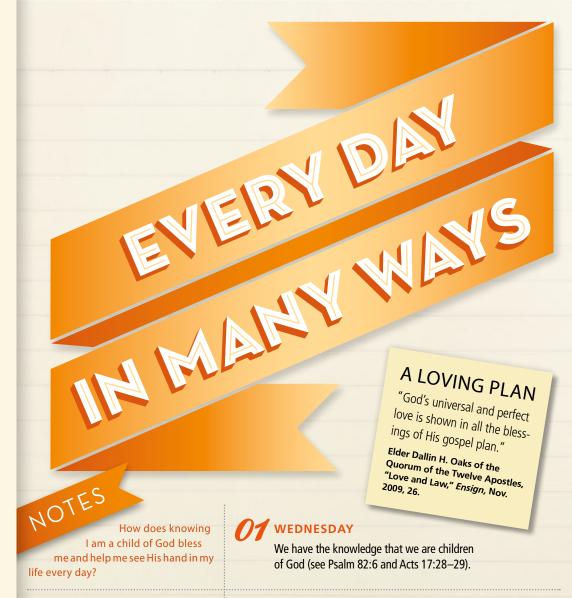
Church Magazines

As you look for it, you'll see evidence of Heavenly Father's love all around you.

ecause Heavenly Father loves us so much, He has filled our lives with blessings to make our hearts joyful. Since those blessings surround us, sometimes we forget to notice them and recognize how they show God's love.

Each day this month, consider focusing on at least one evidence of God's love for you. Then "give thanks in all things" through thought and prayer for the many blessings and great love He sends (Mosiah 26:38-39; see also Ephesians 5:20 and D&C 59:7). Here are some ideas to help you get started.



How have I felt Heavenly Father's love by attending the temple or holding a temple recommend?

How is my life blessed by a bird's song, the sun's warmth, and the earth's colors?

Think about how Jesus Christ's many roles and titles show His love for me.

**THURSDAY** 

We are blessed as we live worthy to attend the temple (see Psalm 24:3-5).

**FRIDAY** 

Nature's beauty is all around—and it was created for us to enjoy (see "My Heavenly Father Loves Me," Children's Songbook, 228–29; see also Alma 30:44, Moses 6:63, and Ids.org/go/82D).

**SATURDAY** 

The Savior is our Mediator and has shown us the way to eternal happiness (see John 3:16-17; see also all the headings under "Jesus Christ" in the Topical Guide).



Blessings

**I** Notice

05 SUNDAY

We can worship in church each week and gain strength by associating with others who share our beliefs (see Moroni 6:5–6). How have I felt Heavenly Father's love by going to church each week?

06 MONDAY

We have a variety of healthy and delicious foods available (see Genesis 1:29).

07 TUESDAY

We were created in the image of God (see Genesis 1:26).

**N** WEDNESDAY

We are blessed by singing songs unto the Lord (see D&C 25:12; see also D&C 136:28).

UNDENIABLE KNOWLEDGE

"Most of us will not see God, as the prophets have, but the still, small promptings of the Spirit—the thoughts and feelings that the Holy Ghost brings into our minds and hearts—will give us an undeniable knowledge that He lives and that He loves us."

Elder Robert D. Hales of the Quorum of the Twelve Apostles, "Seeking to Know God, Our Heavenly Father, and His Son, Jesus Christ," *Ensign*, Nov. 2009, 32. Think about all the choices I have for meals, and remember how mealtime is a great time to be with family and friends.

Think about all of the blessings I receive because I was created in His image and can become like Him.

How have I felt God's love when I sing or play hymns or other good music?

**10** THURSDAY

Prophets speak great words of counsel and help guide and protect us (see Amos 3:7).

How have counsel and testimony from Church leaders in general conference, Church magazines, Sunday lessons, or otherplaces helped answer my prayers?

10 FRIDAY

Parents, seminary teachers, and youth leaders are there to help us understand the scriptures (see D&C 88:122).

How have I felt support or guidance throughteachings of the Spiritreceived during conversations or lessons?

11 SATURDAY

Divine help is always available, especially during trials (see Mosiah 24:13–14; see also Nephi's experience in 1 Nephi 17:1–5).

What blessings has Heavenly Father given to me as I've gone through hard times?

