



# Faith in God For Girls

Name \_\_\_\_\_

Birthday: \_\_\_\_\_

Phone#: \_\_\_\_\_

## Basic Requirements

An important part of faith in God is keeping your baptismal covenant and staying spiritually strong. To help you develop faith and resist temptation, do the following things:

- Pray daily to Heavenly Father.
- Read the scriptures regularly.
- Keep the commandments and live "My Gospel Standards".
- Honor your parents and be kind to your family.
- Pay your tithing and attend tithing settlement.
- Attend sacrament meetings and Primary regularly.

## Other Requirements

Doing the following activities will help your understanding and testimony of the gospel grow:

- Write your testimony
- Memorize the Articles of Faith and explain what they mean.
  - Article of Faith #1
  - Article of Faith #2
  - Article of Faith #3
  - Article of Faith #4
  - Article of Faith #5
  - Article of Faith #6
  - Article of Faith #7
  - Article of Faith #8
  - Article of Faith #9
  - Article of Faith #10
  - Article of Faith #11
  - Article of Faith #12
  - Article of Faith #13
- I was interviewed by the Bishop on \_\_\_\_\_

## Serving Others

Complete at least two of the following activities each year:

- 1. Read and discuss the parable of the good Samaritan (See Luke 10:30-37). Plan and complete a service project that helps a family member or neighbor. After completing the project, discuss how it helped your faith grow stronger.
- 2. Write a letter to a teacher, your parents, or your grandparents telling them what you appreciate and respect about them.
- 3. Make a list of the qualities you like in a person. Choose one quality to develop in yourself. Discuss how showing respect and kindness strengthens you, your family, and others.
- 4. Plan, prepare, and serve a nutritious meal.
- 5. Entertain young children with songs or games you have learned or made yourself. Show that you know how to care for and protect a young child.
- 6. Learn and practice good manners and courtesy.
- 7. Plan and hold a parent-child activity, such as a dinner, picnic, hike, day trip, or service project.
- 8. Read the twelfth article of faith. Discuss what it means to be a good citizen and how your actions can affect others.
- 9. Help your primary leaders plan and carry out an upcoming quarterly activity.
- 10. Plan and complete your own activity to serve others.

(Turn to back page for 11 year old requirements →)

## Learning and Living the Gospel

Complete at least two of the following activities each year:

- 1. Explain how taking the sacrament helps you renew your baptismal covenant. In a family home evening, teach others about things we can do to remain faithful.
- 2. Give a family home evening lesson on Joseph Smith's First Vision (see Joseph Smith - History 1:1-20). Discuss how Heavenly Father answers our sincere prayers.
- 3. Mark these verses about the Holy Ghost in your scriptures: John 14:16-17, 2 Nephi 32:5, and Moroni 10:5. Discuss ways the Holy Ghost helps you.
- 4. Read a recent conference address given by the prophet. Decide what you can do to follow the prophet, and do it.
- 5. Give an opening and a closing prayer in family home evening or at Primary. Share your feelings about how prayer protects us and helps us to stay close to Heavenly Father and the Savior.
- 6. Tell a story from the Book of Mormon that teaches about faith in Jesus Christ. Share your testimony of the Savior.
- 7. Read D&C 89. Discuss how Heavenly Father blesses us when we faithfully live the Word of Wisdom. Help plan and conduct an activity to teach the Word of Wisdom to others.
- 8. Prepare a pedigree chart with your name and your parents' and grandparents' names. Prepare a family group record for your family and share a family story. Discuss how performing temple work blesses families.
- 9. Learn to sing "Choose the Right" (Hymns no 239). Explain what agency is and what it means to be responsible for your choices. Discuss how making good choices has helped you develop greater faith.
- 10. Plan and complete your own activity that will help you learn and live the gospel.

## Developing Talents

Complete at least two of the following activities each year:

- 1. Learn how to budget and save money. Discuss why it is important to faithfully pay our tithing and how Heavenly Father blesses us when we do (see 3 Nephi 24:10-11). Pay your tithing and begin saving for a mission.
- 2. Learn to sing, play, or lead a song from the *Children's Songbook*. Teach or share the song in a family home evening or at Primary. Discuss how developing talents helps prepare us for service to Heavenly Father and others.
- 3. Write a poem, story, or short play that teaches a principle of the gospel or is about Heavenly Father's Creations.
- 4. Make an item from wood, metal, fabric, or other material, or draw, paint, or sculpt a piece of art. Display your finished work for others to see.
- 5. Visit an art museum or attend a concert, play, or other cultural event. Share your experience with your family or activity day group.
- 6. Read D&C 88:118. Discuss what it means to "seek learning, even by study and also by faith." Improve your personal study habits by doing such things as learning how to choose and read good books or being prepared for school each day.
- 7. List five things you can do to help around your home. Discuss the importance of obeying and honoring your parents and learning how to work.
- 8. Plan a physical fitness program for your self that may include learning to play a sport or game. Participate in the program for one month.
- 9. Learn about and practice good nutrition, good health, and good grooming, including modest dress.
- 10. Plan and complete your own activity that will help you develop your talents.

## Preparing for Young Women

Complete the following activities while you are 11 years old. They will help you prepare to become a righteous young woman and participate in the Young Women Personal Progress program.

- 1. After studying the thirteenth article of faith, make a list of things that are uplifting and virtuous. Discuss with a parent or leader how you can seek after these things.
- 2. Talk with the beehive class presidency or a member of the Young Women presidency about the purpose and importance of the Young Women program.
- 3. Write in your journal how you can serve the Lord as you stand for truth and righteousness.
- 4. Read D&C 88:77–80, 118 and D&C 130:19. Discuss with a parent or Primary leader how important a good education is and how it can help strengthen your home and family and in the Church.
- 5. Read “The Family: A Proclamation to the World.” Make a list of things you can do to help strengthen your family and make a happy home. Share the list with your parents or Primary leader.