

Personal Progress and Sunday Lessons Manual 2

MANUAL 2 LESSONS	VALUES	Mid-Week ACTIVITIES
#1 Drawing Closer to Jesus Christ	Faith – 1, 4, 5 Divine Nature – 4 Integrity – 5	* Introduce the Yearly theme: “Search diligently, pray always, and be believing, and all things shall work together for your good” – perfectly connects with lesson #1 *14 Day Walk with Christ *Write their testimonies in the front of a BofM to be given by the missionaries. *Show a slide show or other pictures of the life of Christ. Have music playing in the background. Have them talk about their favorite picture and why.
#2 Spiritual Gifts	Faith – 2 Divine Nature – 3, 6, 7 Individual Worth – 6, 7 Knowledge – 2,	* “Neglect not the gift that is in thee” (focus on Believing & Enduring???) * Combined activity with the RS about Charity & Compassion. * The Gift of Hands – a night focusing on our hands. * Give the girls several smaller pieces of paper. Have them write down one spiritual gift they have obtained on each paper. On the others, gifts they would like to receive. Have them wrap a box and lid (removable) and place the papers inside. Review the ways to receive spiritual gifts and have them remove the papers one at a time as they work towards their goals.
#3 Building the Kingdom of God	Divine Nature – 2 Individual Worth – 2, 7 Good Works – 1, 3, 4, 5, 6, 7 Integrity – 2, 5, 7	* Service Activity – Make Sock puppets for Nursery * Arrange for the YW to baby-sit for free for a Branch Temple Day. * Have the YW decide a way they can use of their time, talents or possessions to build the kingdom of God and carry it out. *“Team building” exercises that require the girls to work together as a group to accomplish a goal. Everyone will have to contribute, and make some sacrifices. Relate to building the kingdom.
#4 Obeying Commandments Help Us Fulfill Our Divine	Faith – 3, 7 Divine Nature - 7	* Scriptural Squares (scripture familiarity) http://www.ywconnection.com/pageSTscripturalsquares.html

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Roles	Individual Worth – 2 Choice & Accountability – 1, 2, 3, 5, 6, 7 Good Works – 2 Integrity – 2	* Modesty Show – w/ YW Stake Presidency http://www.ywconnection.com/pageFmodestyfashionshow.html * Have girls sit in a circle. Pass around a roll of toilet paper and tell the girls to pull off how much they normally use. Then, for each square, have the girls name a commandment and an eternal consequence of breaking it. Tie it back to their divine roles as women in the Church.
#5 Home Environment	Divine Nature – 3, 5, 7 Individual Worth – 3 Choice & Accountability – 1 Good Works – 1, 2, 3, 4, 5	* Home Skill suggested in the lesson taught by someone in Relief Society OR combined mini-classes with the RS HF&P Enrichment. * Etiquette Dinner to brush up on manners. * Have two rooms set up. One is very messy, the other peaceful and clean. Split the girls into two groups (one in each room). Ask them to prepare a short talk on a subject in the scriptures. Then have them switch rooms and do the same on another topic. Bring the girls together and ask which room was easier to feel the spirit in.
#6 Sharing Work in The Home	Good Works – 2, 4	*Motherhood Relay – www.ywconnection.com/pagePPmotherhoodactivity.html * Make an apron.
#7 Living in Love and Harmony	Faith – 3 Divine Nature – 3, 5, 7 Individual Worth – 3 Choice & Accountability – 1 Integrity – 2, 3	* Creating our own Titles of Liberty based on “Young Women —Titles of Liberty.” Sharon G. Larsen, <i>Ensign</i> , May 1998, 93-94. * Make Family Activity Jars - http://www.ywconnection.com * Make socks to hang from doors for family members to put notes in- www.ywconnection.com/pageAsockittome.html
#8 Improving Communication Skills	Knowledge – 1, 2, 7	* “Notes: A Great Way to Communicate” (<i>FHE Resource Book, Family Activities, Notes: A Great Way to Communicate, 265</i>) * Create mealtime conversation questions and jar based on - “Mealtime, Family Time,” <i>Ensign</i> , Sept. 1998, 22 * Have a guest speaker teach good communication skills. Allow the girls to practice good and bad forms of communication. Talk about the effects as a

