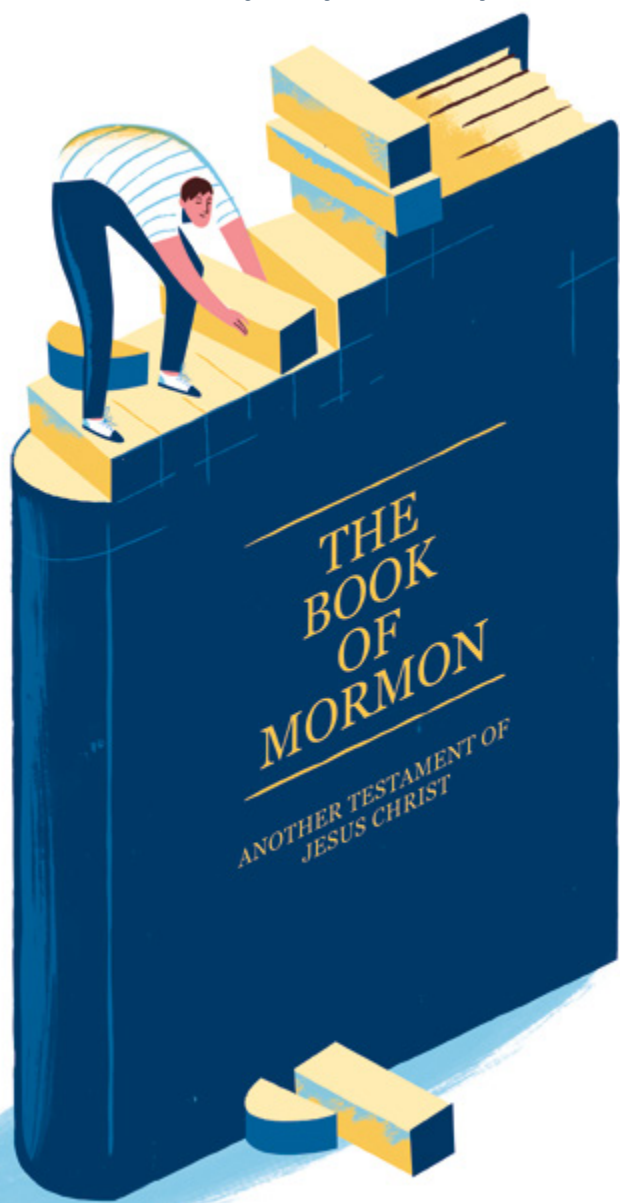


# BUILDING *My* TESTIMONY *Day by Day*



*I realized that a testimony doesn't come because you set a yearly goal.*

By Bryce Eggers

One year I set a New Year's resolution to read and study the entire Book of Mormon. I wanted to gain a rock-solid testimony of the book and the gospel. However, sticking to a schedule was harder than I thought, and I soon became overwhelmed and discouraged. I lost sight of my original goal to gain a testimony, and I stopped reading altogether.

The next year I was setting goals again. With only two years of high school left, I wanted to focus on preparing for a mission. I knew that in order to be a successful missionary, I had to study and gain a testimony of the Book of Mormon, but I remembered my earlier attempt and was overwhelmed by that task. I thought, "I tried that last year, and it failed miserably." Reading the Book of Mormon began to feel impossible, so I said a prayer.

A calm feeling washed over me, and I realized then that gaining a testimony isn't a "yearly" thing—you can't set a huge goal to "gain a testimony" and then just expect it to come by the end of the year. Conversion happens day by day and week by week, not year by year.

So I set a smaller, more manageable goal. Every Sunday, I would reflect on my week, setting short-term goals to help read the Book of Mormon and improve my testimony, and realigning myself with my end goal, which was serving a mission.

Most of my goals were really small, like reading earlier in the day to be more attentive or changing the way I marked my scriptures. But I saw an impact in my life. I am still not perfect at reading my scriptures—far from it—but I am blessed with the motivation to keep trying. I can see the blessings of the gospel in my life, and I have the assurance that I can become who Heavenly Father wants me to be. **NE**

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