

Digests

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Priorities

You have reason and conscience to govern your choices. The following priorities are a guide to keep conscience within proper bounds. They are listed by decreasing importance. Try to observe all the priorities. If two must conflict, prefer the more important one.

¹ Avoid compulsion unless immediately necessary to save life, liberty, or property. ² Choose what you will have at the expense of what you won't. ³ Give no importance to that which has none. ⁴ Tend to your own affairs.

⁵ Make promises sparingly. ⁶ Keep your word. ⁷ Make amends. ⁸ Be grateful.

⁹ Take care of yourself. ¹⁰ Be sparing and cautious with behaviors that might be addictive.

¹¹ Respect others. ¹² Speak kindly and quietly. ¹³ Maintain a few strong relationships. ¹⁴ Maintain stable, long-term relationships with your spouses. ¹⁵ Obtain consent from your spouses for all intimate relationships. ¹⁶ Raise children with your spouses.

¹⁷ Spend some time each day quiet and alone. ¹⁸ Pray daily. ¹⁹ Study the Digests and Messages daily, balancing literal and figurative interpretation.

²⁰ Avoid contention. ²¹ Forgive wrongs, real and perceived. ²² Maintain political neutrality.

²³ Acquire useful knowledge, then act on it. ²⁴ Engage skillfully in an occupation, trade, or craft. ²⁵ Make an honest profit. ²⁶ Incur debts rarely and sparingly, and pay them back quickly. ²⁷ Ten percent of your annual expenditures should be donations. ²⁸ Keep a modest reserve of

useful assets.

²⁹ Smile. ³⁰ Serve anonymously, without remuneration.

³¹ Maintain your body in hygiene, balance, strength, flexibility, and speed. ³² Devote one day in seven to rejuvenation and spiritual growth. ³³ Improve your surroundings.

Virtues

Every virtue taken to extreme becomes vice. The virtues below are listed in pairs.

Balance the two virtues in a pair. If you're unsure how to balance them, err on the side of the first. The pairs are listed alphabetically with no relative importance intended between them.

¹ Challenge, comfort. ² Companionship, solitude. ³ Contentment, ambition. ⁴ Detachment, attachment. ⁵ Flexible, tenacious. ⁶ Generous, frugal. ⁷ Gradual, swift. ⁸ Holistic, atomistic. ⁹ Humble, confident. ¹⁰ Independence, conformity. ¹¹ Intellect, emotion. ¹² Mercy, justice. ¹³ Open, guarded. ¹⁴ Prepare, improvise. ¹⁵ Silence, communication. ¹⁶ Simple, abundant. ¹⁷ Solemnity, humor. ¹⁸ Stable, dynamic. ¹⁹ Tactful, honest. ²⁰ Tradition, innovation. ²¹ Tranquility, excitement. ²² Work, repose.

Prayer

^{1:1} Offer informal prayer at least three times during your waking hours.

^{1:2} Position yourself however is meaningful, comfortable, and appropriate to your circumstances. ³ Pray silently or aloud. ⁴ Begin by saying, “God in heaven.” ⁵ In your own words, express gratitude, acknowledge your faults, and request guidance and assistance. ⁶ Pause to listen.

^{1:7} Conclude by saying, “Amen.”

^{2:1} Offer formal prayer once or twice during your waking hours, ² with at least one performed outside.

^{2:3} When praying outside, consider turning your back towards the approximate location of the sun. ⁴ Pray aloud if possible. ⁵ Make your best effort to perform each posture of prayer in turn:

^{2:6} Gratitude: Stand, face upward, eyes closed, hands clasped, until tranquil. ⁷ Recite, “God in heaven, I thank you for life, air to breathe, quiet places, and the ability to choose; ⁸ for challenges, work, emotion, and the gift of reason.” ⁹ In your own words, express heartfelt gratitude to God.

^{2:10} Confession: Bow, face downward, eyes closed, hands on knees. ¹¹ Recite, “God in heaven, I strive to keep the Priorities, to balance the Virtues, and to learn from my failures when I don’t. ¹² I want to be more faithful. ¹³ I fall short in these ways.” ¹⁴ In your own words, confess to God your failures, weaknesses, and ways you need to improve.

^{2:15} Petition: Squat, face forward, eyes closed, arms outstretched, hands cupped to form a bowl. ¹⁶ Recite, “God in heaven, you have given me a beautiful world to live in, messengers to teach me, and guidance when I ask. ¹⁷ Hear my prayer.” ¹⁸ In your own words, request God’s guidance.

