**, may we try to be “perfect” men and women in at least this one way now—by offending not in word, or more positively put, by speaking with a new tongue, the tongue of angels.”

– Jeffrey R Holland, “The Tongue of Angels,” *Ensign*, May 2007, 16-18

How would your Hero have had a ‘tongue of angels’? \_\_\_\_\_

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In what ways do you have a tongue of angels? \_\_\_\_\_

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In what ways do you have a tongue of fire? \_\_\_\_\_

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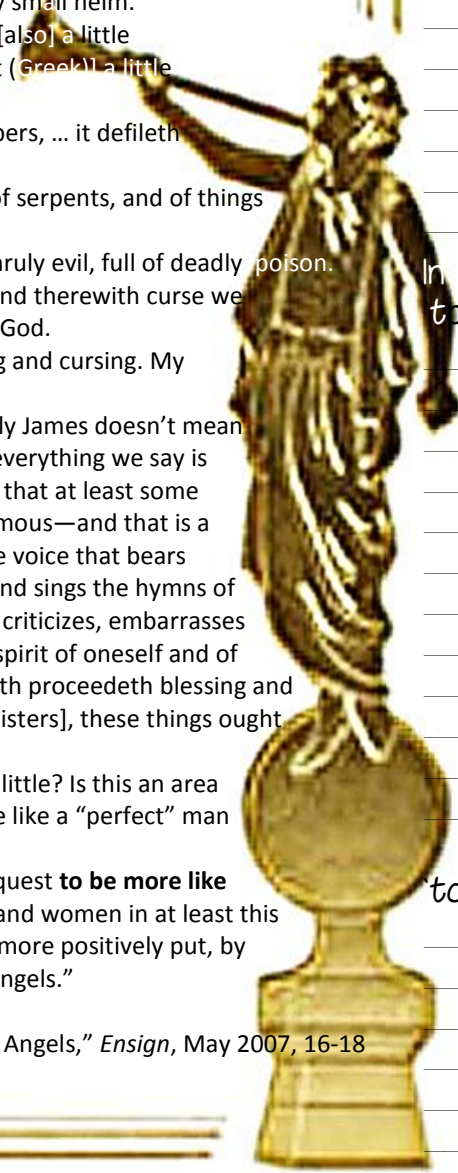
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# My Hero & Education

In the For the Strength of Youth pamphlet it says that "how you communicate should reflect who you are". With this in mind, what kinds of words do you think your Hero used in His speech?

Principles in the For the Strength of Youth Pamphlet	Why this principle would be important to my Hero and how it helped Him fulfill His mission here on Earth.
"The Lord wants you to educate your mind and to develop your skills and talents, your power to act well in your responsibilities and your capacity to appreciate life."	
"Education is an important part of Heavenly Father's plan to help you become more like Him... The education you gain will be valuable to you during mortality and in the life to come"	
"It will help you better provide for yourself, your family, and those in need."	
"Education is an investment that brings great rewards and will open the doors of opportunity that may otherwise be closed to you."	
"Find joy in continuing to learn and in expanding your interests."	
"Study the scriptures and the words of the latter-day prophets... Continue throughout your life to learn about Heavenly Father's plan."	

How would it have impacted your hero's life if He hadn't valued the importance of learning and education? \_\_\_\_\_

How would He have organized His time in order to schedule in learning and education? \_\_\_\_\_

What do you think your Hero would tell you about the importance of secular learning? Would He tell you that secular learning aids spiritual learning? Why? \_\_\_\_\_

*"Spiritual learning will help you find answers to the challenges of life and will invite the companionship of the Holy Ghost."*  
(For the Strength of Youth, 10)

Read this scripture: D&C 88:77-79. List ALL of the things the Lord tells you that you should be studying and learning about. \_\_\_\_\_

Read D&C 88:80. WHY should we study all of those things? \_\_\_\_\_

# My Hero & Entertainment

Take a moment and list the programs or movies you have watched, books you have read, internet sites you have used and music you have listened to over the past 3 days.

television programs or movies i have watched	music songs and artists i have listened to	books or magazines i have read	internet sites i have visited



Review the standard that has been set for entertainment and media on pages 11-13 of the For the Strength of Youth pamphlet.



After reviewing the standards in the For the Strength of Youth, imagine your Hero sitting by your side. Review all the TV programs, internet sites, and books you wrote down above. Circle the ones that fall within the guidelines as being uplifting and appropriate and your feel your Hero would watch and read as well.

