

## **REALITY QUESTION: DOES YOUR MARRIAGE NEED A “MAKEOVER”?**

**“And they lived happily ever after” are the magical words we hear as we listen to the age old stories of “Cinderella,” “Sleeping Beauty,” “Snow White,” etc., etc.. But, what about the “rest of the story!” No one ever tells us how Cinderella didn’t get along with the extended family; or how she gave birth in very uncomfortable and unsanitary conditions; or that she was alone a great deal of time because Prince Charming went to battle for several years, leaving poor Cinderella to tend for the family in a very cold, damp, rat infested castle. No, we all grow up thinking that a handsome prince carried Cinderella off from all her troubles and that the same thing will happen to us. To add to all of this, some Latter-day Saints think that all that needs to be done is to be married in the temple and a mystical, magical dew will fall upon us and we will “live happily ever after.”**

**In the opening paragraph of THE FAMILY: A PROCLAMATION TO THE WORLD, the First Presidency states, “...marriage between a man and a woman is ordained of God and that the family is central to the Creator’s plan for the eternal destiny of His children,” so it must follow that who we marry, where, and by what authority are the most important decisions we will ever make. President Hinckley in Conference, April 1991, stated, “How wonderful a thing is marriage under the plan of our Eternal Father, a plan provided in His divine wisdom for the happiness and security of His children and the continuity of the race. He is our Creator, and He designed marriage from the beginning. ‘Therefore shall a man leave his father and his mother, and cleave unto his wife: and they shall be one flesh.’(Genesis 2:23-24)” (It is interesting to note the three ideas here presented: leave, cleave, and become one.)**

**But our success in marriage doesn’t stop with our decision and the enactment of the ceremony. President Kimball in a speech at a BYU devotional stated, “ We have come to realize that the mere performance of a ceremony does not bring happiness and a successful marriage. Happiness does not come by pressing a button...; happiness is a state of mind and comes from within. It must be earned. It cannot be purchased with money; it cannot be taken for nothing. Some think of happiness as a glamorous life of ease, luxury, and constant thrills; but true marriage is based on a happiness which is more than that, one which comes from giving, serving, sharing, sacrificing, and selflessness.”**

**So, is understanding about the serious and sacred nature of marriage enough? Elder David B. Haight in Conference, April 1984, stated, “Marriage is sustained by**

**faith and knowledge of its divine establishment, and is sustained daily by the energy of love...A strong, shared conviction that there is something eternally precious about a marriage relationship builds faith to resist evil. Marriage should be beautiful and fulfilling, with joy beyond our fondest dreams.” MARRIAGE IS SUSTAINED DAILY BY THE ENERGY OF LOVE....**

**In D&C 64:33 it states, “...be not weary in well DOING, for ye are laying the foundation of a great work. And out of small things proceedeth that which is great.”**

**Sisters, the challenge for us is to better understand the principle of Eternal Marriage, “daily sustain this belief with the energy of love,” and not be weary in our efforts. We have to continue to WORK at making our marriages a success. Maybe in some cases we need an “extreme makeover” to improve our marriages. This document isolates 6 specific areas of focus. These areas provide a menu of goals from which, if we select just one thing, could make our marriages more “beautiful and fulfilling, with joy beyond our fondest dreams.”**

**IN THESE 6 AREAS I WILL FIRST, PRESENT THE GOSPEL FOUNDATION AND SECOND, OFFER A LIST OF GOSPEL GOALS FROM WHICH YOU MAY CHOOSE TO USE IN YOUR MARRIAGE “MAKEOVER:**

## **1) SPIRITUAL “MAKEOVER”: 1+1+1=ONE**

**Gospel Foundation:**

**This might appear to be strange math, but the concept is a true principle: 1 man, 1 woman, 1 Lord== ONE in unity and purpose. The goal in marriage should be to work diligently to become as One. Much of the world’s philosophy is to marry, but continue to “do your own thing” in order to fulfill yourself as the individual, because certainly “no one else is going to.” This philosophy of marriage could well be described as immediately self-destructive because it starts the couple in growing apart...they come together, only to grow apart.**

**The Lord’s plan for marriage is just the exact opposite and is as Elder Ezra T. Benson stated in the Oct. Conference, 1982, “A husband and wife must attain righteous unity and oneness in their goals, desires, and actions.” Elder Richard G. Scott said in Conference, Oct. 1996, “Marriage allows for different characteristics to come together in oneness--in unity--to bless a husband and wife, their children and grandchildren. ...Their efforts interlock and are complementary. Each has**

