COMPLETE 1-3 & CHOOSE 3 FROM 4-7 THEN...YOU ONLY HAVE TO COMPLETE YOUR PROJECT (THERE'S PLENTY OF IDEAS TO CHOOSE FROM ON THE SECOND TO THE LAST PAGE) AND YOU HAVE DIVINE NATURE COMPLETED!!!

#1 CHARITY-DAUGHTER OF GOD
“Learn about divine qualities of daughters of God”

#2 CHARITY-WOMANHOOD
“You are blessed with divine feminine qualities”

#3 CHARITY-SHOW LOVE
“Create a loving environment in your home”

#4 CHARITY-SACRAMENT
“Listen carefully to sacramental prayers”

#5 CHARITY-OBEDIENCE
“Obedience is an attribute of the Savior.”

#6 CHARITY-DEVELOP
“Find and develop your divine quality”

#7 CHARITY-PEACEMAKER
“Become an example of a peacemaker”
What are some of the divine qualities of a daughter of God?

Divine Qualities of a Daughter of God

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<tr>
<th>Divine Quality</th>
<th>How I Can Develop It</th>
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Quote:

To be a daughter of God means that you are the offspring of Deity, literal descendants of a Divine Father, inheriting godly attributes and potential. To be a daughter of God also means that you have been born again, changed from a "carnal and fallen state, to a state of righteousness."

~James E. Faust, Oct 1999

“What It Means to Be a Daughter of God”

Read: (list the divine qualities discussed in your reading & record how you can discover and develop each of these qualities.)

- “The Family: A Proclamation to the World”
- 2 Peter 1
- Alma 7:23-24
- Doctrine & Covenants 121:45
As a young woman you are blessed with divine feminine qualities. Increase your understanding of and appreciation for womanhood. Read:

- Proverbs 31:10-31
- Review what “The Family: A Proclamation to the World” says about being a wife & a mother
- 2 Talks on Womanhood

Talk #1 on Womanhood... ____________________________

Talk #2 on Womanhood... ____________________________

Then ask your mother or another mother you admire what she thinks are important attributes for being a mother.

**Discussion/Questions:**

1. What are some important attributes for being a mother?

2. What would you consider to be the most important attribute for being a mother?

Choose one of the attributes from above that you would like to develop. Work on it for 2 weeks and report your success to a parent or leader.

I chose to strive to develop the attribute of... ____________________________

WEEK 1

WEEK 2

Talk to a parent or leader about your success & have them sign. ____________________________

parent or leader signature
#3 CHARITY-SHOW LOVE
“Create a loving environment in your home”

MAKE YOUR HOME LIFE BETTER!

For two weeks make a special effort to strengthen your relationship with a family member by showing love through your actions.

Refrain from judging, criticizing, or speaking unkindly, and watch for positive qualities in that family member.

Helpful Ideas:

- Write notes of encouragement
- Pray for this family member(s)
- Find ways to be helpful
- Verbally express your love

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<th>DATE</th>
<th>I SHOWED LOVE TO... (FAMILY MEMBER)</th>
<th>I SHOWED LOVE BY... (WHAT YOU DID FOR YOUR FAMILY MEMBER)</th>
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☐ I shared my experience and divine qualities I discovered with a family member, parent or leader.

__________________________________________
family member, parent or leader signature
Memorize the sacrament prayers in:

☐ Doctrine & Covenants 20:77,79

**Bread**

O God, the Eternal Father, we ask thee in the name of thy Son, Jesus Christ, to bless and sanctify this bread to the souls of all those who partake of it, that they may eat in remembrance of the body of thy Son, and witness unto thee, O God, the Eternal Father, that they are willing to take upon them the name of thy Son, and always remember him and keep his commandments which he has given them; that they may always have his Spirit to be with them. Amen.

**Water**

O God, the Eternal Father, we ask thee in the name of thy Son, Jesus Christ, to bless and sanctify this wine to the souls of all those who drink of it, that they may do it in remembrance of the blood of thy Son, which was shed for them; that they may witness unto thee, O God, the Eternal Father, that they do always remember him, that they may have his Spirit to be with them. Amen.

During the sacrament, listen carefully to the prayers and think about what it means to take upon yourself the name of Jesus Christ and how doing this should affect your actions and decisions.

**Practice keeping your baptismal covenants**

Begin by doing something each day to recognize and further develop your divine qualities and to help you always remember the Lord Jesus Christ.
Charity-Obedience

“Obedience is an attribute of the Savior.”

Strive to be more obedient to your parents. Read:

☐ Luke 2:40-51
☐ John 6:38

Develop a pattern of obedience as you make a special effort to treat your parents with respect and kindness and do what your parents ask you to do without having to be reminded. Record acts of obedience in log below during 2 weeks.

