

# Preserving My Identity

## *My Spiritual First Aid Kit*

To preserve OUR identity, we must remember who we were and who we still are. First and foremost, we are a daughter or a son of God. He is our Father and Jesus Christ is our brother and Savior.

Prepare a spiritual journal that may include the following:

- *A Life Story and/or a short life sketch*
- *Patriarchal blessing*
- *Other Priesthood blessings*
- *Testimony – what do you know of the principles and doctrines of the gospel of Jesus Christ?*
- *Mission in life – it is your responsibility to know who you are.*
- *Your Gifts of the Spirit*
- *Your personal impressions and teachings of the Holy Ghost*

This journal will become invaluable to you and your posterity. The scriptures are the revelations of the prophets, and this journal should contain personal revelations given to you. Read them regularly to always remember Him, and to have His influence in your personal life. He wants and expects you to have revelation. Just as the brass plates and other revelations given by the prophets, strengthened the people in the Book of Mormon, they testify to us of Christ in these latter days. Your journals will also testify of the doctrine of Christ and strengthen you and your family (see Mosiah 1:3-4).

Keep a notebook by your bed to write things that come to you. The more you seek, the more you will feel the spirit and more will be revealed to you. “That which is of God is light; and 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.

The Holy Ghost is your teacher and revelator. As you are taught, you will have impressions. These impressions come in different ways and at different times. The suggested journal tabbed headings or sections could be the following.

- Prayer impressions
- Temple impressions
- Dreams
- Personal revelations

Many individuals have kept photo albums and scrapbooks of memorabilia, including: places lived, family pictures, positions held, and family events. Think of the influence on your posterity and the legacy you could leave for them by connecting their hearts through writing in your spiritual journals.

- |                           |                        |
|---------------------------|------------------------|
| • To persuade             | • To unify             |
| • To motivate             | • To prepare           |
| • To uplift               | • To direct            |
| • To encourage            | • To remember          |
| • To soften hearts        | • To bear witness      |
| • To teach                | • To express gratitude |
| • To testify              | • To heal              |
| • To correct              | • To entertain         |
| • To create understanding | • To keep perspective  |
| • To strengthen           | • To overcome          |
| • To sustain              | • To forgive           |

Take the time to follow through and complete this journal. It will be truly preserve your identity. And during trials you can be uplifted by your own, inspired writings.

## Preserving My Identity

### *My Spiritual First Aid Kit*

A spiritual first aid kit helps us preserve our identity because the adversary has an identity problem. He wanted the identity of our Heavenly Father and he has been fighting Him ever since. The adversary hates who we were in the pre-mortal existence. He still remembers. He has spent all of earth life to destroy the identity of who we were, who we are and who we can be. One of his goals is to destroy the relationship we have with our Heavenly Father.

Alma 26:6

2 Nephi 25:26

3 Nephi 24:16

Alma 37:9-10

2 Nephi 4:14-16

Moses 6:5-6