

THE PLAN OF SALVATION

“This is my work and my glory—to bring to pass the immortality and eternal life of man” (Moses 1:39).

Many of the difficult choices a young woman has to make become easier when she understands the plan of salvation. Knowing that she lived with her Heavenly Father before she was born and that He sent her here with a divine purpose can help her view her trials and challenges with an eternal perspective. Knowing that being a woman is part of her eternal identity can help her develop her divine gifts and prepare for her future. Knowing that agency is a gift and that she will be accountable for her choices can inspire her to make decisions based on eternal principles.

What is the plan of salvation?

- How has knowing about Heavenly Father’s plan influenced your choices and your perspective on life? What aspects of the plan of salvation do you want to learn more about?
- How can understanding the plan of salvation help the young women make important decisions?

Activity idea: Create a chart or diagram of the plan of salvation, and prepare to teach a Family Home Evening.

What happened in my premortal life?

- Think about the righteous choices you have made in your life. How have your righteous choices affected you? How will they affect your eternal destiny? How could your knowledge of the premortal life influence your choices?
- Think about the young women in your class. What choices are they making? How could their understanding of the premortal life influence them to make righteous choices in this life?

Activity idea: Invite the young women to work on Individual Worth value experience 1 in Personal Progress individually or in groups. Give each young woman time in class to create a poster that contains several important truths she has learned about what it means to be a daughter of God. Allow them to share their posters with the class.

What is the purpose of life?

- How have you found joy in this life? What experiences have helped you grow spiritually?
- What are the young women doing to become more like Heavenly Father?

Activity idea: Invite the young women to find a scripture or scriptures that they would use to help someone who doesn’t know the purpose of life. Ask them to share what they find with someone else in the class. Encourage them to think of ways they could share their scripture with a friend or family member who may not fully understand the purpose of life. (Perhaps that evening they could start a blog, write letters, or write in a Book of Mormon to give away.)

Why do the choices I make matter?

- What experiences from your life have taught you about agency? How have you learned to make good choices in your own life?
- What choices are the young women faced with? What can you teach them to help them see the importance of making good choices?

Activity idea: Make lists similar to those Sister Dalton describes in her talk “Guardians of Virtue,” describing things they will always do and things they will never do.

A “Three White Dresses” Evening: (<http://beehivemessages.blogspot.com/2009/08/camp-class-100-dresses.html>).

Why do we have adversity?

- What adversities have you experienced? What have you learned from them? What has helped you deal with them? Are there appropriate experiences you could share with the young women?
- Ponder and pray about the young women in your class. What challenges and trials are they experiencing? How are they dealing with adversity in their lives?

Activity idea: Invite the young women to read about President Henry B. Eyring’s experience building foundations for houses (as told in his talk “Mountains to Climb”). What do they learn from President Eyring about preparing spiritually to face adversity? What are the young women doing now to prepare for adversity they might face in their future? Create a stepping stone after discussion.

How can I find comfort when someone I care about dies?

- What adversities have you experienced? What have you learned from them? What has helped you deal with them? Are there appropriate experiences you could share with the young women?
- Ponder and pray about the young women in your class. What challenges and trials are they experiencing? How are they dealing with adversity in their lives?

Activity idea: Ask the young women how they can show compassion to someone who has lost a loved one. Are there widows or others in the ward or community who could use some support?

Why should I treat my body like a temple?

- What blessings have you received as you have treated your body as a temple of God? How has your understanding of the sacredness of your body grown as you have experienced life and watched the lives of others?
- What challenges do the young women face as they strive to treat their bodies as sacred gifts from God? How can you help them understand the importance of their bodies in the plan of salvation?

Activity idea: Have a modesty fashion show