**FAITH**

Faith is not to have a perfect knowledge of things; therefore if ye have faith ye hope for things which are not seen, which are true (Alma 32:21).

**Personal Progress**

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 LAST PAGE) AND YOU HAVE FAITH COMPLETED!!!

#1 **HOPE-FIRST PRINCIPLE**

“Learn about faith from the scriptures”

#2 **HOPE-A MOTHER’S LOVE**

“Discover faith as taught by a mother”

#3 **HOPE-LEADS TO ACTION**

“Faith in the Savior Jesus Christ leads to action”

#4 **HOPE-COVENANTS**

“Partaking of the sacrament renews baptismal covenants”

#5 **HOPE-TESTIFY**

“Understanding the Atonement of Jesus Christ”

#6 **HOPE-THE PLAN**

“Understanding the Plan of Salvation”

#7 **HOPE-TITHING**

“The Lord has commanded us to pay tithing”
#1 HOPE-FIRST PRINCIPLE

“Learn about faith from the scriptures”

The first principle of the gospel is faith in the Lord Jesus Christ. Learn about faith from the scriptures and living prophets.

Read:

- Hebrews 11
- Alma 32:17-43
- Ether 12:6-22
- Joseph Smith—History 1:11-20

Read 2 general conference talks on faith

Conference Talk #1... [Title]

Conference Talk #2... [Title]

Exercise your faith by establishing a habit of prayer in your life. Begin by regularly saying your morning and evening prayers for 3 weeks.

<table>
<thead>
<tr>
<th>Week #1</th>
<th>Week #2</th>
<th>Week #3</th>
</tr>
</thead>
<tbody>
<tr>
<td>MORNING</td>
<td>MORNING</td>
<td>MORNING</td>
</tr>
<tr>
<td>EVENING</td>
<td>EVENING</td>
<td>EVENING</td>
</tr>
</tbody>
</table>

After three weeks of following this pattern, discuss with a parent or leader what you have learned about faith and how daily personal prayer has strengthened your faith.

I talked with... [Name]

Signature of parent or leader

Express your feelings about faith and prayer:

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________
Hope—A Mother’s Love

“Discover faith as taught by a mother”

Discover the principles of faith taught by the mothers of Helaman’s stripling warriors. Read:

- Alma 56:45-48
- Alma 57:21
- Review what “The Family: A Proclamation to the World” says about a mother’s role.

With a mother, grandmother, or leader, discuss the qualities a woman needs in order to teach children to have faith and to base their decisions on gospel truths.

I chose to speak with... _______________________________ mother, grandmother or leader

Discussion/Questions:

1. What are qualities women need in order to teach children to have faith?

2. How can women help children to base their decisions on gospel truths?

Complete Statements:

These principles can help me in my life today by...

__________________________________________________

__________________________________________________

__________________________________________________

__________________________________________________

These principles can help me be a faithful woman, wife and mother by...

__________________________________________________

__________________________________________________

__________________________________________________

__________________________________________________
HOPE-LEADS TO ACTION
“Faith in the Savior Jesus Christ leads to action”

Living gospel principles requires faith. Read about faith in:

☐ Bible Dictionary
☐ True to the Faith

FAITH IN THE SAVIOR JESUS CHRIST LEADS TO ACTION.

Choose a principle such as:

☐ Prayer  ☐ Tithing  ☐ Fasting  ☐ Repentance  ☐ Keeping the Sabbath day holy

The gospel principle I chose is... _______________________________________

In your own home or another setting, plan and present a family home evening lesson about how faith helps you live that gospel principle.

During the family home evening lesson come up with a question about your principle.

______________________________________________

example question: How has prayer blessed your life?

Challenge each person or have them work in groups of 2 to 3 people by sharing a scripture, principle and recent (within the last month) personal experience about how this has blessed their life.

Record your own personal experience or one shared during the family home evening lesson.

