

An Experiment In Accumulating Light

Choose from the list below select three behaviors a day. Do not miss a day. Record in a journal how you feel today and then how you feel after three weeks. The behaviors should be your top priority for each of those 21 days. Integrate these behaviors using your **Daily Spiritual Action Plan** next page.

Behaviors That Bring A Brighter Light

1. Kneel down in the morning, noon, and evening and report to the Lord how you feel. Make it the same time each day and the same length of time (at least 5 minutes in each prayer.)
2. At you regular prayer time double the length of your prayer. Ask and then listen. Write down what you heard.
3. Read scriptures for 20 minutes before doing homework, watching TV, or any other hobby or distraction. Record the effect it had on your homework, TV, or hobby.
4. Do one kind deed for someone else each day this week and then report back to the Lord what happened.
5. Acknowledge one miracle in front of you before you start your work day each day this week.
6. Recall six blessings you received today as you lay your head on your pillow before you go to sleep.
7. Go on a 1/2 hour walk or bike ride, take an ipod, and listen to religious music at the same time. Do this for 10 straight days.
8. When a person's name comes into your mind out of the blue, call them immediately. (There may be a reason.)
9. Set a goal and make an action plan to eliminate one bad behavior over the next two weeks. Replace that bad behavior with a virtuous behavior.
10. Go to the temple 4 weeks in a row. Spend an extra half hour in the Celestial Room alone with the Lord.
11. With prayer and faith, forgive somebody who hurt you. When the hurt is gone, go do something nice for them.
12. Verbally thank six people today for their good example.
13. Greet 10 people (half must be strangers) today with a smile and kind hello. (at the park, in the store, at work)

14. Attend the Temple once a day for one week.
15. Have a Sunday dinner devotional with your extended family in your home once a month.
16. Read one Conference Talk per day until completed.
17. Read the Priesthood / Relief Society Manual, and Sunday School lesson before Sunday for one month. Go to Church prepared.
18. Do your Home Teaching and Visiting Teaching in the first week of the month. Invite one of these assignments to dinner at least once a month until you have completed all assigned to you.
19. Pray for a solid 15 minutes twice a day for one week.
20. Read the scriptures 30 minutes to start your day then 30 minutes before retiring to bed for two weeks.
21. Read your Patriarchal Blessing today.
22. Make a new friend today.
23. Take a friend to the Visitor's Center for Family Home Evening.
24. Do one kind deed for a family member everyday this week.
25. Write a letter to a missionary today.
26. Write a letter to each of your children and tell them how much you love them, and how special they are. Write one letter a day until complete.
27. Record your testimony, share it with your significant other.
28. Place one Book of Mormon a week for one month.
29. Call an old friend and check on their welfare today.
30. Visit a sick friend at their home or in the hospital today.
31. Visit an elderly member of your neighborhood and do something special for them today.
32. Give assistance to someone who is poor and needy today.
33. Take a senior out for dinner tonight.
34. Volunteer in a public service project today.

35. Sit next to a unknown member in church for the next five weeks. Introduce yourself and welcome them to the services.
36. Send out five “thank you” or friendship cards today to show special appreciation to someone you have been thinking about.
37. Offer to baby-sit for a mother in distress today.
38. Clean a widower or widow’s house or yard for one hour today.
39. Take a stranger to lunch today.
40. Donate some of your excess to a needy family today.
41. Spontaneously visit a less active member of the Church today.
42. Write in your personal history each day for two weeks. (spiritual experiences)
43. Write your parents a letter today, thanking them for this life.
44. Write in your journal everyday for two weeks.
45. Prepare a Church Talk today on a subject that you have wanted to know more about.
46. Prepare a lesson today on a spiritual topic of interest.
47. Invite a new friend today, to sit in on a hobby. Share your talent.
48. Prepare a meal for someone in need today, without being assigned.
49. Hold a gospel study program in your home each Monday evening for the next month. Invite some friends.
50. Hold two Family Home Evenings this month where you invite a nonmember family to participate with you each time.
51. Invite a family over to share Thanksgiving.
52. Provide a Christmas for a needy family.
53. Bear your testimony to a friend or stranger today.
54. Take a new acquaintance today to play golf, or basketball.
55. Take a new friend fishing today.
56. Take a good friend to the Temple with you today.

57. Buy a friend a subscription to the Ensign as a birthday gift.
58. Invite another family on a picnic, or camping this weekend.
59. Give something that means a lot to you to someone else today.
60. Offer a less active member a ride to church every week for one month.
61. Take a new acquaintance to the movies, or a play tonight.
62. Take a vacation with a friend this summer.
63. Fast and pray for someone else outside of your family each day for one week.
64. Research and find five names to take to the Temple. Do every ordinance from baptism to sealing. Give yourself two weeks.
65. In one week, participate in each of the temple ordinances.
66. Throw a surprise Birthday Party for a friend today.
67. Have the missionaries over with an investigator. Share dinner and a missionary discussion one night this week.
68. Give out one Book of Mormon a week for one month.
69. Write a thank you letter to your doctor today.
70. Ask a forgotten member to attend a service project with you today.

ADD YOUR OWN IDEAS TO THIS LIST!

The success of this experiment will be enhanced if you put these behaviors ahead of the following normal behaviors. In other words, reward yourself with the list below, after you have completed your spiritual goal for that day, or by a certain time of that day!

See **EXAMPLE: “My Daily Spiritual Action Plan,”** at the end of the Appendix.

I will complete my daily spiritual goal before I do any of the following. See list: **“A List of Daily Mundane Activities”**