

ORDINANCES AND COVENANTS

“In the ordinances ... the power of godliness is manifest” (D&C 84:20).

The outlines in this unit will help the young women understand the ordinances and covenants of the gospel. The experiences they have in this unit can help them appreciate and honor the covenants they have already made and look forward to ordinances they will receive in the future, including the ordinances of the temple. They will learn about the guidance and protection they and their families receive when they “make and keep sacred covenants [and] receive the ordinances of the temple”

Why are ordinances important in my life?

- What ordinances of the gospel have you received? How have these ordinances blessed your life? Why are they important to you?
- What ordinances have the young women received? What ordinances are they preparing to receive? Why do they need to understand the importance of the ordinances of the gospel?

Activity idea: Work on Faith value experience 4 or Divine Nature value experience 4 in Personal Progress and make bread to use for the Sacrament.

Why are covenants important in my life?

- How have your covenants influenced your life? What blessings have you received as you have made and kept sacred covenants?
- How can you help the young women understand the covenants they have made and will make in the future? How will understanding covenants influence the young women to live more righteously?

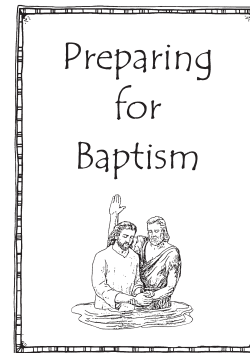
Activity idea: Make covenant flowers (<http://inkablanka.com/2012/04/covenant-flower-power-revised.html>)



What covenants did I make at baptism?

- What do you remember about your baptism? How have your baptismal covenants influenced your life?
- How might you help the young women better understand their baptismal covenants? How can you help them strengthen their commitment to keep these covenants?

Activity idea: Make baptism preparation books for the junior primary, like the one found here: <http://www.raisinglemons.com/wp-content/uploads/2012/10/Baptism-Book.pdf>



How do I receive the gift of the Holy Ghost?

- How has the gift of the Holy Ghost comforted or helped you personally? When have you felt close to the Spirit? What experiences can you share with the young women?
- Do you know of any experiences the young women have had with the gift of the Holy Ghost? Do they understand what they must do to be worthy of the companionship of the Holy Ghost?

Why are temple ordinances important?

- How have temple ordinances guided and blessed your life? How has participating in these ordinances brought you closer to Heavenly Father?
- What experiences have the young women had with temple ordinances? How can they help each other learn about and gain a testimony of temple ordinances?

Activity idea: Do baptisms for the dead as a class activity, taking their own family names if possible.

What does it mean to take upon myself the name of Jesus Christ?

- What do you think it means to take upon yourself the name of Christ? What do you do to keep this covenant?
- What challenges and blessings come when young women take upon themselves the name of Christ? How can you help the young women put God first in their lives?