If thou art faithful and walk in the paths of virtue before me, I will preserve thy life, and thou shalt receive an inheritance in Zion. (D&C 25:2)

The Lord has given parents many tools to help teach their children to live virtuous lives. Often as parents we look for the “one sure thing” that will completely fortify our children against sin. In reality virtue is built by continuous and conscious effort on our part in teaching our children and utilizing the tools and programs available to us. The very basic principles are those that build and reinforce our identity. For example: having faith and a testimony of Jesus Christ, understanding individual worth, strengthening family relationships, establishing private religious practices, recognizing experiences with the Spirit and participating in sacred ordinances for ourselves and others is the foundation needed to build virtuous youth. After we have a firm foundation we are equipped to build on that with the choices we make daily to remain chaste, dress modestly, choose good entertainment etc. We have chosen several important building blocks of virtue to emphasize and give you ideas on how to use the readily, available tools to help you prepare your youth to “make and keep sacred covenants”. The tools we will focus on are: The Personal Progress and Duty to God programs, The For Strength of Youth Pamphlet, family home evening lessons, the scriptures and words of the modern day prophets. Each section will include a couple of great quotes and some excellent ideas you can implement in your home.

Faith and Testimony of Jesus Christ

"To help young women [and young men] grow spiritually, leaders should prepare themselves spiritually. As they draw close to the Lord through prayer, scripture study, and obedience to His commandments, they are better able to bring the Spirit of the Lord into their teaching of gospel principles and their association with young women [and young men]." (Susan W. Tanner, Young Women general president).

- **Personal Progress**—All the Faith Value Experiences can help your daughter strengthen her testimony of Jesus Christ and can increase her understanding of how faith is the foundation to obedience.
- **Duty to God**—Each level requires the young men to read several articles out of the church magazines and to teach several FHE lessons. Teachers, Spiritual Development #12—Assign your son to read several articles about faith and testimony and share them in Family Home Evening. Teachers—Quorum #1—After your son reads the section in True to the Faith about home teaching, discuss how helping the families they teach require courage and faith. Teachers, Spiritual Development #1—As your son completes this goal, discuss with him what it means to become converted to the gospel of Jesus Christ. Deacon—Spiritual Development #1—Ask your son to share with you the 4 scriptures that he found that testify of Christ.
- **For The Strength of Youth**—Read the section “Go Forward With Faith”. Frequently encourage your youth to ask the question “Am I living the way the Lord wants me to live?” Post different paragraphs from this section on your fridge weekly or put the quotes into their lunches or leave special notes on their pillow using the quotes from this section.
- **Family Home Evening**—We must help our youth anxiously seek and rely on their testimony. This can be done through the bearing of our own testimonies at family home evening, family scripture study, fast and testimony meetings, girls’ camp and scout camp. We can challenge you youth to pray for a testimony about the specific topic being taught. President Hinckley said, “Passive acceptance of the Lord is not enough. Vibrant testimony comes of anxious seeking. When I discuss faith, I do not mean it in an abstract sense. I mean it as a living, vital force with recognition of God as our Father and Jesus Christ as our Savior. When we accept this basic
premise, there will come an acceptance of their teachings and an obedience which will bring peace and joy in this life and exaltation in the life to come. (“‘With All They Getting Get Understanding,’” *Ensign*, August 1988, p.5.)

**Understanding Their True Identity and Divine Mission**

"If young women [and young men] know of God's love for them, it will influence and shape all of their thoughts, feelings, and actions. They will understand they have a mission to perform in this life. They will have confidence in their ability to make responsible, righteous decisions. They will be able to resist temptation, to flee from worldly things, to dress modestly as is becoming of a divine daughter [son] of God." (Susan W. Tanner, Young Women general president)

- **Personal Progress**—All Individual Worth and Divine Nature Value Experiences and Value Projects are centered around discovering and reinforcing their identity as daughters of God. For example: Individual Worth #1-Read the scriptures associated with this goal. Help your daughter identify the gifts and talents Heavenly Father has given her and talk about how she can feel His love in her life. Individual Worth #3-As your daughter completes this goal, ask her to share with you the worthwhile qualities she sees in others and how she can develop those qualities in herself. Individual Worth #6-Encourage your daughter to prepare to receive her patriarchal blessing. Discuss with her the importance of patriarchal blessings and how it can guide her life. After she receives her blessing, talk with her about her divine worth and the mission the Lord has for her. Choice and Accountability #6-Read the Young Women Theme together and talk about what it teaches us about who we are and what Heavenly Father expects from us.

