

Assess Your Learning 2

Doctrine and Covenants 6-19

Prepare to study by listening to a hymn or song and saying a prayer. Create a note for this lesson in your seminary notebook. As you study, write any questions you have and look for answers.

Reflecting on and assessing our spiritual learning can help us draw closer to the Savior. This lesson can help you remember and evaluate how your experiences so far in studying the Doctrine and Covenants have helped you grow spiritually.

Assess Your Learning

Think of something you do that requires regular practice. It might be art, a sport, music, or something else.

- How quickly does your progress come in this activity?
- Why is evaluating your progress important? How can it impact your desire to keep practicing?

Regular evaluation of your spiritual growth is just as important. Striving to become like Jesus Christ and Heavenly Father takes daily effort. The Holy Ghost can help you see even subtle progress you have made or help you see where to improve.

Answer the following questions.

- How has what you have learned in the Doctrine and Covenants impacted how you feel about the gospel?

- How have consistent efforts over time influenced your spiritual growth and faith in Jesus Christ?

- If you don't feel you have grown spiritually, what small adjustments might you make in things you do regularly?

Check your growth and feelings about what you have learned so far during this course.

Question 1

Consider the following scenario:

Your friend Hennie became curious about your belief in the Book of Mormon. He asked you to help him understand what the Book of Mormon is and where it came from. You have both decided that you will meet tomorrow to answer his questions.

Consider how you would answer Hennie. You could do some of the following to help you:

- In your own words, tell Hennie the story of how the Book of Mormon came forth. (You might find scriptures that would help you or historical accounts you could summarize.)
- Use images that could help you explain.
- Share feelings or experiences you have about or with the Book of Mormon.

Here are a few resources you could use to help you prepare to talk to Hennie.

- Joseph Smith—History 1
- Doctrine and Covenants 6–19
- Chapters 3–6 of Saints, vol. 1
- The first three chapters of Revelations in Context

Share how you would answer Hennie.

Question 2

Review Doctrine and Covenants 18:1–13.

In a recent lesson, you were invited to ponder more deeply your worth in the sight of God. You may have created a reminder that you would see regularly (like a poster or phone background), engaged in more focused prayer, spent time journal writing, studied your patriarchal blessing, or done something else.

Share your thoughts or feelings about each of the following:

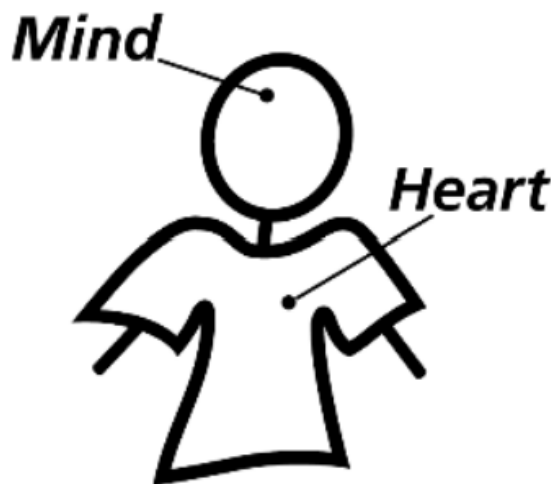
- What did you do to help you ponder more on your worth to God?

- What differences have you noticed recently between how the world determines worth and how God determines worth?

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- What have you learned recently that has confirmed or increased your confidence that you have great worth in the sight of God?
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Question 3

Review [Doctrine and Covenants 8](#). This diagram might look familiar to you.



- How have you applied the principle of revelation taught in [Doctrine and Covenants 8](#)?
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Complete the following statements in the space below.

The most important thing I have learned about revelation from Heavenly Father recently is

A few things that I have tried recently to receive revelation through the Holy Ghost include

Something that seemed to impact my ability to receive revelation was

To further increase my ability to receive revelation from God, I commit to
