

## Express Lesson

**1. Watch chapter 6 from the animated Complete Learning System, Saul of Tarsus.** (Video clip is also provided for viewing online.)

**2. Read: 2 Nephi 31:20**

“Wherefore, ye must press forward with a steadfastness in Christ, having a perfect brightness of hope, and a love of God and of all men. Wherefore, if ye shall press forward, feasting upon the word of Christ, and endure to the end, behold, thus saith the Father. Ye shall have eternal life.”

**3. Sing: Children’s Songbook #148 “I Want to Live the Gospel.”**

**4.** At the beginning of each new year it has become a tradition to make resolutions.

**What is a resolution?** (Discuss ideas.)

Just as Saul resolved to devote his life to serving the Lord, so can you. As you think about doing better in the new year carefully select resolutions that will help you “from this day on” to live your life as a follower of Jesus Christ.

**5. What are some of the resolutions we can make that will help us live happier lives?** (Discuss ideas.)

(See Activity for additional help.)

**6. What will help us keep these resolutions?** (Discuss ideas.)

“As you commit now to do the will of the Lord, He will help and strengthen you. Your faith, trust, and desire to follow Him will be your greatest key to success. ...As you commit now to do the will of the Lord, He will help and strengthen you. Your faith, trust, and desire to follow Him will be your greatest key to success.” *John B. Dickson, April 2007 General Conference © 2007 Intellectual Reserve, Inc. All rights reserved.*

**7. If you break a resolution, should you give up and stop trying?** (No.)

No one is perfect. You will make mistakes, but repent when mistakes are made and then begin your commitment again from “this day on.”

**8. Do resolutions to do better always have to be made on New Years?** (No.)

“The Bible and the Book of Mormon are replete with accounts of ‘New Year’s resolutions’ and the soul-searching men and women whose lives were changed when they kept such commitments. These resolutions were not necessarily made on New Year’s Eve, but rather on the eve of a rebirth, an eve of becoming spiritually begotten children of Christ.” *Spencer J. Condie, Ensign, Jan 1975 © 2007 Intellectual Reserve, Inc. All rights reserved.*

**Quote:**

“Fear not; only believe. This is a time to make resolutions that will be binding upon you. This is a season to set standards that will hold you to the right course and make you happy now and in the years that follow.”

*Gordon B. Hinckley © 2007 Intellectual Reserve, Inc. All rights reserved.*