

Syllabus for “Gospel Perspectives on LDS Single Adult/Single Parent Issues”

Who is the Class For? Single adults and single parents of ANY age are welcome in the class. This is not a parenting class; it is a class for single adults/single parents, focused on their particular needs in dealing with the challenges they face and the responsibilities they carry. While the class includes two lessons specifically on parenting, most of the class material is applicable to any single adult, with or without children. (Please see course outline on the following pages.) The class geared to single parents of ANY age, and single adults 31+.

Class Meets: Tuesdays 7:00–8:45 p.m. for 14 weeks, January 10 – April 10, 2012. Location: Orem Northridge Stake Center, 1674 North 200 West, Orem, Utah, in the chapel. (From I-15 or State Street, go east on 1600 North and turn left (north) at 200 West; the building will be on the right about ½ block north.) Individuals can join the class at any time.

Instructor: Sister Cheryl R. Merrell, MS, Certified Family Life Educator, Life Coach, and single parent. She can be reached at (801) 431-0383, or cherylmerrell@visionsparks.com.

Class Registration: The cost of the entire class is \$21.00, or \$2.50 for a single lecture. You may register online at <http://ce.byu.edu/re> (click on “Adult Religion Classes”, then Utah County, then scroll down to find class) or by phone (801) 422-8925, or register before or after class, or during the break, at class. Please make checks payable to BYU Adult Religion Classes.

Course Readings: A packet of class readings and handouts is available for \$7.00. Most of the “recommended reading” articles are not in the packet but are accessible from Church Magazines available in your ward library, on the Internet at <http://lds.org> (click on “Menu”, “magazines” (under “Study”, “Ensign”, etc.)), and the Church magazine CD. Read them! They are great!

Other Materials: Please bring a notepad or journal and a pen to class. We will be doing writing activities in class at times. **Note: Please turn cell phones off or put on vibrate during class time. If you must answer a call from your children, please step outside the chapel to do so.**

Child Care: Please make your own arrangements for child care, as none will be provided at the building. You may consult with the instructor, your bishop, or your Relief Society president if you are having difficulty making arrangements and need ideas for obtaining child care.

Course Objectives:

1. To strengthen the faith, hope, and testimony of LDS single adults and single parents.
2. To assist single adults/parents in their functioning through encouraging them to apply the teachings of the gospel of Jesus Christ to their lives and to draw closer to the Savior.
3. To consider together the unique challenges of LDS single adults/parents and how gospel principles can assist in meeting these challenges.
4. To provide a forum where class members can meet with those of similar beliefs to strengthen each other and form friendships.

Questions to Be Addressed throughout the Course:

1. How seriously do I take the gospel of Jesus Christ? Does it really have the answers to life's questions and difficult situations for me as a single adult/parent?
2. Are there principles of the gospel that can help me in my unique challenges as a single adult/parent? If so, what are they?
3. Are the blessings promised for faithfulness really going to be there for me, even if those blessings seem to elude me right now? Is it worth it to wait for those blessings?
4. Can life be rewarding and happy for me as a single adult/parent? How?

Course Outline

Part I. Faith: Sufficient for Today and for the Future

Packet Page

1/10 “A Foundation of Faith, a Legacy of Hope”

“Faith in the Lord Jesus Christ” by Elder Kevin W. Pearson, May 2009.....1
 “Claim the Exceeding Great and Precious Promises” by Elder Spencer J. Condie, November 2007 *Ensign*.....4

Recommended Readings:

- “The Infinite Power of Hope” by President Dieter F. Uchtdorf, November 2008 *Ensign*
- “Shall He Find Faith on the Earth?” by Elder Joseph B. Wirthlin, November 2002 *Ensign*
- “Brightness of Hope” by Elder Neal A. Maxwell, November 1994 *Ensign*
- “Ask in Faith” by Elder David A. Bednar, May 2008 *Ensign*
- “Finding Faith in the Lord Jesus Christ” by Elder Robert D. Hales, November 2004 *Ensign*
- “The Sustaining Power of Faith in Time of Uncertainty and Testing” by Elder Richard G. Scott, May 2003 *Ensign*
- “An High Priest of Good Things to Come” by Elder Jeffrey R. Holland, November 1999 *Ensign*

1/17 “Faith in Times of Adversity”

“More Than Conquers Through Him That Loved Us” by Elder Paul V. Johnson, May 2011 *Ensign*..... 7
 “Trust in the Lord” by Elder Richard G. Scott, November 1995 *Ensign* 10

Recommended Readings:

