

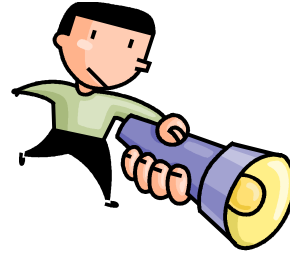
## Hold Up Your Light!

### PURPOSE

To encourage listeners to better live the gospel so as to be examples of Christ to those around them

### MATERIALS

- A flashlight
- A paper and pencil for each person



### LESSON IDEAS

1. Prior to the lesson:
  - a. Turn the flashlight on and hide it somewhere in the room where the light is bright enough that the group will not notice that the flashlight is on.
2. Tell listeners that you have hidden a flashlight somewhere in the room. Ask them to look around the room (without getting up from where they are sitting) and see if they can see where it is.
3. Have someone to turn out the lights in the room.
  - a. Ask listeners to look around and see if they now can see where the flashlight is.
  - b. Ask, “Why were you able to see it much more easily with the lights turned off?”
4. Explain that we are living in a world that is becoming darker. As the world darkens, our examples will become much brighter to those around us.
5. Read 3 Nephi 18:24.
  - a. Ask, “What is the Savior asking us to do?”
  - b. Ask, “What is the light we are to hold up?”
  - c. Ask, “How do we hold up that light?” (By doing the things Jesus would do)
6. Testify of the importance of being a light to those around us. Challenge each person to write down one thing he/she can do this week to hold up the light of the Savior.