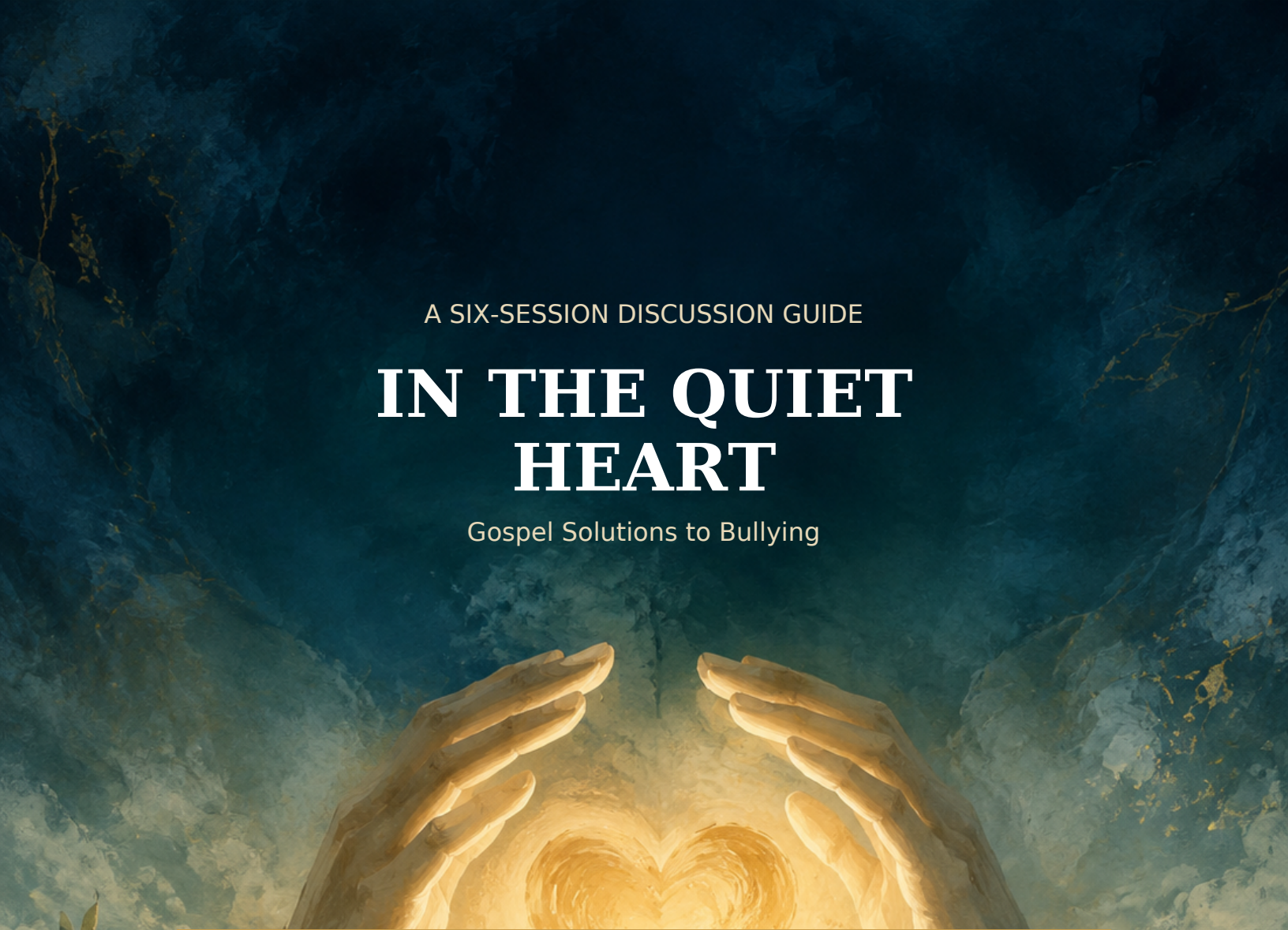




A SIX-SESSION DISCUSSION GUIDE

IN THE QUIET HEART

Gospel Solutions to Bullying

BOOK CLUB KIT

Reflection • Scripture • Conversation • Action

Based on the book by Michael D. Young

WELCOME



A Guide for Thoughtful, Safe Conversation

This companion guide is designed for book clubs, families, youth and adult classes, ministry groups, and individual readers. It follows the book's movement from recognizing bullying to using influence righteously, forgiving through Christ, and healing with faithful support.

