5 Things You Can Do Today

to Help Faith Grow

Small, ordinary moments are where faith grows best. Use this as a companion to your family scripture study, not a checklist to master all at once.

THE FOUNDATION

1 GET EVERYONE ON BOARD

Help your family understand: we are building something together, to protect and strengthen the people we love.

Being "on board" doesn't mean everyone is excited every time. It means everyone knows this matters, and agrees to help make it work.

- Children respond differently once they understand why. "We're not reading scriptures just to finish a chapter. We're building something that helps all of us."
- Build a few family agreements together : come, come on time, bring a good attitude, keep phones away.
- Give everyone ownership: let someone choose the snack, read the verse, or lead the question.
- Let older children help teach. Responsibility creates engagement.
- Correct without shame. Instead of "Why are you ruining this?" try "Remember what we're building together."
- Ask for ideas. "What would make scripture study more impactful for you?" You may learn something important.
- Notice when they contribute. "That question really helped us." "I loved the way you explained that to your brother."
- Reset quickly. The goal isn't a perfect gathering, it's a family that knows how to come back together.

> TRY THIS
>
> - *Build a toy castle and surround it with a wall using blocks, Legos, etc. Tell your family to surround it with a wall to protect it from enemies. Take a card and write a family member's name on it and place it on the castle. Now explain that the castle represents that family member and the enemy represents everything Satan will do to try to get to them. Is there anything you would do to fortify the wall? Compare this to family scripture study. We are doing this to fortify each person in our family and strengthen them against the devil's attacks. This is why this matters.*

THE ENVIRONMENT

2 GATHER THEM CLOSE

Create a place that feels good to gather. Be a warm blanket.

There is something powerful about physical closeness. When everyone is twenty feet apart, half doing something else, it's harder to connect and create a real moment.

- Sit close enough to see faces (around a table, on the couch, on the floor).
- Bring a simple "scripture snack." Popcorn, toast, hot chocolate. Food says, "Come stay awhile."

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- Use blankets. A teenager wrapped in one next to you may talk about things they never would across a formal table.
- Reduce competing noise. Phones down, television off, materials ready before you begin.
- Protect the feeling in the room. Teasing and side comments shut participation down fast.
- Learn what helps your particular people engage, then expect it to change, and change with them.

> *The goal is to create a place they want to return to.*

NURTURE

3 GO SLOW. WATCH.

Slow down enough for understanding, and enough to notice the person you're teaching.

We sometimes measure a lesson by how much we covered. But learning happens when something is actually understood, one truth understood is worth more than five rushed through.

- Stop when you hit a word they don't understand. Look it up together.
- Ask "What do you think that means?" before you explain it yourself.
- Give questions room to breathe. Don't rush.
- Tell them when you don't know. "I'm not sure either. Let's figure it out." You're modeling growth.
- Watch faces, not just words. Confusion, curiosity, resistance. Their face may tell you what their mouth doesn't.
- Notice sudden changes. If a child goes quiet on a topic, get curious. Watch for early signals you can prayerfully respond to. This is what nurturing looks like.

> REMEMBER
> *Watching and noticing allows you to nurture.*

GROWTH MINDSET

4 EXPECT THE LEARNING CURVE

Struggling with something is part of the journey.

Children and teens are constantly forming identities. Left alone, small struggles quietly become conclusions:

"I don't understand this scripture." → *"I'm bad at scriptures."*

"I don't know if I've felt the Spirit." → *"I'm not spiritual."*

"I don't like bearing my testimony." → *"I'm not good at this church stuff."*

Your job is to interrupt that conclusion.

- Normalize not understanding. "Yep, this part is hard. Let's slow down."

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- Normalize questions. A question isn't a crisis of faith, it's often evidence someone is thinking deeply.
- Model your own learning. Let them see you look something up, change your mind, keep studying.
- Celebrate progress. "That used to confuse you. Look how much you understand now."
- Restart without drama. Missed three weeks? Start again. We get off track, but we always return.

> GIVE THEM THESE PHRASES
> *"I don't understand this … yet."*
> *"I haven't learned to recognize that … yet."*

THE GOAL: CONVERSION

5 INVITE THEM TO ACT

Help truth move from something they heard to something they have experienced. This is where learning becomes conversion.

Alma doesn't just teach the people about faith, he invites them to experiment upon the word, then notice what begins to happen inside them. This is how faith grows.

TRUTH → ACT → NOTICE → REMEMBER → REPEAT

1. **Learn a truth** They learn a truth and understand it.
2. **Invite them to act** They choose to act on what they learned.
3. **Help them notice** Circle back. "What did you notice? Did anything feel different?"
4. **Help them remember** Encourage them to record the evidences and witnesses they are receiving.
5. **Repeat** Keep learning, acting, and receiving evidences.

"My mother knows this is true" becomes *"I have tried it. I have seen the fruit. I know it too."*

A QUICK CHECK-IN FOR YOU

ON BOARD THEM *Do they understand why this matters?*
BRING CLOSE *Have I created connection?*
SLOW + WATCH *Do they actually understand / what am I noticing?*
LEARNING CURVE *Am I showing them that growth requires effort and struggle?*
ACT *What can they do with this truth, and how will I help them notice the fruit?*

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