

-IGNITING-

SPIRITUAL MOMENTUM



We have never needed positive
spiritual momentum more
than we do now.



In all generations of time there have been women with Esther courage, Deborah prophecy, Abish conviction.

OUR TIME IS NO DIFFERENT.

All around us there are women who are righteous, articulate, distinct and different.

You are one of those women.

A woman of strength, conviction, leadership, and wisdom.

God needs you. He needs your voice. He knows you are a woman with spiritual power to change the world. Heroic. Able to carry on, despite difficult circumstance.

THE HOPE OF ISRAEL.

You are here now, because He knew your capacity for negotiating these latter days.

He sees you. Your desire to develop a bedrock understanding of the doctrine of Christ. How you are learning to access the power of God.

How you call upon the powers of heaven to protect and strengthen. He knows your longing to become a converted

covenant-keeping woman. He knows how the Spirit will magnify your influence in an unprecedented way.

His prophet calls to each of us:

Rise to your full stature. Fulfill the measure of your creation. Prepare the world for the Second Coming of the Lord.

Not overnight.

EVERY DAY BETTER.

We are learning to lean into the inklings that will help us discover the hint of something more. Stalwart strength gathered over time.

THERE IS A PLACE FOR YOU HERE.

When others are walking away, we are a community who is choosing to stay, to run the race set before us.

You belong here among the fulfillers of prophecy. Esther, Deborah, Abish.

WE ARE THOSE WOMEN. THIS IS OUR TIME.

Adapted from Russell M. Nelson's OCT20 address "A New Normal" and OCT15 address "A Plea to My Sisters"



Dear Friend,

I walked down to the beach after the last session of General Conference. There is something about the rhythm of the tide coming in and going out that allows for pondering. In a world where so much is spiraling out of control, the prophet spoke of some things we actually can control, including how we spend our time each day. As I pondered that truth, I watched a young father untangling the rope of a kite. His four-year-old son watched for a time. He lost interest and ran back down to the waves rushing in and out and in and out again, and one more time. Finally, the plastic caught the wind, the red tails waved in the breeze and the rope stretched taut.

I pondered what it looks like to harness the wind.
Is this what momentum looks like, I wondered.
The lift.

I sat on the beach and I considered it. The now. This one hour.

My mind switched from kites to sundials. How the prophet spoke of some things we actually can control. How we spend our time each day.

Now is the time we can learn.
Now is the time we can turn again to Christ (repent).
Now is the time we can bless others and lift up the hands that hang down.

Harnessing spirituality.
Is this what momentum looks like?

And maybe there are some things that need untangling. Maybe you are trying to navigate the wind. Perhaps you have forgotten what momentum feels like. That's what I love most about this community. The remembering. The encouraging. Every day better. A hint of something more. Around here we call it sprinkles. Just a little bit of sweetness every day.

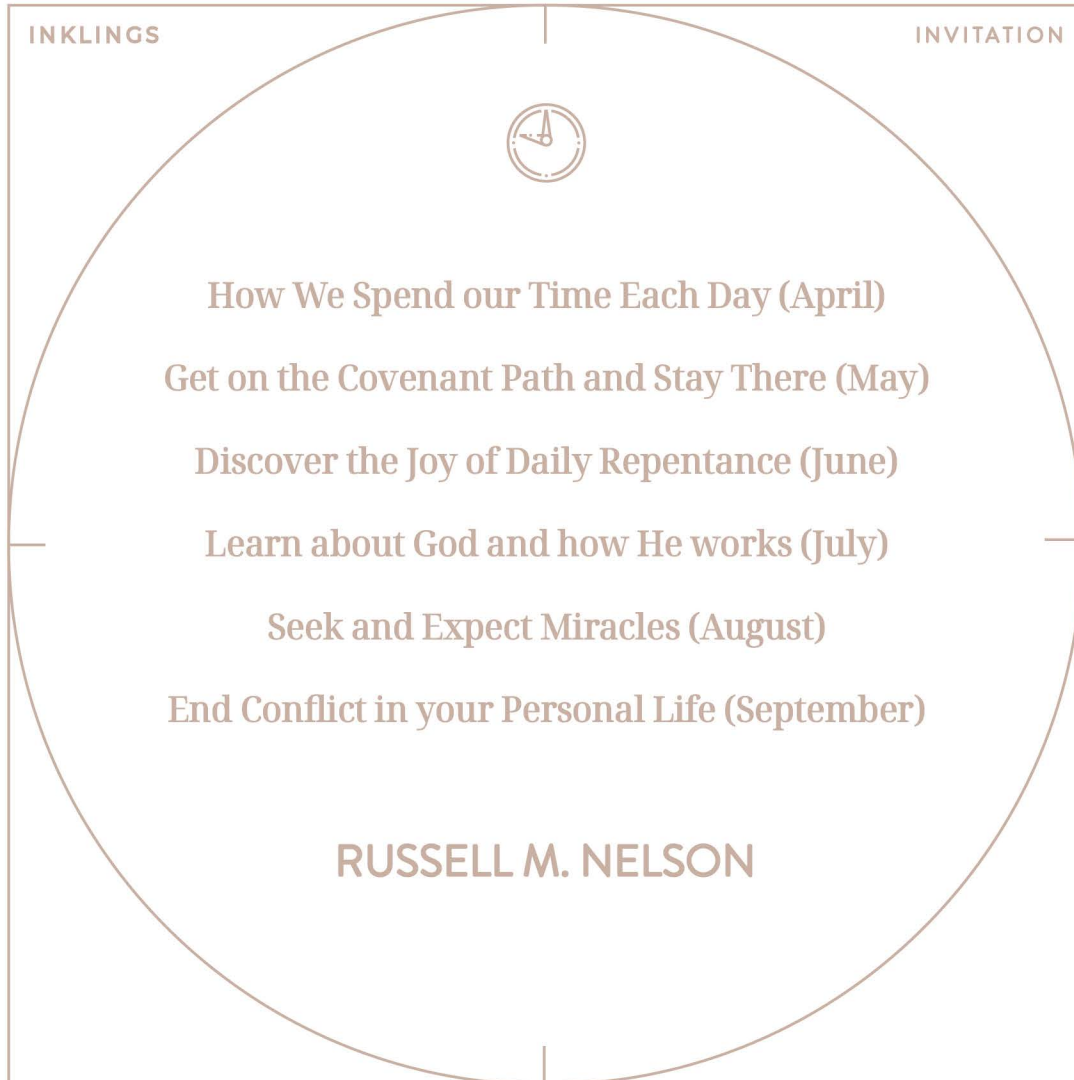
I'm looking forward to this next six months. A study on spiritual momentum, with a focus on how we spend our time each day.

