

# Digests

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## Digest of Plan

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

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

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

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

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. To help them remember and act, the Parents have invited some of their children to be messengers. Many

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

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

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

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

## **Digest of Priorities**

You have a conscience to govern your free will. These priorities are a guide to keep conscience within proper bounds. They are listed from most important to least important. Try to observe all these commandments.

If two must conflict, prefer the more important one.

Love God. Love people.

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

Be humble. Forgive wrongs, real and perceived.

Only seek sexual arousal through your spouses.

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

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

Tend to your own affairs.

Abstain from consuming alcohol and tobacco. Abstain from addictive behaviors.

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

Don't make unwise promises. Keep your word. Avoid contention. Speak kindly and quietly. Seek moderation in all things.

Take care of yourself. Take care of your children. Respect your parents.

Acquire useful knowledge. Engage skillfully in an occupation, trade or craft. Receive no remuneration for your service in the Church. Make an honest profit.

Use debt rarely and sparingly and pay it back quickly.

Devote one day in seven to spirituality.

Have children within marriage.

Keep a modest reserve of useful assets.

Improve your surroundings.

Skip two meals each month.

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

Do worthwhile things that are hard for you.

Be patient.

In your public appearance, avoid drawing sexual attention.

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

Make amends.

Spend some time each day quiet and alone.

Be grateful. Smile.

Carry the challenge coin. Wear the signal of faith.

Choose some things that you will have at the expense of some things that you won't. Give no importance to things that have none. Things that can change should change occasionally. Give away what you wish to receive.

Follow your conscience.

## Digest of Virtues

Every virtue taken to extreme becomes a vice.

The virtues below are listed in pairs. Each person must seek their own balance between the two virtues in each pair.

When two virtues in a pair conflict, and one is unsure how to balance them, err on the side of the first virtue.

The pairs are listed alphabetically by the first virtue. There is no fixed priority between the pairs.

Companionship and solitude.

Contentment and ambition.

Detachment and attachment.

Evidence and faith.

Flexibility and tenacity.

Generosity and frugality.

Innovation and tradition.

Mercy and justice.

Preparation and improvisation.

Repose and work.

Scarcity and abundance.

Silence and communication.

Solemnity and humor.

Transparency and privacy.

## Digest of Prayer

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

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

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

Gratitude: Stand with your eyes closed and your face turned toward the sky until you are tranquil. Recite, “God in heaven, I thank you for life, air to breathe, quiet places, and the ability to choose; for challenges, work, emotion, and the gift of reason.” In your own words, express heartfelt gratitude to God.

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

Petition: Squat, arms outstretched, hands cupped to form a bowl, your face forward. Recite, “God in heaven, you have given me a beautiful world to live in, messengers to teach me, and guidance when I ask. Hear my prayer.” In your own words, request God’s guidance in achieving your righteous desires.

Listen: Stand with your face downward. Recite, “God in heaven, you let rain fall on good and evil people alike. You send guidance through a gentle thought, a quiet feeling, or a soft voice. I’m listening.” Listen for God’s guidance.

Action: Bow, eyes closed, hands on knees, face downward. Recite, “God in heaven, the greatest gift brings no profit when left unused. I thank you for giving me guidance. I plan to act.” In your own words,



tell God how you will act on the guidance you have received.