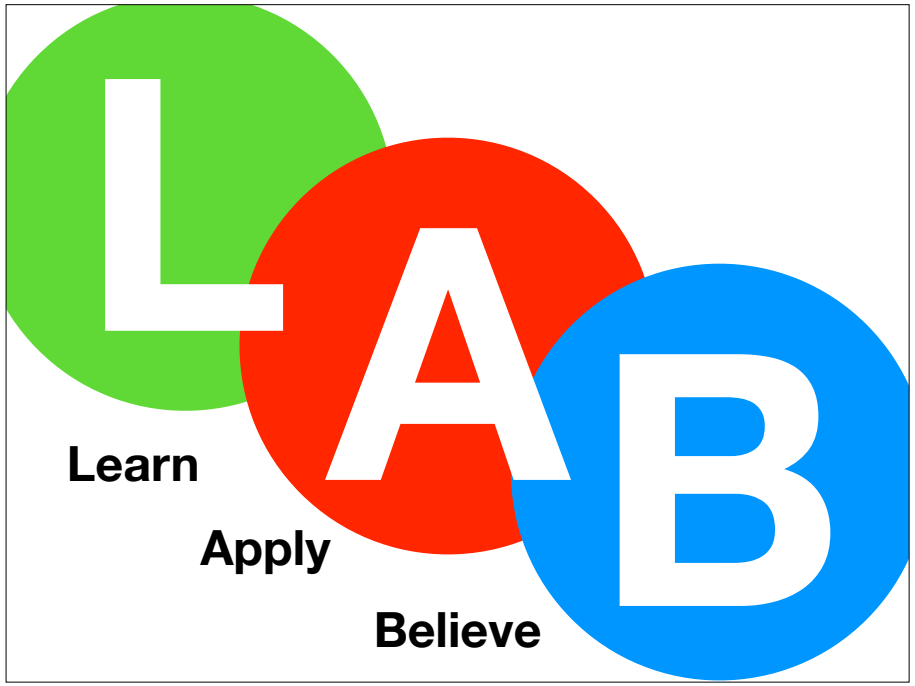
LESSON

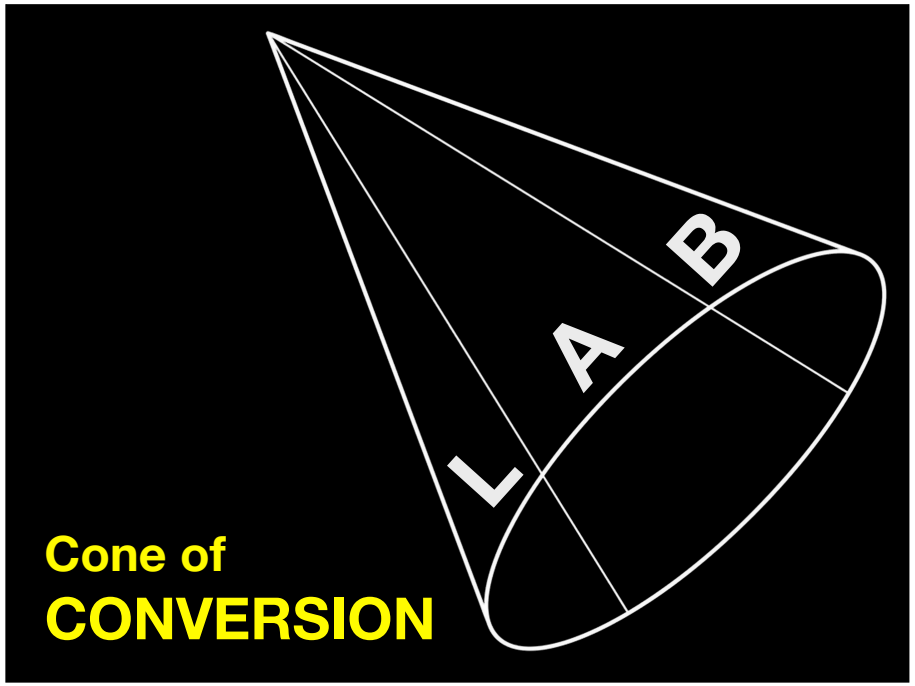
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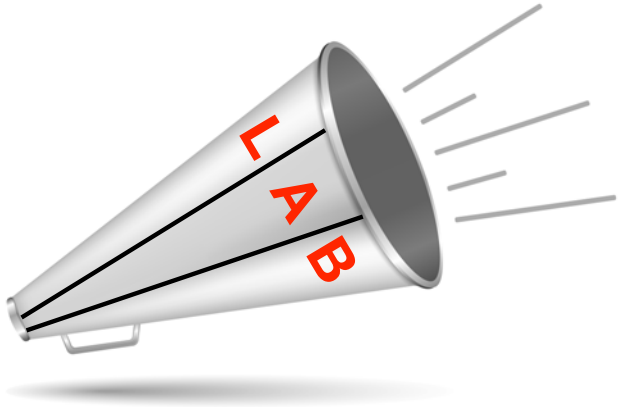
Everything you need to know about exercising your faith can be summed up into three letters…







