

SAINTS GLOBAL

ACTIVITY PLAN

STUDYING 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 14-day daily study

Each saint runs a 14-consecutive-day personal study commitment between Session 2 and Session 4 — at least 15 minutes a day, working a chosen scripture block or topic, with a simple daily journal entry. The start date is committed on the BRC at the Session 2 close; Session 3 mid-checks the journal at the one-week mark; Session 4 opens with an honest report.

BETWEEN SESSIONS — WHEREVER THE SAINT STUDIES DAILY (HOME, BEFORE SCHOOL, BEFORE BED)

SESSION 1 · SPIRITUAL CORE

⌚ 60 min target

Try the methods

Try three study methods on the same passage and pick the one that fits.

SESSION AIM

Read the handbook introduction with the group, then have each saint work the same passage through three different study methods — marking, note-taking, and topic mapping — and compare what each one surfaces. The session closes by sorting two adult-mentor names for the Session 2 method interview.

🎯 WALK AWAY WITH

- Has worked the same passage through three study methods and picked the one that fits him
- Has read the handbook gospel-principles intro and named three principles in his own words
- Has contributed one personal insight to a group discussion on a real gospel topic
- Has two names written down for the peer-and-mentor interview before Session 2

📦 BRING / SET UP

- A printed copy of the handbook gospel-principles introduction (one per saint)
- Three short scripture passages selected ahead of time — one for the methods practice, two as backups (5–10 verses each)
- A printed copy of the study-methods reference handout (one per saint)
- A pencil and a highlighter for each saint
- A blank half-sheet for the topic-map sketch
- Whiteboard or large pad for the group discussion

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — How you read last week**

⌚ 5 min

Ask the group: "How did you read scripture in the last week — what did you actually do? A few verses before bed? A chapter in the car? Nothing at all?" Take three or four honest answers. No correction, no praise. The point is to put each saint's actual habit in the room before the methods work starts.

SESSION 1 · TRY THE METHODS (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE **Read the handbook intro together**

⌚ 15 min

1. Hand out the handbook gospel-principles introduction. Read it aloud as a group, one paragraph per saint going around the room.
2. After each paragraph, pause for ten seconds. No questions yet.
3. Once the reading is done, ask each saint to name the three principles he heard in his own words — no looking back at the page. Capture them on the whiteboard.
4. Pick one principle that connects to a real question someone in the room has right now. Spend three minutes on it — not solving it, just naming the connection.
5. Make the teaching point: the handbook frames the study. It is not a textbook to memorize.

REQ 1A

BLOCK 3 · SKILL PRACTICE **Work one passage three ways**

⌚ 25 min

1. Hand each saint the same short passage (5–10 verses) and the study-methods reference handout. Everyone is working the same text — that is the point.
2. Round 1 (7 min) — marking. Read the passage and mark it: underline what stands out, circle a repeated word, bracket what confuses you. Keep marks simple.
3. Round 2 (7 min) — note-taking. Read the same passage again. Write three to five short notes alongside the text: what it says, what it asks of him, what he wants to come back to.
4. Round 3 (7 min) — topic mapping. On the half-sheet, write the main topic in the middle and three branches: what scripture says about it elsewhere, where it shows up in his life, and where it still confuses him.
5. Last four minutes: pair up. Each saint tells his partner which of the three methods surfaced the most for him and why. Method is personal — copying someone else's rarely sticks.

REQ 1C

BLOCK 4 · DISCUSSION **Group discussion on one topic**

⌚ 10 min

1. Pick a real gospel topic with room for honest disagreement. Examples: prayer that feels unanswered, forgiving someone who hasn't apologized, what counts as Sabbath observance for a teenager.
2. Each saint shares one personal insight on the topic — not a doctrine summary. One insight per saint, going around the room.
3. Practice listening without rushing to correct. If a saint says something incomplete, the next saint may add — but no rebuttals during the round.
4. After everyone has spoken, ask: what came up that you would not have arrived at alone?

REQ 1D

REQ 1B

SESSION 1 · TRY THE METHODS (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 5 · REFLECTION **Close — Pick two names**

⌚ 5 min

1. Each saint writes two names on the back of his handout: one peer and one adult mentor he can interview about study habits before Session 2 (Req 1c interview).
2. Confirm the topic for the topic-map practice he will continue between sessions, and remind the group that Session 2 is when each saint writes his personal study schedule.

