

# Talk to Me People

## Preparation

Please begin your preparation by praying to know what the Lord would have you say. Your primary resources should be the scriptures and words of the prophets as well as your own personal testimony and experiences. As you prepare, please consider the following resources

## Primary resources

- Scriptures, Bible Dictionary, Topical Guide/Index
- Teachings of the Living Prophets
- Gospel Library
- ChurchofJesusChrist.org

## Additional resources

- Liahona, For the Strength of Youth and Friend Magazines
- True to the Faith
- For the Strength of Youth
- Preach My Gospel



## The 10 Commandments of Speaking in Sacrament Meeting

1. Thou shalt focus thy topic on the Savior and His Atonement
2. Thou shalt share scriptures and quotes from the living prophets and apostles
3. Thou shalt share personal stories and experiences related to the topic
4. Thou shalt bear thy testimony often during your talk—not just at the end
5. Thou shalt smile even if thou art nervous
6. Thou shalt speak conversationally like thou normally speakest to a friend
7. Thou shalt not begin thy speech with a joke or apologizing for being a poor speaker, being unprepared, being nervous, etc.
8. Thou shalt not read thy entire talk
9. Thou shalt not speak in a monotone voice
10. Thou shalt not exceed thy allotted time

