4 - Introduction to this week’s lesson. Ask girls to write down at least one trial that they are currently facing on a piece of paper. Tell them they will not have to share their trials unless they would like to.

5 - Show video of people going through trials and ask girls what insight they gained from the video, what trials were the people going through, what kind of help did they get (and how)?

6 - First aid activity - pass around bag of items and have each girl take one of the items out. Ask how the item in the bag can represent a way that Christ’s atonement can help us through trials.

* 1. Bag of Reese’s Pieces - atonement can bring us peace, tell story of Emilie Parker’s parents and how they had to find peace even amid tragedy… Read quote about longing for peace and receiving personal peace through our understanding of the atonement Have someone read quote.
	2. Blanket - comfort even when things are tough, tell story of man whose son died and how the pain and missing was never gone but how he achieved peace through the atonement.
	3. Baymax - Personal healthcare assistant, someone that knows us and knows what’s wrong with us even when we don’t know ourselves, tell story of boy whose prayers were answered by the woman who drove up in her car.
	4. Flashlight - can give us light when it’s dark, can make our burdens light and easier to bear Quote
	5. Bottle of Ibuprofen - pain reliever, he can help lessen the pain - Have someone read quote.
	6. Bag of various sized bandages - Dallin H Oaks quote
	7. Pillow - can give us rest, take our burdens upon him so they aren’t bearing down on us so much. Quote.

7 - Talk about how we can use the atonement when we’re going through trials, what kind of things we can do to receive the blessings of the atonement.

* + Humbling ourselves and truly understanding that we need help and can’t do it on our own
	+ Pray and ask for help
	+ Repenting of our sins
	+ Talk to our loved ones/leaders about the experience we’re having, sometimes the Lord answers prayers through other people
	+ Show patience and trust in the Lord - talk about Joseph Smith and how in Liberty Jail he was treated poorly and finally called upon the Lord asking why have you forsaken me, where are you? Have someone read quote.
	+ Read quote by President Eyring about how the atonement and understanding the atonement can help us through trials because we know that the Savior will be there, we don’t know when, but we know he will.

8 - Ask the girls to write down on their pieces of paper how Christ’s atonement can help them with that specific trial. Ask girls to share if they’re willing.

10 - Bear testimony that we are not alone, that if we look to Christ, he is there and ready to help us through all things.

11 - Challenge the girls this week that when they’re going through a trial, even a small one, to say a prayer and ask Heavenly Father to help them through it.

12 - Handout - Christ’s Aid Kits, full of items to help us with our spiritual health.