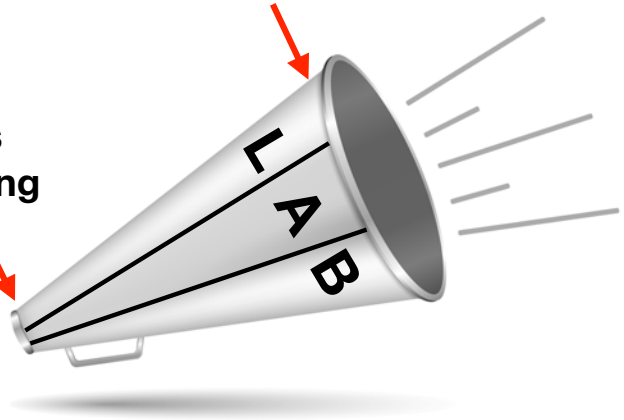
Divided into three sections:
Learn, Apply, Believe (LAB)



L

More
Learning

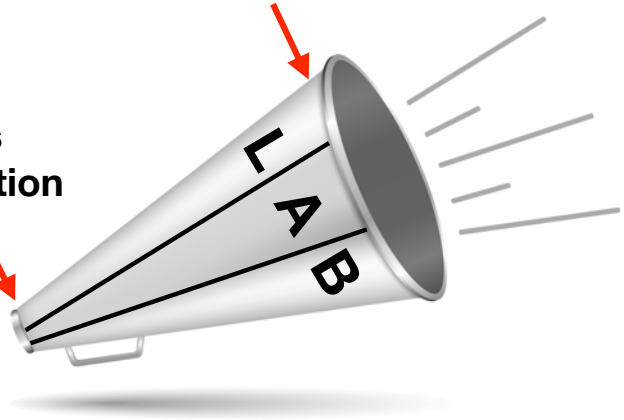
Less
Learning



A

More
Application

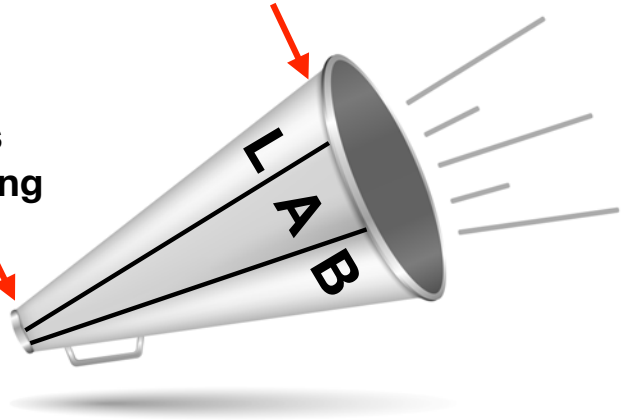
Less
Application



B

More
Believing

Less
Believing



Let's talk about them one at a time.



L

LEARN

Gain intelligence



How do you learn?

L

- Scriptures
- Prophets
- Context and content
- Doctrines and principles
- Teachings and truths
- Meaning
- Read
- Ponder
- Pray
- Ask questions
- Remember
- Discover
- Teach it
- Review
- Hunger and thirst
- Mark and memorize scriptures
- Chure
- Hear the word of the Lord
- Search
- Seek
- Study daily
- Feast on the words
- Gather information
- Research
- Study sequentially
- Use all senses: sight, smell, hearing, taste, and touch



:21

"First, study. Become an engaged learner. Immerse yourself in the scriptures to understand better Christ's mission and ministry. Know the doctrine of Christ so that you understand its power for your life" (Russell M. Nelson, "Christ Is Risen; Faith in Him Will Move Mountains," April 2021).

L

A

A

APPLY

Live principles



How do you apply?

