



“ I am the light of the world:
he that followeth me shall
not walk in darkness, but
shall have the light of life.”

—John 8:12





Seven Attributes of Jesus Christ Over Seven Weeks

From President Ethan Willis, Stake President of the Gilbert Arizona Seville Stake

At stake conference, President Willis invited us to claim the Savior's promise in a world that can feel dark, discouraging, and distracting:

"I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life" (John 8:12).

How do we claim that promise? We claim it by seeking to become like Him. President Dallin H. Oaks taught that Christ's example and teachings "illuminate the path we should walk.

The Savior says, "Learn of me; for I am meek and lowly in heart" (Matthew 11:28–30). As we take His attributes upon ourselves, our burdens become light and we receive more light.

In our daily choices—both public and private—we choose whether our responses reflect the character

of Christ or the ways of the world—for example, faith over fear, charity over criticism, patience over anger, and humility over pride. With each choice, we yield either to the natural man or "to the enticings of the Holy Spirit" (Mosiah 3:19). This is how we choose more light—light that "groweth brighter and brighter" (D&C 50:24).

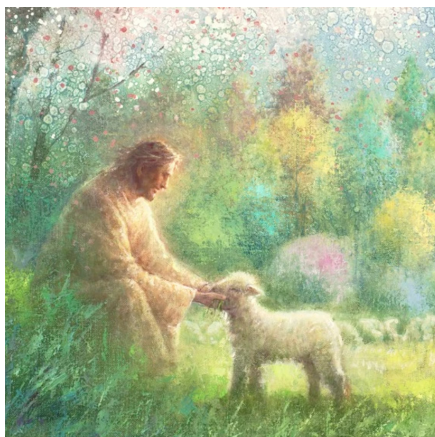
Jesus Christ is both the Way and the Light. As we enter His way, the Holy Ghost shows us what we should do (2 Nephi 32:5).

President Dieter F. Uchtdorf taught, "Christlike attributes are gifts from God. They cannot be developed without His help." Chapter 6 of Preach My Gospel will guide us as we seek and develop these gifts—helping us claim more light, avoid deception, and see the way ahead with clarity.

My Promise

"I promise that as you intentionally seek to live the attributes of Jesus Christ, you will feel more of His light through the Holy Ghost. Your desire for light and goodness will grow and compound with life-changing power. Your burdens will feel lighter and your path ahead clearer. You will hear the Lord's voice, receive long-awaited answers to prayer, feel your divine worth more deeply, and gain greater strength to resist temptation. Greater peace, spiritual power, and joy will fill your life and home." —President Willis





Your Invitation

Consider a challenging situation you are facing right now. Bringing more of Christ's character into that situation may be the very spiritual medicine needed.

I invite every individual and family in our stake to follow the seven-week schedule below and seek, with all our hearts and real intent, to develop that week's attribute—to choose more light and claim Christ's promise that we will have "the light of life" (John 8:12). Imagine what could happen in our lives.

STUDY IT

Study the attribute, ponder how it applies to your life, and complete the assessment.

PRAY FOR IT

Sincerely pray for the attribute morning and night—and carry that prayer in your heart throughout the day. Ask Heavenly Father to help you recognize opportunities to choose it.

LIVE IT

Ask for help from the Holy Ghost to live the attribute. The Sacrament is a powerful time to ask what changes you can make and what specific action you can take to live it more fully. Then follow the impressions you receive, trusting the promise of the Sacrament that as you honor your covenant to take His name upon you and become more like Him, His Spirit will be with you.

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|--------------------------|--------|--------|-------------------------------|
| ☐ | Week 1 | Aug 16 | Faith in Jesus Christ |
| ☐ | Week 2 | Aug 23 | Hope |
| ☐ | Week 3 | Aug 30 | Charity & Love |
| ☐ | Week 4 | Sep 6 | Virtue & Integrity |
| ☐ | Week 5 | Sep 13 | Patience |
| ☐ | Week 6 | Sep 20 | Humility |
| ☐ | Week 7 | Sep 27 | Obedience |

General Conference • Oct. 3–4

Choosing more light will prepare us to hear from Special Witnesses of Jesus Christ and more fully receive what the Lord wants us to hear.

