

## *Scripture Study Traditions—Have you had your daily “FIX”?*

*Many of us need to have a “fix” each and every day. Our “fix” may come in the form of food, pop, exercise, or shopping. Our spirits also need to have a daily “fix” -this need can be met through regular scripture study. Below we have some ideas of ways people of all ages and stages of life can study the scriptures which will help them establish daily scripture reading traditions that will last a lifetime. Many of the ideas in each category can be used by people who fit in another category. We hope that these are helpful and add variety to your daily scripture study routine!*

### *Young Single Adults*

- Make a movie in your head with the scriptures you read—imagine yourself as being one of the characters in the story, find out who the characters are, and where and when the story takes place. Use descriptive information from the verses to help you visualize what the “set” looks like, or to imagine what sounds may have been heard and how the people in the story were feeling. Then look for applications from the scripture accounts that you can use in your own life.*
- Review what you’ve learned at the end of your study session, and then ask yourself how you can apply what you’ve learned into your own life.*
- Get a new copy of The Book of Mormon (like the ones the missionaries hand out) each time you start reading it from cover-to-cover. Having an unmarked copy allows you to see new things you haven’t noticed before. When scriptures have been previously marked, your eyes are naturally drawn to the marked areas, and you can easily overlook other principles, etc.*
- Read the scriptures that are covered in the Sunday School lessons each week. At the end of the year, write a letter to yourself or someone you trust about your experience studying the scriptures that year or about what you’ve learned. (This is perfect to do together as a singles ward. Our bishop had us do this and then write a letter to him - writing the letter helped me realize all that I had learned that year, and it fueled a whole new excitement for me about studying the scriptures. Those who did this were*

*invited to attend a prime rib dinner, along with a companion of their choice, made by our bishop.)*

- *“Cluster” the scriptures. If a word or verse sticks out to you, read the references found in the footnotes that relate to it, or look up other related reference that will add depth and meaning to what you are reading.*
- *Read a hymn and then look up the scripture references at the bottom of the hymn. Also look up other cross references that relate to the topic of that hymn. Write some words of the hymns next to the verses that correspond to the hymn.*
- *If you’re engaged, read the scriptures together each day with your fiancé before you get married.*
- *Take an institute class on scripture study techniques or a book of scripture that you’re interested in.*
- *Keep a scripture journal with entries on each chapter you read. You can include thoughts, impressions, and questions that you have. You may want to record what a particular chapter meant to you or how it applied to you at the time that you read it with regards to your own personal situations in life. Don’t put guidelines on what you do and don’t write down. Take time to go back and read your journal periodically.*
- *Study the scriptures by topic, and write down all of the verses you find that relate to a particular topic. Then enter them all on the computer so you have your own reference manual for the scriptures.*
- *Write a summary of what you read.*
- *Write down questions that come to mind while reading the scriptures then search the scriptures to find answers to those questions.*
- *“In the New Testament I have done several studies of Christ’s life. By using as many references as I can I have written a few detailed accounts of His life, including His birth, atonement and resurrection.”*

### *Young Married Couples*

- *Share your favorite scripture verse or story with your spouse, and then discuss why you like it.*
- *Pack a set of military scriptures in your luggage when you travel, and read them each day as a couple while you’re away from home.*
- *“My mission president challenged us to read the Book of Mormon focusing only on Christ. We were to assign a different color pencil to such topics as: His ministry, resurrection, atonement, crucifixion, the Lamb, God (to name a few).” We were also supposed to mark each time we saw the His name.”*  
*Work on projects like this as a couple.*

- *Read the scriptures together each day—take turns reading to each other.*
- *Slip a piece of paper with a scripture on it in your spouse's lunch or bag before they leave for work or school.*
- *Send a text to your spouse with a scripture reference for him/her to look up sometime during the day.*
- *Study scriptures relating to “promised blessings, warnings, or gifts” mentioned in your patriarchal blessings.*
- *Set your scriptures on your pillow so that you are reminded to read them before you go to bed.*

## *Families*

- *“...pick out significant scriptures and read them; then draw a simple symbol or picture on the scripture to remember what it said.”*
- *Put a scripture verse on cardstock and post it in a place for family members to see. Have them memorize that verse during the month. You can even recite the scripture together before dinner each night. Move on to another verse the next month. Keep doing this each month during the year.*
- *Act out scripture stories for Family Night.*
- *Gather children together in the morning before school or at night before family prayer to read the scriptures. Play “popcorn” as you read the scriptures—have one person begin reading, then at anytime they can say, “Popcorn,” and the name of the person they want to read next, like, “Popcorn Mark”. Mark then begins reading. They can do this in the middle of a verse, word, etc. This makes everyone pay attention so they know where to pick up reading when called upon.*
- *Let the youngest child sit on a parent's lap during family scripture study and use their pointer finger to move across the words as you read.*
- *Set a goal to help each child read through the standard works by the time they're 8 years old.*
- *Read 4-5 verses with young children and then talk about those verses. Parents can still learn by doing this because they have to explain what those verses mean in terms the children can understand.*
- *Set a scripture study goal as a family along with an incentive to help you meet that goal.*
- *Give each child a set of scriptures that they can use to read and mark.*
- *Help little children read the scriptures out loud by reading a phrase and having them repeat it after you.*