**individual traits that best fit the role the Lord has defined for happiness as a man or woman. When used as the Lord intends, those capacities allow a married couple to think, act, and rejoice as one--to face challenges together and overcome them as one, to grow in love and understanding, and through temple ordinances to be bound together as one whole, eternally. That is the plan.” Elder Russell M. Nelson states, “An ideal marriage is a true partnership between two imperfect people, each striving to complement the other, to keep the commandments, and to do the will of the Lord.”**

**Marriage is a “team sport,” with the husband and his “help meet,” or as President Howard W. Hunter defined his “help equal,” acting as earthly coaches. When the “team” is working together, focused towards knowing and doing the will of the Lord, we truly are on the path to becoming one. There are those who upon reading this will say, “But I work hard to maintain my individuality and identity in the marriage.” Two strong, secure individuals make for a strong marriage, however, when the Lord told Adam and Eve to “leave..., cleave..., and ... be one,” this was not a suggestion, but a COMMANDMENT.**

#### **SPIRITUAL “MAKEOVER” GOALS:**

- \* Live the gospel more diligently.**
- \* Love and appreciate each other. (Tell each other this every day.)**
- \* Develop self-discipline.**
- \* Curb temper and tongue.**
- \* Look on the bright side of things.**
- \* Develop, maintain respect for one another.**
- \* Give soft answers.**
- \* Speak quietly.**
- \* Don’t be selfish.**
- \* Look after one another.**
- \* Develop talents, opportunities of companion.**
- \* Recognize (and work with) differences.**
- \* Pay tithing, stay out of debt.**
- \* Develop ability to communicate with each other.**

**Pres. and Sister Hinckley, April, 1997**

- \* DO SOMETHING!**

## **2) FINANCIAL “MAKEOVER”: THE BUCK STOPS HERE!**

### **Gospel Foundation:**

**Having financial problems is the leading cause of divorce. If we know this, then maybe there are some ways we can better protect ourselves against the pitfalls. President N. Eldon Tanner in Conference Oct. 1979, said, “Overindulgence and poor money management place a heavy strain on marriage relationships. Most marital problems originate from economic roots--either insufficient income to sustain the family or mismanagement of the income as earned.” And President Hinckley said in Oct.. Conference of 1998, “The time has come to get our houses in order. I am troubled by the huge consumer installment debt which hangs over our people...I urge you...to look to the condition of your finances. I urge you to be modest in your expenditures; discipline yourselves in your purchases to avoid debt to the extent possible. Pay off debt as quickly as you can, and free yourselves from bondage.”**

**Elder L. Tom Perry in an Oct. Conference, 1991, said, “We are bombarded today with powerful media to acquire now and pay later in what are purported to be painless monthly installments. We live in an impatient world where everyone wants everything now. The acquisition of worldly good seems to foster an appetite for more rather than any kind of lasting satisfaction.” Elder Dallin H. Oaks adds, “The possession of wealth or the acquisition of significant income is not a mark of heavenly favor, and their absence is not evidence of heavenly disfavor.” It is really true that the more things we have, the more time is used in caring for them. Because of overindulging our children, many of them are leaving home expecting to enjoy the same economic level as their parents and are ill-prepared to handle their finances and the realities of life. We do need a reality check!**

**Actually, family finances are to cover the basic needs of the family, and beyond that they are to be used to build the kingdom. The best formula for financial success is found in Matthew 6:33, “Seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”**

### **FINANCIAL “MAKEOVER” GOALS:**

- \* Work TOGETHER to manage family finances. Be open and honest.**
- \* Pay an honest tithing.**
- \* Give generously in your offerings and teach your children the same.**
- \* Live frugally. (Save those outgrown clothes for the next child.)**
- \* Distinguish between wants and needs. (Are we “possessed” by our possessions? “There, there, little luxury, don’t you cry. You’ll be a necessity by and by.”)**
- \* TOGETHER, develop and live within a budget.**
- \* Ask the question, “Does this expenditure help build the kingdom in any way?”.**
- \* Avoid spoiling children. Teach children to deny themselves. (Are we this brave?)**

Can we love them enough to say, “No,” and let them have the thrill of working for it?)

