**Discipleship Project – Control my Thoughts**

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Class: REL 250C, Section: C9.

# **General Instructions**

Save this template on your computer with a filename such as “Jon Doe Discipleship Project.” The thoughts and goals you share on this document will guide your efforts throughout the rest of the semester. You will have the opportunity to report and reflect on your progress on your weekly personal reports. Please feel free to return to this document often and make necessary adjustments and changes as you feel prompted.

# **Project Plan**

Before writing your plan:

* **Ponder** what Elder Kim B. Clark (“[Eyes to See and Ears to Hear](https://www.lds.org/general-conference/2015/10/eyes-to-see-and-ears-to-hear?lang=eng),” October 2015) has taught at General Conference:  
    
  “Whatever level of spirituality or faith or obedience we now have, it will not be sufficient for the work that lies ahead. We need greater spiritual light and power. We need eyes to see more clearly the Savior working in our lives and ears to hear His voice more deeply in our hearts. This marvelous blessing comes when we open our hearts and receive, truly receive, the Lord Jesus Christ, His doctrine, and His Church into our lives. ***We do not have to be perfect, but we need to be good and getting better*.** We need to strive to live the plain and simple truths of the gospel.”  
    
  Elder Clark encourages those seeking to be good at getting better and to regularly ask ourselves two questions:   
  a) What am I doing that I should stop doing?  
  b) What am I not doing that I should start doing?" (CES Fireside, August 2015)
* **Watch** or Read following:
  + Elder Larry Lawrence, [What Lack I Yet](https://www.lds.org/general-conference/2015/10/what-lack-i-yet?lang=eng)? *Ensign*, October 2015
  + View LDS Media: [What Lack I Yet?](https://www.mormonchannel.org/watch/series/bible-videos/christ-and-the-rich-young-ruler)

Now spend some time reflecting on gospel principles/doctrines taught about Christ and being a disciple of Christ. Next, **prayerfully identify** and share one area of discipleship you would like to make progress on. Remember, you will be focused on improving yourself in this one area for the rest of the semester. **Write a 300- to 400-word project plan** answering the following questions:

1. **Describe the area of discipleship** that you want to improve in your life and what caused you to desire to work on this area in your life at this time. Share a doctrine or principle that inspires you to improve in this area and where it is found in the scriptures or Church publications.
2. **Set a goal and specifically describe the steps** you will take to develop the attribute you have chosen and apply the doctrine or principle to your life over the next several weeks.
3. **Identify any anticipated challenges**, and explain what you will do to overcome them.
4. **Explain how you will keep a personal record** or journal of your progress over the coming weeks.

1- **Describe the area of discipleship**. The area of my life that I would like to improve or work on are My Thoughts. I want to control them. Usually, it is the other way around.

Some of the principles that inspired are:

* 2 Nephi 2:14, 16, 26 –He created me not to be acted upon, but He gave me power to act. He made me free forever with knowledge to act accordingly. I just consider unfair, with all the gifts and power received from Heavenly Father, to let my Thoughts take control of my emotions and actions.
* From the talk entitled “What I lack Yet?” - I loved this quote from Harold B. Lee which says: “Every one of us, if we would reach perfection, must [at] one time ask ourselves this question, what lack I yet?” or in other words “What is keeping me from progressing?”

Brother Lawrence explains: “The young man was stunned; he had never considered such a sacrifice. He was humble enough to ask the Lord but not faithful enough to follow the divine counsel he was given. We must be willing to act when we receive an answer.”

* Addiction is a persistent dependence on a harmful behavior or substance. It can disrupt the ability to listen to the Spirit and limit agency. Many who struggle with an addiction suffer from shame or a sense that they are unlovable. They may feel discouragement and despair that recovery is not possible. Yet with God, nothing is impossible (see Luke 1:37). All can be healed and protected through Jesus Christ and His Atonement. I won’t consider it as an addiction according to the exposure of my behavior, but I do suffer.

2- **Set a goal and specifically describe the steps**. For the rest of the Class I will reduce my idle thoughts. The day only has 24 hours, so I waste probably 3 to 4 hours of distraction with idle thoughts. In the Life Help section, it recommends finding possible triggers, could be internal or external. I already did that part.

1. Pray with real intent every morning. I wake up really early each day but I felt very distracted enough to jump over the habit of prayer in the morning.
2. Read or listen to a talk from General Conference every week. I feel that listening to a talk on the way to work it helps a lot. I am reading already “Come, follow me” with my family every day.
3. Listen to relaxing music or any technique to handle stress. I suffer much stress during the day so, I already started doing this and it is helping to decrease the tension.
4. Do things. Just read or watch any screen does not help at all. I discovered that my actions do cover any possible harmful thought. It is obvious that I can´t do both. I have a list of things of chores to do in my house (my wife is helping) to keep me “on moving”.
5. I wan to include fasting. Thursday 1st of February. Thursday 7th of March.

3- **Identify any anticipated challenges:** Diligence is not my Christlike Attribute so far. I am going to need a lot of extra effort and much love for myself.

* Sundays are complicated for me. I do not do much that day.
* Mornings are difficult before going to work.
* Youtube and social media are strong opponents.
* Stress and anxiety are commonly against every project.

4- **Explain how you will keep a personal record:** I have Journal where I write once in a while. I want to start writing every Friday at night, before bedtime, about any progress.