I'm so excited to spend Thursday mornings with you!
There are so many good things ahead!

Sending love and praying for blessings to attend us,
Emily Belle



INCREASING SPIRITUAL MOMENTUM





Sunday

All of the readings will be sent out on Instagram and on the APP. These readings will include both scripture verses and General Conference talks we will be studying that week.

Monday

Introduction to our special guest for the week.

Thursday

A live institute class is held on Instagram at 9:00 am MST. Following the live session, the class will be uploaded onto the APP.





My dear brothers and sisters, with all the pleadings of my heart, I urge you to get on the covenant path and stay there. Experience the joy of repenting daily. Learn about God and how He works. Seek and expect miracles. Strive to end conflict in your life.

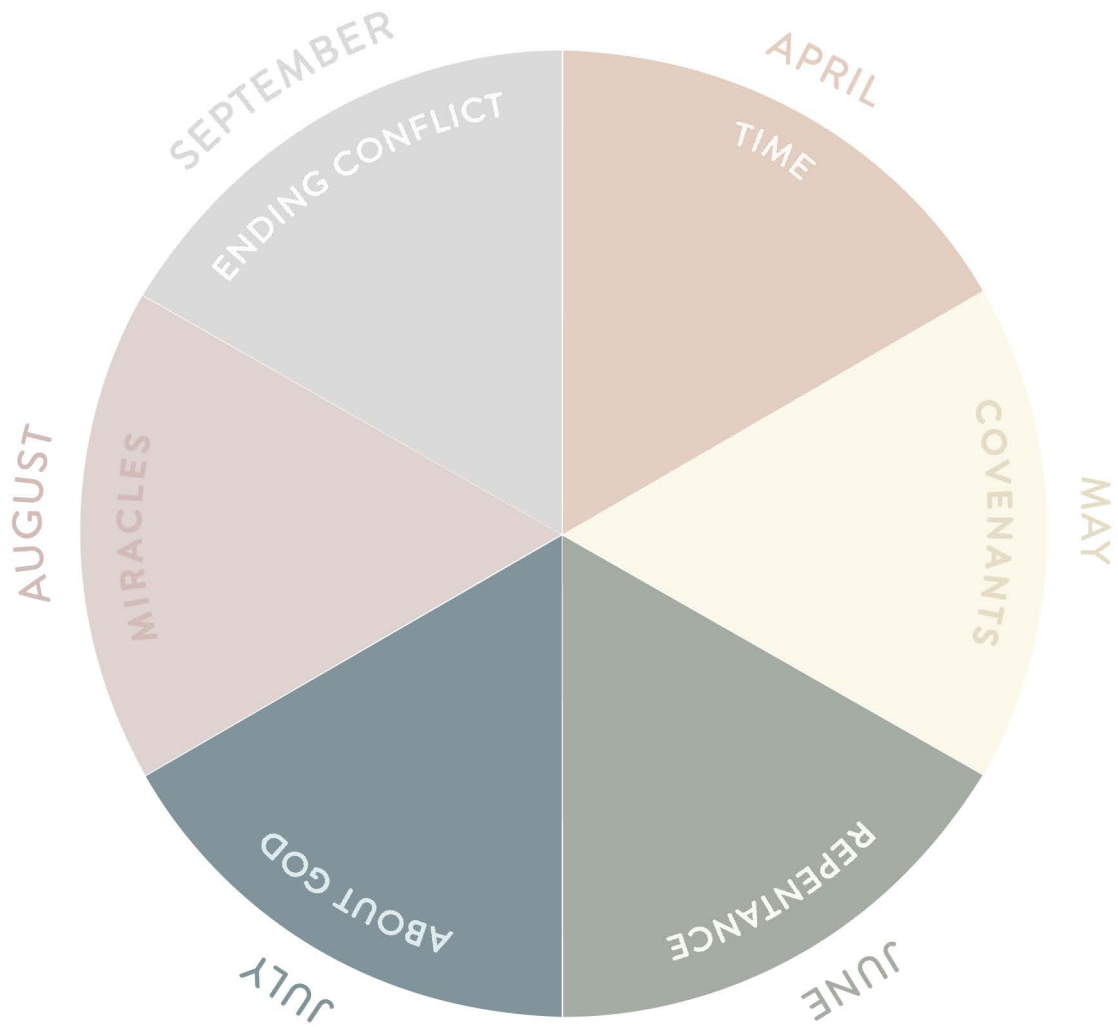
As you act on these pursuits, I promise you the ability to move forward on the covenant path with increased momentum, despite whatever obstacles you face. And I promise you greater strength to resist temptation, more peace of mind, freedom from fear, and greater unity in your families.

