

Digests

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Digest of Plan

¹ God the Father and God the Mother have many children. ² For a long time, they all lived together in heaven. ³ Father and Mother have vast wisdom, and immortal, perfect bodies. ⁴ Their children were immortal spirits without physical bodies and with little knowledge.

⁵ The Parents wanted their children to have wisdom and immortal, perfect bodies. ⁶ In preparation for their children's future, the Parents began the universe, allowing it to progress and form; ⁷ guiding it when necessary. ⁸ In heaven, during the preparation, the Parents taught their children many good things. ⁹ The children enjoyed progress and learned as much as they could.

¹⁰ When mortal bodies were ready, Father and Mother began to send their children into mortality through birth. ¹¹ They sent each child to a body, on a planet, at a time, and in a location optimal for that child's growth.

¹² Living in a mortal body clouds each child's memory of their former life in heaven. ¹³ Some children can only feel the Parents' influence very quietly. ¹⁴ Others can feel it more plainly. ¹⁵ All can learn to feel it better.

¹⁶ Father and Mother want all their children to be happy, to master their mortal bodies, and to remember and act on the goal of wisdom and immortality. ¹⁷ To help them remember and act, the Parents

have invited some of their children to be messengers.
¹⁸ Many messengers declined the invitation. ¹⁹ Some delivered the message faithfully at first but allowed distractions of the world to lead them astray and confuse their message. ²⁰ They often did not know that they were distracted. People called some of these messengers prophets.

²¹ Faithful messengers were found regardless of time, place, culture, status or religion into which they had been born. ²² The Parents knew that different messengers would help different children to progress, so they invited messengers of all kinds. ²³ The essence of these messages has been stable, while the details vary to accommodate mortal bias.

²⁴ The Parents remain involved in and mindful of their children's lives. ²⁵ Their involvement consists mainly in delivering information to their children when they need it and request it. ²⁶ Physical intervention is rare. ²⁷ Compulsion is absent.

²⁸ Upon death, the Parents welcome each child home. ²⁹ The child, now wiser, receives an eternal reward calculated to bring them satisfaction and joy according to who they have become.

Digest of Priorities

¹ You have a conscience to govern your free will.

² These priorities are a guide to keep conscience within proper bounds. ³ They are listed from most important to least important. ⁴ Try to observe all these commandments. ⁵ If two must conflict, prefer the more important one.

⁶ Love God. ⁷ Love people.

⁸ Only use compulsion to stop an immediate threat to life, property or free will.

⁹ Be humble. ¹⁰ Forgive wrongs, real and perceived.

¹¹ Only seek sexual arousal through your spouses.

¹² Offer formal prayer daily. ¹³ Study the digests or canons daily.

¹⁴ Be honest. ¹⁵ Obey the laws of the land. ¹⁶ Maintain political neutrality. ¹⁷ Respect property, yours and others.

¹⁸ Tend to your own affairs.

¹⁹ Abstain from consuming alcohol and tobacco.

²⁰ Abstain from addictive behaviors.

²¹ Ten percent of your annual expenditures must be donations. ²² Serve anonymously.

²³ Don't make unwise promises. ²⁴ Keep your word.

²⁵ Avoid contention. ²⁶ Speak kindly and quietly.

²⁷ Seek moderation in all things.

²⁸ Take care of yourself. ²⁹ Take care of your children. ³⁰ Respect your parents.

³¹ Acquire useful knowledge. ³² Engage skillfully in an occupation, trade or craft. ³³ Receive no remuneration.

neration for your service in the Church. ³⁴ Make an honest profit.

³⁵ Use debt rarely and sparingly, and pay it back quickly.

³⁶ Devote one day in seven to spirituality.

³⁷ Have children within marriage.

³⁸ Keep a modest reserve of useful assets.

³⁹ Improve your surroundings.

⁴⁰ Skip two meals each month.

⁴¹ Make a will to peacefully dispose of your assets upon your death.

⁴² Do worthwhile things that are hard for you. ⁴³ Be patient.

⁴⁴ In your public appearance, avoid drawing sexual attention.

⁴⁵ Maintain your body in strength, speed, flexibility, and balance. ⁴⁶ Exert yourself physically, six days out of every seven.

⁴⁷ Make amends.

⁴⁸ Spend some time each day quiet and alone.

⁴⁹ Be grateful. ⁵⁰ Smile.

⁵¹ Carry the challenge coin. ⁵² Wear the signal of faith.

⁵³ Choose some things that you will have at the expense of some things that you won't. ⁵⁴ Give no importance to that which has none. ⁵⁵ If it can change, it should change occasionally. ⁵⁶ Give away what you wish to receive.

⁵⁷ Follow your conscience.

Digest of Virtues

¹ Every virtue taken to extreme becomes a vice.

² The virtues below are listed in pairs. ³ Each person must seek their own balance between the two virtues in each pair. ⁴ When two virtues in a pair conflict, and one is unsure how to balance them, err on the side of the first virtue.

⁵ There is no fixed priority between the pairs.

⁶ Companionship and solitude. ⁷ Contentment and ambition. ⁸ Detachment and attachment. ⁹ Evidence and faith. ¹⁰ Flexibility and tenacity. ¹¹ Generosity and frugality. ¹² Innovation and tradition. ¹³ Mercy and justice. ¹⁴ Preparation and improvisation. ¹⁵ Scarcity and abundance. ¹⁶ Silence and communication. ¹⁷ Solemnity and humor. ¹⁸ Transparency and privacy. ¹⁹ Work and repose.

Digest of Prayer

¹ Offer formal prayer one, two, three, four, or five times per day. ² Perform at least one formal prayer outside each day. ³ When praying outside, turn your back to the approximate location of the sun.

⁴ Formal prayers should be spaced approximately evenly throughout your waking hours.

⁵ If unable to perform a posture, use the closest approximation you are able to perform.

⁶ Gratitude: Stand with your eyes closed and your face turned toward the sky until you are tranquil.

⁷ Recite, “God in heaven, I thank you for life, air to breathe, quiet places, and the ability to choose; ⁸ for challenges, work, emotion, and the gift of reason.”

⁹ In your own words, express heartfelt gratitude to God.

¹⁰ Confession: Bow, eyes closed, hands on knees, face downward. ¹¹ Recite, “God in heaven, I strive to keep the Priorities, and to learn from my failures when I don’t. ¹² I want to be more like you. ¹³ I fall short in these ways.” ¹⁴ In your own words, confess to God your failures, weaknesses, and ways you need to improve.

¹⁵ Petition: Squat, arms outstretched, hands cupped to form a bowl, your face forward. ¹⁶ Recite, “God in heaven, you have given me a beautiful world to live in, messengers to teach me, and guidance when I ask.

¹⁷ Hear my prayer.” ¹⁸ In your own words, request

God's guidance in achieving your righteous desires.

¹⁹ Listen: Stand with your face downward. ²⁰ Recite, "God in heaven, you let the sun rise on good and evil people alike. ²¹ You send guidance through a gentle thought, a quiet feeling, or a soft voice. ²² I'm listening." Listen for God's guidance.

²³ Action: Bow, eyes closed, hands on knees, face downward. ²⁴ Recite, "God in heaven, the greatest gift brings no profit when left unused. ²⁵ I thank you for giving me guidance. ²⁶ I plan to act." ²⁷ In your own words, tell God how you will act on the guidance you have received.