\* **Live modestly and avoid debt.** (How much house do we really need? Are we rearing children who are slaves to expensive fads and fashions? Remember in Matthew 6 about the lilies of the field.)

\* **Discontinue “money laundering.”** (This is when someone habitually writes out a check for more than the amount, “pockets the difference” for their own pleasure, and does not account to their spouse for it.)

\* **Simplify your household.** (Give unused items away to those who are needy.)

\* **Do NOT try to keep up with your neighbors.** (Set your own style and pace.)

\* **Be honest in your finances and dealings.**

\* **DO SOMETHING!**

### **3) EMOTIONAL “MAKEOVER”: HAPPY DAYS ARE HERE, AGAIN!**

**Gospel Foundation:**

In “The Family: A Proclamation To The World,” it states, “Happiness in family life is most likely to be achieved when founded upon the teachings of the Lord Jesus Christ.” In short, we learn His word, then do it. But, because of those “Cinderella” stories and unrealistic romantic expectations presented in various media, do we sometimes subconsciously say to our spouse, “We’re married. So, you make me happy!!” Happiness doesn’t come from an outside source, it comes from within. Our emotional state greatly effects our marriage, which in turn effects our degree of happiness. Someone wisely has said, “The time to be happy is now and the place to be happy is here.” The Father’s plan is known as the great Plan of Happiness, so we can expect the results of our obedience to the commandments to bring us happiness.

From the writings of William George Jordan we read, “Happiness is the greatest paradox in Nature. It can grow in any soil, live under any conditions. It defies environment. It comes from within; ...Happiness consists not of having, but of being. It is the warm glow of a heart at peace with itself. For what a man has, he may be dependent on others; what he is, rests with him alone. Happiness is paradoxical because it may coexist with trial, sorrow and poverty....Man might possess everything tangible in the world, and yet not be happy, for happiness is the satisfying of the soul, not of the mind or the body.”

**True happiness comes out of Adult Maturity. Elder Marvin J. Ashton states, “While it is true a person may be legally classified as an adult when he or she reaches a certain age, the kind of adult status we are talking about must be earned by actions and attitude. Personal conduct is the only true measurement of maturity. If a person is mature, he or she will not need to announce it. Mature conduct is generally developed through self-discipline, resilience to challenges, and continuing effort.”**

**Happiness comes out of Hope...in the Lord Jesus Christ. In Matthew 19:26, we read “...With men this is impossible; but with God all things are possible.” And in Matthew 28:20, “...and, lo, I am with you always, even unto the end of the world.” Someone has wisely said that we should not only believe IN Jesus, but BELIEVE Him...when He speaks.**

#### **EMOTIONAL “MAKEOVER” GOALS:**

- \* Increase your faith in the Lord Jesus Christ by study and prayer.**
- \* Repent and find that inner peace.**
- \* Forgive and find that inner peace.**
- \* Believe in yourself and your divine worth.**
- \* Be obedient and honest.**
- \* Be responsible for own actions.**
- \* Think of others first. Be service oriented. Selfishness is at the root of evil.**
- \* Be POSITIVE...It’s an attribute of God.**
- \* Cease to find fault with others AND yourself.**
- \* Stop comparing yourself with others...either you come off better or worse and neither is healthy for your emotions.**
- \* Redirect your focus from the “things of the world.”**
- \* Keep the Sabbath Day Holy... “that ye may be unspotted from the world.”**
- \* “Thank the Lord thy God in ALL things.”**
- \* Pray to know the Father’s will, then DO it. If you do not understand the results, then pray for an understanding of the Father’s will.**
- \* Learn to set reasonable goals in your life.**
- \* If your emotional state is beyond your control, seek help.**
- \* DO SOMETHING!**

## **4) EDUCATIONAL “MAKEOVER”: IT “SMARTS!”**

### **Gospel Foundation:**

**Sections 93 and 130 of the Doctrine and Covenants tell us that, “The glory of God is intelligence, or, in other words light and truth,” and “If a person gains more knowledge and intelligence in this life through his diligence and obedience than another, he will have so much the advantage in the world to come.” Elder Russell M. Nelson in his Conference address of Oct. 1989, said, “A wise woman renews herself. In proper season, she develops her talents and continues her education. She musters the discipline to reach her goals. She dispels darkness and opens windows of truth to light her way.” It is vital that we educationally renew ourselves not only for ourselves, but also importantly for our marriages.**

