

it's tempting not to spend much time thinking about it. But that would be a mistake. Searching the scriptures for clues on how to adjust your daily habits can transform life for the better, top to bottom.

If after reading about the Zoramites, for example, you decided to put more thought and time into your personal prayers, that single decision would bless you the rest of your life.

And you can keep doing that. All accounts from the scriptures are in there for a reason. We can and should learn from each of them.

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles has taught, "Immerse yourself in the scriptures. You will find your own experiences described there. You will find spirit and strength there. You will find solutions and counsel."<sup>1</sup>

## YOU'VE GOT THIS!

As we continue to read and apply, bit by bit we transform into the person Heavenly Father knows we can be. Don't fall for Satan's lie that you're too flawed or too far gone for this powerful change to take place. With our Heavenly Father's help, you can find your way back. You can try again. You can start anew.

President Thomas S. Monson has said, "Should there be anyone who feels he is too weak to change the onward and downward course of his life, or should there be those who fail to resolve to do better because of that greatest of fears, the fear of failure, there is no more comforting assurance to be had than these words of the Lord: 'My grace,' said He, 'is sufficient for all men that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them' [Ether 12:27]."<sup>2</sup>

Search the scriptures for clues on how to live your life, as well as how not to live your life. Put those lessons into practice.

You're going to make it. Just wait and see. **NE**

### NOTES

1. Jeffrey R. Holland, "For Times of Trouble," *New Era*, Oct. 1980, 13.
2. Thomas S. Monson, "Your Eternal Voyage," Apr. 2000 general conference.

# READ. APPLY. REPEAT.

By Adam Olson

Church Magazines

I've tried studying the scriptures lots of different ways—by number of verses or pages, by time, front to back, and by topic. And I've been blessed in different ways no matter how I've studied.

But one challenge changed me.

A quorum adviser gave everyone a small notebook with simple instructions:

1. Don't worry about how much you read or how long you read. Just read until something seems important to you.
2. Think about why it's important.
3. Decide what you will do that day because of what you learned, and do it.
4. Use the notebook to write down what you read, what you learned, and what you did. We'll talk about what happened on Sunday.

Connecting what I read with what I do has been amazing. I didn't realize it was so simple. As I acted on the principles I learned, I began to recognize how Heavenly Father used the scriptures and the Holy Ghost to point out specific things He wanted me to know and do. I learned that He was there, that He loved me, and that He was speaking to me.

I still study the scriptures in a variety of ways, including occasionally just being happy I got a few verses in before falling exhausted into bed. But now, no matter how I study that day, I try to ask, "What will I do today because of what I learned?" **NE**