

INTRODUCTORY GUIDE FOR

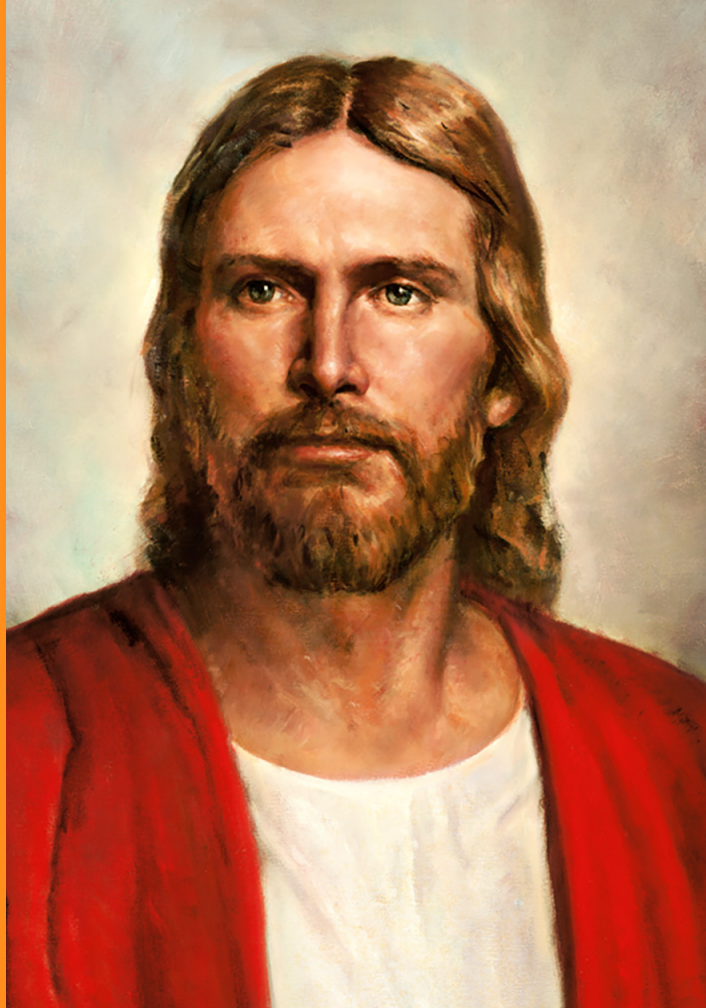
# Children and Youth

OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS



# VISION

To strengthen your faith in Jesus Christ and help you and your family progress along the covenant path as you meet life's challenges.



## Seek Revelation

You can learn for yourself—right now at your age—how to receive personal revelation. And nothing will make a bigger difference in your life than that!

—**PRESIDENT RUSSELL M. NELSON**

“Hope of Israel,” worldwide youth devotional, June 3, 2018, supplement to the *New Era* and *Ensign*, 2, ChurchofJesusChrist.org



## Build Relationships

All of us need true friends to love us, to listen to us, to show us the way, and to testify of truth to us so that we may retain the companionship of the Holy Ghost. You must be such a true friend.

—**PRESIDENT HENRY B. EYRING**

“True Friends,” *Ensign*, May 2002, 29



## Exercise Agency

Desires dictate our priorities, priorities shape our choices, and choices determine our actions. The desires we act on determine our changing, our achieving, and our becoming.

—**PRESIDENT DALLIN H. OAKS**

“Desire,” *Ensign* or *Liahona*, May 2011, 42





# FOLLOWING THE SAVIOR IN ALL AREAS OF YOUR LIFE

Heavenly Father wants you to learn and to grow. He sent His Son, Jesus Christ, to be the perfect example for all of us in every way. The scriptures teach that in His youth, “Jesus increased in wisdom and stature, and in favour with God and man” (Luke 2:52).

Jesus Christ developed in all areas of His life—**spiritually** (favor with God), **socially** (favor with man), **physically** (stature), and **intellectually** (wisdom) —and so can you!





