

40 Days Closer to Christ

“Feast upon the words of Christ; for behold the words of Christ will tell you all things what ye should do.”

—2 Nephi 32:3

40 Days Closer to Christ

Feasting upon the word of God means more than just nibbling at the banquet table. Feasting upon the scriptures means studying the scriptures individually and together as families. It means pondering and praying about what we read. It means using the scriptures as a basis for our teaching, likening the scriptures—their stories and counsel—to our own lives that they ‘might be for our profit and learning’ (1 Nephi 19:23). It also means using the scriptures, especially the Book of Mormon, in our missionary work. Because the scriptures contain the words of Jesus Christ, they are vital in bringing people to a knowledge of the truth. Feasting denotes pleasure or joy. Feasting upon the word of God means developing a love for the scriptures and for studying them.

Studying the scriptures is a principle with a promise. The prophets have promised many blessing to those who feast upon the scriptures. President Ezra Taft Benson said that, “as we study the Book of Mormon we will find greater power to resist temptation, avoid deception, and remain faithful to our covenants and testimonies.” President Brigham Young promised, “They who observe the precepts contained in the scriptures will be just and true and virtuous and peaceable at home and abroad. Men will make splendid husbands, women excellent wives, and children will be obedient; they will make happy families.” President Marion G Romney said that when families study the Book of Mormon “the spirit of reverence will increase, mutual respect and consideration for each other will grow. The spirit of contention will depart. Parents will counsel their children in greater love and wisdom. Children will be more responsive and submissive to the counsel of their parents. Righteousness will increase. Faith, hope, and charity—the pure love of Christ—will abound in our homes and lives bringing in their wake peace, joy, and happiness.”

You may want to include some of the following suggestion in your 40 day endeavor to grow closer to the Savior:

- Early to bed, early to rise.
- Prepare to feel the Spirit through:
 1. Humble, fervent, vocal prayer
 2. Meditation about family, scriptures, callings
 3. Pondering the thought and scripture of the day
- Organize your day to include:
 1. Reading assignment
 2. Meaningful family prayer
 3. Say only positive, true, and uplifting things about others and yourself.
 4. Lift someone today: phone call, visit, note, etc.
 5. Physical exercise
- Attend a temple session or prepare to obtain a temple recommend.
- Try to obey all commandments.
- Do quality Ministering.
- Hold family home evening.
- Listen to uplifting music.

Day 1: November 15

Scripture study: Title Page-1 Nephi 3

Mark and ponder: 1 Nephi 2:19

Scripture thoughtful the day: “For if ye would hearken unto the Spirit which teacheth a man to pray, ye would know that ye must pray; for the devil spirit teacheth not a man to pray, but teacheth him that he must not pray.” —2 Nephi 32:8

Thought for the Day: “The greatest waste in the world is the difference between what we are and what we could be.” —John Grimes

Day 2: November 16

Scripture study: 1 Nephi 4-10

Mark and ponder: 1 Nephi 7:12

Scripture thought for the day: “And they shall also teach their children to pray, and to walk uprightly before the Lord.” —D&C 68:28

Thought for the day: “I believe in Christ like I believe in the sun at noonday—not because I can see it, but by it I can see everything else.” —C.S. Lewis

Day 3: November 17

Scripture study: 1 Nephi 11-15

Mark and ponder: 1 Nephi 14:1

Scripture thought for the day: “Counsel with the Lord in all thy doings, and he will direct thee for good; yea, when thou liest down at night lie down unto the Lord, that he may watch over you in your sleep; and when thou risest in the morning let thy heart be full of thanks unto God; and if ye do these things, ye shall be lifted up at the last day.” —Alma 37:37

Thought for the day: “If you believe you can so you believe you can’t, you’re right.” —Eleanor Roosevelt

Day 4: November 18

Scripture study: 1 Nephi 16-18

Mark and ponder: 1 Nephi 17:3

Scripture thought for the day: “But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.” —Matthew 6:6

Thought for the day: “If you are going to leave footprints in the sands of time, you must wear work shoes.” —LeGrande Richards

Day 5: November 19

Scripture study: 1 Nephi 19-22

Mark and ponder: 1 Nephi 22:25

Scripture thought for the day: “Therefore may God grant unto you, my brethren, that ye may begin to exercise your faith unto repentance, that ye begin to call upon his holy name, that he would have mercy upon you.” —Alma 34:17

Thought for the day: “Spirituality impels one to conquer difficulties and inquire more and more strength. To feel one’s faculties unfolding, and truth expanding in the soul, is one of life’s sublimest experiences.” —David O. McKay

Day 6: November 20

Scripture study: 2 Nephi 1-4

Mark and ponder: 2 Nephi 2:25

Scripture thought for the day: “I, the Lord, am bound when ye do what I say; but when ye do not what I say, ye have no promise.” —D&C 82:10

