Lead Student Lesson Plan
L09: Self-Reliance

Objectives
By the end of the gathering, students will be able to:

- To understand the full meaning of becoming self-reliant
- To apply principles of self-reliance

Student Preparation
Students were asked to prepare for gathering by completing specific activities and/or pondering certain questions. Please refer to the gathering instructions in this week’s unit or lesson in the course.

Lesson Outline
There will be a Lead Student to lead the Gathering each week. Your role this week is to facilitate the Thursday Gathering using the agenda listed below. The times given for each activity are suggested times. You may need to adjust them depending on your gathering group’s size; however, the Gathering should not last more than 60 minutes. Try to make sure that the objectives of the gathering are met each week.

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<th>OPENING</th>
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| Announcements, Hymn, and Prayer (10 minutes) | Announcements
Opening Hymn: Chosen by the missionaries
Opening Prayer: By Invitation |
| Lesson Opener (7 minutes) | Ask the students to think of an event that occurred sometime in their lives that has positively impacted or shaped who they are today. If the event isn't too personal, ask a few students to share the event and explain how that past event influences who they are today.

Just as your past influences your present, earlier lessons in this course relate to later lessons. Here is a partial list of the concepts you have already learned in this course:

- The Learning Model |
The Honor Code
Disciple Leadership
Lifelong Learning
Academic Planning and Career Exploration
Decision Making
Goal Setting
Time Management

Ask students to share their thoughts regarding the following two questions:

1. How do the concepts you learned in earlier lessons relate to self-reliance?
2. How are these principles and teachings spiritual and not temporal? (Doctrine & Covenants 29:35—“... but no temporal commandment gave I unto him, for my commandments are spiritual...”)

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<th>GROUP ACTIVITIES</th>
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| **Self-reliance jigsaw**
* (15 minutes) |

**Small Groups:**
Divide students into four groups based upon the self-reliance topics they chose to study this week: education, health, home storage, and employment. If a student studied a different self-reliance topic, they can be put into any needed group. Try to establish the groups so that each group has the same number, or close to the same number, of students. Once in their groups, students will quickly review what they learned about that area of self-reliance, along with their favorite thing they learned about that topic.

Redistribute the students into new groups. There should be at least one student from each of the original groups in each of the new groups. Have the students share with each other what they learned. (You can view the Jigsaw Group Activity Video for more details on group formations for this activity.)

| **Group object lessons**
* (10 minutes) |

**Advanced Preparation Needed:**
Bring several simple objects to use for this activity. You will need one object for the entire group activity and several objects for the small group activity. Examples of appropriate objects include: a leaf, rock, book, cell phone, utensil, cooking pot, hammer, shoe, etc.

**Entire Group:**
Show a simple object like one of the items listed above or a different object of your choice. Relate it to the principle of self-reliance or to an area
of self-reliance. (For example, you could show a large rock and explain that just as it takes a lot of work to move a heavy rock; it takes a lot of work to be self-reliant. Moving a rock out of your way and being self-reliant are both desirable outcomes that help to improve your situation.)

Small Groups:

Using the same small groups as the end of the last activity, give each group an object and ask them to relate it to an area of or the general principle of self-reliance.

Entire Group:

Have each group explain to the entire group how their object relates to self-reliance.

Quotes

(15 minutes)

Entire Group or Small Groups, Your Choice:

In this week's lesson, you read an excerpt from President Romney's address, “The Celestial Nature of Self-Reliance.” The following quotes are from President Romney's full address.

Read the first quote and discuss the following questions. Repeat the process with each quote. (If you choose to use small groups for this activity, give one quote to each group.)

1. Impressions and thoughts about the quote
2. The council given in this quote might help someone struggling with _______.

   - “Can we see how critical self-reliance becomes when looked upon as the prerequisite to service, when we also know service is what Godhood is all about? Without self-reliance, one cannot exercise these innate desires to serve. How can we give if there is nothing there? Food for the hungry cannot come from empty shelves. Money to assist the needy cannot come from an empty purse. Support and understanding cannot come from the emotionally starved. Teaching cannot come from the unlearned. And most important of all, spiritual guidance cannot come from the spiritually weak.”
“There is an interdependence between those who have and those who have not. The process of giving exalts the poor and humbles the rich. In the process, both are sanctified. The poor, released from the bondage and limitations of poverty, are enabled as free men to rise to their full potential, both temporally and spiritually. The rich, by imparting of their surplus, participate in the eternal principle of giving. Once a person has been made whole or self-reliant, he reaches out to aid others, and the cycle repeats itself.”

“We are all self-reliant in some areas and dependent in others. Therefore, each of us should strive to help others in areas where we have strengths. At the same time, pride should not prevent us from graciously accepting the helping hand of another when we have a real need. To do so denies another person the opportunity to participate in a sanctifying experience.”

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| **Conclusion**  
(2 minutes) | **Lead Student to the Entire Group:**  
Bear personal testimony of at least one of the concepts discussed at tonight’s gathering. |
| **Prayer**  
(5 minutes) | Closing Prayer: By Invitation |

**Note**

*Please download and print a copy of these instructions to use as a reference during Thursday's Pathway Gathering.*

*If there are any questions or concerns, please call, text, or email your Pathway missionaries.*