

Set Up: Get pens, triple combinations, and bibles from the library. Red roses on the table with little cards tied around them (cards in separate attachment). The words "INDIVIDUAL WORTH" written at the top of the chalkboard.

(Draw a line in between the two words to define one at a time.)

INDIVIDUAL: Who are we? **WORTH:** And, what are we worth? Let's define this word!

WHO ARE WE?

QUOTE #2: "We are daughters of our Heavenly Father, who loves us, and we love Him." - Young Women Theme

We hear this every week, right?!

First paragraph in Personal Progress book:

You are a beloved daughter of Heavenly Father, **Who are you?** prepared to come to the earth at this particular time for a sacred and glorious purpose. **Why did Heavenly Father send you to Earth now instead of 200 years ago?** You have a noble responsibility to use your strength and influence for good. Your loving Heavenly Father has blessed you with talents and abilities that will help you fulfill your divine mission. **Okay, what are you blessed with?** As you learn to accept and act upon the Young Women values in your life, you will form personal habits of prayer, scripture study, obedience to the commandments, and service to others. **How can these habits benefit us today and in the future?** These daily personal habits will strengthen your faith in and testimony of Jesus Christ. They will also allow you to recognize and develop your unique gifts. **What "unique gifts" are they talking about?**

Scriptures: Moroni 10:8-18, D&C 46:11-26

Okay, their not talking about your ability to dance, sing, or play basketball. Most of those things can be taught with enough practice and motivation. They're talking about gifts that were **given** to YOU because YOU are the one that can make that gift most effective!

Scripture: 1 Corinthians 12:4-13

Each one of you was born with a special gift of the Spirit and the only way you can access this gift is by becoming a member of His church and using the Holy Ghost. Then, it's your responsibility to seek and discover these gifts, then put them into action. **We'll talk more about these gifts later, but first let's finish defining this word!**

WHAT ARE WE WORTH:

(Hand out paper and pens. Have the girls write down one thing they wish they could change about themselves. Put all their things in a big bucket or can.)

POEM:

I looked in the mirror the other day--
"You are beautiful" I heard a voice say
My eyes were wide with much surprise,
"Oh no I'm not, just look at my eyes.
They're much too small, I wish they were blue."
The voice replied, "I love everything about you."

The next day, I looked at my neighbor with a sigh,
"Your hair is so pretty!" was my weak cry.
She seemed quite stunned, then said to me
"Things aren't always what you see,
I'd give anything to be more like you
For you are righteous and truthful too."

That night, I told my brother, "It's not funny,
You are so rich with money!"
He said, "I'm rich, that much is true
But I would rather be like you.
You're honest, good and always kind.
People like you are hard to find."

It took a while, but I caught on,
And soon my list of wishes was gone.
How blessed I am from up above
With God and friends and joy and love.
No money can buy these gifts of mine
I'm a daughter of God - one of a kind!

(Go outside and light the contents of the can on fire. Watch it burn in silence.)

Scripture: D&C 18:10, Moroni 7:12-13

Heavenly Father's definition of beauty has never changed. And never will change.

QUOTE #2: "We are daughters of our Heavenly Father, who loves us, and we love Him." - Young Women Theme

I had this one repeated because I don't think we truly understand how important it is. We say it every Wednesday and Sunday, but do we really know what it means to be a "daughter of Heavenly Father"? Let me try to explain...Think of a precious little girl who you love unconditionally. Maybe a little sister, niece, or your own daughter (leaders). Someone you would take a bullet for without even hesitating. Now imagine this sweet little girl at the age you are now. Wouldn't it depress you if she thought, "I'm ugly", "I'm dumb", or "Nobody loves me". Doesn't that tear your heart in pieces? So, why are you any different than that sweet girl you imagined? YOU are Heavenly Father's little girl and His heart breaks every time you think badly about yourself (or one of his other

children for that matter). He made you just the way you are for a reason. He makes no mistakes. He loves everything about YOU. He sent his Son to be killed for YOU. His Son, Jesus Christ, was tortured and killed for YOU. It was as if He saw YOU on the cross and said, "Yes, I *will* die for her."

QUOTE #3: "Look into the mirror of eternity. Remember who you are! See yourself as your Heavenly Father sees you...you were born to be a queen!" - Sister Dalton

So, now we can define this...Individual - who are we? DAUGHTER OF GOD, Worth - how much are we worth? enough TO DIE FOR. Individual Worth: daughter of God to die for.

Okay, now should we help each other try to discover our unique gifts?!

QUOTE #1: "Perhaps one of your gifts in life is a simple and effortless one, such as giving a smile or a kind word." - James E. Faust

Activity: Each girl writes positive attributes to all the other girls and puts them in each girl's baggy.

Now go home, read your cards, copy them in your journal, and write how you can develop these gifts and use them. After that, you've completed IW#7!

(Testimony. Closing Prayer. Hand out baggies and roses.)