
AFFIRMATIONS

from the Relief Society Declaration

I am a beloved spirit daughter of Heavenly Parents.

My life has meaning, purpose, and direction.

I am devoted to Jesus Christ, my Savior and Exemplar.

I increase my testimony through prayer and scripture study.

I seek spiritual strength by following the promptings of the Holy Ghost.

I dedicate myself to strengthening marriages, families, and homes.

I find nobility in motherhood and joy in womanhood.

I delight in service and good works.

I love life and learning.

I stand for truth and righteousness.

I sustain the priesthood as the authority of God on earth.

I rejoice in the blessings of the temple, understand my divine destiny, and strive for exaltation.