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		group.
#9 A Young Woman As a Peacemaker in Her Home	Divine Nature – 3, 5, 7	* “Are You the Friend You Think You Are?” – Activity on Friendship with emphasis on Family being your greatest friends.
#10 The Priesthood: A Great Blessing	Divine Nature – 2 Individual Worth – 6 Knowledge – 1, 4	* Have the YW prepare a dinner or a treat for all the young men in their ward who go to the Priesthood session of Conference. Give each man a treat with "Thanks for Honoring Your Priesthood" on it. <i>(Idea given by Alison Maynes through LDS-YW@yahoo.com)</i>
#11 Appreciating the Bishop	Good Works – 1, 3	* “We’re Lucky to Have You”- Appreciation towards the Branch President- Create a goody basket to say thank you!
#12 Father’s Blessing	Individual Worth – 1, 7	* Have a Father & Daughter Nerd Night www.ywconnection.com
#13 Patriarchal Blessings	Individual Worth – 2, 6	* Invite the Stake Patriarch to talk to the YW about their blessings or receiving a blessing.
#14 The Blessings of the Temple	Faith – 6 Individual Worth – 5 Integrity – 1	* Temple Time Capsules I * As a class, try to learn as much as you can about the temple nearest to you. When was it dedicated? Could you talk with someone who attended the dedication, or could you read about the dedication? Do you know any of the blessings that were pronounced during the dedicatory prayer? <i>(Suggested Activity in lesson 14)</i>
#15 Temple Marriage	Faith – 6 Divine Nature – 1, 2 Individual Worth – 2, Integrity – 1	* Temple Time Capsules II * Arrange for a woman who has been married in the temple to speak on the topic “The Beginning of a Kingdom.” The following may suggest ideas for her presentation: Family portraits, Her feelings about the experience of being married in the temple, The influence that being married in the temple has had on her marriage, The blessings of a temple marriage, Some of the challenges of marriage, Some spiritual experiences. <i>(Suggested Activity in lesson 15)</i> * What kind of woman do you want to be? – http://www.ywconnection.com/pagePPcandybarwomen.html *Have the girls try on and model some wedding dressed members of your ward

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		wore to the temple.
#16 Journals	Every value experience	<ul style="list-style-type: none"> * Journal Jars * Choose a favorite quote or two from President Spencer W. Kimball’s article, “The Angels May Quote from It.” (page 32) to share with your class. You may demonstrate ways to take an inexpensive notebook and art supplies to make personalized journals. Encourage everyone to make a personal journal entry that night. (<i>“What’s in It for You,” New Era, Feb. 2003, 49</i>) * Scrapbooking
#17 Keeping Family History Records	Individual Worth – 5 Knowledge – 7	<ul style="list-style-type: none"> * “My Family Tree” competition - (www.christysclipart.com) * Scrapbook Story building Questions: (www.christysclipart.com/scrapbooking_qs.html)
#18 A Heritage of Righteous Traditions	Divine Nature Individual Worth – 5 Knowledge – 7	<ul style="list-style-type: none"> * Family History Potluck – everyone brings a traditional dish from their family * Family Traditions Night with Mothers - www.ywconnection.com/pageSFfamilytraditions.html
#19 Preparing to Teach Others	Individual Worth – 2 Good Works – 4	<ul style="list-style-type: none"> * Missionary Survival Challenge - http://www.ywconnection.com/pageM2L20missionarysurvivalchallenge.html * Teach proper care of clothing. Teach how to polish shoes, sew on buttons, press clothes, and wash and iron as needed. * “Giving a Talk is E.A.S.Y. - www.ywconnection.com/pageAeasy.html * Prepare a Family Home Evening Lesson
#20 Sharing the Gospel	Good Works – 7	<ul style="list-style-type: none"> * Missionaries teach the first discussion. * As a class, plan an activity to which you can bring a nonmember friend. * The Missionary Game - www.ywconnection.com/pageAmissionarygame.html
#21 Sustaining Missionaries Through Letters	Good Works – 6, 7	<ul style="list-style-type: none"> * Creating stationary to write missionaries * Make a care package for a missionary serving in the branch
#22 Counseling With the Lord	Faith – 1, Divine Nature – 1 Choice & Accountability –	<ul style="list-style-type: none"> * Make “Did You Pray” plaques - www.ywconnection.com/pagePPdidyoupray.html

