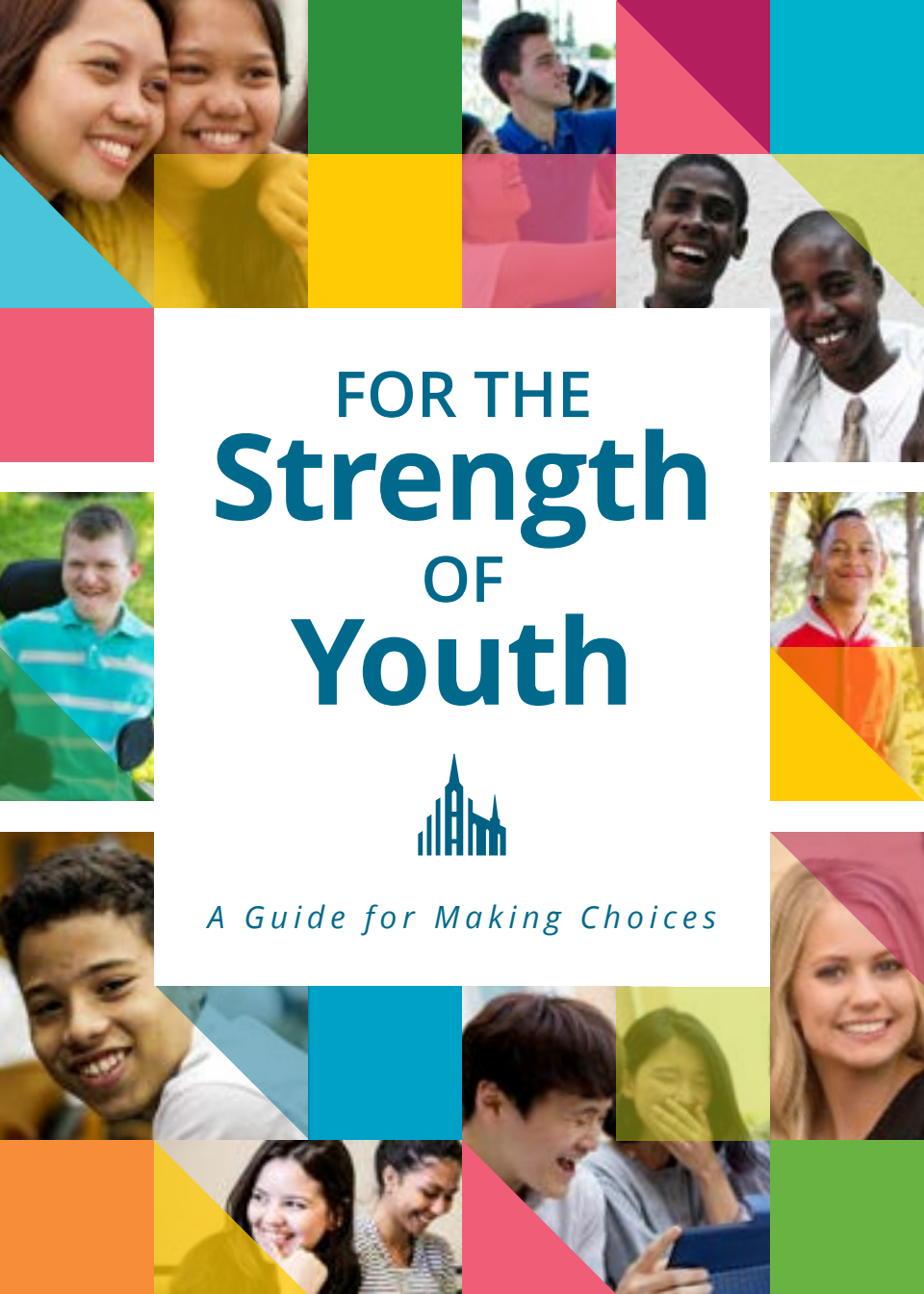
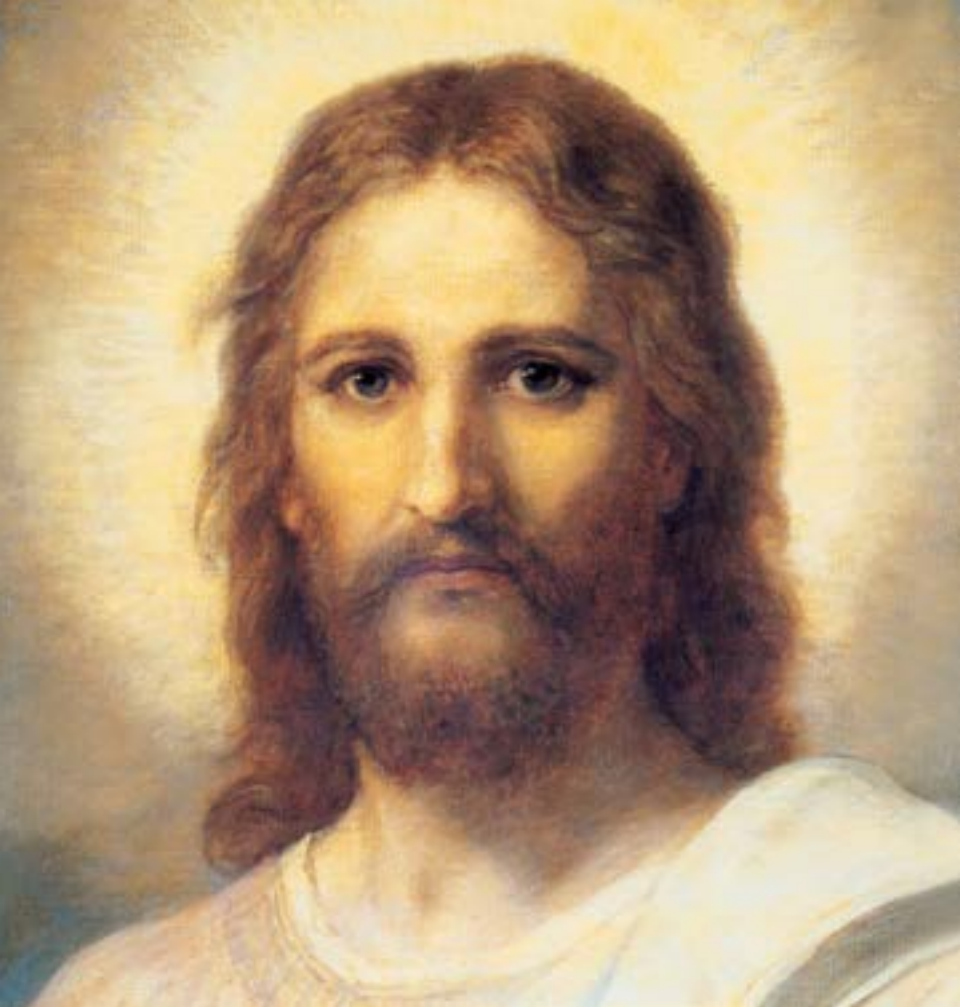




