

SP90X PROGRAM GUIDE



Welcome to SP90X (Scripture Power 90 Extreme), the 90 day gospel study and action program to jump start your spiritual fitness and put you on the fast track to all of your spiritual goals!

Daily scripture study is an essential part of spirituality. Studying the word of God keeps our minds pointed towards Him and gives us perspective throughout our day. For those of us preparing to go on missions or doing any other type of teaching, study is also a pre-requisite (D&C 11:21). During this program, you will read the entire Book of Mormon, do daily topical study and read the words of our living prophets. The study portion of the program should take approximately one hour each day. That may seem like a lot of time, but as you do your best to be consistent each day, you will find yourself looking forward to the study instead of it feeling like something that you are required to do.



The Gospel of Jesus Christ is not just studying; it's a program of action. We seek learning by study, but also by faith (D&C 88:118). We need to put into action what we learn with regular daily and monthly activities to apply what we learn and become who Heavenly Father wants us to become. During this program, you will focus on meaningful prayer, pondering, service, temple attendance, fasting and journal writing to make the Gospel one of action in your life.

The program that is outlined on the next several pages is an intense one. Those who keep up with the schedule will be blessed for their efforts and dedication. However, if you are less than perfect at following the schedule, don't worry. Do the best that you can and keep moving forward. If you miss study, you can either start where you left off, or just keep following the schedule. You may try to catch up during days when your study session seems light or when you have extra time. Or, you can just wait until you've finished the 90 days and add some extra days on the end to do what you missed.

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DAILY STUDY

Each day during the program, follow the suggested study routine below:

- **Book of Mormon:** Read the assigned chapters in the Book of Mormon each day
- **Topical Study (PMG):** Study a chapter in Preach My Gospel. Study enough each day so you will finish the chapter by the end of the week.
- **Duty to God or Personal Progress (DG/PP - Sun):** Work on your Duty to God or Personal Progress for at least half an hour.
- **General Conference Talks (GC - Mon, Thu):** Study one talk from the most recent General Conference.
- **Church Magazines (MAG - Tue, Fri):** Read an article from a recent issue of the New Era or Ensign.
- **Scripture Mastery (SM - Wed, Sat):** Memorize the specified scripture mastery scripture. If you need more than one day to memorize the scripture, spend a little bit of time on it each day and extra time on the scheduled day.

DAILY ACTIONS

Perform the following tasks each day to keep applying what you are learning:

- **Meaningful Prayer (Pr):** Have a *meaningful* conversation with your Heavenly Father at least morning and night.
- **Pondering (Po):** There's a lot of studying in this program, but the biggest benefit comes from pondering what we're studying and applying it to our lives. Find some time each day to quietly ponder the gospel and your life.
- **Service (S):** Search for ways to serve those around you and perform at least one act of service a day. It doesn't have to be a big thing, just service. Don't forget your family members, as well.
- **Journal Writing (J):** Record your progress and how the Lord has blessed your life each day.

MONTHLY ACTIONS

Perform the following actions monthly to apply what you're learning and to evaluate your progress and direction:

- **Fasting:** Fast for two meals at least each month on Fast Sunday with a purpose.
- **Home and Visiting Teaching:** If you are a home or visiting teacher, have at least one meaningful visit each month with each of your assigned families or sisters.
- **Temple Attendance:** If you hold a temple recommend, attend the temple at least once a month.
- **Fit Test:** Take the "Christlike Attributes" questionnaire found in *Preach My Gospel* on page 126 on days 1, 30, 60, and 90 to track your spiritual progress.

ONLINE TRACKING

You can always use paper or your own tracking mechanism to keep track of your progress through the program. However, there is also an online tracking system to help you. Just go to sp90x.com, create an account, and start tracking. If you're doing the program with a group, make sure you attach your program to your group.

