

PERSONAL DEVELOPMENT

Children's Guidebook






You Have a Purpose


Your Heavenly Father and His Son, Jesus Christ, know you and love you. You are an important part of Their work. You can help to make the world better.

Heavenly Father has given you talents and spiritual gifts. He wants you to use these gifts and talents to be happy and bless others. He can help you know how to do that through the Holy Ghost.


This personal development guidebook can help you as you develop your gifts and follow Jesus Christ. You can become the person Heavenly Father knows you can be.



You came to earth
from heaven. You are
part of a family.



You covenant to follow
Jesus Christ when you
are baptized and when
you take the sacrament.



When you are confirmed, you
receive the gift of the Holy
Ghost to guide you.

You Are a Precious Child of God

You once lived with Heavenly Father, who knows everything and loves everyone. He wants you to be like Him! He gave you a body, abilities, and spiritual gifts. He wants you and all of His children to discover and develop these gifts. He gave us a plan to help us be happy and bless others.



You can find joy
and peace when
you choose to live
as Jesus would.

You can learn and grow.
You can love and serve
others as Jesus would.

You can make covenants
in the temple that
will help you live with
Heavenly Father again.

Heavenly Father sent His Son,
Jesus Christ, to be the example
and make it possible for you to
repent and change.

How Can You Follow Jesus?

When Jesus was your age, He learned and grew. You are learning and growing too. The scriptures say:

“Jesus increased in
wisdom and stature,
and in favour with
God and man.”

Luke 2:52

SPIRITUAL

“Favour with God”

Show Heavenly Father that you love Him. You can learn about Him, pray, read scriptures, and choose the right.



SOCIAL

“Favour with . . . man”

Help the people around you. You can love your family, learn to love and serve others, and make friends.



PHYSICAL

“Stature”

Take care of your body and the things around you. You can eat healthy food, work and play, and take care of your home.



INTELLECTUAL

“Wisdom”

Learn new things, and use what you learn to help others. You can study at home, church, and school.

A Pattern for Growth

This pattern can help you grow in the four areas that Jesus did (see Luke 2:52).

Heavenly Father has given you gifts and talents. You can pray to learn what they are and what you can work on right now.

Find ideas on pages 44–61.



Think about what you have learned and how it has helped you follow Jesus. Celebrate! Thank Heavenly Father for how you've grown. Find ways to use what you have learned to serve others. Keep going with this idea, or choose something new to work on!

After you discover how you want to grow, pray and talk to your family about how to do it. Make a plan. Your parents and leaders can help you.



After you make your plan, try it out! Take small steps. Learn with others through service and activities. Have fun! Pray for help, and change your plan if you need to. Keep trying!

Get Started!

What do you feel you should learn or try?
What do you do well? What do you want to do better?
Choose one thing to do.

Example

I am good at:

- Making my brother laugh
- Riding my bike
- Drawing

I want to get better at:

- Math
- Making friends
- Soccer

I want to learn to:

- Play guitar
- Cook my favorite meal

What did you learn? How did working on this help you follow Jesus? How can you use this to serve others? Write about what you did and how you felt.

I did it! Grandma said it was as good as Dad's! I followed Jesus by serving Grandma. I will keep practicing with new recipes.



Celebrate!

How will you celebrate your growth?

What steps or actions can you take? Who can help you?
How can this help you follow Jesus?

*I want to learn to cook my favorite meal.
Dad knows how, so I will ask him to teach
me. Jesus fed people, and I can too. I want
to cook for Grandma because it would
make her happy.*



*Work on your plan. Do your best.
How are you feeling about what you are learning?*

- Great! I'm getting better and want to keep going.*
- I need help.*
- I want to try something else.*

*Cooking is hard! I used too much salt on my first
try. Dad says it's hard to get it right the first time.
I'll keep trying.*

