

# Keep a Record

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...

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