Thought for the day: “That which we persist in doing becomes easier—not that the nature of the thing has changed, but that our ability to do it has increased.” —Heber J. Grant

Day 7: November 21

Scripture study: 2 Nephi 5-9

Mark and ponder: 2 Nephi 9:20-21

Scripture thought for the day: “Now faith is the substance of things hoped for, the evidence of things not seen.” —Hebrews 11:1

Thought for the day: “You maybe surprised at what you can achieve with sincere effort. So get up, pick the cinders out of your wounds, and take one more step.” —Cliff Cushman

Day 8: November 22

Scripture Study: 2 Nephi 10-19

Mark and ponder: 2 Nephi 16:8

Scripture thought for the day: “Jesus said unto him, If thou canst believe, all things are possible to him that believeth.” —Mark 9:23

Thought for the day: “I never did anything worth doing by accident, nor did any of my inventions come by accident; they came by work.” —Thomas Edison

Day 9: November 23

Scripture study: 2 Nephi 20-16

Mark and ponder: 2 Nephi 25:13

Scripture thought for the day: “Pray in your families unto the Father, always in my name, that your wives and your children may be blessed.” —3 Nephi 18:21

Thought for the day: “Heaven is under our feet as well as over our heads.” —Henry David Thoreau

Day 10: November 24

Scripture study: 2 Nephi 27-33

Mark and ponder: 2 Nephi 32:3-5

Scripture thought for the day: “And again, I command thee that thou shalt pray vocally as well as in thy heart; yea, before the world

as well as in secret, in public as well as in private.” —D&C 19:28

Thought for the day: “Give a little love to a child, and you get a great deal back.” —John Ruskin

Day 11: November 25

Scripture study: Jacob 1-5

Mark and ponder: Jacob 3:2

Scripture thought for the day: “For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth.” —Romans 1:16

Thought for the day: “You pray in your distress and in your need; would that you might pray also in the fullness of your joy and in your day of abundance.” —Kahlil Gibran

Day 12: Novemebr 26

Scripture study: Jacob 6-Words of Mormon

Mark and ponder: Omni 1:26

Scripture thought for the day: “Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you. And ye shall seek me, and find me, when ye shall search for me with all your heart. And I will be found of you, saith the Lord.” —Jeremiah 29:12-14

Thought for the day: “How much easier is it to be critical than to be correct.” —Disreli

Day 13: November 27

Scripture study: Mosiah 1-5

Mark and ponder: Mosiah 2:20-22

Scripture thought for the day: “Be thou humble; and the Lord thy God shall lead thee by the hand, and give thee answer to thy prayers.” —D&C 112:10

Thought for the day: “Whatever you are, be a good one.” —Abraham Lincoln

Day 14: November 28

Scripture study: Mosiah 6-13

Mark and ponder: Mosiah 12:33

Scripture thought for the day: “And all things, whatsoever ye shall bask in prayer, believing, ye shall receive.” —Matthew 21:22

Thought for the day: “The reward for labor is life.” —William Morris

Day 15: November 29

Scripture study: Mosiah 14-20

Mark and ponder: Mosiah 15:21-25

Scripture thought for the day: “And ye may know that he is, by the power of the Holy Ghost; wherefore I would exhort you that ye deny not the power of God; for he worketh by power, according to the faith of the children of men, the same today and tomorrow, and

forever.” —Moroni 10:7

Thought for the day: “Nothing can bring you peace but yourself.” — Ralph Waldo Emerson

Day 16: November 30

Scripture study: Mosiah 21-27

Mark and ponder: Mosiah 24:11-15

Scripture thought for the day: “And no one can assist in this work except he shall be humble and full of love, having faith, hope, and charity, being temperate in all things, whatsoever shall be entrusted to his care.” —D&C 12:8

Thought for the day: “True doctrine, understood, changes attitudes and behavior. The study of the doctrines of the Gospel will improve behavior quicker than a study of behavior will improve behavior.” — Boyd K. Packer

Day 17: December 1

Scripture study: Mosiah 28-Alma 3

Mark and ponder: Alma 1:27

Scripture thought for the day: “And as all have not faith, seek ye diligently and teach one another words of wisdom; yea, seek ye out of the best books words of wisdom; seek learning, even by study and also by faith.” —D&C 88:118

Thought for the day: “Virtue consists, not in abstaining from vice, but in not desiring it.” —George Bernard Shaw

Day 18: December 2

Scripture study: Alma 4-8

Mark and ponder: Alma 5:26

Scripture thought for the day: “Behold, God is my salvation; I will trust and not be afraid: for the Lord Jehovah is my strength and my song; he also is become my salvation.” —Isaiah 12:2

Thought for the day: “The supreme happiness of life is the conviction we are loved.” —Victor Hugo