FOR THE **Strength** OF **Youth**

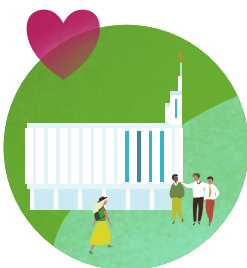


A Guide for Making Choices



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Contents

Message from the First Presidency	2
Make inspired choices	4
Jesus Christ will help you	6
Love God, love your neighbor	10
Walk in God's light	16
Your body is sacred	22
Truth will make you free	30
Find joy in Christ	34
Appendix	36
What about ... ?	40

Message from the First Presidency

Our dear young brothers and sisters,

We love you and we have confidence in you. You are truly among Heavenly Father's choice spirits, sent to earth at this time to do important things.

There may be times when you don't feel strong or capable. That's normal. Especially in those moments, turn to the Savior. He is the "strength of youth."

This guide will help you build a solid foundation for making choices to stay on the covenant path. It will help you prepare to make sacred covenants in the temple, prepare to serve a mission, and find joy in following Jesus Christ throughout your life. We hope you feel that you belong in the Savior's Church and have power from Him to fulfill His purposes for you.

We know God lives. It is our prayer that you will stay firmly on the covenant path that leads back to your Father in Heaven. As you do, you will be an influence for good, sharing the gospel joyfully and preparing the world for the Second Coming of the Savior.

The First Presidency



Make inspired choices

In *For the Strength of Youth*, you will find the teachings of Jesus Christ and His prophets. With these truths as your guide, you can make inspired choices that will bless you now and throughout eternity.

Jesus Christ is the way to eternal joy. As you use your freedom to choose to follow Jesus Christ, you are on the path that leads to eternal happiness. Make Jesus Christ your standard, your rock-solid foundation. Build your life on His teachings, and measure your choices by them. The covenants you make at baptism, during the sacrament, and in the temple are the building blocks of your firm foundation in Christ. You'll still face struggles and temptations, but Heavenly Father and the Savior will help you through them all.

You are a beloved spirit child of God. His great plan of happiness makes it possible for you to grow spiritually and develop your divine potential. This is why He sent Jesus Christ to be your Savior.

Your Father in Heaven trusts you. He has given you great blessings, including the fulness of the gospel and sacred ordinances and covenants that bind you to Him and bring His power into your life. With those blessings comes added responsibility. He knows you can make a difference in the world, and that requires, in many cases, being different from the world. Seek your Heavenly Father's guidance as you make choices. He will bless you with inspiration through the Holy Ghost.

The purpose of *For the Strength of Youth* is not to give you a "yes" or "no" about every possible choice you might face. Instead, the

Lord is inviting you to live in a higher and holier way—His way. This guide will teach you about His way. It explains truths He has revealed. Make these truths your guide for making choices—big choices, like making covenants in the temple and serving a mission, as well as daily choices, like how to treat people or how to spend your time.

While others can help you, your spiritual growth is personal. It's between you and the Lord. He knows your heart, and only He can be the ultimate Judge. Do your best to improve each day, keep God's commandments and honor your covenants, and help others come closer to the Savior.

See **Mosiah 4:29–30** (*the ways to sin are numberless, so we must watch ourselves*); **Helaman 5:12** (*build your foundation on Christ*); **Doctrine and Covenants 45:57** (*take the Holy Spirit for your guide*); **82:15** (*bind yourself to the Lord through covenants*).