A necessary distinction

Forgiveness does not require silence, restored access, or remaining in danger. Reporting abuse, documenting cyberbullying, seeking professional help, and setting firm boundaries can be faithful acts. If anyone faces immediate danger, contact local emergency services or a trusted authority.

How to use this kit

- Plan for 60-75 minutes per session; assign the listed chapter(s) in advance.
- Begin with the community covenant on page 15, especially when participants have personal experience with bullying.
- Invite participation without requiring disclosure. A person may always pass.
- Use the worksheets privately first; sharing is optional.
- End each gathering with one concrete action and the closing prayer prompt.

A note for facilitators

This book uses scriptural stories and personal experience to explore bullying. Keep discussions centered on principles rather than identifying or diagnosing absent people. Do not ask a participant to reconcile with someone unsafe. When a disclosure suggests abuse, self-harm, or danger, follow the safeguarding requirements of your organization and involve qualified help.

Core question

How can disciples of Jesus Christ use power to protect, heal, and lift - especially when another person misuses power?



Six Gatherings, One Arc

Each session pairs discussion with a small spiritual or practical experiment. The sequence can be used weekly or as a one-day retreat.

SESSION	THEME	READING	PRACTICE
1	Power and hidden sorrow	Introduction; Chapters 1-2	Notice power, harm, and hidden pain
2	Preventing harm	Chapter 3	Practice empathy and righteous influence
3	Patterns in scripture	Chapter 4	Compare coercion, courage, and change
4	The Lamb and the unanswered why	Chapters 5-6	Hold hope, agency, and suffering together
5	Foes, friends, and self-examination	Chapters 7-8	Forgive wisely; audit personal power
6	Healing and forward motion	Chapter 9; Conclusion	Build a support and healing plan

A simple meeting rhythm

10 min	Welcome, prayer, and low-pressure check-in
15 min	Discuss the chapter's central claim
25 min	Explore two or three questions
15 min	Complete the practice or worksheet
10 min	Choose an action and close



Power and Hidden Sorrow

READ BEFORE MEETING	SCRIPTURE LENS
Introduction; Chapters 1-2	Doctrine and Covenants 121:39-46; Matthew 7:12

The book defines a bully as someone who abuses power in a way that harms others. That power may be physical, social, intellectual, spiritual, financial, institutional, or digital. The chapter title also asks readers to remember the sorrow that may be hidden in another person's heart.

Open with

Name one kind of power that is easy to overlook. How might it bless another person when used well?

Discuss

1. How does defining bullying as an abuse of power broaden the familiar schoolyard picture?
2. What is gained - and what could be lost - when we try to understand the pain behind harmful behavior?
3. Why must compassion for a person be kept distinct from excusing that person's conduct?
4. Which form of bullying discussed in Chapter 2 is most easily dismissed as 'just joking'?
5. How do the tests Is it true? Is it necessary? Is it kind? change a conversation before words are spoken or posted?

Practice

The power inventory

Privately list three forms of influence you possess. Beside each, write one way it could be abused and one way it could protect or strengthen someone. Keep the list for Session 5.

Closing prayer prompt: Ask for eyes to notice hidden sorrow and wisdom to use influence as a steward, not an owner.



Preventing Harm Before It Starts

READ BEFORE MEETING	SCRIPTURE LENS
Chapter 3	Luke 10:25-37; Matthew 5:1-12; Mosiah 2:17-21

Chapter 3 argues that deeply understood doctrine changes behavior. It emphasizes love of God and neighbor, the Golden Rule, humility, meekness, repentance, and the example adults set for children.

