



Institute Selected Course Outlines

AUGUST 2018

Institute Selected Course Outlines

Published by
The Church of Jesus Christ of Latter-day Saints
Salt Lake City, Utah

Comments and corrections are appreciated. Please send them, including errors, to:

Seminaries and Institutes of Religion Curriculum Services

50 East North Temple Street, Floor 8

Salt Lake City, UT 84150-0008 USA

Email: ces-manuals@ldschurch.org

Please list your complete name, address, ward or branch, and stake or district.

Be sure to include the title and S&I Version of the material when you offer your comments.

S&I Version 1, 8/18

Individuals may print this material for their own personal, noncommercial use (including such use in connection with their calling or appointment in The Church of Jesus Christ of Latter-day Saints). Please request permission for any other use at [permissions.lds.org](https://www.lds.org/permissions).

© 2018 by Intellectual Reserve, Inc.

All rights reserved.

Version: 6/18

PD60006856 000

Printed in the United States of America

Women in the Scriptures (Religion 390R)

Course Objective: Students will learn from the attributes and contributions of women mentioned in the four standard works of the Church.

Lesson 1: Introduction and Course Overview

Suggested Lesson Material

- Dieter F. Uchtdorf, “The Influence of Righteous Women,” *Ensign*, Sept. 2009, 4–9.

Key Doctrine, Principles, and Concepts

- “Women hold a special place in our Father’s plan for the eternal happiness and well-being of His children” (Dieter F. Uchtdorf, “The Influence of Righteous Women,” 5).
- “The lives of women in the Church are a powerful witness that spiritual gifts, promises, and blessings of the Lord are given to all those who qualify, ‘that all may be benefited’ [Doctrine and Covenants 46:9]” (Dieter F. Uchtdorf, “The Influence of Righteous Women,” 7).

Lesson 2: Eve

Suggested Lesson Material

- Moses 3:15–5:12.
- Russell M. Nelson, “Lessons from Eve,” *Ensign*, Nov. 1987, 86–89.
- Gordon B. Hinckley, “Daughters of God,” *Ensign*, Nov. 1991, 97–100.

Key Doctrine, Principles, and Concepts

- “As His final creation, the crowning of His glorious work, [our Heavenly Father] created woman. I like to regard Eve as His masterpiece after all that had gone before, the final work before He rested from His labors” (Gordon B. Hinckley, “Daughters of God,” 99).

Lesson 3: Sarah

Suggested Lesson Material

- Genesis 11–24; Abraham 1–2.
- Spencer W. Kimball, “The Rewards, the Blessings, the Promises,” *Ensign*, Jan. 1974, 14–17.
- Russell M. Nelson, “With God Nothing Shall Be Impossible,” *Ensign*, May 1988, 33–35.

Key Doctrine, Principles, and Concepts

- “Certainly nothing is impossible with the Lord. His promises are fulfilled” (Spencer W. Kimball, “The Rewards, the Blessings, the Promises,” 17).

Lesson 4: Rebekah**Suggested Lesson Material**

- Genesis 24–28.
- Elaine S. Dalton, “Be Not Moved!” *Ensign* or *Liahona*, May 2013, 121–24.

Key Doctrine, Principles, and Concepts

- If we develop righteous qualities now, we will be prepared for the work and the blessings the Lord has prepared for us (see Genesis 24:10–28).

Lesson 5: Rachel and Leah**Suggested Lesson Material**

- Genesis 29–35.
- Howard W. Hunter, “Commitment to God,” *Ensign*, Nov. 1982, 57–58.
- Dieter F. Uchtdorf, “Brother, I’m Committed,” *Ensign*, July 2011, 4–5.

Key Doctrine, Principles, and Concepts

- The Lord remembers the faithful and will bless them in their afflictions (see Genesis 29:29–35; 30:22).
- “Let us remember the reply of Rachel and Leah to Jacob in the Old Testament. It was simple and straightforward and showed their commitment: ‘Whatsoever God hath said unto thee, do’ (Genesis 31:16)” (Dieter F. Uchtdorf, “Brother, I’m Committed,” 4).