How this guide is organized

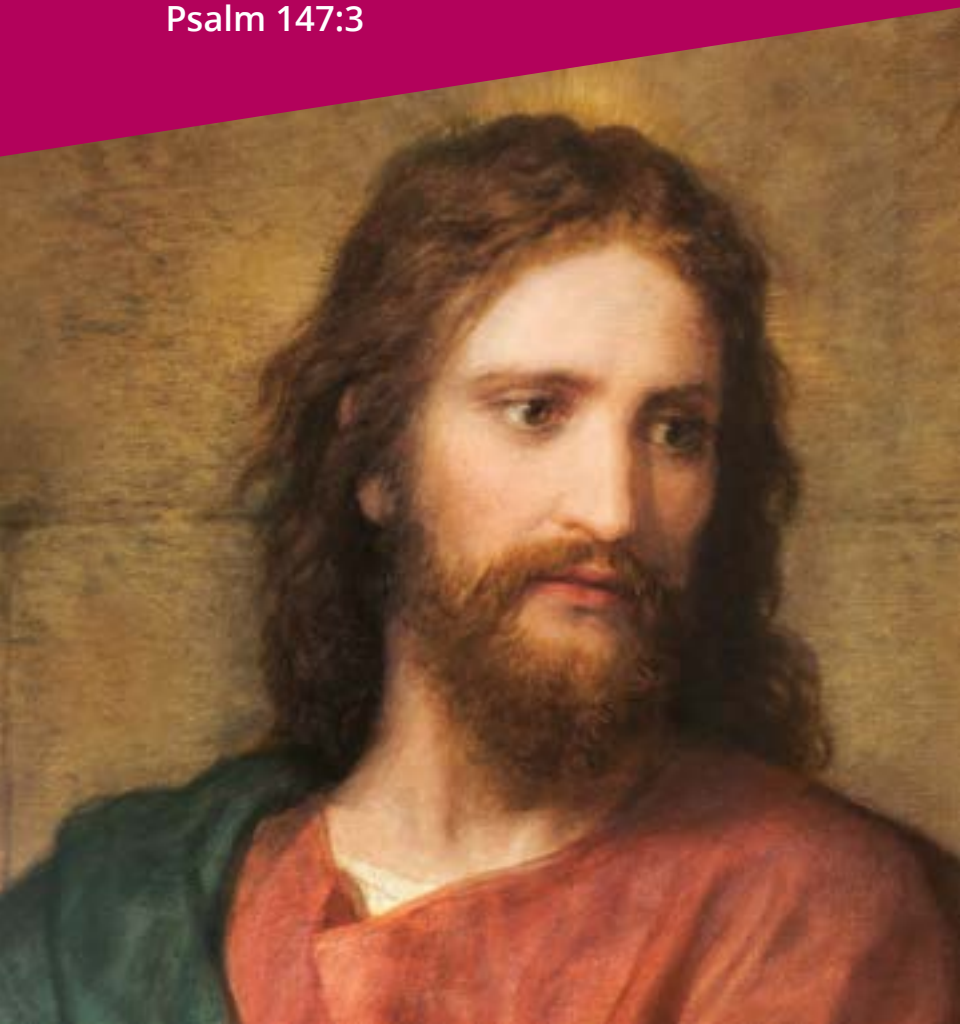
Each topic has three parts:

1. **Eternal truths**, or doctrine of the restored gospel of Jesus Christ
2. **Invitations** to act on those truths
3. **Promised blessings** that the Lord offers those who live by His teachings



Jesus Christ will help you

Psalm 147:3



Jesus Christ is your strength. He has done everything necessary for you to have joy in this life and forever. By choosing Him and His gospel, you are choosing eternal joy.



Even when you try to do your best to make good choices, sometimes you will make mistakes. You'll do things you wish you hadn't. Everyone does. When that happens, it is easy to feel discouraged or wonder if you will ever be good enough. But there is good news—wonderful, hopeful news! Because God loves you, He sent His Son, Jesus Christ, who took upon Himself your sins so you can repent and keep progressing.

ETERNAL TRUTHS

Jesus Christ can strengthen you. He can help you change your desires, your thoughts, and your actions. When you are worried, afraid, or struggling in any way, He will comfort you. He will help you in all aspects of your life.

Repentance isn't punishment for sin; it is the way the Savior frees us from sin. To repent means to change—to turn away from sin and toward God. It means to improve and receive forgiveness. This kind of change is not a one-time event; it's an ongoing process.

INVITATIONS

Repent. Turn to the Lord with the desire to improve. When you've done something wrong, honestly admit it before God and, as needed, to your bishop and anyone you may have harmed. Do your best to make things right.

Rejoice in the gift to do better and be better. Even when it is not easy and takes longer than you'd like, never stop trying. Keep working and trusting in the Lord. The Savior will help you every step of the way.

PROMISED BLESSINGS

Jesus Christ will forgive and heal you as you repent. He will replace your guilt with peace and joy. He will remember your sins no more. In His strength, your desire to keep His commandments will increase.

He will change your heart and your life. Little by little, you will grow and become more like Him. Your covenant connection with Him will bring you greater access to His power.

