

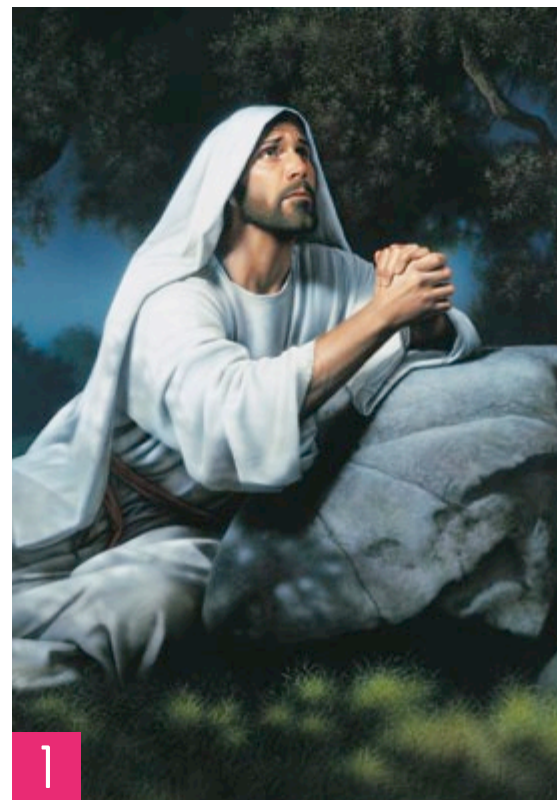
# COME UNTO CHRIST THROUGH PERSONAL PROGRESS

*“As you participate in Personal Progress, you join with thousands of other young women who are striving to come unto Christ.”<sup>1</sup>—The First Presidency*

By Rachel Nielsen

It's the start of a new year—a great time to reflect on what we've done and what we still want to do. This year's Mutual theme is “come unto Christ, and be perfected in him, and deny yourselves of all ungodliness” (Moroni 10:32), and Personal Progress is designed to help you do just that.

As you think about what lies ahead, consider planning some ways that you can apply the new Mutual theme to your life and setting some goals for completing Personal Progress. Sound overwhelming? Here's the good news: you can do both at the same time! “Personal Progress will help you strengthen your faith in and testimony of Jesus Christ as you learn His teachings and regularly apply them in your life.”<sup>2</sup> Jesus Christ is the perfect example of all eight Young Women values. As you work on Personal Progress, your efforts will help you become more like Him.



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## 1. FAITH

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*“If thou be willing, remove this cup from me: nevertheless not my will, but thine, be done” (Luke 22:42).*

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In Gethsemane and on the cross, Jesus Christ suffered for our sins, our pains, and our weakness. This was a more difficult task than we can imagine. But even though it was hard, Jesus Christ did it because He had faith in our Father in Heaven and in His plan. Through Personal Progress, you'll develop faith as you learn about and live gospel principles. For a personalized Faith value experience, consider exercising your faith by striving harder to live a standard from *For the Strength of Youth* where you know you have room to grow. Think about why the standard exists and how it helps you come closer to the Savior.



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### INVITING OTHERS TO COME UNTO CHRIST

“The Young Women logo is a torch surrounded by the Young Women motto. The torch represents the light of Christ, inviting all to ‘come unto Christ’ (Moroni 10:32).”

*Young Women Personal Progress (2009), 2.*

## 2. DIVINE NATURE

“Wist ye not that I must be about my Father’s business?” (Luke 2:49).

After Mary and Joseph left Jerusalem to return home to Nazareth, they realized that Jesus was not with them. When they finally found Jesus in the temple conversing with learned men, He told them He was about His Father’s business. Jesus knew that He was the Son of God and that Heavenly Father had a plan for Him, and He acted according to that knowledge. You are also a daughter of God and have inherited divine qualities from Heavenly Father. For Divine Nature value experience six, you can pick a divine quality that you want to develop and make it a part of your daily life as you strive to come unto Christ.

## 3. INDIVIDUAL WORTH

“And he took their little children, one by one, and blessed them” (3 Nephi 17:21).

When Jesus visited the American continent after His Resurrection, He invited the children to come unto Him, and He blessed them one by one. He knows that each soul “is great in the sight of God” (D&C 18:10). As you work on the Individual Worth value experiences, you’ll learn your great worth and that of others. For Individual Worth value experience two, you’ll study patriarchal blessings and learn how a patriarchal blessing can teach you of your infinite worth. As you talk about how it can “be a guide throughout your life,”<sup>3</sup> think about the ways it helps you become more like the Savior.

## 4. KNOWLEDGE

“And Jesus increased in wisdom” (Luke 2:52).

When Jesus was 12, His parents found Him in the temple teaching learned men. These men were “astonished at his understanding” (Luke 2:47). As you complete the Knowledge requirements, you can “[increase] in wisdom.” For a personalized value experience, consider learning about something that interests you, and identify how that knowledge helps you become more like Christ and serve others as He did.



### Personal Progress Online

Did you know that you can track your Personal Progress, study the scriptures listed, write in your journal, and have your projects approved online? It’s all at [PersonalProgress.lds.org](https://PersonalProgress.lds.org).



## 5. CHOICE AND ACCOUNTABILITY

“Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve” (Matthew 4:10).

After Jesus fasted for 40 days, Satan tempted Jesus with food, power, and riches. But despite these temptations, Jesus chose to serve God instead of Satan. You can also choose to serve God. Choice and Accountability value experience one will help you use regular prayer and scripture study to make good choices, because “the scriptures hold the keys to spiritual protection.”<sup>4</sup> Consider recording in your journal how your choice to come unto Christ helps you make correct decisions.



## 6. GOOD WORKS

“My little daughter lieth at the point of death: . . . lay thy hands on her, that she may be healed. . . . And he . . . said unto her, . . . arise. And straightway the damsel arose, and walked” (Mark 5:23, 41-42).

Jesus Christ is the ultimate example of service. Throughout His life, He “went about doing good” (Acts 10:38). He healed the sick, comforted the afflicted, and fed the hungry. You can also follow Christ’s example of service as you draw near unto Him (see Matthew 25:34-45). As you plan your Good Works value project, consider things you can do that would help your family, community, friends, or even your deceased ancestors so that you can meaningfully serve them as Christ would.

## 7. INTEGRITY

“As Jesus sat at meat . . . , many publicans and sinners came and sat down with him. . . . And when the Pharisees saw it, they said unto his disciples, Why eateth your Master with publicans and sinners?” (Matthew 9:10-11).

The Pharisees didn’t understand why Jesus was eating with sinners. But even though Jesus faced this opposition, He did what He knew was right. Through the Integrity value experiences, you’ll learn to make your actions consistent with what you know is right. For value experience two, you can make a plan to improve your personal integrity. Consider how doing so can help you “deny [yourself] of all ungodliness.”

## 8. VIRTUE

“And he went into the temple, and began to cast out them that sold therein, . . . saying unto them, . . . My house is the house of prayer” (Luke 19:45-46).

When people were buying and selling goods unrighteously in the temple, Jesus cleansed it. We can follow His example by staying worthy to enter the house of the Lord. That includes living the law of chastity. As you study Virtue value experience one, think about how your commitment to be chaste helps you come unto Christ. **NE**  
*Rachel Nielsen lives in Utah, USA.*

### NOTES

1. *Young Women Personal Progress* (2009), 1.
2. *Personal Progress*, 6.
3. *Personal Progress*, 30.
4. Boyd K. Packer, “The Key to Spiritual Protection,” *Ensign*, Nov. 2013, 26.