

Fully Rely On God

-compiled by Kim Allphin



Intro: Casting all your cares upon him; for he careth for you. - 1 Peter 5:7

So lets take a "leap" of faith and Fully Rely on God! He will accept us warts and all.

Talk & Mormon Ad: Ask someone to share the talk 'Stand As A Witness' that is attached while displaying the Mormon Ad picture with the frog and the pot.

The Pioneer FROGS Meant Safety: In 1847, Brigham Young and the pioneers drifted southward along the towering western wall of the Wasatch Mountains, crossing the country on their way to the Salt Lake Valley. They were traveling through unknown country. They passed through fertile meadows, wetlands engineered by beavers but there were also salty marshes and tainted lakes. Thirsty pioneers traveling along the Humboldt Trail through Utah knew how to find potable water: If there were frogs in a spring or pond, it was safe to drink. That rule of thumb may have provided as much daily sustenance as the teachings of the prophet Joseph Smith for that journey. We will have safety when we look for 'FROGS' & Fully Rely On God, just as the hymn says, "Words of a prophet, keep the commandments, in this there is safety & peace."

Sing: Hymn #303

Make Origami Frog – directions attached



Refreshments:

Sherbet the Frog

IES

Ingredients:

Lime Sherbet
Green Decorators' Gel
Junior Mints
Green Gummy Rings @ Target



Step 1 Set a scoop of lime sherbet on a small green plate (trim the plate to resemble a lily pad).

Step 2 Cut 1 green gummy ring candy into quarters & place the 4 pieces under the sherbet scoop for feet.

Step 3 Set 1/2 Junior Mint & 1/2 a gummy ring in place for each eye. Add green gel for mouth & nostrils.

Stand as a Witness Margaret D. Nadauld -Young Women General President



What does it mean to stand as a witness of God at all times and in all things and in all places? First of all, in standing as a witness at all times, we promise to love the Lord, to honor Him all the time--daytime and nighttime, good times and bad times--love the Lord and let that love show by the way we live. We also take time to thank Him, take time to ask for help, take time to seek guidance, and then take time to listen. Take time for that still, small voice which will whisper to us, help us, and give us courage. Let me illustrate: Standing as a witness in all things means *all* things--big things, little things, in all conversations, in jokes, in games played and books read and music listened to, in causes supported, in service rendered, in clothes worn, in friends made.

Standing as a witness in all things means being kind in all things, being the first to say hello, being the first to smile, being the first to make the stranger feel a part of things, being helpful, thinking of others' feelings, being inclusive. Our Heavenly Father does bless us when we show our love for Him in all things. We say that we will stand as a witness in all places. That means not only in public places but in private places, in secret, in dark or in light places; in church, school, home, or cars; in mountain places or beach places; on the street or in the park. Stand as an example of a worthy daughter of God in all places.

Remember Joseph who was sold into Egypt? Certainly he exercised good judgment when he was tempted by Potiphar's wife to become involved with her in an immoral act. We read in the Bible that at this critical time in his young life, Joseph stood up and got himself out of the situation (see Gen. 39:7-12). He didn't sit around wondering what to do. He didn't linger a little longer. He *stood*--he stood as a witness of righteousness at this crucial time. You, like Joseph, are of noble heritage. You have a royal inheritance, for you are a spirit daughter of God. You were chosen, before this world was, to come forth at this time. You were taught in a premortal world by God Himself. The time is here for you to stand up for what you know is right. You must judge right from wrong. No longer can you be complacent or go with the flow or wonder what to do. You must decide now which path you will follow and which answer you will give. Decide well in advance, before the pressure is on.

The great good news is that you can win any assault that is aimed at you! And it is not that hard. Just use good judgment! You can stand up and change the channel on the television, delete any comments that cuss on MySpace and don't go to or rent bad movies. Don't wear the revealing clothes that are too tight or too bare or too short. Leave them in the closet. Better still, leave them in the store. Stand up and walk away from temptation, just like Joseph did--only he didn't just walk away, he ran! You can do this too, literally and figuratively, and you will be safer, more pure, more secure.

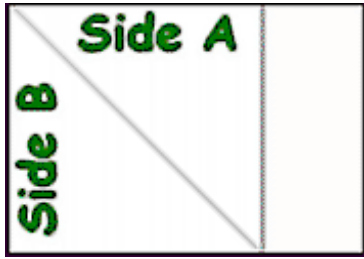
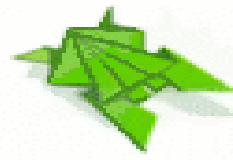
One way to disrupt God's plan for you would be to desensitize young women. Give them a small, seemingly innocent taste of something ultimately destructive, next time a little more, and next time even more again, and soon, when it was time for the big whammy, it would hardly be noticed.



It is said if you want to boil a frog, don't throw him in a pot of boiling water. He will immediately jump out. Put him in a pot of cold water and turn the heat up so slowly that he won't even notice the dangerous increase in temperature. Young women, I fear that the trend in our world is to slowly turn up the heat. Pay attention. Don't allow yourselves to be desensitized by gradual lapses in good judgment.

