

THE CHURCH OF  
**JESUS CHRIST**  
 OF LATTER-DAY SAINTS

# EIGHT TRADITIONS OF THE LATTER-DAY SAINTS



## 1. THE FAMILY—THE PROCLAMATION

(The family is the foundation of the church.)  
*D&C 68:25-38, D&C 75:28, D&C 83:4. D&C 121:41,45*

## 2. PRAYER

(Members of the Church pray daily.) Why? When? How?  
 A. Individual Prayer  
 B. Family Prayer  
 C. Blessing on the Food  
*Alma 37:37*



## 3. READ THE SCRIPTURES

(The scriptures contain the fullness of the gospel.  
 Every member should read their scriptures daily.)  
 A. Individual scripture study  
 B. Family scripture study  
 C. Aids for studying the scriptures  
     Scripture study guide  
     Footnotes  
     Chapter summaries  
*2 Nephi 32:30*



## 4. ATTEND YOUR SUNDAY MEETINGS

(Weekly attendance to partake of the Sacrament) Why? How does it help us?  
 A. Symbols of the sacrament  
 B. Receive the Spirit  
 Why do we attend the other meetings?  
 A. Fellowship  
 B. Learn the Gospel  
     In regular classes  
     In seminary and institute  
 C. Receive callings to serve  
 D. Activities  
*D&C 59:9*



## 5. THE LAW OF TITHING AND FASTING

(Pay a full tithe and a generous fast offering.) Why? How do we pay it?  
*Malachi 3:8-10*

## 6. THE TEMPLE—FAMILY HISTORY

(The ordinances of the temple are for the living, as well as the dead)  
 A. Set a goal to be sealed in the temple  
 B. Family Group Record and family history  
 C. Vicarious work for family members  
*D&C 2*



## 7. FAMILY HOME EVENING

(Increase family unity in a weekly meeting.)  
 A. Read the First Presidency Message in the FHE manual  
 B. Instruct them how to use the manual  
*Mosiah 4:15*



## 8. SINGING THE HYMNS OF THE CHURCH

(Sing the hymns of Zion in your homes, and individually to improve your daily life.)  
 A. Read the message from the First Presidency in the hymnal  
 B. Teaching a song:  
     Sing together  
     Verses  
     Notes  
     Message  
*D&C 25:12*