

# *A Perfect Brightness of Hope*

The 2016 Youth Conference of the Bangor Maine Stake  
April 21st through the 23rd

## Youth Conference 30 Day Challenge

SEE THE BACK TO CHOOSE A CHALLENGE

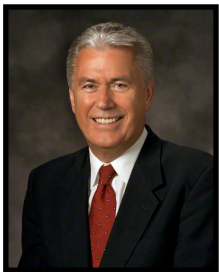
- 1 During the week of March 20th, choose something to keep your torch still lit during the next 30 days
- 2 Post your plan on the Facebook Youth Group with the #BangorLDSyc2016 and #LDSyouth hashtags
- 3 Carry out your plan for the next 30 days
- 4 Take pictures or videos of your experience
- 5 Along the way, post about your experience on the Facebook Youth Group with the #BangorLDSyc2016 and #LDSyouth hashtags (by April 20th)



more information on youth conference can be found at

# bangorstakeyouth.weebly.com

To prepare for “A Perfect Brightness of Hope,” the 2016 Bangor Stake Youth Conference, the youth conference planning committee is issuing a 30-day challenge. The challenge is based on President Uchtdorf’s 30 Day Challenge in his first presidency message, “Finish With Your Torch Still Lit,” in the October 2015 Ensign. Plan to do something to keep your spiritual torch still lit. You could do it by yourself, or with your class or quorum. Post your plan to the Facebook Youth group page during the week of March 20th, using #BangorLDSyc2016 and #LDSyouth. For the next 30 days, carry out your plan. Record yourself doing any of this (pictures or videos). Post your videos, pictures and experiences to the Facebook group page by April 20th (with the hashtags). At Youth Conference we will, “finish with our torch still lit,” and will watch a slideshow presentation of what happened and talk about your experiences.



## 30-Day Challenge in the October 2015 Ensign Article “Finish With Your Torch Still Lit”

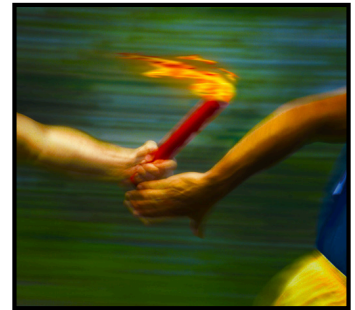
**President Deiter F Uchtdorf** - For youth in the Church with busy lives, it can be easy to get stuck in a rut of routine, especially with spiritual

things. We read our scriptures, pray, and worship the same way almost every day and then wonder why we seem to be in a spiritual slump.

One of the best ways to keep your spiritual torch burning brightly is to make sure you’re having meaningful spiritual experiences. But that is easier said than done, so here is a suggestion to help you continue to spiritually progress: Think of a gospel-related activity you’ve never done before (or hardly ever do) and commit to doing it every day for a month. You can start small because you’ll find that it’s easier to turn small changes into lasting ones. Doing things that take us out of our spiritual comfort zone might require more faith and effort on our part, but when

we do them, we are inviting the Holy Ghost to be with us, and we are showing greater faith in Heavenly Father and a desire to draw nearer to Him. Here are a few ideas to get you started:

- Make a goal to say your prayers morning and night. Try praying out loud.
- Wake up 15 minutes early and read your scriptures before school.
- Read past general conference talks.
- Post a scripture from the Book of Mormon on social media.
- Listen to hymns or Church music instead of your regular music.



## Want to stretch?

You could plan to perform a significant, lasting service - individually or as a group. It could be based on the projects for, and use this opportunity as progress for, *Duty to God* or *Personal Progress*.

### Examples:

- Work with your quorum president to commit your entire quorum (or combined quorums) to do 100% home teaching by the second week of April. Maybe even challenge the Elders or High Priest Quorums to do the same and make it a competition (maybe even help them achieve 100% home teaching). Make a lasting plan in your Duty to God to continue with 100% home teaching.
- Find someone in your ward who hasn’t done their family history work. Perhaps they can’t do the work because they’re disabled or have never used a computer. Maybe it’s your own family or another member of your class. Gather the names, dates and places and enter them into FamilySearch, preparing them for the temple. Plan and go on a temple trip to do the baptisms.