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# Africa Southeast Area Missionary Preparation Lessons

## Participant's Guide

These lessons and all supporting materials can be found online on the Africa Southeast Area website, [africasoutheast.lds.org/missionary-preparation](https://africasoutheast.lds.org/missionary-preparation). All scriptures, videos, manuals, and handbooks referenced within each lesson can be accessed in the [Gospel Library App](#) for smartphones and tablets or at the global Church website, [ChurchofJesusChrist.org](https://ChurchofJesusChrist.org).

Each lesson is arranged in a pattern that facilitates learning and application:

1. **Ponder:** Invites you to engage with the main theme of the topic.
2. **Study and Discuss:** Invites you to study the core principles of the topic in detail. *Preach My Gospel* is the main resource for eleven of the twelve lessons. Additional resources to be used are the *Missionary Handbook*, the self-reliance booklet *My Foundation for Self-Reliance*, and the gospel teaching guidebook, *Teaching in the Savior's Way*.
3. **Prepare:** Invites you to apply knowledge gained through study and discussion. In this way, you can obtain a personal testimony of the principles learned, and become ready to apply them when you are called to full-time missionary service.