

A Guide To Returned Mission Service
Exalt My Daughters

D&C 132:19



"Therefore shall a man leave his father and his mother, and shall cleave unto his wife; and they shall be one flesh." (Moses 3:24)

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Table of Contents.

First Presidency Message On “The Family” - A Proclamation To The World.

Introduction: How Can I Best Use Exalt My Daughters?

1. What Is My Purpose as a Returned Missionary?
2. How Do I Effectively Plan A Date?
3. What Do I Study And Do While I am Single And Looking For my Wife?
4. How Do I Recognize my future Husband/Wife?
5. What Is the Role of the Book of Mormon In Our Relationship?
6. How Do I Develop Christlike Attributes That My Wife Will Want Me To Have?
7. How Can I Better Understand Women?
8. How Do I Use Time Wisely On Dates?
9. How Do I Find People to Date?
10. How Can I Improve My Flirting Skills?
11. How Do I Help Girls Accept Date Invites?
12. How Do I Prepare Girls for “The Question”
13. How Do I Work with Stake and Ward Leaders To Find My Wife?

The First Presidency Message On Family.

THE FAMILY

A PROCLAMATION TO THE WORLD

THE FIRST PRESIDENCY AND COUNCIL OF THE TWELVE APOSTLES
OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

WE THE FIRST PRESIDENCY and the Council of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints, solemnly proclaim that marriage between a man and a woman is ordained of God and that the family is central to the Creator's plan for the eternal destiny of His children.

ALL HUMAN BEINGS—male and female—are created in the image of God. Each is a beloved spirit son or daughter of heavenly parents, and, as such, each has a divine nature and destiny. Gender is an essential characteristic of individual premortal, mortal, and eternal identity and purpose.

IN THE PREMORTAL REALM, spirit sons and daughters knew and worshiped God as their Eternal Father and accepted His plan by which His children could obtain a physical body and gain earthly experience to progress toward perfection and ultimately realize his or her divine destiny as an heir of eternal life. The divine plan of happiness enables family relationships to be perpetuated beyond the grave. Sacred ordinances and covenants available in holy temples make it possible for individuals to return to the presence of God and for families to be united eternally.

THE FIRST COMMANDMENT that God gave to Adam and Eve pertained to their potential for parenthood as husband and wife. We declare that God's commandment for His children to multiply and replenish the earth remains in force. We further declare that God has commanded that the sacred powers of procreation are to be employed only between man and woman, lawfully wedded as husband and wife.

WE DECLARE the means by which mortal life is created to be divinely appointed. We affirm the sanctity of life and of its importance in God's eternal plan.

HUSBAND AND WIFE have a solemn responsibility to love and care for each other and for their children. "Children are an heritage of the Lord" (Psalms 127:3). Parents have a

sacred duty to rear their children in love and righteousness, to provide for their physical and spiritual needs, to teach them to love and serve one another, to observe the commandments of God and to be law-abiding citizens wherever they live. Husbands and wives—mothers and fathers—will be held accountable before God for the discharge of these obligations.

THE FAMILY is ordained of God. Marriage between man and woman is essential to His eternal plan. Children are entitled to birth within the bonds of matrimony, and to be reared by a father and a mother who honor marital vows with complete fidelity. Happiness in family life is most likely to be achieved when founded upon the teachings of the Lord Jesus Christ. Successful marriages and families are established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities. By divine design, fathers are to preside over their families in love and righteousness and are responsible to provide the necessities of life and protection for their families. Mothers are primarily responsible for the nurture of their children. In these sacred responsibilities, fathers and mothers are obligated to help one another as equal partners. Disability, death, or other circumstances may necessitate individual adaptation. Extended families should lend support when needed.

WE WARN that individuals who violate covenants of chastity, who abuse spouse or offspring, or who fail to fulfill family responsibilities will one day stand accountable before God. Further, we warn that the disintegration of the family will bring upon individuals, communities, and nations the calamities foretold by ancient and modern prophets.