AT THE CLOSE · DEBRIEF

1. Which of the three methods surfaced the most for you, and what did it surface that the other two missed?
2. Which paragraph of the handbook intro hit closest to a question you have right now?
3. Whose insight in the group discussion changed how you were thinking about the topic?

📝 Mark Req 1a, 1b, 1c, and 1d after this session. Note on each BRC which study method the saint picked — Session 2 builds on it.

SESSION 2 · SPIRITUAL CORE

⌚ 60 min target

Write the plan

Write the 14-day study plan in your own handwriting and commit the start date.

SESSION AIM

Each saint writes a personal study schedule, picks the scripture block or topic he will work for 14 days, and identifies three supporting resources beyond the standard scriptures. The session closes by committing the 14-day start date on the BRC. The 14-day run begins tonight or tomorrow morning, not after Session 3.

🎯 WALK AWAY WITH

- Has a personal daily study schedule written in his own handwriting with specific start and end times
- Has a 14-day scripture block or topic chosen, scoped, and written on the BRC
- Has three supporting resources picked, with one sentence each on why each one supports the focus
- Has a start date written on the BRC and the daily study log ready to go

📦 BRING / SET UP

- Each saint's BRC, printed and brought to session
- Each saint's notes from the Session 1 methods practice
- A blank weekly-schedule worksheet (one per saint) — seven days, marked time slots
- A printed copy of the daily study log handout (one per saint, to take home for the 14-day run)
- A small reference shelf in the room: scriptures, the Saints Global handbook, one or two trusted commentaries, a printed General Conference talk on study
- Pens, the whiteboard, and a calendar visible to the whole room

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — Interview report**

⌚ 5 min

Each saint reports who he interviewed about study habits between sessions and the single most useful sentence he heard. One sentence per saint, no follow-up. If a youth has not done the interview yet, note it on his BRC and have him schedule the call before he leaves tonight.

SESSION 2 · WRITE THE PLAN (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · CREATIVE Write your study schedule

⌚ 15 min

1. Hand each saint the weekly-schedule worksheet. Have him block in the fixed stuff first — school, practice, work, sleep, family time. Use a pencil.
2. Pick the daily study time and write it in. Morning, evening, before bed — choose the slot that actually fits his life, not the one that sounds best.
3. Name what gets cut to make the slot stick. Phone time, leisure, late-night scroll. Write it next to the slot.
4. Set the daily duration: at least 15 minutes, written as a real start and end time (e.g. 6:45 – 7:00 am), not as a vague intention.
5. Last two minutes: each saint reads his schedule aloud to a partner. The partner asks one question — usually "What happens on the day school runs long?" Adjust if needed.

REQ 2A

BLOCK 3 · CREATIVE Pick the focus and the resources

⌚ 15 min

1. Each saint picks his focus for the 14 days — either a scripture block (e.g. Matthew 5–7, 1 Nephi 1–8, D&C 4 + 18) or a single topic (e.g. forgiveness, faith, restored priesthood). Write the choice on the BRC.
2. Check the scope. A scripture block should be sized so that 15 minutes a day for 14 days reads the block once and leaves room to think; a topic should be narrow enough to stay with for two weeks without drifting.
3. Visit the reference shelf. Each saint picks three resources beyond the standard scriptures that support his focus — a commentary, a conference talk, a study guide, a podcast episode he trusts.
4. Write the three resources on the BRC. For each, write one sentence on why it supports his specific focus.
5. Make the teaching point: a resource is supposed to clarify the scripture, not replace it. If he finds himself reading the resource and skipping the scripture, the resource is in the wrong seat.

REQ 2B

REQ 2C

SESSION 2 · WRITE THE PLAN (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 4 · SKILL PRACTICE **Walk the daily study log**

⌚ 18 min

1. Hand each saint the daily study log — a 14-day grid with date, passage or topic, one-line journal entry, and a missed-day honesty column.
2. Walk the columns. Date is the day he actually studies. Passage or topic is what he covered (a verse range, a topic question). One-line entry is what he noticed, asked, or wanted to come back to. The missed-day column is for days he skipped — he writes the reason and gets back on the schedule the next day.
3. Each saint completes day 1 of the log right now, using a verse from his chosen focus. Three minutes of silent work.
4. Pair up. Each saint reads his day-1 entry to his partner. The partner reads his back. No critique — just the reading.
5. Set the rule for the run plainly: log the day he actually read, not the day he meant to read. A broken day teaches more if it is logged honestly than a perfect log that hides three skipped days.

