

# TEACHER'S SUPPLEMENT - RIGHTEOUSNESS

## PROCEDURE

### Lesson Development

#### Terms - Definitions – Scriptures

- a. **Hunger** – a strong or compelling desire or craving for food
- b. **Thirst** –strong, eager desire, longing, or craving for liquid
- c. (From the Apostles' letter) **Righteousness**- *virtuous; doing what is right; acting in a just, upright manner; acting in accord with divine or moral law; free from guilt or sin.*
- d. (Dictionary)**Righteousness** - *characterized by uprightness or morality; morally right or justifiable; acting in an upright, moral way; virtuous, the result of righteous actions*
- e. **3 Nephi 12:6**, "And blessed are all they who do hunger and thirst after righteousness, for they shall be filled with the Holy Ghost."
- f. **2 Nephi 2:25**, Adam fell that men might be; and men are, that they might have joy.
- g. **2 Nephi 2:27**, Wherefore, men are free according to the flesh; and all things are given them which are expedient unto man. And they are free to choose liberty and eternal life, through the great Mediator of all men, or to choose captivity and death, according to the captivity and power of the devil; for he seeketh that all men might be miserable like unto himself.

**Activity:** ("Acts of Righteousness". See pages below.)

- ✓ Scriptures for participants to read aloud in class concerning some of the promises of God to the righteous.
- a. **Psalm 1:1-3**; 1: Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. 2: But his delight is in the law of the LORD; and in his law doth he meditate day and night. (Bold print added for emphasis) 3: And **he shall be like a tree planted by the rivers of water, that bringeth forth**

**his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.**

- b. **Psalm 15:1-2**; [1] "Lord, who shall abide in thy tabernacle? Who shall dwell in thy holy hill? [2] He that walketh uprightly, and worketh righteousness, and speaketh the truth in his heart."
- c. **1 Nephi 22:26** "And because of the righteousness of His people, **Satan has no power**; wherefore, he cannot be loosed for the space of many years; for he hath **no power over the hearts of the people**, for they dwell in righteousness, and the Holy One of Israel reigneth."
- d. **2 Nephi 9:18**; "But, behold, the righteous, the saints of the Holy One of Israel, they who have believed in the Holy One of Israel, they who have endured the crosses of the world, and despised the shame of it, they **shall inherit the kingdom of God**, which was prepared for them from the foundation of the world, and their joy shall be full forever."
- e. **John 4:13-14**, "...whosoever drinketh of this water shall thirst again: But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life."
- f. **John 6:48-51**, "I am that bread of life. Your fathers did eat manna in the wilderness, and are dead. This is the bread which cometh down from heaven, that a man may eat thereof, and not die. I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world."

#### Life Application (10 minutes)

**Activity 1: Developing Discernment**  
(Attachment A located below)

#### Suggestions/Scriptures for Further Study/ Exploration/ Extension of Topic

In future lessons, explore more in depth the scriptures contained in the Q12 letter.

## **Acts of Righteousness, 1/2**

**Desire to make God number “1” in your life**

**Desire to Read and Study God’s Word**

**Take time to Pray and Fast**

**Desire to Fellowship with other Saints**

## **Acts of Righteousness, 2/2**

**Desires to Keep God's Commandments**

**Desires to Do God's Will**

**Desires to Praise God**

**Rejects Sin, Receives God's Salvation**

## Acts of Righteousness Supporting Scriptures

Matthew 6:24, “No *man* can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and Mammon.”

1 Peter 4:1-2, Forasmuch then as Christ hath suffered for us in the flesh, arm yourselves likewise with the same mind: for he that hath suffered in the flesh hath ceased from sin; That he no longer should live the rest of his time in the flesh to the lusts of men, but to the will of God.

Alma 38:9; “And now, my son, I have told you this that ye may learn wisdom, that ye may learn of me that there is no other way or means whereby man can be saved, only in and through Christ. Behold, he is the life and the light of the world. Behold, he is the word of truth and righteousness.”

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John 6:48-51, “...I am that bread of life.  
[49] Your fathers did eat manna in the wilderness, and are dead. This is the bread which cometh down from heaven, that a man may eat thereof, and not die. I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.”

Matthew 6:5-8, “And when thou prayest, thou shalt not be as hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. But when ye pray, use not vain repetitions as the heathens do: for they think that they shall be heard for their much speaking. Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.

Matthew 6:16-18, “Moreover when ye fast, be not as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.”

Moroni 6:5-6, “And the church did meet together oft, to fast and to pray, and to speak one with another concerning the welfare of their souls. And they did meet together oft to partake of bread and wine, in remembrance of the Lord Jesus.”

Matthew 5:19-20, “Whosoever therefore shall break on of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven. For I say unto you, That except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven.”

Matthew 7:21, “Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven.”

Psalms 106:1-3, “Praise ye the Lord. O give thanks unto the Lord; for *he is* good: for his mercy endureth forever. Who can utter the might acts of the Lord? Who can shew forth all his praise? Blessed are they that keep judgment, and *he* that doeth righteousness at all times.”

