

HOW TO MAKE YOUR SUNDAY MEETINGS MORE MEANINGFUL

During the Week

- Say your prayers every day. “Choose to converse with your Father in Heaven often. Make time every day to share your thoughts and feelings with Him.”¹
 - Study the upcoming lesson and discuss the topic with your family.
 - Invite a friend to come to church with you.
 - Read the scriptures. “If you young people would review a verse of scripture as often as some of you send text messages, you could soon have hundreds of passages of scripture memorized. Those passages would prove to be a powerful source of inspiration and guidance by the Holy Ghost in times of need.”²
 - Read, watch, or listen to the conference talks associated with the *Come, Follow Me* lessons.
 - Find a *Mormon Message* to go with the lesson and share it with the teacher.
 - Write thank-you notes to the people who give talks.
 - Pray for the teachers.
- broaden your view of life, for life is not confined to a four-inch (10-cm) screen.”³
- Remember the Savior. “The sacrament provides a time for a truly spiritual experience as we reflect upon the Savior’s redeeming and enabling power through His Atonement.”⁴
 - Bring your scriptures to class and use them during the lesson.
 - Volunteer to read quotes or scriptures.
 - Think of the sacrament as an ordinance. “[The sacrament] is a very personal ordinance. This is the only ordinance really that we repeat for ourselves.”⁵
 - Reflect on what you have done that week. “The sacrament is a beautiful time to not just renew our baptismal covenants, but to commit to Him, to renew all our covenants, all our promises, and to approach Him in spiritual power that we did not have previously.”⁶
 - Mark scriptures that mean something to you and note why.
 - Listen for action items (especially from the Holy Ghost), write them down, and then follow through on them.

Before You Leave

- Listen to general conference talks while you get ready in the morning.
- Eat a good breakfast (or fast on fast Sunday).
- Bring your journal.

In the Meetings

- Arrive early and be in your seat before meetings begin.
- Put your phone in airplane mode. “The habit of setting aside your mobile device for a time will enrich and

NOTES

1. Richard G. Scott, “Make the Exercise of Your Faith Your First Priority,” *Ensign*, Nov. 2014, 93.
2. Richard G. Scott, “For Peace at Home,” *Ensign*, May 2013, 30.
3. José A. Teixeira, “Seeking The Lord,” *Ensign*, May 2015, 98.
4. Cheryl A. Esplin, “The Sacrament— a Renewal for the Soul,” *Ensign*, Nov. 2014, 12.
5. Jeffrey R. Holland, General Conference Leadership Training, Apr. 2015.
6. Neil L. Andersen, General Conference Leadership Training, Apr. 2015.

Want to make your Sabbath more of a “delight” (Isaiah 58:13)?

Here are some things you can try.

