"Why Do We Have Adversity?"  
  
Such a great topic!  I enjoyed putting this lesson together.  Again, I had SO much info to include it was very difficult to narrow it down.  I used a New Era article from 2006 on Adversity in addition to the articles from the lds.org outline.  I also found a Q&A from the New Era where Youth were answering the question "Why do we have trials?"  I included those quotes above if you'd like to use them.  I think I will keep them on hand and if we have time at the end of class I will hand a few out to the girls to read.  I think they relate to their peers.  I like to include these quotes when I can.  
  
Slide 16 is where I plan to ask the girls to think of challenges and trials they think youth their age are faced with.  If you want to just use your chalkboard that is great.  I typed up a few just to give the basic idea.  Then once the girls have listed trials, have them think about what they can learn from each trial.  
  
Slide 19 makes reference to the story when Nephi breaks his bow and the difference between his reaction and the reaction of His brothers.  I'm always short on time so I may end up just summarizing the story or having one of the girls summarize it and then discuss the differences.  
  
The handout is a fun one.  I loved the idea of letting adversity make us better NOT bitter.  I thought you could pair it with anything lemon!  Lemonheads, lemonade kool aid, the little single size powder packs that make lemonade,  
lemon squares etc...you get the point. :)  
  
Have a great lesson!