



Book of Mormon Challenge

12 weeks of scripture, action, reflection, and preparation for the Quest

WEEK 1



The Wilderness and the Brass Plates

SCRIPTURE: 1 Nephi 1:18-20, 2:1-7, 3:4-14, 3:22-27, 4:6-38

THIS WEEK'S CHALLENGE: Start an account like Nephi and Lehi did by writing down your testimony (or what you want your testimony to be) in your journal!

QUICK START

- Pray and think about what you believe
- Write why you believe in Jesus Christ
- Record one experience that strengthened your faith

WEEK 2



The Liahona, a Bow, and a Boat

SCRIPTURE: 1 Nephi 16:9-10, 16-19, 23; 1 Nephi 17:5-11, 16-17; 1 Nephi 18:23-25

THIS WEEK'S CHALLENGE: Journal about a time you needed help and, if you turned to God, how that went.

QUICK START

- Think of a time when you felt stuck, worried, or needed guidance
- Write about what you did and whether you turned to God for help
- Record what happened and what you learned from the experience

WEEK 3



Dream a Dream

SCRIPTURE: 1 Nephi 8; 1 Nephi 11:21-23, 25, 35-36

THIS WEEK'S CHALLENGE: Journal about a dream you have had, spiritual or not, and what it may have meant.

QUICK START

- Think of a dream that has stayed with you
- Write down what happened and how it made you feel
- Record what you think it may have meant or taught you

WEEK 4



A Mighty Prayer

SCRIPTURE: Enos 1:1-20

THIS WEEK'S CHALLENGE: Pray with a sincere question and record the impressions you have.

QUICK START

- Find a quiet place, kneel down, and pray with a sincere question
- After your mighty prayer, stay kneeling with your eyes closed for a minute or two and let God speak to you
- In your journal, write down any thoughts, feelings, or impressions that come



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WEEK 5



Sermon on the Tower

SCRIPTURE: Mosiah 2

THIS WEEK'S CHALLENGE: Do three small acts of service this week and journal how you felt during those moments.

QUICK START

- Look for simple ways to serve (help at home, encourage a friend, etc.)
- Complete at least three acts of service this week
- Write how you felt while serving and afterward

WEEK 6



Death by Fire & Alma's Conversion

SCRIPTURE: Mosiah 11:20, 26-29; Mosiah 12:1-18; Mosiah 17; Mosiah 18:1-3

THIS WEEK'S CHALLENGE: Journal about a time you were faced with a difficult decision. What did you do? What was the outcome?

QUICK START

- Think of a moment when choosing the right was hard
- Write what options you had and what you chose
- Reflect on how that choice affected you

WEEK 7



Alma, Son of Alma

SCRIPTURE: Mosiah 27:1-32

THIS WEEK'S CHALLENGE: Journal about a time you were corrected. What was the situation, and how did you react?

QUICK START

- Think of a time someone corrected or guided you
- Write how you felt in the moment
- After reading about Alma, how would you react now?
- Reflect on what you learned from it

WEEK 8



Among Us

SCRIPTURE: Alma 17:19-39; Alma 18:14-35, 42-43; Alma 19:8-36

THIS WEEK'S CHALLENGE: Think of someone who might need the light of the gospel and share a scripture with them.

QUICK START

- Think of someone who could use encouragement or light
- Find a scripture that could help them
- Share it in person, by text, or another simple way



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WEEK 9



Buried Weapons & a Call to War

SCRIPTURE: Alma 24:15-18; Alma 43:16-17; Alma 46:11-22; Alma 56:3-10

THIS WEEK'S CHALLENGE: Find something in your life that you can "bury" and choose never to use again. This could be a bad habit, an unkind attitude, or even resentment toward someone who has wronged you in the past.

QUICK START

- Identify one thing that distances you from Christ
- Make a plan to leave it behind
- Journal what you chose to "bury" and why

WEEK 10



On the Wall & the New Sign

SCRIPTURE: Helaman 13:2-14; Helaman 14:2-8; Helaman 16:1-8; 3 Nephi 1:4-15

THIS WEEK'S CHALLENGE: Journal about a time you faced doubts. Or, help someone else with their questions by listening, encouraging, or sharing your faith.

QUICK START

- Think of a question or doubt you have faced
- Record what helped you find faith or answers
- Consider how you can strengthen someone else who may be struggling

WEEK 11



Christ in the Americas

SCRIPTURE: 3 Nephi 11:1-26; 3 Nephi 17:20-25

THIS WEEK'S CHALLENGE: Kneel and pray. Tell Heavenly Father at least one thing you are grateful for because of Jesus Christ.

QUICK START

- Find a quiet place to pray
- Think about what Jesus Christ has done for you
- Express your gratitude to Heavenly Father and record your thoughts afterward

WEEK 12



God's Plan & a Farewell

SCRIPTURE: Mormon 1:1-4; Mormon 8:1-3, 13-16; Mormon 6:6, 17-22

THIS WEEK'S CHALLENGE: Finish your journal by writing your testimony. Share what you have learned, what you believe, and how your faith has grown.

QUICK START

- Reflect on your experiences throughout the Quest
- Write what you know, believe, and hope for
- End your journal with your testimony of Jesus Christ