QUESTIONS AND ANSWERS

How do I know if God has forgiven me? God promises He will forgive those who repent. When you feel comfort from the Spirit, you can know that the Savior's atoning power is working in your life.



When do I need the help of the bishop to repent? Your bishop holds priesthood keys and spiritual gifts to help you repent. You can seek his help and counsel at any time. If you have made serious mistakes, such as breaking the law of chastity, meet with your bishop. He won't condemn you. He is a representative of Jesus Christ and will help you know how to fully repent and receive the Savior's healing and strengthening power.

I'm trying to repent, but I keep making the same mistakes. What should I do now?

It takes time to develop good habits and break bad ones, so don't give up. Turn toward Christ. His grace is sufficient. Try again. You are never alone in your efforts to progress. Jesus Christ is always with you.



See **Enos 1:6** (*guilt can be swept away*); **Mosiah 4:3** (*through the Holy Ghost, God lets you know you are forgiven*); **26:30** (*the Savior forgives as often as we repent*); **Ether 12:27** (*the Savior's grace can make weak things strong*); **Moroni 6:8** (*those who repent are forgiven*); **10:32** (*be perfected in Christ*); **Doctrine and Covenants 1:32** (*the Lord forgives those who repent*); **58:42–43** (*repentance includes confessing and forsaking sin*).



TEMPLE RECOMMEND QUESTIONS

Do you have faith in and a testimony of God, the Eternal Father; His Son, Jesus Christ; and the Holy Ghost?

Do you have a testimony of the Atonement of Jesus Christ and of His role as your Savior and Redeemer?

Love God, love your neighbor

Matthew 22:37-40



To help you make good choices, God gives commandments. He does this because He loves you. And the best reason to obey God's commandments is because you love Him. Love is at the heart of God's commandments.



ETERNAL TRUTHS

God loves you. He is your Father. His perfect love can inspire you to love Him. When your love for Heavenly Father is the most important influence in your life, many decisions become easier.

The two greatest of all commandments, Jesus taught, are to love God and love your neighbor. And who is your neighbor? Everyone! Everything else taught in the scriptures and by the prophets is connected to these two commandments.

All people are your brothers and sisters—including, of course, people who are different from you or disagree with you. Heavenly Father wants His children to love each other. When you serve His children, you are serving Him.

INVITATIONS

Show love for God by keeping His commandments.

For example, by keeping the Sabbath day holy, including by faithfully preparing for and partaking of the sacrament, you show God that you are willing to dedicate one day a week to Him. As you fast and pay tithes and offerings, you show God that His work

is more important to you than material things. When you use the names of God and Christ with reverence, never in a vain or casual way, you show you are grateful for all They have done for you.



Treat everyone as a child of God.

As a disciple of Jesus Christ, you can lead out in treating people of all races, religions, and any other groups with love, respect, and inclusion—especially those who are sometimes victims of hurtful words and actions. Reach out to those who feel lonely, isolated, or helpless. Help them feel Heavenly Father’s love through you.

Make sure your language reflects love of God and others—

whether you’re communicating in person or virtually. Say things that uplift—nothing that might be divisive, hurtful, or offensive, even as a joke. Your words can be powerful. Let them be powerful for good.

Loving all of God’s children starts at home. Do your part to make your home a place where everyone can feel the Savior’s love.

PROMISED BLESSINGS

Your relationship with God will deepen as you express your love by obeying His commandments and keeping your covenants with Him.

Your relationship with others will deepen as you express your love through Christlike service. You will find joy in making the world a more loving place.

QUESTIONS AND ANSWERS

How can I feel God's love? Heavenly Father's love is always available. Talk to Him often through prayer. Share your feelings with Him, and listen for impressions from Him. Read His words in the scriptures. Think about all that He has done for you. Spend time in places and activities where His Spirit is present.



Does the Lord expect me to love everyone, even those who treat me badly? The Lord expects you to love your enemies and pray for those who mistreat you. However, that does not mean you should stay in a situation that causes you emotional, physical, or spiritual harm. Set healthy boundaries to keep yourself safe. If you are being bullied or abused—or if you know this is happening to someone else—talk to a trustworthy adult.

When and how should I get to know members of the opposite sex? The best way to get to know others is through genuine friendship. While you are young, build good friendships with many people. In some cultures, youth get to know members of the opposite sex through wholesome group activities. For your emotional and spiritual development and safety, one-on-one activities should be postponed until you are mature—age 16 is a good guideline. Counsel with your parents and leaders. Save exclusive relationships for when you are older. Spend time with those who help you keep your commitments to Jesus Christ.

What can I do if my home is not a place of love? Your Savior knows your situation, and He loves you. Be patient, continue to keep God's commandments, and be a good example to your

family. Build relationships within your ward family. Prepare now to build your own family founded on the teachings of Jesus Christ.

See **Isaiah 58:3–11** (*purposes of fasting*); **58:13–14** (*blessings of honoring the Sabbath*); **Malachi 3:8–10** (*blessings of paying tithing*); **Luke 6:27–28** (*love your enemies*); **10:25–37** (*who is my neighbor?*); **John 3:16–17** (*God loved us, so He sent His Son*); **14:15** (*we keep the commandments because we love God*); **1 John 4:19** (*we love God because He loves us*); **Mosiah 2:17** (*when we serve others, we are serving God*).