A

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
Dedicate your life to the Savior
Learn and do your duty
Hearken to the word
Obey the prophets, apostles,
Liken the scriptures to yourself
Perform righteous acts
Subject yourself to the Lord

Repent
Exercise faith
Make wise choices
Use your agency
Go and do
Improve your life
Build a ship
Live the gospel
Go to work
Serve others
Commit yourself
Make covenants
Test and try the word

A



"When we are uncertain about some gospel principle or future event, it is usually best to act on what we do know and trust in a loving Heavenly Father to give us further knowledge when we really need it."

Dallin H. Oaks, Life's Lessons Learned (2011), 130.



:21

As gospel learners, we should be "doers of the word, and not hearers only" (James 1:22). Our hearts are opened to the influence of the Holy Ghost as we properly exercise agency and act in accordance with correct principles—and we thereby invite His teaching and testifying power. (David A. Bednar, General Conference, April 2010)

A

B

B

BELIEVE

Feel the Holy Ghost



How do you believe?

B

Receive revelation
Become 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 bosom burn
Quicken your understanding

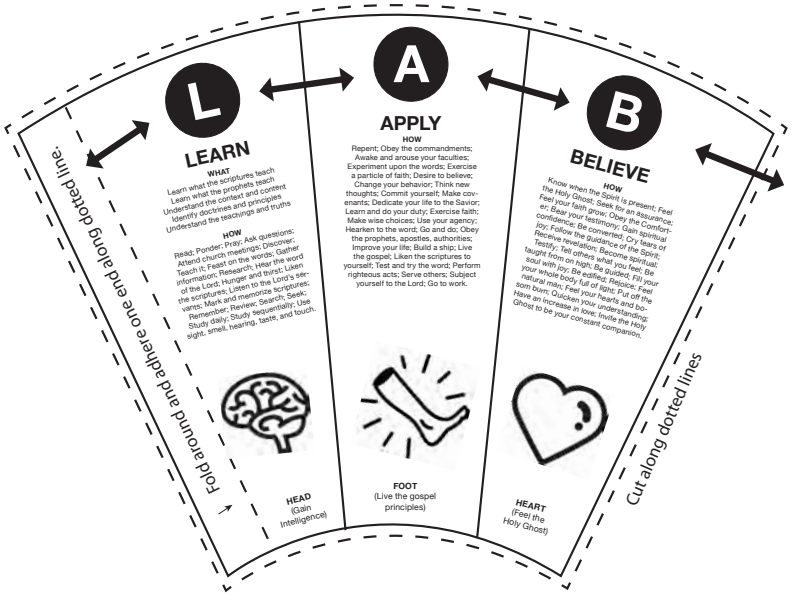
Know when the Spirit is present
Feel the Holy Ghost
Seek for an assurance
Feel your faith grow
Obey the Comforter
Bear your testimony
Gain spiritual confidence
Be converted
Have an increase in love
Cry tears of joy
Follow the guidance of the Spirit
Invite the Holy Ghost to be
your constant companion



…but for conversion, you should care more about the amount of time you spend in the scriptures than about the amount you read in that time. I see you sometimes reading a few verses, stopping to ponder them, carefully reading the verses again, and as you think about what they mean, praying for understanding, asking questions in your mind, waiting for spiritual impressions, and writing down the impressions and insights that come so you can remember and learn more.
(D. Todd Christofferson, "When Thou Are Converted," April 2004)

B

Build your own cone of conversion

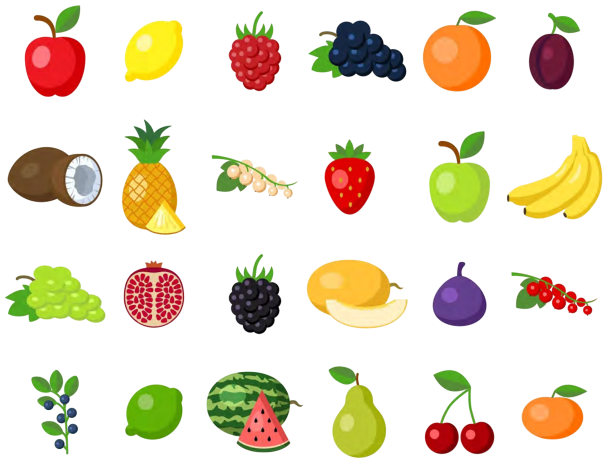


GOSPEL TRUTH

You will receive the fruits of your faith when you act in faith.



