



Study Guide, Episode 110—How to Speak Up as a Disciple of Christ

2 Nephi 20-25

00:00-08:47	"QOTW: How can I better speak up, talk of & testify of Jesus Christ?"
08:48-17:10	"The spirit of prophecy"
17:11-33:24	"It's ok to feel angry & speak about how you feel—Jesus did"
33:25-40:43	"Ways to talk of Christ in your home, family, church"
40:44-END	"How to 'stand out, speak out and be different'"

- 1) How well are you currently "talking," "preaching," and/or "writing" about Jesus Christ? In your family? In your work? In your community? Online? Ponder, ask sincerely, and write about what you're doing well and what you might improve.
- 2) Do you ever silence yourself? If so, why? What signs show you that you're doing this? How does this help or hinder you? Discuss with a trusted friend, family member or therapist, and/or write about this in your journal.
- 3) What does it mean to you to have "the spirit of prophecy"? This is one of the "keys" to understanding Isaiah. How might you strengthen your ability to be filled with the spirit of prophecy?
- 4) How do you cope with feelings of anger? Reading these chapters, we see that even Jesus feels and talks about anger. How might you use this to help you deal with powerful feelings and emotions in a way that honors what you feel and helps and doesn't hinder you?
- 5) As President Russell M. Nelson taught, "True disciples of Jesus Christ are willing to stand out, speak up, and be different from the people of the world." Are you doing this? Are you willing to stand out? To speak up? To be different? Why or why not? What are some ways you can begin to more fully do these things? Pray. Write about this in your journal. Discuss with your family/friends. Set a goal to improve these things this week.

Resources

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