

Value Thoughts

Hand out a page of thoughts each Fast Sunday, that correlates with that months value.

You may want to add some scriptures out of the Personal Progress book that pertain to each value. You could also add value projects that could be done for each value.

Below the "fancy" script thoughts, are the same thoughts in a "plain" font. And the same fonts in plain font and the fancy font, in black.

By: YW Suggestions

FAITH

- ✿ Faith is not believing that God can, it's knowing that he will.
- ✿ "Yea, and how is it that ye have forgotten that the Lord is able to do all things according to his will, for the children of men, if it so be that they exercise faith in him? Wherefore, let us be faithful to him." ~1 Nephi 7:12
- ✿ And now as I said concerning 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
- ✿ "Now faith is the substance of things hoped for, evidence of things not seen." ~Heb 11:1
- ✿ A friend once wrote: "Give me your faith, not your doubts."
- ✿ Ours is not to wonder why, Ours is but to do or die.

DIVINE NATURE

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

✿ "Be partakers of the divine nature...Giving all diligence, add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness; and to godliness brotherly kindness charity."

~~2 Peter 1:4-7

✿ Does the journey seem long, the path rugged and steep?
Are there briars and thorns on the way?
Do sharp stones cut your feet as you struggle to rise to the heights
through the heat of the day?

Is your heart faint and sad, your soul weary within
As you toil 'neath your burden of care?
Does the load heavy seem you are forced now to lift?
Is there no one your burden to share?

Let your heart be not faint, now the journey's begun;
There is One who still beckons to you.
Look upward in gladness and take hold of His hand,
He will lead you to heights that are new.

~~Joseph F. Smith

✿ It is difficult to make a man miserable while he feels he is worthy of himself and claims kindred to the great God who made him.
~~Abraham Lincoln

- ✿ Those who are at war with others are not at peace with themselves.
~~William Hazlitt
- ✿ The habits of time are the soul's dress for eternity.
~~George B. Cheever
- ✿ We first make our habits, and then our habits make us.
~~John Dryden
- ✿ Women's styles may change, but their designs remain the same.
~~Unknown
- ✿ PROCRASTINATION is the art of keeping up with yesterday.
~~Don Marquis
- ✿ When you drink of the water don't forget the spring from which it flows.
~~Charles Dickens

INDIVIDUAL WORTH

- ✿ I am of infinite worth with my own divine mission which I will strive to fulfill.
- ✿ "Remember the worth of souls is great in the eyes of God."
~~D&C 18:10
- ✿ Bear ye one another's burdens and so fulfill the law of Christ.
- ✿ The deepest urge in human nature is the desire to be important.
- ✿ Reprove thy friend privately, commend him publicly.
- ✿ There's a destiny that makes us brothers - none goes his way alone. All that we send into the lives of others will come back into our own.
- ✿ A new commandment I give unto you, that ye love one another as I have loved you, that ye also love one another.
- ✿ A man will get further down the road to helping himself if he helps his neighbor first!

KNOWLEDGE

- ✿ "Wisdom is the principle thing; therefore get wisdom, and with all thy getting get understanding."
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~~Samuel Johnson
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- ✿ Some books are to be tasted, others to be swallowed, and some few to be chewed and digested.
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- ✿ Fix it up, wear it out, make it do, or do without.

CHOICE & ACCOUNTABILITY

✿ I will remain free by choosing good over evil and will accept responsibility for my choices.

✿ "Choose you this day whom ye will serve;...but for me and my house, we will serve the Lord."

~~Joshua 24:15

✿ Just this once is a long step, but just once more is an easier step - and so men often find themselves far down the wrong road.

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And every man decideth - the way his soul shall go.

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GOOD WORKS

✿ A Closing Thought

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What makes a day seem bright?
It isn't just the bright sunshine,
Though, of course, that help all right.
It's not just the meeting friends you like,
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No sir, it's the little thoughtful things
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✿ The Little Things

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INTEGRITY

- ✿ I will have the moral courage to make my actions consistent with my knowledge of right and wrong.
- ✿ "Till I die I will not remove mine integrity from me."
~~Job 27:5
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- ✿ "Better is the poor that walketh in his integrity, than he that is perverse in his lips and is a fool."
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1. If you are entirely alone, unseen by anyone else, would you cheat on a test, or read dirty literature?
2. Would you take anything that doesn't belong to you, break a promise or disobey your parents?
3. Would you do the very best possible job you could if given a cleaning job, or would you just clean the noticeable places and skip the hard to see places.
4. Do you find yourself hurrying to change the channel on the TV when someone else walk into the room? If not, you are upholding your integrity. If so, take a deep look inside to see if it is really worth watching and is it drawing the Spirit in or pushing it away?

