

AVOID TEMPTATIONS:

- Learn what the Lord's commandments are and obey
- Make wise choices
- Choose worthy friends
- Follow the prophet and Church Leaders
- Study & Read Scriptures
- Select and follow worthy role models
- Dress Modestly
- Set realistic short & long-term goals
—work to achieve them
- Choose a worthy environment to work in
- Select entertainment carefully
- Serve others
- Strengthen our testimonies

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Lesson 4—Obeying Commandments Helps Us Fulfill Our Divine Roles

-Copy the above page on cardstock and cut out each scroll as the Handout.-

Page 15 Activity and Discussion:

I handed each of the girls a pencil and piece of paper. I explained in the lesson manual there are suggestions on how we can resist temptation therefore we could keep the commandments.

I told them I would ask each of them one at a time to tell me what they could do to resist temptation. If their suggestion was not on my list, I wanted them to right down their idea on their own piece of paper.

Once all the girls had given me their idea, I handed out the “scroll” instructing them to add it to the list, and if they thought of anything else while at home to also add it to the list and then keep the scroll as a reminder to resist temptation and keep the commandments.