- “Finding a Safe Harbor” by Elder Joseph B. Wirthlin, May 2000 *Ensign*
- “All Things Work Together for Good” by Elder James B. Martino, May 2010 *Ensign*
- “Come What May, and Love It” by Elder Joseph B. Wirthlin, November 2008 *Ensign*
- “But If Not” by Elder Dennis E. Simmons, May 2004 *Ensign*
- “In the Strength of the Lord” by Elder Henry B. Eyring, May 2004 *Ensign*
- “Give Thanks in All Things” by Elder Dallin H. Oaks, May 2003 *Ensign*
- “Finding Joy in Life” by Elder Richard G. Scott, May 1996 *Ensign*

1/24 “Who Am I? How Do I Fit in the Church as a Single Parent?”

“The Great and Wonderful Love” by Elder Anthony D. Perkins, November 2006 *Ensign*..... 13
 “Belonging to a Ward Family” by Elder Robert D. Hales, March 1996 *Ensign* 16

Recommended Readings:

- “Singles in the Ward Family” by Kathy Grant, June 2002 *Ensign*
- “Single in a Family Ward” by Sue Bergin, March 1989 *Ensign*
- “The Church Is for All People” by President Howard W. Hunter, June 1989 *Ensign*
- “Let Us Be One” by Jeanie McAllister, March 1996 *Ensign*

1/31 “Ye Shall Not Fear: Moving Forward with Confidence in and before the Lord”

“Encircled in the Arms of His Love” by Elder Neal A. Maxwell, November 2002 *Ensign* 19
 “The Challenge to Become” by Elder Dallin H. Oaks, November 2000 *Ensign*..... 23
 “Fear, Faith, Hope, and Confidence in and before the Lord” quote sheet 27

Recommended Readings:

- “Why Aren’t I Happy?” by Jeffrey C. Jacob, January 1991 *Ensign*

Part II. Healing through Christ**Packet Page****2/7 “Peace and Healing through Christ”**

“To Be Healed” by Elder Richard G. Scott, May 1994 <i>Ensign</i>	28
“He Heals the Heavy Laden” by Elder Dallin H. Oaks, November 2006 <i>Ensign</i>	32
“Broken Things to Mend” by Elder Jeffrey R. Holland, May 2006 <i>Ensign</i>	36

Recommended Readings:

“Repent . . . That I May Heal You” by Elder Neil L. Andersen, November 2009 <i>Ensign</i> (included in packet)	40
“The Miracle of the Atonement” by Elder C. Scott Grow, May 2011 <i>Ensign</i>	
“Freedom from Bitterness” by Terrance D. Olson, Aug. 1991 <i>Ensign</i>	
“Point of Safe Return” by Elder Dieter F. Uchtdorf, May 2007 <i>Ensign</i>	
“The Power to Change” by President James E. Faust, November 2007 <i>Ensign</i>	
“Healing Soul and Body” by Elder Robert D. Hales, November 1998 <i>Ensign</i>	
“Healing the Tragic Scars of Abuse” by Elder Richard G. Scott, May 1992 <i>Ensign</i>	
“A Difficult Kind of Forgiving” by Sherrie Johnson, January 1985 <i>Ensign</i>	

2/14 “But of You It Is Required to Forgive All Men: Applying the Atonement to Ourselves and Others”

“Mercy—the Divine Gift” by President Thomas S. Monson, May 1995 <i>Ensign</i>	44
“The Healing Power of Forgiveness” by President James E. Faust, May 2007 <i>Ensign</i>	49
“Forgiveness Will Change Bitterness to Love” by Elder David E. Sorensen, May 2003 <i>Ensign</i>	53

Recommended Readings:

“Forgiveness—Our Challenge and Our Blessing” by Steve F. Gilliland, August 2004 <i>Ensign</i> (In packet)	56
“Forgiveness” by President Gordon B. Hinckley, November 2005 <i>Ensign</i>	
“The Atonement, Repentance, and Dirty Linen” by Elder Lynn A. Mickelsen, November 2003 <i>Ensign</i>	
“Teaching Children about Forgiveness” in Handbook for Families, January 1988 <i>Ensign</i>	

Part III: Managing Our Roles as Single Adults and Single Parents**2/21 “Single Parenting: Being Mom and Dad Too”**

“Take Time for Your Children” by Elder Ben B. Banks, November 1993 <i>Ensign</i>	60
“Strengthening Families: Our Sacred Duty” by Elder Robert D. Hales, May 1999 <i>Ensign</i>	63

Recommended Readings:

