your Patriarcha Dessing



Customize a personal soul statement using words, gifts, and promises straight from your Patriarchal Blessing. Reciting this soul statement as part of your morning routine will help you find happiness and success as you navigate the road that God has laid before you. No more wandering on paths that make you feel unaccomplished, unsuccessful, and full of comparison to others. The words found in your Patriarchal Blessing are a road map from the One who knows you best and loves you most.

M-MF

Words specific about me (e.g., choice daughter, beloved son, noble daughter, valiant disciple)

A-ABILITIES

Abilities Father sees in you (e.g., gift of discernment, counselor, compassionate, hard-working)

P-PERSONAL

Positive and deeply personalized traits Heavenly Father sees in you (e.g., strong, valiant, great worth, loyal, serving, understanding, good influence, faithful)

P-PROMISES

Some of your promises from Heavenly Father are conditional on your actions and choices, others are unconditional. (e.g., sometimes you'll see the words, "I Promise," while other times it may look more like "If you [do such and such] ... then you will [be blessed with]...)

I-INSTRUCTION

Tidbits of instructional information Father wants you to know (e.g., phrases that follow things like "I counsel you to......", "I admonish you to......", "I remind you that......")

N-NFW

Something new that you've never paid attention to before

G-GROWTH

Counsel you feel Heavenly Father gives for your growth or things you could work on

THE STEPS

1

Pray

Pray for Heavenly guidance to know what you need for your life right now.

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Read and mark your patriarchal blessing

Read through your patriarchal blessing and use different colors or a pen to highlight or mark the different aspects. (Important: Use a copy for this part.) If you prefer, you can also skip this step and go straight to step 3.

- Focus less on making things fit into the right categories and more on what feels right to you.
- Remember you don't have to mark and categorize everything, instead highlight or mark what stands out to you today.
- If needed, read your blessing multiple times while marking it up.

3

Write down phrases

Write down each highlighted phrase in its proper category on the following pages. You don't have to write all of them down but focus on the ones that stand out the most.

Write your Soul Statement

Using the phrases you wrote down write your personal Soul Statement.

- Use "I am" statements or present tense statements.
- It's okay to use a concept from a blessing but change the wording (e.g., "specific responsibilities" could be "my specific work on earth")
- Change instruction statements to action statements (e.g., "read your scriptures regularly" would change to "I study the scriptures daily.")
- The first sentence should be an "I am" statement followed by your specific "ME" words. (e.g., I am [title or Me statement], who)

Example sentences

- I am a strong daughter of God who is honest, faithful, and loyal.
- I study my scriptures regularly to gain promised guidance from my Father.
- I am a loyal, kind, and understanding wife and mother.
- I use my spiritual gifts of discernment and faith in Christ to choose the paths that will bring me closest to my Heavenly Father.

PATRIARCHAL BLESSING NOTES

M - Me: Words specific about me (e.g., choice daughter, beloved son, noble daughter, valiant disciple). Hint: often appear as titles and/or nouns
A - Abilities: Abilities Father sees in you (e.g., gift of discernment, counselor, compassionate, hard-working, assist in gathering Israel). Hint: often seen as a verb phrase, action, or spiritual gift.
P Personal: Positive traits Heavenly Father sees in you that are deeply personalized to you. These are an integral part of your personal soul statement (e.g., strong, valiant, great worth, loyal, serving, influential, faithful). Hint: often adjectives or describing words

P - Promises: Specific things Heavenly Father has promised you. (e.g., phrases that follow things like "I promise you that"). Hint: You might also see "IfThen" statements like "If you then you will	
I Instruction: Tidbits of instructional information Father wants you to know (e.g., phrases that follow things like "I promise you that", "I counsel you to", "I admonish you to", "I remind you that"). Hint: often a command or counsel	
N - New: Find something new that you've never paid attention to before. Seek for some statement that seems obscure and minimal and contemplate what it might mean concerning the direction Father wants you to go. Hint: often revelation or a prompting to you today. You may or may not use this in your soul statement.	
G - Growth: What counsel do you feel Heavenly Father is giving for your growth? What things do you pull out of your blessing that you feel you could work on? How can this help you to grow? Hint: this may or may not be used in your statement, but if you do use it, write the sentence as if you are already doing it.	

My Personal Soul	Statement
	_ I AM
	TWO OF THE
	MOST POWERFUL
	WORDS IN EXISTENCE. FOR
	WHAT YOU PUT
	AFTER THEM, YOU
	BECOME.
	L AM