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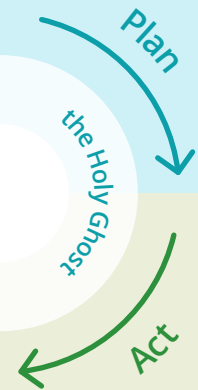
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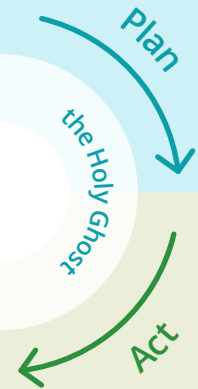
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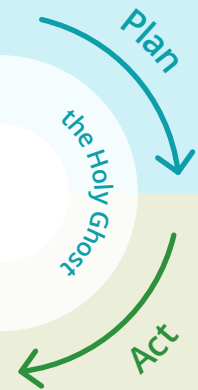
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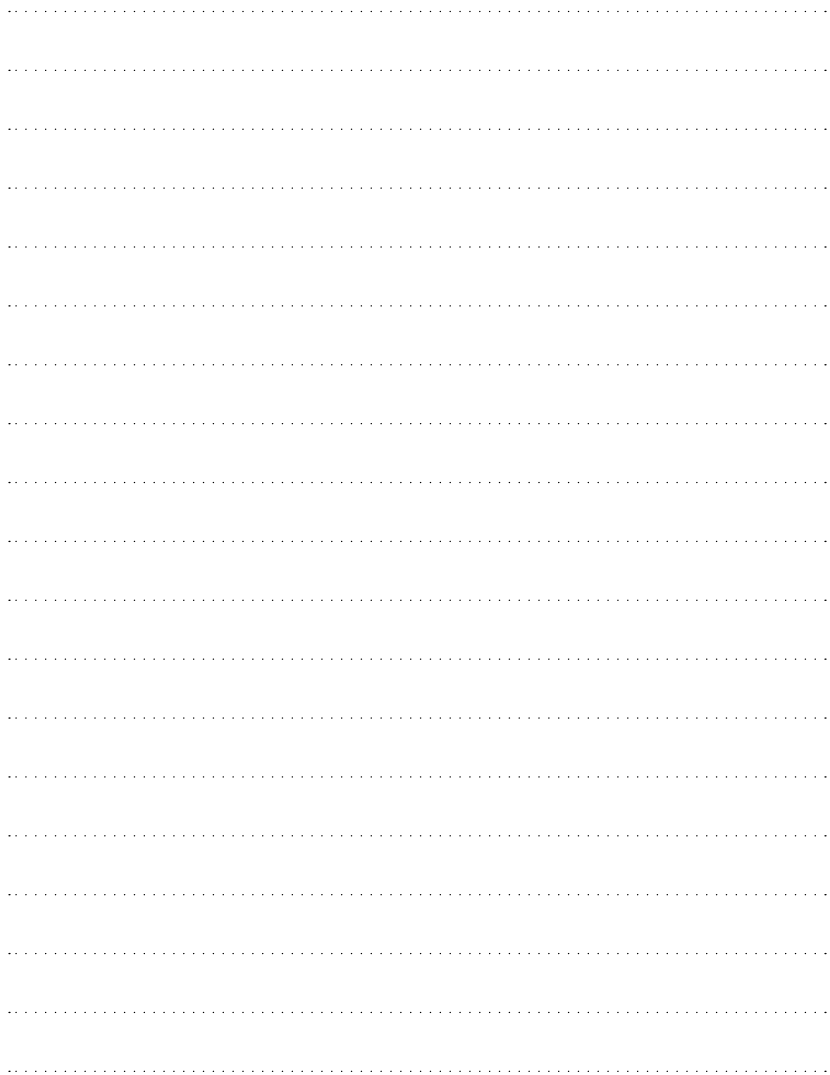
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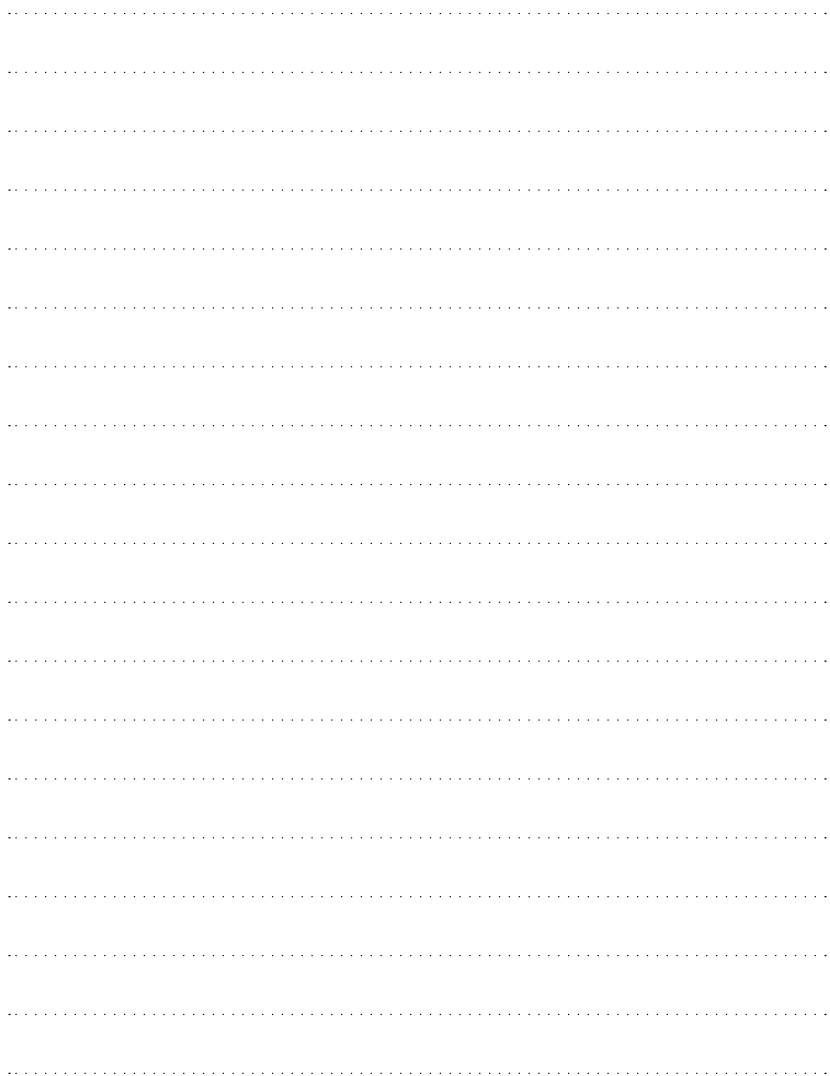
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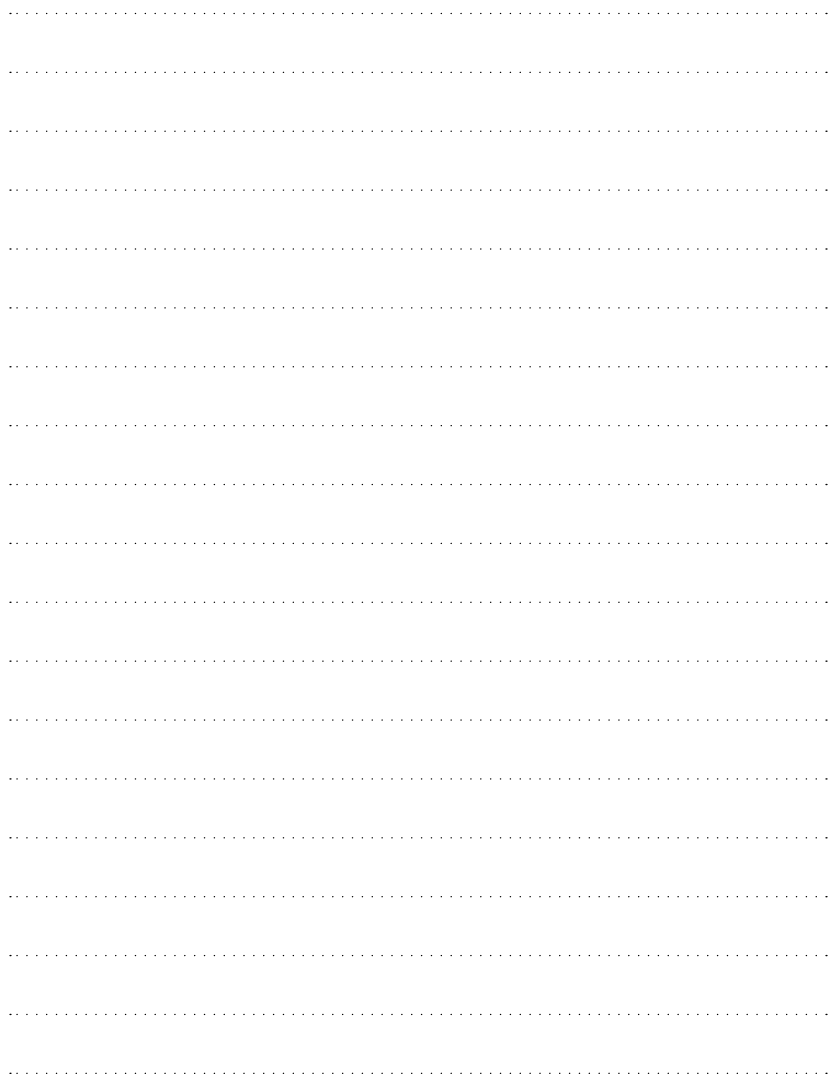
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Ideas for Growing in All Areas of Life

