

Faith

White

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

SCRIPTURES :

Alma 32:21

James 1:6

Alma 56:45-48

1 Cor. 2:5

Ether 12:6-22

Alma 57:21

SUGGESTED PROJECTS:

- Collect faith promoting stories, poems, talks, articles, quotations, etc. and compile them into an organized file or book.
- Consistently keep a journal for 6-8 weeks. With posters, photographs, etc. display and convey what you have learned and why journal writing is important.
- Choose a scripture on faith that is special to you and create a keepsake that expresses the meaning of the scripture to you through music poetry, photographs, artifacts, etc.
- Read “Jesus The Christ” by Brother James E. Talmage.

QUOTES:

“Faith exists when absolute confidence in that which we cannot see combines with action that is in absolute conformity to the will of our Heavenly Father.” - Elder Joseph B. Wirthlin

“God has given us the capacity to exercise faith, that we may find peace, joy, and purpose in life.” - Elder Richard G. Scott

“Faith intensifies and magnifies our gifts and abilities. There is no greater source of knowledge than the inspiration that comes from the Godhead, who have all understanding and knowledge of that which has been, is now, and will be in the future.” - President James E. Faust

“Thus faith becomes the first step in any action and must be the first step in understanding the gospel. Faith in the Lord Jesus Christ brings us to a knowledge of the reality of his atoning sacrifice. We have need to be taught and to understand this first principle.” - President Howard W. Hunter

Divine Nature

Blue

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

SCRIPTURES:

2 Peter 1:4-7

Psalms 82:6

D&C 18:10,116

Romans 8: 16-17

Acts 17:28-29

Psalms 143:1

SUGGESTED PROJECTS:

- Read 3 Nephi. Record your feelings, write an essay or talk on the love Jesus Christ has for us.
- Write a short story or poem on being a daughter of God. Print your story or frame your poem.
- Make a picture for your wall that reads "I Am A Child of God" Create one with the help of your computer or through cross-stitch, embroidery, toll painting, etc.
- Adopt a grandparent at a local nursing home. Visit them for 6-8 weeks. Read, play games, visit, etc. Display your feelings about your experience in a scrapbook.

QUOTES:

"Where much is given, much is required. Our Heavenly Father asks His daughters to walk in virtue, to live in righteousness so that we can fulfill our life's mission and His purposes. He wants us to be successful, and He will help us as we seek His help. Our outward appearance is a reflection of what we are on the inside" - Margaret D. Nadauld

"You are loved by your Father in Heaven, of whose divine nature you have partaken. And He desires that His Holy Spirit will be near you wherever you go if you will invite it and cultivate it. There is something of divinity within each of you. You have such tremendous potential with that quality as a part of your inherited nature." - President Gordon B. Hinckley

". . .try a little harder to measure up to the divine within each of you. As Alma said, "Awake and arouse your faculties" (Alma 32:27)." - President Gordon B. Hinckley

"Being a daughter of God means that if you seek it, you can find your true identity. You will know who you are." - President James E. Faust

Individual Worth

Red

I am of infinite worth with my own divine mission, which I will strive to fulfill.

SCRIPTURES:

D&C 18:10

Ether 12:27

Hebrews 13:1-2

Romans 15:1-2

D&C 38:24

John 14:1-2

SUGGESTED PROJECTS:

- Find someone you consider to be an outstanding leader, athlete, teacher, etc. Interview him/her with your prepared questions as to how and why they became what they are. Prepare a way to display/record your interview and findings.
- Make a chart or prepare a self-test on what you believe are your positive and negative characteristics or traits. Prepare goals or a “course” on improving your negatives (i.e. diet, improve vocabulary). Show ways you can use your positives on influencing others. Make a visible display for your program—perhaps use photos of the “before” and “after” me.
- Make up a song, essay, poem or play entitled, “Me”.

QUOTES:

“A worthy woman personifies the truly noble and worthwhile attributes of life. A faithful woman can become a devoted daughter of God—more concerned with being righteous than with being selfish, more anxious to exercise compassion than to exercise dominion, more committed to integrity than to notoriety. And she knows of her own infinite worth.” - Elder Russell M. Nelson

“Satan has unleashed a seductive campaign to undermine the sanctity of womanhood, to deceive the daughters of God and divert them from their divine destiny. He well knows women are the compassionate, self-sacrificing, loving power that binds together the human family. He would focus their interests solely on their physical attributes and rob them of their exalting roles as wives and mothers.” - Elder Richard G. Scott

“You need, more and more, to feel the perfect love which our Father in Heaven has for you and to sense the value he places upon you as an individual.” - President Spencer W. Kimball

Knowledge

Green

I will continually seek opportunities for learning and growth.

SCRIPTURES:

D&C 88:118

Genesis 2:9

Isaiah 11:9

Matthew 7:7

D&C 42:61

Ether 3:19

SUGGESTED PROJECTS:

- Memorize all the verses to 25 of our hymns. Make a scrapbook or poster display of them and what you learned; what they meant to you before and after.
- Choose 10 parables. Study each one and then write a modern version that would have meaning to you. Bind them in a folder.
- Chose one topic (faith, hope, peace, etc.) and mark ALL references found in the standard works.
- Study your homework 1/2 hour extra per day for a month. Bring your grades up in two different classes.

