

SAINTS GLOBAL

ACTIVITY PLAN

LIVING THE GOSPEL

SPIRITUAL CORE

Version 2026.1



Companion to the BRC: a series of one-hour activity sessions for use on weekly activity night or at home. Each session declares which requirements it contributes to.

THE CULMINATING EVENT

The 21-day gospel obedience plan

Between Session 2 close and Session 4, each saint runs his written 21-day plan in real life — daily log, three sacrificial service acts, conduct in three different environments, two weeks of weakness work, and quiet modeling in a peer or leadership setting. Sessions 3 and 4 are the mid-run check and the final accounting. The plan is the badge.

OFF-MEETING — SAINT RUNS THE 21 DAYS IN HIS ORDINARY LIFE BETWEEN SESSIONS

4 SESSIONS IN THIS PLAN

SESSION 1 · SPIRITUAL CORE

⌚ 60 min target

The Standard

Read the four passages and name what changes when no one is watching.

🕒 WALK AWAY WITH

- Has read James 1:22, Mosiah 2:17, Matthew 5:14–16, and D&C 121:41–42 in the room
- Has named in his own words what living the gospel looks like when no one is watching
- Has named five pressures that commonly lead saints to compromise, written on the BRC
- Has walked one pressure scene from instinct response to gospel response with the group

📦 BRING / SET UP

- A printed handout per saint with the four passages: James 1:22, Mosiah 2:17, Matthew 5:14–16, D&C 121:41–42
- Pens
- BRC sheets (one per saint) for writing the five pressures
- A whiteboard or large pad for the group pressures list
- Space to stand in a small circle for the roleplay

🕒 THE HOUR

BLOCK 1 · DISCUSSION Opener — When no one is watching

⌚ 5 min

Ask the group: name one ordinary thing — phone, locker room, late at night, alone in the car — where the only one who sees what you do is you. No examples needed; just the setting. Two or three short answers. This badge is about living the gospel the same way whether or not anyone is watching. The four weeks set a real plan in motion.

BLOCK 2 · SCRIPTURE Read the four passages

⌚ 18 min

1. Pass out the handout. Each saint reads silently for two minutes, marking one phrase from each passage.
2. Round the room: each saint reads aloud the phrase he marked from James 1:22. Then Mosiah 2:17. Then Matthew 5:14–16. Then D&C 121:41–42. No commentary between reads.
3. Leader prompt: 'doers of the word' (James) and 'no power or influence' (D&C 121) — what shifts in conduct when those two phrases are the standard? Three or four short answers, not a lecture.
4. Each saint writes one sentence on the BRC margin next to Req 1a: what living the gospel looks like when no one is watching. His own words; sentence not a paragraph.

REQ 1A

SESSION 1 · THE STANDARD (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 3 · DISCUSSION **Name five pressures that compromise the standard**

⌚ 20 min

1. Each saint takes two minutes alone to list five real pressures that lead saints to compromise gospel standards — pressures he or his peers actually face, not theoretical ones.
2. Pair up. Each pair compares lists for three minutes and merges them, keeping the five that show up most.
3. Open round: each pair reads its five aloud. The leader writes every distinct pressure on the whiteboard, tallying duplicates with a mark.
4. Group narrows the board to the five with the most marks. Each saint writes those five on the BRC next to Req 1b — these are the named pressures the rest of the badge plans against.
5. Brief teaching point: naming a pressure precisely is half the defense. A vague pressure ("temptation") stays vague; a named one ("the group chat after midnight") gets a plan.

REQ 1B

BLOCK 4 · ROLEPLAY **Walk one pressure scene from instinct to gospel response**

⌚ 12 min

1. Pick one of the five named pressures from the board — one the group can act in the room.
2. Two saints stage the scene as it usually plays out: the pressure, the easy response, the cost. 90 seconds.
3. Reset the scene. Same two saints replay it with the gospel response — what restraint, refusal, or different choice actually looks like in the moment. 90 seconds.
4. Group debrief, two minutes: what was different in the body and the voice between the two takes? The leader watches for restraint that read as real, not staged.