- **Duty to God**—All levels encourage the young men to investigate different careers. Help your son find different people who work in different careers to talk about their work. Priests-Family Activities #3-Help your son prepare to receive his patriarchal blessing. Discuss with him the importance of patriarchal blessings and how it can guide his life.

- **For The Strength of Youth**—As your family reads the *For Strength of Youth* pamphlet discuss how knowing their true identity will help them keep the standards and realize the blessings of obedience in their life.

President James E. Faust: “The Prophet Joseph Smith … said, ‘If you live up to your privileges, the angels cannot be restrained from being your associates.’ … Hold your soul very still, and listen to the whisperings of the Holy Spirit. Follow the noble, intuitive feelings planted deep within your souls by Deity in the previous world” (*Ensign*, May 1998, p.97).

**Family**

President Gordon B. Hinckley said, “We cannot hope to influence others in the direction of virtue unless we live lives of virtue. The example of our living will carry a greater influence than will all the preaching in which we might indulge. We cannot expect to lift others unless we stand on higher ground ourselves. … The home is the cradle of virtue, the place where character is formed and habits are established” (“Opposing Evil,” *Ensign*, November 1975, 38–39).

- **Testimony**—“A testimony is a spiritual witness given by the Holy Ghost. The foundation of a testimony is the knowledge that Heavenly Father lives and loves His children; that Jesus Christ lives, that He is the Son of God, and that He carried out the infinite Atonement; that Joseph Smith is the prophet of God who was called to restore the gospel; that The Church of Jesus Christ of Latter-day Saints is the Savior's true Church on the earth; and that the Church is led by a living prophet today. With this foundation, a testimony grows to include all principles of the gospel”(*www.lds.org*, Gospel Library, Gospel Topics, Testimony).
Family prayer—As we regularly pray for each individual in our family by name we will find greater love, kindness and support for each other. It helps to set a specific time to have family prayer each day so family members can plan on it and make it a daily habit.

Family Scripture Study—The Book of Mormon begins with a great story on the importance of families having and using the scriptures. (L. Tom Perry, “Blessings Resulting from Reading the Book of Mormon,” Ensign, Nov 2005, 6)

Keeping Covenants—“Sometimes we are tempted to let our lives be governed more by convenience than by covenant. It is not always convenient to live gospel standards and stand up for truth and testify of the Restoration…but there is no spiritual power in living by convenience. The power comes as we keep our covenants” (M. Russell Ballard, “Like a Flame Unquenchable,” Ensign, May 1999, 85)

Family Home Evening—“I hope, my brothers and sisters that you are having your family home evenings with your children. You cannot afford to postpone this. The days, the months, and the years pass so quickly, and before long it will be too late” (Gordon B. Hinckley Veracruz Mexico Fireside, January 28, 1996).

“Fathers and Mothers are needed who will rise and stand upon their feet to make of their homes sanctuaries in which children will grown in a spirit of obedience, industry, and fidelity to tested standards of conduct. If our society is coming apart at the seams it is because the tailor and the seamstress in the home are not producing the kind of stitching that will hold under stress.” (Gordon B. Hinckley “Rise, and Stand upon Thy Feet”, Improvement Era, December 1968).

Private Religious Practices
Our study showed that the young people with the strongest feelings of self-worth gained this confidence through gospel learning and spiritual experiences that took place primarily in the home. Regular family prayer, scripture study, and family home evening are cornerstones for establishing a household of faith. All of these activities are closely associated with stronger feelings of confidence in youth.

It appears that a spiritual home environment, coupled with involvement in Church activities and programs, guides young people to know the truthfulness of the gospel for themselves. “We parents need to take seriously our responsibility to provide religious training in the home so that our children will in turn take religion seriously and personally,” taught Elder Joe J. Christensen, then of the Seventy. (Brent L. Top)

Personal Progress/Duty to God- Supporting your children and helping them participate in these programs will assist them in developing private religious practices.

"Your loving Heavenly Father has blessed you with talents and abilities that will help you fulfill your divine mission. Through personal prayer, scripture study, obedience to the commandments, and service to others, you can develop these gifts. . . .As you participate in Personal Progress, you join with thousands of other young women who are striving to come unto Christ and 'stand as witnesses of God at all times and in all things, and in all places' (Mosiah 18:9)" (Personal Progress Book, p. 1).