Why would your Hero choose these forms of entertainment?

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Now go through the others that you didn't circle. Why wouldn't your Hero read or watch these forms of entertainment?

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# My Hero & Music

Pick your 5 favorite songs from the list you wrote on page 22. Write them in the chart below and then in the next column, write what the main message of the song is:

my favorite songs	main message	how i feel
1.		
2.		
3.		
4.		
5.		

*“Choose carefully the music you listen to. Pay attention to how you feel when you are listening.”*

*For the Strength of Youth, p. 20*

Now go up and next to each song, write how you feel when you listen to it.

Read the quote to the right. Why do you think this is true? \_\_\_\_\_

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*“Music is one of the most forceful instruments for governing the mind and spirit of man.”*

Boyd K Packer (Brigham Young University, September 26, 1967)

Which of your 5 favorite songs do you think your Hero would also listen to? \_\_\_\_\_

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\_\_\_\_\_

Look up the following scriptures. What do these scriptures have to do with the choices we make regarding the programs, books, music and computer sites we allow into our life? What would your Hero tell you these scriptures teach?

Moroni 7:12-19 \_\_\_\_\_

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2 Nephi 2:27 \_\_\_\_\_

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# My Hero and Social Networking and Cell Phones



*Following is part of a talk by Elder David A. Bednar (Things as They Really Are, Ensign, June 2010). Carefully read this. Mark it up, write your own notes in the margins. When you are finished, take some time and thoughtfully answer the questions at the end*

As I have looked forward to and prepared for this opportunity to learn with you, I have come to better understand the strong feelings of Jacob, the brother of Nephi. He said, "I this day am weighed down with much ... desire and anxiety for the welfare of your souls" (Jacob 2:3). The message I want to share with you today has over time distilled upon my "soul as the dews from heaven" (D&C 121:45). I invite your earnest attention to a serious subject that has both immediate and eternal implications. I pray for the Holy Ghost to be with and teach each of us during our time together...

## Our Divine Destiny

...The Prophet Joseph Smith taught with clarity the importance of our physical bodies:

"We came to this earth that we might have a body and present it pure before God in the celestial kingdom. The great principle of happiness consists in having a body. The devil has no body, and herein is his punishment. He is pleased when he can obtain the tabernacle of man, and when cast out by the Savior he asked to go into the herd of swine, showing that he would prefer a swine's body to having none. All beings who have bodies have power over those who have not. ...

"The devil has no power over us only as we permit him; the moment we revolt at anything which comes from God, the devil takes power."

Our physical bodies make possible a breadth, a depth, and an intensity of experience that simply could not be obtained in our premortal estate. President Boyd K. Packer, President of the Quorum of the Twelve Apostles, has taught, "Our spirit and our body are combined in such a way that our body becomes an instrument of our mind and the foundation of our character." 3 Thus, our relationships with other people, our capacity to recognize and act in accordance with truth, and our ability to obey the principles and ordinances of the gospel of Jesus Christ are amplified through our physical bodies. In the classroom of mortality, we experience tenderness, love, kindness, happiness, sorrow, disappointment, pain, and even the challenges of physical limitations in ways that prepare us for eternity. Simply stated, there are lessons we must learn and experiences we must have, as the scriptures describe, "according to the flesh" (1 Nephi 19:6; Alma 7:12–13)...

Satan does not have a body, and his eternal progress has been halted. Just as water flowing in a riverbed is stopped by a dam, so the adversary's eternal progress is thwarted because he does not have a physical body. Because of his rebellion, Lucifer has denied himself all of the mortal blessings and experiences made possible through a tabernacle of flesh and bones. He cannot learn the lessons that only an embodied spirit can learn. He cannot marry or enjoy the blessings of procreation and family life. He cannot abide the reality of a literal and universal resurrection of all mankind. One of the potent scriptural meanings of the word damned is illustrated in his inability to continue developing and becoming like our Heavenly Father.

Because a physical body is so central to the Father's plan of happiness and our spiritual development, we should not be surprised that Lucifer seeks to frustrate our progression by tempting us to use our bodies improperly. One of the ultimate ironies of eternity is that the adversary, who is miserable precisely because he has no physical body, invites and entices us to share in his misery through the improper use of our bodies. The very tool he does not have and cannot use is thus the primary target of his attempts to lure us to physical and spiritual destruction.

## The Adversary's Attacks

The adversary attempts to influence us both to misuse our physical bodies and to minimize the importance of our bodies. These two methods of attack are important for us to recognize and to repel.