Summary: If your beliefs and actions are the same and if you act in the same way when you are alone as when you are with someone, then you have integrity

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- ✿ I have inherited divine qualities which I will strive to develop.
- ✿ "Be partakers of the divine nature...Giving all diligence, add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness; and to godliness brotherly kindness charity."
~~2 Peter 1:4-7
- ✿ Does the journey seem long, the path rugged and steep?
Are there briars and thorns on the way?
Do sharp stones cut your feet as you struggle to rise to the heights through the heat of the day?

Is your heart faint and sad, your soul weary within
As you toil `neath your burden of care?
Does the load heavy seem you are forced now to lift?
Is there no one your burden to share?

Let your heart be not faint, now the journey's begun;
There is One who still beckons to you.
Look upward in gladness and take hold of His hand,
He will lead you to heights that are new.
~~Joseph F. Smith
- ✿ It is difficult to make a man miserable while he feels he is worthy of himself and claims kindred to the great God who made him.
~~Abraham Lincoln
- ✿ Those who are at war with others are not at peace with themselves.
~~William Hazlitt
- ✿ The habits of time are the soul's dress for eternity.
~~George B. Cheever
- ✿ We first make our habits, and then our habits make us.
~~John Dryden
- ✿ Women's styles may change, but their designs remain the same.
~~Unknown
- ✿ PROCRASTINATION is the art of keeping up with yesterday.
~~Don Marquis

✿ When you drink of the water don't forget the spring from which it flows.
~~Charles Dickens

INDIVIDUAL WORTH

- ✿ I am of infinite worth with my own divine mission which I will strive to fulfill.
- ✿ "Remember the worth of souls is great in the eyes of God."
~~D&C 18:10
- ✿ Bear ye one another's burdens and so fulfill the law of Christ.
- ✿ The deepest urge in human nature is the desire to be important.
- ✿ Reprove thy friend privately, commend him publicly.
- ✿ There's a destiny that makes us brothers - none goes his way alone. All that we send into the lives of others will come back into our own.
- ✿ A new commandment I give unto you, that ye love one another as I have loved you, that ye also love one another.
- ✿ A man will get further down the road to helping himself if he helps his neighbor first!

KNOWLEDGE

- ✿ “Wisdom is the principle thing; therefore get wisdom, and with all thy getting get understanding.”
~~Proverbs 4:7
- ✿ “Whatever principle of intelligence we attain unto in this life, it will rise with us in the resurrection.”
~~D&C 130:18
- ✿ “And as all have not faith, seek ye diligently and teach one another words of wisdom; yea, seek ye out of the best books words of wisdom; seek learning, even by study and also by faith.”
~~D&C 88:118
- ✿ Intelligence without knowledge is weak and useless, Knowledge without intelligence is dangerous and dreadful!
~~Samuel Johnson
- ✿ Education is the power to think clearly, the power to act well in the worlds work and power to appreciate life.
~~Brigham Young
- ✿ Some books are to be tasted, others to be swallowed, and some few to be chewed and digested.
~~Francis Bacon
- ✿ Fix it up, wear it out, make it do, or do without.

