

Manual 1 Lesson 3 Following the Example of Christ

I want you to think of someone that in your opinion is Christ-like. Do you have someone in mind? What are the characteristics that they embody that make them Christ-like?

- Humble and Meek
- Thoughtful
- Devoted
- Loving
- Caring
- Life full of Service
- Put others needs before themselves

So isn't a goal that we all should have to become like He is?

Moroni 7:48

48 Wherefore, my beloved brethren, ^apray unto the Father with all the energy of heart, that ye may be filled with this love, which he hath bestowed upon all who are true ^bfollowers of his Son, Jesus Christ; that ye may become the sons of God; that when he shall appear we shall ^be like him, for we shall see him as he is; that we may have this hope; that we may be ^purified even as he is pure. Amen.

As we partake of the sacrament every Sunday we are reminded to follow the example of Jesus Christ, but it is sometimes easy to become distracted by worldly influences throughout the week.

Chalkboard- What can we do to follow Christ's example all week long? (Put girls answers on board- they may include....)

- Serve Others
- Be Missionaries to Others
- Love Each Other as Jesus loves us
- Set an Example to Others
- Pray
- Etc.

President Uchtdorf shared the following story:

"A story is told that during the bombing of a city in World War II, a large statue of Jesus Christ was severely damaged. When the townspeople found the statue among the rubble, they mourned because it had been a beloved symbol of their faith and of God's presence in their lives.

Experts were able to repair most of the statue, but its hands had been damaged so severely that they could not be restored. Some suggested that they hire a sculptor to make new hands, but others wanted to leave it as it was—a permanent reminder of the tragedy of war. Ultimately, the statue remained without hands. However, the people of the city added on the base of the statue of Jesus Christ a sign with these words: "You are my hands."

There is a profound lesson in this story. When I think of the Savior, I often picture Him with hands outstretched, reaching out to comfort, heal, bless, and love. And He always talked *with*, never *down to*, people. He loved the humble and the meek and walked among them, ministering to them and offering hope and salvation.

That is what He did during His mortal life; it is what He would be doing if He were living among us today; and it is what we should be doing as His disciples and members of The Church of Jesus Christ of Latter-day Saints.

As we emulate His perfect example, our hands can become His hands; our eyes, His eyes; our heart, His heart.”

So with that, we are going to hit a few of the Christ-like characteristics that we just discussed that will help us to live a more Christ-like life through following His example.

Service

When ye are in the service of your fellow beings ye are only in the service of your God.

Mosiah 2:17

The FTSOY Pamphlet has this to say about service:

Service to others is an important characteristic of a disciple of Jesus Christ. A disciple is willing to bear other people’s burdens and to comfort those who need comfort. Often Heavenly Father will meet the needs of others through you.

There are many ways to serve others. Some of the most important service you can give will be within your own home. You can also serve in your Church assignments, school, and community. You can serve by doing temple and family history work. You can serve by sharing the gospel with others now and as a full-time missionary in the future. Often the most meaningful service is expressed through simple, everyday acts of kindness. Seek the guidance of the Holy Ghost each day to know whom to serve and how to help meet their needs. Follow the example of the Savior as you serve others.

(Okay, here is the promise.....)

As you devote yourself to serving others, you will draw closer to Heavenly Father. Your heart will be filled with love. You will learn that service and sacrifice are ways to overcome selfishness. You will enjoy happiness that comes only from giving service to God and others. Your capacities will increase, and you will be an instrument in God’s hands to bless the lives of His children.

Share MormonMessage- For Madison

Those YW’s example oh Christ-like service is what we are talking about. They were Madison’s hands and in turn were Jesus Christ’s hands as well. They were following Christ and what an example they set for those that they come in contact with.

Missionary Work

Elder Russell M. Nelson says- “Scripture tells us that “there are many yet on the earth ... who are only kept from the truth because they know not where to find it.”²⁰ Isn’t that your opportunity? You can become their own disciple of discovery!”

My mother-in-law shared a story about going back to my father-in-laws mission. She attended RS with a sister that my father-in-law baptized and when she was asked to introduce my mother-in-law, the sister got giddy and exclaimed- “This is my missionaries wife!” So 30 years after the fact, that sister still considers my f-in-law to be her missionary.

However....we won’t all have the opportunity to be full-time missionaries, but you have all heard the phrase “Every member a missionary.”

So each of us can be “examples to the believers. “ As we live according to the teachings of the Lord, the Light of the Lord will shine threw us!! Elder Nelson councils us that we need to be prepared with the proper answers to those investigating our church. He shares the following story of the example that we should set through missionary work-

“Many years ago two colleagues of mine—a nurse and her doctor husband—asked me why I lived the way I did. I answered, “Because I know the Book of Mormon is true.” I let them borrow my copy of the book, inviting them to read it. A week later they returned my book with a polite “thanks a lot.”

I responded, “What do you mean, thanks a lot? That’s a totally inappropriate response for one who has read this book. You didn’t read it, did you! Please take it back and read it; then I would like my book back.”