Day 19: December 3

Scripture study: Alma 9-12

Mark and ponder: Alma 12:37

Scripture thought for the day: “Wherefore, my beloved brethren, pray unto the Father with all the energy of heart, that ye may be filled with this love, which he hath bestowed upon all who are true followers of his Son, Jesus Christ; that ye may become the sons of God; that when he shall appear we shall be like him, for we shall see him as he is; that we may have this hope; that we may be purified even as he is pure. ” —Moroni 7:48

Thought for the day: “Learning is not attained by chance, it must be sought for with ardor and attended to with diligence.” —Abigail Adams

Day 20: December 4

Scripture study: Alma 13-17

Mark and ponder: Alma 13:28-29

Scripture thought for the day: “Wherefore, brethren, seek not to counsel the Lord, but to take counsel from his hand. For behold, ye yourselves know that he counseleth in wisdom, and in justice, and in great mercy, over all his works.” —Jacob 4:10

Thought for the day: “Resolve not to seem, but to b the best.” —Aeschylus

Day 21: December 5

Scripture study: Alma 18-22

Mark and ponder: Alma 22:15-16

Scripture thought for the day: “Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.” —Matthew 7:7-8

Thoughtful the day: “What should be heard by little ears shouldn’t be said by big mouths.” —Denny Davis

Day 22: December 6

Scripture study: Alma 23-28

Mark and ponder: Alma 26:27

Scripture thought for the day: “And, as it is written—Whatsoever ye shall ask in faith, being united in prayer according to my command, ye shall receive.” —D&C 29:6

Thought for the day: “Happiness is not a station you arrive at, but a manner of travelling.” —Margaret Lee Runbeck

Day 23: December 7

Scripture study: Alma 29-33

Mark and ponder: Alma 32:21

Scripture thought for the day: “If ye abide in me, and my word abide in you, ye shall ask what ye will, and it shall be done unto you.” —John 15:7

Thought for the day: “If any man hopes to do a deed without God’s knowledge, he errs.” —Pindar

Day 24: December 8

Scripture study: Alma 34-38

Mark and ponder: Alma 32:32-34

Scripture thought for the day: “Behold, I say unto you, that the thing that will be the most worth unto you will be to declare repentance unto this people, that you may bring souls unto me, that you may rest with them in the kingdom of my Father.” —D&C 15:6

Thought for the day: “One should not always think so much about what one should do, but rather what one should be. Our works do not ennoble us, but we must ennoble our works.” —Meister Eckhart

Day 25: December 9

Scripture study: Alma 39-43

Mark and ponder: Alma 41:3

Scripture thought for the day: “He that asketh in the Spirit asketh according to the will of God; wherefore it is done even as he asketh.” —D&C 46:30

Thought for the day: “It is never too late to give up our prejudices.” —Henry David Thoreau

Day 26: December 10

Scripture study: Alma 44-48

Mark and ponder: Alma 48:17

Scripture thought for the day: “Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.” —Matthew 26:41

Thought for the day: “There is no wealth but life.” —John Ruskin

Day 27: December 11

Scripture study: Alma 49-53

Mark and ponder: Alma 50:22

Scripture thought for the day: “Therefore, strengthen your brethren in all your conversation, in all your prayers, in all your exhortations, and in all your doings.” —D&C 108:7

Thought for the day: “Kind words can be short and easy to speak, but their echoes are truly endless.” —Mother Theresa

Day 28: December 12

Scripture study: Alma 54-58

Mark and ponder: Alma 56:45-48

Scripture thought for the day: “And it shall come to pass, that whosoever shall call on the name of the Lord shall be delivered: for in Mount Zion and in Jerusalem shall be deliverance, as the Lord hath said, and in the remnant whom the Lord shall call.” —Joel 2:32

Thought for the day: “Men are what their mothers made them.” —Ralph Waldo Emerson

Day 29: December 13

Scripture study: Alma 59-Helaman 2

Mark and ponder: Alma 60:13

Scripture thought for the day: “And that thou mayest more fully keep thyself unspotted from the world, thou shalt go to the house of prayer and offer up thy sacraments upon my holy day; Nevertheless thy vows shall be offered up in righteousness on all days and at all times.” —D&C 59:9-11

Thought for the day: “That the best portion of a good man’s life; his little nameless, unremembered actor of kindness and love.” —William Wordsworth

Day 30: December 14

Scripture study: Helaman 3-6

Mark and ponder: Helaman 5:12

Scripture thought for the day: “They had given themselves to much prayer, and fasting; therefore they had the spirit of prophecy, and the spirit of revelation, and when they taught, they taught with the power and authority of God.” —Alma 17:3

Thought for the day: “Get on your knees, say a prayer, then get on your feet and go to work.” —Gordon B. Hinckley

