

# Eight Tips for a More Meaningful Scripture Study

1. Start with a prayer.
  - a. “Prayer and scripture study go hand in hand” (Schmeil, Ciro “Faith to Act and Become,” *Liahona*, November 2021, 32).
  - b. Praying invites the Spirit and allows Heavenly Father to direct you to what He wants you to learn.
2. Start small.
  - a. “To become a better follower of the Savior Jesus Christ is a lifelong journey, and we are all in different stages, moving at a different pace” (Schmeil, Ciro “Faith to Act and Become,” *Liahona*, November 2021, 32).
  - b. Don’t overwhelm yourself by setting too many study goals at once. If you’re trying to get in the habit of regular scripture study, start with just a few minutes every day! As you study more regularly, you can slowly increase the amount you study and try new study strategies.
3. Make a list of questions.
  - a. “Many times the answers did not come right away. I have questions that have not been answered yet, but I keep asking and studying, and I am happy that the Lord continues to give me the strength to act as I wait for answers” (Valenzuela, Arnulfo, “Deepening Out Conversion to Jesus Christ,” *Liahona*, November 2021, 61).
  - b. As you study, note down when you come across any insights or answers to your questions. Regularly revisit your question list to see how your understanding of your questions has grown. Add any new questions you come up with to your list.
4. Come up with a study plan.
  - a. “I invite you to have a permanent plan to study the scriptures [. . .] When we study the gospel, we are not simply seeking new information; rather, we are seeking to become ‘a new creature’” (Schmeil, Ciro “Faith to Act and Become,” *Liahona*, November 2021, 32).
  - b. Your study plan could be for a week or for a year. Plan out not only *what* you’ll study, but where and when you’ll study. Is there a quiet place you can go to every day? How long will you study each day?
5. Study by topic (general conference talks, articles)
  - a. Don’t feel like you have to start with 1 Nephi every time you create a new study plan. Think of topics that interest you, and study those. Use resources like recent general conference talks, the Topical Guide, and the Guide to the Scriptures to deepen your understanding of your chosen topic.
6. Keep a study journal
  - a. “It is important to me as I strive to become like Him to record my experiences and what I am learning” (Whiting, Scott D., “Faith to Act and Become,” *Liahona*, November 2020, 14).

- b. Have you ever had an uplifting scripture study that you completely forgot the next day? Keeping a study journal ensures that you can look back at thoughts and inspiration you've had while studying.
- 7. Share your thoughts with others
  - a. "The Savior also taught that we should not only study the scriptures but also teach from them" (Schmeil, Ciro, "Faith to Act and Become," *Liahona*, November 2021, 32).
  - b. Did you find a study session particularly inspirational? Share it with friends! Social media is a great way to share study insights. Consider finding a buddy that you share insights from your studies with every week, either in-person, over the phone, or by text.
- 8. Display your favorite scriptures
  - a. Is there a particular scripture that inspires you? Put it somewhere you can see it every day. This could be on a mirror, a phone screen, or in your journal.