REQ 3B

BLOCK 5 · REFLECTION **Close — Commit the start date**

⌚ 7 min

1. Each saint writes his start date on the BRC under Req 3a. Tonight or tomorrow morning — not next week.
2. Confirm three things with each saint before he leaves: the daily study time, the focus, and the start date. All three on the BRC.
3. Remind the group that Session 3 is a mid-run check at day 7 or 8. Bring the log to Session 3.

AT THE CLOSE · DEBRIEF

1. Which slot in your daily schedule are you most likely to skip on a hard day, and what will you do about it?
2. Why did you pick the focus you picked — what about it pulled you in?
3. Which of your three resources do you think will help you most, and which one might distract you?

☑ *Mark Req 2a, 2b, 2c after this session. Confirm the Req 3a start date is written on each saint's BRC. Req 3a and 3b are in flight starting tonight or tomorrow morning.*

SESSION 3 · SPIRITUAL CORE

⌚ 60 min target

Mid-run check

Check the first week of the run and practice applying a principle to a real situation.

SESSION AIM

The 14-day run is in flight. This session opens with an honest week-one report from the daily study log, then each saint picks one principle from his first week and works it through a real situation in pair-share — the launch of Req 3c. The session ends by trying a second study method on a new passage and refining the run for the back half.

🕒 WALK AWAY WITH

- Has read his own daily study log aloud with a partner and named one entry that surprised him
- Has a written principle, a real situation, and a committed application for the back half of the 14 days
- Has practiced a second study method on a fresh passage and picked the one he will carry forward
- Has the advisor meeting (Req 4b) scheduled on the BRC before Session 4

📦 BRING / SET UP

- Each saint's daily study log with days 1–7 (or 1–8) filled in
- Each saint's BRC
- A short fresh passage (5–10 verses) — different from the one used in Session 1, picked to fit a second study method
- The study-methods reference handout from Session 1 (saints bring their copy; have 2 spares)
- Half-sheets for the application notes
- Pens and the whiteboard

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — Week one report**

⌚ 5 min

Go around the room. Each saint reports his week-one count: how many days he actually studied out of the first seven, and one missed day if there was one. "Six out of seven. Skipped Wednesday — practice ran late." Treat the honest count the same whether it is seven or four. Honesty is what the log is teaching.

BLOCK 2 · DISCUSSION Pair-share the log

⌚ 15 min

1. Pair up. Each pair shares the daily study log with each other for five minutes — the partner reads through the seven entries while the saint sits with it.
2. After each read-through, the partner asks two questions: which entry surprised the saint, and which day was hardest to log honestly?
3. Switch pairs and repeat with five minutes the other way.
4. Bring the room back together. Two volunteer pairs share one thing they noticed in each other's log that they wouldn't have seen in their own.

REQ 3B

SESSION 3 · MID-RUN CHECK (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 3 · ROLEPLAY **Apply one principle to a real situation**

⌚ 22 min

1. Each saint picks one principle from his first week — something he marked, questioned, or wrote about in the log. Write it on a half-sheet.
2. Under the principle, each saint writes a real situation from the last seven days where the principle could apply or already did. Not hypothetical — a real moment with a real person.
3. Pair up in new pairs. Saint A reads his principle and his situation to Saint B. Saint B asks two questions: what did Saint A actually do in the moment, and what would applying the principle have looked like?
4. Saint A then commits one specific application for the back half of the 14 days — when, where, and with whom. Saint B writes it on the half-sheet so it leaves the room in writing.
5. Switch. Saint B works through his principle and situation the same way.
6. Bring the group back. Two volunteers share their committed application. Make the teaching point: a principle does not show what it does until a saint acts on it in a real situation.

BY TIER

ENTRY

If this is the saint's first 14-day study commitment, pick a low-stakes situation — a moment with a sibling, a small daily habit, a single conversation. Keep the application narrow.

ESTABLISHED

If the saint has done a sustained study before, push the situation to one that costs him something — a peer interaction he has been avoiding, a habit that needs to change, a forgiveness he has been postponing.

MENTOR

If the saint mentors others in study, pair with an entry-tier saint as Saint B. Coach him through choosing a real situation rather than a hypothetical one, then take your own turn as Saint A.

REQ 3C

BLOCK 4 · SKILL PRACTICE **Try a second study method**

⌚ 13 min

1. Hand each saint the fresh passage. He picks a method he has not used yet — cross-referencing or the question method — from the reference handout.
2. Eight minutes of solo work on the passage with the new method.
3. Last three minutes: each saint writes one line on his daily study log for tomorrow — the new method he will carry into the back half of the run.