“You have a responsibility to learn what Heavenly Father wants you to do and then to do your best to follow His will. This guidebook, along with For the Strength of Youth, will help you learn and do your duty to God. We hope you will earn the Duty to God Award and that it will become a symbol of your preparation to receive the Melchizedek Priesthood” (Duty to God Pamphlet Page 4).
Experiences with the Spirit
“We need to build ourselves spiritually. We live in a world of rush and go, of running here and there and in every direction. We are very busy people. We need to get off by ourselves once in awhile and think of the spiritual things…Get by yourself and think of things of the Lord, of things of the Spirit” (Gordon B. Hinckley, Brigham city Utah Regional Conference, priesthood leadership session, February 22, 1997).

Personal Progress—Choice and Accountability #5-As you read the scriptures associated with this goal, talk to your daughter about times when you have felt the spirit and times when she has felt the spirit. Discuss the different ways the spirit communicates with us and how to identify feeling the spirit.

Duty to God—All Quorums- Each age group has an assignment to read the Book of Mormon. As your son is reading ask, him to think about times he has felt the spirit witness to him. Encourage him to write those experiences down in his journal. Priests, Quorum Activities #3- After your son has had the opportunity to serve as a companion to a full-time missionary, ask him about times he felt the spirit. To fulfill the goals for teaching FHE lessons, assign your son to teach a lesson about the spirit and encourage him to share personal experiences when he has felt the spirit. During the lesson share some of your experiences with the spirit. Also talk about experiences your family has had with the spirit.

For the Strength of Youth—As you read the different sections of For the Strength of Youth, underline each reference to the Spirit. Talk about how being obedient to the guidelines increases the influence of the spirit in your lives.

Family Home Evening—Using Elder Bednar’s talk from General Conference April 2006 entitled “That We May Always Have His Spirit to Be With Us” discuss the times and places where we can feel the spirit and the times and places when we withdraw ourselves from the Spirit. Also talk about how we can have the courage to be an example to our peers in doing what is right.

“The Holy Ghost can tarry with us much, if not most of the time-and certainly the Spirit can be with us more than it is not with us. As we become ever more immersed in the Spirit of the Lord, we should strive to recognize impressions when they come and the influences or events that cause us to withdraw ourselves from the Holy Ghost” (David A Bednar, “That We May Always Have His Spirit to Be with Us,” Ensign, May 2006).

Modesty
“The Church will always declare standards and will always teach principles. As Sister Susan Tanner taught this morning, one of those principles is modesty. In the gospel of Jesus Christ, modesty in appearance is always in fashion. Our standards are not socially negotiable. The For the Strength of Youth pamphlet is very clear in its call for young women to avoid clothing that is too tight, too short, or improperly revealing in any manner, including bare midriffs. Parents, please review this booklet with your children. Second only to your love, they need your limits” (Elder Jeffery R. Holland, Ensign, November 2005).

Personal Progress—Choice and Accountability Value Experience # 2 & 6: Use the ideas listed under the For Strength of Youth pamphlet to help you emphasize the importance of modesty to your daughter. Value Project ideas for Choice and Accountability and Integrity have ideas for projects that involve modesty. For example, you could teach or find someone who could teach your daughter to alter clothing to make them more modest, or you could encourage your daughter to organize a modesty fashion show for a young women’s activity.

Duty To God—Deacon, Teacher, Priest-Family Activities # 2–Read the section on Dress and Appearance in the For Strength of Youth pamphlet and discuss together how the guidelines apply...
to young men. Teachers-Citizenship and Social Development # 1-As you discuss how to practice proper hygiene, take the opportunity to also talk about modesty and set up some family modesty rules. Priest-Citizenship and Social Development # 3- As you discuss how to practice proper hygiene, take the opportunity to also talk about modesty and how the way missionaries dress helps them to be more successful.

For The Strength of Youth— Using the section on Dress and Appearance, talk about the principle of modesty. Find the positive and negative consequences of following the guidelines. Underline the promises for obeying the standards. Then set up specific family guidelines using the suggestions listed in the FSOY pamphlet. Post these family guidelines on the refrigerator or other central place.

Scriptures— For family home evening assign each child to find one or two scriptures about our importance to our Heavenly Father. After reading the scriptures, talk about how knowing who we are helps us keep the Lord’s standards of modesty.

