

Personal Progress

AND

Faith in God

WORKBOOK

YOUNG WOMEN and ACTIVITY DAYS GIRLS



WELCOME TO THE EXHIBIT

This workbook is for young women and Activity Days girls to use while visiting the exhibit *Practicing Charity: Everyday Daughters of God.* You will see paintings of women and girls doing everyday things that express their testimonies and bring them closer to Heavenly Father.

As you daily live the values you are taught in Young Women and Primary, you will come to know Heavenly Father's love for you, and you will share that love with others. In this way, you are practicing charity every day.







If You Are a Young Woman

You can complete pages 2–7 for fun and learning. You can also fulfill the Personal Progress value experiences on pages 9–12. These experiences are on teal pages. Then have a leader approve the completion in your Personal Progress record.

Personal Progress—Good Works Value Experience 3	9
Personal Progress—Personalized Value Experience for Faith	
Personal Progress—Knowledge Value Experience 3	12



If You Are an Activity Days Girl

You can complete pages 2–7 for fun and learning. You can also fulfill the Faith in God requirements on pages 8 and 13. These requirements are on maroon pages. Then have a leader approve the completion in your *Faith in God for Girls* booklet.

MOTHERS







Lee Udall Bennion The Smell of a Kiss



Brian Kershisnik Halo Repair

A different artist painted each of these paintings, and each depicts a mother. Think about and discuss these questions:

How do these mothers feel about their children? What do you see in the paintings that shows you how they feel?

Write your answers to these questions:
What do I admire about my mother?
What traits does she have that I want to develop?
What can I do to develop these traits?



WORKS, WORDS, AND THOUGHTS

Look for the three birds in the painting. What does each represent?

We show other people we love them through our works, words, and thoughts. Think about why each of these is an important way to show love. Write a goal to show greater love in one of these ways—your works, your words, or your thoughts.

Kathleen Peterson Works, Words and Thoughts		
Instead of birds, what obje thoughts? Draw them bele	ects would you use to portra ow.	ay works, words, and
WORKS	WORDS	THOUGHTS

Goal:





Lee Udall Bennion An Angel Watching Over My Life

Look at the angel's face in this painting. Whose life do you think she is watching? How does she feel about what she sees?

Now ask yourself what it means to have integrity. What does this painting have to do with integrity?

How would you feel if you knew an angel was watching your life? Would you act differently?

Draw or write what you hope an angel watching your life would see.



The Young Women Values are all around this gallery! They are spelled out on the walls and represented in the paintings. Can you find women in the paintings who are practicing each of these values?

Beside the value, write the way the woman in the painting is practicing the value:
FAITH
Painting
DIVINE NATURE
Painting
INDIVIDUAL WORTH
Painting
KNOWLEDGE
Painting
CHOICE AND ACCOUNTABILITY
Painting
GOOD WORKS
Painting
INTEGRITY
Painting
VIRTUE
Painting

FRIENDS



Kathleen Peterson

"Everyone needs good friends. Your circle of friends will greatly influence your thinking and behavior, just as you will theirs. When you share common values with your friends, you can strengthen and encourage each other."

—PRESIDENT THOMAS S. MONSON

What are these friends doing together? What do you like to do with your friends?

FRIEND ACTIVITY: Each of you walk to one side of the gallery. Pick a painting, and then come back to the center of the gallery. Tell the other person three words to describe your painting and see if she can guess which one you picked!



NOW IT IS YOUR TURN!

If you were to create a painting for this exhibit, what would it look like? How would you portray a woman practicing charity?

DRAW YOUR OWN PICTU	JRE HERE
NOW WRITE A LABEL TO	
DESCRIBE YOUR	
ARTWORK	



Who is upside down?

Faith in God Award Requirement—Developing Talents



Brian Kershisnik Tricks on Paper

Who is balancing another person?,
Who is juggling?,,
Your family probably does not do these things at home, but there can be a lot happening at home as you and your parents try to balance many responsibilities.
ist five things you can do to help around your home.
1
2
3
4
5

Why is it important to obey and honor your parents and learn how to work? Talk about it with your group!

The Faith in God requirement that is being fulfilled by this activity is found in Faith in God for Girls, page 11, first bullet point.



