

AGES: OLDER TEEN-ADULT

# Heavenly Father Gave Us Our Bodies



Song

I Am a Child of God (pg 2, CS)



Lesson



**Read quote from Elder Dieter F. Uchtdorf:** "Have you ever thought about the tremendous risk our Father in Heaven takes each time He sends a child to earth? These are His spirit sons and daughters. They have limitless potential. They are destined to become glorious beings of goodness, grace, and truth. And yet they come to earth completely helpless, barely able to do anything besides cry for help. The memory of their time in God's presence is veiled over, along with the knowledge of who they really are and who they can become." (General Conference, April 2023, pg. 55-59)

## Discussion questions:

- In what ways do we have limitless potential?
- If we had the memories of our premortal life, what would we do differently? How would we treat each other?
- Heavenly Father takes a risk when "He sends a child to earth." What are some of these risks?
  - The risk of elective abortion for a preborn baby is the biggest physical risk for our spirit brothers and sisters who are coming to earth: (Per year globally, 73 million abortions and 140 million births, WHO, 2022)
- How does abortion thwart Heavenly Father's plan for His children?

**Search and share:** In small groups (2 or 3 people), discuss insights found in the Latter-day Saints for Life, Doctrinal Library. ([latterdaysaintsforlife.org/library](https://latterdaysaintsforlife.org/library))



## Lesson (cont'd)

**Read and discuss quote from Pres. Gordon B. Hinckley:** "What is happening to our appreciation of the sanctity of human life? Abortion is an evil, stark and real and repugnant, which is sweeping over the earth."

([General Conference, Nov. 1998, pg 97-100](#))

**Ask:** How does abortion affect you personally?

**Read and discuss:** "The Church's position on this matter remains unchanged. As states work to enact laws related to abortion, Church members may appropriately choose to participate in efforts to protect life and to preserve religious liberty."

([The Church of Jesus Christ of Latter-day Saints, Newsroom, current](#))

### Commitment

I will safeguard life  
and respect my body by

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(Fill in the blank.)

### Testify of Truths

Heavenly Father gave us our  
bodies and expects us to  
safeguard life.



## Refreshments

With my physical body, I can eat tasty food!