“Young women, choose your clothing the way you would choose your friends—in both cases choose that which improves you and would give you confidence standing in the presence of God. Good friends would never embarrass you, demean you, or exploit you. Neither should your clothing” (Elder Jeffery R. Holland, Ensign, November 2005).

“For women and men alike, modesty is a building block of virtue. Why? Because our bodies are sacred gifts from God that actually give us power over Satan. Satan never has had a body, and he would like nothing more than to have us underestimate this gift. When we wear clothing that is unseemly or too tight, that exposes or otherwise belittles the sacredness of our bodies, we play with fire. And sometimes the scars of even a small burn mar our souls for a long, long time” (Mary Ellen W. Smoot, “Seeking Solutions,” Ensign, February 2002).

Dating
“To help your teenagers better prepare for dating, teach them to think of others in a Christlike way. For a teenager, the selfish version of dating is “going steady”, long hours together in dark places and intense concern about clothing and surface appearance. The virtuous version includes both group activities and moderate pairing off; varied enjoyments, including vigorous physical exercise; mental stimulation; service; and spiritual challenges” (A Parents’ Guide pp. 40-41).

Personal Progress—Divine Nature #2– Read the Proclamation on the Family with your daughter and help identify some of the important attributes of wives and mothers. Talk with her about how making good choices about how and who she dates will help her develop those attributes. Choice and Accountability #5- Read the scriptures associated with this goal with your daughter and talk about how learning to listen to the Holy Ghost will help make the correct choices in her life including how and who she dates.

Duty to God—Deacon-Spiritual Development # 2- Read the Family Proclamation and then discuss together Heavenly Father’s plan for families and how that relates to dating. Citizenship and Social Development #3 and Teachers #10-After having a family home evening centered around proper manners, and an etiquette dinner, discuss the proper way to date and why. Citizen and Social Development #1, 2- Use these goals as a jumping off point for discussing the importance of building great friendships with boys and girls. Teachers-Citizenship and Social Development #2-After your son participates in a really fun combined activity with the young women, take the opportunity to discuss the importance of developing friendships instead of pairing off. Priests-Citizenship and Social Development # 2 and 4- With your family read about the dating Standards in the For Strength of Youth Pamphlet and set some family guidelines for dating.
**For Strength of Youth**—Read the section on Dating. Find and talk about the principle for the dating guidelines. Talk about the “Dos” And “Don’ts” for Dating. Choose and write down some family dating guidelines.

**Scriptures**—These scriptures are centered on the blessings of being obedient. Isaiah 1:19, Luke 11:28, Acts 5:29, Ephesians 6:1, Alma 57:19-27 (This story about the Stripling Warriors is a great example of the blessings of obedience with exactness (vs 21).

“You younger men might not be aware that the standards set by the Lord in the temple recommend questions are very similar to the standards found in For the Strength of Youth. In times of calmness but also in times of greatest temptation, these standards and the guidance of the Holy Ghost will help you make the right choices about your education, friends, dress and appearance, entertainment, media and the Internet, your language, proper dating, sexual purity, honesty, Sabbath-day observance, and service to others. How you apply these standards will say much about who you are and what you seek to become” (Elder Dieter F. Uchtdorf, Ensign, May 2006).

**Media and Entertainment**

“Pornographic or erotic stories and pictures are worse than filthy or polluted food. The body has defenses to rid itself of unwholesome food. With a few fatal exceptions, bad food will only make you sick but do no permanent harm. In contrast, a person who feasts upon filthy stories or pornographic or erotic pictures and literature records them in this marvelous retrieval system we call a brain. The brain won’t vomit back filth. Once recorded, it will always remain subject to recall, flashing its perverted images across your mind and drawing you away from the wholesome things in life” (Dallin H. Oaks, “Pornography,” Ensign, May 2005).

“Subtly and not so subtly, Satan exposes many of us to impure ‘allergens’ that have the potential of contaminating our minds and spirits. These can be found in all forms of entertainment: television, the Internet, movies, music, books, and magazines. Prolonged exposure to these moral allergens that initially shock and offend us will gradually dull our spiritual sensitivities, lulling us away into carnal security and sin (see 2 Ne. 28:21). Because none of us is immune to these subtle influences, which can eventually destroy the spirit of righteousness and peace, we need to rid our homes of these harmful things” (Carla Dalton, “Setting Family Standards for Entertainment,” Ensign, June 2001).