Lesson 6: Ruth and Naomi**Suggested Lesson Material**

- Ruth 1–4.
- Barbara B. Smith, “The Bond of Charity,” *Ensign*, Nov. 1980, 103–4.

Key Doctrine, Principles, and Concepts

- When we show love and kindness to others, we invite the Lord’s blessings into our lives (see Ruth 2:11).
- If we choose to trust and follow the Lord, He will reward us for our faith (see Ruth 2:12).

Lesson 7: Hannah**Suggested Lesson Material**

- 1 Samuel 1–2.
- Julie B. Beck, “Mothers Who Know,” *Ensign* or *Liahona*, Nov. 2007, 76–78.

- Linda M. Campbell, “Hannah: Devoted Handmaid of the Lord,” *Ensign*, Mar. 1998, 46–49.

Key Doctrine, Principles, and Concepts

- When we ask the Lord to bless us, we must be willing to use those blessings to serve Him (see 1 Samuel 1:11–28).
- Righteous mothers help their children serve the Lord and come to Him (see 1 Samuel 1:11; 27–28).

Lesson 8: Abigail

Suggested Lesson Material

- 1 Samuel 25:1–42.
- Thomas S. Monson, “Mercy—the Divine Gift,” *Ensign*, May 1995, 54, 59–60.

Key Doctrine, Principles, and Concepts

- Our righteous choices can bless not only us but also those around us (see 1 Samuel 25:18–35).

Lesson 9: The Widow of Zarephath

Suggested Lesson Material

- 1 Kings 17.
- Thomas S. Monson, “The Fatherless and the Widows—Beloved of God,” *Ensign*, Aug. 2003, 2–7.
- Lynn G. Robbins, “Tithing—a Commandment Even for the Destitute,” *Ensign* or *Liahona*, May 2005, 34–36.

Key Doctrine, Principles, and Concepts

- Before we can receive the Lord’s promised blessings, we must first act in faith (see 1 Kings 17:10–16).

Lesson 10: Esther

Suggested Lesson Material

- Esther 1–10.
- Thomas S. Monson, “May You Have Courage,” *Ensign* or *Liahona*, May 2009, 123–27.
- Mary Ellen Smoot, “For Such a Time as This,” *Ensign*, Nov. 1997, 86–88.

Key Doctrine, Principles, and Concepts

- The Lord can place us in particular circumstances so that we can help others (see Esther 4:14).
- If we courageously do what is right, many people can be blessed by our actions (see Esther 4–9).

Lesson 11: Mary the Mother of Jesus

Suggested Lesson Material

- Matthew 1–2; Luke 1–2; John 2:2–5; 19:25–27.
- Jeffrey R. Holland, “Behold Thy Mother,” *Ensign* or *Liahona*, Nov. 2015, 47–50.

Key Doctrine, Principles, and Concepts

- As we accept and magnify God’s will, He can do great things through us (see Luke 1:30–50).

Lesson 12: Anna and Elizabeth

Suggested Lesson Material

- Luke 1; 2:21–38.
- Dallin H. Oaks, “Witnesses of Christ,” *Ensign*, Nov. 1990, 29–32.

Key Doctrine, Principles, and Concepts

- If we are faithful to the Lord, He will bless us with spiritual witnesses of His work, which we can then share with others (see Luke 1:39–45; 2:36–38).
- “Anna and Simeon were eyewitnesses to the infant, but, just like the Apostles, their knowledge of his divine mission came through the witness of the Holy Ghost” (Dallin H. Oaks, “Witnesses of Christ,” 30).

Lesson 13: The Woman at the Well

Suggested Lesson Material

- John 4:1–42.
- Joseph B. Wirthlin, “Living Water to Quench Spiritual Thirst,” *Ensign*, May 1995, 18–20.
- Kathleen H. Hughes, “Blessed by Living Water,” *Ensign* or *Liahona*, May 2003, 13–15.

