

Blessings from the Lord

Select at least two of the following blessings, or choose other blessings not listed.

- Scriptures
- Living prophets
- Forgiveness of sins
- The gift of the Holy Ghost
- A knowledge of Jesus Christ and His Atonement for us
- Temples

For a few minutes, study about the blessings you chose. Use the scriptures, general conference addresses, and other Church resources such as *For the Strength of Youth: A Guide for Making Choices* (2022). Look for:

1. Ways the Lord improves our lives through these blessings.
2. What the Lord expects of those to whom these blessings are given.

Add any of your own thoughts or insights from personal experiences. You might include how people with these blessings might help or be an example to those who have not been given the same experiences and knowledge.

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