

Fuel Your Torch: The 30-Day Trial

For youth in the Church with busy lives, it can be easy to get stuck in a rut of routine, especially with spiritual things. We read our scriptures, pray, and worship the same way almost every day and then wonder why we seem to be in a spiritual slump.

One of the best ways to keep your spiritual torch burning brightly is to make sure you're having meaningful spiritual experiences. But that is easier said than done, so here is a suggestion to help you continue to spiritually progress: Think of a gospel-related activity you've never done before (or hardly ever do) and commit to doing it every day for a month. You can start small because you'll find that it's easier to turn small



changes into lasting ones. Doing things that take us out of our spiritual comfort zone might require more faith and effort on our part, but when we do them, we are inviting the Holy Ghost to be with us, and we are showing greater faith in Heavenly Father and a desire to draw nearer to Him. Here are a few ideas to get you started:

- Make a goal to say your prayers morning and night. Try praying out loud.
- Wake up 15 minutes early and read your scriptures before school.
- Read past general conference talks.
- Post a scripture from the Book of Mormon on social media.
- Listen to hymns or Church music instead of your regular music.

CHILDREN

Make Your Torch Brighter

A long time ago in Greece, there was a race where the runners held lit torches. Whoever ran the whole race with the torch still lit was the winner. President Uchtdorf says

life is like that race. The torch we hold is the Light of Christ. When we try to be like Jesus Christ, we make our torches burn brighter.

Smile or say hi to someone who looks lonely

Stay angry at someone

Take care of your body

Make fun of your brother or sister

Obey the prophet

Give up when you make a mistake

Help someone



Color in the circles of things this boy can do to be like Jesus and make his torch brighter.