



CHOOSING DISCIPLESHIP EVERY DAY

How daily discipleship
in Jesus Christ shapes
a life of lasting
influence

DISCIPLESHIP



is the *lifelong* process of learning, following, and imitating Jesus Christ while *helping others do the same.*

“I do not know all the Savior will ask me when I stand before Him, but perhaps one question will be ‘Who did you bring with you?’”

— Elder Steven Shumway, April 2025

What is your why?

Why do *you* follow patterns of
daily discipleship?

Lifelong discipleship begins with daily discipleship.

— President Timothy Farnes

The Zoramites — Alma 31:23 • worshipped God one day a week

“Now, after the people had all offered up thanks after this manner, they returned to their homes, never speaking of their God again until they had assembled themselves together again to the holy stand, to offer up thanks after their manner.”

Compare to Christ’s words — 3 Nephi 17:3

“Therefore, go ye unto your homes, and ponder upon the things which I have said, and ask of the Father, in my name, that ye may understand, and prepare your minds for the morrow, and I come unto you again.”

“With frightening speed, a testimony that is not nourished *daily* “by the good word of God” can crumble. Thus, the antidote to Satan’s scheme is clear: we need *daily* experiences worshipping the Lord and studying His gospel. I plead with you to let God prevail in your life. Give Him a fair share of your time. As you do, notice what happens to your positive spiritual momentum.”

— President Nelson, April 2022

“I ask the same of everyone today: Whatever is on your to-do list, give equal time, not spare time, to the Lord in personal scripture study, family study of *Come, Follow Me*, prayer, Church callings, ministering, partaking of the sacrament, worshipping in the temple, and pondering the things of God. Our Lord and Savior has said, “Learn of me ... and *ye shall find rest unto your souls*.” Take Him at His word. And give Him equal time.”

— Elder Rasband, April 2025

SOMETIMES DAILY DISCIPLESHIP CAN FEEL LIKE A TO-DO LIST

THESE HOLY HABITS ARE AN IMPORTANT PART OF BEING A DISCIPLE OF CHRIST — BUT REMEMBER, *THEY ARE NOT ABOUT DOING MORE, THEY ARE ABOUT BECOMING MORE LIKE OUR SAVIOR.*

Prayer — personal and family

Scripture study — personal and family

Attend church meetings

Attend the temple

Daily repentance

Callings

Home-centered: Come, Follow Me

Missionary work

Ministering

Service

What gets in the way of our daily discipleship?

What ways have you found to make time to strengthen your relationship with the Savior?

Daily discipleship is individual and may look different in different seasons of our life.

Be Diligent in the Small Things

So until the full picture is revealed, don't get overwhelmed by the large, difficult tasks of life. Remember that big things are made up of small things. If you commit to doing the "small and simple things" God asks you to do—and you do them as diligently as you can, big things will follow.

Some of these "small and simple things" include intentional daily prayer, studying the scriptures, making *Come Follow Me* and *For the Strength of Youth* part of your routine, living the Word of Wisdom, attending church, paying tithes and offerings, and making sure that you have a current temple recommend.

Do these things even when you don't want to, even when they require sacrifice. *It's the sacrifice that makes them sacred*, and "sacrifice brings forth the blessings of heaven."

— Elder Uchtdorf, February 2025

How can we know what we need to do without feeling discouraged or overwhelmed?

“Divine discontent comes when we compare ‘what we *are* to what we have the power to *become*.’ Each of us, if we are honest, feels a gap between where and who we are, and where and who we want to become. These feelings are God given and create an urgency to act. We should welcome feelings of divine discontent that call us to a higher way, while recognizing and avoiding Satan’s counterfeit—paralyzing discouragement.”

— Michelle D. Craig, October 2018

The Lord loves effort, and effort
brings rewards. We keep practicing.
We are always progressing as long as
we are striving to follow the Lord. He
doesn't expect perfection today.

JOY JONES AND PRESIDENT NELSON, APRIL 2020

What blessings have you
experienced as you put
forth a little effort?



Elder Kearon
teaches us
through the
example of Mary
and Martha

Look at what Martha's afternoon has done to her. She asks, "Lord, dost thou not care?" She has spent hours serving Him, but she comes out of it wondering whether He loves her! *That is what happens if our service competes with our communion with Him.*

One way to think of this might be that Martha is doing a great deal *for* Jesus and not enough *with* Him.

We will also sometimes need to get the food made and the interviews done, but let's do that after we have made time to sit and focus on the Saviour's words. We want to be the disciple who does the one thing that is needful: sit and listen to Jesus. As we learn of Him, we will see more clearly and selectively what He would have us *do and become*.

And when it comes to doing and becoming, if we have taken the time, created the space, slowed down to the point where we can listen to the Saviour, the doing and becoming will be far less frenetic and much more blessed with His peace.

ELDER KEARON, AUGUST 2026

Slow Down

*In the time of tribulation
When I'm feeling so unsure
When things are pressing in about me
Comes a gentle voice, so still, so pure

Slow down, slow down, be still, my child
Be still and wait
On the Spirit of the Lord
Slow down and hear His voice
And know that He is God
And know that He is God*

— Performed by Sissel



2 Ne 25:26 And we talk of Christ, we rejoice
in Christ, we preach of Christ, we prophecy
of Christ, and we write according to our
prophecies, that our children may know to
what source they may look for a remission
of their sins.

Influence

As we turn to our Heavenly Father and seek His wisdom regarding the things that matter most, we learn over and over again the importance of four key relationships: with our God, with our families, with our fellowman, and with ourselves. As we evaluate our own lives with a willing mind, we will see where we have drifted from the more excellent way. The eyes of our understanding will be opened, and we will recognize what needs to be done to purify our heart and refocus our life.

— President Uchtdorf, October 2010

Tamara Runia, October 2023

Dad exemplified Lehi's dream. Like Lehi, he knew that you don't chase after your loved ones who feel lost. "You stay where you are and call them. *You go to the tree, stay at the tree, keep eating the fruit and, with a smile on your face, continue to beckon to those you love and show by example that eating the fruit is a happy thing!*"

Joy Jones, April 2017

“Our children don spiritual armor as they establish patterns of *personal daily discipleship*. Perhaps we underestimate the abilities of children to grasp the concept. President Henry B. Eyring counseled us to “start early and be steady.”

“Creating consistent habits of prayer, scripture study, family home evening, and Sabbath worship leads to wholeness, internal consistency, and strong moral values—in other words, spiritual integrity.”



“Jesus Christ is
the way.”
— President Oaks

2 Ne 33:6
I glory in plainness; I
glory in truth; I glory in
my Jesus

What one small thing
will you do tomorrow?

Lifelong discipleship begins with daily discipleship.