**Suggestions for Personal Progress goals you can use this journal for:**

**Divine Nature Value Experience #4**

Memorize the sacrament prayers in [Doctrine and Covenants 20:77, 79](https://www.lds.org/scriptures/dc-testament/dc/20.77%2C79?lang=eng#NaN). During the sacrament, listen carefully to the prayers and think about what it means to take upon yourself the name of Jesus Christ and how doing this should affect your actions and decisions. Practice keeping your baptismal covenants. Begin by doing something each day to recognize and further develop your divine qualities and to help you always remember the Lord Jesus Christ. After two weeks record your experience in your journal.

**Knowledge Value Experience #6**

Memorize two of your favorite [hymns](https://www.lds.org/music/library/hymns) from the hymnbook. Learn the correct conducting pattern for the hymns ([see Hymns, 383–85](https://www.lds.org/music/resources/using-the-hymnbook#4)) and then conduct them at least two times at a family home evening, in a Young Women or other Church meeting, or at seminary. Read the scriptures listed at the bottom of each hymn.

**Keep a Sacrament Journal**

Use this journal during your sacrament worship time to help you think about your Savior, Jesus Christ and to make this ordinance more meaningful each week. Here are some ideas of things you could ponder and write about during the Sacrament:

• The Savior’s sacrifice

• Phrases from the sacrament hymn you just sang

• Reflections of your past week and what you did to keep your baptismal covenant

• The upcoming week and what you will do to keep your baptismal covenant

• Thoughts and impressions of scriptures that apply to the sacrament, the Savior, or your baptismal covenant.

**Faith Value Experience #4**

Learn more about the sacrament. Read about the Last Supper in [Matthew 26:26–28](https://www.lds.org/scriptures/nt/matt/26.26-28?lang=eng#25); [Mark 14:22–24](https://www.lds.org/scriptures/nt/mark/14.22-24?lang=eng#21); and [Luke 22:17–20](https://www.lds.org/scriptures/nt/luke/22.17-20?lang=eng#16). Establish a pattern of pondering during the sacrament by listening carefully to the sacrament hymn and prayers. Think about why we partake of the bread and water. After three weeks of following this pattern, write in your journal some of the promises you make as you partake of the sacrament and remember your baptismal covenants and what you do to keep those promises. Record in your journal how your understanding of these promises has strengthened your faith in the Savior.

**Faith Value Experience #5**

Increase your understanding of the Atonement of Jesus Christ by reading [Isaiah 53:3–12](https://www.lds.org/scriptures/ot/isa/53.3-12?lang=eng#2); [John 3:16–17](https://www.lds.org/scriptures/nt/john/3.16-17?lang=eng#15); [Romans 5](https://www.lds.org/scriptures/nt/rom/5?lang=eng); [2 Nephi 9:6–7, 21–26](https://www.lds.org/scriptures/bofm/2-ne/9.6-7%2C21-26?lang=eng#5); [Alma 7:11–13](https://www.lds.org/scriptures/bofm/alma/7.11-13?lang=eng#10); [34:8–17](https://www.lds.org/scriptures/bofm/alma/34.8-17?lang=eng#7); and [Doctrine and Covenants 19:15–20](https://www.lds.org/scriptures/dc-testament/dc/19.15-20?lang=eng#14). In your journal write your feelings about the Savior and what He has done for you. Share your feelings in a testimony meeting.

**Faith Value Project** (will take about 10 hours)

One option in your personal progress book is to memorize “The Living Christ” . As you do, consider the Savior’s influence in your life and how your faith in Him has increased. Practice following the Savior’s example