**Personal Progress**—Integrity #1- Help your daughter review how standards in the church differ from the standards of the world especially as it applies to media and music, encourage her to list her personal media standards and live by them. Choice and Accountability Value Projects- Help your daughter create and implement a program in your home for the wholesome use of media. Encourage her to share those ideas at a young women activity.

**Duty to God**—Deacons-Education, Personal and Career Development- # 6 After attending a community cultural event, talk about the different kinds of music and how it affects our spirits. Teachers, Citizenship and Social Development # 9-Help your family develop a list of appropriate television programs and media. Priests, Family Activities # 4 as your discussing the different aspects of mission preparation, talk about the importance of keeping our minds clean by choosing good media.

**For the Strength of Youth**— As you read the sections on Entertainment and Music, help your children find the principles for these areas. Also find the “Do’s and Don’ts”, the positive and negative consequences for your choices about media and what things we should avoid and what things we should resist. Also look for ideas to add positive things to your life. Last of all, underline the blessings that come from making good choices. It also might be helpful to talk about how your family can make better media choices and what are the specific guidelines your family will follow in relation to movies, music and the internet.

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Let Virtue Garnish Thy Thoughts—This is a pamphlet published by the church to help youth and adults who are struggling with a pornography addiction.

Scriptures—D&C 25:12, D&C 136:28, and Articles of Faith 1:13, Use these scriptures or others to emphasize the importance the Lord places on making good entertainment choices.

“We can also help family members evaluate entertainment choices by asking them to consider questions like these: ’Does it make me feel worthy to kneel in prayer before my Heavenly Father?’ ’Are the values being portrayed virtuous, lovely, of good report, or praiseworthy?’ (See A of F 1:13). ’Are my entertainment choices bringing me closer to the Savior?’ ’Is this taking me away from more important things that I should be doing?’” (Carla Dalton, “Setting Family Standards for Entertainment, Ensign June 2001).

Word of Wisdom

“Some have even used as an alibi the fact that drugs are not mentioned in the Word of Wisdom. What a miserable excuse. There is likewise no mention of the hazards of diving into an empty swimming pool or of jumping from an overpass onto the freeway. But who doubts the deadly consequences of such? Common sense would dictate against such behavior.”

Personal Progress—Choice and Accountability #3- Read the scriptures about agency with your daughter and then talk about how agency applies to keeping the Word of Wisdom and the blessings that come from wise use of our bodies. Knowledge Value Project-After reviewing the Word of Wisdom guidelines, help your daughter learn to cook nutritious meals and help her design a workable fitness program.

Duty to God—Each age group includes physical fitness challenges. Try participating in these goals with your son and as you strive to reach these goals together. Talk about how keeping the Word of Wisdom keeps your body strong. Deacons-Educational, Personal and Career Development # 12, Teachers-Family #4 or Physical Development Optional goal- Assign your son to teach a lesson in FHE on the Word of Wisdom and how it affects our bodies.

For the Strength of Youth—Read the section on Physical Health and D&C 89. Discuss the principles behind the Word of Wisdom. Talk about the consequences and blessings for disobeying or obeying the Word of Wisdom. Point out those you know who have suffered because of their addictions. Study the story of Daniel and his friends and how they resisted pressure and did what they knew was right (Daniel 1:3-20).


“The Word of Wisdom does not promise you perfect health, but it teaches how to keep the body you were born with in the best condition and your mind alert to delicate spiritual promptings” (President Boyd K Packer, “The Word of Wisdom The Principles and The Promises,” Ensign, May 1996).

Sexual Purity

“No matter how strong temptations seem, the Lord will help us withstand them if we choose to follow Him. The Apostle Paul declared, ’There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it’ (1 Corinthians 10:13). The following counsel can help us overcome the frequent and blatant temptations in the world today: (True to the Faith,) You are constantly bombarded by explicit scenes of sexual immorality from the screen,
books, music, magazines, the Internet, and radio. I remind you precious young women that you are daughters of God. He loves you. You are His noblest creation. Your own dignity and self-respect should help you to remember that, as President David O. McKay once said, every ‘woman should be queen of her own body’ (Gospel Ideals, 1953, 471). (James E. Faust, “How Near To Angels,” New Era, March 1999).

