

# Digests

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## Digest of Plan

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

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

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

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

<sup>16</sup> 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. <sup>17</sup> To help them remember and act, the Parents

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

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

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

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

## Digest of Priorities

<sup>1</sup> You have a conscience to govern your free will.

<sup>2</sup> These priorities are a guide to keep conscience within proper bounds.<sup>3</sup> They are listed from most im-

portant to least important. <sup>4</sup> Try to observe all these commandments. <sup>5</sup> If two must conflict, prefer the more important one.

<sup>6</sup> Love God. <sup>7</sup> Love people.

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

<sup>9</sup> Be humble. <sup>10</sup> Forgive wrongs, real and perceived.

<sup>11</sup> Only seek sexual arousal through your spouses.

<sup>12</sup> Offer formal prayer daily. <sup>13</sup> Study the digests or canons daily.

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

<sup>18</sup> Tend to your own affairs.

<sup>19</sup> Abstain from consuming alcohol and tobacco.

<sup>20</sup> Abstain from addictive behaviors.

<sup>21</sup> Ten percent of your annual expenditures must be donations. <sup>22</sup> Serve anonymously.

<sup>23</sup> Don't make unwise promises. <sup>24</sup> Keep your word.

<sup>25</sup> Avoid contention. <sup>26</sup> Speak kindly and quietly.

<sup>27</sup> Seek moderation in all things.

<sup>28</sup> Take care of yourself. <sup>29</sup> Take care of your children. <sup>30</sup> Respect your parents.

<sup>31</sup> Acquire useful knowledge. <sup>32</sup> Engage skillfully in an occupation, trade or craft. <sup>33</sup> Receive no remuneration for your service in the Church. <sup>34</sup> Make an honest profit.

<sup>35</sup> Use debt rarely and sparingly, and pay it back quickly.

<sup>36</sup> Devote one day in seven to spirituality.

<sup>37</sup> Have children within marriage.

<sup>38</sup> Keep a modest reserve of useful assets.

<sup>39</sup> Improve your surroundings.

<sup>40</sup> Skip two meals each month.

<sup>41</sup> Make a will to peacefully dispose of your assets upon your death.

<sup>42</sup> Do worthwhile things that are hard for you. <sup>43</sup> Be patient.

<sup>44</sup> In your public appearance, avoid drawing sexual attention.

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

<sup>47</sup> Make amends.

<sup>48</sup> Spend some time each day quiet and alone.

<sup>49</sup> Be grateful. <sup>50</sup> Smile.

<sup>51</sup> Carry the challenge coin. <sup>52</sup> Wear the signal of faith.

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

<sup>57</sup> Follow your conscience.

## Digest of Virtues

<sup>1</sup> Every virtue taken to extreme becomes a vice.

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

<sup>5</sup> There is no fixed priority between the pairs.

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

## Digest of Prayer

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

<sup>4</sup> Formal prayers should be spaced approximately evenly throughout your waking hours.

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

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

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

<sup>9</sup> In your own words, express heartfelt gratitude to God.

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

<sup>15</sup> Petition: Squat, arms outstretched, hands cupped to form a bowl, your face forward. <sup>16</sup> Recite, “God in heaven, you have given me a beautiful world to live in, messengers to teach me, and guidance when I ask. <sup>17</sup> Hear my prayer.” <sup>18</sup> In your own words, request God’s guidance in achieving your righteous desires.

<sup>19</sup> Listen: Stand with your face downward. <sup>20</sup> Recite, “God in heaven, you let rain fall on good and evil people alike. <sup>21</sup> You send guidance through a gentle thought, a quiet feeling, or a soft voice. <sup>22</sup> I’m listening.” Listen for God’s guidance.

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