

Neil L. Andersen Oct 2025 - Teacher Copy

Quote #1 (come)

Possible engagement tool: Say something like, "The following short quote contains several essential truths—see what stands out to you as we read it."

"The Savior continuously calls, "Come unto me." Strengthening your faith in our Savior, Jesus Christ, will invigorate the yearning of your soul to know Him, believe in Him, and yield your heart to Him. Enos asked about his own forgiveness, "Lord, how is it done?" The Lord responded, "Because of thy faith in Christ, whom thou hast never before heard nor seen."

Possible discussion question: What does Elder Andersen mean by "the Savior continuously calls"?

20 Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me. (Revelation 3:20)

Possible discussion question: What does yielding your heart to the Savior mean to you?

Perfect verse: "Nevertheless they did fast and pray oft, and did wax stronger and stronger in their humility, and firmer and firmer in the faith of Christ, unto the filling their souls with joy and consolation, yea, even to the purifying and the sanctification of their hearts, which sanctification cometh because of their yielding their hearts unto God." (Helaman 3:35)

Possible discussion question: How is forgiveness done – how would you explain it to a friend?

18 Now, as my mind caught hold upon this thought, I cried within my heart: O Jesus, thou Son of God, have mercy on me, who am in the gall of bitterness, and am encircled about by the everlasting chains of death.

19 And now, behold, when I thought this, I could remember my pains no more; yea, I was harrowed up by the memory of my sins no more.

20 And oh, what joy, and what marvelous light I did behold; yea, my soul was filled with joy as exceeding as was my pain! (Alma 36:18-20)

Quote #2 (ungodliness)

Possible engagement tool: Invite your class to consider this personal question to themselves as "we" read the following quote: "What do you have in your life that needs forgiveness and change - please think of one thing (we will not be asking anyone to share)"?

"And Moroni added, "If ye shall deny yourselves of all ungodliness, and love God with all your might, mind and strength, then is his grace sufficient for you."

"Turning from sin, turning toward God, and strengthening your faith in Jesus Christ are a beautiful beginning. Humbly submitting your will to God includes acknowledging serious sins to your bishop or branch president, but your full forgiveness comes from the Savior. Forgiveness is a divine gift offered through the grace of Jesus Christ."

Possible discussion question: What is ungodliness? (Accept all reasonable answers and thank people for them.)

Guide to the Scriptures says: "Someone or something that is not in accordance with the will or commandments of God; wicked and unholy."

Possible discussion questions: What would be a good example of turning from sin and turning toward God? (Be ready with an example of your own, like going back to church and keeping the Sabbath Day holy." What kinds of things do you do to strengthen our faith in Jesus Christ? By the show of hands, have you ever submitted your will to God's and done something you didn't want to do, but you knew He did? Who would like to share an example? (After an answer, if this question fits): And why was it essential that you did that?

Quote #3 (prayer)

Possible engagement tool: Write on the board: "Prayer Changes Things."

Possible Intro: In your own words, something like, "One of the most wonderful things about repentance is the heartfelt, empowering prayers we get to offer. They cleanse the soul."

“A desire to truly return to God is accompanied by the determination to be completely honest with your Heavenly Father, with yourself, with those who were harmed, and with your priesthood leader. Your Heavenly Father rejoices in your resolve to come unto Him with a broken heart and contrite spirit. Having a contrite spirit is humbly putting yourself in the hands of God; having a broken heart brings what the Apostle Paul described as “godly sorrow,” a deep longing of the soul to return to Him whatever the cost.”

—AND—

“One of the greatest blessings and privileges and opportunities we have as children of our Heavenly Father is that we can communicate with Him. We can speak to Him of our life experiences, trials, and blessings. We can listen for and receive celestial guidance from the Holy Spirit. We can offer our petitions to heaven and receive an assurance that our prayers have been heard and that He will answer them as a loving and wise Father.

“Prayers that ascend beyond the ceiling are those that are heartfelt and avoid trite repetitions or words spoken with little thought. Our prayers should spring from our deepest yearning to be one with our Father in Heaven.” (Elder Uchtdorf, *Prayer and the Blue Horizon* - June 2009)

Possible discussion questions: Is there power in prayer? How does a meaningful, heartfelt prayer affect your day? Why is it essential to cultivate the habit and art of prayer and worship in our lives and in our families' lives? What are your comments on prayer in general?

Quote #4 (story)

Possible Intro: Great comfort!

“For you who have been so unfairly injured by the serious sins of another, I long to share the Savior’s love and compassion, His comfort and peace.

“The sadness you have felt, the heartbreak, the loss, the suffocating feeling of betrayal, the upending of your life as you imagined it to be—I give you my absolute assurance, the Savior knows you and loves you. Reach out to Him. He is your comfort and strength; He will send His angels to bear you up. When will your pain be gone, your grief subdued, the unwanted memories forgotten? I do not know. **But this I do know: He has the power to bring beauty from the ashes of your suffering.**

Optional story and quote: Tell Robert D. Wells's story in your own words in a minute or less. Then share his comment:

“From that moment, the burden of guilt [and despair] was amazingly lifted from me. I had been rescued! I immediately understood the encompassing power of the Savior’s Atonement and ... that it applied directly to me. ... I ... experienced light and joy like I had never before known. ... I had been given an unearned gift—the Lord’s gift of grace. ... I didn’t deserve it—I had done nothing to merit it, but He gave it to me nonetheless.”

Wonderful quote! **"But this I do know: He has the power to bring beauty from the ashes of your suffering."**

Author's Note: One of the most extraordinary patterns I’ve noticed in life, from the most ugly, comes the most beautiful – if we allow God to be involved in the process with us.

Possible discussion question: What can we learn from these quotes? What stands out to you today? What would you tell a friend who is suffering through hard times? How can a relationship with God help us when trials and hardships pass our way? what is the value of God’s hope and strength?

Quote #5 (ask)

Possible Intro: Elder Andersen teaches a fundamental principle. We have to ask. Write "ASK" on the board.

“The atoning love of Jesus Christ can be found in the most difficult situations, but we all constantly need the atoning grace of our Savior. President Dallin H. Oaks has taught: “Because of His atoning experience in mortality, our Savior is able to comfort, heal, and strengthen all men and women everywhere, but I believe He does so only for those who seek Him and ask for His help. The Apostle James taught, ‘Humble yourselves in the sight of the Lord, and he shall lift you up’ (James 4:10). We qualify for that blessing when we believe in Him and pray for His help.”

Possible discussion questions: Who does the Savior comfort, heal and strengthen? (Accept all reasonable answers – those who ask.) What does it mean to humble yourself in the sight of the Lord, what does that look like to you? How often can we ask for the Savior’s help?