RUSSELL M. NELSON





STUDY SCHEDULE OVERVIEW



SPRING 2022  STUDY SCHEDULE

- APRIL -

HOW WE SPEND OUR TIME EACH DAY

DATE	CONFERENCE TALK	SCRIPTURE
APR 14	Preaching the Gospel of Peace: Nelson The Power of Spiritual Momentum: Nelson Now is the Time: Nelson	Moses 1
APR 21	Our Relationship with God: Christofferson	Job 1 & 42
APR 28	Do What Mattereth Most: Craven	Matt 18:12-14

- MAY -

GET ON THE COVENANT PATH AND STAY THERE

DATE	CONFERENCE TALK	SCRIPTURE
MAY 5	But We Heeded Them Not: Bednar	1 Nephi 11
MAY 12	Covenants with God: Bingham	Jude 1
MAY 19	Our Heartfelt All: Uchtdorf	Mark 12:21-24, Luke 21:1-4
MAY 26	Divine Love in the Father's Plan: Oaks	D&C 76, Matt 22:36-40

- JUNE -

DISCOVER THE JOY OF DAILY REPENTANCE

DATE	CONFERENCE TALK	SCRIPTURE
JUN 2	Ladder of Faith: Kacher	Alma 4-5, John 2:1-11
JUN 9	Conversion to the Will of God: Cook	Acts 9
JUN 16	Weak Things Become Strong: Hamilton	Mosiah 27
JUN 23	Steady in the Storms: Eyring	2 Timothy 3
JUN 30	A Mighty Change of Heart: Gavaret	Ezra 7:10, Ezra 9:8, Nehemiah 8

- JULY -

LEARN ABOUT GOD AND HOW HE WORKS

DATE	CONFERENCE TALK	SCRIPTURE
JUL 7	Is the Plan Working? Ochoa	Matt 14
JUL 14	Lessons at the Well: Porter	2 Kings 5:1-19
JUL 21	Your Divine Nature and Eternal Destiny: Renlund	Mother in Heaven GTE
JUL 28	For God So Loved Us: Ringwood	Genesis 44:18-34

- AUGUST -

SEEK AND EXPECT MIRACLES

DATE	CONFERENCE TALK	SCRIPTURE
AUG 4	Christ Heals that which is Broken: Wright	Acts 3:1-11, John 8:1-11, Luke 15:11-32
AUG 11	Fear Not: Believe only! Holland	Luke 14:12-24, Mark 5
AUG 18	Life Up your Heart and Rejoice: Aidukaitis	D&C 31, Mark 7:24-31
AUG 25	He Is Risen: Kearon	Alma 7:11-12, Isaiah 61:1-3, Romans 8

- SEPTEMBER -

END CONFLICT IN YOUR PERSONAL LIFE

DATE	CONFERENCE TALK	SCRIPTURE
SEP 1	We Are the Church: Albuerto	Mark 2:1-12
SEP 8	Following Jesus: Being a Peacemaker: Anderson	John 13
SEP 13	We Each Have a Story: Gong	Matthew 1, D&C 128
SEP 22	Love, Share, Invite: Stevenson	Alma 10 Alma 34
SEP 29	Conference Prep	



WEEK

CONFERENCE TALK

SCRIPTURE(S)

ONE WORD

ONE PHRASE

Now is the time we can learn:

Now is the time we can turn again to Christ (repent):

Now is the time we can bless others and lift:



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