As you view images, whether on TV or movies or Internet or magazines, you will see some good things and most probably some bad. Wrong and evil may be made to appear acceptable. Don't be tricked! Simply stand up and walk away! Christ showed us the way. He willingly suffered for our sins because He loved us so completely. He gave us the right to repent. When we think of the magnificence of His gift to us, what small thing could we do for Him and for our Heavenly Father who sent Him? We could stand as witnesses of Their love & teachings at all times, in all things, and in all places.

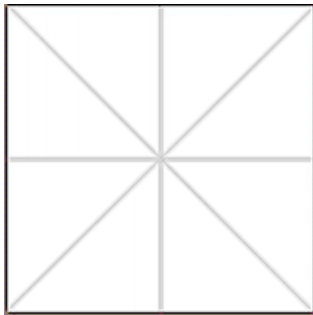
Origami Frog



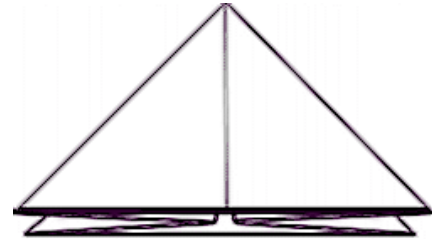
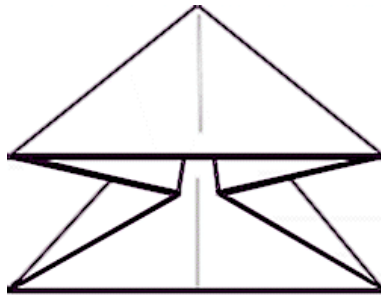
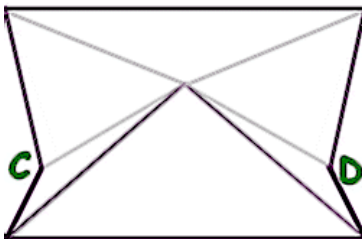
1) To make your very own Origami Jumping Frog, start out with a square piece of paper 8.5" x 8.5". You can find square paper at art supply stores or you can even be more creative and make your own. To make your own square, take a sheet of paper & fold it diagonally, so that side "a" meets side "b".



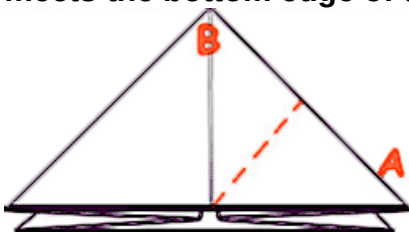
2) You can either cut along the red line with a pair of scissors or you can fold the paper backwards and forwards to create a sharp crease and then carefully tear section 1 off.



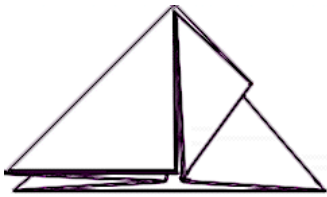
3) Now you should have a perfect square. Next you need to fold it so that the creases match the diagram below. Fold the paper diagonally & then in half. Then unfold & it should match this diagram.



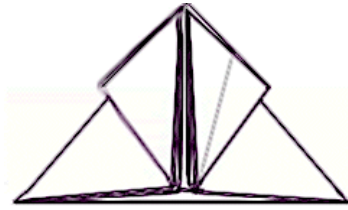
4) Push on points C & D, at the same time folding the top edge of the paper down until it meets the bottom edge of the paper. You want your completed fold to end up a triangle.



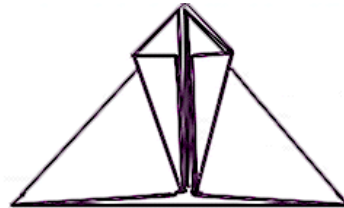
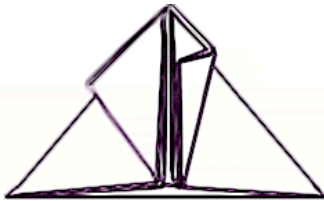
5) Take the paper at point "A" (which is only the top layer of the paper, don't fold the bottom corner yet), and fold along the dotted line so that point "A" meets point "B."



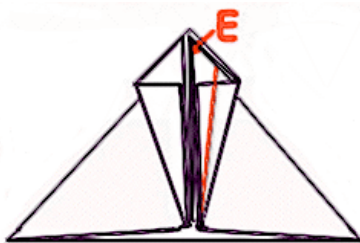
6) Do the same thing on the other corner (remember to fold the top layer only). Now you should have something that resembles the diagram.



7) Fold along the gray line in the above diagram, so that your paper looks like the diagram.



8) Do exactly the same for the other side. So that your paper now matches the diagram.