**Truth is found as principles or “nuggets” in the “golden” gospel. These principles can be applied to a wide variety of situations and are the experiential foundation from which our testimonies grow. President Benson in Conference, Oct. 1986, states, “We should make daily study of the scriptures a lifetime pursuit... The most important thing you can do ...is to immerse yourselves in the scriptures. Search them diligently...Learn the doctrine. Master the principles...You must...see that...searching the scriptures is not a burden laid upon us by the Lord, but a marvelous blessing and opportunity.”**

**President Spencer W. Kimball adds, “Spiritual learning takes precedence. The secular without the foundation of the spiritual is...like the foam upon the milk, the fleeting shadow...One need not choose between the two...for there is opportunity to get both simultaneously.” President Stephen Brower, former Pres. of Church College of Hawaii, stated, “Each person should be studying and gaining an education...an education for reality.” Most education for reality does not take place in the classroom and comes from diligent, personal experience.**

### **EDUCATIONAL “MAKEOVER” GOALS:**

- \* Daily study the scriptures.**
- \* Study the Conference talks and discuss with your husband how these talks and their application could enhance and improve your marriage and family.**
- \* Read a reliable, daily newspaper. Be informed about the world.**
- \* Read out of the “best of books.”**
- \* Learn one new fact about the world and how it impacts your life.**

- \* Take a cooking class **TOGETHER.**
- \* Take a dance class **TOGETHER.**
- \* Take a relaxation class **TOGETHER.**
- \* Plan a trip. Ask your children to give reports about where you will go and what you will see. The Church sites are very rewarding .
- \* Expand your talents; you're never too old for lessons! Write a poem or song.
- \* **DO SOMETHING!**

## **5) HEALTH/FITNESS “MAKEOVER”: BODY BEAUTIFUL..GOD’S WAY!**

### **GOSPEL FOUNDATION:**

**In the pamphlet “For the Strength of Youth,” it says, “The Lord has commanded you to take good care of your body. To do this, observe the Word of Wisdom, found in Doctrine and Covenants 89. Eat nutritious food, exercise regularly, and get enough sleep. When you do all these things, you remain free from harmful addictions and have control over your life. You gain the blessing of a healthy body, an alert mind, and the guidance of the Holy Ghost.” In Doctrine and Covenants we specifically find in Section 89 vs. 18 and 20, “And all saints who remember to keep and do these saying, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones;” “And they shall run and not be weary, and shall walk and not faint.”**

**Brigham Young said in the Journal of Discourses, “In all ages of the world that we have any knowledge of, when there was a people on the Earth whom God acknowledged as His people, He has invariably dictated them in spiritual, as in temporal things...that it was impossible for the Lord to dictate people, unless He dictated them in temporal affairs.” The Word of Wisdom includes “showing forth the order and will of God in the temporal salvation of all saints in the last days...and is “adapted to the capacity of the weak and the weakest of all saints....” This means that we ALL can do something to improve our health.**

**“Let these things be adhered to; let the Saints be wise; let us lay aside our folly and abide by the commandments of God; so shall we be blessed of the great Jehovah in**

**time and in eternity. We shall be healthy, strong, and vigorous; we shall be enabled to resist disease; and wisdom will crown our councils, and our bodies shall become strong and powerful, our progeny will be mighty, and will rise up and call us blessed; the daughters will be beautiful, and the sons the joy of the whole earth; we shall prepare the purposes of Jehovah, for the kingdom of God, for the appearance of Jesus in His glory.” (Times and Seasons, Vol. III, p. 799.)**

**We all have heard someone say, “Well, it’s my body. I’ll do with it what I want!” But this is an incorrect concept. In 1 Corinthians 6:19,20 we read, “What? Know ye not that your body is the temple of the Holy Ghost which is in you, ...and ye are not your own. For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.” It seems that each person’s body is on loan, and at some point there will be an accounting of how each one has cared for their body!**