The following pages have ideas for how you can follow the Savior and grow in all areas of your life. You do not have to use these—the best ideas may be your own! Pray about what you can work on right now.

You can find more ideas at

ChildrenandYouth.ChurchofJesusChrist.org.

Spiritual



Social



Physical



Intellectual

Ideas for Spiritual Growth



What Are Your Ideas?

Read the Book of Mormon Every Day

Make a habit of reading every day, even if it is just a few verses.



Prepare to Go to the Temple

Learn and live "My Gospel Standards" (page 63), and invite others to do the same.



Learn the Articles of Faith

Memorize the Articles of Faith (page 62), and learn what they mean.

Improve Your Prayers

Before you pray, think about what you are grateful for and what you need help with.



Thank Heavenly Father for Your Blessings

Write down three things you are thankful for. Try to write three new things each day.



Keep the Sabbath Day Holy

Decide what you can start doing or stop doing to make the Sabbath a special day.

Serve Someone

Look for ways to help someone in your family, at school, or at church.



Do Family History

Write a letter to a grandparent, aunt, or uncle. Ask them to tell you a story about when they were your age.



Share the Gospel

Talk to a friend about the gospel. Invite your friend to church or to an activity.

Teach the Gospel
Teach your favorite scripture story to your family. Act it out or draw pictures to help you teach.



Sing a Primary Song

Sing with a family member. Notice how listening to good music makes you feel.





What Are Your Ideas?

Learn about the Family

Read "The Family: A Proclamation to the World," and talk to your parents about what you learned.



Show Love to Your Family

Do something nice for people in your family.



Include Others

Find ways to spend time with or serve someone who might feel left out or who might need your friendship.

Learn about Other Cultures

Read about other cultures, talk to people from other countries, or go to a cultural celebration near you.



Serve Your Neighbors

With your parents or leaders, do something in your community to help people in need.



Learn to Apologize and Forgive

Act out situations where someone needs to apologize or forgive. Practice how to share your feelings and respond.

Learn about Your Community
Visit a police station, fire station, or other community service. Learn about what they do, and thank them for their service.



Make a New Friend

Introduce yourself to someone new, and invite the person to play with you.



Speak Kind Words

Practice using only words that would make someone happy, not sad. Talk about what you can say if someone says unkind words to you.

Control Your Temper

Practice calming down when you feel angry. For example, take deep breaths, count to 10, or imagine you are in a favorite place.



Welcome Others

Introduce yourself to someone new in your school, neighborhood, or ward or branch. Help this person meet other people.



What Are Your Ideas?

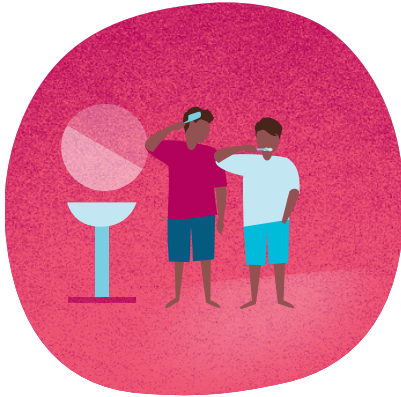
Learn to Cook

Help to prepare a healthy meal or snack. Share it with your family or friends.



Make Your Body Strong

Do something regularly to move your body, like sports, dance, exercise, or playing outside.

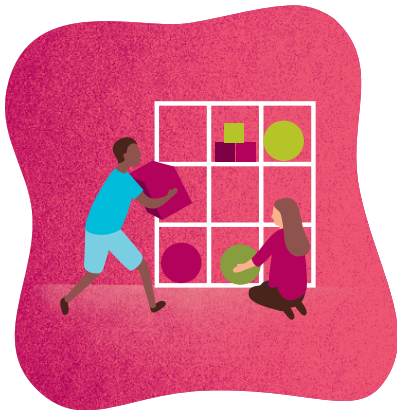


Show Respect for Your Body

Keep your body clean every day. Bathe regularly. Brush your teeth and care for your hair each day.

Care for Your Home

Do something to help make your home a nice place to live, such as cleaning, decorating, or yard work.



Take Care of the Things You Own

Ask your parents to teach you how to repair or take care of the things you use.



Learn a New Art Skill

Draw, paint, or sketch a picture, and give it to someone you love.

Learn a New Music Skill

Learn how to sing a song, play an instrument, or conduct music. Offer to share your skill in home evening or another activity.



Obey the Word of Wisdom

Read Doctrine and Covenants 89 to see what Heavenly Father promises if you keep the Word of Wisdom. Decide how you can better live it.





Enjoy Time Outdoors

Go on a walk or hike with family or friends to explore the world around you.

Share Your Talents

Share one of your talents with someone who is lonely.



