



“[We] can and should excel in living and sharing [our] testimonies of the Lord Jesus Christ and His restored gospel. We do this as we:

1. Make and keep covenants with Him.
2. Are worthy and worship in His temples.
3. Study His doctrine in the scriptures and the words of prophets.
4. Qualify for, recognize, and follow the Holy Ghost.
5. Share and defend His gospel.
6. Participate in sincere personal and family prayer.
7. Have family home evening.
8. Live principles of self-reliance and provident living.

These are essential things, which must be done before nonessential things. These are simple, indispensable practices that almost seem mundane when we talk about them. No one can do these things for us—these are personal practices and habits that set us apart as strong and immovable for that which is correct.”

(Julie B. Beck, Relief Society general president - Jan 2009 Visiting Teaching Message)



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