

Look Up! to See Who You Really Are

Scriptures:

The Family, A Proclamation to the World: ALL HUMAN BEINGS—male and female—are created in the image of God. Each is a beloved spirit son or daughter of heavenly parents, and, as such, each has a divine nature and destiny.

John 14:26 The Holy Ghost “shall teach you all things, and bring all things to your remembrance”.

2 Nephi 32:3 “the words of Christ will tell you all things what ye should do.”

D&C 6:36 Look unto me in every thought; doubt not, fear not.

Proverbs 20:12 “The hearing ear, and the seeing eye, the Lord hath made even both of them.”

Psalms 35:15 “The eyes of the Lord are upon the righteous, and his ears are open unto their cry.”

Mark 5:36 Be not afraid, only believe

2 Nephi chapters 8 & 9 Great heartfelt sermon about the atonement

Quotes/Things to Remember.

Read your very own Patriarchal Blessing (or work toward getting one)

Remember the “Pippi” Principle—you take charge

“...you are not ordinary, rejected, or ugly. You are something divine — more beautiful and glorious than you can possibly imagine.Think of where you came from. You are sons and daughters of the greatest, most glorious being in the universe. He loves you with an infinite love. He wants the best for you. Do you think our Father in Heaven wants you to feel depressed and sad? He wants no such thing. ...Our destiny is greater than we can imagine. Realize the purpose for which you were created! Lift your face toward the far horizon! –President Dieter F. Uchtdorf

“... no woman is more persuasive, no woman has greater influence for good, no woman is a more vibrant instrument in the hands of the Lord than a woman of God who is thrilled to be who she is.” –Sheri Dew

“We eagerly teach our children to aim high in this life. We want to make sure that our daughters know that they have the potential to achieve and be whatever they can imagine.” –Bonnie L. Oscarson

“Throughout our lives, whether in times of darkness, challenge, sorrow, or sin, we may feel the Holy Ghost reminding us that we are truly sons and daughters of a caring Heavenly Father, who loves us, and we may hunger for the sacred blessings that only He can provide. At these times we should strive to come to ourselves and come back into the light of our Savior’s love. These blessings rightfully belong to all of Heavenly Father’s children. –Elder Robert D. Hales

Connole Family Statement 2015 “We will work consistently towards achieving inspiring, noble and righteous goals that fire our imaginations and create excitement in our hearts as we focus on becoming the son or daughter our Heavenly Father wants us to be.” Adapted from Joseph B. Wirthlin’s words: “I urge you to examine your life. Determine where you are and what you need to do to be the kind of person you want to be. Create inspiring, noble, and righteous goals that fire your imagination and create excitement in your heart. And then keep your eye on them. Work consistently towards achieving them.”

I believe that as you immerse yourselves in the work of our Father—as you create beauty and as you are compassionate to others—God will encircle you in the arms of His love. Discouragement, inadequacy, and weariness will give way to a life of meaning, grace, and fulfillment. —President Dieter F. Uchtdorf

“There is nothing more vital to our success and our happiness here than learning to hear the voice of the Spirit. It is the Spirit who reveals to us our identity, which isn’t just who we are but who we have always been. And when we know that, our lives take on a sense of purpose so compelling that we can never be the same again.” --Sheri Dew

When doubt or difficulty come, do not be afraid to ask for help. --Jeffrey R. Holland

“I will go forward. ... I will smile at the rage of the tempest, and ride fearlessly and triumphantly across the boisterous ocean of circumstance. ... And the ‘testimony of Jesus’ will light up a lamp that will guide my vision through the portals of immortality, and communicate to my understanding the glories of the Celestial kingdom.”
Eliza R. Snow

Unlike releasing a helium balloon, spiritually looking up is not a one-time experience. – Elder Carl B. Cook

President Monson’s encouragement to look up is a metaphor for remembering Christ. As we remember Him and trust in His power, we receive strength through His Atonement. -- Elder Carl B. Cook

When in difficulty:

1. Never lose faith
2. Seek inspiration
3. Seek counsel
4. Ask for help/prayers/blessings
5. Take advantage of resources available
6. Believe in miracles whether soon or late

To prevent problems:

1. Watch for stress indicators (do something about it before it becomes full blown)
2. Be aware of your triggers (determine a good response you could use in certain situations)
3. Get enough rest
4. Give your body real food
5. Slow down (do not take upon yourself too many things)
6. Take time for things that bring joy

See also “Like a Broken Vessel” talk by Jeffrey R. Holland

Promised Blessings (From: Ensign, April, 2015 “Four Tools That Bring Promised Blessings”)

“I must testify of the blessings of daily scripture study and prayer and weekly family home evening. These are the very practices that help take away stress, give direction to our lives, and add protection to our homes.” – Linda S. Reeves

Prayer	Scripture Study	FHE	Temple Attendance
Takes away stress	Takes away stress	Takes away stress	A refining effect upon you
Feel truly that you are a child of God	Never perish	Spiritual growth	Cultivates unselfishness
Escape hands of servants of Satan	Power to avoid temptations	Help withstanding temptations	Builds righteousness
Give direction to our lives	Give direction to our lives	Give direction to our lives	Impress importance of righteous doing
Add protection to our homes	Add protection to our homes	Add protection to our homes	Power of godliness
Spirit given unto you	Peace in turmoil	Learn lasting lessons	Thwart forces of evil
Enter not into temptation	Strength to resist temptations	Significant spiritual results	Families protected
Passport to peace	Develop strong faith	Peace	Children safe-guarded
Strength	All will be made right	Be blessed	Inner peace
Mighty force	Mutual respect in homes grows	Better feelings between family members	Spirit of the Lord permeates the home
Miracles	Consideration grows	Spirit of the Lord manifest	Love and respect deepen
Come off conqueror	Receive direction		Problems more clearly defined
Amazing difference in life	Contention departs	Develop increased personal worth	Solutions more apparent
Increased success	Faith, hope, charity abound	Family unity	Emotions more serene in family relations
Increased alertness to your minds	Amazing difference in life	Love for fellowmen	Mercy
Comfort	Increased success	Trust in Father in Heaven	United families
Rock-steady assurance through storms	Increased alertness to your minds	Great blessings	Bear every trial
Significant spiritual results	Comfort	Increase in unity and love	Overcome each temptation
	Rock-steady assurance through storms		Provide purpose for our lives
	Answers		Peace to our souls.
	Guidance from Holy Ghost		

Go to our website to get the resources on this work sheet in digital format and to get all the rest of the resources that just wouldn't fit on this handout. 😊