BLOCK 5 · REFLECTION **Close — One private moment this week**

⌚ 5 min

1. Each saint names — to himself, not aloud — one private setting this week where one of the five pressures will show up.
2. Bring the handout, the BRC, and your five pressures to Session 2. We write the 21-day plan next week.

AT THE CLOSE · DEBRIEF

1. Which of the four passages did you mark the phrase from, and what was the phrase?
2. Which of the five pressures on the board did you not have on your own list — and why do you think you missed it?
3. In the roleplay, what was different between the instinct response and the gospel response in the body, not in the head?

☑ Mark Req 1a and 1b after this session. Confirm each saint has his five named pressures written on the BRC before he leaves.

SESSION 2 · SPIRITUAL CORE

⌚ 60 min target

The Plan

Write the 21-day plan, lock the accountability mechanism, and start the plan tonight.

🎯 WALK AWAY WITH

- Has a written 21-day plan naming behaviors to uphold and habits to correct
- Has three high-risk situations named with rehearsed gospel-aligned responses
- Has chosen and named an accountability mechanism (mentor, journal, or written rule of life)
- Has the start date set for tonight and the date written on the BRC

📦 BRING / SET UP

- 21-Day Plan worksheets — one per saint (printed handout 'the-21-day-plan-worksheet')
- Pens
- The five named pressures from Session 1 (each saint brings his own list)
- Quiet floor space for short pair roleplays
- A phone or paper calendar so each saint can pick a mentor-call day or a journal day

🕒 THE HOUR

BLOCK 1 · DISCUSSION Opener — Last week's noticing

⌚ 5 min

Go around once: in the past week, did one of the five pressures you named show up? Yes or no, and one sentence on what you did. No critique, just the report. The point of the round is that the pressures named on a whiteboard last week are already showing up in real life.

BLOCK 2 · CREATIVE Draft the 21-day plan worksheet

⌚ 22 min

1. Pass out the worksheet. Each saint writes his name and the start date — today, not vaguely soon.
2. In the 'Behaviors to uphold' column, write three to five concrete behaviors to hold for 21 days. Specific time, place, or action — 'morning prayer kneeling, before phone' beats 'pray more.'
3. In the 'Habits to correct' column, write two to four concrete habits to stop or replace. Same rule: a specific trigger and a specific replacement.
4. Leader walks the room and reads each plan over the saint's shoulder. If a line is vague ("be kinder"), ask him to make it specific. Sharpen wording only; the plan is his.
5. The saint marks today as Day 1 on the check-grid right now, then sets the worksheet aside.

REQ 2A

SESSION 2 · THE PLAN (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 3 · ROLEPLAY **Rehearse three high-risk responses**

⌚ 15 min

1. Each saint writes three high-risk situations on the worksheet — situations he will likely face in the next 21 days where the easy response breaks the plan.
2. Pair up. Each pair takes one situation from each saint (two total). The partner plays the pressure; the saint plays his rehearsed response in real time. 90 seconds per scene.
3. Watch for what the response sounds like out loud. A response that lives only in the head doesn't hold when the pressure is real.
4. Each saint writes the rehearsed response on the worksheet next to the situation. One short sentence per situation, in his own words. Three situations done means Req 2b is met.

REQ 2B

BLOCK 4 · SKILL PRACTICE **Lock the accountability mechanism**

⌚ 13 min

1. Each saint picks one of three accountability mechanisms and writes it on the worksheet: a named mentor, a daily journal, or a written rule of life he reads each morning.
2. If he picks a mentor: he names the person tonight, and texts him during the block to ask if the mentor is willing. The saint shows the leader the sent text before the block ends.
3. If he picks a journal: he sets the daily time and place — same time, same notebook. Two minutes of writing per day, no more.
4. If he picks a rule of life: he writes the rule on a half-sheet now — three to five lines, no longer — and pockets it.
5. Teaching point: accountability works when the broken days get said out loud or written down, not hidden.

