

Small-Group Discussion

1. Quickly skim the 3 quotes by President Nelson below.
2. Together with your group, decide which quote to read first.
3. Take a look at the questions for the quote and answer the ones that prompt thoughts and responses.
4. Not all questions or quotes need to be discussed and no particular order is necessary.
5. Take turns selecting/choosing, speaking and discussing.
6. Keep this about yourself. How do these quotes and questions apply to you personally?

Quote A - “As you think celestial, your heart will gradually change. You will want to pray more often and more sincerely. Please don’t let your prayers sound like a shopping list. The Lord’s perspective transcends your mortal wisdom. His response to your prayers may surprise you and will help you to think celestial.

“...Our prayers can be—and should be—living discussions with our Heavenly Father.”

Question for A: What is the difference between a shopping list prayer and a living discussion with Heavenly Father? What have you found that helps your prayers be powerful and effective in your life? Has anyone felt more resolve and strength after a deep, heartfelt prayer?

Quote B - “As you think celestial, you will find yourself avoiding *anything* that robs you of your agency. Any addiction—be it gaming, gambling, debt, drugs, alcohol, anger, pornography, sex, or even food—offends God. Why? Because your obsession becomes your god. You look to *it* rather than to *Him* for solace. If you struggle with an addiction, seek the spiritual and professional help you need. Please do not let an obsession rob you of your freedom to follow God’s fabulous plan.”

Question for B: Addictions are prompts that something unpleasant is going on deep down. How can we turn to God instead? Has anyone ever defeated an addiction with God's help? What did you do?

Quote C - “Thinking celestial will also help you obey the law of chastity. Few things will complicate your life more quickly than violating this divine law. For those who have made covenants with God, immorality is one of the quickest ways to lose your testimony.

Many of the adversary’s most relentless temptations involve violations of moral purity.”

Question for C - What violations of moral purity surround us? Why is it important to defy the gravity of those? What are some ways you have resisted those temptations?