**Personal Progress**— Faith #2, Divine Nature #2, and Individual Nature #2-Read the Proclamation on the Family and the scriptures associated with this goal with your daughter and then bear your testimony of the importance of mothers and their role in Heavenly Father’s plan for the family. Talk about the importance of being chaste as they begin their roles as wives and mothers. Help your daughter set some goals in regards to chastity that will help her become a worthy, prepared wife and mother. Choice and Accountability #6- Read the Young Women Theme with your daughter, talk about what it teaches her about who she is and what her divine mission is. Talk about what things she can do now to be worthy to enter the temple. Encourage her to write these things in her journal.

**Duty To God**— Deacons-Citizenship and Social Development # 7 and 11-Learning to interact socially is a great way to help learn what is and isn’t acceptable behavior. Teachers-Spiritual Development # 5- After reading and discussing a general conference address about immorality and pornography together set some family guidelines for internet use and personal safety. Priests, Citizenship and Social Development # 1, 4- Discuss with your son how to treat the opposite sex.

**For The Strength of Youth**— As you read the section on Sexual Purity together, outline the principles, the “Do’s and Don’ts”, the positive and negative consequences. Also discuss the importance of families and the responsibilities associated with bringing children into the world. This might also be a great time to read how Heavenly Father feels about families in the Proclamation.

**Scriptures**—Genesis 39:1-12, D&C 38:42, 1 Peter 3:2, D&C 88:86

“By using stories, examples, and analogies—and resisting the urge to preach a sermon at the end—we can help children learn to think through situations and make wise choices. For example, President Benson said, 'Guard and protect your virtue as you would your very life’ (Ensign, Nov. 1986, p. 83). To help youth understand the seriousness of this statement by the prophet, I have used the following analogy. If you were walking down a dark street alone at night and, sensing someone was following, you turned around and discovered that a stranger stood behind you with a knife raised, what would you do? Always they answer, 'Run with all my might.’ Then I ask, ‘You mean you wouldn’t hang around, thinking, ‘Oh, a few little stabs won’t hurt’?’ They laugh at the ridiculousness of it. Then I repeat the words of the prophet: 'Guard and protect your virtue as you would your very life.”’ (Joy Saunders Lundberg, “Teaching Children to Choose Sexual Purity,” Ensign October 1991).

**Repentance**

“We must change anything we can change that may be part of the problem. In short we must repent, perhaps the most hopeful and encouraging word in the Christian vocabulary. We thank our Father in Heaven we are allowed to change, we thank Jesus we can change, and ultimately we do so only with Their divine assistance. Certainly not everything we struggle with is a result of our actions. Often it is the result of the actions of others or just the mortal events of life. But anything we can change we should change, and we must forgive the rest. In this way our access to the Savior’s Atonement becomes as unimpeded as we, with our imperfections, can make it. He will take it from there” (Jeffery R. Holland, “Broken Things to Mend,” Ensign, May 2006).

**Personal Progress**— Choice and Accountability #4- Encourage your daughter to complete this goal and then invite her to give a family home evening lesson on the subject of repentance. Talk
to her about the joy that comes when we choose to repent. Integrity # 2-As your daughter strives
to develop a life of integrity, teach her that repentance is not just for “Super Sinners” but each
time we try to improve our lives and become more Christlike we are repenting.

**Duty to God**—Deacons, Family Activities #3 and Quorum Activities #7 Invite your son to teach
a FHE lesson on repentance and the purpose of the sacrament. Teachers-Family Activities #5-
Invite your son to read about repentance and share with your family how they can better apply
that principle in their lives. Priests-Assign your son to teach a FHE lesson on repentance.

**For The Strength of Youth**— As you study the section on repentance with your family, review
the story of Alma found in Alma 36:6-24. Talk about Alma’s pain and Alma’s joy. Teach about
the joy and blessings that come when we repent. As a parent, memorize the key statements in
this section so you can use them when you are helping your children to repent.

**Scriptures**— Isaiah 1:18, Luke 15:7, Alma 13:10 (even righteous priesthood holders make
repentance part of their life), and Heleman 12:23

“Repentance is one of the first principles of the gospel. Forgiveness is a mark of divinity. There is hope
for you. Your lives are ahead, and they can be filled with happiness, even though the past may have
been marred with sin. This is a work of saving and assisting people with their problems. This is the
purpose of the gospel” (President Gordon B. Hinckley, “Stand True and Faithful,” *Ensign*, May 1996,
p.94).