Discuss

1. Which doctrine in the chapter has the strongest power to interrupt bullying before it begins? Why?
2. How is meekness different from weakness? What does it mean to have 'power over power'?
3. Where do homes, classrooms, churches, teams, or workplaces unintentionally reward dominance?
4. How can an adult correct harmful behavior without humiliating the person who caused it?
5. What practices actually help empathy become a habit rather than a slogan?

Group activity: design an anti-bullying culture

Choose one setting your group shares. Complete these sentences together:

- In this setting, power looks like...
- A person on the margins might experience...
- We will interrupt harm by...
- We will make repair possible by...
- We will measure change by...

This week's experiment

Offer one specific, sincere act of inclusion to someone who may be overlooked. Do it without making the person a project.



Scriptural Patterns of Power and Change

READ BEFORE MEETING	SCRIPTURE LENS
Chapter 4	Alma 36; Acts 9:1-22; Alma 32:1-16

This chapter studies scriptural bullies, converts, victims, and communities. Alma the Younger and Saul show that dramatic change is possible. The Zoramites show how pride can become a system of exclusion. Nephi and the righteous Nephites illustrate restraint and defense without revenge.

Discuss

1. What do Alma the Younger and Saul/Paul teach about the difference between remorse and a changed life?
2. Why may trust return more slowly than forgiveness after someone repents?
3. How did Zoramite worship turn spiritual privilege into social bullying?
4. The book distinguishes defense from retaliation. What practical signs separate the two?
5. Which scriptural response to persecution feels most difficult to apply today?

Case-study conversation

A former group member sincerely apologizes after repeatedly humiliating another person. The harmed person forgives but does not want renewed friendship. Discuss: What would repentance, restitution, boundaries, and charity look like for each person?

Facilitator reminder

Do not make forgiveness synonymous with instant trust. Accountability and changed patterns are part of repair; access is not owed.



The Lamb of God and the Unanswered Why

READ BEFORE MEETING	SCRIPTURE LENS
Chapters 5-6	Isaiah 53:3-5; Alma 14:8-13; Revelation 21:4

Jesus Christ is presented as the perfect anti-bully: possessing immeasurable power, yet using it to bless, heal, serve, and complete the Father's will. Chapter 6 then faces a difficult question: why are some faithful people delivered while others continue to suffer?

Discuss

1. What does Christ's restraint reveal about the nature of divine power?
2. How can 'Father, forgive them' inspire discipleship without being used to pressure a victim into silence?
3. What comfort - and what unanswered questions - arise from Alma and Amulek's witness at Ammonihah?
4. How do Daniel, Abinadi, Joseph Smith, Stephen, Paul, and Job complicate simple promises of immediate deliverance?
5. What does hope look like when circumstances do not change quickly?

Quiet reflection

Complete one sentence privately:

A faithful response I can choose even when I cannot control the outcome is...

Closing prayer prompt: Pray for courage to seek safety and help, patience with unanswered questions, and trust that Christ understands every wound.



Foes, Friends, and 'Lord, Is It I?'

READ BEFORE MEETING	SCRIPTURE LENS
Chapters 7-8	Genesis 45:1-15; Moroni 7:45-48; Ether 12:27

Joseph Smith and Joseph of Egypt model forgiveness after betrayal. The next chapter turns the lens inward, asking readers to examine how strength, intellect, charisma, talent, wealth, or position may be used or abused.

Discuss

1. What made reconciliation possible in the two Joseph accounts? What safeguards or evidence of change were present?
2. Why is seeing a possible future friend in an enemy an act of faith - and when might distance still be wise?
3. Which gift or advantage is easiest for a person to mistake as proof of superiority?
4. How can a group invite self-examination without creating shame or defensiveness?
5. What does it mean to repair damage rather than merely say 'I'm sorry'?

Return to the power inventory

Choose one influence you listed in Session 1. Write a concrete stewardship commitment:

Because I have been entrusted with _____, I will use it to _____.

Repair pattern

Recognize the harm • Feel godly sorrow • Seek divine forgiveness • Apologize specifically • Make restitution where possible • Build a new pattern over time



Healing and Forward Motion

READ BEFORE MEETING	SCRIPTURE LENS
Chapter 9; Conclusion	Alma 7:11-12; 1 Nephi 8:24-34; Doctrine and Covenants 122:7

The final chapter offers a healing framework: specific prayer, scripture, uplifting media, strengthening relationships, service, temple worship, empathy, and rebuilding self-esteem. Lehi's vision adds the steadying image of holding to the iron rod while refusing to heed mocking voices.