“Courageous Parenting” by Elder Larry R. Lawrence, November 2010 <i>Ensign</i> (Parenting teens)	
“Dear Are the Sheep That Have Wandered” by President James E. Faust, May 2003 <i>Ensign</i>	
“Keys to Developing Effective Families” by William G. Dyer and Phillip R. Kunz, June 1989 <i>Ensign</i>	
“Caring for the Souls of Children” by President Patricia P. Pinegar, May 1997 <i>Ensign</i>	
“Cultivate Righteous Traditions” by Elder Donald L. Hallstrom, November 2000 <i>Ensign</i>	
“Family Traditions” by Elder L. Tom Perry, May 1990 <i>Ensign</i>	

2/28 “Helping Our Children Heal and Grow”

“Children of Divorce” by Elaine Walton, August 2002 <i>Ensign</i>	68
“A Time to Heal” by Lynn Clark Scott, April 1989 <i>Ensign</i>	74

Recommended Readings:

“When You Don’t Have Custody” by S. Brent Scharman, April 2002 <i>Ensign</i>	
“Traditions worth Keeping” from Handbook for Families, March 1986 <i>Ensign</i>	
“Not a Broken Home” by Lori Berg, February 1993 <i>Ensign</i>	
“A Single Parent, but Not Alone” by Sue Blunt, March 1996 <i>Ensign</i>	

3/6 “The Priesthood and Single-Parent Families, and Patterns for Men and Women” Packet Page
(Guest Speaker)

“Priesthood Authority in the Family and the Church” by Elder Dallin H. Oaks, November 2005 <i>Ensign</i>	78
“Being a Righteous Husband and Father” by President Howard W. Hunter, November 1994 <i>Ensign</i>	82
“It Is Not Good for Man or Woman to Be Alone” by Sheri L. Dew, November 2001 <i>Ensign</i>	86
“The Family: A Proclamation to the World,” The First Presidency and Council of the Twelve Apostles, November 1995 <i>Ensign</i>	89

Recommended Readings:

“Blessings of the Priesthood” by Elder Robert D. Hales, November 1995 *Ensign*

3/13 “Single Does Not Have to Mean Lonely”

“Alone but Not Lonely” by Inez S. Searle, August 1992 <i>Ensign</i>	90
“To My Single Friends” by Elder John K. Carmack, March 1989 <i>Ensign</i>	92
“Promises” quote sheet	98

3/20 “Are the Promised Blessings Still There for Me? Dating and Courtship Issues”

“Choosing and Being the Right Spouse” by Thomas B. Holman, September 2002 <i>Ensign</i>	99
“Dating: A Time to Become Best Friends” by John D. Claybaugh, April 1994 <i>Ensign</i>	104
“Personal Purity” by Elder Jeffrey R. Holland, November 1998 <i>Ensign</i>	107

3/27 “Looking Forward: Preparing for Blending Families” (What you know and do now will help you later!) (Guest speakers included)

“Uniting Blended Families” by Elder Robert E. Wells, August 1997 <i>Ensign</i>	111
--	-----

Recommended Readings:

“How to Unite a Step-family” by Jeffrey H. Larson, February 1987 *Ensign*

4/3 “Of Practical Concerns: Finances, Resources, and the Single Parent”

“Tithing: A Test of Faith with Eternal Blessings” by Elder Robert D. Hales, November 2002 <i>Ensign</i>	117
“If Ye Are Prepared, Ye Shall Not Fear” by Elder L. Tom Perry, November 1995 <i>Ensign</i>	122

Recommended Readings:

“The Best Investment” by Elder Sheldon F. Child, May 2008 *Ensign*
 “Opening the Windows of Heaven” by President James E. Faust, November 1998 *Ensign*
 “Understanding Interest on Debt” by Scott Nash, September 1997 *Ensign*

4/10 “Becoming Whole and Moving Forward Through the Gospel of Jesus Christ”

“A Vision of What We Can Be” by President James E. Faust, March 1996 <i>Ensign</i>	126
“One Step after Another” by Elder Joseph B. Wirthlin, November 2001 <i>Ensign</i>	129

Recommended Readings:

“Finding Joy in the Journey” by President Thomas S. Monson, November 2008 *Ensign*
 “We Are Creators” by Mary Ellen Smoot, May 2000 *Ensign*
 “Single Threads in the Gospel Tapestry” by Kellene Ricks Adams, December 1992 *Ensign*
 “Grounded, Settled, and Full of Hope” by Elaine L. Jack, March 1996 *Ensign*
 “Let Us Be One” by Jeanie McAllister, March 1996 *Ensign*