Day 31: December 15

Scripture study: Helaman 7-12

Mark and ponder: Helaman 7:29

Scripture thought for the day: “Yea, he that repenteth and exerciseth faith, and bringeth forth good works, and prayeth continually without ceasing—unto such it is given to know the mysteries of God” —Alma 26:22

Thought for the day: “No one can make you feel inferior without your consent.” —Eleanor Roosevelt

Day 32: December 16

Scripture study: Helaman 13-3 Nephi 2

Mark and ponder: Helaman 14:17

Scripture thought for the day: “Therefore, O ye that embark in the service of God, see that ye serve him with all your heart, might, mind and strength, that ye may stand blameless before God at the last day.” —D&C 4:2

Thought for the day: “Whoever is happy will make others happy too. He who has courage and faith will never perish in misery!” —Anne Frank

Day 33: December 17

Scripture study: 3 Nephi 3-8

Mark and ponder: 3 Nephi 5:13

Scripture thought for the day: “Ask the Father in my name, in faith believing that you shall receive, and you shall have the Holy Ghost, which manifesteth all things which are expedient unto the children of men. And if you have not faith, hope and charity, you can do nothing.” —D&C 18:18-19

Thought for the day: “Try a little harder to be a little better.” —Gordon B. Hinckley

Day 34: December 18

Scripture study: 3 Nephi 9-15

Mark and ponder: 3 Nephi 12:48

Scripture thought for the day: “And if ye are purified and cleansed from all sin, ye shall ask whatsoever you will in the name of Jesus and it shall be done. But know this, it shall be given you what you shall ask; and as ye are appointed to the head, the spirits shall be

subject unto you.” —D&C 50:29-30

Thought for the day: “It is only with the heart that one can see rightly; what is essential is invisible to the eye.” —Antoine de Saint-Exupery

Day 35: December 19

Scripture study: 3 Nephi 16-20

Mark and ponder: 3 Nephi 18:15-24

Scripture thought for the day: “And now my beloved brethren, I would that ye should come unto Christ, who is the Holy One of Israel, and partake of his salvation, and the power of his redemption. Yea, come unto him, and offer you whole souls as an offering unto him, and continue in fasting and praying, and endure to the end; and as the Lord liveth ye will be saved.” —Omni 1:26

Thought for the day: “The safest road to Hell is the gradual one—the gentle slope, soft underfoot, without sudden turning, without milestones, without signposts.” —C.S. Lewis

Day 36: December 20

Scripture study: 3 Nephi 21-30

Mark and ponder: 3 Nephi 27:27-28

Scripture thought for the day: “Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me; ask, and ye shall receive; knock, and it shall be opened unto you. Whatsoever ye ask the Father in my name it shall be given unto you, that is expedient for you.” —D&C 88:63-64

Thought for the day: “To enjoy the things we ought and to hate the things we ought has the greatest bearing on excellence of character.” —Aristotle

Day 37: December 21

Scripture study: 4 Nephi-Mormon 5

Mark and ponder: Mormon 5:21

Scripture thought for the day: “I would show unto the world that faith is things which have hoped for and not seen; wherefore, dispute not because ye see not, for ye receive no witness until after the trial of your faith.” —Ether 12:6

Thought for the day: “Let us be kind to one another, for most of us are fighting a hard battle.” —Ian MacLaren

Day 38: December 22

Scripture study: Mormon 6-Ether 2

Mark and ponder: Mormon 9:27-28

Scripture thought for the day: “If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering.” —James 1:5-6

Thought for the day: “Man is the measure of all things.” —Protagoras

Day 39: December 23

Scripture study: Ether 3-9

Mark and ponder: Ether 4:12

Scripture thought for the day: “Confess you faults one to another, and pray one for another, that ye may be healed. The effectual prayer of a righteous man availeth much.” —James 5:16

Thought for the day: “Each of us is an innkeeper who decides if there is room for Jesus.” —Neal A. Maxwell

Day 40: December 24

Scripture Study: Ether 10-15

Mark and ponder: Ether 12:41

Scripture thought for the day: “I say unto thee, put your trust in that Spirit which leadeth to do good—yea to do justly, to walk humbly, to judge righteously; and this is my Spirit. Verily, verily, I say unto you, I will impart unto you of my Spirit, which shall enlighten your mind, which shall fill your soul with joy; And then shall ye know, or by this shall you know, all things whatsoever you desire of me, which are pertaining unto things of righteousness, in faith believing in me that you shall receive.” —D&C 11:12-14

Thought for the Day: “You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, ‘I lived through this horror. I can take the next things that comes along...’ You must do the thing you cannot do.” —Eleanor Roosevelt

Day 41: December 25

Scripture study: Moroni 1-10

Mark and ponder: Moroni 10:3-5

Ponder the gift of eternal life, given to you by Jesus Christ.