

THE ATONEMENT OF JESUS CHRIST

“Behold I say unto you that ye shall have hope through the atonement of Christ” (Moroni 7:41).

The outlines in this unit will help the young women “come unto Christ ... and partake of his salvation, and the power of his redemption” (Omni 1:26). As the young women come to understand the Atonement and its power in their lives, they will gain strength to overcome sin and adversity through the Savior’s grace. They will find peace and healing. Their love for and commitment to the Savior will deepen, and they will feel a greater desire to share their testimony of Him with others.

What is the Atonement of Jesus Christ?

The Atonement is the sacrifice Jesus Christ made to help us overcome sin, adversity, and death. Jesus’s atoning sacrifice took place in the Garden of Gethsemane and on the cross at Calvary. He paid the price for our sins, took upon Himself death, and was resurrected. The Atonement is the supreme expression of the love of Heavenly Father and Jesus Christ.

- The Atonement is the most important event in the history of mankind. What was the atoning sacrifice of Jesus Christ? What does the Atonement mean to you?
- What do the young women know about what happened in the Garden of Gethsemane and on the cross? What can they discover from the scriptures to deepen their testimony of the Atonement of Jesus Christ? What can they teach each other?

Activity idea: Make Easter centerpieces with grass seed and empty tomb pot and stone (<http://www.nogginsandnonsense.blogspot.com/2012/03/easter-centerpiece.html>)



What does it mean to have faith in Jesus Christ?

- What does it mean to have faith in Jesus Christ? What examples of faith in Jesus Christ have you seen? How does faith in Jesus Christ influence your hope for the future?
- Think about the young women in your class. What examples of faith have you seen in their lives? In what areas of their lives could they rely more on the Lord?

How can repentance help me every day?

- What experiences have you had with repentance? Without discussing previous sins, how can you share how repenting has helped you become closer to Heavenly Father?
- Some young women may be struggling with unworthiness or feelings of guilt. How can you be sensitive to them and invite the Spirit to help them desire to repent?

Activity idea: Give the young women time in class to work on Virtue value experience 4 from the Personal Progress book. If they have already completed this value experience, ask them to share what they learned from it.

Make bread, and give it to the ward for the Sacrament on Sunday. They can learn a new skill as most don't know how to make homemade bread. Talk about the Sacrament and why we have it, and what it means.

What is grace?

- What does grace mean to you? How has feeling the power of Jesus Christ helped change your life?
- What do the young women know about grace? How can you help them understand the power of grace in their own lives?

Why do I need to forgive others?

- What have you learned by forgiving others? Can you think of a time when forgiving someone has helped you feel peace and love?
- What experiences are the young women having in which they need to forgive others? What do they need to learn about forgiving themselves? How can you help the young women learn to forgive so that they can find peace?

Activity idea: Memorize a hymn or scripture about forgiveness.

What is the resurrection?

- What do you know about the resurrection? What insights do we have about the resurrection from modern-day scripture?
- What do the young women understand about the resurrection? How can a greater understanding of the resurrection influence how they feel about their physical bodies?

Activity idea: Talk about Easter traditions. Make Easter Story Easter Eggs (<http://inkablinka.com/2009/03/easter-story-egg-hunt.html>), then sing hymns about the Resurrection



How can the Atonement help me during my trials?

- Think about the trials you have faced. How have you received strength through the Atonement?
- Consider the young women in your class. What trials are they facing? What personal experiences, scriptures, and quotes do you want to share with them? Are there personal experiences the young women could share with each other?