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| **Scriptures I found that contain (ingredients) or teachings about growing a testimony.** | | **What did that scripture or verse teach you about developing a testimony?** |
| *Example: 1st Nephi 2:16* | | *Nephi had “great desires” to know the mysteries of God. We must have great desires and ask for our hearts to be opened and softened to receive the spirit and testimony we seek.* |
| **Use the Next 3 Rows of boxes for your own examples.** | |  |
| Alma 10:5-6 | | Amulek said he never initially recognized the blessings and everything God has shared with him. He said he was called many times, but never listened. We must listen to the voice and we will recognize the great mysteries that are bestowed upon us. |
| 1 Nephi 10: 17-20 | | Those who seek shall find.He will always be with us no matter what. He is the same today yesterday and forever. Nephi wanted to know like his father did and have the same gift. |
| 1 Nephi 11:1-6 | | Bearing your testimony brings blessing and can strengthen your testimony. Nephi spoke aloud that he believed his father’s words and he desired to see as he did. |
| **Favorite Scripture about Gaining a testimony.** | | **Why was this scripture your favorite, and what did it teach you?** |
| Alma 24 | | I loved this scripture because in the first few verses it says how they thank our Faither. They continue to thank Him and realize how much he is truly involved in our lives. |
| **100–200 word synopsis from Becoming Converted (steps 6 & 7)** | | | |
| **Habits of success: After studying the scriptures included, what do you feel are some of the keys to successfully overcoming doubt and building a strong testimony?** | *Some key things I think we need to remember is the blessing we receive. If we take time to recognize our blessings we are grateful for what we have. We notice that there are more blessings we receive than we originally thought.* | | |
| **After Studying Alma, Enos, Amulek, Zeezrom and Lamoni’s father what do you feel are some of the important changes that take place in the process of conversion? Where do you see yourself in this process?** | Some changes that take place are a broken heart and contrite spirit. You have to give yourself to the Lord and truly believe his words. Prayer can bring you closer to our Father in Heaven and help us. | | |
| **After Reading about the Anti-Nephi-Lehies and Jacob and the teachings on Retaining conversion and staying strong; Make a list of things we can do to stay strong and avoid withering away in unbelief. What teachings apply to your family?** | Pray  Read scriptures daily  Sabbath day holy  Think of the savior  Strive to be like Him  Count your blessings  In my family we like to keep phrases and readings around the house so that we can simply glance over and be reminded of him. We like to have them near for if we feel the spirit going away with something on the tv or radio for example. | | |