

SAINTS GLOBAL

# ACTIVITY PLAN

## CONSECRATION

### SPIRITUAL CORE

Version 2026.1



Companion to the BRC: a series of one-hour activity sessions for use on weekly activity night or at home. Each session declares which requirements it contributes to.

#### THE CULMINATING EVENT

### The consecration period

Between Sessions 2 and 3, each saint lives the commitment he wrote on his commitment card: one comfort given up for an agreed number of days to meet one named need. He keeps the card with him, does a midpoint check with a parent or leader, and brings the card back to Session 3 with the actual dates and notes.

OFF-MEETING — LIVED IN THE SAINT'S NORMAL WEEK BETWEEN SESSIONS 2 AND 3

## SESSION 1 · SPIRITUAL CORE

⌚ 60 min target

## Read the covenant

*Read the covenant in Doctrine and Covenants 42 and learn to tell the three words apart.*

## SESSION AIM

Read D&C 42:30–42 closely as a group, then sort real examples into three columns — sacrifice, service, consecration — using a printed sort card. Each saint also picks one scriptural figure who gave more than was required and prepares to explain why for Session 2.

## 🎯 WALK AWAY WITH

- Has read D&C 42:30–42 closely and underlined the language of giving
- Has sorted twelve real examples into sacrifice, service, and consecration with reasoning
- Has picked one scriptural figure to explain in Session 2

## 📦 BRING / SET UP

- Printed copies of Doctrine and Covenants 42:30–42 (one per saint)
- The "Sacrifice, Service, Consecration — Sort Card" handout (one per saint)
- Twelve example cards — one short example on each: paying tithing on a tight month, mowing a neighbor's lawn once, leaving a degree program to serve a mission, reading scriptures every morning for a year, donating an old coat, taking on a second calling without asking, fasting one Sunday, helping a friend move, giving the family car for a Church errand, teaching primary every week, apologizing to a sibling, sharing a paycheck with a parent in need
- Pens (one per saint)
- Open table space large enough to lay the twelve cards out

## 🔗 THE HOUR

BLOCK 1 · DISCUSSION **Opener — One thing you gave up**

⌚ 5 min

Ask the group: "Name one thing you have given up recently for someone else — a Saturday, a snack, your seat, a turn." Take three or four short answers. Don't add commentary. The point is to put the word "giving" in the room as something each youth has already done, not as an abstract idea.

BLOCK 2 · SCRIPTURE **Read D&C 42:30–42 slowly**

⌚ 15 min

1. Hand each saint a printed copy of Doctrine and Covenants 42:30–42. Read it once aloud as a group — one verse per youth, going around.
2. Read it a second time silently. Each saint underlines every word or phrase that names something being given (time, property, consecration, surplus, support, labor).
3. Open round: each youth reads one phrase he underlined. No commentary, just the phrase.
4. Brief teaching point: the passage uses the word "consecrate" for the saints giving their properties to the bishop, not for occasional good deeds. The covenant is ongoing, written, and visible.

REQ 1A

## SESSION 1 · READ THE COVENANT (PAGE 2 OF 2)

## THE HOUR — CONTINUED

BLOCK 3 · CREATIVE **Sort the twelve examples**

⌚ 22 min

1. Hand each saint the sort card. Walk through the three columns once: sacrifice (give up something good to obey), service (help another person for an hour or a day), consecration (give yourself, ongoing, to the Lord's work).
2. Lay the twelve example cards on the table. Pair up. Each pair sorts all twelve into the three columns. Set an eight-minute timer.
3. When time is up, compare placements. Where pairs disagree, name the difference plainly — what makes the same act sacrifice in one frame and consecration in another is usually duration and ownership.
4. Each saint then writes one example of his own in each column on his sort card. The example must be something he actually did, with a date or month if possible.
5. Name the takeaway: the three words are not interchangeable. Precise language clarifies what is actually being given.

## REQ 1B

BLOCK 4 · DISCUSSION **Pick one scriptural figure**

⌚ 13 min

1. Name four candidates aloud: the widow with the two mites, the Anti-Nephi-Lehies and their buried weapons, Ammon serving as a herdsman for King Lamoni, Lehi leaving Jerusalem with his family.
2. Each saint picks one. He has until Session 2 to read the relevant passage and be ready to explain: what would have been adequate, what was given, and why the giver decided to exceed the requirement.
3. Five minutes of in-session work: each youth writes the figure he picked at the top of his sort card and notes the chapter and verses where the account begins.
4. Pair up briefly. Each saint says his figure aloud to a partner and answers the question "why did he or they give more than they had to?" in one sentence. The partner does not have to agree.

