

# Dieter F. Uchtdorf Oct 2025 - Teacher Copy

## Quote #1 (blind)

**Possible engagement tool:** Elder Uchtdorf notes we can move in two opposite directions. See which one feels like the direction you are moving in.

### Quote A

“Simply put, discipleship takes self-discipline.

“Faith in Jesus Christ is a gift, but receiving it is a conscious choice that requires a commitment of all our “might, mind and strength.” It is a practice of every day. Every hour. It takes constant learning and determined commitment. Our faith, which is our loyalty to the Savior, becomes stronger as it is tested against the opposition we face here in mortality. It endures because we keep nourishing it, we keep actively applying it, and we never give up.”

### Quote B - The Opposite

“On the other hand, if we fail to use faith and its convincing power by acting upon it, we become less sure of things we once held sacred—less confident of things we once knew were true.

“Temptations that would never have enticed us begin to look less appalling and more appealing.

“The fire of yesterday’s testimony can warm us for only so long. It needs constant nourishment to keep burning brightly.”

**Possible discussion questions:** Has anyone ever fallen away from the Church and come back? How would you advise someone else to keep that testimony strong? What does it look like to you when you practice your faith “every hour”? Why do you feel loyal to Jesus Christ? What habits and practices strengthen your faith the most—what works for you?

## Quote #2 (you)

**Possible engagement tool:** Elder Uchtdorf has an endearing message for each of us. See how it makes you feel as we listen to the next quote.

“Oh, how I wish I could embrace you and help you understand this great truth: You are a blessed being of light, the spirit child of an infinite God! And you bear within you a potential beyond your own capacity to imagine.

“As poets have noted, you come to earth “trailing clouds of glory”!

“Your origin story is divine, and so is your destiny. You left heaven to come here, but heaven has never left you!

“You are anything but ordinary.

“You are gifted!

**Possible discussion questions:** What important message stood out to you from Elder Uchtdorf’s message? Who needs to hear this message?

## Quote #3 (gifts)

See separate handout for small-group - Quote #3

For whole group

1. Pass out the handout with Uchtdorf’s list.
2. Read the first quote together and ask your class to skim the list.
3. Ask someone to volunteer which gift from the list especially stands out for them today. (If someone says “all of them” say, “I agree! Who would like to pick one so we can discuss it?”)
4. When someone volunteers a list item, ask, “Can you share why you picked that one?” Does anyone else have experiences with that gift or know someone who has it?
5. Rinse and repeat steps 3-4.
6. Read the last quote at the end of the list together.
7. Spend around 10-15 minutes on this activity.

## Quote #4 (stewardship)

**Possible Intro:** Remind the class that someday we will all stand in front of Heavenly Father.

The day will come when we stand before our compassionate Father in Heaven to give an account of our stewardship. He will want to know what we did with the gifts He gave us—in particular, how we used them to bless His children. God knows who we truly are, who we are designed to become, and so His expectations for us are high.

But He doesn't expect us to take some grand, heroic, or superhuman leap to get there. In the world He created, growth happens gradually and patiently—but also consistently and unrelentingly.

**Possible discussion question:** Do small steps of improvement count? What stands out to you from this quote? How would you explain Elder Uchtdorf's message to a friend in your own words? Why do we want to keep upgrading ourselves, keep learning, and sharing our gifts with others?

## Quote #5 (jesus)

**Possible engagement tool:** Ask the class to think about how they can progress in the days to come as we read the following quote.

We know that our efforts alone cannot make us celestial. But they can make us loyal and committed to Jesus the Christ, and He can make us celestial.

Because of our beloved Savior, there is no such thing as a no-win scenario. If we place our hope and faith in Him, our victory is assured. He promises us access to His strength, His power, His abundant grace. Step by step, little by little, we will grow ever closer to that great and perfect day when we will live with Him and our loved ones in eternal glory.

**Possible discussion questions:** What is one of the most important relationships we can develop? (Accept all reasonable answers – with Jesus Christ and God the Father) Is it sometimes hard to have patience with ourselves? Why is it essential to partner with God and ask for help? If we have a bad day, should we give up? What is something positive you've improved in over the years – what are you better at now than you used to be? What is persistence, and how can it help us?