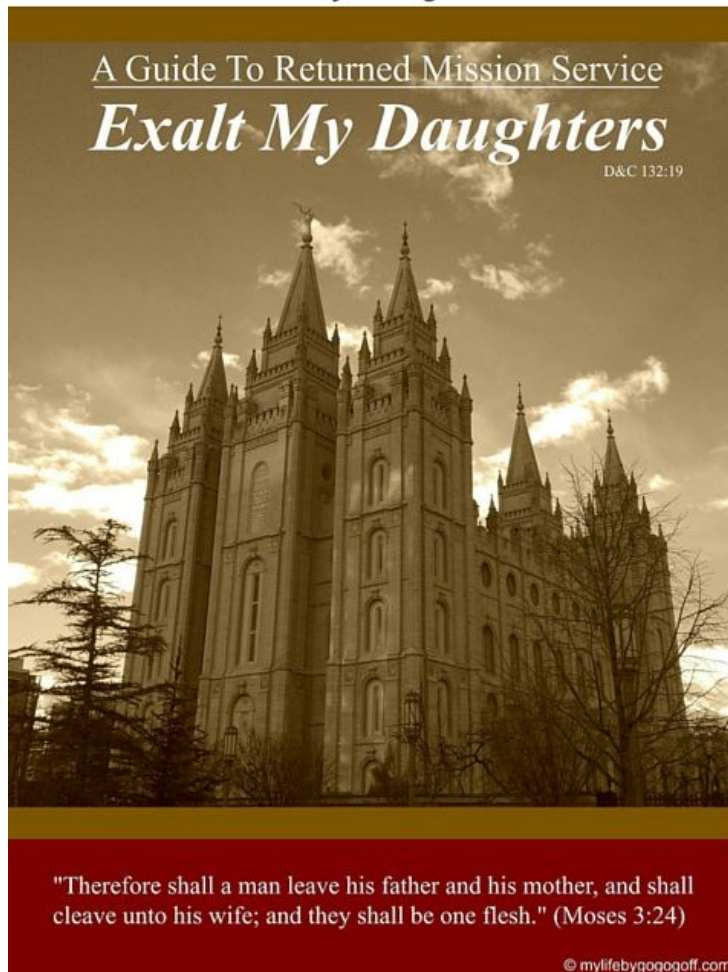
WE CALL UPON responsible citizens and officers of government everywhere to promote those measures designed to maintain and strengthen the family as the fundamental unit of society.

This proclamation was read by President Gordon B. Hinckley as part of his message at the General Relief Society Meeting held September 23, 1995, in Salt Lake City, Utah.

Introduction:

How Can I Best Use Exalt My Daughters?

Exalt My Daughters



Exalt My Daughters is designed to help all returned missionaries, but it is focused on helping Elders. You can treat Exalt My Daughters as the ultimate guide to dating. For Elders, and by Elders.

As you study the advice from other returned missionaries, and the words of the Prophets It is important to always

remember that no one can receive personal revelation from you. Not all aspects of this guide are going to apply to all situations, whereas Prach My Gospel was written on "The Other side of the veil" Exalt My Daughters was not, it was written on this side of the veil, but it incorporates eternal truths about missionary work, dating, women, and marriage.

Chapter 1.

What Is My Purpose as a Returned Missionary?

Your Purpose:

Is to faithfully walk the path of discipleship by following the Prophet, and keeping all your covenants. Continue living, and sharing the gospel, and prepare to be a righteous Father/Mother in Zion, and to raise an eternal family.



Returned missionaries often struggle when they return home, one of the great reasons for this is a loss of purpose. As a missionary our purpose was clear, but as a returned missionary we are thrust back into the "real world."

But with a focus on the purpose of returned missionaries, we can make sure that we are focusing on the most important aspects of the Gospel, starting an eternal family.

