Mapleton 9th Ward

YOUNG WOMEN’S CAMP JOURNAL



Testimonies from YW Leaders

Sister Rose

Sister Rasband

Sister Mecham

Sister Tingey

Sister Bonnett

Sister Carter

Sister Colgrove

Sister James

Sister Greenwood



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Hear Him

Why should we Hear Him?

*“Personal revelation enables Latter-day Saints to move forward without fear.”*- Elder Renlund

1 Nephi 16:9-16, 23-29

Alma 37:35-47

The Holy Ghost communicates to different people in different ways.

How do I “Hear Him”?

Memorable Quote

# *Excerpts from* **Personal Revelation Is Essential as COVID-19 Restrictions Ease**

# (emphasis added- read the full article on the church website)

*“And they did pray for that which they most desired; and they desired that the Holy Ghost should be given unto them” (*[*3 Nephi 19:9*](https://www.churchofjesuschrist.org/study/scriptures/bofm/3-ne/19.9?lang=eng#8)*).*

For times of uncertainty there is no greater gift for himself or his family or for any of Heavenly Father’s children than “to be able to have a member of the Godhead convey personalized, tailored instructions.”

Personal revelation is buttressed by the scriptures and words from living prophets and apostles and local leaders. “But within that framework, **the details are left to each individual to receive and act on personal revelation**.”

[President Russell M. Nelson](https://www.churchofjesuschrist.org/learn/russell-m-nelson?lang=eng) taught in April 2018 general conference that “if we will truly receive the Holy Ghost and learn to discern and understand His promptings, **we will be guided in matters large and small**” (“[Revelation for the Church, Revelation for Our Lives](https://www.churchofjesuschrist.org/study/general-conference/2018/04/revelation-for-the-church-revelation-for-our-lives?lang=eng),” *Ensign* or *Liahona,* May 2018, 94).

Those living in this age of doubt and fear must increase faith in their Heavenly Father and in His Son so they can receive personal revelation. “Faith increases as we act in faith,” he said.

Receiving personal revelation requires the recipient to be at peace, he said.

Elder Renlund said President Nelson has pled with Latter-day Saints to do the spiritual work necessary to enjoy the gift of the Holy Ghost and hear the voice of the Spirit more frequently and more clearly. **“In coming days, it will not be possible to survive spiritually without the guiding, directing, comforting, and constant influence of the Holy Ghost**,” the prophet said in April 2018.

President Nelson repeated that plea during general conference, asking Latter-day Saints to “refine our ability to recognize the whisperings of the Holy Ghost” and adding, **“It has never been more imperative to know how the Spirit speaks to you than right now”** (“[Hear Him](https://www.churchofjesuschrist.org/study/general-conference/2020/04/45nelson?lang=eng),” *Ensign* or *Liahona,* May 2020, 90).

Restrictions amid COVID-19 have made it clear that **“each of us are responsible for our own spirituality**,” said Elder Renlund. “Each of us are responsible for our own salvation, for our own faith.”

And all can be assured that this uncertainty is temporary, said Elder Renlund. “*We actually know what the ultimate outcome is—that we can live in a state of never-ending happiness with our Heavenly Father, Jesus Christ, and our families.”*

Having an eternal perspective is a great blessing.

“We know that God loves us, we know that we can trust Him, and that He will have our best interests at heart.”

“I am hoping we have all learned that home-centered church can be spiritually rich.

“I am hoping we have all learned about being self-reliant and taking responsibility for our own faith and our own spiritual progress.

“And I am hoping we have learned that messages from the Holy Ghost are quiet, plain and simple—and that this contrasts widely to the worldly messages that are loud, confusing, and brash.”

The Holy Ghost communicates to different people in different ways, he said. “But any member of the Church may seek wisdom, knowledge, and understanding as they find a quiet place to communicate with God. . . . The Holy Ghost will teach us things as they really are, and as they really will be, and He will comfort us.”

Hear Him

The Mountain of the Lord

What are some of the Mountains in my own life? What have I learned from them?

