



# the RED HEADED HOSTESS

OUR GIFT TO YOU | FREE DOWNLOAD

## Teen Table Poster | 2 Nephi 1-2

### IDEAS FOR USE

1. Ideas for use
2. Slide the table poster into an acrylic sign holder and set out on your counter or table for your teen to read as they eat.
3. Use to help you come up with teaching activities. Circle the videos you want to use, activities you want to do, etc. The table posters are full of ideas for you to choose from.
4. Give to a teen and ask them to look over it and use it to plan a lesson for your family.
5. Use it to help you plan a lesson at Church. You could print one off for every youth in your class so they can continue learning at home.
6. Give it to youth who are teaching a lesson at Church ahead of time to help them prepare. They can use the videos, quotes, art or music ideas.



## Did you Know?

We have a teen table poster in every weekly kit?

It comes as part of the Just For Teens file, which is full of teaching and study helps for teens.

\*See our weekly kits here:



# The Lord Will Guide Me

WHEN I KEEP THE COMMANDMENTS



Wherefore, men are free according to the flesh; and all things are given them which are expedient unto man. And they are free to choose liberty and eternal life, through the great Mediator of all men, or to choose captivity and death, according to the captivity and power of the devil; for he seeketh that all men might be miserable like unto himself.

**2 Nephi 2:27**



## THINK ABOUT IT

-What do you see in this art?

-Both paths look good at the beginning, but then what happens?

-What does this art teach you about the importance of using your agency to make good choices?

-What are some things you are doing to choose the path that leads to eternal life?

-What are some ways Satan entices people to enter the path that leads to captivity and death?

Agency – the ability to make choices – is a crucial and wonderful gift, and we rejoice that we are here on earth able to choose good over evil and to progress toward exaltation.

*Elder Paul V. Johnson*

BYU SPEECH | NOVEMBER 5, 2012

Because of our Savior's willingness to gift us with His Atonement, we have the ability to become like Him, and that is the purpose of mortality. What Jesus knew was necessary for us to become like Him was opposition and agency, which are vital aspects of the plan of salvation. Russell M. Nelson beautifully taught "Here is the great news of God's plan: the very things that will make your mortal life the best it can be are exactly the same things that will make your life throughout all eternity the best it can be!" Lies are the only way Satan can make the false pleasures of temptations compelling, and if we allow our natural man to be the decision maker, these immediate gratifications do seem incredibly alluring. Gracefully, we are dual beings and have a spirit that can guide and teach our natural man to "think celestial" to comprehend that Satan's path always leads to captivity and addiction – a loss of our agency. Surround yourself with those who allow their spirit to guide their thoughts, feelings, and actions. We can aid each other to keep a celestial mindset and stay on the covenant path that provides true joy here and for eternity.

HEIDI CARTER - RHH ARTIST

# FSY

See the For the Strength of Youth page in the activity kit (p. 20).

# Choices for Eternity

PRESIDENT RUSSELL M. NELSON

“Mortal lifetime is hardly a nanosecond compared with eternity. But, my dear brothers and sisters, what a crucial nanosecond it is! During this life we get to choose which laws we are willing to obey—those of the celestial kingdom, or the terrestrial, or the telestial—and, therefore, in which kingdom of glory we will live forever.

“Every righteous choice that you make here will pay huge dividends now. But righteous choices in mortality will pay unimaginable dividends eternally. If you choose to make covenants with God and are faithful to those covenants, you have the promise of “glory added upon [your head] for ever and ever.”

## FREE TO CHOOSE!

- You like someone who does not share your same values for dating and relationships. How do you navigate the friendship and stay true to your values?
- You are tight on money with no immediate way to earn more. You need to pay your tithing, but that will use up most of what you have left. What do you do? Why?
- Your family expects you to go down a particular career path, but you want to go a different direction. What should you do?
- You have a group project at school where everyone else in the group wants to take shortcuts that are unethical. If you don't go along with it, your grades might suffer. How will you handle the situation?

*“The measure of a man's real character is what he would do if he knew he would never be found out.”*

Thomas Macaulay



# YOU

EDGAR ALLEN GUEST

You are the fellow that has to decide  
Whether you'll do it or toss it aside.  
You are the fellow who makes up your mind  
Whether you'll lead or will linger behind  
Whether you'll try for the goal that's afar  
Or just be contented to stay where you are.  
Take it or leave it. Here's something to do!  
Just think it over – It's all up to you!

What do you wish? To be known as a shirk,  
Known as a good man who's willing to work,  
Scorned for a loafer or praised by your chief,  
Rich man or poor man or beggar or thief?  
Eager or earnest or dull through the day,  
Honest or crooked? It's you who must say!  
You must decide in the face of the test  
Whether you'll shirk it or give it your best.

Nobody here will compel you to rise;  
No one will force you to open your eyes;  
No one will answer for you yes or no,  
Whether to stay there or whether to go.  
Life is a game, but it's you who must say,  
Whether as cheat or as sportsman you'll play.  
Fate may betray you, but you settle first  
Whether to live to your best or your worst.

So, whatever it is you are wanting to be,  
Remember, to fashion the choice you are free.  
Kindly or selfish, or gentle or strong,  
Keeping the right way or taking the wrong,  
Careless of honor or guarding your pride,  
All these are questions which you must decide.  
Yours the selection, whichever you do;  
The thing men call character's all up to you!

# CHOOSE THE RIGHT



What does it mean to have agency? Watch this insightful video explaining key elements of agency.

Act for Themselves  
18:40 mins | [churchofjesuschrist.org](http://churchofjesuschrist.org)



Ever wonder “Can I watch that movie, steady date, or do \_\_\_\_\_ on a Sunday?”

Elder and Sister Bednar - Can I...  
2:25 mins | [churchofjesuschrist.org](http://churchofjesuschrist.org)



We Are “Free to Choose”  
President Nelson

0:35 mins | [churchofjesuschrist.org](http://churchofjesuschrist.org)



Individual Agency  
President Thomas S. Monson

1:53 mins | [churchofjesuschrist.org](http://churchofjesuschrist.org)