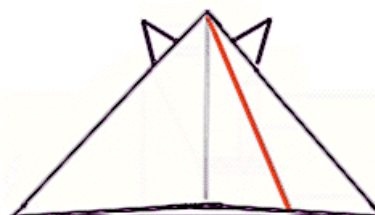
9) Now fold the top corner. marked E, outwards



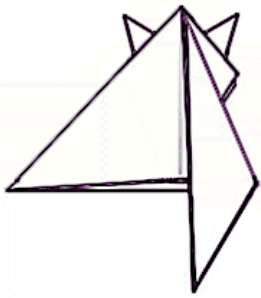
so it looks like this:



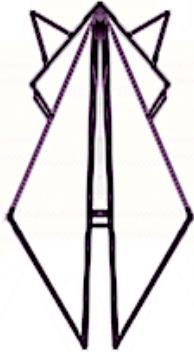
10) Do the same on the left side so your paper looks like this



11) Turn your piece of paper over so the other side now faces you like the diagram.



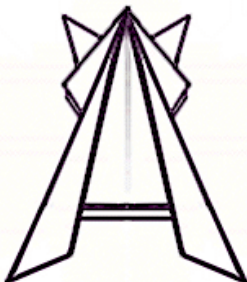
12) Next fold along the diagonal crease so it looks like this.



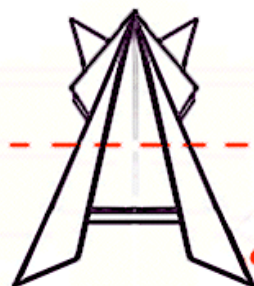
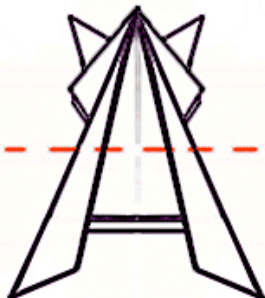
13) Do the same thing on the left side. Your paper should now look like the diagram.



14) Now fold it outwards along the gray line so that your right side looks like this.



15) Do the same thing on the left side. Your Frog is now very close to being completed!



16) The next folds that you are going to do are the ones that make your frog able to jump. Fold your frog in half along the red dotted line like the diagram.



so it ends up like this



17) Turn your frog over so that the other side is facing you and it looks like this.



18) Now fold what are going to be the frog's back legs, down along dotted red line.



19) You have now completed your frog and it should look like the picture.



20) To make your frog jump, lay it on a flat surface like a table, and push down near the end of it, where the red X is in the diagram below. You must make sure that the legs of your frog are folded underneath before you push otherwise it will just sit there. You can race your friends!

STAY OUT OF
HOT WATER



FULLY RELY ON GOD

PHOTOGRAPHY BY WILDEEN C. ANDERSEN, ELECTRONIC COMPOSITION BY MARK G. BUDD

ACCEPTING THE YW WARTS & ALL



Casting all your care upon him, for he careth for you. - 1 Peter 5:7 So let's take a "leap" of faith and Fully Rely on God! He will accept us warts and all. Warts are unsightly to look at `spiritual warts are often a symptom of sin but we must not focus on the warts but rather look past them to the beautiful young woman inside that Heavenly Father intends her to become.

Don't be like the **3 Frogs**: Judge - Men - Tal (judgemental)

We need to accept them where they are now and try to nurture and love them into the gospel where the spirit can convert & lead them to Choose The Right.

Brad Wilcox, "Helping Youth Feel They Belong," *Liahona*, June 1999, 42

Everyone has the need to belong and feel accepted. How can we as leaders help youth feel that they belong in the Savior's pond?

Include youth in planning. When the YW organize and help to plan an activity, it increases participation & creates ownership. Because the ideas were their own, they really care about their success.

Observe or create ward traditions. Ward traditions give a sense of belonging. For example: Christmas caroling in December, a car wash in the summer, a special springtime mother daughter spa each year—any activity that brings people together in wholesome fun and purpose can become a regular event. Think of events in the past that you have had that were successful & make them a tradition. Traditions make them feel a part of something bigger.

Extend personal invitations. Phone calls & personal visits take more time than simply announcing the next activity in opening exercises, but personal invitations reach people & help them feel wanted. One young woman, commented: "Even though I couldn't attend the mutual activity because I was working, the fact that my Laurel adviser took the time to call made me feel special."

Show acceptance. When we smile and give needed and deserved praise, even for small things, we help young people feel loved and accepted. Such approval feeds the Spirit just as food feeds the body. One woman said that she has never forgotten a time in her teen years when a leader praised her for her dependability. That small comment stuck for life.

Listen respectfully. When youth share their feelings, they are usually not seeking advice as much as they are seeking a sympathetic listener—someone who will listen in a nonjudgmental manner. A girl, explained: "Sometimes my parents & leaders are too quick to offer advice when I begin to tell them what's happening at school. They start to lecture & warn me to stay away from temptations. That makes me feel like not saying anything." There will be times when we are impressed to respond with instructions or advise. We never want our silence to be misunderstood as support of improper behavior. However, for the most part we should listen attentively & withhold comment until an appropriate time.

Lead Them Unto Christ. We need to share our testimony often of the Savior, his healing power and love. As Latter-day Saints—a covenant people, we find strength and joy in fellowship and being a part of our Heavenly Father's great plan of happiness. We need to be a tool in the Savior's hands so he can touch these YW's lives.