QUOTES:

“We should make daily study of the scriptures a lifetime pursuit. ... The most important [thing] you can do ... is to immerse yourselves in the scriptures. Search them diligently. ... Learn the doctrine. Master the principles. ... You must ... see that ... searching the scriptures is not a burden laid upon [us] by the Lord, but a marvelous blessing and opportunity.” - President Ezra Taft Benson

“The greatest achievement mankind can make in this world is to familiarize themselves with divine truth, so thoroughly, so perfectly, that the example or conduct of no creature living in the world can ever turn them away from the knowledge that they have obtained. ...” - President Joseph F. Smith

Opportunities for the abundant life increase as we pursue the quest for truth and knowledge.” - President Gordon B. Hinckley

Choice & Accountability

Orange

I will choose good over evil and will accept responsibility for my decisions.

SCRIPTURES:

Joshua 24:15

Helaman 14:30

D&C 58:27-28

1 Nephi 15:8

2 Nephi 32:3

D&C: 9:7-9

SUGGESTED PROJECTS:

- Research your genealogy and find examples of family members who have made correct decisions in the face of hardship, ridicule, personal risk, etc. Display their stories with pictures, drawings, photographs, writings, etc.
- Create a display that reflects how a girl your age in today's world might choose good over evil. It might include how she dresses, what she does with her leisure time, what movies she chooses to watch, etc.
- Create your own Mormonad on the topic of choosing good over evil or remaining free by making good choices.
- Create a keepsake of music, poetry, artwork, photographs, needlework, etc. of a meaningful quote or scripture on choice and accountability.

QUOTES:

Agency is an eternal principle and is implicit in the test of life. We must constantly choose between opposites: good and evil.

Accountability is the natural product of agency and is the basis of the plan of life. We are responsible for our own actions and accountable to God for what we choose to do with our lives. Life is God's gift to us, and what we do with it is our gift to him." - Elaine Cannon

Our priorities are most visible in how we use our time. Someone has said, "Three things never come back—the spent arrow, the spoken word, and the lost opportunity." We cannot recycle or save the time allotted to us each day. With time, we have only one opportunity for choice, and then it is gone forever." - Elder Dallin H. Oaks

Through your faith and personal righteousness in keeping the commandments of the Lord Jesus Christ, you can qualify for all of the blessings our Heavenly Father has promised to His obedient children." - Elder M. Russell Ballard

Good Works

Yellow

I will help others and build the kingdom through righteous service.

SCRIPTURES:

3 Nephi 12:16

Matthew 5:16

Matthew 25:40

D&C 6:33

D&C 58:27

D&C 64:33

SUGGESTED PROJECTS:

- Volunteer your services at a local hospital or nursing home. Make a scrapbook and keep a journal of your daily experiences there. Perform a personal comparison of yourself and the changes that occurred within you as you served.
- Provide free, creative babysitting twice a month for a couple in your ward to go the temple. Keep a journal of what you have done. Take photos of the children for a scrapbook of your experience and record your feelings.
- Read to, write letters for, and listen to an elderly brother or sister in your ward on a regular basis. What did you learn while doing this? Record your experiences with photographs and a journal, or write a poem describing your special elderly friend and what you've learned being with him/her.

QUOTES:

“One day each of us will cross the finish line. Will it likewise be to the cheers and encouragement of those we have loved and served? Hopefully it will be to the approbation of our Savior, who because of our faith and our good works, will say, “Well done, thou good and faithful servant.” - Elder Stephen D. Nadault

That was the spirit then, and that is the spirit now. It must continue to be the guiding principle through all the generations that lie ahead—that “each member should be ambitious to do good.” -President Gordon B. Hinckley

When we think of service, we usually think of the acts of our hands. But the scriptures teach that the Lord looks to our thoughts as well as to our acts.” - Elder Dallin H. Oaks

Integrity

Purple

I will have the moral courage to make my actions consistent with my knowledge of right and wrong.

SCRIPTURES:

Job 27:5

Leviticus 10:16

Alma 24:19

Psalms 101:7

Alma 53:20

D&C 136:20

SUGGESTED PROJECTS:

- Visit the state capitol during the legislature. Gather information on the laws and how they help us remain free. Pictures, charts and written report will add to your project as well as your knowledge.
- Study about people from history or church history that lived lives on integrity. Start a file on their lives and how they are examples to follow.
- Put together a display showing honorable or non-honorable things. Write up how you feel about each illustration.
- Write an essay, poem, musical number or story on what honesty means to you.
- Make a series of personal mottos on how to get out of awkward situations (i.e. stealing, invitations to watch inappropriate entertainment or being challenged morally to “show” your love through physical intimacy)

QUOTES:

“Integrity is so precious that it is beyond price; it is invaluable. The ability to stand by one’s principles, to live with integrity and faith according to one’s belief—that is what matters, that is the difference between a contribution and a commitment.” - Elder Joseph B. Worthlin

“Every man takes care that his neighbor shall not cheat him. But a day comes when he begins to care that he do[es] not cheat his neighbor. Then all goes well. He has changed his market-cart into a chariot of the sun.” - Ralph Waldo Emerson

Positive habits are as difficult to make as negative habits are difficult to break. It takes desire, repetition, and time to form them. Hold fast to those basic principles that are tried and true. Consistently develop your talents, protect and preserve your honesty and integrity, and build a sound character. This is the secret of real staying power, for these are principles that will not depreciate with time.” - L. Tom Perry