Just like with missionary work, your efforts can not be based on the acceptance of others for your invitations to learn more, but upon your efforts to extend those invitations.

Chapter 2.

How Do I Effectively Plan A Date?



In February of 2016 President and Sister, Holland taught the three P's of successful dating to the Institute at UVU.

Planned ahead.

A date should have a plan, it does need to be elaborate, but, at least, a general idea. It is advised to be inexpensive.

Paid For.

If the date costs money it is the job of the man (if the man asked) to pay for the costs of the date. Don't date dutch.

Paired Off.

If you are not paired off, you are not really dating, the time for hanging out/group dating was Highschool. It's time to date.

Chapter 3.

What Do I Study And Do While I am Single And Looking For my Wife/Husband?

"To you single women and men who wish to be married I say this, Do not give up hope. And do not give up trying. But do give up being obsessed with it. The chances are that if you forget about it and become anxiously engaged in other activities, the prospects will brighten immeasurably."

Gordon B. Hinckley

Study the words of the Prophets, and the Book of Mormon. Learn about the Temple, and the importance of marriage, but do not obsess about it. Take advantage of this once in a life chance to learn, grow and live!

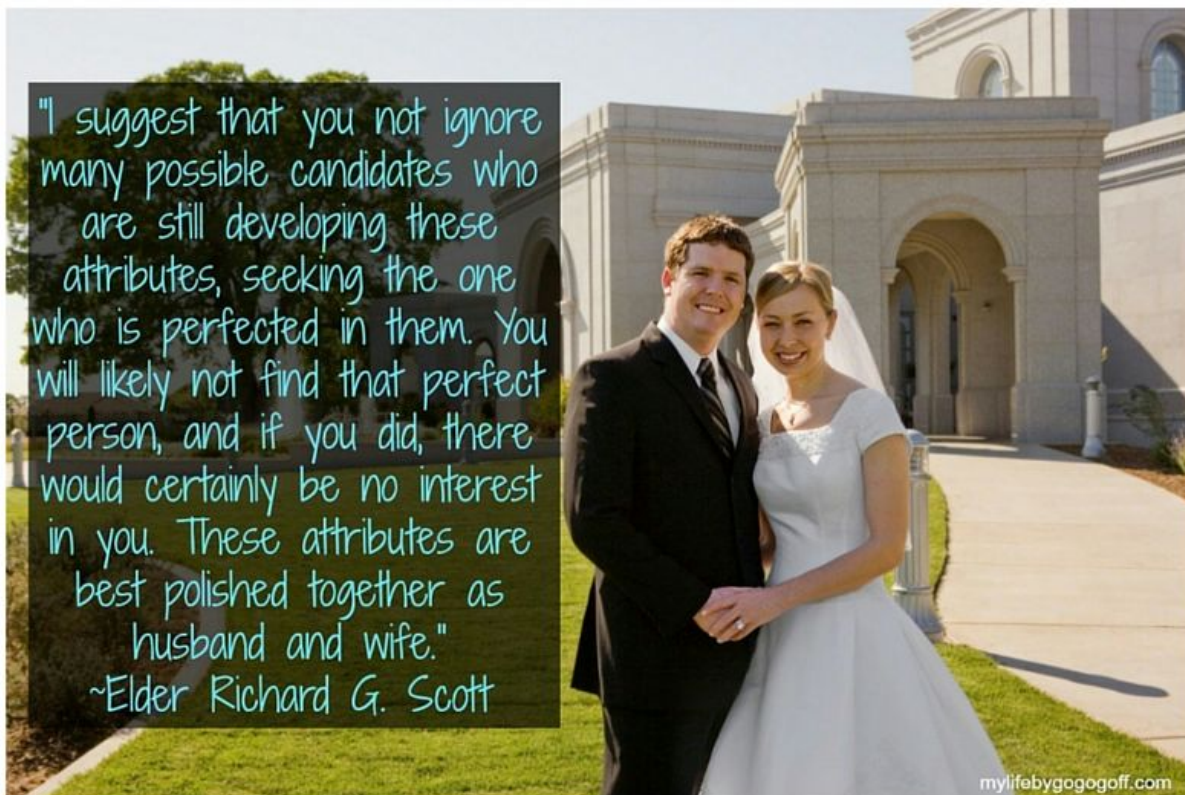
Try something it does not matter how big or small it is, if you've always wanted to do it, or if you've always been afraid there is no time like the present to try something new! Remember, you're only single once (#yoso) so make the most of it!