What are the rewards or fruits of exercising your faith?



LESSON 1

LESSON 01

The act-in-faith lesson

Your faith is either growing stronger or becoming weaker.

These are some of the blessings of understanding the end results of faith:

"Now, we will compare the word unto a seed. Now, if ye give place, that a seed may be planted in your heart…it will begin to swell within your breasts…ye will begin to say within yourselves—It must needs be that this is a good seed…yea, it beginneth to enlighten my understanding, yea, it beginneth to be delicious to me" (Alma 32:28).



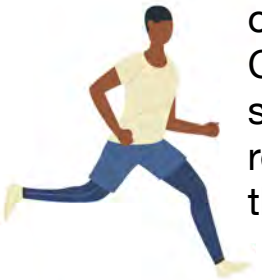
Faith in the Lord Jesus Christ is not something ethereal, floating loosely in the air. Faith does not fall upon us by chance or stay with us by birthright. It is, as the scriptures say, "substance … , the evidence of things not seen." Faith emits a spiritual light, and that light is discernible. Faith in Jesus Christ is a gift from heaven that comes as we choose to believe and as we seek it and hold on to it. Your faith is either growing stronger or becoming weaker.
(Neil L. Andersen, "Faith Is Not by Chance, but by Choice," Oct. 2015)

LET'S TALK ABOUT IT

Why is your faith either increasing or decreasing? Why can't it stay the same?

LESSON 01

YOUR CHALLENGE



Will you exercise faith by moving forward and taking righteous action without a perfect knowledge of the outcome, trusting in Jesus Christ, hoping for things not seen but true and good, and remaining strong and faithful through the trials of life?

LESSON 2



LESSON 02

The Jesus Christ lesson

There is only one thing, one person to have faith in: Jesus Christ.

These are some of the blessings of placing your total faith in Jesus Christ:

"And now, behold, my beloved brethren, this is the way; and there is none other way nor name given under heaven whereby man can be saved in the kingdom of God. (2 Nephi 31:21).





Your foundation of faith must be firmly centered on Jesus Christ. Having that kind of faith means you rely on Him, you trust in Him, and even though you do not understand all things, you know that He does. You also know that you are a daughter of God, that He knows you by name, that He hears your prayers, and that He will help you accomplish your earthly mission. (Elaine S. Dalton, "At All Times, in All Things, and in All Places," April 2008)



LET'S TALK ABOUT IT

Why must your foundation of faith be firmly centered on Jesus Christ?

LESSON 02

YOUR CHALLENGE



Will you identify one fear, burden, temptation, habit, or unanswered question that you have been carrying? Will you consciously place it in the Savior's hands and act in faith according to His teachings?

LESSON 3



LESSON 03

The Alma 32 formula lesson

If you nourish your faith, it will grow.

If you neglect your faith, it will die.

These are some of the blessings of doing what it takes to grow your faith:

"…by and by ye shall pluck the fruit thereof, which is most precious, which is sweet above all that is sweet… (Alma 32:42).





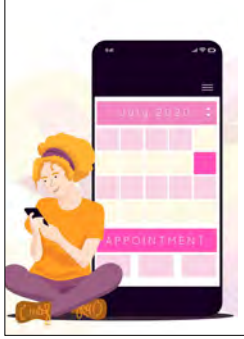
But we cannot receive the fulness of those blessings if we "neglect the tree, and take no thought for its nourishment." Knowing that the seed is good is not enough. We must "nourish it with great care, that it may get root." Only then can we partake of the fruit that is "sweet above all that is sweet, and … pure above all that is pure" and "feast upon this fruit even until [we] are filled, that [we] hunger not, neither shall [we] thirst." (Dieter F. Uchtdorf , "The Way of the Disciple," April 2009).

LET'S TALK ABOUT IT

Why must we nourish our faith with great care?

LESSON 03

YOUR CHALLENGE



Will you use the "faith formula" in Alma 32, choose a gospel topic where you would like to strengthen your faith and follow the five steps:
PREPARE your heart;
PRACTICE faith;
PLANT a seed;
PROVIDE nutrition;
PROCURE the results?