- *Help little children memorize the scriptures.* “Example—Parent says, ‘Angels speak by----and child answers, ‘by the power of the Holy Ghost.’” Work on each line of the verse until the child knows it and then move on to a new one.
- *Watch the Book of Mormon videos with your children.*
- *Keep copies of the scriptures by the kitchen table for each family member, and read the scriptures either at breakfast or dinner.*
- *Discuss questions as a family that a family member serving a mission asks in their letters regarding the scriptures, and then send the missionary answers that the family comes up with.*
- *“Use ... Preach My Gospel ... as a scripture study guide... There are lots of ideas in the back of each section that could be used” for Family Home Evening “(whether you're alone, a couple, or in a family with any age of kid). For example, one idea we did was from the ‘District Meeting and Zone Conferences’ section on page 15. The last bullet point said:*

*‘Divide the [family members] into four groups [or do this as individuals]. Ask each [person] to list as many truths, covenants, and ordinances as they can that were restored and revealed through the Prophet Joseph Smith. Have each group share their results. Invite [the individual] to share how any of the truths revealed through the Restoration has influenced their lives.’*

*This sounded like a game of Boggle to me. So we played ‘Restoration Boggle’ with this idea, using a timer and everything. After everyone had read through and crossed off similar ideas it was interesting to see what was left. But what was most cool was hearing people share their testimonies about the Restoration.”*

- *Read a “bedtime story” from the children’s Book of Mormon Stories or the Friend magazine (they have scripture references in them) with your children.*
- *Sing “Scripture Power” as a call to family scripture study.*
- *Play “Guess Who” —have one person research someone from the scriptures studied that year and give clues to family members about that person. Then family members guess who the individual is. This keeps kids attentive during scripture reading throughout the year because they don’t want to miss out on information about individuals in the scriptures.*
- *Plan an activity surrounding scriptures that will be read that day as a family (i.e. —have family members make tents out of a piece of paper and write their family name on their tent and turn it towards a picture of the temple when reading about King Benjamin’s speech to his people. Discuss the importance of eternal families and temples—see [www.sugardoodle.net](http://www.sugardoodle.net)).*

- *Post a scripture reference on your family blogspot for family members to read individually and with their families that month. Then have them post comments on the blog about insights they've gained on that scripture or experiences they've had with the principle it teaches.*
- *Put a piece of paper with a scripture reference on it in a bag. Let one child pick a slip of paper out of the bag each night, and then read that story.*
- *Have a scripture read-a-thon with your children. Read the scriptures individually for a certain amount of time, and then share with each other what you learned. Provide treats like you would for a read-a-thon at school.*

### Elderly

- *Keep your scriptures out on your night stand so that you can see them & they can serve as a reminder to read them daily.*
- *Read 3 chapters a day for 18 mos. You will be able to read through all of the standard works by doing this.*
- *Read the General Conference editions of the Ensign as part of your scripture study then read scriptures relating to the topics of the conference talks.*
- *Listen to the scriptures on tape or CD.*
- *Read the scriptures out loud to your spouse. Take turns reading verses or chapters.*
- *Mark up your scriptures as you read them, and then give your scriptures to one of your children or grandchildren to have as an heirloom and pass on to their posterity.*
- *Choose a topic to study in the scriptures each week or month, and find as many scriptures as you can about that topic.*
- *Look up the chapter headings of scriptures that will be discussed in Sunday School each week. Then study topics relating to those chapters during the week—use reference materials to enhance your understanding of each topic.*

### In General

- *Use supplementary scripture study manuals and other resources such as the internet to enhance your understanding of the scriptures.*
- *Pray before and during your scripture study. Ask that the Spirit will be with you, that you'll understand the scriptures, learn something new, and know how to apply what you read into your own life. Then pray at the end*

*and give thanks for what you've learned and ask for the strength necessary to make changes that are needed in your life.*

- *Read the scriptures when you're the most awake and alert.*
- *Study the scriptures in a place where you can be undisturbed.*
- *Read the scriptures at a desk, table, or in a chair where you are less likely to fall asleep than if you read them in bed.*
- *Set goals surrounding scripture study.*
- *Use a pencil instead of a pen to write in the margins of your scriptures so that you can erase mistakes easily or change what was written there.*
- *Break down verses using numbers or letters to outline lists of principles or steps to take to receive promised blessings, or draw a diagram to outline the principles taught in certain verses.*

### *Other sources for scripture study ideas*

- [\*www.sugardoodle.net\*](http://www.sugardoodle.net)
- [\*www.mormonshare.com\*](http://www.mormonshare.com)