## REQ 1C

BLOCK 5 · REFLECTION **Close — Read it again tonight**

⌚ 5 min

1. Take the sort card and the printed D&C 42 passage home. Read the passage one more time before sleeping tonight, slowly.
2. Be ready in Session 2 to give a one-sentence explanation of your scriptural figure. No more than two sentences.

## AT THE CLOSE · DEBRIEF

1. Which phrase in D&C 42 did you underline that you did not expect to?
2. Which example was the hardest to place in a column, and why?
3. Which scriptural figure did you pick, and what is the part of his giving that you do not yet understand?

☑ Mark Req 1a after the scripture reading block. Mark Req 1b after the sort block. Req 1c is launched here; mark it after the scriptural-figure explanation at the opening of Session 2.

## SESSION 2 · SPIRITUAL CORE

⌚ 60 min target

# Name the comfort and the need

*Pick one comfort, name one real need, and commit to the consecration period before you leave.*

**SESSION AIM**

Each saint explains his scriptural figure, then works through the commitment card — naming one specific comfort he relies on, one real need with a person attached, and how giving up the comfort directly meets that need. The session ends with a locked-in start date, end date, and a midpoint check-in partner. The consecration period runs between this session and Session 3.

**🎯 WALK AWAY WITH**

- Has explained one scriptural figure who gave more than was required
- Has a written commitment card with comfort, need, connection, and locked-in dates
- Has a midpoint check-in partner named and a start date on the BRC

**📦 BRING / SET UP**

- The "Consecration Commitment Card" handout (one per saint)
- Each saint's sort card from Session 1 (returned to him)
- A wall calendar or a printed three-week calendar (one per pair)
- Pens (one per saint)
- BRC printouts (one per saint)

**🔗 THE HOUR****BLOCK 1 · DISCUSSION Opener — Your scriptural figure in two sentences**

⌚ 5 min

Go around the room. Each saint says his figure aloud and gives the two-sentence explanation: what would have been adequate, and what the figure actually gave. Two sentences, then move on. The goal is to confirm the homework happened and to put four giving accounts in the room before the work of this session starts.

**BLOCK 2 · CREATIVE Name the comfort**

⌚ 13 min

1. Hand each saint the commitment card. Walk through the first section once. The comfort has to be specific — one device, one snack, one hour of the day, one habit. "Screen time" in general is too vague to give up.
2. Five minutes of silent writing. Each youth names one comfort he reaches for without thinking and writes one sentence on why this one is hard to give up.
3. Pair up. Each saint reads his comfort aloud to his partner. The partner asks one sharpening question — "is that specific enough?" or "could you name a smaller, sharper one?" — but does not critique the choice.
4. Each saint may revise his comfort before moving on. The point is to land on something that will sting honestly when it is gone.

REQ 2A

## SESSION 2 · NAME THE COMFORT AND THE NEED (PAGE 2 OF 3)

## THE HOUR — CONTINUED

BLOCK 3 · DISCUSSION **Name the need**

⌚ 15 min

1. Move to the second section of the commitment card. The need has to be real, visible, and have a name attached. A wish or a category is not a need.
2. Five minutes of solo work. Each youth writes one real need in his family, Church, or community and the person or group affected by it.
3. Round-robin: each saint reads his need and the name attached to it. One sentence each. If a youth cannot write a name, the leader helps him pick a different need on the spot.
4. Brief teaching point: the comfort is yours to give up; the need decides whether the giving up matters. Real needs have names attached to them.

## REQ 2B

BLOCK 4 · CREATIVE **Draw the line and lock in the dates**

⌚ 20 min

1. Move to the third section. Each youth writes how giving up the comfort directly meets the need — hours redirected, dollars freed, attention turned toward the person. If the line cannot be drawn, the comfort or the need is wrong; pick again.
2. Pair up with a partner you can call this week. Each saint reads his connection aloud. The partner asks the test question: "If you keep the comfort, does the person still get the help?" If the answer is yes, the connection is too loose; tighten it.
3. Move to the commitment section. Each saint sets a start date (tonight or tomorrow), an end date (before Session 3), the number of days, a midpoint date, and the name of the partner he will check in with at the midpoint.
4. Each youth writes one sentence on what he will do at the moment he wants to break the commitment. Make it concrete: a verse, a person to call, a place to go, a thing to do instead.
5. Check the boxes at the bottom of the card: midpoint check, end-of-period check, bring the card back. Write the start date on the BRC.

