

Spiritual Battery Energizers

Regardless of our individual circumstances, the methods we use to keep our spiritual batteries energized are the same. The key is to make sure we're not just going through the motions, but that we **have a sincere desire and are willing to put forth the effort** so that we "may always have his sprit to be with (us)." Remember, He stands at the door and knocks; it is up to us to open the door and let Him in. Listed below are ideas for daily, weekly and monthly spiritual battery energizers, along with a few ideas on superchargers and battery drainers. While all of the ideas listed are of great value, we've chosen one or two areas in each category to highlight and expound upon.

Daily Spiritual Chargers

It is easy to look past some of the simplest yet most important sources of energy for keeping our spirits charged. We all too often look for the new and exciting fix, yet **consistent daily attention** to the basics will energize us in ways that nothing else can.

Ideas:

- **Fervent prayer**—Quoting from Arthur E. Bassett's article in the Jan. 1976 *Ensign*: Most of us, I suspect, go to our prayers with the intent of talking rather than with the intent of listening. We go to tell the Lord of our needs rather than to ask Him of our needs....Answers, however, are determined in part by the questions we ask. Is it possible that we are asking the wrong questions, posing the wrong problems to our Heavenly Father?

...if the topics chosen for discussion were more purposeful, would He have more to say? If we stopped talking so much in our prayers would we hear more? What does he have to say to each of us individually? What does God want for us?...How then can we open ourselves to direction from God in our prayers? How can we change the process of prayer into a more dynamic listening experience? How can we truly come to know what God wants for us in a more specific sense?

- A. We need to go to prayer with a more open attitude—as nearly as this is possible—with a more sincere desire to be taught.
 - B. Quietude is a vital prerequisite for communion with God. Unless inner peace is evident, the cares of the world—in a religious setting as well as a secular setting—can drown out the promptings of the still, small voice of the Spirit.
 - C. Fasting, meditation, and contemplation are necessary complements to inquiry in the prayer process.
 - D. Sometimes great spiritual crescendos come without special preparation on our part, when we anticipate them least.
 - E. Sometimes one may follow all to the procedures suggested above and find only a profound silence at the conclusion...faith is sometimes developed in the true Christian *in spite of*, rather than because of, immediate answers to prayer.
- Meaningful scripture study
 - Quiet time for contemplation and listening for the spirit
 - Positive attitude

- Associating with people who elevate us
- Listening to uplifting music
- Avoiding temptation
- Journal keeping
- Service
- Reading conference talks
- Listening to BYU devotionals

Related Articles:

“Before Praying” Arthur E. Bassett, *Ensign*, Jan. 1976, 31

(Opening ourselves to direction from God in our prayers)

“Magnifying the Ordinary” Jonna M. Forbes, *Ensign*, Sept. 1991, 20

(Great for young mothers with small children)

“Bringing Your Mission Home with You!” *Ensign*, Dec. 2000, 14

(Ideas for daily spiritual refreshment, especially for single sisters)

Weekly & Monthly Spiritual Chargers

There are several things we can do on a weekly and/or monthly basis to energize our spiritual batteries. Some of these things take preparation and planning while others only require our being there. We can choose to have our batteries energized or not, depending on whether we're just going through the motions or if we put our heart into. Blessings will always come when we do our part.

Ideas:

- Make a list of 50 spiritual things that you can do in one week. The list could include things like pray, read scriptures, help a friend, watch a BYU devotional etc. These things can be repeated as many times as you like in the week. Keep track of them during the week. As you are keeping track you will also start to notice the spirit more often, which will then help to charge your spiritual battery.
- Family Home Evening
 - A. Have your children teach the FHE lesson. It is wonderful to hear the things they are learning and testifying of.
 - B. Have FHE with your extended family once a month. It is an incredible experience for cousins, siblings, aunts, uncles and grandparents to talk about gospel subjects and to feel the spirit together.
 - C. Invite neighbors or friends over.
- Post motivational quotes around the house
- Read Sunday lessons
- Read one conference talk a week and focus on it
- Preparing church lessons
- Take the Sacrament
- Temple attendance
- Service
- Visiting Teaching
- Attending Enrichment activities
- Attending church meetings
- Read Patriarchal Blessing
- Support a missionary through letters or finances
- Read church magazines
- Participate in a humanitarian project

Related Articles:

- “The Importance of the Temple for Living Members” *Ensign*, Apr. 1993, 10
(Serving in the temple, but also exposing ourselves to a spiritually refining influence)
- “Enriching Our Lives Through Family Home Evening” *Liahona*, June 2003, 3
(Ways to build love and unity in FHE as well as blessings that come through having FHE)
- “How Has Relief Society Blessed Your Life?” *Ensign*, Nov. 2004, 34
(Good reminders about why we should attend Relief Society and Enrichment)