REQ 1C

BLOCK 5 · REFLECTION **Close — Set the advisor meeting**

⌚ 5 min

1. Each saint sets the date and time for his one-on-one journal review with his advisor (Req 4b). The meeting must land before Session 4. Write it on the BRC.
2. Remind the group that Session 4 opens with a 14-day honest report and the BRC sign-off. Bring the completed log and the BRC.

SESSION 3 · MID-RUN CHECK (PAGE 3 OF 3)

🗨 AT THE CLOSE · DEBRIEF

1. Which entry in your log was hardest to write honestly, and what made it hard?
2. What did your pair-share partner see in your situation that you didn't see yourself?
3. Which study method is your back-half plan now, and why did you switch (or stay)?

📝 *Mark Req 3c after the application pair-share — the principle and the committed application are on the half-sheet. Req 3a and 3b remain in progress; both complete after Session 4. Confirm the advisor meeting date for Req 4b is written on each BRC.*

SESSION 4 · SPIRITUAL CORE

⌚ 60 min target

Report and sign off

Report honestly on the 14 days and name what study habit will outlast the badge.

SESSION AIM

Each saint gives an honest 14-day report, shares one principle that landed differently after the application work, and meets briefly with the leader about which study habits he will keep. The session closes with a short scripture anchor block and a one-by-one BRC sign-off. The advisor journal review (Req 4b) lands before, during, or shortly after this session.

WALK AWAY WITH

- Has reported honestly on the 14-day run, including missed days
- Has named one principle he understands differently now than two weeks ago
- Has three study habits to keep and one to drop, written on a sheet to take home
- Has a signed BRC, or an outstanding-requirements plan with deadlines

BRING / SET UP

- Each saint's daily study log with all 14 days filled in
- Each saint's BRC, printed and brought to session
- A blank half-sheet for the keep-and-drop exercise
- Printed copies of 2 Timothy 3:14–17 and D&C 88:118 (one per saint)
- Pens and a quiet corner of the room for the leader's one-on-ones

THE HOUR**BLOCK 1 · DISCUSSION Opener — 14-day report**

⌚ 5 min

Go around the room. Each saint reports his 14-day count: how many days he studied, the days he missed, and how the back half compared to the front half. "Twelve out of fourteen. Missed day 9 and day 13." "All fourteen but five of them were a single verse." Take the honest answer the same whether the run held or not — what the saint actually did is what the practice was teaching.

BLOCK 2 · DISCUSSION Share one principle that changed

⌚ 13 min

1. Each saint shares one principle from his 14 days that he understands differently now than he did two weeks ago — the principle, what he thought it meant before, and what changed.
2. No question rounds. Each saint speaks; the room listens.
3. After everyone has spoken, the leader names a pattern he noticed across the reports. Not a sermon — a single observation, plainly stated.
4. Make the teaching point: two weeks of daily study changes what a saint can honestly say about a principle in front of others. The 14 days were the work; the report names what changed.

REQ 4A

SESSION 4 · REPORT AND SIGN OFF (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 3 · REFLECTION **One-on-one with the leader**

⌚ 15 min

1. Pull each saint into the quiet corner for two to three minutes. Use one prompt: which study habits from the 14 days will he keep, and which will he drop?
2. While one saint is with the leader, the others work on the keep-and-drop half-sheet: "Three study habits I will keep — and one I will drop — after this badge."
3. Mark Req 4b on the BRC after each one-on-one, unless the advisor meeting already happened separately — in which case confirm it is logged.
4. Listen more than respond in the one-on-one. The saint is doing the evaluating; the leader is making sure he names something he can act on.

REQ 4B

REQ 4C

BLOCK 4 · CREATIVE **Anchor and evaluate the methods**

⌚ 22 min

1. Sit in a circle. Hand out 2 Timothy 3:14–17 and D&C 88:118.
2. Three minutes of silent reading. Each saint marks the phrase that connects most directly to his 14 days.
3. Open round: each saint reads the phrase he marked aloud. Just the phrase, no commentary.
4. Each saint then writes for three minutes on the back of his keep-and-drop sheet: which of the study methods he tried produced the most insight over the 14 days, and which felt forced.
5. Open round: each saint names the method he will carry into the next study cycle, and one specific area he wants to improve.
6. Two-minute leader affirmation: address each saint by name. Point to one specific thing in his log or his report — a missed day he came back from, a phrase he marked, a principle he applied.

