

**Lesson 1: A Daughter of God****Who are you?**

- Share a fact about yourself that makes you unique in your family or among friends.

**Every Young Woman Is a Daughter of God**

Not everyone has a sibling or cousin, but everyone has a father.

- What would a father do to make a relationship with his daughter successful?
- What would the daughter do to encourage an ideal relationship between father and daughter?



| Father | Daughter |
|--------|----------|
| 1.     | 1.       |
| 2.     | 2.       |
| 3.     | 3.       |
| 4.     | 4.       |
| 5.     | 5.       |
| 6.     | 6.       |
| 7.     | 7.       |

In addition to an earthly father we have a Heavenly Father.

“There is a God in heaven who is infinite and eternal, an everlasting, glorified, exalted Being. He has a tabernacle of flesh and bones. He is a resurrected and holy and perfected man, and we are his offspring. We are his spirit children. He lives in the family unit. We are members of his family. We lived in this premortal life with him for an infinite period of time” (Bruce R. McConkie, Making Our Calling and Election Sure, Brigham Young University Speeches of the Year [Provo, 25 Mar. 1969], p. 5).

- What does it mean to be a daughter of God?
- What does it mean to you to know that you are a daughter of God?
- Name some blessings that show that your Heavenly Father loves you.

Heavenly Father has promised us great blessings to meet our needs.

Read John 14:16–18, Jacob 4:10, Matthew 7:7–11, John 3:16

- Why it is important to understand that we are daughters of our Heavenly Father?

“I would charge you to say again and again to yourselves, ... ‘I am [a son or daughter] of God and by so doing begin today to live closer to those ideals which will make your life happier and more fruitful because of an awakened realization of who you are’ (Harold B. Lee, in Conference Report, Oct. 1973, p. 10; or Ensign, Jan. 1974, p. 6).

- Why should we remind ourselves who we are?

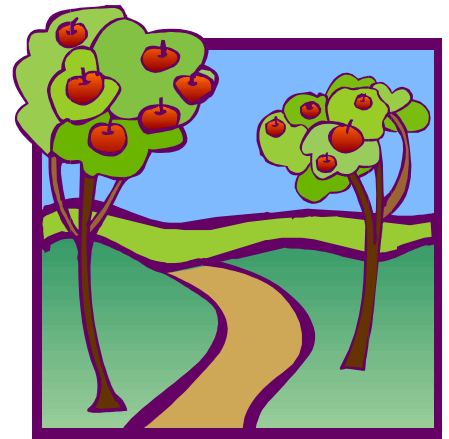
The divine light which you carry within your soul is inherited from God because you are His daughter... It is a holy blessing to be born with the exquisite qualities of a daughter of God... Don’t dull the brightness of the spirit you came with from heaven. The Lord needs your goodness and your influence in this world (Margaret D. Nadauld, Ensign, May 2002, p. 96).

**Heavenly Father Desires Us to Draw Closer to Him**

President Hinckley has said, “You are creatures of divinity; you are daughters of the Almighty. Limitless is your potential. Magnificent is your future, if you will take control of it. Do not let your lives drift in a fruitless and worthless manner.

“There is nothing in all this world as magnificent as virtue. It glows without tarnish. It is precious and beautiful. It is above price. It cannot be bought or sold. It is the fruit of self-mastery.”

- What is virtue?



“You young women spend a lot of time thinking of the boys. You can have a good time with them, but never overstep the line of virtue. Any young man who invites or encourages you or demands that you indulge in any kind of sexual behavior is unworthy of your company. Get him out of your life before both yours and his are blighted. If you can thus discipline yourselves, you will be grateful for as long as you live. Most of you will marry, and your marriage will be much the happier for your earlier restraint. You will be worthy to go to the house of the Lord. There is no adequate substitute for this marvelous blessing.”

- How does knowing that you are a daughter of God help you obtain the goal of temple marriage?

“Find purpose in your life. Choose the things you would like to do, and educate yourselves.

Study your options. Pray to the Lord earnestly for direction. Then pursue your course with resolution.

“For you, my dear friends, the sky is the limit. You can be excellent in every way. You can be first class. There is no need for you to be a scrub. Respect yourself. Do not feel sorry for yourself. Do not dwell on unkind things others may say about you. Particularly, pay no attention to what some boy might say to demean you. He is no better than you. In fact, he has already belittled himself by his actions. Polish and refine whatever talents the Lord has given you. Go forward in life with a twinkle in your eye and a smile on your face, but with great and strong purpose in your heart. Love life and look for its opportunities, and forever and always be loyal to the Church.”

- What are your thoughts about what President Hinckley has said?

“Never forget that you came to earth as a child of the divine Father, with something of divinity in your very makeup. The Lord did not send you here to fail. He did not give you life to waste it. He bestowed upon you the gift of mortality that you might gain experience—positive, wonderful, purposeful experience—that will lead to life eternal.

“May God bless you richly and abundantly, my dear young friends, His wonderful daughters. Look to the positive. Know that He is watching over you, that He hears your prayers and will answer them, that He loves you and will make that love manifest. Let the Holy Spirit guide you in all that you do as you look to become the kind of woman of whom you dream. You can do it. You will have friends and loved ones to help. And God will bless you as you pursue your course. This, girls, is my humble promise and prayer in your behalf” (Gordon B. Hinckley, *Ensign*, May 2001, p. 93).

- What can you do to show the desire to continue in and improve your relationship with Heavenly Father?
- How do we show appreciation to our Heavenly Father?
- How do we confide in and counsel with our Heavenly Father?
- How do we learn from our Heavenly Father?
- How do we show our love for Heavenly Father?

Read Doctrine and Covenants 88:63.

We need to take action to develop our relationship with our Heavenly Father.

You are literally daughters of Heavenly Father, and he loves you. By your actions and choices, you determine the strength of the relationship you will have with him. He will never turn away. As you do his will, praying for his guidance, you will know the path your lives should follow and be assured that you are daughters of God who are truly loved by your Father.

- How does knowing that you are a daughter of God improve your relationship with Christ?

