1 NEPHI 16:29

**Discussion?**
How can you increase your ability to hear the Spirit?

**The Challenge**
Evaluate your life. What increases the Spirit? What hinders the Spirit?

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1 NEPHI 17:21

**Discussion?**
Do you see God in your wilderness?

**The Challenge**
Look at your life circumstances through this lens this week.

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1 NEPHI 18:3

**Discussion?**
How would you define “the great things”?

**The Challenge**
Write down the great things the Lord is doing in your life...keep adding to the list all week.

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1 NEPHI 20:10

**Discussion?**
What have you learned about the Lord through trials?

**The Challenge**
Take some time to consider how you could invite The Refiner to be a part of your afflictions.

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1 NEPHI 21:16

**Discussion?**
How does it make you feel to know you are always in the hands and heart of the Lord?

**The Challenge**
Look for the ways the Lord shows His love for you this week.

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If you want to add more to your chats, there are devotionals for each of these cards found in the book: