

Women-Disciples of Christ

Instructor: Sister Heidi Shaw

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Class Schedule: Spring 2025, Monday, 11:30

Course Overview:

"This course will deepen your understanding of what it means to be a disciple of Christ, exploring Christlike attributes, principles of faith, and examples of discipleship. Each lesson is designed to help you apply these teachings in your daily life and strengthen your relationship with Jesus Christ."

Course Requirements:

- **Attendance:** Attend 75% or more classes.
- **Reading:** Complete 75% or more of assigned readings.
- **Elevate Learning Experience:** Complete one of the following:
 - Study Journal documenting insights and personal application of temple teachings.
 - A one-page paper reflecting on lessons learned and how your relationship with Christ has strengthened.
 - Personal Learning Project based on course doctrines and principles.

Week 1: January 6 - Understanding Discipleship

- **Focus:** What does it mean to be a disciple of Christ?
- **Scriptures:** Luke 9:23, 3 Nephi 5:13
- **Example:** Mary Magdalene (Luke 8:1-3) – A devoted disciple of Jesus who followed Him and witnessed His resurrection, demonstrating her unwavering commitment.
- **Talk:** ["Lifted Up upon the Cross"](#) by Elder Jeffrey R. Holland, General Conference, October 2022

Week 2: January 13 - Faith in Christ

- **Focus:** Developing and nurturing faith as the foundation of discipleship.
- **Scriptures:** Hebrews 11:1, Alma 32:21
- **Example:** The Woman with an Issue of Blood (Luke 8:43-48) – Her faith in Christ's power to heal teaches us the importance of believing and acting on that belief.
- **Talk:** ["Are You the Woman I Think You Are"](#) by Sister Sheri L. Dew, General Conference, October, 1997

Week 3: January 20 - NO CLASS (Martin Luther King Jr. Day)

Week 4: January 27 - The Light of Christ

- **Focus:** How to develop Christlike light
- **Scriptures:** John 8:12, Doctrine and Covenants 88:67
- **Example:** certain women in Luke 8:1-3 and Luke 24:22-23

- **Talk:** ["Certain Women"](#) by Sister Linda K. Burton, General Conference, April 2017
- **Talk:** ["Bearers of Heavenly Light"](#) by Elder Uchtdorf, General Conference Oct 2017

Week 5: February 3 - Love as Christ Loves

- **Focus:** Charity, the pure love of Christ.
- **Scriptures:** Moroni 7:47-48, John 15:12-13
- **Ruth** (Ruth 1-4) – Ruth's loyal love and care for Naomi exemplify Christlike charity and devotion.
- **Talk:** ["Peacemakers Needed"](#) by President Russell M. Nelson, General Conference, April 2023
- **Talk:** ["Charity Never Faileth"](#) by President Thomas S. Monson, General Conference, October 2010

Week 6: February 10 - Repentance and Forgiveness

- **Focus:** Becoming clean through the Atonement of Christ.
- **Scriptures:** Isaiah 1:18, Alma 36
- **Example:** The Woman Caught in Adultery (John 8:1-11) – Her story shows the power of Christ's mercy and the opportunity to begin again.
- **Talk:** ["Embrace the Lord's Gift of Repentance"](#) by Elder Jorge M. Alvarado, General Conference, October 2024
- **Talk:** ["Beauty for Ashes: The Healing Path of Forgiveness"](#) by Sister Kristin M. Yee, General Conference, October 2022

Week 7: February 17 - NO CLASS (Presidents' Day)

Week 8: February 24 - Obedience and Sacrifice

- **Focus:** Living in alignment with God's will.
- **Scriptures:** John 14:15, Doctrine and Covenants 58:26-27
- **Example:** Hannah (1 Samuel 1-2) – She obediently fulfilled her promise to dedicate her son to the Lord, showing trust and sacrifice.
- **Talk:** ["Lifted Up upon the Cross"](#) by Elder Jeffrey R. Holland, General Conference, October 2022
- **Talk:** ["Behold Thy Mother"](#) by Elder Jeffrey R. Holland, General Conference, October 2015

Week 9: March 3 – Spring Break

Week 10: March 10 – Seeking Personal Revelation

- **Focus:** Learning to receive personal revelation.
- **Scriptures:** James 1:5-6, 2 Nephi 32:3
- **Example:** Mary, the Mother of Jesus (Luke 1:26-38) – Her willingness to receive and act on divine revelation led to her pivotal role in the Plan of Salvation.

- **Talk:** ["Revelation for the Church, Revelation for Our Lives"](#) by President Russell M. Nelson, General Conference, April 2018
- **Talk:** ["The Spirit of Revelation"](#) by Elder David A. Bednar, General Conference, April 2011

Week 11: March 17 - Humility and Meekness

- **Focus:** The strength found in humility.
- **Scriptures:** Matthew 5:5, Ether 12:27
- **Example:** Abigail (1 Samuel 25) – Abigail’s humility and wisdom brought peace, saving lives and showing her Christlike meekness.
- **Talk:** ["Humble to Accept and Follow"](#) Elder Joni L. Koch, General Conference, October 2023

Week 12: March 24 - Courage in the Gospel

- **Focus:** Standing firm in faith during adversity.
- **Scriptures:** Joshua 1:9, Doctrine and Covenants 6:36
- **Example:** Esther (Esther 4-7) – Esther courageously risked her life to save her people, demonstrating bold faith in God.
- **Talk:** ["Be Strong and of a Good Courage"](#) by President Thomas S. Monson, General Conference, April 2014

Week 13: March 31 - Strengthening Homes and Families

- **Focus:** Discipleship in family life.
- **Scriptures:** Doctrine and Covenants 93:40, Mosiah 4:14-15
- **Example:** The Mothers of the Stripling Warriors (Alma 56:47-48) – These faithful mothers taught their sons the power of faith and obedience, resulting in their miraculous protection during battles.
- **Talk:** ["Steady in the Storms"](#) by President Henry B. Eyring, General Conference, April 2022

Week 14: April 7 - Defending Truth

- **Focus:** Standing for Christ’s teachings.
- **Scriptures:** Ephesians 6:11-17, 2 Nephi 2:27
- **Example:** Martha (John 11:20-27) – Her testimony of Christ as the Son of God is an example of defending truth even during personal trials.
- **Talk:** ["Defenders of the Family Proclamation"](#) by Sister Bonnie L. Oscarson, General Conference, April 2015

Week 15: April 14 - Finding Joy in Christ

- **Focus:** Experiencing joy through discipleship.
- **Scriptures:** 2 Nephi 2:25, John 15:11

- **Example:** Elisabeth (Luke 1:39-45) – Her joy in recognizing the Savior and supporting Mary reflects the happiness found in discipleship.
- **Talk:** ["Welcome to the Church of Joy"](#) Elder Patrick Kearon, General Conference, October 2024

Extra: Ministering and service

- **Focus:** Becoming Christ's hands on earth.
- **Scriptures:** Mosiah 2:17, Matthew 25:35-40
- **Example:** Tabitha (Dorcas) (Acts 9:36-42) – Tabitha was known for her good works and acts of service, such as making clothing for the poor. Her life exemplifies how ministering to others brings blessings to both the giver and the receiver.
- **Talk:** ["The Second Great Commandment"](#) by President Russell M. Nelson, General Conference, October 2019
- **Talk:** ["Ministering with Power and Authority of God"](#) by President Russell M. Nelson, General Conference, April 2018