

D. Todd Christofferson April 2025 - Teacher Copy

Quote #1 (whom)

Possible engagement tool: Elder Christofferson teaches us powerful concepts about worshipping. See what stands out to you from these quotes.

Quote A

“When we think of worship, our thoughts typically turn to the ways we show religious devotion both privately and in Church services. As I have considered the matter of worshipping our Heavenly Father and His Beloved Son, our Savior, four concepts have come to mind: first, the actions that constitute our worship; second, the attitudes and feelings that figure into our worship; third, the exclusivity of our worship; and fourth, the need to emulate the Holy Beings that we worship.”

Quote B

“The object of our worship is exclusively “the only true God, and Jesus Christ, whom [He] hast sent.”

Quote C

“May we, as the ancient Nephites and Lamanites, “fall down at the feet of Jesus, and ... worship him.” May we, as commanded by Jesus, “fall down and worship the Father in [the] name [of the Son].”

Define worship: (Have someone read) “Worship” refers to the act of reverencing, honoring, and devoting oneself to God the Father and His Son, Jesus Christ, through faith, obedience, and love. It is a deeply personal and communal expression of gratitude, submission, and commitment to divine will.

Possible discussion questions: What stood out for you from these quotes today? Why does Elder Christofferson mention worshipping both Heavenly Father and Jesus Christ several times? What does the word worship mean to you?

Possible Activity: Read D&C 25:12 (Jesus Christ is speaking.)

“For my soul delighteth in the song of the heart; yea, the song of the righteous is a prayer unto me, and it shall be answered with a blessing upon their heads.”

Then sing the hymn, “Jesus the Very Thought of Thee” (pg 141) with your group.

Quote #2 (sabbath)

Possible engagement tool: Have your class think about this question while we read these quotes: “How can we make the Sabbath Day matter more”?

“At the most recent general conference, Elder Patrick Kearon reminded us that “we do not gather on the Sabbath simply to attend sacrament meeting and check it off the list. We come together to worship. There is a significant difference between the two. To attend means to be present at. But to worship is to intentionally praise and adore our God in a way that transforms us!”

“Devoting our Sabbaths to the Lord and His purposes is itself an act of worship. Some years ago, then-Elder Russell M. Nelson observed: “How do we hallow the Sabbath day? In my much younger years, I studied the work of others who had compiled lists of things to do and things not to do on the Sabbath. It wasn’t until later that I learned from the scriptures that my conduct and my attitude on the Sabbath constituted a sign between me and my Heavenly Father. With that understanding, I no longer needed lists of dos and don’ts. When I had to make a decision whether or not an activity was appropriate for the Sabbath, I simply asked myself, ‘What sign do I want to give to God?’”

Possible discussion questions: How can we individually make Sabbath Day meetings more transformational for ourselves? How can we make it a better experience for others? Why is keeping the Sabbath Day holy so essential? What signs can we give to God on the Sabbath Day? What do you think the Lord wants most from us on the Sabbath Day?

Quote #3 (daily)

Possible engagement tool: Have your class members think about what they can do daily to worship God and the Savior?

“Even so, we cannot forget the daily acts of worship that we engage in individually and at home. The Savior reminds us, “Nevertheless thy vows shall be offered up in righteousness on all days and at all times.”

Possible discussion questions: What individual acts of worship can you do daily? What is your favorite way to worship the Savior and Heavenly Father? Can

meaningful prayers help us be worshipful? What enables you to remember to pray regularly?

Quote #4 (loyalty)

Possible engagement tool: Write on the board, Priority = Your True Loyalty

Elder Uchtdorf gave a wonderful definition of how to tell what we value most:

"In reality, we are all travelers—even explorers of mortality. We do not have the luxury of spending our energy on anything that does not lead us and our families to Christ. Our time is one of our most precious resources. Where we invest it reveals what we value most."

Elder Christofferson

"Whatever takes precedence over worship of the Father and the Son becomes an idol. Those who reject God as the source of truth, or disavow any accountability to Him, in effect substitute themselves as their god. One who places loyalty to a party or cause ahead of divine direction worships a false god. Even those who purport to worship God but do not keep His commandments are walking in their own way: "They draw near to me with their lips, but their hearts are far from me." The object of our worship is exclusively "the only true God, and Jesus Christ, whom [He] has sent."

Possible discussion questions: If someone else were to assess how you spend your days, what would they say you are most loyal to? What kind of temptations and distractions does life throw at us? What are some practical ways to increase the amount of devotion we give to Jesus Christ and Heavenly Father?

Quote #5 (holiness)

"Ultimately, how we live may be the best, most genuine form of worship. Showing our devotion means emulating the Father and the Son—cultivating Their attributes and character in ourselves. If, as the saying goes, imitation is the sincerest form of flattery, then we might say with respect to Deity, emulation is the sincerest form of veneration. This suggests an active, sustained effort on our part to seek holiness. But becoming more Christlike is also the natural outcome of our acts of worship. Elder Kearon's phrase cited earlier about worshipping "in a way that transforms us" is significant. True worship is transformative."

Possible discussion questions: By show of hands, who thinks they need to adjust some things in their lives to be closer to God and Christ? What specific attributes or characteristics of the Father and the Son do we want to have? Does anyone mind sharing what particular changes you could make to align more closely with their character? (Be ready to share one of your own in case no one wants to volunteer initially.) What does it mean to live a life of devotion?