“He that receiveth light, and continueth in God, receiveth more light; and that light groweth brighter and brighter until the perfect day.” —D&C 50:24

WEEK 1 • AUGUST 16

FAITH IN JESUS CHRIST

Trust in Jesus Christ and act in faith



Read about this attribute in Chapter 6 of Preach My Gospel on ChurchofJesusChrist.org or Gospel Library.



Where am I with this attribute at the start and end of the week?

1 = NEVER | 2 = SOMETIMES | 3 = OFTEN | 4 = ALMOST ALWAYS | 5 = ALWAYS

START	END	
		I believe in Christ and accept Him as my Savior. (2 Nephi 25:29)
		I feel confident that God loves me. (1 Nephi 11:17)
		I trust the Savior enough to accept His will and do what He asks. (1 Nephi 3:7)
		I have faith that God hears and answers my prayers. (Mosiah 27:14)
		I think about the Savior during the day and remember what He has done for me. (D&C 20:77, 79)
		I have faith to accomplish what Christ wants me to do. (Moroni 7:33)

Scores may not change much in a week. Notice what the Lord taught you.

Talk about faith as a family. Here are some suggested questions.

- What's something you believe in that you can't see?
- When has something felt too hard, and you did it anyway?
- What would you try this week if you knew Jesus was helping you?

During the sacrament this Sunday, choose one way you will act in faith this week. Write it down.

Record your feelings and impressions as you study.

At the end of the week: What has the Lord taught me about faith?

HOPE

Have confidence in Christ and His promises



Read about this attribute in Chapter 6 of Preach My Gospel on ChurchofJesusChrist.org or Gospel Library.



Where am I with this attribute at the start and end of the week?

1 = NEVER | 2 = SOMETIMES | 3 = OFTEN | 4 = ALMOST ALWAYS | 5 = ALWAYS

START	END	
		One of my greatest desires is to inherit eternal life in the celestial kingdom. (Moroni 7:41)
		I am confident that the Lord will help me in the work He has given me. (D&C 31:3–5)
		I feel peaceful and optimistic about the future. (D&C 59:23)
		I believe that someday I will dwell with God and become like Him. (Ether 12:4)
		I trust that God will make things right, even when I cannot see how. (Ether 12:4)

Scores may not change much in a week. Notice what the Lord taught you.

Talk about hope as a family. Here are some suggested questions.

- What are you looking forward to right now?
- When something goes wrong, what helps you believe it will be okay?
- What has Jesus promised us that makes you feel hopeful?

During the sacrament this Sunday, choose one way you will live with more hope this week. Write it down.

Record your feelings and impressions as you study.

At the end of the week: What has the Lord taught me about hope?

WEEK 3 • AUGUST 30

CHARITY & LOVE

Love others with the pure love of Christ



Read about this attribute in Chapter 6 of Preach My Gospel on ChurchofJesusChrist.org or Gospel Library.



Where am I with this attribute at the start and end of the week?

1 = NEVER | 2 = SOMETIMES | 3 = OFTEN | 4 = ALMOST ALWAYS | 5 = ALWAYS

START	END	
		I feel a sincere desire for the eternal welfare and happiness of others. (Mosiah 28:3)
		I try to understand others' feelings and see their point of view. (Jude 1:22)
		I forgive others who have offended or wronged me. (Ephesians 4:32)
		When I pray, I ask for charity, the pure love of Christ. (Moroni 7:47–48)
		I reach out in love to help those who are lonely, struggling, or discouraged. (Mosiah 18:9)
		I am kind and patient with others, even when they are hard to get along with. (Moroni 7:45)
		I find joy in others' achievements. (Alma 17:2–4)

Scores may not change much in a week. Notice what the Lord taught you.

Talk about charity and love as a family. Here are some suggested questions.

- Who was kind to you today?
- Do you know someone who might be lonely right now?
- When did Jesus show love to someone nobody else noticed?

During the sacrament this Sunday, choose one way you will show the Savior's love this week. Write it down.

Record your feelings and impressions as you study.

At the end of the week: What has the Lord taught me about charity?

VIRTUE & INTEGRITY

Be pure in heart and true to God



Read about this attribute in Chapter 6 of Preach My Gospel on ChurchofJesusChrist.org or Gospel Library.



Where am I with this attribute at the start and end of the week?