Prepare for Emergencies

Make a plan with your parents or leaders for what to do in an emergency.



What Are Your Ideas?

Learn about Tithing

Learn why it is important to pay tithing. Give ten percent of your income to the Lord.



Improve Your Reading Skills

Read a book about a new subject, or read a book that is longer than you normally read.



Learn How to Be Safe Online

Make a list of your family's rules for using the internet or apps.

Learn Something New

Choose something you're interested in, and learn everything you can about it.



Attend or Watch Cultural Events

Visit a museum or cultural event in your area. Talk to your friends or family about something new you learned.

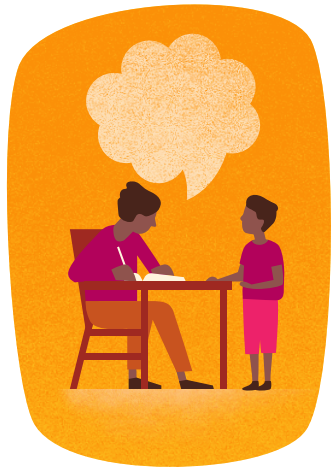


Learn about Different Jobs

Visit someone you know at their work to learn what they do and how things work.

Learn about People You Admire

This could be a person you know or someone from history or the scriptures. Decide how you can be more like them.



Learn How to Make Good Choices

All choices have consequences, which are things that happen as a result of what you do. Make a list of some choices and their consequences.





Improve Your Memory

Memorize a favorite scripture, poem, or song.

Learn a New Language

Learn to say *hello* and other basic words in another language. Practice with someone who speaks that language, if possible.



Write a Story

Write a story about your life or about a family member.



The Articles of Faith

1 We believe in God, the Eternal Father, and in His Son, Jesus Christ, and in the Holy Ghost.

2 We believe that men will be punished for their own sins, and not for Adam's transgression.

3 We believe that through the Atonement of Christ, all mankind may be saved, by obedience to the laws and ordinances of the Gospel.

4 We believe that the first principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ; second, Repentance; third, Baptism by immersion for the remission of sins; fourth, Laying on of hands for the gift of the Holy Ghost.

5 We believe that a man must be called of God, by prophecy, and by the laying on of hands by those who are in authority, to preach the Gospel and administer in the ordinances thereof.

6 We believe in the same organization that existed in the Primitive Church, namely, apostles, prophets, pastors, teachers, evangelists, and so forth.

7 We believe in the gift of tongues, prophecy, revelation, visions, healing, interpretation of tongues, and so forth.

8 We believe the Bible to be the word of God as far as it is translated correctly; we also believe the Book of Mormon to be the word of God.

9 We believe all that God has revealed, all that He does now reveal, and we believe that He will yet reveal many great and important things pertaining to the Kingdom of God.

10 We believe in the literal gathering of Israel and in the restoration of the Ten Tribes; that Zion (the New Jerusalem) will be built upon the American continent; that Christ will reign personally upon the earth; and, that the earth will be renewed and receive its paradisiacal glory.

11 We claim the privilege of worshiping Almighty God according to the dictates of our own conscience, and allow all men the same privilege, let them worship how, where, or what they may.

12 We believe in being subject to kings, presidents, rulers, and magistrates, in obeying, honoring, and sustaining the law.

13 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.

Joseph Smith.

My Gospel Standards

Gospel standards help you act in ways Jesus would. They may give you ideas for new activities to plan and do.

- I will follow Heavenly Father's plan for me.
- I will remember my baptismal covenant and listen to the Holy Ghost.
- I will choose the right. I know I can repent when I make a mistake.
- I will be honest with Heavenly Father, others, and myself.
- I will use the names of Heavenly Father and Jesus Christ reverently.
- I will not swear or use crude words.
- I will do those things on the Sabbath that will help me feel close to Heavenly Father and Jesus Christ.
- I will honor my parents and do my part to strengthen my family.
- I will keep my mind and body sacred and pure, and I will not partake of things that are harmful to me.
- I will dress modestly to show respect for Heavenly Father and myself.
- I will read, watch, and listen only to things that are pleasing to Heavenly Father.
- I will listen only to music that is pleasing to Heavenly Father.
- I will seek good friends and treat others kindly.
- I will live now to be worthy to go to the temple and do my part to have an eternal family.

Resources

Personal Development: Youth Guidebook

Personal Development: Children's Guidebook

For the Strength of Youth

Children and Youth Website

ChildrenandYouth.ChurchofJesusChrist.org

Gospel Living App

Available for Android and Apple mobile devices



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THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

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