Read D&C 89 and look for both.

**D&C 89:3**
**DISCUSSION?**
What is a principle?
What is a promise?

**the CHALLENGE**
Read D&C 89 and look for both.

**D&C 89:4**
**DISCUSSION?**
How has keeping the Word of Wisdom made a difference in your life?

**the CHALLENGE**
Find one thing to be better at.

**D&C 90:28, 31**
**DISCUSSION?**
Has there been a moment in your life when you felt God call you by name?

**the CHALLENGE**
Journal about that.

**D&C 91:4**
**DISCUSSION?**
Has the Spirit enlightened your understanding while reading the scriptures?

**the CHALLENGE**
Write what you learned.

**92:2**
**DISCUSSION?**
Who is someone you know who is a lively member?

**the CHALLENGE**
Thank them for their example.

If you want to add more to your discussions, there are devotionals for each of these cards found in the book: **DON’T MISS THIS** in the Doctrine and Covenants – Exploring One Verse from Every Chapter. At Deseret Book.