Ether 6:9, “And they did sing praises unto the Lord; yea the brother of Jared did sing praises unto the Lord, and he did thank and praise the Lord all the day long; and when the night came, they did not cease to praise the Lord.”

Alma 38:9, “And now, my son, I have told you this that ye may learn wisdom, that ye may learn of me that there is no other way or means whereby man can be saved, only in and through Christ. Behold, He is the life and the light of the world. Behold, He is the word of truth and righteousness.”

## Acts of Righteousness – Key (Possible Answers)

### Desire to make God number “1” in your life

Matthew 6:24; “No *man* can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and Mammon.”

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### Desire to Read and Study God’s Word

John 4:13-14; [13] “...whosoever drinketh of this water shall thirst again: [14] But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.”

John 6:48-51; [48] “...I am that bread of life. [49] Your fathers did eat manna in the wilderness, and are dead. [50] This is the bread which cometh down from heaven, that a man may eat thereof, and not die. [51] I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.”

### Take time to Pray and Fast

Matthew 6:5-8; [5] “And when thou prayest, thou shalt not be as hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. [6] But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. [7] But when ye pray, use not vain repetitions as the heathens do: for they think that they shall be heard for their much speaking. [8] Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.

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faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. [17] But thou, when thou fastest, anoint thine head and wash thy face; [18] That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

### Desire to Fellowship with other Saints

Moroni 6:5-6; [5] And the church did meet together oft, to fast and to pray, and to speak one with another concerning the welfare of their souls. [6] And they did meet together oft to partake of bread and wine, in remembrance of the Lord Jesus.

### Desire to Keep God’s Commandments

Matthew 5:19-20; [19] Whosoever therefore shall break on of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven. [20] For I say unto you, That except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven.

### Desire to Do God’s Will

Matthew 7:21; “Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven.”

### Desire to Praise God

Psalms 106:1-3; [1] Praise ye the Lord. O give thanks unto the Lord; for *he is* good: for his mercy endureth forever. [2] Who can utter the might acts of the Lord? Who can shew forth all his praise? [3] Blessed are they that keep judgment, and *he* that doeth righteousness at all times.”

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### Reject Sin, Receive God’s Salvation

Alma 38:9; “And now, my son, I have told you this that ye may learn wisdom, that ye may learn of me that there is no other way or means whereby man can be saved, only in and through Christ. Behold, He is the life and the light of the world. Behold, He is the word of truth and righteousness.”

## Statements of Righteous and Unrighteous Behaviors

### (Easy)

Jason cannot wait to turn eighteen so he can break free from his parent's rules.

Sue's mom asked if she would help a neighbor, but she said she was busy (preoccupied with her phone).

Kevin reads a Bible verse each morning.

Andrew listens to heavy metal music on his way to and from school every day.

A group of young people visited the lonely widower who lives in the neighborhood.

Joe's parents set his curfew at 10:00 p.m., but he disregarded it and stayed out later.

Jill usually runs late for school and doesn't take time to pray or eat breakfast.

Penny turns her cell phone off in church.

Rachel often counts her blessings throughout the day.

Sam enjoys watching TV so much that he often forgets to do his chores.

Carrie listens to Christian music more than other types of music.

Henry uses crude language around his friends that he knows would displease his parents if they heard it.

Jean says her bedtime prayers every night.

Sally stays after school to hang out with friends, but tells her mom that she is working on a school project.

Jean and her friends often gossip about people that are not as 'cool' as them.

Sam makes a habit to pray for friends and family while riding the school bus.

Jessica pretends to be someone else on Face book so she can have fun chatting with strangers.

## Statements of Righteous and Unrighteous Behaviors

### (Requires more introspection)

Joe looks at *Sports Illustrated* swimsuit edition. "It's not porn, so it's not that big of a deal."

Jenny knows all the words to her favorite singer's songs. She can't quote a single scripture by memory.

Joe is very busy with track and school. He rarely has time to attend church services.

Henry never uses swear words. His favorite comedian cusses like a sailor.

Sam's mom nags him constantly about not procrastinating. Sam doesn't say a word, but wishes she would just shut up and let him take charge of his own life.

Jean tells Jaime that Beth is a huge flirt and shouldn't be chasing boys at church events. She'd never say that to Beth's face.

Sam spent two and one-half hours watching You Tube videos.

Phil thinks that going to church is a great way to meet cute Christian girls.

Pete is an avid reader of Science Fiction books. He makes a point to read the scriptures every day.

Mary is a very active girl who participates in many extra-curricular activities. She chooses to participate in activities that do not interfere with church services and functions.

Alice can sing many hymns by memory. She listens to pop music if it has a good message.

Jean learned that Beth's feelings were deeply hurt when she found out about what she said about her. She made a point to apologize.

Jim hangs out with a rough crowd. He thinks he will gain the respect of his peers by doing so.