

January: The Godhead

“We believe in God the Eternal Father , and in His Son, Jesus Christ, and in the Holy Ghost.” (Articles of Faith 1:1)

The lessons in this unit will help the youth learn how to strengthen their faith in the members of the Godhead as they study the scriptures and share their testimonies with others. They will gain experience following the guidance of the Holy Ghost in their efforts to learn and teach the gospel.

Lessons for this month:

- **How does the Holy Ghost help me to learn?**
- **How can studying the scriptures help me learn about Heavenly Father?**
- **How can I learn to see Heavenly Father’s hand in all things?**
- **How can I help others learn about Heavenly Father?**
- **How does the Holy Ghost help me teach the gospel?**

How does the Holy Ghost help me to learn?

Prayerfully read these scriptures and resources. What do you feel will inspire the youth to seek to learn by the Spirit?

[John 16:13](#) (The Holy Ghost will guide us to truth)

[1 Corinthians 2:9–14](#) (The things of God are understood only by the Holy Ghost)

[1 Nephi 10:19](#) (If we diligently seek, the Holy Ghost will reveal the mysteries of God)

[Alma 5:45–46](#); [Moroni 10:3–5](#) (Through the Holy Ghost we can gain a testimony of the truth)

[D&C 11:12–14](#) (The Spirit enlightens our minds)

Boyd K. Packer, “[The Quest for Spiritual Knowledge](#),” *New Era*, Jan. 2007, 2–7

Donald L. Hallstrom, “[Converted to His Gospel through His Church](#),” *Ensign or Liahona*, May 2012, 13–15

A. Roger Merrill, "[Receiving by the Spirit](#)," *Ensign* or *Liahona*, Nov. 2006, 92–94
"[Learning by the Holy Ghost](#)," *Preach My Gospel* (2004), 18

TO BEGIN:

Invite the youth to read about President Spencer W. Kimball's response to the question "What do you do when you find yourself in a boring sacrament meeting?" (in Elder Donald L. Hallstrom talk "[Converted to His Gospel through His Church](#)"). ASK SOMEONE TO READ HANDOUT #1. Why did President Kimball say he had never been in a boring sacrament meeting? Ask the youth to share experiences in which they felt the Spirit during sacrament meeting or another Church class. What did they do to prepare spiritually for these experiences? Invite them to list their responses on the board.

NEXT: CHOOSE ONE OR MORE OF THE FOLLOWING TEACHING IDEAS:

- **LET STUDENTS COMPLETE MATCHING HANDOUT.** What are some potential consequences of trying to study the gospel without the influence of the Spirit? Consider sharing a personal experience when you have felt the influence of the Holy Ghost while you were learning the gospel. Invite the youth to share similar experiences.
- Invite the youth to read A. Roger Merrill's list of three things that we should do to receive by the Spirit (in his talk "[Receiving by the Spirit](#)").
"In our Church meetings, in our personal and family scripture study, and even this day as we listen to the Lord's prophets and apostles, some of us will receive more than others. Why? I am learning that those who truly receive do at least three things that others may not do." **READ HANDOUTS 2–4. POST EACH OF THREE THINGS ON BOARD.** Ask each class member to choose one of the three items and share a scripture or personal experience that relates to that item. Invite the youth to share their ideas about how they can apply Brother Merrill's counsel in their personal study, in Sunday School, and in other settings where they learn the gospel.
- Invite the youth to read "[Learning by the Holy Ghost](#)" from *Preach My Gospel* (page 18) and identify blessings that come when we learn by the Spirit.
 1. what is "gospel study"?
 2. how should we always begin our gospel study?
 3. what 3 things will the Holy Ghost do for us?
 - bring knowledge and conviction
 - increase our faith in Jesus Christ
 - strengthen our desire to repent and improve

4. what will gospel study do for us?

--prepare us for service

--offer solace (comfort)

--resolve problems

--give us strength to endure to the end

5. what 2 things does “successful gospel study” require (desire + action)

(LOOK UP SCRIPTURE REFERENCES TOGETHER).

Ask the youth to share specific ways in which learning by the Spirit can bless their lives now. What will they do to invite the Spirit into their gospel learning?

Ask the youth to share what they learned today. What feelings or impressions do they have? Do they understand what it means to learn by the Spirit? Do they have any additional questions?

INVITE TO ACT: Ask the youth what they feel inspired to do because of what they learned today. Encourage them to act on these feelings. Seek the Spirit as you prayerfully consider ways you can follow up.

Cut apart and hand out to students to read aloud.

1. *Unite the gospel with the Church.* As we concentrate on the gospel, the Church will become more, not less, of a blessing in our lives. As we come to each meeting prepared to “seek learning, even by study and also by faith” ([D&C 88:118](#)), the Holy Spirit will be our teacher. If we come to be entertained, we often will be disappointed. President Spencer W. Kimball was once asked, “What do you do when you find yourself in a boring sacrament meeting?” His response: “I don’t know. I’ve never been in one” (quoted by Gene R. Cook, in Gerry Avant, “Learning Gospel Is Lifetime Pursuit,” *Church News*, Mar. 24, 1990, 10).

2. First, they *seek*. We live in an entertainment world, a spectator world. Without realizing it, we can find ourselves coming to conference or going to church with the attitude, “Here I am; now inspire me.” We become spiritually passive.

When we focus instead on seeking and receiving the Spirit, we become less concerned about a teacher or speaker holding our attention and more concerned about giving our attention to the Spirit. Remember, *receive* is a verb. It is a principle of action. It is a fundamental expression of faith.

3. Second, those who receive, *feel*. While revelation comes to the mind and heart, it is most often felt. Until we learn to pay attention to these spiritual feelings, we usually do not even recognize the Spirit.

In a recent conversation I had with one of our daughters-in-law, she suggested that we can help even young children become aware of these feelings of the Spirit. We can ask them questions such as “How do you feel as we read this scripture together? What do you feel the Spirit is prompting you to do?” These are good questions for us all. They demonstrate the desire to receive.

4. Third, those who receive by the Spirit *intend to act*. As the prophet Moroni instructed, to receive a witness of the Book of Mormon, we must ask “with real intent” ([Moroni 10:4](#)). The Spirit teaches when we honestly intend to do something about what we learn.

Write these scripture references on the board so everyone can look them up:

1 Nephi 10:19

Enos 1:3

Jacob 4:8

D&C 9:7–8

Match the scripture with the different roles of the Holy Ghost:

[2 Nephi 32:5](#)

know the truth of all things

[Alma 5:45–46](#)

showeth all things, teacheth the peaceable things of the kingdom

[Moroni 10:5](#)

guide you into all truth, shew you things to come

[D&C 11:12–14](#)

show unto you all things what ye should do

[D&C 39:5–6](#)

teach all things, bring all things to your remembrance

[John 14:26](#)

searcheth all things, teacheth

[John 16:13](#)

leadeth to do good, walk humbly, judge
righteously

[1 Corinthians 2:9-14](#)

makes truth manifest/spirit of revelation

Seek

Feel

Intend to Act