1 = NEVER | 2 = SOMETIMES | 3 = OFTEN | 4 = ALMOST ALWAYS | 5 = ALWAYS

START	END	
		I am clean and pure in heart. (Psalm 24:3–4)
		I focus on righteous, uplifting thoughts and put unwholesome thoughts out of my mind. (D&C 121:45)
		I repent of my sins and strive to overcome my weaknesses. (Ether 12:27)
		I am true to God at all times. (Mosiah 18:9)
		I do not lower my standards or behavior so I can impress or be accepted by others. (1 Nephi 8:24–28)
		I am honest with God, myself, and others. (D&C 51:9)

Scores may not change much in a week. Notice what the Lord taught you.

Talk about virtue and integrity as a family. Here are some suggested questions.

- Is it harder to do the right thing when nobody is watching? Why?
- What kinds of things do you let into your mind, and how do they make you feel?
- What do you want people to be able to count on you for?

During the sacrament this Sunday, choose one way you will live with more virtue and integrity. Write it down.

Record your feelings and impressions as you study.

At the end of the week: What has the Lord taught me about virtue and integrity?

PATIENCE

Trust God and His timing



Read about this attribute in Chapter 6 of Preach My Gospel on ChurchofJesusChrist.org or Gospel Library.



Where am I with this attribute at the start and end of the week?

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START	END	
		I wait patiently for the blessings and promises of the Lord to be fulfilled. (2 Nephi 10:17)
		I am able to wait for things without getting upset or frustrated. (Romans 8:25)
		I am patient with the challenges and demands of my daily responsibilities. (Alma 17:11)
		I am patient with others. (Romans 15:1)
		I am patient with myself and rely on the Lord as I work to overcome my weaknesses. (Ether 12:27)
		I face adversity with patience and faith. (Alma 34:40–41)

Scores may not change much in a week. Notice what the Lord taught you.

Talk about patience as a family. Here are some suggested questions.

- What's something you're waiting for right now?
- Who has been patient with you? How did that feel?
- What's the hardest thing to be patient about in our family?

During the sacrament this Sunday, choose one way you will practice patience this week. Write it down.

Record your feelings and impressions as you study.

At the end of the week: What has the Lord taught me about patience?

HUMILITY

Submit your will to the Lord and rely on Him



Read about this attribute in Chapter 6 of Preach My Gospel on Church of Jesus Christ of Latter-day Saints.org or Gospel Library.



Where am I with this attribute at the start and end of the week?

1 = NEVER | 2 = SOMETIMES | 3 = OFTEN | 4 = ALMOST ALWAYS | 5 = ALWAYS

START	END	
		I am meek and lowly in heart. (Matthew 11:29)
		I rely on God for help. (Alma 26:12)
		I am grateful for the blessings I have received from God. (Alma 7:23)
		My prayers are earnest and sincere. (Enos 1:4)
		I appreciate direction from my leaders and teachers. (2 Nephi 9:28–29)
		I strive to be submissive to God's will. (Mosiah 24:15)

Scores may not change much in a week. Notice what the Lord taught you.

Talk about humility as a family. Here are some suggested questions.

- What's something you're still learning to do?
- When is it hardest to say sorry?
- What's something you need God's help with this week?

During the sacrament this Sunday, choose one way you will humble yourself before the Lord. Write it down.

Record your feelings and impressions as you study.

At the end of the week: What has the Lord taught me about humility?

OBEDIENCE

Keep His commandments as an expression of your love



Read about this attribute in Chapter 6 of Preach My Gospel on ChurchofJesusChrist.org or Gospel Library.



Where am I with this attribute at the start and end of the week?

1 = NEVER | 2 = SOMETIMES | 3 = OFTEN | 4 = ALMOST ALWAYS | 5 = ALWAYS

START	END	
		When I pray, I ask for strength to resist temptation and to do what is right. (3 Nephi 18:15)
		I am worthy to hold a temple recommend. (D&C 97:8)
		I willingly follow the counsel of my leaders. (Hebrews 13:17)
		I strive to live in accordance with the laws and principles of the gospel. (D&C 41:5)
		I keep the commandments because I love the Lord, not only because I am asked to. (John 14:15)

Scores may not change much in a week. Notice what the Lord taught you.

Talk about obedience as a family. Here are some suggested questions.

- Why do you think we have rules in our family?
- When is it hardest to do what you're asked?
- What commandment has made your life better?

During the sacrament this Sunday, choose one way you will more fully keep His commandments this week.

Record your feelings and impressions as you study.

At the end of the week: What has the Lord taught me about obedience?