#### **HEALTH/FITNESS “MAKEOVER” GOALS:**

- \* Study the Word of Wisdom.**
- \* Eat a lot of fruits and vegetables.**
- \* Get enough sleep. (The best sleep takes place in the hours before 12 p.m.)**
- \* Plan nutritious meals. (Fast foods are not always good for the body.)**
- \* Begin and maintain an exercise program.**
- \* Wash hands often and practice germ prevention in the home.**
- \* Have regular check-ups to the dentist, eye doctor, and doctor.**
- \* Dress modestly and show respect for your womanhood.**
- \* Read some good books on positive thinking. (The brain is a giant magnet.)**
- \* Drink a lot of water.**
- \* Find the right “method” and take the time to relax. Have alone time.**
- \* Get in training to go on that mission when the children leave home!**
- \* Repent, forgive and bring about improved health.**
- \* DO SOMETHING!**

#### **6) SOCIAL “MAKEOVER”: DATE YOUR MATE.**

## **GOSPEL FOUNDATION:**

**In Doctrine and Covenants 130:2 Joseph Smith was giving important items of instruction and we read, “And that same sociality which exists among us here will exist among us there, only it will be coupled with eternal glory, which glory we do not now enjoy.” The explanation of “sociality” at the bottom of the page says, “Love within Marriage, Continuing Courtship in.” The same love, friendship, and tender relationship you have with your husband now, will continue on, and courting each other is part of this continuation. This brings a greater understanding as to why it is so important to establish and maintain an sweet but intense relationship with your spouse. There really is “life after children!” Elder Faust in Oct. Conference 1977, said, “You might wonder, ‘How can a marriage be constantly enriched?’ Adam, speaking of Eve, said, ‘This is now bone of my bones, and flesh of my flesh.’ We build our marriages with endless friendship, confidence, integrity, and by administering and sustaining each other in our difficulties.” We’ve spent a great deal of time and effort in finding and nurturing our relationship with our mates so far; but, we must continue on and build this friendship even stronger, because what we create here will continue with us. We can expect to work on it in the next “sociality” and become even better.**

**Elder Joe J. Christensen in Conference, April 1995, “Keep your courtship alive. Make time to do things TOGETHER---just the two of you. As important as it is to be with the children as a family, you need regular weekly time alone TOGETHER. Scheduling it will let your children know that you feel that your marriage is so important that you need to nurture it...” And Elder Dean L. Larsen in Ensign, Mar. 1985, adds, “Marriages don’t succeed automatically. Those who build happy, secure, successful marriages pay the price to do so. They work at it constantly... Discover things you enjoy doing TOGETHER, and then do them regularly. Appreciate one another’s talents, and encourage and foster them.” And Bishop Vaughn J. Featherstone states, “Do fun things that do not require money outlay but make more lasting impressions on your children.”**

**President Spencer W. Kimball said in the March Ensign, 1977, “Love is like a flower, and, like the body, it needs constant feeding. The mortal body would soon be emaciated and die if there were not frequent feedings. The tender flower would wither and die without food and water. And so love, also, cannot be expected to last forever unless it is continually fed with portions of love, the manifestation of esteem and admiration, the expressions of gratitude, and the consideration of unselfishness.”**

**He goes on to add, “We ask you to think of these things. Be sure that your marriage is right (in order). Be sure that your life is right. Be sure that your part of the marriage is carried forward properly.”**

## **SOCIAL “MAKEOVER” GOALS:**

- \* **HUGS AND KISSES EACH DAY KEEP MARRIAGE BLUES AWAY!**
- \* **Plan and accomplish a regular date.**
- \* **Make sure you have “alone time” with each other everyday.**
- \* **Surprise him. Fix his favorite goodie.**
- \* **Attend temple, TOGETHER.**
- \* **Plan and build fresh, new family traditions**
- \* **Kidnap your husband and take him somewhere fun.**
- \* **Send a letter of appreciation to your husband.**
- \* **Have a treasure hunt where you are the treasure.**
- \* **Plan a trip for just the two of you.**
- \* **Put his favorite candy bar on his pillow.**
- \* **Be daring! Put some fun back into your relationship! Go on a midnight picnic or a sunrise breakfast; eat cold cereal by candlelight; wash the car together; make a movie of your date and play it at the next family home evening; go to “City Hall” and get involved in the community...TOGETHER.**
- \* **DO SOMETHING!**

## **CONCLUSION:**

**Christ is our great exemplar. If we reviewed His life we would find three key character qualities that are also so very essential to a successful, sacred marriage. They are loyalty, commitment, and communication.**

**LOYALTY:** He was true and faithful to His Father, in all situations. This, too, is required of us. President Howard W. Hunter said, “Be faithful (loyal) in your marriage covenants in thought, word, and deed. ...flirtations, and unwholesome fantasies (constant diet of off-color romance novels) erode one’s character and strike at the foundation of a happy marriage. Unity and trust within a marriage are thereby destroyed.”