<table>
<thead>
<tr>
<th>PRINCIPLE</th>
<th>SCRIPTURE</th>
<th>PERSONAL EXPERIENCE</th>
</tr>
</thead>
</table>

☐ I taught a family home evening lesson about the principle ____________________________.
Partaking of the sacrament renews baptismal covenants

Learn more about the sacrament. Read about the Last Supper in:

- Matthew 26:26-28
- Mark 14:22-24

Establish a pattern of pondering during the sacrament by listening carefully to the sacrament hymn and prayers for 3 weeks. Think about these questions below and complete them after 3 weeks.

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday (date)</td>
<td>Sunday (date)</td>
<td>Sunday (date)</td>
</tr>
</tbody>
</table>

Question

1. Why do we partake of the bread and water?

2. What promises do you make each time you partake of the sacrament?

3. What promises did you make at baptism and how have you kept them?

My faith has been strengthened in the Savior through understanding these principles by…

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Increase your understanding of the Atonement of Jesus Christ by reading:

- Isaiah 53:3-12
- John 3:16-17
- Romans 5
- 2 Nephi 9:6-7,21-26
- Alma 7:11-13
- Alma 34:8-17
- Doctrine & Covenants 19:15-20

Express your feelings and what he has done for you.

I am grateful for the Savior because . . .

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

I shared by feelings of the Savior in a testimony meeting on... _________________________________.

date of testimony meeting
#6 HOPE—THE PLAN
“Understanding the Plan of Salvation”

Increase your understanding of the plan of salvation. Resources for study include:

- 1 Corinthians 15:22
- Revelation 12:7–9
- 2 Nephi 9:1–28
- 2 Nephi 11:4–7
- Doctrine & Covenants 76:50–113
- Doctrine & Covenants 93:33–34
- Moses 4:1–4
- Abraham 3:24–27

I taught a family home evening lesson about the plan of salvation.

date of family home evening

THE PLAN OF SALVATION

PRE-EARTH LIFE

VEIL/BIRTH

You are here

We come to earth to gain a physical body and teach it obedience.

EARTH LIFE

THE SPIRIT WORLD

PHYSICAL DEATH

RESURRECTION & JUDGEMENT

TERRESTRIAL

CELESTIAL

KINGDOM & ETERNAL HAPPINESS

TELESTIAL
Hope-Tithing

“The Lord has commanded us to pay tithing”

When we obey the law of paying tithing we are blessed. Read:

☐ Doctrine & Covenants 119
☐ Malachi 3:8-12

Tithing Quote:

What is Tithing?

The law of tithing is simple: we pay one-tenth of our income to the Lord.

Tithing money is used to build temples and church buildings. It is also used for other things like hymn books and chairs, electricity, and activities.

If we will trust in the Lord, He will open the windows of heaven to us as we give back to Him the one-tenth He asks of us. His promise is sure: “I will… pour you out a blessing, that there shall not be room enough to receive it.” (Malachi 3:10)

—James E. Faust, Second Counselor in the First Presidency
“Opening the Windows of Heaven,” Ensign, Nov. 1998, 54

Show faith by being obedient to the law of paying a full tithe. For 3 months pay a full tithe.

Paying tithing has helped my faith grow by...

______________________________________________________
______________________________________________________
______________________________________________________
______________________________________________________
______________________________________________________

Record blessing in you life, both large and small, that have come because of your faith in the principle of tithing.