Key Doctrine, Principles, and Concepts

- As we gain a testimony of Jesus Christ, we are filled with a desire to share it with others so they can receive their own witness (see John 4:25–30, 39–42).
- “By living the gospel of Jesus Christ, we develop within ourselves a living spring that will quench eternally our thirst for happiness, peace, and everlasting life” (Joseph B. Wirthlin, “Living Water to Quench Spiritual Thirst,” 18).

Lesson 14: Mary and Martha

Suggested Lesson Material

- Luke 10:38–42; John 11:1–47; 12:2–8.
- Dallin H. Oaks, “Good, Better, Best,” *Ensign* or *Liahona*, Nov. 2007, 104–8.

- Bonnie D. Parkin, “Choosing Charity: That Good Part,” *Ensign* or *Liahona*, Nov. 2003, 104–6.

Key Doctrine, Principles, and Concepts

- “We have to forego some good things in order to choose others that are better or best because they develop faith in the Lord Jesus Christ and strengthen our families” (Dallin H. Oaks, “Good, Better, Best,” 107).

Lesson 15: The Woman with the Issue of Blood

Suggested Lesson Material

- Mark 5:24–34.

Key Doctrine, Principles, and Concepts

- If we demonstrate our faith in Jesus Christ through our efforts to come to Him, He can make us whole (see Mark 5:24–34).

Lesson 16: The Woman Taken in Adultery

Suggested Lesson Material

- John 8.
- Gordon B. Hinckley, “Forgiveness,” *Ensign* or *Liahona*, Nov. 2005, 81–84.

Key Doctrine, Principles, and Concepts

- “Somehow forgiveness, with love and tolerance, accomplishes miracles that can happen in no other way” (Gordon B. Hinckley, “Forgiveness,” 84).

Lesson 17: Mary Magdalene

Suggested Lesson Material

- Matthew 27:55–61; 28:1–10; Mark 15:40–47; 16:1–11; Luke 8:1–3; 24:1–12; John 19:25; 20:1–18.
- James E. Faust, “Woman, Why Weepst Thou?” *Ensign*, Nov. 1996, 52–54.

Key Doctrine, Principles, and Concepts

- As we gain a testimony of Jesus Christ, we have a responsibility to testify of Him to others (see John 20:11–18).
- “Many who think that life is unfair do not see things within the larger vision of what the Savior did for us through the Atonement and the Resurrection” (James E. Faust, “Woman, Why Weepst Thou?” 52).

Lesson 18: Tabitha

Suggested Lesson Material

- Acts 9:36–42.
- Thomas S. Monson, “Be Thou an Example,” *Ensign*, Nov. 2001, 98–101.

Key Doctrine, Principles, and Concepts

- “To me the scriptural reference to Tabitha, which describes her as a woman ‘full of good works and almsdeeds,’ defines some of the fundamental responsibilities of Relief Society; namely, the relief of suffering, the caring for the poor, and all which that implies” (Thomas S. Monson, “Be Thou an Example,” 99).

Lesson 19: Sariah

Suggested Lesson Material

- 1 Nephi 1:1; 2:1–5; 5:1–9; 8:14–16; 17:1–2, 55; 18:7, 17–19.

Key Doctrine, Principles, and Concepts

- Righteous mothers and fathers help their children to know of the goodness of God through their teaching and example (see 1 Nephi 1–18).

Lesson 20: Abish

Suggested Lesson Material

- Alma 19:16–17, 28–29.
- Howard W. Hunter, “No Less Serviceable,” *Ensign*, Apr. 1992, 64–67.

Key Doctrine, Principles, and Concepts

- “Whether it be Mother Sariah or the maid Abish, servant to the Lamanite queen, each made contributions that were unacknowledged by the eyes of men but not unseen by the eyes of God” (Howard W. Hunter, “No Less Serviceable,” 65).

Lesson 21: King Lamoni’s Wife

Suggested Lesson Material

- Alma 18:43–19:36.
- Dallin H. Oaks, “Spiritual Gifts,” *Ensign*, Sept. 1986, 68–72.

