

L

LEARN

WHAT
Learn what the scriptures teach
Learn what the prophets teach
Learn what the context and content
Understand the context and principles
Identify doctrines and truths
Understand the teachings and truths

HOW
Read; Ponder; Pray; Ask questions;
Attend church meetings; Discover;
Teach it; Feast on the words; Gather
information; Research; Hear the word
of the Lord; Hunger and thirst; Liken
the scriptures; Listen to the Lord's ser-
vants; Mark and memorize scriptures;
Remember; Review; Search; Seek;
Study daily; Study sequentially; Use
sight, smell, hearing, taste, and touch.



HEAD
(Gain
Intelligence)

A

APPLY

HOW
Repent; Obey the commandments;
Awake and arouse your faculties;
Experiment upon the words; Exercise
a particle of faith; Desire to believe;
Change your behavior; Think new
thoughts; Commit yourself; Make cov-
enants; Dedicate your life to the Savior;
Learn and do your duty; Exercise faith;
Make wise choices; Use your agency;
Hearken to the word; Go and do; Obey
the prophets, apostles, authorities;
Improve your life; Build a ship; Live
the gospel; Liken the scriptures to
yourself; Test and try the word; Perform
righteous acts; Serve others; Subject
yourself to the Lord; Go to work.



FOOT
(Live the gospel
principles)

B

BELIEVE

HOW
Know when the Spirit is present; Feel
the Holy Ghost; Seek for an assurance;
Feel your faith grow; Obey the Comfort-
er; Bear your testimony; Gain Comfort-
joy; Follow the guidance of the Spirit;
Receive revelation; Gain spiritual
Testify; Tell others what you feel; Be
taught from on high; Be guided; Fill your
soul with joy; Be edified; Rejoice; Feel
your whole body full of light; Put off the
natural man; Feel your hearts and bo-
som burn; Quicken your hearts and bo-
Have an increase in love; Invite the Holy
Ghost to be your constant companion.



HEART
(Feel the
Holy Ghost)

Cut along dotted lines

Fold around and adhere one end along dotted line.