Blessings

______________________________________________________
______________________________________________________
______________________________________________________
______________________________________________________
______________________________________________________

Tithing Quiz:

1. If you have 10 coins, circle how many you will pay to the Lord?

2. If you have ten dollars ($10.00) how much tithing will you pay?

3. If you have $35.10 how much tithing will you pay?

4. List 3 ways tithings money is used.
PROJECT IDEAS

Faith

• Collect your favorite scriptures and record your testimony of each one.
• Compile quotes from General Authorities about faith, and record your testimony of living prophets and apostles.
• Create a blog featuring your personal testimony of the Gospel.
• Create a day by day calendar with quotes from General Authorities about Faith.
• Create a piece of art that portrays your testimony of the Gospel.
• Help a primary child memorize all 13 Articles of Faith, and share your testimony of the Articles of Faith with them.
• Hold a party for watching General Conference with your family or fellow Young Women.
• Hold a special event for all the children getting baptized that year.
• Interview friends, family, and ward members about their faith, and create a video sharing those testimonies.
• Keep a regular scripture journal, recording your impressions as you read.
• Learn a song that describes your faith in Jesus Christ, and sing/play it in a church meeting.
• Learn to knit and make something that describes your testimony of the gospel.
• Make a conference binder and take notes during General Conference about what the talks teach you about faith in Jesus Christ.
• Make a scrapbook about your faith in Jesus Christ.
• Make baptism books to give to primary kids when they're baptized; include your written testimony of baptism.
• Memorize “The Family: A Proclamation to the World,” and record how it has strengthened your faith in God and His plan for you.
• Memorize “The Living Christ.” As you do, consider the Savior’s influence in your life and how your faith in Him has increased. Practice following the Savior’s example.
• Memorize all 25 Scripture Mastery verses and record your testimony of the gospel truths they teach.
• Memorize an inspiring poem, and record how it influenced your testimony.
• Memorize Your Patriarchal Blessing. Record your testimony of how it will bless and strengthen you throughout your life.
• Memorize “The Family: A Proclamation to the World.” As you do, consider the Savior’s influence in your life and how your faith in Him has increased. Practice following the Savior’s example.
• Memorize all 25 Scripture Mastery verses and record your testimony of the gospel truths they teach.
• Memorize an inspiring poem, and record how it influenced your testimony.
• Memorize Your Patriarchal Blessing. Record your testimony of how it will bless and strengthen you throughout your life.
• Read a book about faith by a General Authority and record how your testimony has grown.
• Read and study the Doctrine and Covenants.
• Read and study the New Testament.
• Read and study the Old Testament.
• Read and study the Book of Mormon.
• Read and study the Work and the Glory series.
• Sew scripture bags to give primary kids when they're baptized, including your written testimony of baptism.
• Take a family history class in your ward or branch. Collect existing stories of your relatives or others who have demonstrated faith, or interview family members or others and record their stories.
• Think of faith as a seed as you help plant, care for, and harvest a vegetable garden. Record in your journal how you can nourish, care for, and strengthen your faith.
• Visit a church history location and create a scrapbook based on the trip, highlighting the faith of church members of that time period, and the testimony you gained from that visit.
• Write a story, play, song, or poem about your faith in Jesus Christ and share it with friends and family.
• Write and illustrate a children’s story about faith, and read it to a primary class.
• Write letters to missionaries, asking them about their experiences sharing the gospel and how their faith has been strengthened.

Ideas for projects from: thepersonalprogresshelper.com
FAITH 10 HOUR PROJECT

My Project is:

Faith is not to have a perfect knowledge of things; therefore if ye have faith ye hope for things which are not seen, which are true (Alma 32:21).

I am a daughter of Heavenly Father, who loves me. I have faith in His eternal plan, which centers on Jesus Christ, my Savior.

MY PROJECT IS:

__________________________________________

My plan to carry out my project is:

1. __________________________________________

__________________________________________

2. __________________________________________

__________________________________________

3. __________________________________________

__________________________________________

4. __________________________________________

__________________________________________

Evaluation:

My faith project . . . (include how you felt and how your understanding of faith increased)

__________________________________________

__________________________________________

__________________________________________

__________________________________________

parent or leader approval initials

start date

completion date

My faith project . . . (include how you felt and how your understanding of faith increased)

__________________________________________

__________________________________________

__________________________________________

__________________________________________

parent or leader signature of project completion

hours spent