

PURSUIT OF DISCIPLESHIP

DAILY PRACTICE:

S M T W T F S

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WEEKLY PRACTICE:

*“The Church of Jesus Christ of Latter-day Saints is structured to provide opportunities to **practice** the fundamentals of discipleship.”*

DIETER F. UCHTDORF

DAILY IDEAS

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|--------------------------|--------------------------|
| Morning prayer | Positive affirmation(s) |
| Evening prayer | Gratitude |
| Family prayer | Journal |
| Companionship prayer | Act of service |
| Study in Come, Follow Me | Connect with a loved one |
| Read the Book of Mormon | |
| Meditation / Stillness | |

WEEKLY IDEAS

- Family night
- Record your testimony
- Study general conference
- Family history
- Prepare for the sacrament
- Connect with ministering sister