CHOICE & ACCOUNTABILITY

- ✿ I will remain free by choosing good over evil and will accept responsibility for my choices.
- ✿ "Choose you this day whom ye will serve;...but for me and my house, we will serve the Lord."
~~Joshua 24:15
- ✿ Just this once is a long step, but just once more is an easier step - and so men often find themselves far down the wrong road.
~~Richard L. Evans
- ✿ Sin is not hurtful because it is forbidden, but it is forbidden because it is hurtful.
~~Benjamin Franklin
- ✿ Decide what you want to be - pay the price and be what you want to be.
~~John A. Widtsoe
- ✿ Choose well; your choice is brief, and yet endless.
~~Johann von Goethe
- ✿ I do the very best I know how - the very best I can; and I mean to keep on doing do.
~~Abraham Lincoln
- ✿ SUCCESS or failure depends more upon attitude than capacity...Successful men act as though they have accomplished or are enjoying something. Soon it becomes reality. Act, look, feel successful, conduct yourself accordingly, and you will be amazed at the positive results.
~~Dr. DoPree Jordan, Jr.
- ✿ Life gives to all the choice. You can satisfy yourself with mediocrity if you wish. You can be common, ordinary, dull, colorless, or you can channel your life so that it will be clean, vibrant, progressive, useful, colorful and rich.
~~Spencer W. Kimball
- ✿ If you don't know where you're going - any road will take you there.
~~Old Saying

✿ Whenever you see a job to do, ask yourself these two questions: If not me -
by whom? If not now - when?

~~Arthur Lagueux

✿ To every man there openeth ... A High Way and a Low
And every man decideth - the way his soul shall go.

~~John Oxenham

GOOD WORKS



A Closing Thought

Did you ever stop to think
What makes a day seem bright?
It isn't just the bright sunshine,
Though, of course, that help all right.
It's not just the meeting friends you like,
Exchanging news and jokes;
No sir, it's the little thoughtful things
You've done for other folks.



The Little Things

The little things are most worthwhile -
A quiet word, a look, a smile,
A listening ear that's quick to share
Another's thoughts, another's care...
Though sometimes they may seem quite small,
These little things mean most of all.

~~Margaret Lindsey



What we have done for ourselves alone dies with us. What we have done
for others and the world remains and is immortal.

~~Albert Pipe



The service we render to others is really the rent we pay for our room on this
earth.



Those who bring sunshine to the lives of others, cannot keep it from
themselves.

~~Sir James Barnei



There is no better exercise for the heart than reaching down and lifting
someone up.



The smallest good deeds, our worth the greatest good intentions.

INTEGRITY

- ✿ I will have the moral courage to make my actions consistent with my knowledge of right and wrong.
- ✿ "Till I die I will not remove mine integrity from me."
~~Job 27:5
- ✿ When I do good I feel good. When I don't do good I don't feel good.
~~Abraham Lincoln
- ✿ "For as he thinketh in his heart so is he."
~~Proverbs 23:7
- ✿ A man who lacks reliability is utterly useless.
~~Confucius
- ✿ Every man must sometime or other be trusted to himself.
~~John Locke
- ✿ Character is what you are in the dark.
~~Dwight L. Moody
- ✿ Greatness is not so much a certain size, as a certain quality in human lives.
~~Phillips Brooks
- ✿ Character is much easier kept than recovered.
~~Thomas Paine
- ✿ Most powerful is he who has himself in his own power.
~~Seneca
- ✿ "The just man walketh in his integrity; his children are blessed after him."
~~Proverbs 20:7
- ✿ "But as for me, I will walk in mine integrity, redeem me and be merciful unto me. My foot standeth in an even place, in the congregations will I bless the Lord."
~~Psalms 26:11-12
- ✿ "Better is the poor that walketh in his integrity, than he that is perverse in his lips and is a fool."
~~Proverbs 19:1



The dictionary defines integrity as the state of being complete, undivided or unbroken. With this definition it is easy to see when an object has integrity but what about a person? A person is complete, undivided or unbroken when his beliefs and actions are the same. If he believes one thing but does another, then he is lacking integrity. Another definition of integrity is moral soundness, honesty, and uprightness. How can you test yourself to see if you have integrity? Here is how:

1. If you are entirely alone, unseen by anyone else, would you cheat on a test, or read dirty literature?
2. Would you take anything that doesn't belong to you, break a promise or disobey your parents?
3. Would you do the very best possible job you could if given a cleaning job, or would you just clean the noticeable places and skip the hard to see places.
4. Do you find yourself hurrying to change the channel on the TV when someone else walk into the room? If not, you are upholding your integrity. If so, take a deep look inside to see if it is really worth watching and is it drawing the Spirit in or pushing it away?

Summary: If your beliefs and actions are the same and if you act in the same way when you are alone as when you are with someone, then you have integrity