

I AM LOVED

Objective: To develop an intimate relationship with our Savior by 1) strengthening self and 2) reaching out to strengthen others. Keep a journal of your progress and note any feelings or changes.

Month 1: WHO AM I?

"I am the vine, ye are the branches. . . the same bringeth forth much fruit: for without me ye can do nothing." John 15:5

The purpose of life is to find out who you are. You are already powerful, divine, loving, and loved. You are that way because you are a "Child of God". Start a journey that requires boldness of heart, strength of mind, and power of spirit. Be willing to look deeper at life. Our Father in Heaven is the source. He is the "Tree of Life", we are the branches. If we will connect with our source each day we will find "Strength Beyond My Own".

- Start a **daily devotional**-Begin and end with prayer and a song. Read the scriptures to understand God's **love** for you. Search deeper, sing louder, pray longer.

Week 1, 2, and 3: Pick any of the following goals to strengthen yourself during the first three weeks of the month:

- Read your patriarchal blessing-memorize a paragraph or two. (If you have not received your patriarchal blessing, prepare to do so by making an appointment with the Bishop)
- Look into the eyes of a "loved one" steadily for 10 seconds. This can be a child-husband-mother-father-friend. What do you see in their eyes? Does it bring tears?
- Read Mosiah 5:7; 1 Nephi 11:17; Moroni 7:19 or any other scriptures that teach you
- Make a Spiritual Resume. List all the callings you have had (church, wife, mother, friend, etc.) Education. Employment. Knowledge. Skills. References: People who depend upon you, who might recommend you to the Lord?
- Write positive things about yourself in your journal and reread them often. If you record a mistake, do so with the intent to make necessary corrections in your life. Practice corrections; vow to do better.
- View family photos. Feel the love of family. Record those feelings.
- Seek out the "Hand of the Lord" in your life. Share them with your children, or a friend. Write in your journal. Thank the Lord in your prayers.

Week 4: Pick any of the following goals. "When thou art converted strengthened thy brethren" Luke 22:32.

- Write a note to a sister that you have admired, but have not gotten to know well. Give it to them.
- Take time to listen (to a child or a friend).
- Act on a prompting – even (especially) if you are afraid.
- Write a letter to a missionary – thank them for serving.
- Do something one on one with each of your children.
- Visit someone who needs a visit.

Month 2: What do I want? “. . . which gift is the greatest of all the gifts of God.” D&C 14:7

What really matters to you? Where do you want your life to go? If you want things to be different, how do you become different? To be truly happy, you must align your will with God’s will. As you do, you will grow in spiritual nature, expand the vision of yourself, and discover the meaning of life. No matter what you may want for yourself, God wants so much more for you. If you decide you want a closer relationship with the Savior, your purpose in life needs to reflect Him.

- Continue your **daily devotional**- Begin and end with prayer and a song. Read the scriptures to understand God’s **will** for you. Search even deeper, sing even louder, pray even longer.

Week 1, 2, and 3: Pick any of the following goals to discover your purpose during the first three weeks of the month:

- Forgive yourself for a weakness that keeps you from being close to the Lord. Lay your weakness across the altar and give it to the Lord.
- Study scriptures about the Atonement to understand how your life has already been paid for. How can you show your appreciation and eternal gratitude?
- What things can you change about you that will make your life better? Write a list in your journal and set out to tackle each one as you feel ready and prompted to. Make it a matter of prayer and purpose. Seek inspiration; then act on it. Write down your process: trials and errors, and successes.
- In your journal, create a section for your husband and children and title it, “What I Like About You”. List the best, most positive things about these people you love dearly. Refer to it when you get hurt or angry, or even when your love overflows. Add to it often.
- Remember your friends in your prayers. Write their names in the temple when you go. Thank your Father in Heaven for giving you so many people to share your life with.
- Pick gospel centered music to listen to during the day. Memorize your favorite hymns. Think upon the words and what they mean to you. Try composing music of your own; poetry that testifies of the feelings you have.

Week 4: “When thou art converted strengthened thy brethren” This is the week when you give something you have been given to someone else.

- Bring romance alive in your marriage. Be your husband’s girlfriend.
- Really listen to your children. Understand them and accept them. Discipline them with truth and love, not with anger. Increase your love for them. You’ll be thankful you came up with that list you made in your journal.
- Forgive someone.
- Fast for something specific.
- Share your testimony with someone.
- Do the research, then take an ancestor to the temple. As you attend the temple, look for how Jesus Christ loves both of you so very much.