WORTHY-BEHAVIOR
“"A virtuous woman has high moral standards”"

WORTHY-LIVING
“Daily virtuous living allows constant companionship from the Holy Ghost”

WORTHY-PREPARATION
“Preparing now to be temple worthy is an eternal blessing”

WORTHY-PARTICIPATE
“Because the Savior loves us, he gave his life so we can repent”
Virtue is a pattern of thought and behavior based on high moral standards. It includes chastity and purity.

**Virtue**

The power to create mortal life is an exalted power God has given His children. He has commanded that this power be used only between a man and a woman, lawfully wedded as husband and wife.

Study the meaning and importance of chastity and virtue by reading:

- Moroni 9:9
- Jacob 2:28
- "The Family: A Proclamation to the World"
- Sexual Purity section in “For the Strength of Youth” pamphlet
- Article of Faith #13
- Proverbs 31:10-31

Record the promised blessings of being sexually clean and pure and your commitment to be chaste.

*My blessings and commitment to be chaste begins now...*
WORTHY-LIVING

“Daily virtuous living allows constant companionship from the Holy Ghost”

Virtuous living “at all times and in all things, and in all places” qualifies you for the constant companionship of the Holy Ghost. When you are baptized and confirmed, you are given the gift of the Holy Ghost to guide all aspects of your life.

SINCE THE HOLY GHOST DOES NOT DWELL IN UNCLEAN TABERNACLES, LIVING A VIRTUOUS LIFE IS A PREREQUISITE TO HAVING THE COMPANIONSHIP OF THE HOLY GHOST AND RECEIVING THE BLESSINGS OF TEMPLE ORDINANCES.

Read the following scripture references and identify the promised blessings:

<table>
<thead>
<tr>
<th>Blessings</th>
<th>John 14:26-27</th>
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<tbody>
<tr>
<td></td>
<td>John 15:26</td>
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<td>2 Nephi 32:1-5</td>
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<td>Doctrine &amp; Covenants 45:57-59</td>
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<td>Doctrine &amp; Covenants 88:3-4</td>
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<td></td>
<td>Doctrine &amp; Covenants 121:45-46</td>
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</tbody>
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Write what you have learned, and about a recent time when you felt the guidance of the Holy Ghost.

I felt the guidance of the Holy Ghost recently when...
PREPARE TO BE WORTHY TO ENTER THE TEMPLE AND TO PARTICIPATE IN TEMPLE ORDINANCES.

Read:

☐ Alma Chapter 5

On a separate piece of paper make a list of the questions Alma asks. Answer the questions for yourself.

Make a list of the things you can and will do to prepare yourself to be pure and worthy to enter the temple and receive all the blessings our Heavenly Father has promised His beloved daughters.
Because the Savior loves you and has given His life for you, you can repent. Repentance is an act of faith in Jesus Christ. Read:

- Moroni 10:32-33
- Enos
- Repentance section in “For the Strength of Youth” pamphlet

The Savior’s atoning sacrifice has made it possible for you to be forgiven of your sins. Read the sacrament prayers:

**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.

Determine to partake worthily of the sacrament each week and fill your life with virtuous activities that will bring spiritual power. As you do this, you will grow stronger in your ability to resist temptation, keep the commandments, and become more like Jesus Christ.

__________________________
I promise to partake worthily of the sacrament each week.

sign here

My plan to remain pure and worthy is . . .
Who can find a virtuous woman? for her price is far above rubies (Proverbs 31:10).

I will prepare to enter the temple and remain pure and worthy.

My thoughts and actions will be based on high moral standards.

MY PROJECT IS:
Reading the entire Book of Mormon: Another Testament of Jesus Christ.

________________________________________________________________________
start date

________________________________________________________________________
completion date

Liken the scriptures to your life and circumstances. As you read, record your thoughts regularly in your journal. Note the example of the Savior. What did He and those who followed Him do to live virtuous lives?

1. _______________________________________________________________________

2. _______________________________________________________________________

3. _______________________________________________________________________

4. _______________________________________________________________________ 

Evaluation:
My testimony of the Book of Mormon has increased because I read the entire book

________________________________________________________________________

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parent or leader signature of project completion
BOOK OF MORMON READING CHART for Young Women

Color in the petals as you read each chapter. You can color according to the labels above and fill in the matching petals, or just fill in a shape anywhere on the flower. Watch your progress grow as you increase in knowledge and testimony. If you want, take a photo of your reading chart when it’s finished and send it in to mormonmodern.com, and it will be posted with your name. Happy reading!

mormonmodern.com