Personal Progress—Good Works Value Experience 3





Brian Kershisnik (left) Bringing Food

Kathleen Peterson (right) Saplings

When we lovingly serve others, we do what Christ would do. There are many ways to comfort others and help them bear their burdens. What acts of service and love do you see in the two paintings above?

Now look around the gallery and find at least four other paintings that show women offering service. Describe the service you find.

1
2
3
4
Use the inspiration you have gained in the gallery to list three ways you can comfort others or help them bear their burdens.
1
2
3

To finish the value experience at home, read Mosiah 18:7–10. Do the things listed above, and tell a family member or leader about the experience and how your attitude and understanding about service have changed.

The value experience that is being completed by this activity is found in Young Women Personal Progress, page 54, number 3.



Personal Progress—Personalized Value Experience for Faith

Find the ten paintings titled *Studies for the Book of Ruth,* by Brian Kershisnik. View the paintings as you read the story of Ruth and complete these activities.





Ruth was a faithful and virtuous woman whose story is found in the Bible. Ruth's husband died. She mourned the loss of her husband with her mother-in-law, Naomi, and with her sister-in-law, who had also lost her husband.

Ruth went with Naomi to Bethlehem, but Ruth's sister-in-law returned to her family.









Ruth gathered grain from the fields to provide for herself and Naomi. Boaz, who was Naomi's relative, saw Ruth working in the fields. He knew the good things she had done and said to her:

"The Lord recompense thy work, and a full reward be given thee of the Lord God of Israel, under whose wings thou art come to trust" (Ruth 2:12).

Notice that Boaz described Ruth as someone who trusted in God. Discuss with someone in your group the blessings that come from trusting in God. Then write about something you have done to show your trust in God, even when doing so was difficult.

Later, Ruth was instructed by Naomi to visit Boaz at night. He said to her:

"Fear not; I will do to thee all that thou requirest: for all the city of my people doth know that thou art a virtuous woman" (Ruth 3:11).

Boaz married Ruth, and their son was an ancestor of Jesus Christ.









Look at the last two paintings in the series and think about Ruth's life. What blessings came from her faith and from living a virtuous life?

Write what you will begin doing today to be a virtuous woman like Ruth.

To record this personalized value experience, see Young Women Personal Progress, page 17, and write your experience with this activity in the blank lines provided.



Personal Progress—Knowledge Value Experience 3

"We believe in being honest, true, chaste, benevolent, virtuous, and in doing good to all men; indeed, we may say that we follow the admonition of Paul—We believe all things, we hope all things, we have endured many things, and hope to be able to endure all things. If there is anything virtuous, lovely, or of good report or praiseworthy, we seek after these things" (Articles of Faith 1:13).

and heard in this exhibit. Then choose at least two paintings and use them to answer this question: How do these paintings represent that which is "virtuous ovely, or of good report or praiseworthy"?		

Using this article of faith as a guide, write your thoughts about what you saw

To finish this value experience, memorize the thirteenth article of faith and recite it to a parent, a leader, or another adult. In your journal, write your thoughts about how you can use this article of faith as a guide for all you do so the Holy Ghost will be your constant companion. Share those thoughts with a parent or leader.

The value experience that is being completed by this activity is found in Young Women Personal Progress, page 38, number 3.



Faith in God Requirement—Developing Talents

Look at the questions below titled "Take Your Experience Home." Think about these questions and write your thoughts on the lines below.
Share the experience you had today in the exhibit with your family or Activity Days group.

The Faith in God requirement that is being fulfilled by this activity is found in Faith in God for

TAKE YOUR EXPERIENCE HOME

Girls, page 10, fifth bullet point.

Now that you have had a chance to walk through *Practicing Charity: Everyday Daughters of God,* ponder the following questions:

- What qualities do you see portrayed in these women?
- Which qualities do you want to develop in your own life?
- How can the everyday things we do help us develop charity and come closer to God?



February 28-September 14, 2014

Weekdays: 9:00 a.m.–9:00 p.m. Saturdays, Sundays, and most holidays: 10:00 a.m.–5:00 p.m.

Museum Information: 1-801-240-3310 • Tour Reservations: 1-801-240-4615

45 North West Temple Street • Salt Lake City, Utah 84150 See the exhibition online at history.lds.org/practicingcharity