Discuss

1. Which healing practice in Chapter 9 feels most accessible now? Which requires support?
2. How does Christ's complete empathy in Alma 7 shape the way we see both victim and offender?
3. What is the difference between refusing to 'heed' a bully and pretending harm has not occurred?
4. How can service heal without becoming a way to avoid one's own pain?
5. What might rebuilding self-esteem look like in small, repeatable steps?

Final group action

Choose one practice your group will carry forward for thirty days: a weekly inclusion check, a kinder digital habit, a private service practice, a support check-in, or a study of Christlike power.

Closing witness

The book's promise is not that every mortal trial ends immediately, but that Jesus Christ understands, strengthens, redeems, and ultimately heals. No wound has the final word.



Questions for Deeper Conversation

Use these to extend any session, lead a one-time gathering, or adapt the guide for a group that has already read the entire book.

1. How do intent, impact, power, and repetition each matter when identifying bullying?
2. Can a person cause bullying harm without thinking of themselves as a bully?
3. What is the relationship between pride and coercion throughout the book?
4. Which personal story made the book's argument most concrete for you?
5. When is silence restraint, and when does silence permit harm?
6. How can bystanders use their social power righteously?
7. What is the difference between understanding a bully and taking responsibility for changing one?
8. How can leaders protect confidentiality without hiding dangerous behavior?
9. What would meaningful restitution look like after rumor-spreading or cyberbullying?
10. How does faith reshape self-worth when a social group rejects someone?
11. Which scriptural figure would you most want to speak with about persecution?
12. How can prayer for an enemy change the one praying, even if the enemy does not change?
13. Where might religious language itself be abused as a form of power?
14. How can a community celebrate repentance while centering those who were harmed?
15. What does the phrase 'in the quiet heart is hidden sorrow' ask us to notice this week?



A Map of Power, Choice, and Response

The book gathers many scriptural lives into one conversation. Use this chart to compare patterns rather than flattening every story into the same lesson.

FIGURE / GROUP	POWER OR PRESSURE	DISCUSSION LENS
Lucifer	Abuses influence through pride, flattery, fear, and coercion	Power severed from love becomes domination
Alma the Younger	Turns persuasive power from destruction to missionary service	Repentance produces repair and a new pattern
Zoramites	Build spiritual and economic exclusion into worship	A community can institutionalize bullying
Saul / Paul	Moves from persecution to costly discipleship	No person is beyond transformation
Nephi	Uses strength with restraint; seeks deliverance	Defense need not become revenge
Jesus Christ	Possesses perfect power and uses it to heal and save	The highest power is governed by perfect love
Joseph of Egypt	Tests for change, then preserves and forgives his brothers	Forgiveness can coexist with discernment
Daniel	Keeps faith under coercive pressure	Integrity may require courageous nonconformity
Job	Endures loss and accusation without a simple explanation	Suffering is not proof of guilt or worthlessness

Choose one row. What detail from the book complicates or deepens the one-sentence lens?



A Cyberbullying Pause-and-Respond Plan

Chapter 2 compares digital communication to fire: useful when contained, destructive when allowed to spread. Use this page before posting and after receiving harmful content.

Before I post, send, share, or comment

- ☐ Is it true - and do I actually know that it is true?
- ☐ Is it necessary - and is it mine to share?
- ☐ Is it kind - including in tone, timing, and likely impact?
- ☐ Am I acting while angry, hurt, embarrassed, or seeking applause?
- ☐ Would I be comfortable with this being seen by everyone I respect?

If I experience cyberbullying

- ☐ Preserve evidence with screenshots, dates, usernames, and links.
- ☐ Do not retaliate or forward the harmful material.
- ☐ Block and report the account or content when appropriate.
- ☐ Tell a parent, leader, teacher, employer, platform moderator, or law-enforcement authority as the situation requires.
- ☐ Protect privacy and adjust account settings; seek emotional and professional support.

