

January

THE GODHEAD

“We believe in God, the Eternal Father, and in His Son, Jesus Christ, and in the Holy Ghost” (Articles of Faith 1:1).

The outlines in this unit will help the young women understand the true nature of the members of the Godhead and the roles of each in fulfilling Heavenly Father’s plan of salvation. This knowledge will help the young women come to understand better their own divine identity and purpose as daughters of God.

What do we know about the nature of the Godhead?

The Godhead includes God the Eternal Father, the Savior Jesus Christ, and the Holy Ghost. Although the members of the Godhead are distinct beings with distinct roles, They are one in purpose. They are perfectly united in bringing to pass Heavenly Father’s plan of salvation.

- How does understanding the Godhead help you know who you are? How does our knowledge of the Godhead differ from the beliefs of other religions?
- Do the young women understand how the three members of the Godhead work together? How will an understanding of the nature of the Godhead help the young women?

Activity idea: Prepare a family home evening lesson about the Godhead using the scriptures they studied during this lesson.

How can I know my Heavenly Father?

We are daughters of our Heavenly Father, who loves us and wants us to draw near to Him. He has given us the opportunity to pray to Him and has promised to hear and answer our prayers. We can also come to know Him as we study the scriptures and the words of latter-day prophets and as we strive to become more like Him by following His will.

- Think about your relationship with your Father in Heaven. When have you felt closest to Him? What were you doing that allowed you to feel closer to Him?
- How do the young women in your class feel about themselves? How can having a strong relationship with Heavenly Father strengthen their sense of self-worth? How can you help the young women strengthen this relationship?

Activity idea: Have a father - daughter night (With permission from the bishop, invite a father of one of the young women to share his feelings about being a father. He could talk about how he feels about his daughter, what he hopes she achieves in life, and how he hopes to help her succeed. Ask the young women to compare what this father said with how their Father in Heaven feels about them.)

Why is Jesus Christ important in my life?

Jesus Christ was chosen to be our Savior. His Atonement makes it possible for us to be resurrected and to repent and be forgiven so we can return to our Heavenly Father’s presence. In addition to saving us from our sins, Jesus Christ, our Savior, also offers us peace and strength in times of trial. He sets the perfect example for us, and His teachings are the foundation for happiness in this life and eternal life in the world to come.

- Review some of your favorite scripture passages about

the Savior and ponder your testimony of Him. How have you come to know Him? What experiences have made you grateful for Jesus Christ and His atoning sacrifice?

- How could a stronger testimony of Jesus Christ bless the young women? What might they do to more fully rely on the Savior’s teachings and Atonement?

Activity idea: Think of someone who could benefit from knowing what the Savior has done for us and plan ways to share their testimonies with that person.

What are the roles of the Holy Ghost?

The Holy Ghost, a member of the Godhead, bears witness of Heavenly Father and Jesus Christ. He is the source of personal testimony and revelation. He can guide us in our decisions and protect us from physical and spiritual danger. He is known as the Comforter, and He can calm our fears and fill us with hope. Through His power, we are sanctified as we repent, receive saving ordinances, and keep our covenants. It is through the influence of the Holy Ghost that we receive knowledge of Heavenly Father and Jesus Christ and feel Their power, goodness, and love.

- What experiences have taught you about the roles of the Holy Ghost? How can the Holy Ghost help the young women in all aspects of their lives? How can you help them recognize His influence?

Activity idea: Make journals to write down and act on impressions they receive from the Holy Ghost during the week.

Who am I, and who can I become?

We are beloved spirit daughters of heavenly parents, and, as such, we have a divine nature and destiny. By divine design, we have unique gifts and talents that will help us fulfill our destiny as daughters of God. Knowing who we are gives our lives purpose and helps us make the right decisions.

- What does it mean to you to be a daughter of God? How does knowing you are a daughter of God bless you and influence the decisions you make?
- How can you help the young women understand the importance of knowing they are daughters of God? How does knowing this affect the choices they make, the way they feel about themselves, and their vision for their future?

Activity idea: Write the names of the young women on slips of paper. Have young woman randomly select a paper and identify a Godlike quality that the young woman on her paper possesses. Point out other divine qualities that you have seen in the young women. Memorize Psalm 82:6.