When any of Heavenly Father's children misuse their physical tabernacles by violating the law of chastity, by using drugs and addictive substances, by disfiguring or defacing themselves, or by worshipping the false idol of body image, whether their own or that of others, Satan is delighted. To those of us who know and understand the plan of salvation, any defiling of the body is rebellion and a denial of our true identity as sons and daughters of God (see Mosiah 2:36–37; D&C 64:34–35).

Now, brothers and sisters, I cannot tell you all the ways whereby you may misuse your bodies, "for there are divers ways and means, even so many that I cannot number them" (Mosiah 4:29). You know what is right and what is wrong, and you have the individual responsibility to learn for yourself "by

study and also by faith" (D&C 88:118) the things you should and should not do and the doctrinal reasons you should and should not do those things...

Sadly, some young men and young women in the Church today ignore "things as they really are" and neglect eternal relationships for digital distractions, diversions, and detours that have no lasting value. My heart aches when a young couple—sealed together in the house of the Lord for time and for all eternity by the power of the holy priesthood—experiences marital difficulties because of the addicting effect of excessive video gaming or online socializing. A young man or woman may waste countless hours, postpone or forfeit vocational or academic achievement, and ultimately sacrifice cherished human relationships because of mind- and spirit-numbing video and online games. As the Lord declared, "Wherefore, I give unto them a commandment ... : Thou shalt not idle away thy time, neither shalt thou bury thy talent that it may not be known" (D&C 60:13).

You may now be asking yourself, "But, Brother Bednar, you began today by talking about the importance of a physical body in our eternal progression. Are you suggesting that video gaming and various types of computer-mediated communication can play a role in minimizing the importance of our physical bodies?" That is precisely what I am declaring...

I raise an apostolic voice of warning about the potentially stifling, suffocating, suppressing, and constraining impact of some kinds of cyberspace interactions and experiences upon our souls. The concerns I raise are not new; they apply equally to other types of media, such as television, movies, and music. But in a cyber world, these challenges are more pervasive and intense. I plead with you to beware of the sense-dulling and spiritually destructive influence of cyberspace technologies that are used to produce high fidelity and that promote degrading and evil purposes.

If the adversary cannot entice us to misuse our physical bodies, then one of his most potent tactics is to beguile you and me as embodied spirits to disconnect gradually and physically from things as they really are. In essence, he encourages us to think and act as if we were in our premortal, unembodied state. And, if we let him, he can cunningly employ some aspects of modern technology to accomplish his purposes. Please be careful of becoming so immersed and engrossed in pixels, texting, earbuds, twittering, online social networking, and potentially addictive uses of media and the Internet that you fail to recognize the importance of your physical body and miss the richness of person-to-person communication. Beware of digital displays and data in many forms of computer-mediated interaction that can displace the full range of physical capacity and experience...

Consider again the example I mentioned earlier of a young couple recently married in the house of the Lord. An immature or misguided spouse may devote an inordinate amount of time to playing video games, chatting online, or in other ways allowing the digital to dominate things as they really are. Initially the investment of time may seem relatively harmless, rationalized as a few minutes of needed relief from the demands of a hectic daily schedule. But important opportunities are missed for developing and improving interpersonal skills, for laughing and crying together, and for creating a rich and enduring bond of emotional intimacy. Progressively, seemingly innocent entertainment can become a form of pernicious enslavement.

To feel the warmth of a tender hug from an eternal companion or to see the sincerity in the eyes of another person as testimony is shared—all of these things experienced as they really are through the instrument of our physical body—could be sacrificed for a high-fidelity fantasy that has no lasting value. If you and I are not vigilant, we can become "past feeling" (1 Nephi 17:45), as did Laman and Lemuel long ago.

Let me provide another example of disconnecting gradually and physically from things as they really are. Today a person can enter into a virtual world, such as Second Life, and assume a new identity. An individual can create an avatar, or a cyberspace persona, that conforms to his or her own appearance and behavior. Or a person can concoct a counterfeit identity that does not correlate in any way to things as they really are. However closely the assumed new identity approximates the individual, such behavior is the essence of things as they really are not. Earlier I defined the fidelity of a simulation or model. I now emphasize the importance of personal fidelity—the correspondence between an actual person and an assumed, cyberspace identity. Please note the lack of personal fidelity in the following episode as reported in the Wall Street Journal:



*Additional Notes about My Hero*

Lined writing area for notes.