Talk

talk

Talk

Follow Him

Go and Do: How to Increase Your Spiritual Capacity

Read the story of the brother of Jared and the importance of following the Lord in faith in the following verses:

Ether 2:13-25, 3:1-14, 6:1-17

|  |
| --- |
| How did the Brother of Jared grow in spiritual capacity by following the Lord’s guidance? What steps can I take to grow in my own spiritual capacity? |

Read the excerpts

|  |
| --- |
| Memorable Quote |

Follow Him

The Covenant Path: Your Hero’s Journey

Read about the journey of Alma and his people in:

Mosiah 17:1-4; Mosiah 18; Mosiah 23:1-5, 19-21, 36-39; Mosiah 24

How did the covenants Alma’s people make help them to hearken to him during all the trials of their journey? How can keeping covenants help you to hear him?

Memorable Quote

Daily Journal

Morning:

Promptings and Impressions

What will I do today to apply this message?

Evening

Take some time to reflect on your day.

How did you see the Lord’s hand?

What did you learn from the Spirit?

Daily Journal

Morning:

Promptings and Impressions

What will I do today to apply this message?

Evening

Take some time to reflect on your day.

How did you see the Lord’s hand?

What did you learn from the Spirit?

Reflection Walk

Hear Him on Your Journey Back to Him

Read the vision of the tree of life in the following chapters:

1 Nephi 8 and 11.

What tools has the Lord given us to hear Him? What promised blessings do we receive both in this life and the next when we listen to Him?

Read the excerpt

|  |
| --- |
| Memorable Quote |

from President Nelson and Elder Anderson’s talks on pages 17-18.

Reflection Questions

Activities

On the next few pages you will find some activities for you to do on your own (or with others as regulations allow).

Tuesday: Go on a photo scavenger hunt about you

Wednesday: Treat yourself to a face mask and s’mores

Thursday: Make your “Spiritual First Aid Kit.”

Friday: Go on a “hike” and do your Solo Time

Additional activities

- make Tinfoil dinners with your family (see the camp website for recipe ideas)

- post a picture of your watercolor picture and/or flower crown and use #tokyosouthstakecamp2020

- create a bedroll and a blanket tent and camp in your house (or camp outside if you have a backyard)

- teach a sibling something you have learned about first aid

- send a thank you note to someone who has helped you

- post a picture of how you are wearing your camp t-shirt and use #tokyosouthstakecamp2020

- do the camp bingo at the back of the journal and share your finished bingo at the end of the week.

Photo scavenger hunt

We want to get to know you better! Go on a photo scavenger hunt to show us more about you. Gather three or more of the items below, and post or email it to us (sheryl.rose26@gmail.com) a picture of them altogether with a short explanation.

□ Something that represents your favorite color

□ A favorite book

□ A temple you love

□ A talent you have

□ Something that brings you joy

□ Shoes that represent you

□ Something you’ve hung up on your wall

□ Something you are a fan of

□ A piece of jewelry that is meaningful to you

□ A memento from somewhere you’ve visited

Spiritual first aid kit

In your camp box is a booklet entitled “Spiritual First Aid Kit.” This is something you can fill out and keep to handy for when you need spiritual strengthening.

If you need ideas on scripture verses, or ideas of things to do when your feel discouraged, visit the Circles app or our YW Instagram account:

After you’ve filled it out, pick a place to keep it. Maybe put it in your scriptures, your bag/backpack, a nightstand, etc.

Solo Time

We invite you now to find a quiet place where you can spend at least one hour uninterrupted by distractions. If you can, go for a walk, and find a quiet place among God’s creations. Bring your scriptures, this booklet, and something to write with. Turn off all distractions, and ponder the following questions.

· What does Heavenly Father want to have happen in my life as a result of this camp?

· What thoughts or impressions have you had during your scripture study?

· How have you sought to better “hear Him?”

· What steps can you take to better heed the counsel to “hear Him?”

· Where does the Lord want you to go next in your journey?

Notes, Thoughts, and Doodles by You:

2020 Camp-in-a-Bag Bingo

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Sleep in a sleeping bag | Share a favorite spiritual thought | Use a flashlight | Smell some flowers | Recognize a spiritual prompting |
| Have a bad hair day | Make s’mores | Highlight a new favorite scripture | Give someone a secret gift | Wear your Camp t-shirt |
| Listen to a conference talk | Practice First Aid on someone | Free | Read your scriptures | Make a new friend |
| Write in your journal | Memorize a scripture or conference quote | Get dirty | Don’t shower today | Go on a long walk |
| Try a new skill | Spend time chatting with a friend | Kill an insect | Watch the clouds | Sing a silly song |