**Service**

“Service is at the heart of eternal life and our personal destinies. The basic test in this life is what we
choose to do and become. The Savior has told us what to do: ‘For the works which ye have seen me do
that shall ye also do’ (3 Ne. 27:21). He has said what we should become: 'Therefore, what manner of
men ought ye to be? Verily I say unto you, even as I am’ (3 Ne. 27:27). By choosing to do His work we

“We become more significant individuals as we serve others. We become more substantive as we serve
others—indeed, it is easier to “find” ourselves because there is so much more of us to find!” President
Spencer W. Kimball

**Personal Progress**— Good Works #1- Read the scriptures associated with this goal with your
daughter, talk about experiences she has had serving others and how serving others made her
feel. This is just one of the goals about service in the Good Works area that you can help your
daughter with. Divine Nature #3- As your daughter is spending the two weeks trying to fulfill
this goal encourage her by helping her notice how her great attitude affects the whole family.

**Duty to God**— Every age group includes multiple goals that are centered on service. The best
way to teach service is to just do it.

**For The Strength of Youth**— Put the first statement “Service to others is one of the most
important characteristics of a disciple of Jesus Christ” on a paper and post it on your fridge or
another obvious place. Talk with your children about how focusing on serving others can help
us become more Christlike. Encourage your children to participate in organized service projects
and to find small and simple ways to lift and serve those around them with a cheerful attitude.
Example is the best teacher. Set aside one family home evening a month to do service.

**Scriptures:** Study Luke 10: 25-37 and talk about how we can use the story of the Good
Samaritan to give us the motivation to serve others.

“This is the service that counts, the service to which all of us have been called: the service of the Lord
Jesus Christ…Along your pathway of life you will observe that you are not the only traveler. There are
others who need your help. There are feet to steady, hands to grasp, minds to encourage, hearts to inspire, and souls to save” (President Thomas S. Monson).

**Making and Keeping Sacred Covenants**

“I hope that everyone gets to the temple on a regular basis. I hope your children over twelve years of age have the opportunity of going to the temple to be baptized for the dead. If we are a temple-going people, we will be a better people, we will be better fathers and husbands, we will be better wives and mothers. I know your lives are busy, I know that you have much to do. But I make you a promise that if you will go to the House of the Lord, you will be blessed; life will be better for you. Now, please, please, by beloved brethren and sisters, avail yourselves of the great opportunity to go to the Lord’s house and thereby partake of all the marvelous blessings that are yours to be received there” (Gordon B. Hinckley, Lima Peru Fireside, November 9, 1996).

- **Family Time (FHE)**—Do baptisms for the dead as a family. Prepare names together or go and use the names that the temple has. Encourage our youth to attend the temple with us while we do an endowment session, they can participate in baptisms for the dead. If there is a temple in the city where you are vacationing, call ahead and make an appointment to do baptisms for the dead while on your vacation.

- **Personal Progress**—Individual Worth #5- Help your daughter complete her own family pedigree chart of your family. If possible, as a family take the names to the temple.

- **Duty to God**— Each level encourages the young men to participate, if possible, in baptisms for the dead.

- **For the Strength of Youth**— Read the section of Dress and Appearance. Discuss what is appropriate to wear to the temple and why. Remind them that the way we dress shows our love and respect for our Heavenly Father. Remember outward appearance is an indicator of our inner commitment. “Someday you will receive your endowment in the temple. Your dress and behavior should help you prepare for that sacred time.” (For The Strength of Youth, p.16)

“As we ‘let virtue garnish our thoughts unceasingly,’ we will become worthy to be in the presence of the Lord. On earth we can be in His presence when we are in His house, the temple. The scriptural theme, if followed, will prepare us to be worthy to enter into His house and be in His presence there. To prepare young women [and young men] to be worthy and ready to enter the temple and make and keep sacred covenants should be among our highest goals as Young Women leaders. The blessings promised to us in these scripture are blessings we receive in His presence and in His house: confidence in the presence of God, the doctrine of the priesthood distilled upon our souls, the Holy Ghost as a constant companion, our scepter an unchanging scepter of righteousness and truth, and our dominion an everlasting dominion. (See D&C 121:45-46)” (Susan Tanner, “Let Virtue Garnish Thy Thoughts” President’s Message, September 2006)