What are you already doing in these areas? Start thinking about what you want to improve or start doing.

*Write or draw your ideas in the boxes below:*

**SPIRITUAL**

**SOCIAL**

**PHYSICAL**

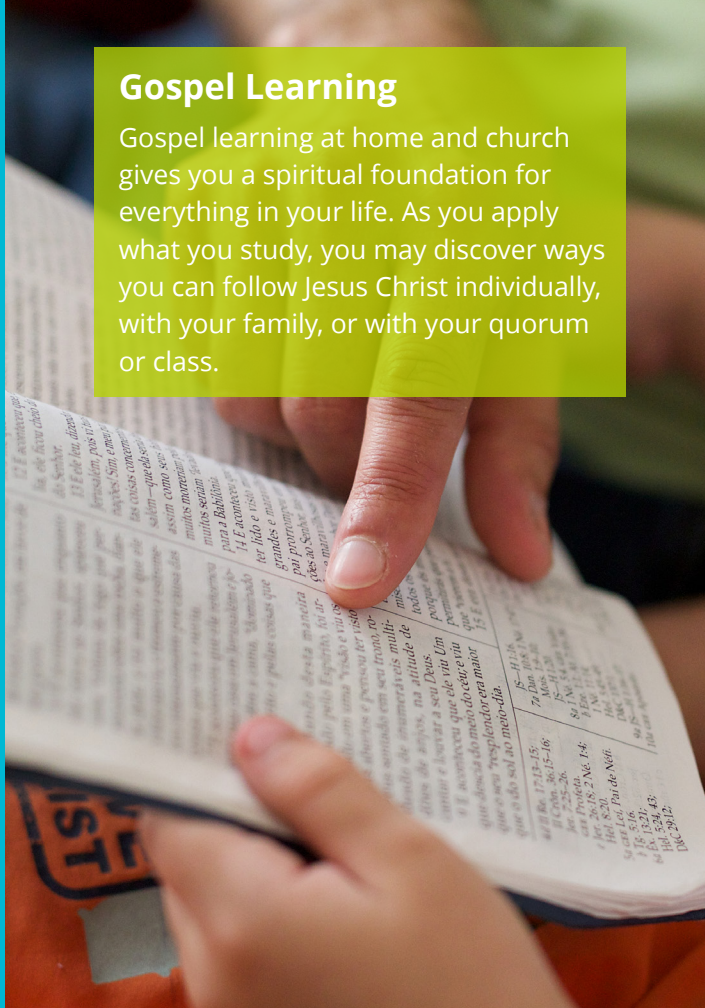
**INTELLECTUAL**

# KEEP MOVING FORWARD

You will be supported in your efforts to follow Christ as you grow in these four areas through **gospel learning, service and activities, and personal development.**

## Gospel Learning

Gospel learning at home and church gives you a spiritual foundation for everything in your life. As you apply what you study, you may discover ways you can follow Jesus Christ individually, with your family, or with your quorum or class.



A young man with short brown hair is laughing heartily, looking towards the right. He is wearing a light blue t-shirt. In the background, other young people are visible, some looking down, suggesting an outdoor activity or service project.

## Service and Activities

As you participate in service and activities, you can have fun with your family, friends, and leaders while you learn skills, have new experiences, and serve others. You can also serve by participating in sacred ordinances. Service and activities are based on Luke 2:52 and include weekday activities as well as multiday activities for youth, such as camps, temple trips, and For the Strength of Youth (FSY) and youth conferences.

A young woman in a black t-shirt and purple shorts is running on a paved path, looking down with a smile. Next to her, a young man in a red and white t-shirt is also running, looking towards the camera. The background shows green trees and a bright, sunny day.

## Personal Development

You can follow Jesus Christ in your personal development as you seek revelation for how you can grow in all areas of your life. You choose what you work on and can get help from family, peers, and leaders.



# WHAT'S NEXT?

## Start the Conversation

Talk with your parents and leaders about how you are growing in the four areas and things you could do to develop personally. As a quorum or class, talk about activities you would like to do as a group in the coming year.

