

Duty to God Ideas

As you prepare for Trek several of the things you do can also help you with your Duty to God. Please open your Duty to God book as you read the following suggestions and consider how to incorporate them into your personal Duty to God plan.

Physical Health, Step 2: Create a Project

- You will walk 5-10 miles per day on Trek pulling a handcart loaded with gear.
- *Create a monthly exercise chart* to help you get in shape for Trek.
- *Include a variety of exercises that help you become more physically fit such as running, biking, or training for a sport.*

Spiritual Strength, Pray and Study the Scriptures

Teacher (pages 38-39)

Priest (pages 62-63)

- Your leaders have challenged you to do Family History research before Trek and identify an ancestor that needs to be rescued.
- Prayer is a key component of successful Family History research.
- Include praying to find your ancestors as part of your plan to improve your prayers.

Spiritual Strength, Understand Doctrine

Teacher (pages 42-43)

Priest (pages 66-67)

- Consider including *Faith, Temples, and/or Eternal Families and Family History Work* in the four doctrinal topics you will research.
- As part of your study you could read stories about the faith of the pioneers and how important temples were to them.
- You could interview family members to discover stories of your relatives or ancestors who have demonstrated courageous faith.
- *Share:* Prepare lesson outlines on each of your selected topics and use them to teach in a family home evening, a quorum meeting, a home teaching visit, or seminary.

Priesthood Duties, Serve Others

Teacher (pages 50-51)

Priest (pages 74-75)

- You have been challenged to identify and rescue one of your unbaptized ancestors by being baptized for him in the temple before Trek.
- As you *plan several things you will do on your own to serve your family* consider the service your can perform for your ancestors by identifying one (or more) who are in need of temple ordinances, and then going to the temple and being baptized for them.
- Visit our stake family history library and learn how to find your ancestors and organize them. Find out how to prepare their names for temple work.