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WEEK 1

	Sun Day 1	Mon Day 2	Tue Day 3	Wed Day 4	Thu Day 5	Fri Day 6	Sat Day 7
Book of Mormon	1 Nephi 1-3	1 Nephi 4-6	1 Nephi 7-10	1 Nephi 11-12	1 Nephi 13-14	1 Nephi 15-16	1 Nephi 17-18
Topical Study	PMG - Chapter 1: What Is My Purpose as a Missionary?						
Other Study	DG/PP Fit Test	GC	MAG	SM - 1 Nephi 3:7	GC	MAG	SM - 1 Nephi 19:23
Actions	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J

WEEK 2

	Sun Day 8	Mon Day 9	Tue Day 10	Wed Day 11	Thu Day 12	Fri Day 13	Sat Day 14
Book of Mormon	1 Nephi 19-20	1 Nephi 21-22	2 Nephi 1-2	2 Nephi 3-4	2 Nephi 5-7	2 Nephi 8-9	2 Nephi 10-12
Topical Study	PMG - Chapter 2: How Do I Study Effectively and Prepare to Teach?						
Other Study	DG/PP	GC	MAG	SM – 2 Nephi 2:25	GC	MAG	SM – 2 Nephi 2:27
Actions	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J

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WEEK 3

	Sun Day 15	Mon Day 16	Tue Day 17	Wed Day 18	Thu Day 19	Fri Day 20	Sat Day 21
Book of Mormon	2 Nephi 13-18	2 Nephi 19-23	2 Nephi 24-25	2 Nephi 26-27	2 Nephi 28-30	2 Nephi 31-33	Jacob 1-3
Topical Study	PMG – Chapter 3 (Lesson1): The Message of the Restoration of the Gospel of Jesus Christ						
Other Study	DG/PP	GC	MAG	SM - 2 Nephi 9:28-29	GC	MAG	SM – 2 Nephi 28:7-9
Actions	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J

WEEK 4

	Sun Day 22	Mon Day 23	Tue Day 24	Wed Day 25	Thu Day 26	Fri Day 27	Sat Day 28
Book of Mormon	Jacob 4-5	Jacob 6-7	Enos, Jarom, Omni	Words of Mormon, Mosiah 1	Mosiah 2-3	Mosiah 4-5	Mosiah 6-9
Topical Study	PMG – Chapter 3 (Lesson 2): The Plan of Salvation						
Other Study	DG/PP	GC	MAG	SM – 2 Nephi 32:3	GC	MAG	SM – 2 Nephi 32:8-9
Actions	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J

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WEEK 5

	Sun Day 29	Mon Day 30	Tue Day 31	Wed Day 32	Thu Day 33	Fri Day 34	Sat Day 35
Book of Mormon	Mosiah 10-12	Mosiah 13-15	Mosiah 16-18	Mosiah 19-21	Mosiah 22-24	Mosiah 25-26	Mosiah 27-29
Topical Study	PMG - Chapter 3 (Lesson 3): The Gospel of Jesus Christ						
Other Study	DG/PP	GC Fit Test	MAG	SM – Jacob 2:18-19	GC	MAG	SM – Mosiah 2:17
Actions	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J

WEEK 6

	Sun Day 36	Mon Day 37	Tue Day 38	Wed Day 39	Thu Day 40	Fri Day 41	Sat Day 42
Book of Mormon	Alma 1-2	Alma 3-4	Alma 5-6	Alma 7-9	Alma 10-11	Alma 12-13	Alma 14-15
Topical Study	PMG - Chapter 3 (Lesson 4): The Commandments						
Other Study	DG/PP	GC	MAG	SM – Mosiah 3:19	GC	MAG	SM – Mosiah 4:30
Actions	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J

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WEEK 7

	Sun Day 43	Mon Day 44	Tue Day 45	Wed Day 46	Thu Day 47	Fri Day 48	Sat Day 49
Book of Mormon	Alma 16-17	Alma 18-19	Alma 20-22	Alma 23-24	Alma 25-27	Alma 28-30	Alma 31-32
Topical Study	PMG - Chapter 3 (Lesson 5): Laws and Ordinances						
Other Study	DG/PP	GC	MAG	SM – Alma 32:21	GC	MAG	SM – Alma 34:32-34
Actions	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J