**Daily Obedience Chart**

| WEEK 1 | | | | | | | | | | |
|--------|---|---|---|---|---|---|---|---|---|
|        | | | | | | | | | |

**Obedience Record Log**

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After two weeks record in your journal how being more obedient motivated you to want to continue doing so and how it has helped you understand your divine nature and the divine roles of mothers and fathers.

I am grateful for my parents because...

_______________________________________
_______________________________________
_______________________________________
_______________________________________
_______________________________________
_______________________________________
Develop your divine qualities. Read the following scriptures below, choose a favorite verse or phrase: highlight it and memorize it. Underline the divine qualities listed in these passages.

- Matthew 5:9 “Blessed are the peacemakers: for they shall be called the children of God.”
- John 15:12 “This is my commandment, That ye love one another, as I have loved you.”
- Galatians 5:22-23 “But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.”
- Colossians 3:12-17 “Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. And above all these things put on charity, which is the bond of perfectness. And let the peace of God rule in your hearts, to the which also ye are called in one body, and be ye thankful. Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.”
- 1 John 4:21 “And this commandment have we from him, That he who loveth God love his brother also.”
- Moroni 7:44-48 “If so, his faith and hope is vain, for none is acceptable before God, save the meek and lowly in heart; and if a man be meek and lowly in heart, and confesses by the power of the Holy Ghost that Jesus is the Christ, he must needs have charity; for if he have not charity he is nothing; wherefore he must needs have charity. And charity suffereth long, and is kind, and envieth not, and is not puffed up, seeketh not her own, is not easily provoked, thinketh no evil, and rejoiceth not in iniquity but rejoiceth in the truth, beareth all things, believeth all things, hopeth all things, endureth all things. Wherefore, my beloved brethren, if ye have not charity, ye are nothing, for charity never faileth. Wherefore, cleave unto charity, which is the greatest of all, for all things must fail—But charity is the pure love of Christ, and it endureth forever; and whoso is found possessed of it at the last day, it shall be well with him. Wherefore, my beloved brethren, pray unto the Father with all the energy of heart, that ye may be filled with this love, which he hath bestowed upon all who are true followers of his Son, Jesus Christ; that ye may become the sons of God; that when he shall appear we shall be like him, for we shall see him as he is; that we may have this hope; that we may be purified even as he is pure. Amen.”

☐ I memorized my favorite verse and recited it. ____________________________

**Develop your Divine Quality**

Select one quality, and for two weeks strive to make it a part of your daily life.

My divine quality I chose is... ____________________________________________

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Record what you have learned about your divine quality below.

_____________________________________________________

_____________________________________________________

_____________________________________________________
Learn the definition of the word peacemaker.

**Dictionary Definition:**
Peacemaker: __________________________________________________________

Become an example of a peacemaker in your home and at school as you refrain from criticizing, complaining, or speaking unkindly to or about others. List 4 specific things you are going to do to make this happen.

1. 
2. 
3. 
4. 

Pray each morning and evening to Heavenly Father for help to do this.

<table>
<thead>
<tr>
<th>WEEK 1 PRAYER CHART</th>
<th>WEEK 2 PRAYER CHART</th>
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<tr>
<td>MORNING</td>
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Record what new habits you would like to develop.

NEW HABITS

I will continue to be a peacemaker in my home by . . .