TEMPLE RECOMMEND QUESTIONS

Do you follow the teachings of the Church of Jesus Christ in your private and public behavior with members of your family and others?

Do you strive to keep the Sabbath day holy, both at home and at church; attend your meetings; prepare for and worthily partake of the sacrament; and live your life in harmony with the laws and commandments of the gospel?

Are you a full-tithe payer?



Walk in God's light

Galatians 5:25



You make better choices when you can see things clearly. That's why light is so important; light makes it easier to see the right path. Heavenly Father has given you access to heavenly light—the gift of the Holy Ghost—to help you see clearly what is good and bad, right and wrong.



ETERNAL TRUTHS



At baptism you enter a joyful covenant relationship with Heavenly Father and Jesus Christ.

In the temple, you will make additional covenants that can strengthen that relationship. Each week during the sacrament, you renew your covenants. You express your willingness to keep the commandments, and the Lord blesses you with the opportunity to have the Holy Spirit as your constant companion. It is one of His greatest gifts to you.

Making good choices improves your ability to feel the Spirit.

There are many good and wholesome things in this world. Just as your body is affected by what you eat and drink, your mind and spirit are profoundly affected by what you read, watch, and listen to.

INVITATIONS

Make time for the Lord every day. Learn of Him. Always remember Him. Pray to your Heavenly Father. Study the holy scriptures and the words of living prophets. Then strive to live by what you learn.



Seek that which uplifts, inspires, and invites the Spirit.

As you make choices about what to watch, read, listen to, or participate in, think about how it makes you feel. Does it invite good thoughts? Stay away from anything that mocks sacred things or that is immoral. Don't participate in anything that dulls your judgment or sensitivity to the Spirit, such as violence, alcohol, and harmful drugs. Have the courage to turn off a video or game, walk out of a movie or a dance, change your music, or turn away from anything that is not consistent with the Spirit.



Use social media to uplift. Social media can be a powerful communication tool. If you use it, focus on light, faith, and truth. Don't compare your life to what other people seem to be experiencing. Remember that your worth comes from being a child of heavenly parents, not from social media.

Seek wholesome experiences and real and lasting relationships.

Be careful that your use of technology and media does not replace spending in-person time with family and friends. Social media and other technology can take much of your time without giving a lot of value in return. Take a break from the virtual world and connect with people in real life.

PROMISED BLESSINGS

You can have the Spirit with you always. The Holy Ghost will bear witness to you of Heavenly Father and Jesus Christ. He will comfort, guide, warn, and sanctify you. He will help you recognize truth and see the good in the world.

QUESTIONS AND ANSWERS

How can I know if I'm feeling the Holy Ghost?

Learning to be aware of the Spirit takes time, practice, and patience. He speaks to different people in different ways. Don't overlook simple

things—the peaceful feeling you get hearing someone's testimony or the unsettled feeling you get after making a wrong choice. Search the scriptures for different ways the Spirit communicates, pray about it, and keep looking for opportunities to feel the Spirit.



What is pornography? Why should I avoid it? Pornography is a representation, in pictures or words, that is designed to arouse sexual feelings. Pornography comes in many forms, including videos, pictures, books, and music. It can also be messages or

images sent between friends. Pornography treats things that are sacred—our physical bodies and sexual feelings—with disrespect. You may come across pornography without meaning to. Whether you come across pornography intentionally or not, turn away immediately. You may also want to talk with a parent or other trusted adult. Intentionally viewing pornography is sinful and harms your ability to feel the Spirit. It weakens your self-control and distorts the way you see yourself and others. Jesus Christ has the power to help you resist pornography and repent. Turn toward Him; turn away from darkness. Your bishop can help you receive strength and forgiveness through the Savior.

See **Amos 5:14** (*seek good*); **Galatians 5:22–23** (*the fruits of the Spirit*); **Moroni 7:18–19** (*the light of Christ*); **Doctrine and Covenants 6:23** (*the Lord speaks peace*); **20:77, 79** (*the sacrament prayers*).



TEMPLE RECOMMEND QUESTIONS

The Lord has said that all things are to be “done in cleanliness” before Him (Doctrine and Covenants 42:41). Do you strive for moral cleanliness in your thoughts and behavior?

Do you obey the law of chastity?

Do you strive to keep the Sabbath day holy, both at home and at church; attend your meetings; prepare for and worthily partake of the sacrament; and live your life in harmony with the laws and commandments of the gospel?

What to do in the moment

When you find yourself tempted to use media or technology in unhealthy ways—whether it's driving away the Spirit or even just wasting your time—try the following:



- 1. Call it what it is.** Acknowledge what you are tempted to do. You might even say it aloud—for example, “This image is pornography,” “This doesn’t feel right,” or “This could hurt someone’s feelings.”
- 2. Replace what you are doing with a better choice.** Get away; move to another room or go outside. Focus on something good.
- 3. Connect with someone or something you love and respect—**maybe a family member, a supportive friend, or your favorite scripture. Most of all, connect with your Heavenly Father, and pray for strength.