Remember

Spiritual forgiveness and practical accountability are not opposites. You can release vengeance while still preserving evidence, reporting harm, and maintaining boundaries.



Small Practices, Strong Supports

This worksheet is not a substitute for professional care. It is a private starting point for identifying support and choosing the next faithful step.

What has been weighing on my quiet heart?

Who are three safe people I can contact?

What boundary or protective action may be needed?

Which healing practice from Chapter 9 will I try this week?

What truth about my worth do I want to remember?

If the burden feels too heavy

Reach out now to a trusted person and a qualified mental-health professional. If you may harm yourself or someone else, contact emergency services or a crisis resource in your area immediately.



How We Will Hold This Conversation

Read these commitments aloud at the beginning of the first gathering. Invite additions that make the space safer for your group.

- ☐ We speak from our own experience and do not assign motives to absent people.
- ☐ We listen to understand, not to correct or compare suffering.
- ☐ We may pass on any question without explanation.
- ☐ We do not pressure anyone to disclose, forgive on our timetable, reconcile, or restore access.
- ☐ We keep personal stories private, except when safety or required reporting makes outside help necessary.
- ☐ We distinguish compassion from permission and forgiveness from the removal of consequences.
- ☐ We make room for repentance, repair, wise boundaries, and professional support.
- ☐ We leave with one action that uses our power to protect or lift.

Our additional commitment:

Facilitator signature _____ Date _____



Lead with Care, Clarity, and Agency

Before

Review the assigned chapter and select three questions. Know your organization's safeguarding and reporting procedures. Identify a private room or support person if someone becomes overwhelmed.

During

Watch for over-sharing, advice-giving, spiritual pressure, or debate over whether someone's experience 'counts.' Redirect to the book's principles and the participant's own choices.

If someone discloses harm

Thank them for trusting the group. Do not investigate in public. Ask what immediate support they need, explain any reporting duty plainly, and connect them with qualified help.

If someone admits causing harm

Keep accountability specific. Focus on stopping the behavior, protecting those affected, honest apology, restitution, and sustained change - without turning the meeting into a public trial.

After

Follow up privately when appropriate. Do not promise secrecy you cannot keep. Record or report only what policy and safety require.



In the Quiet Heart

Use this fifteen-minute devotional at the final gathering or as an individual conclusion.

1 • Read

Read Alma 7:11-12 and Doctrine and Covenants 122:7. Notice what each passage says Christ knows, bears, or transforms.

2 • Remember

Silently name one burden Christ understands completely and one form of power you want to place under His direction.

3 • Respond

Choose one action: seek help, set a boundary, apologize, repair harm, include someone, report danger, offer service, or return to a sustaining spiritual practice.

4 • Share

If desired, complete this sentence: Because of this book, I want to use my influence to...

Closing prayer

Thank Heavenly Father for the worth of every soul. Ask for protection for those who are harmed, courage for those who must speak, humility for those who must repent, discernment for leaders, and the healing grace of Jesus Christ for all.



Continue the Study

THEME	PASSAGES
Righteous power	D&C; 121:39-46; Mosiah 3:19
Love and empathy	Matthew 7:12; Luke 10:27; Alma 7:11-12
Forgiveness	Matthew 18:21-35; D&C; 64:9-10; Genesis 45
Persecution and hope	Matthew 5:10-12; 1 Nephi 8:24-34; Revelation 21:4
Repentance and repair	Alma 36; Acts 9:1-22; Ether 12:27
Suffering and deliverance	Alma 14:8-13; Daniel 3 and 6; Job; D&C; 122:7
Christlike restraint	Isaiah 53; Matthew 26-27; Luke 20:20-26

Recommended in the book

The original volume closes with additional Church magazine and conference resources on bullying, personal worth, kindness, difficult conversations, and the power of words. Consult the book's Recommended Reading page for the complete list and publication details.

A final invitation

Notice the quiet heart. Use power with love. Protect the vulnerable. Welcome sincere change. Hold to Christ while healing takes time.