REQ 2C

BLOCK 5 · REFLECTION **Close — Start the plan tonight**

⌚ 5 min

1. Confirm each saint has the worksheet filled, the start date written, and Day 1 marked.
2. 21 days runs across three weeks. Session 3 lands inside the run — bring the worksheet with the first week marked honestly. Session 4 lands at or just past the finish.
3. Reminder: the three sacrificial service acts (Req 3c), the conduct in three different environments (Req 3b), the two weeks of weakness work (Req 3d), and the quiet modeling (Req 3e) all live inside the 21 days. We plan and launch them in Session 3.

SESSION 2 · THE PLAN (PAGE 3 OF 3)

AT THE CLOSE · DEBRIEF

1. Which one behavior on your "uphold" column do you think will be the first to break, and what will you do that day?
2. Of the three high-risk situations you wrote, which one is closest to a setting you will actually be in this week?
3. Why did you pick the accountability mechanism you picked — what does it ask of you that the other two would not?

☒ Mark Req 2a once the worksheet is filled. Mark Req 2b after the rehearsal pairs. Mark Req 2c once the mentor is named (or the journal time is set, or the rule of life is in the saint's pocket). Confirm Day 1 is marked on the worksheet before each saint leaves.

SESSION 3 · SPIRITUAL CORE

⌚ 60 min target

Mid-run

Bring the broken days and the kept ones into the room, and launch the off-meeting work.

🎯 WALK AWAY WITH

- Has reported on the first week of the 21 days, including the broken days
- Has rehearsed his conduct response for three different environments (peer, family, public)
- Has three sacrificial service acts named with dates and a hidden-credit rule
- Has named one personal weakness and the gospel practices he will use to confront it for two weeks

📦 BRING / SET UP

- Each saint's 21-Day Plan worksheet, with the first week marked
- Pens and half-sheets
- Three labeled corners of the room for the environments roleplay: PEER GROUP, FAMILY, PUBLIC
- A pocket-size index card per saint for the service-act commitments
- BRC sheets so each saint can write the named weakness and dates next to Req 3d

🕒 THE HOUR

BLOCK 1 · DISCUSSION Opener — Mid-run report

⌚ 5 min

Go around once. Each saint reports: how many of the seven boxes since Session 2 are marked, and what the broken days had in common. One sentence per saint, no critique. The broken days are not failures of the badge — the badge asks for an honest record, not a perfect one. The point of the round is to start the hour with the truth out loud.

BLOCK 2 · ROLEPLAY Rehearse the response in three environments

⌚ 22 min

1. Set three corners of the room as PEER GROUP, FAMILY, and PUBLIC. Each corner has one rough scenario the leader names before the rotation starts.
2. Saints rotate through the three corners in groups of two or three, six to seven minutes per corner. One saint walks the scenario; the others watch.
3. Watch for what the saint does and does not do. The point is observable conduct, not interior testimony — a specific posture, a specific sentence, a specific exit.
4. After the rotation, each saint writes on the back of his worksheet which environment is closest to a real situation he will be in within two weeks, and what he will do there. Mark Req 3b as in-progress; the demonstration itself happens off-meeting.

SESSION 3 · MID-RUN (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 3 · SERVICE **Plan the three sacrificial service acts**

⌚ 18 min

1. Each saint writes three sacrificial service acts on a pocket index card. Sacrificial means it costs something — time, comfort, hidden inconvenience — and it is done without public credit. No social-media posts; no name attached.
2. For each act, write three things on the card: WHO (a specific person, named on the card), WHEN (a specific day inside the next two weeks), and the HIDDEN-CREDIT RULE the saint will keep — he does not name himself to the person or anyone else.
3. Pair up. Each saint reads his card aloud to his partner. The partner names any act that has no real cost ("doing my normal chores") and asks for a replacement.
4. Leader walks the pairs. If an act has no specific person or day, send the pair back to sharpen it. The card goes in the saint's pocket and travels with him.

BLOCK 4 · DISCUSSION **Name the weakness and the gospel practices**

⌚ 10 min

1. Each saint writes on the BRC, next to Req 3d, one specific personal weakness — not a virtuous-sounding one ("I am too generous"), an actual one ("I snap at my younger brother when he interrupts me").
2. Across from the weakness, the saint writes the gospel practices he will use against it for two full weeks: prayer at a specific time, scripture at a specific time, a fast day, a check-in with the mentor or journal, or refusal in a specific moment. Two or three practices, no more.
3. Brief teaching point: confronting a weakness is different from acknowledging it. Acknowledging happens in the head; confronting happens on the calendar.
4. The two weeks run inside the remaining 21-day window. The naming is done now; the two-week confrontation runs off-meeting and gets logged for Session 4.