LESSON 4

LESSON 04

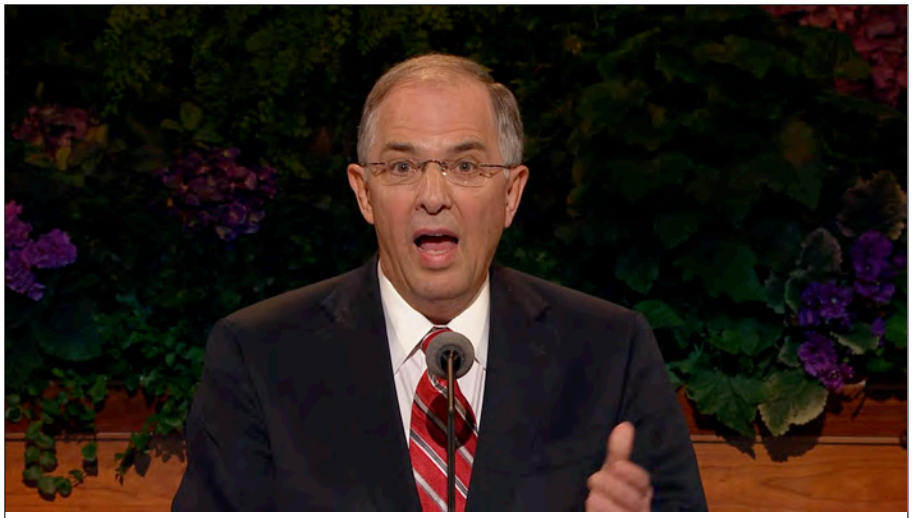
The adversity lesson

Never stop exercising your faith, no matter how hard it gets.

These are some of the blessings of having faith during trials:

"My son, peace be unto thy soul; thine adversity and thine afflictions shall be but a small moment; And then, if thou endure it well, God shall exalt thee on high; thou shalt triumph over all thy foes" (D&C 121:7–8).





How do you remain "steadfast and immovable" during a trial of faith? You immerse yourself in the very things that helped build your core of faith: you exercise faith in Christ, you pray, you ponder the scriptures, you repent, you keep the commandments, and you serve others. (Neil L. Andersen, "Trial of Your Faith," October 2012)

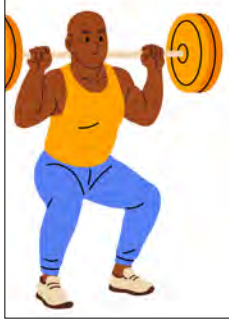


LET'S TALK ABOUT IT

What have you done in the past to remain steadfast and immovable during a trial of your faith?

LESSON 04.

YOUR CHALLENGE



When adversity comes, will you choose faith in Jesus Christ instead of abandoning hope and giving in to despair? Will you immerse yourself in the very things that helped build your core of faith?

LESSON 5



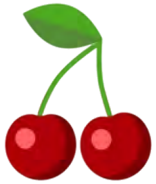
LESSON 05

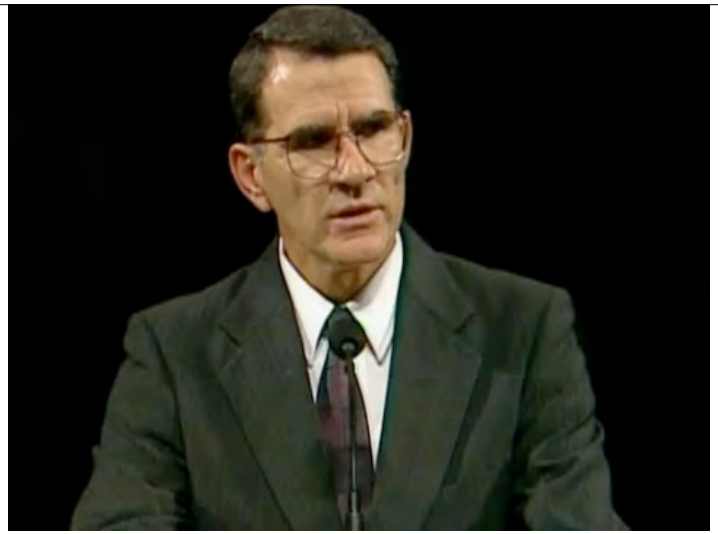
The scriptures lesson

When you liken the stories in the scriptures to your life, your faith will grow.

These are some of the blessings of turning to the scriptures to build your faith:

"And I said unto them that it was the word of God; and whoso would hearken unto the word of God, and would hold fast unto it, they would never perish; neither could the temptations and the fiery darts of the adversary overpower them unto blindness, to lead them away to destruction" (1 Nephi 15:24).