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#23 Fasting Brings Blessings	Faith – 7, Integrity – 6	* “Finding the Queen Esther in you” <i>“Esther, despite danger to her own life, went fasting before the king.”</i>
#24 Revelation in Our Daily Lives	Faith – 1, Individual Worth – 6 Choice & Accountability – 1, 4	* Scripture Scramble & “Scripture Feast” www.ywconnection.com/pageM3L30theLorDismylightthroughscripturestudy.html
#25 The Law of Sacrifice	Faith – 7, Knowledge – 4	* Have an activity on goal-setting and recognizing the sacrifice each goal will take.
#26 The Sacrament	Faith – 4 DN 4	* Make bread for the Sacrament ordinance for the following Sunday – “Achievement-Day Mystery Activity,” <i>Friend</i> , Apr. 2001, 2
#27 Strengthening Testimony Through Obedience	Faith – 1, 3, Divine Nature – 5 Good Works – 1	* Putting on the Whole Armor of God. * Get together and practice what you can say in response to questions your friends might ask, like “Why are your standards so strict?” or “Why do you think yours is the only true church?” To practice what you’ve learned, write your testimony in a Book of Mormon and give it to a friend. (<i>“What’s in It for You,” New Era</i> , Mar. 2003, 49)
#28 Agency	Choice & Accountability – 1-7	* Choose a good movie (perhaps one published by the church) and watch it.
#29 Exaltation	Faith – 5, 6 Knowledge – 1, 4	* Have the girls “walk” through the Plan of Salvation. Each stage is a different room.
#30 Strengthening Testimony Through Service	Knowledge – 5 Good Works – 1, 2, 3, 5, 6, 7	* Service Activity – Ideas at: http://www.christyclipart.com/50ways.html
#31 The Law of the Land	Choice & Accountability – 3, 7	* <i>Suggested Activities from Lesson 31:</i> 1. Study the history, geography, wildlife, and other characteristics of your community. 2. Become acquainted with historical sites in your community. 3. Make or buy the flag of your country. Give it to someone or use it yourself. 4. Visit a place of national interest. 5. Learn more about your local and national government leaders. 6. Write a letter to a government official, expressing your concern about a situation.

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		<p>7. Write a letter to a government official, expressing gratitude for something he or she has done.</p> <p>8. Donate your help to a community cleanup project.</p> <p>9. Find out from your community leaders if you can help in an energy conservation project.</p> <p>10. Learn the traffic laws in your area, and encourage family members and friends to obey them.</p> <p>11. Conduct a bicycle safety clinic for the children in your area.</p> <p>12. Attend a town meeting.</p> <p>13. Attend a public school board meeting.</p> <p>14. Donate help to someone who is campaigning for a public office.</p>
#32 The Importance of Life	<p>Faith – 6</p> <p>Divine Nature – 2</p> <p>Individual Worth – 1, 6</p>	<p>* Volunteer at a local Bird Sanctuary.</p> <p>* Visit and conduct entertainment at a local home for the disabled.</p> <p>* Invite an environmentalist to share important conservation practices.</p>
#33 The Sacred Power of Procreation	<p>Divine Nature – 1, 2</p> <p>Individual Worth</p>	<p>* Show the video “Of Souls, Symbols & Sacraments” by Jeffrey R. Holland</p>
#34 Hold Fast to the Lord’s Standards	<p>Knowledge – 6</p> <p>Choice & Accountability – 1, 2, 3, 5, 6, 7</p> <p>Integrity – 2, 3, 4, 7</p>	<p>* “Sock It to the Standards” - http://www.ywconnection.com/pageSYIHPsockittothestandards.html</p> <p>* Lord’s Standards vs. World’s Standards – Create posters which warn against the World’s Standards (www.christysclipart.com/pp_int.html#Lord%27s%20Standards%20vs.%20World%27s)</p> <p>* Use “For the Strength of Youth” pamphlet; hold a trivia match, play human battleship</p>
#35 Wise Choices	<p>Choice & Accountability (all)</p>	<p>* “The Game of Life” www.christysclipart.com</p>
#36 Honesty	<p>Divine Nature – 1</p> <p>Knowledge – 4</p> <p>Integrity – 1, 2, 5, 7</p>	<p>* Make Lip Gloss to remind them to speak the truthful words - www.ywconnection.com/pageAlipgloss.html</p> <p>* “Smile You’re On Candid Camera”</p>

