

SERVE GOD  
WITH ALL YOUR

**MIND**



### Serve with All Your Mind

“The power to think is a gift from God. . . . The way we think greatly affects attitudes and behavior, as well as our standing after this life” (Guide to the Scriptures, “Thoughts,” [scriptures.lds.org](https://www.scriptures.lds.org)). Our minds help us learn and change for the better—if we seek after good things. Here are some ideas for serving God with all your mind:

- Study the scriptures and the words of prophets.
- Think positive thoughts about others and yourself.
- Seek knowledge, especially of edifying things.
- Choose wholesome and uplifting entertainment.
- Research something important to you—for example, an event in Church history or an ancestor.
- Focus your thoughts on the Savior during the sacrament.
- Keep a journal and review it periodically.

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