

## Ideas for Spiritual Growth



### What Are Your Ideas?

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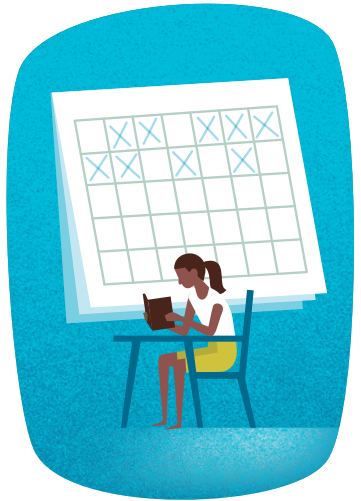
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### Read the Book of Mormon Every Day

Make a habit of reading every day, even if it is just a few verses.



### Prepare to Go to the Temple

Learn and live "My Gospel Standards" (page 63), and invite others to do the same.





### Learn the Articles of Faith

Memorize the Articles of Faith (page 62), and learn what they mean.

### Improve Your Prayers

Before you pray, think about what you are grateful for and what you need help with.



### Thank Heavenly Father for Your Blessings

Write down three things you are thankful for. Try to write three new things each day.



### Keep the Sabbath Day Holy

Decide what you can start doing or stop doing to make the Sabbath a special day.

### Serve Someone

Look for ways to help someone in your family, at school, or at church.



### Do Family History

Write a letter to a grandparent, aunt, or uncle. Ask them to tell you a story about when they were your age.



### Share the Gospel

Talk to a friend about the gospel. Invite your friend to church or to an activity.

**Teach the Gospel**  
Teach your favorite scripture story to your family. Act it out or draw pictures to help you teach.



### Sing a Primary Song

Sing with a family member. Notice how listening to good music makes you feel.