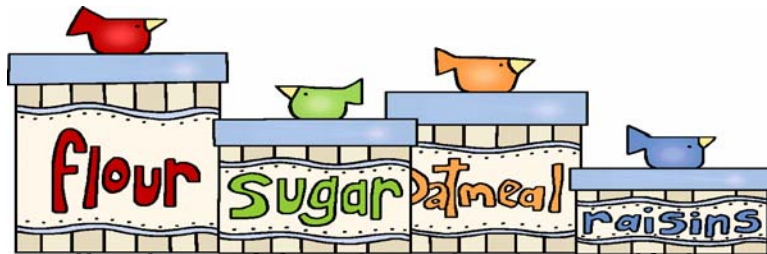


Scrumptious Scripture Study

“Feast upon the words of Christ; for behold, the words of Christ will tell you all things what ye should do” (2 Ne. 32:3).



A fabulous display of food and a beautiful setting have the makings for a superb feast. Think of how much better the feast would be if only the finest ingredients were used in the preparation. When cooking, what we put INTO our recipe determines what we'll GET OUT of it. The same thing goes for scripture reading. What we put INTO our scripture study determines what we'll GET OUT of it.

Any feast is easier to enjoy if you arrive hungry. Elder M. Russell Ballard counsels us that “all members [of the Church] need to generate an appetite for gospel sustenance. We must ‘hunger and thirst after righteousness’ [Matt. 5:6] before we can be filled” (Ensign, May 1996, 81). Come hungry and ready to feast upon the scriptures daily. It's such a delightful experience, you'll want second helpings!

Cooking Tips
for Successful Scripture Study



MEASURE

your scripture progress

“I urge you to recommit yourselves to a study of the scriptures. Immerse yourselves in them daily so you will have the power of the Spirit to attend you in your callings. Read them in your families and teach your children to love and treasure them” (Ezra Taft Benson, “The Power of the Word,” *Ensign*, May 1986, 82).

- Are you reading scriptures daily? If not, make a goal to measure your time to include reading at least one verse a day! Don't let your day fill up without this! President Kimball taught the principle that “no father, no son, no mother, no daughter should get so busy that he or she does not have time to study the scriptures and the words of modern prophets” (*Ensign*, May 1976, 47).
- Are you already a daily scripture reader? Challenge yourself to measure your progress by studying a little harder, pondering a little more or even writing in your journal to record your thoughts and feelings about your scripture studies.

MIX

things up a little



“Roll making is a great homemaking skill. As I bake them, a sweet aroma fills the house. I am able to show my love for my family by sharing something I created. When I study the scriptures, the Spirit of the Lord fills my home. I gain important understanding, which I then share with my family, and my love for them increases...My early attempts at making rolls and scripture reading were not always successful, but over time it got easier. For both pursuits I needed to learn proper techniques and gain an understanding of the ingredients. The key was starting and doing it again and again (Julie B. Beck, “My Soul Delighteth in the Scriptures,” Ensign, May 2004, 107.)

- You don’t have to read the scriptures cover to cover. Study by topic, time line or with someone who needs them. Use colorful pencils or papers to mark important scriptures and help you be able to find them more easily.
- Choose one topic to focus on for a week and feast on the information it provides.
- Children could learn one scripture story in detail each week.

Tell the story using flannel board or stick figures

Read the story from the scriptures

Act out the story with simple props and costumes

Each child draws one scene from the story—line up all the pictures and then let them help tell the story

Memorize an important verse from the scripture story



POUR

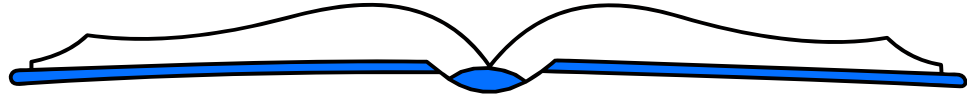
over the scriptures daily

“It is certain that one who studies the scriptures every day accomplishes far more than one who devotes considerable time one day and then lets days go by before continuing. Not only should we study each day, but there should be a regular time set aside when we can concentrate without interference (Howard W. Hunter, Ensign, Nov. 1979, 64.)

“Once you get used to regular scripture study, you miss it if you don’t have it. It’s like food—you have to have it. I know that I need the scriptures like I need food. I don’t miss a regular meal, and I don’t miss regular scripture study (Elder Henry B. Eyring, Ensign, July 2005, 22.)

RECIPES

For Successful Scripture Study



- Too many cooks in the kitchen? If you are trying to study alone, make sure you are just that...alone. Remove distractions that will take away your focus. If the other cooks won't leave, then remove yourself! Find a quiet place to read, ponder and listen for direction.
- List of ingredients-- Before making any recipe you make sure you have everything you need. What a frustrating thing to be halfway through a recipe and realize you are missing a main ingredient. When sitting down to study, look over your list of ingredients. What do YOU need in your life right now? What are YOU struggling with? What would YOU like to understand? What are YOU hoping to gain from this scripture time? After you've made your "mental" list, kneel in prayer and sincerely ask our Father in Heaven for those things. Just like a recipe, what we put into our study, determines what we receive out of it.
- Personal cookbooks—Get inexpensive copies of the Book of Mormon for each member of your family. Let them write their own recipes for understanding as they read. What is important to them? What stands out in this verse? Let them put pictures, sticky notes or quotes wherever they like, to make this book meaningful to them.
- Favorite recipes—We all have recipes we prefer to have over and over again. As you read, keep a journal of your favorite scriptures and why you love them. Do you write down the same ones, over and over again or love and appreciate new scriptures each time you read?
- Simplify a recipe—Some recipes just take too much time so keep it simple. After reading the scriptures try paraphrasing what you just read to someone else or in your journal. You'll see how much you understand, even if it is the simple storylines.
- Anyone for calamari? Don't ever miss the chance to try new foods. You may learn why everyone is raving about

it. When reading scriptures, try putting your name in place of the people you are reading about. You may see and understand more of what they really went through.

- Smiles or frowns—When our family tries new recipes we mark them with a smiley face if we like it or a frowny if we don't. Make a list of characters to mark your scriptures with so they are easy to refer back to. (Scriptures about the Savior, certain topics or just favorite ones.)
- Learn to cook! The key word there was LEARN! Learning takes time, practice and dedication, but always pays off in the end. Scripture study requires of your time, effort and yearning to learn.
- Love in a lunchbox—Cheer up your loved ones' day by sending a love note with a special scripture written on it just for them. Something you may have read just that morning or a verse that will help them make it through a specific trial that day. A wonderful teaching moment!



The scriptures are like a seven course meal. You aren't supposed to devour it all at once, but over a period of time. Take time to enjoy each course to its fullest. Each time we sit down to feast on the scriptures we will discover new ideas, information and understanding. Remember with the scriptures, second helpings are always available!