^{2:19} Reception: Stand, face downward, eyes closed, hands clasped. ²⁰ Recite, “God in heaven, you let the sun rise on good and evil people alike. ²¹ You send guidance through a gentle thought, a soft feeling, or a quiet voice. ²² I’m listening.” Listen for God’s guidance.

^{2:23} Action: Bow, face downward, eyes closed, hands on knees. ²⁴ Recite, “God in heaven, the greatest gift brings no profit when left unused. ²⁵ I thank you for giving me guidance. ²⁶ I plan to act.” ²⁷ In your own words, tell God how you will act on the guidance you have received.

^{2:28} Conclude by saying, “Amen.”

Parables

^{1:1} A young child asks his mother, “How is a baby made?” ² Knowing the child’s rudimentary understanding, she responds, ³ “The father places a seed in the mother’s belly, and it grows into a baby.”

^{2:1} A king had two vaults filled with treasure, each protected by its own lock. ² The king said that whoever opened a vault could have the treasure inside. ³ Two men sought the treasure.

^{2:4} The first man turned the dials of the lock. ⁵ He listened carefully as the mechanism moved inside. ⁶ He noticed patterns of sound and vibration within the dials. ⁷ After many days of persistence and study, he discovered the combination and unlocked the vault.

^{2:8} The second man offered to be the king’s servant. ⁹ He listened carefully to the king’s wishes, and executed them faithfully. ¹⁰ He noticed patterns among the king’s requests and anticipated his wishes.

¹¹ After many days of persistence and service, the second man asked the king for the combination and received it.

^{2:13} Both men received treasure.

^{3:1} There were two lakes. ² The first lake said to himself, "I will retain every drop of water that flows into me so that I can be great." ³ His waters became salty and putrid. ⁴ His fish died and the plants along his shore wilted. ⁵ Animals and travelers avoided him.

^{3:6} The second lake said to himself, "I want to prosper all life on the mountain below me. I will retain a modest pool for myself then allow each drop to pass down the river to those who might use it." ⁷ His waters became clean and sweet. ⁸ His fish grew large and the plants along his shore prospered. ⁹ Animals and travelers came from afar to enjoy his splendor.

^{4:1} Rain, freshly fallen from a cloud, is clean and good to drink. ² As it flows down mountains and across plains, it becomes soiled and bitter. ³ The sun must extract pure water from the sea again, leaving impurities behind, to produce fresh rain once more.

^{5:1} A horse, a dolphin, and an eagle each needs different nourishment, ² and yet each grows to full stature and majesty.

^{6:1} A child asks his mother, "Please get me a cup from the top shelf." ² The mother reaches the cup for him. ³ A grown man asks his mother, "Please get me a cup from the top shelf." ⁴ She responds, "You can reach it yourself."

^{7:1} A man mixed one measure of sugar and the juice from one lemon into 2,000 measures of water, ² then served it to his guests as lemonade.

^{8:1} A man brought eggs home from the market. ² Upon arriving, he announced, "I purchased one dozen eggs." ³ His wife said, "No you didn't. You bought twelve eggs."

⁴ A son said, "You're both wrong. There are clearly three rows of four eggs each."

⁵ A daughter disagreed, "Not at all. There are four columns of three eggs each."

^{9:1} A man decided to climb a mountain. ² He fixed his gaze permanently on the summit and began hiking. ³ He tripped over unseen rocks at his feet, ⁴ and was unable to reach the mountain top.

^{9:5} Another man decided to climb the same mountain. ⁶ He gazed permanently at his feet, to avoid the errors of the first man, and began hiking. ⁷ Without tripping once, he wandered off into a valley, ⁸ and was unable to reach the mountain top.

^{10:1} A man noticed jigsaw puzzle pieces resting on a table. ² He wanted to assemble the puzzle but pieces were missing, and he didn't know how the puzzle should look when finished.

^{10:3} From time to time he located missing pieces, but there were still too few to guess how the puzzle should look. ⁴ One day he found a sketch of the finished puzzle. ⁵ He assembled the pieces he had, only to realize that he was still missing some. ⁶ He continued searching for missing pieces, placing them where they belonged. ⁷ In time, he found all the pieces, and assembled the puzzle into its beautiful, complete form.