Admitting that they had only turned its pages, they accepted my invitation. When they returned, they said tearfully, “We have read the Book of Mormon. We know it is true! We want to know more.” They learned more, and it was my privilege to baptize both of them.”

So, Elder Nelson wasn’t timid. He knew that if they truly had read the BoM that it wouldn’t be their response. How many of you have that same testimony of the BoM, that you would be able to know when someone hadn’t been touched by the Spirit of the book?

Christ set a perfect example of preaching and teaching. He never pushed or forced anyone to follow Him. He set the example and always extended an invitation to “come unto Him.”

Set an Example for others to follow

Just like Elder Nelson said, that as we live according to the teachings of Jesus Christ that His light will shine through us.

Sister Mary Cook shares a story about her newest granddaughter, Ruby and needing to be an example for her. She goes on to say this about setting an example-

“Young women, *you* can start today by being an example of the believers in faith and in purity. Strengthen your faith and testimony daily through scripture study and prayer. Keep your baptismal covenant, which will keep you pure and worthy of the guidance of the Holy Ghost. You can start today to be that example for others to follow.

And you never know—you might be the example my little Ruby will *need* someday.”

I look back on my youth and think of those people that I most looked up to. I had one Sunday School teacher that her example was very far-reaching but very influential to me in my life. Now keep in mind that my SS class consisted of 5 or 6 rowdy boys and 2 or 3 girls on a good Sunday. We, as a class, went through I don't even know how many teachers. People just didn't want to teach us. Then Sister Swenson came along. She never just read the lesson. She always prepared and I always walked away learning something from her amidst the confusion of the rowdiness. I KNEW her she had a testimony and she wanted us to as well. The light truly shined through her. And that light shown even brighter as I saw her present in the temple when Kasey and I were sealed. She was one I NEVER wanted to disappoint. And I'll be eternally grateful for her example and sticking with teaching a disrespectful class. She may never know the influence that she had on my life. She may think that not one of us 'got it' and I hope that one day, she will understand the great impact that she had on my life. I will be eternally grateful to her.

We can LOVE as He did.

Pres. Uchtdorf says this:

“True love requires action. We can speak of love all day long—we can write notes or poems that proclaim it, sing songs that praise it, and preach sermons that encourage it—but until we manifest that love in action, our words are nothing but “sounding brass, or a tinkling cymbal.”¹¹

Christ did not just speak about love; He showed it each day of His life. He did not remove Himself from the crowd. Being amidst the people, Jesus reached out to the one. He rescued the lost. He didn't just teach a class about reaching out in love and then delegate the actual work to others. He not only taught but also showed us how to “succor the weak, lift up the hands which hang down, and strengthen the feeble knees.”¹²

Christ knows how to minister to others perfectly. When the Savior stretches out His hands, those He touches are uplifted and become greater, stronger, and better people as a result.”

Share MormonMessage- Charity: Be Thou Examples of the Believers (Brittany Cheerleader)

Watching this, you heard the other girls speak so sweetly of Brittany, but do you think that through their love for her that they become better people? DO you think that when they look back they will remember more their cheerleading or of Brittany? The whole student body will.

I want you to think of something that you had no desire to do but HAD to. How did you feel about it? Were you happy? Was there much substance to your result?

Now think about something that you GOT to do. Your heart was totally in it. You prepared with all of your mite. Now, how much substance was in your result?

So, now think of all of the things we have discussed today. If you serve without your heart and are not full of love for those you are serving, is the result for either party as good as it would be if you truly loved those you were serving/teaching/fellowshipping the way that Christ would?

Pres. Uchtdorf goes on to say this-

“Love is what inspired our Heavenly Father to create our spirits; it is what led our Savior to the Garden of Gethsemane to make Himself a ransom for our sins. Love is the grand motive of the plan of salvation; it is the source of happiness, the ever-renewing spring of healing, the precious fountain of hope.

As we extend our hands and hearts toward others in Christlike love, something wonderful happens to us. Our own spirits become healed, more refined, and stronger. We become happier, more peaceful, and more receptive to the whisperings of the Holy Spirit.”

Closing-

Have any of you heard how young sunflowers follow the sun?

While they are young, their heads will turn as the sun moves across the sky. Something wonderful happens when the flowers reach maturity. They stand steadfast in the direction that they receive the most sunlight during the day. Their roots become deeper and they become brighter as they soak in the rays of the sun.

Now, liken this to the Lord who is also known as the Light of the World. I look at my girls and see how much they are absorbing right now. Bellamia was saying the prayer for dinner one night and prayed that she would be thankful for her testimony. I just about fell off of my chair, she's 2. After the prayer I asked her where she heard that and she said “ I heard it at church and I want to go say it to the microphone.” So when our testimonies are developing, we are soaking every bit of sunlight in. As a little child we are following the examples of others. What are our examples teaching those that are “following” us? Are we being a Christ-like example and following what he would do? Are we clinging-hold tight, knuckles white- to the iron rod or do we have one hand on the rod and one hand in the world, or are we not clinging at all?

So I didn't say that the sunflowers stopped following the sun, they become sure of the sun and stand firmly where they will get the most light. So in turn they produce seeds to share with others.

Testimony.