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		www.ywconnection.com/pagePPsmileyouroncandidcamera.html
#37 Maintaining Chastity Through Righteous Living	Individual Worth – 1 Choice & Accountability – 1, 2, 3, 5 Integrity – 1, 2, 5, 6, 7	* Dating: No Guts, No Glory – Activity which applies the suggestions in Joni Hilton’s book. * Using Elder Neal A. Maxwell’s article “Reasons to Stay Pure” (page 42) as a guide, plan a standards night on chastity. Pay special attention to the list of 10 principles of chastity and the list of 8 consequences and blessings of staying pure. (<i>“What’s in It for You,” New Era, Mar. 2003, 49</i>)
#38 Physical Health	Individual Worth – 2, 4	* Silly Olympics – www.ywconnection.com * Learn about the importance of exercise and workout to their favorite routine. * Physical Fitness Award Program – (<i>FHE Resource Book, Family Activities, Physical Fitness Award Program, 314</i>) * Youth Superstars – (<i>FHE Resource Book, Family Activities, Family Superstars, 318</i>) * Talk about importance of caring for our bodies. Do yoga or aerobics.
#39 Preventing Disease	Knowledge – 2	* Invite a Health Care Provider to teach the importance of hygiene.
#40 Self-Mastery	Knowledge – 1 Choice & Accountability – 1, 4 Integrity – 1, 2	* Conquering our Goliaths - James E. Faust, “The Enemy Within” <i>New Era</i> , Mar 2003, 4 * Focus on the Self-Esteem of the YW: www.christysclipart.com/self-esteem.html
#41 Optimism	Faith – 2 Divine Nature – 1, 2, 6	* Invite someone to share the importance of having a good attitude. * “Put a Smile on Your Face” – Something fun and joyful...dance or party! * “Laughter is the Best Medicine” – Either invite a comical guest speaker or play some fun games.
#42 Gratitude & Appreciation	Divine Nature – 1, 2, 3 Good Works – 1, 2, 3, 5, 6, 7	* Make Pie and deliver them to someone they want to thank- <i>“Pumpkin Pie Surprise,” Friend, Nov. 2002, 10</i> * “Senior Appreciation Night” Dinner and Recognition Night for the Older Members in the Branch * Make Thank You cards and stationary.
#43 Wise Use of Leisure Time	Choice & Accountability –	* Book Club – Pick a good book that the YW read and than report in an activity.

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	1, 2, 5 Integrity – 2, 4, 5, 7	* Musical talents – Share musical abilities. * Participate in a Sports Activity. * Go on a Nature walk or hike. <i>(suggestions found in lesson 43)</i>
#44 Developing Talents	Divine Nature – 6 Individual Worth – 2, 4, 7 Knowledge – 2, 3, 5, 7	* Design their Dream House. * Have a Talent Show. * Carve soap animals. * Write essays, short stories, or poems. * Plan and present a play. * Play with clay. * Have a cookie-decorating contest. * Learn to arrange flowers. <i>(Ideas from FHE Resource Book, Talents and Gifts, 225)</i> * <i>Ideas from Lesson 44:</i> 1. Plan and organize some workshops. With the approval of your priesthood leader, invite specialists to conduct workshops in areas in which class members wish to expand their knowledge or explore a new skill or trait. You can do this as a class, as small groups, or as individuals. 2. Plan a field trip to hear experts, or visit a library to obtain information about an area of interest. 3. Plan a class activity to learn a specific skill—quilting, sewing, cooking, or a craft. After the learning activity, the product could be shared with someone in the ward (a widow, parents with a new baby), thus emphasizing the importance of using our gifts to bless others.
#45 Participating in The Cultural Arts	Individual Worth – 4	* Attend a concert or play. * Visit a museum. * Singing Praises – <i>(FHE Resource Book, Family Activities, Singing Praises: Learning Our Hymns and Children’s Songs, 294)</i> * <i>Ideas from Lesson 45:</i> 1. Go to the library and select a classic work of literature to read alone or with a friend. 2. Read a favorite poem or share a piece of music and tell why you like it. 3. Write a dramatization of a scriptural story. 4. Frame some beautiful artwork for your room.

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		<p>5. Try sketching, lettering, drawing, or some other form of art.</p> <p>6. Study a play, piece of music, or opera before attending a performance.</p>
#46 Financial Responsibilities	<p>Individual Worth – 2</p> <p>Choice & Accountability – 7</p> <p>Good Works – 2</p>	<p>* Invite a financial planner to teach about preparing financially - establishing credit, the pros and cons of credit cards, the importance of establishing a good credit rating, balancing a checkbook, writing checks, applying for a car loan, buying a car, investing money, and saving for college.</p>
#47 An Uplifting Environment	<p>Knowledge – 6</p> <p>Choice & Accountability – 2, 5, 6</p> <p>Integrity – 1, 2, 3, 7</p>	<p>* “Parade of Rooms”</p> <p>www.christysclipart.com/room_activity.htm</p>
#48 Communication Skills in Leadership	<p>Divine Nature – 1, 2</p> <p>Knowledge – 7</p>	<p>* Activity focused on listening... Concert, Game, etc.</p>
#49 Valuing and Encouraging People with Disabilities	<p>Individual Worth – 1, 3</p> <p>Choice & Accountability – 1</p> <p>Good Works – 5, 6</p>	<p>* Visit a local home for people with disabilities and plan an activity or participate in a program with them.</p>

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