REQ 3D

BLOCK 5 · REFLECTION **Close — Names, dates, environments**

⌚ 5 min

1. Each saint reads aloud, one sentence each: the three named persons (service acts), the three environments (conduct demonstrations), and the named weakness with the practices. Speaking them in the room makes them harder to skip.
2. Confirm the service-act index card is in the saint's pocket and the worksheet is in his bag.
3. Session 4 lands at or just past Day 21. Bring the worksheet with all 21 boxes marked honestly, the service index card with three completion dates filled in, and the BRC with the weakness work logged.

SESSION 3 · MID-RUN (PAGE 3 OF 3)

🗨 AT THE CLOSE · DEBRIEF

1. Which day of the first week was the hardest to mark honestly — and what was the trigger?
2. In the three-environments rotation, which environment had the move you were least sure of — and what did you write to do about it?
3. Who did you name on your service card, and what is the hidden-credit rule going to ask of you that you have not done before?

☑ *Mark no requirements as complete this session. Confirm Req 3b, 3c, 3d, and 3e are launched: each saint has the three environments written, the three service acts on a card, the named weakness with practices on the BRC, and the modeling commitment named to his pair. The two-week weakness work, the three demonstrations, the three service acts, and the modeling all happen between Sessions 3 and 4 and get marked at the Session 4 sign-off.*

SESSION 4 · SPIRITUAL CORE

⌚ 60 min target

The Accounting

Review the 21 days and name what stays after the sessions end.

🎯 WALK AWAY WITH

- Has reported on the completed 21-day plan, including the broken days and the repentance
- Has reported on conduct in three environments and on the modeling moment
- Has shared one moment from each of the three sacrificial service acts
- Has a written reflection on character and discipline, named long-term practices, and recorded the testimony of integrity
- Has a signed BRC, or an outstanding-requirements plan with deadlines

📦 BRING / SET UP

- Each saint's 21-Day Plan worksheet, all 21 boxes marked
- Each saint's service-act index card with completion dates filled in
- Each saint's BRC, printed and brought to session, with the weakness work logged
- Pens, half-sheets for the written reflection and the testimony record, and a recorder or phone (audio) for the testimony in the saint's own voice — optional
- A quiet outdoor or hallway loop for the reflection walk (15–20 minutes round trip)

🕒 THE HOUR

BLOCK 1 · DISCUSSION **Opener — 21-day completion report**

⌚ 5 min

Go around once. Each saint reports: how many of the 21 boxes are marked, and one line on what changed in his conduct that he can name. Numbers and a sentence, no testimony share yet. The point is the honest count — a saint with eighteen kept days and three broken-and-recorded days has done the badge.

REQ 3A

BLOCK 2 · REFLECTION **The reflection walk — environments and modeling**

⌚ 20 min

1. Pair up (different pairs from Session 3). Walk a slow loop, roughly 20 minutes round trip. Walking pace, not training pace.
2. First half of the walk: each saint tells his partner about the three environments (Req 3b). What happened in the peer setting, the family setting, and the public setting — what he chose to do, what he chose not to do, and what was hard about each.
3. Second half of the walk: each saint tells his partner about the one quiet modeling moment (Req 3e). Who noticed what, without him pointing to it. If no one noticed, that is still the answer.
4. Leader walks the loop and joins each pair for three or four minutes to listen, not to teach.

REQ 3B

REQ 3E

SESSION 4 · THE ACCOUNTING (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 3 · DISCUSSION **Share one moment from each service act**

⌚ 10 min

1. Sit in a circle. Each saint takes his service-act card and shares, briefly, one moment from each of the three acts — a specific moment that cost him something. No naming himself in the third person; no embellishing.
2. Watch for the hidden-credit rule: the saint should not be naming what people thanked him for or what he posted. If he is, ask him to share what nobody saw instead.
3. Mark Req 3c as the cards finish. The three completion dates on the card are the record.