For more help, see “Media Safety” in the Gospel Library.

Your body is sacred

1 Corinthians 6:18–20



Your body is an amazing gift from your Heavenly Father. He gave it to you to help you become more like Him. Having a body gives you increased power to exercise your freedom to choose. The restored gospel of Jesus Christ can help you see your body from God's perspective. And that makes a big difference in your choices about what to do with your body and how to care for it.



ETERNAL TRUTHS

Your body is in the image of God—the most glorious, majestic Being in the universe. The scriptures compare our bodies to a holy temple, a place where the Spirit can dwell. Of course, your body is not perfect now. But the experiences you're having with your body can help you prepare to receive one day a perfect, resurrected, glorified body.

Your soul is made up of your body and your spirit. For this reason, physical health and spiritual health are closely connected. The Savior revealed the Word of Wisdom to teach principles of caring for your body—and to promise physical and spiritual blessings.

Sexual feelings are an important part of God's plan to create happy marriages and eternal families. These feelings are not sinful—they are sacred. Because sexual feelings are so sacred and so powerful, God has given you His law of chastity to prepare you to use these feelings as He intends. The law of chastity states that God approves of sexual activity only between a man and a woman who are married. Many in the world ignore or even mock God's law, but the Lord invites us to be His disciples and live a standard higher than the world's.



INVITATIONS

Treat your body—and others' bodies—with respect.

As you make decisions about your clothing, hairstyle, and appearance, ask yourself, “Am I honoring my body as a sacred gift from God?” Heavenly Father wants us to see each other for who we really are: not just physical bodies but His beloved children with a divine destiny. Avoid styles that emphasize or draw inappropriate attention to your physical body instead of who you are as a child of God with an eternal future. Let moral cleanliness and love for God guide your choices. Seek counsel from your parents.



Do things that will strengthen your body—nothing that will hurt or damage it. Enjoy with gratitude the many good things God has provided. But remember that alcohol, tobacco, coffee, tea, and other harmful drugs and substances are not for your body or your spirit. Even helpful substances, like prescription drugs, can be destructive if not used correctly.



Keep sex and sexual feelings sacred. They should not be the subject of jokes or entertainment. Outside of marriage between a man and a woman, it is wrong to touch the private, sacred parts of another person's body even if clothed. In your choices about what you do, look at, read, listen to, think about, post, or text, avoid anything that purposely arouses lustful emotions in others or yourself. This includes pornography in any form. If you find that situations or activities make temptations stronger, avoid them. You know what those situations and activities are. And if you aren't sure, the Spirit, your parents, and your leaders can help you know. Show your Father in Heaven that you honor and respect the sacred power to create life.

PROMISED BLESSINGS

Your respect for yourself and others will increase as you honor your body through your behavior, appearance, and dress.

The Lord has promised great treasures of knowledge to those who keep the Word of Wisdom. A healthy body, free from addiction, also increases your ability to receive personal revelation, think clearly, and serve the Lord.

Living the law of chastity brings God's approval and personal spiritual power. When you are married, this law will bring greater love, trust, and unity to your marriage. Obeying this law will make it possible for you to progress eternally and become more like your Heavenly Father. Your confidence will grow as you live as a disciple of Jesus Christ.



QUESTIONS AND ANSWERS

What is the Lord's standard on dress, grooming, tattoos, and piercings? The Lord's standard is for you to honor the sacredness of your body, even when that means being different from the world. Let this truth and the Spirit be your guide as you make decisions—especially decisions that have lasting effects on your body. Be wise and faithful, and seek counsel from your parents and leaders.



How can I overcome temptations and bad habits? Heavenly Father and Jesus Christ have the power to help you. Fill your life with things that invite that power into your life, such as prayers, scripture study, and service to others. Turn to Jesus Christ and His gospel and you will find that weaknesses can become strengths.

Seek help from parents, leaders, and professional counselors as needed. For those who suffer from addiction, the Church offers an addiction recovery program. These are blessings the Savior's Church provides to help you regain control of your life. It will take time, so be patient, and never give up.



I am attracted to people of my same sex. How do these standards apply to me? Feeling same-sex attraction is not a sin. If you have these feelings and do not pursue or act on them, you are living Heavenly Father's sacred law of chastity. You are

a beloved child of God and a disciple of Jesus Christ. Remember that the Savior understands everything you experience. Through your covenant connection with Him, you will find strength to obey God's commandments and receive the blessings He promises. Trust Him and His gospel.

I was abused, and I feel ashamed. Am I guilty of sin?

Being a victim of any abuse or assault does not make you guilty of sin. Please do not feel guilt or shame. The Savior loves you. He wants to help you, heal you, and give you peace. Professional counselors, your family members, and your leaders can also help.

See **Genesis 1:27** (*we are created in God's image*); **John 14:18** (*the Savior promises comfort*); **Philippians 4:7** (*the peace of God passes understanding*); **Doctrine and Covenants 88:15** (*the spirit and the body are the soul*); **89** (*the Word of Wisdom*); **121:45** (*virtuous thoughts lead to increased confidence*).



TEMPLE RECOMMEND QUESTIONS

The Lord has said that all things are to be “done in cleanliness” before Him (Doctrine and Covenants 42:41). Do you strive for moral cleanliness in your thoughts and behavior?