REQ 1A

REQ 4C

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

⌚ 5 min

1. Walk the BRC with each saint, one requirement at a time. Mark what is done. Note what is outstanding.
2. For any outstanding requirement, set a concrete next step and a deadline before the next Board of Review or Court of Honor.
3. Close the session by reading 2 Timothy 3:16 aloud. No commentary.

AT THE CLOSE · DEBRIEF

1. Which day in the 14 was the hardest to keep — and what brought you back on day 15 if you missed it?
2. Which of your three kept habits do you think will still be in place in three months?
3. What did the advisor meeting surface that you had not noticed in your own log?

☒ Mark Req 1a (if not already), 3a, 3b, 4a, 4b, 4c after this session. Any requirement still outstanding gets a concrete next step and a deadline written on the BRC.

Five study methods

Print and hand to each saint at the start of the methods block.

STUDYING THE GOSPEL · FIELD CARD

Try a method on the passage in front of you.

Pick one method per session. Keep the one that surfaces the most for you.

FIVE METHODS

what to do → when to use it → one short example

1 Marking

Underline, circle, bracket. Mark what stands out, what repeats, and what confuses you.

WHAT Read with a pencil. Mark in three signals: underline (stands out), circle (repeats), bracket (confuses).

WHEN First read of any passage. Keep marks simple so the page stays readable on the second pass.

EXAMPLE In Matthew 5, circle every "blessed are" and bracket any beatitude that is hard to imagine living.

2 Note-taking

Write what the passage says, what it asks of you, and what you want to come back to.

WHAT Three to five short notes per passage. Plain sentences, not full paragraphs. Sit alongside the text.

WHEN Second read of a passage. Marking surfaces what to write about; notes turn the marks into thoughts.

EXAMPLE "Meekness is not weakness. Whose meekness do I actually see at home? Come back to verse 5."

3 Topic mapping

Put the topic in the middle of a sheet and draw branches for where it shows up in scripture and life.

WHAT Center the topic. Branch out: what scripture says elsewhere, where you see it, what still confuses you.

WHEN When a topic keeps surfacing across a passage or a week of study and you want to see it whole.

EXAMPLE Topic: forgiveness. Branches: Matt 18, the prodigal son, a friend you haven't spoken to, what's unclear.

4 Cross-referencing

Trace one idea across more than one book. The footnotes give you the path; you do the walking.

WHAT Pick a verse. Read each footnote in order. Note where the same idea appears differently.

WHEN When one passage won't answer a question and you want to hear how scripture talks about the idea.

EXAMPLE In 3 Nephi 12, follow footnotes back to Matthew 5. Note one thing the Nephite version adds.

5 The question method

Walk into the passage with one real question. Read until the passage either answers it or sharpens it.

WHAT Write one honest question. Read the passage. Write what the passage said about your question.

WHEN When you have a real question you cannot drop. Works best on days when the schedule is short.

EXAMPLE Question: why do I lose patience at home? Read Mosiah 4:14–15. Write what it asks of you.

Pick the method that surfaces the most for you and use it again tomorrow.

Print this handout for in-person reference during session 1 — work one passage three ways.

HANDOUT 2 OF 2

FROM SESSION 2 — WALK THE DAILY STUDY LOG

The 14-day study log

Print and hand to each saint at the start of the daily-log walkthrough.

STUDYING THE GOSPEL · WORKSHEET

Log the day you actually read.

Fifteen minutes a day for fourteen consecutive days. One line per day. Missed days get logged too.

SAINT

FOCUS — BLOCK OR TOPIC

START DATE

DAY	DATE	PASSAGE OR TOPIC	ONE-LINE ENTRY	MISSED?
1				<input type="checkbox"/>
2				<input type="checkbox"/>
3				<input type="checkbox"/>
4				<input type="checkbox"/>
5				<input type="checkbox"/>
6				<input type="checkbox"/>
7				<input type="checkbox"/>
end of week one — bring to Session 3				
8				<input type="checkbox"/>
9				<input type="checkbox"/>
10				<input type="checkbox"/>
11				<input type="checkbox"/>
12				<input type="checkbox"/>
13				<input type="checkbox"/>
14				<input type="checkbox"/>

HOW TO USE

Write the date he actually studied — not the date he meant to. The one-line entry is what he noticed, asked, or wanted to come back to. If he missed a day, check the box and write one word of reason in the entry column. Pick up on the next row the next day.

Log the day you actually read, not the day you meant to read.

Print this handout for in-person reference during session 2 — walk the daily study log.