Why should I treat my body like a temple?

Remembering that our bodies are temples for our Spirits, that they were paid for by the Savior's sacrifice and that they are on loan to us from our Heavenly Father really puts things into perspective!  I love lessons like this where we can really drive home how special these girls are.  No matter what they look like, where they come from or what their talents are they mean everything to our Heavenly Father!

I used 3 main resources for this lesson.  1) ELDER DAVID BEDNAR'S talk ["Ye Are The Temple of Our God"](https://www.lds.org/ensign/2001/09/ye-are-the-temple-of-god?lang=eng" \o "" \t "_blank), I also used an article from the August 2011 Liahona called ["My Body Is a Temple of God."](https://www.lds.org/liahona/2011/08/my-body-is-a-temple-of-god?lang=eng" \o "" \t "_blank)  Finally, I used some of Sister Tanner's talk ["The Sanctity of the Body"](https://www.lds.org/general-conference/2005/10/the-sanctity-of-the-body?lang=eng" \o "" \t "_blank)

I did not use either video although both are great.  I know my girls have seen 195 dresses and the video on Chastity was a little more for my Beehives than I felt they were ready for.  Like I said, both are great videos if you choose to use them.

For a Handout I used one of the phrases from one of the Mormon Ads in the Power Point.  I want the girls to know they don't need to "STRETCH" their standards.  The world's view of beauty and the Lord's are two very different things!  As far as what I would attach to the handout...anything stretchy!  Taffy, a cute hair elastic, a scrunchy, a stretchy bracelet (cheap dollar ones of course :)  I have attached a longer "stretched" version of the handout or you can print it as a 4X6 at any photo center. :)

Have a great lesson.