REQ 3C

BLOCK 4 · CREATIVE **Long-term practices and the testimony record**

⌚ 15 min

1. Five minutes silent: each saint writes on a half-sheet how obedience over the 21 days changed his character or discipline. Evidence — actions he can name — not feelings. Sharpen wording only; do not rewrite. (Req 4a)
2. Three minutes: each saint writes the long-term practices needed to stay faithful under pressure after the structured plan ends. Two or three practices, named with specific time, place, action. (Req 4b)
3. Five minutes: each saint records his testimony of covenant living and integrity — written on the sheet, or spoken into a phone for 90 seconds. Open with one specific thing he did in the 21 days he would not have done before. (Req 4c)
4. Optional pair-share, two minutes: each saint reads or plays one sentence to his partner. The rest stays his.

REQ 4A

REQ 4B

REQ 4C

BLOCK 5 · REFLECTION **Close — BRC sign-off**

⌚ 10 min

1. Walk through the BRC with each saint, one requirement at a time. Mark what is done and name what is outstanding.
2. For Req 3d, confirm the two weeks of weakness work is logged on the BRC. Mark 3d as complete once the log is shown.
3. For anything still outstanding (most likely a service act that slipped or a testimony line not yet written), set a concrete deadline before the next month's session and write it on the BRC.
4. Read D&C 121:41–42 aloud once as the session's anchor — no commentary after.

AT THE CLOSE · DEBRIEF

1. Which broken day in the 21 did you learn the most from, and what did you write next to it?
2. On the reflection walk, what did your partner say about his three environments that you will remember in six months?
3. Which long-term practice on your sheet is the one you most expect to skip in the next month, and what will you do about it?

☒ Mark Req 3a, 3b, 3c, 3d, 3e, 4a, 4b, and 4c after this session. Any requirement still outstanding gets a concrete next step and a deadline written on the BRC.

HANDOUT 1 OF 1

FROM SESSION 2 — DRAFT THE 21-DAY PLAN WORKSHEET

The 21-Day Plan Worksheet

Fill in Session 2 and start tonight. Bring it to Session 3 mid-run with the first week of boxes marked honestly.

LIVING THE GOSPEL · WORKSHEET

Write the plan and start it tonight.

Fill in Session 2. Carry it for 21 days. Bring it to Session 3 with the first week marked honestly.

SAINT _____ START DATE _____

1 BEHAVIORS & HABITS

specific time, place, or action — no vague verbs

BEHAVIORS TO UPHOLD	HABITS TO CORRECT
e.g. morning prayer kneeling, before phone	e.g. no phone after 10 p.m. — book instead
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2 HIGH-RISK SITUATIONS

rehearse the response aloud with a partner

THE SITUATION	REHEARSED RESPONSE
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

3 ACCOUNTABILITY

Pick one — circle it: MENTOR · JOURNAL · WRITTEN RULE OF LIFE

Name / time / where it lives _____

4 21-DAY CHECK GRID

mark each day kept; broken days get a short note in the journal

DAY 1 <input type="checkbox"/>	DAY 2 <input type="checkbox"/>	DAY 3 <input type="checkbox"/>	DAY 4 <input type="checkbox"/>	DAY 5 <input type="checkbox"/>	DAY 6 <input type="checkbox"/>	DAY 7 <input type="checkbox"/>
DAY 8 <input type="checkbox"/>	DAY 9 <input type="checkbox"/>	DAY 10 <input type="checkbox"/>	DAY 11 <input type="checkbox"/>	DAY 12 <input type="checkbox"/>	DAY 13 <input type="checkbox"/>	DAY 14 <input type="checkbox"/>
DAY 15 <input type="checkbox"/>	DAY 16 <input type="checkbox"/>	DAY 17 <input type="checkbox"/>	DAY 18 <input type="checkbox"/>	DAY 19 <input type="checkbox"/>	DAY 20 <input type="checkbox"/>	DAY 21 <input type="checkbox"/>

Bring this sheet to Session 3 so the marks tell the truth about the week.

Print this handout for in-person reference during session 2 — draft the 21-day plan worksheet.