Do you obey the law of chastity?

Do you understand and obey the Word of Wisdom?

Caring for your body includes caring for your mental and emotional health

It's normal to feel sad or anxious from time to time. When you are unable to cope with those feelings and recover from them, that may be a sign of mental or emotional challenges that require help from a parent, leader, doctor, or professional counselor.



Such help can be a blessing from your loving Father in Heaven. If you ever have thoughts of harming yourself or ending your own life, seek help right away. Remember, you are loved, valued, and needed. Whatever your emotional or mental struggles may be, seek peace in Jesus Christ and His gospel.

Truth will make you free

John 8:32





Your Heavenly Father is a God of truth. He is all-knowing. All truth comes from Him and leads to Him. You show that you value truth as you seek learning, live with integrity, and bravely stand for what you know is right—even if you have to stand alone.

ETERNAL TRUTHS

Heavenly Father wants His daughters and sons to always be learning. You have both temporal and spiritual reasons to seek and love learning. Education is not just about earning money. It is part of your eternal goal to become more like Heavenly Father.

Living with integrity means that you love truth with all your heart—more than you love personal comfort, popularity, or convenience. It means doing what is right simply because it is right.

You have something precious to share. The gospel of Jesus Christ holds the answers to life's questions. It is the way to peace and happiness. You may not know everything, but you know enough to help others understand and value true, eternal principles.

INVITATIONS

Always be learning. Look for opportunities to expand your mind and your skills. These opportunities can include formal education at school or vocational training, as well as informal learning from sources you trust. Involve the Lord in your efforts, and He will guide you. As you learn about the world around you, learn also about the Savior, who created the world. Study His life and teachings. Make seminary, institute, and personal gospel study part of your lifelong learning.

Love the truth so much that you would never want to steal, lie, cheat, or deceive in any way—at school, at work, online, everywhere. Be the same faithful follower of Jesus Christ in public and in private.

Be a light for others. Let your words and your actions reflect your faith in Jesus Christ. Prepare now for future opportunities to share His glorious gospel, as a missionary and throughout your life. And be ready to tell anyone who asks you about the hope and happiness you feel.

PROMISED BLESSINGS

Education increases your ability to serve the Lord. It empowers you to bless others, especially your family. The more you learn, the more you can help build God's kingdom and influence the world for good.

Honesty brings peace and self-respect. When your words and actions align with truth, you show that you can be trusted—by other people and by the Lord.

When you stand up for the teachings of Jesus Christ, He stands with you. Others may not agree with you, but your courage and sincerity will be noticed. Whether or not others follow your example, your testimony, confidence, and faith in Christ will grow.

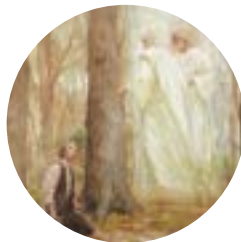
QUESTIONS AND ANSWERS

Is it wrong to have questions about the Church?

How can I find answers? Having questions is not a sign of weakness or lack of faith. In fact, asking questions can help build faith. The Restoration of the gospel started when 14-year-old Joseph Smith asked questions



with faith. Seek answers in the scriptures, in the words of God's prophets, from your leaders and faithful parents, and from God Himself. If answers don't come right away, trust that you will learn line upon line. Keep living by what you already know, and keep seeking for truth.



How can I stand up for what is right without offending those who have different beliefs? Start by making sure your words and actions are inspired by love for God and His children. Sharing the gospel should not be done in a spirit of contention but rather with clarity, meekness, and kindness. You can be loving toward others even if you don't agree with their views.

See **Matthew 5:14–16** (*let your light shine*); **John 14:6** (*Jesus is the truth*); **1 Peter 3:15** (*be ready always to share your hope in Christ*); **Doctrine and Covenants 88:77–80** (*things the Lord wants us to learn*); **93:36** (*the glory of God is intelligence*); **124:15** (*integrity means loving what is right*); **130:18** (*our intelligence will rise with us when we are resurrected*).



TEMPLE RECOMMEND QUESTION

Do you strive to be honest in all that you do?

Find joy in Christ

Choices matter. Choices based on gospel teachings are steps that lead you closer to your Heavenly Father and Jesus Christ. Jesus said, “These things have I spoken unto you, ... that your joy might be full” (John 15:11). With each step toward Him, you will feel closer to the Spirit and your covenant relationship with God will become stronger.

But that doesn’t mean the path will be problem-free. And since no one walks a perfectly straight line, constantly check your direction and honor God’s commandments. Keep your covenants with God and prepare to make more. Covenants connect you to Heavenly Father and the Savior. They increase God’s power in your life and prepare you to receive eternal life.

Of all possible choices, the one that matters most is the choice to follow Jesus Christ. He *is* the strength of youth. His gospel is the joyful way back to your Heavenly Father.



Appendix

One way to assess your progress on the covenant path is to ponder the questions below. They are the questions you are asked when you are interviewed to receive a temple recommend, but don't wait for an interview. Do your own spiritual checkup. The Young Women Theme, the Aaronic Priesthood Quorum Theme, and the Ten Commandments can also be helpful tools in your self-evaluation.



