When Jesus came to visit the Nephites, He told them to keep a record, or write about, the words they heard the prophet say and the miracles they saw (see 3 Nephi 23:7–13). Prophets today still encourage us to keep journals. You can start one of your own, or your family could add to a journal every Sunday. Here are a few ideas for things to write about.

**My name:**

**Today’s date:**

**Today, I...**

**Right now I am thankful for...**

**When I pray, I feel...**

**It’s hard for me to...**

**I like learning about...**

**A scripture that helped me is...**

**Something fun that happened to me this week...**

**Today at church I learned that...**