

MOVIE WORKBOOK

BECOMING MOTHERS IN ZION

Bringing Latter-day Prophetic Teachings to Life Through Film

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PASSING DOWN THE
FAITH
A MULTI-GENERATIONAL VISION

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Becoming Mothers of Zion

“ . . . the good effects of the example of that mother upon them will be felt; and it will never die, because it will extend from them to their children from generation to generation.” — President Joseph F. Smith

This course is designed for mothers who are committed to building Zion within their homes—working alongside their husbands to prepare their children and future generations to uphold the flame of faith by living their covenants. While the focus is on becoming a mother in Zion, it is impossible to separate this sacred role from that of a wife, as the two are divinely interconnected.

Many mothers feel lost, unsure of how to begin this sacred work, as they find themselves in the trenches with their children, fighting both physically and spiritually for their well-being. Instead of giving up, we need mothers to rise up and strengthen their covenants. We need mothers who are determined to protect their children’s precious souls, who turn to the scriptures and the inspired words of prophets as their guide in restoring and building up their homes. Mothers who are willing to nurture their children by supporting their husbands’ vision as he leads.

We, as mothers, must fight for the promises God made to Abraham and his posterity. In doing so, we will become mothers in Zion.



01 Module

Too Much Zeal

The Prophet Joseph Smith taught women how they should behave when he spoke to the Relief Society. “As females possess refined feelings and [sensitiveness], they are also subject to an overmuch zeal which must ever prove dangerous, and cause them to be rigid in a religious capacity—should be arm’d with mercy not withstanding the iniquity among us.”¹

As wives and mothers, we must learn to honor and cherish the attributes of Jesus Christ, never treating them frivolously nor lightly.

¹ *History of the Church*, 5:19-21; *Teachings of the Prophet Joseph Smith*, 237-39. The source for the entries in *History of the Church* and *Teachings is the Nauvoo Relief Society Minutes*, kept by Eliza R. Snow.

Additional Resources

Too Much Zeal

Movie(s):

- *Remember the Goal* (2016).

Book(s):

- The works of Jane Austen (which teach nobility, refinement, and correct emotions).

Article(s):

- Relief Society Minutes: The Prophet Joseph Smith taught the women what kind of emotions she was to have. *The Nauvoo Relief Society Minute Book*, March 17, 1842, The Joseph Smith Papers.
- Henry B. Eyring, “Covenant Women in Partnership with God,” *General Conference*, October 2019

Scriptures/Music:

- James 1:19, Ephesians 4:26, D&C 93:33–34, 101:36, 1 Ne. 17:45-46, 2 Ne. 27:30.
- Dvořák: *Symphony No. 9* (From The New World), 2. Largo - Gustavo Dudamel, Berliner Philharmoniker: https://youtu.be/rCxErKvSMTY?si=IliNOowH_6k0vDhC

Activities:

- Study scripture daily to strengthen your relationship with God. Reflect on the attributes that God has and how these can become a part of you in your role as a mother.
- Organize service opportunities with other mothers—like visiting a neighbor in need or organizing a charity event. Serve as a family and involve children, teaching them that a mother’s role extends beyond the home and is one of loving service.
- Practice patience in your daily interactions with your children and spouse. Recognize that being a mother in Zion involves long-suffering and understanding. Whenever you feel overwhelmed by emotions, set a goal to “pause” for at least 5 minutes before reacting. During that pause, breathe deeply, pray, or take a short walk. This allows time to think through your response instead of reacting impulsively.
- Take time to learn about women in church history and the scriptures who have exemplified Christlike motherhood. Use their stories to inspire your own journey and learn from their experiences.
- After watching the movie, learn more about the class system and the role of heirs. Focus on Cedric as he learns the responsibilities that come with his title, and how his kindness and humility are far more important than his wealth or status. Discuss the differences between how people were treated based on their class, and how Cedric’s actions challenge that system.
- Write a heartfelt letter from “Dearest” (Cedric’s mother) to another woman going through a trial, offering hope, peace, and divine perspective. Purpose: Practice expressing gentle, faithful emotion with uplifting power—like Cedric’s mother consistently modeled.
- Paint or draw an abstract expression of the emotions “Cedric” brought into his home: joy, humility, faith, love.