Key Doctrine, Principles, and Concepts

- “It is important to understand the relationship between spiritual gifts and the Spirit of Christ, manifestations of the Holy Ghost, and the gift of the Holy Ghost” (Dallin H. Oaks, “Spiritual Gifts,” 68).

Lesson 22: Mothers of the Stripling Warriors

Suggested Lesson Material

- Alma 56:45–48; 57:21–26.

Key Doctrine, Principles, and Concepts

- Mothers and fathers whose faith and testimony in the Lord is firm can have a powerful influence on the faith of their children.

Lesson 23: Lucy Mack Smith

Suggested Lesson Material

- Joseph Smith—History 1:3–7, 20.
- M. Russell Ballard, “The Family of the Prophet Joseph Smith,” *Ensign*, Nov. 1991, 5–7.
- Mary N. Cook, “Be an Example of the Believers,” *Ensign* or *Liahona*, Nov. 2010, 80–82.

Key Doctrine, Principles, and Concepts

- “Like Lucy, we must show our children and youth how to strengthen their faith and testimony of Jesus Christ by strengthening our own through studying the scriptures and through prayer, personally as well as with them” (Mary N. Cook, “Be an Example of the Believers,” 80).

Lesson 24: Emma Hale Smith

Suggested Lesson Material

- Doctrine and Covenants 25.
- Gordon B. Hinckley, “If Thou Art Faithful,” *Ensign*, Nov. 1984, 89–92.
- Valeen Tippetts Avery and Linda King Newell, “The Elect Lady: Emma Hale Smith,” *Ensign*, Sept. 1979, 65–67.

Key Doctrine, Principles, and Concepts

- We can find joy and comfort in cleaving to the covenants we have made with God (see Doctrine and Covenants 25:13).

Lesson 25: Vienna Jaques

Suggested Lesson Material

- Doctrine and Covenants 90:28–31.
- Robert D. Hales, “Behold We Count Them Happy Which Endure,” *Ensign*, May 1998, 75–77.
- Brent M. Rogers, “Vienna Jaques: Woman of Faith,” *Ensign*, June 2016, 40–45.

Key Doctrine, Principles, and Concepts

- “Eternal vision allows us to overcome opposition in our temporal state and, ultimately, achieve the promised rewards and blessings of eternal life” (Robert D. Hales, “Behold We Count Them Happy Which Endure,” 76–77).

Lesson 26: The Widows and the Fatherless

Suggested Lesson Material

- Doctrine and Covenants 83.
- Thomas S. Monson, “The Long Line of the Lonely,” *Ensign*, Feb. 1992, 2–5.

Key Doctrine, Principles, and Concepts

- “The word *widow* appears to have had a most significant meaning to our Lord” (Thomas S. Monson, “The Long Line of the Lonely,” 2).

Lesson 27: Women and Priesthood Power

Suggested Lesson Material

- Dallin H. Oaks, “The Keys and Authority of the Priesthood,” *Ensign* or *Liahona*, May 2014, 49–52.
- Russell M. Ballard, “Men and Women and Priesthood Power,” *Ensign*, Sept. 2014, 28–33.
- “Women Participate in the Work of the Priesthood,” Gospel Topics, topics.lds.org.

Key Doctrine, Principles, and Concepts

- “Let us never forget that we are the sons and daughters of God, equal in His sight with differing responsibilities and capabilities assigned by Him and given access to His priesthood power” (Russell M. Ballard, “Men and Women and Priesthood Power,” 28).

Lesson 28: Women in the Church

Suggested Lesson Material

- Gordon B. Hinckley, “Women of the Church,” *Ensign*, Nov. 1996, 67–70.
- D. Todd Christofferson, “The Moral Force of Women,” *Ensign* or *Liahona*, Nov. 2013, 29–32.

Key Doctrine, Principles, and Concepts

- “Your intuition is to do good and to be good, and as you follow the Holy Spirit, your moral authority and influence will grow” (D. Todd Christofferson, “The Moral Force of Women,” 31).



SEMINARIES AND
INSTITUTES OF RELIGION

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