________________________________________________________

________________________________________________________

________________________________________________________
Divine Nature

- Assist in planning a family reunion, and write in your journal about your testimony of the divine nature of the family, and how they bless you temporally and spiritually in fulfilling your divine destiny.
- Assist in planning a family vacation, and record in your journal why families are part of Heavenly Father’s plan, and how your family has blessed you.
- Be a historian for your ward Young Women’s class, and record how each young woman demonstrates their divine qualities.
- Collect stories of your ancestors, and record in your journal how knowing your heritage has blessed you.
- Compile family recipes for a recipe box or cookbook and record how serving others with your skills is part of your divine nature.
- Compile quotes from General Authorities about Divine Nature, and record your testimony of living prophets and apostles.
- Create a day by day calendar with quotes from General Authorities about Divine Nature.
- Create a frame using family pictures and place a copy of “The Family: A Proclamation to the World” inside of it.
- Create a work of art portraying the divine roles of women.
- Create a work of art that expresses your testimony of your divine nature.
- Create lesson plans for nursery to teach children about their Heavenly Parents.
- Develop a skill you could use in your future home, such as cooking, sewing, making repairs, organizing, or designing. Teach that skill to someone, and explain how establishing a house of order (see D&C 109:8) is one of your divine roles.
- Enter a contest with a skill you have learned and record how developing skills and talents helps you to realize your divine nature.
- For an extended period of time, serve someone in need, such as a young mother, a person with disabilities, or an elderly person. Record in your journal how your service has helped you recognize the divine nature in yourself and in others.
- Help to organize an event for the Young Women of the ward or stake for current and former Sister Missionaries to share their experiences. Record in your journal how proclaiming the gospel is part of your divine nature.
- Hold a “Princess Day Camp” for the activity day girls to teach them about their divine nature.
- Hold a party for watching General Conference with your family or fellow Young Women.
- Learn a new craft which you can use to serve and bless others, and record in your journal how service is part of your divine nature.
- Learn how to crochet and make something for your current or future home, and record how preparing how to become a wife and mother will bless you.
- Learn a new craft which you can use to serve and bless others, and record in your journal how you can use your talents to bless your present and future family.
- Learn how to use dance to show that you are a daughter of God.
- List the divine attributes and roles of women as taught in “The Family: A Proclamation to the World” (see page 10), and carry out a project that helps you learn more about one of those roles.
- Make a conference Binder and take notes during General Conference about what the talks teach you about your divine nature.
- Make a portfolio of art you have done, and share how creativity is part of your divine nature.
- Make gifts for the other young women in your ward that will help them know that they are daughters of God.
- Make white hair scrunchies for the temple, and think about why the temple is an essential step in becoming like our Heavenly Parents.
- Memorize “The Family A Proclamation to the World” and record what it teaches about women’s roles and the necessity of family.
- Memorize the poem “A Child of Royal Birth” by Anna Johnson, and record what it teaches you about your divine heritage.
- Memorize Your Patriarchal Blessing, and record in your journal what it teaches your about your divine nature and destiny.
- Organize an alternative post-Prom party, and share how keeping standards will help you become like your Heavenly Parents.
- Organize and present a modesty fashion show, and share how dressing modestly helps you remember your divine heritage and potential.
- Organize family photo albums and write about the importance of the family and the influence your family has made on your life.
- Organize, practice, and present a special musical number in sacrament meeting, and share how music testifies of Heavenly Father’s love for you.
- Plan and carry out a carnival for primary children or children at a homeless shelter that helps them to understand that they are children of God.
- Put together a book of devotionals to use in Young Women’s Family Home Evening, Girls Camp, or Seminary.
- Put together a Family Home Evening idea book, and share how teaching the gospel is a divine attribute.
- Read a book by a General Authority that teaches you about your divine role in Heavenly Father’s plan.
- Read and study the Doctrine and Covenants and what it teaches about our divine nature.
- Read and study the New Testament and what it teaches about our divine nature.
- Read and study the Old Testament and what it teaches about our divine nature.
- Research your genealogy and gather family file names to take them to the temple. Record why it is important for each of us to reach out to our ancestors.
- Sew a pillowcase or quilt showcasing the eight Young Women’s values, and record how these values help you recognize your divine nature and mission.
- Sew a quilt to be used in your present and future home, and record in your journal how you can use your talents to bless your present and future family.
- Sew an article of clothing to serve as a reminder that you are a daughter of God.
- Sew finger puppets for children in the hospital or homeless shelters, and help them to know they are children of God.
- Sew scripture bags for primary children, and include your written testimony of the scriptures, which teach that each is a child of God.
- Study women in the scriptures and church history, and record what their examples teach you about women’s divine roles.
- Take charge of New Beginnings or Young Women in Excellence, and help each young woman involved know she is a daughter of God.
- Using your talents, create a monthly newsletter for Young Women’s that will help each young woman come to understand her divine worth.
- Working in harmony with others is a divine attribute (see D&C 38:27). Carry out a project that will promote unity in your extended family, your school, or your community. Record in your journal how you can make a difference when you work in unity with others.
- Write a book, play, short stories or poetry that express your testimony of your divine nature.
- Write and illustrate a children’s story that teaches that everybody is a child of God.
- Write letters to missionaries and ask them about their experiences teaching the gospel, and how their testimony of God’s love has deepened.

Ideas for projects from: thepersonalprogresshelper.com
Be partakers of the divine nature. ... Giving all diligence, add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness; and to godliness brotherly kindness; and to brotherly kindness charity (2 Peter 1:4–7).

I have inherited divine qualities, which I will strive to develop.

**MY PROJECT IS:**

________________________________________________________________________

parent or leader approval initials

________________________________________________________________________

start date

________________________________________________________________________

completion date

My plan to carry out my project is:

1. ______________________________________________________________________

2. ______________________________________________________________________

3. ______________________________________________________________________

4. ______________________________________________________________________

**Evaluation:**

My Divine Nature project... (include how you felt and how your understand of Divine Nature increased)

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

parent or leader signature of project completion

hours spent