WEEK 8

	Sun Day 50	Mon Day 51	Tue Day 52	Wed Day 53	Thu Day 54	Fri Day 55	Sat Day 56
Book of Mormon	Alma 33-34	Alma 35-36	Alma 37-39	Alma 40-42	Alma 43-44	Alma 45-46	Alma 47-48
Topical Study	PMG - Chapter 4: How Do I Recognize and Understand the Spirit?						
Other Study	DG/PP	GC	MAG	SM – Alma 37:6-7	GC	MAG	SM – Alma 37:35
Actions	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J

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WEEK 9

WEEK 9	Sun <i>Day 57</i>				Mon <i>Day 58</i>				Tue <i>Day 59</i>				Wed <i>Day 60</i>				Thu <i>Day 61</i>				Fri <i>Day 62</i>				Sat <i>Day 63</i>			
Book of Mormon	Alma 49-50				Alma 51-52				Alma 53-55				Alma 56-57				Alma 58-60				Alma 61-62				Alma 63 - Helaman 2			
Topical Study	PMG - Chapter 5: What Is the Role of the Book of Mormon?																											
Other Study	DG/PP				GC				MAG				SM - Alma 41:10 Fit Test				GC				MAG				SM - Helaman 5:12			
Actions	Pr	Po	S	J	Pr	Po	S	J	Pr	Po	S	J	Pr	Po	S	J	Pr	Po	S	J	Pr	Po	S	J	Pr	Po	S	J

WEEK 10

WEEK 10	Sun <i>Day 64</i>				Mon <i>Day 65</i>				Tue <i>Day 66</i>				Wed <i>Day 67</i>				Thu <i>Day 68</i>				Fri <i>Day 69</i>				Sat <i>Day 70</i>			
Book of Mormon	Helaman 3-4				Helaman 5-6				Helaman 7-9				Helaman 10-11				Helaman 12-13				Helaman 14-16				3 Nephi 1-3			
Topical Study	PMG - Chapter 6: How Do I Develop Christlike Attributes?																											
Other Study	DG/PP				GC				MAG				SM – 3 Nephi 11:29				GC				MAG				SM – 3 Nephi 27:27			
Actions	Pr	Po	S	J	Pr	Po	S	J	Pr	Po	S	J	Pr	Po	S	J	Pr	Po	S	J	Pr	Po	S	J	Pr	Po	S	J

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WEEK 11

	Sun Day 71	Mon Day 72	Tue Day 73	Wed Day 74	Thu Day 75	Fri Day 76	Sat Day 77
Book of Mormon	3 Nephi 4-6	3 Nephi 7-9	3 Nephi 10-11	3 Nephi 12-15	3 Nephi 16-18	3 Nephi 19-20	3 Nephi 21-23
Topical Study	PMG - Chapter 8: How Do I Use Time Wisely?						
Other Study	DG/PP	GC	MAG	SM - Ether 12:6	GC	MAG	SM - Ether 12:27
Actions	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J

WEEK 12

	Sun Day 78	Mon Day 79	Tue Day 80	Wed Day 81	Thu Day 82	Fri Day 83	Sat Day 84
Book of Mormon	3 Nephi 24-27	3 Nephi 28-30	4 Nephi, Mormon 1-2	Mormon 3-5	Mormon 6-8	Mormon 9, Ether 1	Ether 2-5
Topical Study	PMG - Chapter 10: How Can I Improve My Teaching Skills?						
Other Study	DG/PP	GC	MAG	SM – Moroni 7:16-17	GC	MAG	SM – Moroni 7:45
Actions	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J	Pr Po S J

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WEEK 13

WEEK 13	Sun Day 85				Mon Day 86				Tue Day 87				Wed Day 88				Thu Day 89				Fri Day 90				Sat
Book of Mormon	Ether 6-8				Ether 9-11				Ether 12-13				Ether 14-15, Moroni 1-5				Moroni 6-7				Moroni 8-10				Fit Test Congrats! You're Done!
Topical Study	PMG - Chapter 11: How Do I Help People Make and Keep Commitments?																								
Other Study	DG/PP				GC				MAG				SM - Moroni 10:4-5				GC				MAG				
Actions	Pr	Po	S	J	Pr	Po	S	J	Pr	Po	S	J	Pr	Po	S	J	Pr	Po	S	J	Pr	Po	S	J	