

COUNTDOWN TO CONFERENCE:

Ignite your spiritual momentum

A 4-WEEK COUNTDOWN TO GENERAL CONFERENCE

*“**Momentum** is a powerful concept. We all have experienced it in one form or another—for example, in a vehicle that picks up speed or with a disagreement that suddenly turns into an argument.*

*So I ask, what can ignite **spiritual momentum**? We have seen examples of both positive and negative momentum. We know followers of Jesus Christ who became converted and grew in their faith. But we also know of once-committed believers who fell away. Momentum can swing either way.”*

—PRESIDENT RUSSELL M. NELSON
“THE POWER OF SPIRITUAL MOMENTUM”
APRIL 2022 GENERAL CONFERENCE

The suggested activities in this guide are based on President Nelson’s five suggestions for maintaining positive spiritual momentum:

MONDAY: Get on the covenant path and stay there

TUESDAY: Discover the joy of daily repentance

WEDNESDAY: Learn about God and how He works

THURSDAY: Seek and expect miracles

FRIDAY: End conflict in your personal life

Each Sunday’s suggested activity centers on the idea of momentum.

FIND LINKS TO TALKS, VIDEOS, AND RESOURCES AT [LDSLIVING.COM/MOMENTUM](https://www.lds.org/living/momentum)

LDSLiving

WEEK 1 (SEPTEMBER 4 – 9)

SUNDAY: Consider beginning your countdown by studying President Nelson's talk, "The Power of Spiritual Momentum." Think about why you desire to ignite your spiritual momentum for the next four weeks.

MONDAY: Read "The Covenant Path: The Way to Eternal Life," by Elder Adeyinka A. Ojediran from the April 2022 general conference. Then determine what your next step on the covenant path will be. Write down one thing you will do to prepare to take that step.

TUESDAY: Listen to the hymn "I Stand All Amazed," and ponder how repentance has been "wonderful" in your life.

WEDNESDAY: Watch the videos "The Nature of God" and "Earthly Father, Heavenly Father" on the Church's website.

THURSDAY: Read the Topical Guide entry for "Hope." Write down what you learn about how hope relates to seeking and expecting miracles.

FRIDAY: Watch Sister Wendy Nelson's 2021 Utah Valley University commencement address on contention.

WEEK 2 (SEPTEMBER 11 – 16)

SUNDAY: In Elder Uchtdorf's April 2022 address "Our Heartfelt All," read the two sections titled "Lift: Like Flying an Airplane" and "Sacrifice and Consecration." Think about how sacrifice and consecration can help you maintain spiritual momentum.

MONDAY: Spend some time exploring the Church's temples website. Specifically, it might be helpful to review the different aspects of temple worship and what prophets have said about them. You might also consider how you can renew your commitment with God to keep your covenants.

TUESDAY: Watch the video "Repentance: A Joyful Choice," which shares a story told by Elder Dale G. Renlund about the joy he felt repenting as a young boy.

WEDNESDAY: Much of what we know about the nature of God is thanks to Joseph Smith. Watch the video "Teachings of Joseph Smith: The Nature of God" and ponder what we understand about God's nature because of the Prophet Joseph's experiences.

THURSDAY: Read or watch Sister Susan Tanner's talk "Expect, Recognize, Appreciate Miracles." Write down one miracle you need right now.

FRIDAY: Listen to the *All In* podcast episode with Melaney Tagg for a real-life example of one woman's efforts to promote peace in her community.

WEEK 3 (SEPTEMBER 18 – 23)

SUNDAY: Watch the Tabernacle Choir's *Spoken Word* video about Inertia and Momentum on YouTube. Discuss what it teaches about the power of momentum.

MONDAY: Study the quotes on covenants found in the *Eternal Marriage Student Manual* and write down at least one thing you learn.

TUESDAY: Read "The Divine Gift of Repentance" by Elder D. Todd Christofferson. Consider how you can apply each of his "five aspects of [the] fundamental gospel principle" of repentance.

WEDNESDAY: Watch the video titled "What do we learn about the nature of God from the First Vision?" in which President Henry B. Eyring and Elder Jeffrey R. Holland discuss the nature of God.

THURSDAY: Read the Bible Dictionary definition of "Miracles." Listen to or sing the song "The Miracle" by Shawna Edwards.

FRIDAY: Read a chapter from *The Peacegiver* by James Ferrell. If you don't have the book, watch the TedTalk by the author.

WEEK 4 (SEPTEMBER 25 – 30)

SUNDAY: Several BYU-Pathway Worldwide students shared their experiences with seeking to follow the prophet's counsel. You can read their experiences on the BYU-Pathway blog. Consider how seeking to gain spiritual momentum over the last three weeks has blessed your life. You might even write your feelings down.

MONDAY: Ponder how you can improve your temple experience—or how to help someone you love have a more positive temple experience—as you watch the Instagram Live interview with Melinda Wheelwright Brown on the *All In* Instagram account (@allin.podcast). If you'd like to learn more, check out Melinda's book, *Eve and Adam*.

TUESDAY: Read the excerpt, "The crucial step we sometimes miss when talking about repentance" from Elder Neil L. Andersen's book *The Divine Gift of Forgiveness* on LDS Living's website.

WEDNESDAY: Each day for the next week, write down how you have seen the hand of God in your life.

THURSDAY: Watch two videos (see ldsliving.com/momentum for links) featuring families affected by the Cokeville bombing and the Sandy Hook shooting. Discuss with a loved one why sometimes miracles seem to save us in the way that we hope, while other times the miracle is different from what we expect.

FRIDAY: Read "The Canker of Contention" by President Russell M. Nelson. Determine one person you would like to develop a better relationship with, and write down the first step you will take in reaching out.