STIR UP IN REMEMBRANCE
EVERY DAY
AROUND THE TABLE

HOW THIS WORKS

5 MINUTES
EVERY DAY
AROUND THE TABLE

READ A VERSE
ASK A QUESTION
HAVE A DISCUSSION
EXTEND A CHALLENGE

SO SIMPLE
STILL MEANINGFUL

Alma 5:7,9
DISCUSSION?
When was the last time your soul was illuminated?

the CHALLENGE
Do something to expand your soul today.

Alma 6:5-6
DISCUSSION?
When is the last time you joined in fasting and prayer with your faith community?

the CHALLENGE
Pray for someone in your faith community today.

Alma 7:7
DISCUSSION?
What do you think is the thing of more importance than they all?

the CHALLENGE
Let Jesus be most important today.

Alma 7:11-13
DISCUSSION?
What do you learn about the Savior’s Atonement from these verses?

the CHALLENGE
Use grace to give you strength to overcome infirmities, afflictions, or temptations today.

HERO CARD: ALMA
Protection Scripture
ALMA 4:19 & ALMA 5:49
Battle Ready
STIR UP IN REMEMBRANCE

If you want to add more to your chats, there are devotionals for each of these cards found in the book: DON’T MISS THIS in the Book of Mormon – Exploring One Verse from Every Chapter. Sold at Deseret Book.