Chapter 4.

How Do I Recognize my future Husband/Wife?

In dating ask yourself, does this person have what I am looking for in a spouse? Often the very attributes we disregard a women/men we are dating we will long for in our future spouse, and mother/father of our children.

In dating, we should look for and value the type of spouse we want. And we should strive to become the type of person they would want to be married to!



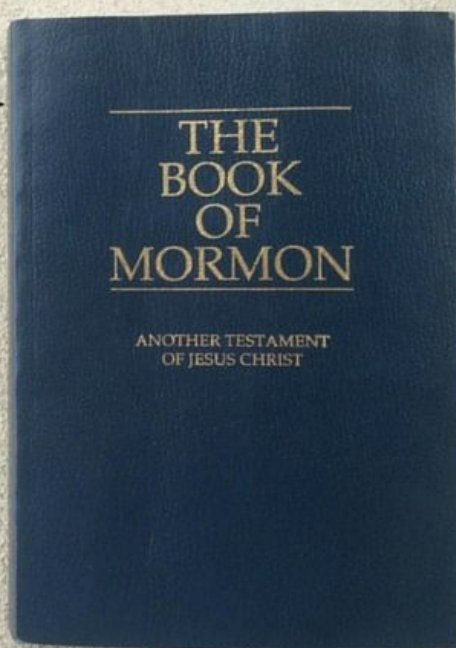
Chapter 5.

What Is the Role of the Book of Mormon In Our Relationship?

The Book of Mormon is designed to do two main things for us, center us in Christ, and warn us of pride. In dating use the Book of Mormon as a yardstick, if your date does not follow the teachings established in it, that is a red flag.

We must always remember in life our first commitment is to God, then our spouse, then our children.

“Every Latter-day Saint should make the study of this book a lifetime pursuit. Otherwise he is placing his soul in jeopardy and neglecting that which could give spiritual and intellectual unity to his whole life. There is a difference between a convert who is built on the rock of Christ through the Book of Mormon and stays hold of that iron rod, and one who is not”
~Ezra Taft Benson



Chapter 6.
How Do I Develop Christlike Attributes
That My Wife Will Want Me To Have?

To learn what attributes that our wife will want us to have
simply refer to the words of Jesus Christ in the Sermon on
the mount. Matthew 5:48