President Kimball said, "I find that when I get casual in my relationships with divinity and when it seems that no divine ear is listening and no divine voice is speaking, that I am far, far away. If I immerse myself in the scriptures, the distance narrows and the spirituality returns" (Jay E. Jensen, "Remember Also the Promises," Oct. 1992)

LET'S TALK ABOUT IT

How has immersing yourself in the scriptures increased your faith?

LESSON 05.

YOUR CHALLENGE



When you want to strengthen your faith in Jesus Christ or when you feel your faith is weakening, will you turn to the scriptures and words of the prophets and apostles for answers and liken those holy words to your situation?

LESSON 6



LESSON 06.

The prayer lesson

When you pray, pour out your heart to God and your faith will increase.

These are some of the blessing you will receive when you pray in faith:

"Whatsoever ye ask the Father in my name it shall be given unto you, that is expedient for you" (D&C 88:64).

(In this context, "expedient" means suitable, fit, necessary, or advantageous for your spiritual good.)



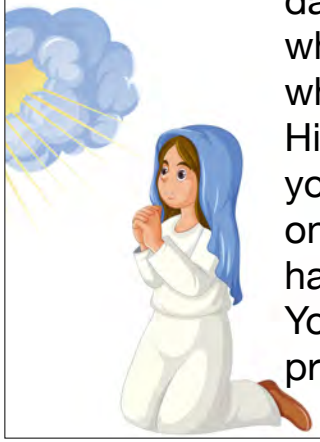
His pattern [of prayer] causes you to grow. Your character will grow; your faith will increase. There is a relationship between those two: the greater your faith, the stronger your character; and increased character enhances your ability to exercise even greater faith. (Richard G. Scott, "Using the Supernal Gift of Prayer," April 2007).

LET'S TALK ABOUT IT

How do you pray when you really don't feel like it?

LESSON 06

YOUR CHALLENGE



Will you talk to your Coach every day? Will you tell Him honestly where your faith is strong and where it is weak? Will you ask Him to strengthen your faith? Will you listen—and be willing to act on what He tells you? (You don't have to have great faith to start. You just have to be willing to pray with the faith you have.)

LESSON 7

LESSON 07

The Holy Ghost lesson

Listen to the Holy Ghost who trying to talk to your mind and heart, strengthening your faith.

These are some of the blessings of feeling the Holy Ghost:

"Ask the Father in my name in faith, believing that you shall receive, and you shall have the Holy Ghost, which manifesteth all things which are expedient unto the children of men" (D&C 18:18).



The Lord knows your needs. When you ask with honesty and real intent, He will prompt you to do that which will increase your ability to act in faith. (Richard Scott, "The Sustaining Power of Faith in Times of Uncertainty and Testing," April 2003).

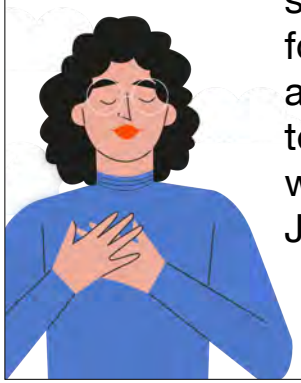
LET'S TALK ABOUT IT

How do you know it's the Holy Ghost talking to you and not your own desires?

LESSON 07

YOUR CHALLENGE

Will you listen to the still, small voice, learn to recognize how it speaks to your mind and heart, follow its guidance one step at a time, and act on the good it teaches you—knowing that it will strengthen your faith in Jesus Christ?



LESSON 8



LESSON 08

The fellowshipping lesson

Do your part to strengthen the faith of others. Let others strengthen your faith.

These are some the blessings of helping others along their faith journey on earth:

"…and now, as ye are desirous to come into the fold of God, and to be called his people, and are willing to bear one another's burdens, that they may be light…" (Mosiah 18:8).





This pattern defined the Savior's ministry. He turned ordinary encounters with people into extraordinary moments of healing, encouragement, and transformation. To Jesus, these people were not interrupting His mission. They were His mission. (Timothy L. Farnes, "Divine Appointments," Oct. 2026).



LET'S TALK ABOUT IT

What are you going to do to help strengthen the faith of others in your ward?

LESSON 08

YOUR CHALLENGE



(1) Will you actively look for opportunities to build the faith of others? (2) Will you refuse to allow others—whether intentional or accidental—to weaken your testimony or drive you away from the Church? (3) Will you build your testimony firmly on Jesus Christ, rather than other members or leaders?

