

14-WEEK BOOK OF MORMON CHALLENGE

14-Topic Personal Study Challenge of 30 Minutes a Day

This personal study challenge goes out to youth especially, but can just as easily be used by adults & parents. We hope that you will bring to greater light the selected 14 topics in your own lives.

1. Set aside 30 minutes each day for personal scripture study—the goal is not quantity of pages, but quantity of time (search, ponder, and pray); track of your progress here
2. Begin and end your individual study with sincere prayer
3. Make *True to the Faith* (TF) reading a part of your study—notice that it's written *to you*
4. Make the seminary *Scripture Mastery* (SM) taken from the Book of Mormon and the Old Testament* a part of your study—even try to memorize some, if not all of them
5. Ask yourselves those searching questions suggested each week or others you come up with as you ponder and pray
6. As part of the 30 minutes, write your inspired thoughts and personal revelation from the Holy Ghost into your personal journal
7. There is no requirement to stick to the suggested scriptures or resources, nor should you avoid searching out your own answers through other cross-references. Let the Holy Spirit guide you!

Keys to Success

If you are including or focusing on *Scripture Mastery* (SM) selections individually or with your family, help yourself and family members learn the background and context, and you may even want to memorize some of the scriptures together (Study Cards with background/context can be viewed or ordered at <http://seminary.lds.org/>, see the *Scripture Mastery* link). Encourage family members to keep a personal journal to record thoughts and personal revelations. The key success out of this challenge will be to establish habits of daily study in your personal lives and as families. They say 30 days makes a habit! Try it. Do it. The rewards will be great!

Stick to the Basics

Elder Bednar delivered a talk in 2007 in which he covered the various aspects of scripture study through *reading* ([Mosiah 1:5](#)), *studying* ([D&C 26:1](#)), *searching* ([John 5:39](#); [Alma 17:2](#)), and *fasting* ([2 Nephi 32:2](#)). Keep in mind these words from him as you consider your approach to studying the scriptures: **“You and I do not need sophisticated study aids and should not rely extensively upon the scriptural knowledge of others. We simply need to have a sincere desire to learn, the companionship of the Holy Ghost, the Holy Scriptures, and an active and inquiring mind.”** ([“A Reservoir of Living Water”](#), Elder David A. Bednar, Feb. 4, 2007.)

Elder Bednar also mentions that a good first step (if you haven't already done so) is to read the Book of Mormon from beginning to end. Some of our new members, and Deacons or Beehives may wish to make that their first challenge. An evenly paced schedule is another 14-week challenge laid out for you. May we all “press forward with a steadfastness in Christ” ([2 Ne. 31:20](#)).

* At the time of creation of this program the Old Testament was the course of study for the coming year in seminary. More Scripture Mastery selections will get added later.

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Week 1 – A sincere desire to learn

Do I have a motivation in my life to read the scriptures? If yes, what is it, and is it enough that I'm willing to replace other pleasures and pastimes—including TV & video games—with scripture study? If I don't have a motivation, what is my ultimate destination in life? Who do I love most in my life? What kind of person do I want to marry? Will I have children to influence? Do I have close friends? Is blessing any one of these lives today or into the future enough to motivate me to study the scriptures today?

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[1 Nephi 1-2, 11](#); [Mosiah 18](#); [Alma 32](#); [3 Nephi 23](#); **TF:** [Agency](#), [Education](#), [Gratitude](#), [Justice](#), [Scriptures](#)
SM: [Alma 32:21](#); [Joshua 1:8](#)

Week 2 – Develop a closer relationship with Heavenly Father and Jesus Christ

[John 17:3](#) reads “And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent.”; and [John 7:17](#) reads “If any man will do his will, he shall know of the doctrine, whether it be of God or whether I speak of myself.” Am I doing the Lord's will to get to know Him better or am I trying in some other way? How well do I know Him? Will I rejoice to see the Savior and Heavenly Father some day because I am like them? What will it take to maintain or get His image to be reflected in my actions, being, and countenance?

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[1 Nephi 10](#); [Alma 5](#); [3 Nephi 17](#); **TF:** [Conversion](#), [God the Father](#), [Jesus Christ](#), [Prayer](#), [Sacrament](#)
SM: [3 Nephi 27:27](#); [Moroni 7:16-17](#); [Genesis 1:26-27](#); [Isaiah 55:8-9](#)

Week 3 – Exercise the Gift of the Holy Ghost and obtain personal revelation

I have the gift of the Holy Ghost, but am I exercising it daily, and is my ability to listen and do as it tells me? For what kinds of decisions do I need the guidance of the Holy Ghost? How does the Lord expect me to use the Holy Ghost to stay close to Him? Am I really entitled to personal revelation? What revelations have I received lately?