TEMPLE RECOMMEND QUESTIONS FOR YOUTH

Do you have faith in and a testimony of God, the Eternal Father; His Son, Jesus Christ; and the Holy Ghost?

Do you have a testimony of the Atonement of Jesus Christ and of His role as your Savior and Redeemer?

Do you have a testimony of the Restoration of the gospel of Jesus Christ?

Do you sustain the President of The Church of Jesus Christ of Latter-day Saints as the prophet, seer, and revelator and as the only person on the earth authorized to exercise all priesthood keys? Do you sustain the members of the First Presidency and the Quorum of the Twelve Apostles as prophets, seers, and revelators? Do you sustain the other General Authorities and local leaders of the Church?

The Lord has said that all things are to be “done in cleanliness” before Him (Doctrine and Covenants 42:41). Do you strive for



moral cleanliness in your thoughts and behavior? Do you obey the law of chastity?

Do you follow the teachings of the Church of Jesus Christ in your private and public behavior with members of your family and others?

Do you support or promote any teachings, practices, or doctrine contrary to those of The Church of Jesus Christ of Latter-day Saints?

Do you strive to keep the Sabbath day holy, both at home and at church; attend your meetings; prepare for and worthily partake of the sacrament; and live your life in harmony with the laws and commandments of the gospel?

Do you strive to be honest in all that you do?

Are you a full-tithe payer?

Do you understand and obey the Word of Wisdom?

Are there serious sins in your life that need to be resolved with priesthood authorities as part of your repentance?

Do you consider yourself worthy to enter the Lord's house and participate in temple ordinances?

Young Women Theme

I am a beloved daughter of heavenly parents, with a divine nature and eternal destiny.

As a disciple of Jesus Christ, I strive to become like Him. I seek and act upon personal revelation and minister to others in His holy name.

I will stand as a witness of God at all times and in all things and in all places.

As I strive to qualify for exaltation, I cherish the gift of repentance and seek to improve each day. With faith, I will strengthen my home and family, make and keep sacred covenants, and receive the ordinances and blessings of the holy temple.

Aaronic Priesthood Quorum Theme

I am a beloved son of God, and He has a work for me to do.

With all my heart, might, mind, and strength, I will love God, keep my covenants, and use His priesthood to serve others, beginning in my own home.

As I strive to serve, exercise faith, repent, and improve each day, I will qualify to receive temple blessings and the enduring joy of the gospel.

I will prepare to become a diligent missionary, loyal husband, and loving father by being a true disciple of Jesus Christ.

I will help prepare the world for the Savior's return by inviting all to come unto Christ and receive the blessings of His Atonement.

The Ten Commandments

Thou shalt have no other gods before me.

Thou shalt not make unto thee any graven image.

Thou shalt not take the name of the Lord thy God in vain.

Remember the sabbath day, to keep it holy.

Honour thy father and thy mother.

Thou shalt not kill.

Thou shalt not commit adultery.

Thou shalt not steal.

Thou shalt not bear false witness.

Thou shalt not covet.

See Exodus 20:3-17.



What about . . . ?

Below are some topics you might have questions about. *For the Strength of Youth* doesn't mention all of them by name, but it does teach eternal truths that can help you make decisions about these topics. You'll find these truths on the pages listed below.

A

addiction, 26, 27
alcohol, 18, 23, 25, 26
anxiety, 29
Atonement of Jesus Christ,
6–9, 27

B

body piercing, 27
bullying, 12, 13

C

chastity, 23, 25, 26, 27–28
cheating, 31, 32
coffee, 23, 25, 26
commandments, 11–12

D

dance, 18
dating, 13
depression, 29
dress, 24, 25, 27
drugs, 18, 23, 25, 26

E

education, 31–32
emotional health, 29

F

faith in Jesus Christ, 32–33
family, 12, 13–14
friends, 12, 13

G

gossip, 12
grace, 6–9, 27
grooming, 24, 25, 27

H

Holy Ghost, 4, 8, 13, 17–19
homosexuality, 27–28
honesty, 31, 32

I

integrity, 31, 32
internet, 18–19

J

Jesus Christ, 4, 6–9, 11, 12, 17, 27, 29, 32, 34

joy, 4, 8, 12, 34

L

language, 12

LGBTQ+, 27–28

love, 10–14

lying, 31, 32

M

media, 17–21

mental health, 29

missionary work, 32

modesty, 24, 25, 27

movies, 17–21

music, 17–21

P

piercings, 27

pornography, 19–20, 25

prejudice, 12

prescription drugs, 25

Q

questions, 32–33

R

racism, 12

repentance, 6–9

S

Sabbath day, 11

sacrament, 17

same-sex attraction, 27–28

sex, 23, 25, 26, 27–28

sexual abuse, 28

sexual assault, 28

sexual purity, 23, 25, 26, 27–28

social media, 17–21

stealing, 31, 32

swearing, 12

T

tattoos, 27

tea, 23, 25, 26

tithing, 11–12

V

videos, 17–21

violence, 18

W

Word of Wisdom, 23, 25, 26

*Look unto me
in every thought;
doubt not, fear not.*

DOCTRINE AND COVENANTS 6:36



ENGLISH