LESSON 9

LESSON 09

The service lesson

When you serve others, your faith grows because your are serving God.

These are some blessings of serving others which in turn increases your faith.

"And behold, I tell you these things that ye may learn wisdom; that ye may learn that when ye are in the service of your fellow beings ye are only in the service of your God" (Mosiah 2:17).



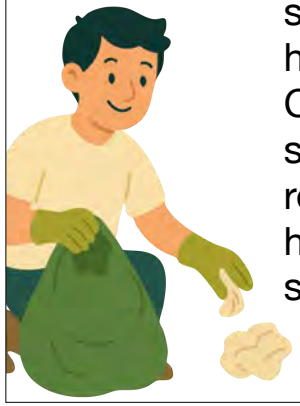
Whatever name it has, every call is an opportunity and an obligation to watch over and strengthen the children of our Heavenly Father. The Savior's work is to bring to pass their immortality and eternal life (see Moses 1:39). He called us to serve others so that we could strengthen our own faith as well as theirs. He knows that by serving Him we will come to know Him. (Henry B. Eyring, "Watch Over and Strengthen," April 2000)

LET'S TALK ABOUT IT

Why does our faith—and the faith of those we serve—get stronger when we serve?

LESSON 09

YOUR CHALLENGE



Will you deliberately look for someone you can serve—not simply because they need your help, but because you see Christ in them? And when you serve them, will you pause and recognize that you are not only helping that person—you are serving the Savior Himself?

LESSON 10

LESSON 10

The commandments lesson

When you obey commandments, your faith is rewarded in the Lord's way and in the Lord's timing.

These are some of the blessings of faithfully obeying the commandments.

"…consider on the blessed and happy state of those that keep the commandments of God. For behold, they are blessed in all things, both temporal and spiritual; and if they hold out faithful to the end they are received into heaven, that thereby they may dwell with God in a state of never-ending happiness…." (Mosiah 2:41).



Another way we show our love for Heavenly Father and His Beloved Son is to choose to obey Them. The Savior said, "If ye love me, keep my commandments." This kind of obedience is neither blind nor compulsory but is a sincere and willing expression of love. Father in Heaven wants us to want to be obedient.
(Steven C. Barlow, "Lovest Thou Me?," Oct. 2025)

LET'S TALK ABOUT IT

How has Heavenly Father increased your faith when you obeyed his commandments?

LESSON 10

YOUR CHALLENGE



Will you commit to obeying the commandments with greater exactness, even when you don't understand the commandment—and especially when you don't immediately see the promised blessings? As you exercise faith and obey, will you look for evidence of God's hand in your life, and record the blessings and impressions you receive?

LESSON 11

LESSON 11

The daily habits lesson

Your daily habits will determine how your faith grows.

These are some of the blessing of having faith-building daily habits:

"And now, my sons, remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation…which is a sure foundation, a foundation whereon if men build they cannot fall" (Helaman 5:12).



When we have the kind of faith and trust exhibited by that young woman, we have the strength to sustain us in every important event in our lives. President Spencer W. Kimball said that we need what he called "reservoirs of faith" to stand firm and strong against all the temptations and adversities of life. (Dallin H. Oaks, "Faith in the Lord Jesus Christ," April 1994)

LET'S TALK ABOUT IT

What daily habits have had the biggest impact on building your faith?

LESSON 11

YOUR CHALLENGE



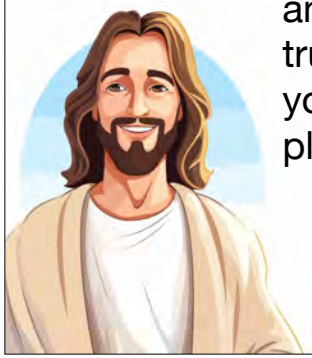
Will you add to your reservoir of faith by writing in your journal the thoughts, experiences, activities, and feelings that strengthen your faith in Jesus Christ? Then, when your faith is challenged—when you feel discouraged, confused, distant from the Lord, or uncertain—will you go back and read the spiritual foundations you have built throughout your life?

TO DO

HOMEWORK ASSIGNMENTS

LESSON 12

YOUR CHALLENGE



Will you have faith in Jesus Christ and do those things that strengthen your faith in Him and His gospel? Will you be true and faithful in this life until you meet your Maker at the pleasing bar of God?