

# Appendix

One way to assess your progress on the covenant path is to ponder the questions below. They are the questions you are asked when you are interviewed to receive a temple recommend, but don't wait for an interview. Do your own spiritual checkup. The Young Women Theme, the Aaronic Priesthood Quorum Theme, and the Ten Commandments can also be helpful tools in your self-evaluation.



## TEMPLE RECOMMEND QUESTIONS FOR YOUTH

Do you have faith in and a testimony of God, the Eternal Father; His Son, Jesus Christ; and the Holy Ghost?

Do you have a testimony of the Atonement of Jesus Christ and of His role as your Savior and Redeemer?

Do you have a testimony of the Restoration of the gospel of Jesus Christ?

Do you sustain the President of The Church of Jesus Christ of Latter-day Saints as the prophet, seer, and revelator and as the only person on the earth authorized to exercise all priesthood keys? Do you sustain the members of the First Presidency and the Quorum of the Twelve Apostles as prophets, seers, and revelators? Do you sustain the other General Authorities and local leaders of the Church?

The Lord has said that all things are to be “done in cleanliness” before Him (Doctrine and Covenants 42:41). Do you strive for



moral cleanliness in your thoughts and behavior? Do you obey the law of chastity?

Do you follow the teachings of the Church of Jesus Christ in your private and public behavior with members of your family and others?

Do you support or promote any teachings, practices, or doctrine contrary to those of The Church of Jesus Christ of Latter-day Saints?

Do you strive to keep the Sabbath day holy, both at home and at church; attend your meetings; prepare for and worthily partake of the sacrament; and live your life in harmony with the laws and commandments of the gospel?

Do you strive to be honest in all that you do?

Are you a full-tithe payer?

Do you understand and obey the Word of Wisdom?

Are there serious sins in your life that need to be resolved with priesthood authorities as part of your repentance?

Do you consider yourself worthy to enter the Lord's house and participate in temple ordinances?