BE YE THEREFORE
PERFECT, EVEN AS YOUR
FATHER WHICH IS IN
HEAVEN IS PERFECT.
MATTHEW 5:48

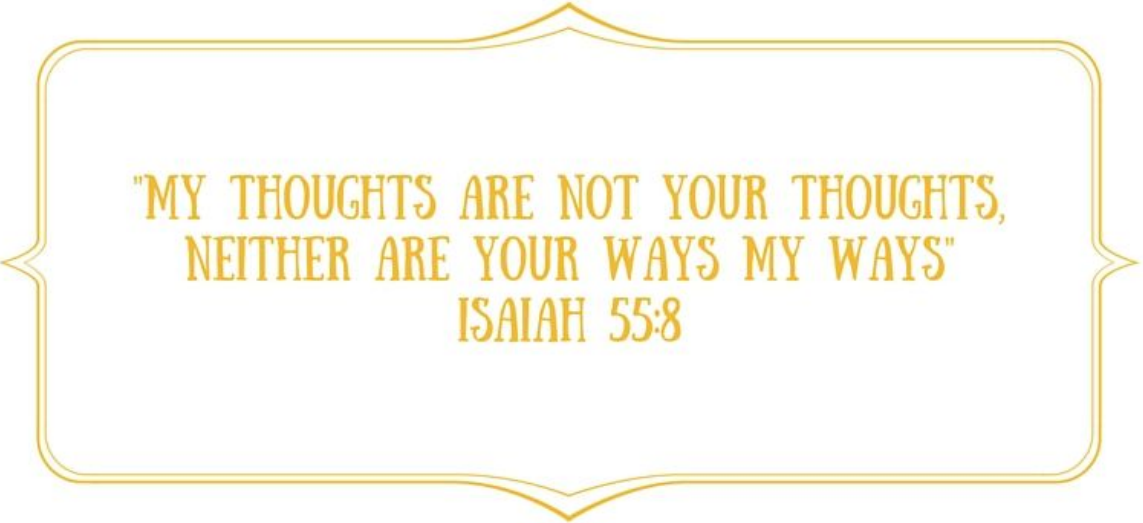
Chapter 7.

How Can I Better Understand Women?

Nice try.

If I understood this I would either be filthy rich, or Diety.

This verse can nicely apply.



"MY THOUGHTS ARE NOT YOUR THOUGHTS,
NEITHER ARE YOUR WAYS MY WAYS"
ISAIAH 55:8

Chapter 8.

How Do I Use Time Wisely On Dates?



The biggest mistake I see in dating is the idea of going to a movie. Really, it is one of the worse ideas, as it prevents talking. To quote an apostle.

"Dating is the opportunity for lengthy conversations. When you date, learn everything you can about each other. Get to know each other's families when possible. Are your goals compatible? Do you share the same feelings about the commandments, the Savior, the priesthood, the temple, parenting, callings in the Church, and serving others? Have you observed one another under stress, responding to success and failure, resisting anger, and dealing with setbacks? Does the person you are dating tear others down or build them up? Is his or her attitude and language and conduct what you would like to live with every day?"

~Robert D. Hales

Chapter 9.

How Do I Find People to Date?



The best finding advice is actually Chapter 9 of Preach my gospel, with everything applied to dating, referrals, formers. For example take the "Consider this" section.

What does it mean to “find them that will receive you”?

How do I increase my faith to find people to date?

Why should I involve members in my finding efforts?

What is the relationship between finding and dating?

What is the role of service in finding people to date?

What are some ideas for finding people to date
that I have not yet tried?

Chapter 10.

How Can I Improve My Flirting Skills?

Talking, let alone flirting with girls is something a lot of returned missionaries struggle with. For two years we were trying not to flirt, and now we need to flirt.

Remember, even if you "win" an argument you normally lose. Ironically the best flirting advice I got was the following.

"It is better to be interested than to be interesting."
~Ann Dalton



Chapter 11.

How Do I Help Girls Accept Date Invites?

Getting a girl to say yes to a date is one of the hardest things, one of the only things that is harder is to get her to say yes to a second date. Luckily Elder Ballard gave us a silver bullet, I've only been turned down once by using this strategy.



"Don't text her! Use your own voice to introduce yourself to the righteous daughters of God who are all around you. To actually hear a human voice will shock her—perhaps into saying yes."

Elder M. Russell Ballard

Chapter 12.

How Do I Prepare Girls for “The Question”?

To borrow from a popular song.

"If you like it, then you should put a ring
on it"
If after dating you feel that she might be the one for you,
then don't play with fire and ask her!
What's the worse that could happen?



Chapter 13.

How Do I Work with Stake and Ward Leaders To Find My Wife?

Your Ward and Stake leaders will provide a chance to have callings, and magnify them. Heed their counsel, and watch as miracles happen.



I hope you enjoy Exalt My Daughters a satirical guide to returned missionary work. Have a laugh, and share it with a friend if you liked it.