

## WORKING ON Virtue

I chose to work on virtue. To learn more about it, I compared the accounts of Joseph of Egypt and King David as suggested in the *Fulfilling My Duty to God* booklet ([2010], 64) and noted what Joseph did to overcome temptation and maintain his purity and what David did that led to his transgression. I've worked on being more virtuous by inviting the Holy Ghost early in the day by reading my scriptures in the morning when everything is quiet and taking time to ponder. I've also listened to "If the Savior Stood Beside Me" (*Friend*, Oct. 1993, 14) often so that when temptations came, I would have it ready to play in my mind. One thing that helps when I'm about to do or say something that isn't right is to remind myself I'm a child of God. It really helps to remember who you are.

**Spencer S., 17, Cavite, Philippines**



- \_\_\_ 17. I look for opportunities to serve other people (see Mosiah 2:17).
  - \_\_\_ 18. I say positive things about others (see D&C 42:27).
  - \_\_\_ 19. I am kind and patient with others, even when they are hard to get along with (see Moroni 7:45).
  - \_\_\_ 20. I feel happy for other people's success (see Alma 17:2-4).
- Virtue** ::::::::::::::::::::
- \_\_\_ 21. I am clean and pure in heart (see Psalm 24:3-4).
  - \_\_\_ 22. I have no desire to do evil but to do good (see Mosiah 5:2).
  - \_\_\_ 23. I am dependable—I do what I say I will do (see Alma 53:20).
  - \_\_\_ 24. I focus on good, uplifting thoughts. When I have an impure thought, I replace it with a righteous one (see D&C 121:45).
  - \_\_\_ 25. I repent often and work hard to overcome my weaknesses (see D&C 49:26-28).
  - \_\_\_ 26. I feel the influence of the Holy Ghost in my life (see D&C 11:12-13).

**Knowledge** ::::::::::::::::::::

- \_\_\_ 27. I study the scriptures daily (see John 5:39).
- \_\_\_ 28. I earnestly seek to understand the truth and find answers to my questions (see D&C 6:7).

- \_\_\_ 29. I receive knowledge and guidance through the Spirit (see 1 Nephi 4:6).
- \_\_\_ 30. I love and cherish the doctrines and principles of the gospel (see 2 Nephi 4:15).

**Patience** ::::::::::::::::::::

- \_\_\_ 31. I wait patiently for the blessings and promises of the Lord to be fulfilled (see 2 Nephi 10:17).
- \_\_\_ 32. I am able to wait for things without getting upset or frustrated (see Romans 8:25).
- \_\_\_ 33. I am patient with the faults and weaknesses of others (see Romans 15:1).
- \_\_\_ 34. I am patient with myself as I rely on the Lord and work to overcome my weaknesses (see Ether 12:27).
- \_\_\_ 35. I face adversity and afflictions calmly and hopefully (see Alma 34:40-41).

**Humility** ::::::::::::::::::::

- \_\_\_ 36. I am meek and lowly in heart (see Matthew 11:29).
- \_\_\_ 37. I rely on the Lord for help (see Alma 26:12).
- \_\_\_ 38. I am sincerely grateful for the blessings I have received from the Lord (see Alma 7:23).
- \_\_\_ 39. My prayers are earnest and sincere (see Enos 1:4).
- \_\_\_ 40. I appreciate direction from my leaders or teachers (see 2 Nephi 9:28).

- \_\_\_ 41. I try to accept the Lord's will, whatever it may be (see Mosiah 24:15).

**Diligence** ::::::::::::::::::::

- \_\_\_ 42. I work effectively, even when I'm not under pressure or close supervision (see D&C 58:26-27).
- \_\_\_ 43. I spend my time and energy on the most important things (see Matthew 23:23).
- \_\_\_ 44. I have a personal prayer at least twice a day (see Alma 34:18-27).
- \_\_\_ 45. I set goals and plan regularly (see D&C 88:119).

- \_\_\_ 46. I work hard until the job is completed successfully (see D&C 10:4).

- \_\_\_ 47. I find joy and satisfaction in my service (see Alma 36:24-25).

**Obedience** ::::::::::::::::::::

- \_\_\_ 48. I pray for strength to resist temptation and to do what is right (see 3 Nephi 18:15).
- \_\_\_ 49. I keep the commandments and remember the covenants I have made (see D&C 97:8).
- \_\_\_ 50. I willingly follow the counsel of my leaders and parents (see Hebrews 13:17). **NE**

*Adapted from Preach My Gospel: A Guide to Missionary Service (2004), 126.*

**My Goals** ::::::::::::::::::::

*Did one or two items stand out to you? Jot them down here and write some things that came to mind to help you work on them.*

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**Remember: pressing forward toward eternal life is a step-by-step journey.**



## Humility

As we're faithful, God blesses us. This is something I know to be true and have experienced time and time again. I chose to work on developing humility because I want to show my Father in Heaven that my life really is His. I want Him to be able to use me in this world, and that won't happen if I'm choosing my own paths. He won't use the puffed-up. So I want my life to be completely dedicated to Him, to have my work and my glory be "to [help] bring to pass the immortality and eternal life of man" (see Moses 1:39). Plus, the pride cycle gets me so spiritually dizzy.

I love listening to talks, so I've downloaded a few hours' worth of talks about humility to listen to while I'm working. I'm also working to compliment people more. This is a demonstration of love, and it keeps me focused on the purpose of life and helps me rejoice in the success of others.

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