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[1 Nephi 5, 11, 16](#); [2 Nephi 10, 32](#); [Alma 37](#); [3 Nephi 19](#); [Mormon 9](#); [Moroni 10](#); **TF:** [Conscience](#), [Holy Ghost](#), [Light of Christ](#), [Revelation](#), [Spiritual Gifts](#)
SM: [Alma 37:6-7](#); [Joshua 24:15](#)

Week 4 – What has God promised to me if I'm faithful?

Are there promises God has made to me that I can find in the scriptures? How much do these promises mean to me? Do I really believe the Lord will do as he promises? What do I have to do to obtain the promises given? Is it a hard choice for me? Do I really want what the Lord has promised me?

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[2 Nephi 3](#); [3 Nephi 1, 11](#); **TF:** [Covenant](#), [Foreordination](#), [Ordinances](#), [Peace](#), [Word of Wisdom](#)
SM: [Helaman 5:12](#); [Ether 12:27](#); [Abraham 3:22-23](#); [Amos 3:7](#)

Week 5 – “For we know that deliverance is nigh” (*We Thank Thee, O God, for a Prophet*)

The Book of Mormon is full of deliverance episodes from earthly captors; who are my captors? Have I been delivered from them in the past, even by my own ancestors? What's the spiritual parallel I can take from my ancestor's experiences or the experiences recorded in the Book of Mormon? Do I need deliverance now? Is there any deliverances to come that I will even witness?

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[Mosiah 19-22](#); [Alma 54-55](#) **TF:** [Family](#), [Family Home Evening](#), [Marriage](#), [Prophets](#), [Relief Society](#), [Welfare](#)
SM: [Jacob 2:18-19](#); [Ether 12:6](#); [Exodus 33:11](#); [Daniel 2:44-45](#)

Week 6 – “A love... of all men” ([2 Nephi 31:20](#))

What does it mean to have a love of all men? Can I be saved without it? Why should my own salvation have to be tied up with others? Where am I lacking in a love for all? Does it hurt me to ignore this command? How would my life change if I practiced such love?

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[Enos](#); [Mosiah 2-3, 28](#); [Moroni 7](#); **TF:** [Forgiveness](#), [Judging Others](#), [Love](#), [Service](#), [Unity](#)
SM: [Mosiah 2:17](#); [Moroni 7:45](#); [Leviticus 19:18](#); [1 Samuel 16:7](#)

Week 7 – “Exercise your faith unto repentance” ([Alma 34:17](#))

Why does true repentance also require faith? Do I have enough faith to be repenting (becoming a little bit better) every day? Do I repent of the all the sins I commit, and of all the things I fail to do (sins of omission)? Can I reach a point where it's too late to repent? Is it possible that Heavenly Father loves me less because of the sins I've committed? Do I really believe in the healing power of the atonement when I repent?

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[Mosiah 26](#); [Alma 34](#); [Ether 12](#); [Moroni 6](#); **TF:** [Death - Spiritual](#), [Faith](#), [Gospel](#), [Repentance](#), [Signs](#), [Sin](#)
SM: [Mosiah 3:19](#); [Alma 34:32-34](#); [Job 19:25-26](#); [Isaiah 1:18](#)

Week 8 – “The Lord requireth the heart and a willing mind” ([D&C 64:33-34](#))

Am I an active member of the Church? Why does the Lord require more than just that I don't commit any sins? What does the heart and a willing mind drive me to do in my life? How do I maintain a balance in my life between all that the Lord expects and my other obligations?

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[Mosiah 4-5](#); [Alma 53, 56-58](#); [3 Nephi 12-14](#); **TF:** [Baptism](#), [Chastity](#), [Honesty](#), [Reverence](#), [Sabbath](#), [Sacrifice](#), [Ten Commandments](#), [Tithing](#), [Worship](#)
SM: [2 Nephi 32:3](#); [Mosiah 4:30](#); [Exodus 20:3-17](#); [Malachi 3:8-10](#)

Week 9 – I need to understand better what's up in these latter days I live in

What's unique about the latter days that I live in as opposed to even the times that my parents have lived through? Are there different challenges that I face as a youth? Commandments that are more challenging than others to follow? Why should I be glad and thrilled at the chance to live in these latter days instead of depressed?