**COMMITMENT:** Christ was committed to His divine purpose of being here on earth and never once fell prey to the enticements to leave His heavenly work and calling. We, too, must stay in the “trenches” even when things get hard. When the scriptures state that we should cleave to none else, it doesn’t say no one else, but **NONE** else which includes all other outside interests, including our children. Yes, we are committed to the family, but our covenants are with our husbands. President Spencer W. Kimball stated in March 1977, “While marriage is difficult, and

**discordant and frustrated marriages are common, yet real, lasting happiness is possible, and marriage can be more an exultant ecstasy than the human mind can conceive. ... ‘Soul mates’ are fiction and an illusion...yet it is certain that almost any good man and any good woman can have happiness and a successful marriage if both are willing to pay the price (commitment).”**

**COMMUNICATION: In Hebrews 13:16 we read, “But to do good and to communicate, forget not: for with such sacrifices God is well pleased.” Christ was always in communication with His Father (prayer) and with the Apostles. He often communicated with his Apostles and disciples through questions, allowing them to come to their own conclusions, and used a steady, unaltered voice. Sometimes, as the above scripture states, it is a “sacrifice” to communicate, but if our marriage situation is going to improve, we have to talk. Elder Russell M. Nelson said, “Taking time to talk is essential to keep lines of communication intact. If marriage is a prime relationship in life, it deserves prime time!” Communication also requires listening, which is very difficult for some, but absolutely necessary. Patience is also required, along with listening with the heart.**

**Elder Boyd K. Packer states, “ Eternal love, eternal marriage, eternal increase! This ideal, which is new to many, when thoughtfully considered, can keep a marriage strong and safe. No relationship has more potential to exalt a man and a woman than the marriage covenant. No obligation in society or in the Church supersedes it in importance.” Loyalty, commitment, communication in every aspect of our marriage and especially while we work on our gospel “makeover” goals, will bring us closer to this great promise. Eternal marriage is an investment; the work, time and loving care we put into it will serve us well in the eternities.**

**The Restoration of the Gospel of Jesus Christ began with the question of a young boy who wanted to know which church to join. The restoration of our purpose and direction in marriage should, too, begin with a question, “What can I do to improve my marriage?” Think about it. Pray about it. The Lord will fill your mind with what is best for you. “Out of small things come that which is great,” so selecting just one of the many “makeover” goals and beginning to work is truly worth the effort.**

**The following concept is essential as we work on improving our marriages. Elder Bruce R. McConkie in “Mormon Doctrine” states, “The doctrine of the atonement embraces, sustains, supports, and gives life and force to all other gospel doctrines (including the New and Everlasting Covenant of Marriage). It is the foundation upon which all truth rests, and all things grow out of it and come because of it. Indeed, the atonement is the gospel.” According to these words, marriages are covered by the atonement. Our marriage does not have to be perfect, because if we work diligently, never stop trying, and endure to the end in working on our**

**relationship with our husband, the great atoning sacrifice will make up the difference; His great love and mercy will be added to us. What a comforting and encouraging thought!**

**So again, begin with the question, “What can I do to improve my marriage?” Then prayerfully select those “makeover goals” that are right for you, but DO something! In our life’s journey, we need to exhibit greater faith and allow God to “oversee what we cannot foresee.” I bear testimony that the principles herein presented are true. They’ve been supported by the brethren, and I pray that the Spirit has also witnessed to you that they are true. Marriage is a sacred privilege. I pray that we all will be more deeply committed to work on this our greatest and holiest calling...and have some fun, too! Sisters, I love you. May you be blessed, in the sacred name of Him who truly wants us all to succeed, Jesus Christ. Amen.**

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**“Must Have” Reference Materials:**

- 1. “Marriage and Family Relations,” Participants Study Guide  
“Marriage and Family Relations,” Instructor’s Manual  
(Published by The Church of Jesus Christ of Latter-day Saints)**
- 2. “Eternal Marriage,” Student Manual  
(Published by The Church of Jesus Christ of Latter-day Saints)**
- 3. “The Family: A Proclamation To the World  
(Published by the First Presidency and Council of the Twelve  
Apostles of the Church of Jesus Christ of Latter-day Saints)**