

Make a Weekly
**SACRIFICE
OF TIME TO
THE LORD**
for Three Weeks



When asked what they might start or stop doing in order to help gather Israel, youth said:

THEY WOULD SPEND LESS TIME:

- Scrolling on social media.
- On their phones.
- Thinking about themselves.

AND MORE TIME:

- Studying the scriptures more intently.
- Doing simple acts of member-missionary work, including daily acts of service.
- Posting scriptures or other spiritual messages on social media.
- Studying general conference talks because they are super important.

When President Nelson and his wife, Wendy, asked youth what they would be willing to sacrifice to help gather Israel, youth responded: "I would spend less time in sports so I could help a person in need of truth. I would sacrifice hanging out with friends and instead invite them to come to the temple. I'd definitely cut down time on my phone. I'd give up some screen time. I'd [even] be willing to sacrifice Sunday afternoon naps!"

There's nothing wrong with sports, hanging out, phones, or naps, but, as President Nelson said, "the gathering of Israel will require some sacrifice on your part."

The prophet's second invitation to youth is "to make a weekly sacrifice of time to the Lord, for three weeks in a row, to let Him know that you want to be part of His youth battalion—more than you want anything else. For three weeks give up something you like to do and use that time to help gather Israel."

You might have a couple questions.

First of all, what does using your time to gather Israel mean?

"Anytime you do anything that helps anyone—on either side of the veil—take a step toward making covenants with God and receiving their essential baptismal and temple ordinances, you are helping to gather Israel," explained President Nelson. "It is as simple as that."

What sort of things should you give up?

Pray about it. "As you pray about this sacrifice of time, you will be guided to know both what you can give up that week and what you can do instead to help gather Israel," said President Nelson.