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[1 Nephi 8, 12-14](#); [2 Nephi 9, 12-14](#); [Ether 13](#); [Mormon 7-8](#); [Moroni 8-9](#); **TF:** [Body Piercing](#), [Debt](#), [Gambling](#), [Happiness](#), [Homosexuality](#), [Millennium](#), [Profanity](#), [Second Coming of Jesus Christ](#), [Tattooing](#), [War](#)
SM: [2 Nephi 9:28-29](#); [Moroni 10:3-5](#); [Moses 1:39](#); [Deuteronomy 7:3-4](#)

Week 10 – Strength against Satan

The Savior said, “verily, verily, I say unto you, ye must watch and pray always lest ye enter into temptation; for Satan desireth to have you, that he may sift you as wheat.” ([3 Nephi 18:18](#)) Why does Satan desire to bring me down? (See [2 Nephi 2:27](#)) How can I combat the temptations Satan brings my way? Can Satan control what I do? (See [Alma 13:28](#); [1 Cor. 10:13](#)) What things can I do a little better to have greater strength against Satan? Are there things I can

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avoid? Places? Music? TV shows? Internet sites? How about things I should seek in some places and media?

1 Nephi 17; 2 Nephi 24, 28; Alma 13, 48; **TF:** Adversity, Hell, Modesty, Obedience, Pornography, Satan, Temptation

SM: 2 Nephi 28:7-9; 2 Nephi 32:8-9; Moses 7:18; Genesis 39:9

Week 11 – Believe Christ or trust in the arm of flesh? That is the question

When I say I believe in Christ, do I mean that I believe he existed or do I really

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believe Christ and what he's promised me if I repent and rely on His atonement? Who's the other side drawing me away from believing Christ? Has that other side gotten through to me in any small or tiny way? Do I find myself doubting Christ's promises or that His atonement really means something in my life? How do I remove all doubt and believe Christ?

1 Nephi 3-4, 6-7; Alma 36; **TF:** Eternal Life, Grace, Hope, Mercy, Resurrection, Salvation

SM: 1 Nephi 3:7; 2 Nephi 2:27; Psalms 24:3-4; Proverbs 3:5-6

Week 12 – Open your mouth and share what you know (D&C 60:2)

Is it enough for me just to know the gospel for myself? Why can't I be saved alone and not worry about others' salvation? If I follow the Savior's teaching to "love one another", just how much am I willing to sacrifice my own "comfort zone" to show that love? to stand up for the truth?

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2 Nephi 2; Mosiah 17; Alma 17-18, 26, 31, 44; **TF:** Fasting, Humility, Joseph Smith, Missionary Work, Teaching the Gospel, Testimony

SM: 3 Nephi 11:29; Isaiah 29:13-14; Jeremiah 16:16

Week 13 – Adopted into the House of Israel

Do I have my patriarchal blessing? What does my lineage mean and why should

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it be important to me? What are God's covenants to me as a member of the House of Israel? The scriptures speak of it so much, but how is it important to my salvation?

1 Nephi 15, 21-22; 2 Nephi 21, 25, 30; Jacob 4-6; 3 Nephi 21; **TF:** Abrahamic Covenant, Family History, Patriarchal Blessings, Temples, Zion

SM: 1 Nephi 19:23; Alma 41:10; Ezekiel 37:15-17; Malachi 4:5-6

Week 14 – The Atonement and why the Savior gave His life for me

Do I understand the Savior's role in the plan of salvation? Do I understand my

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role in the plan of salvation? How are these roles united into one? What choices did I make before I came to earth? Are my choices today the same? Are they different? Is it easier or harder? Have I applied the Atonement in my own life? Do I feel my Savior's love every day?

Mosiah 12-15; Alma 7, 11; 3 Nephi 18; Helaman 5 **TF:** Atonement, Creation, Fall, Kingdoms of Glory, Paradise, Plan of Salvation

SM: 2 Nephi 2:25; Alma 37:35; Isaiah 53:3-5

We exhort you to continue in the habits you have developed during this challenge! Such activity will draw you closer to the Savior, Jesus Christ, and will not leave you unprepared for his coming in these latter days.