12 SUNDAY

Keeping a journal is super easy and rewarding, and it's a great way to remember Heavenly Father's love (see Ids.org/go/82E).

How have I felt Heavenly Father's love as I've journaled about the blessings He sends?

13 MONDAY

The Holy Ghost can be our constant companion if we live worthy of that special gift. He will guide and direct us and testify of truth (see John 14:26).

Notice today how many times the Spirit directs me when I listen for and feel His direction.

	55	
110	LES	
NO		

NOTES	Think about how good I feel each time I experience the cleansing power of the Atonement.	TUESDAY  We can be forgiven of all of our sins (see Mosiah 4:2, Moroni 6:8, and D&C 19:16–19).		
Blessings I Notice	How have I been blessed as Heavenly Father helped me turn a weakness into a strength?	WEDNESDAY  Even our weaknesses are blessings, because they help us turn to the Lord so He can help us make them strengths (see Ether 12:27).		
	What skills and lessons have I learned from Mom or Dad?	THURSDAY  Parents do so much for us and help us learn a lot (see Mosiah 4:14–15 and D&C 68:25–28).  DIVINE LOVE  "Divine love is perfect, infinite, enduring, and universal."  Elder Russell M. Nelson of the Twelve		
	How have my friends helped me stay close to Heavenly Father?	FRIDAY Friends can help us stay true to the gospel and become better people (see Ids.org/go/82F).  FRIDAY Friends can help us stay true to the gospel and become better people (see Ids.org/go/82F).		
	How does the laughter of children, family, or friends comfort or bless me?	Joyful laughter from a glad heart can make any day brighter (see lds.org/go/82G, lds.org/go/82H, and lds.org/go/82J).		
	How have I been strengthened by the many good resources that help me to learn?	Millions of good books are available for us to read and learn from (see D&C 109:7).		
	How does Heavenly Father bless me through today's inventions and technologies to do His work?	MONDAY  Modern technologies simplify our lives, so we have more time to fulfill our unique missions (see Ids.org/go/82K).		
	How have I been blessed (both temporally and spiritually) for paying tithing and offerings?	TUESDAY  We receive great blessings for paying tithing (see Malachi 3:10 and lds.org/go/82L).		
	How has Heavenly Father helped me become a better person through my trials?	WEDNESDAY  Trials, though difficult, can help us learn a lot and make us better than we thought we could be (see D&C 122:7, Ids.org/go/82M, and Ids.org/go/82N).		

					NOTE
23	THURSDAY  We can pray to Heavenly Father He will always hear us (see 3 Ne		Hea	v is my life blessed because I know venly Father is always mindful of and wants the best for me?	TE
24	FRIDAY Living the Word of Wisdom helps healthy and strong (see D&C 89)		Fath exe	v am I blessed because Heavenly her taught me how to eat healthy, rcise, avoid harmful substances, take care of my body?	Blessings I Notice
25	SATURDAY  All of us are given unique talents can help each other and help bui (see 1 Corinthians 12).		my	v have I felt love by sharing talents and enjoying the talents thers?	
26	SUNDAY We can renew our covenants each week during the sacrament (see D&C 59:9–19).	POWERFU EVIDEN "There is no greater evon of the infinite power are perfection of a proper are perfection of a proper are a perfection of a per	ICE ⁄idence	How have I felt Heavenly Father's love as I've partaken of the sacrament?	
27	MONDAY The priesthood has been restored (see D&C 13, 20, 84, and 107).	declared by the Apostle 'For God so loved the we that he gave his only bec Son' (John 3:16) "	than is John: Orld, Jotten	Howhasthepriesthoodhelped me understand more about Heavenly Father's love for me?	
28	TUESDAY Photography and art help capture the beauty of the world a love (see the article "Beauty All A		uorum e and	How has artwork strengthened and blessed me?	
29	WEDNESDAY  Think about everything we can d weather: rain, sun, snow, and clo for Everything," Children's Songl.	o in various types of uds (see "Thank Thee	Goo	v have I seen evidences of I's hand through various kinds veather?	
<i>30</i>	THURSDAY  Commandments bring us many by obedient (see D&C 130:20–21).	olessings when we're		v have I felt God's love by owing the commandments?	
31	FRIDAY In a world of around 6.8 billion p just 14.4 million people who are (see lds.org/go/82P).	,	life	v does having the true gospel in my bless me, and how can I share that h with others?	