

# Articulate

Activities to practice sharing thoughts and feelings about the gospel using questions from Sharon Eubank's talk from 2017 October Conference.

These activities could be used in Family Home Evening and Church lessons or as youth activities. In connection with these activities Young Women could work on Personal Progress Good Work 7 about sharing your testimony with a friend.

Being able to clearly express our ideas and feelings brings order to our thoughts. The more we put anything in order the easier it becomes to create more order in our lives. And having [Order](#) in our lives positively impacts our [Wellness](#) and [Relationships](#).

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