## REQ 2C

BLOCK 5 · REFLECTION **Close — Start tonight**

⌚ 7 min

1. Confirm with each saint: comfort named, need with a name, connection drawn, dates and partner written, the response-when-tempted line filled in.
2. The consecration period starts tonight, not after Session 3. The commitment card travels with the saint.
3. Watch this week for chances to support a Church, family, or community effort without being asked (Req 3b). When you see one, write it on the back of the card with the date.
4. Remind the group: Session 3 opens with a real report on the consecration period. Bring the card.

## SESSION 2 · NAME THE COMFORT AND THE NEED (PAGE 3 OF 3)

## AT THE CLOSE · DEBRIEF

1. Which felt harder to name — the comfort or the need? Why?
2. What is the smallest, sharpest comfort you considered and rejected, and why did you reject it?
3. Where is your commitment most likely to break in the next ten days, and what did you write down to do about it?

☒ *Mark Req 1c after the opener explanation. Mark Req 2a, 2b, and 2c after the commitment-card work. Req 3a is launched here — the consecration period starts tonight and runs until Session 3.*

## SESSION 3 · SPIRITUAL CORE

⌚ 60 min target

## Report on the period

*Bring the card back and tell the truth about what the consecration period actually cost.*

**SESSION AIM**

Each saint opens by reporting on his consecration period — what he gave up, how many of the agreed days he held, what broke, and what surprised him. The group then shares one unprompted-support moment from the week and one effort-when-it-would-have-been-easier-not-to. The session ends with a written plan for the second support act and the conversation with a leader or parent before Session 4.

**🎯 WALK AWAY WITH**

- Has reported honestly on the consecration period and named the hardest moment
- Has written paragraphs on one unprompted support and one harder choice
- Has a dated leader-or-parent conversation scheduled before Session 4

**📦 BRING / SET UP**

- Each saint's commitment card from Session 2, with the midpoint and end-of-period boxes checked or not
- Half-sheets for the unprompted-support and effort write-ups (one per saint)
- A printed copy of the BRC for each saint
- Pens (one per saint)
- A clock or timer visible to the group

**🕒 THE HOUR****BLOCK 1 · DISCUSSION Opener — The card report**

⌚ 5 min

Each saint holds up his commitment card and reports in one round. "I gave up X for Y days to meet Z. I held Q of Q days. The hardest moment was M." If a youth held the commitment, say so plainly. If he broke it, say so plainly. Treat the honest answer the same either way. Honesty is what the period was teaching.

**BLOCK 2 · DISCUSSION Walk through the cost**

⌚ 17 min

1. Pair up — different pair than Session 2. Each saint walks his partner through the full card: comfort, need, connection, dates, what happened at the midpoint, what happened when he wanted to break the commitment.
2. Each pair lands on the one moment in the period when the cost was most real. Write it on the back of the card in one or two sentences. Specific: a day, a time, a person, what tipped the saint toward holding or breaking.
3. Bring two or three highlights back to the full group. Share only what the pair gave permission to share.
4. Name the pattern plainly: most of the cost was not in the giving up — it was in the moments the comfort was available and the saint chose not to take it. That choice is the consecration.

REQ 3A



## SESSION 3 · REPORT ON THE PERIOD (PAGE 2 OF 2)

## THE HOUR — CONTINUED

BLOCK 3 · CREATIVE **The unprompted support and the harder choice**

⌚ 17 min

1. Hand out the half-sheets. Top half is for Req 3b: one Church, family, or community effort the saint supported this week without being asked. Bottom half is for Req 3c: one helpful act that took effort when the easier choice was right there.
2. Eight minutes of solo writing. Each piece is one paragraph: what was the effort, what made the easy choice tempting, what tipped the saint toward the harder one, what it cost in the moment.
3. Pair share. Each saint reads his unprompted-support paragraph aloud. The partner asks one question: "How did you notice it?" The answer to that question is the part the saint should remember.
4. Bring three or four short answers from the room. Don't make every youth read aloud — the writing is the work.

REQ 3B

REQ 3C

BLOCK 4 · CREATIVE **Plan the second support and the leader talk**

⌚ 13 min

1. Each saint sets a date before Session 4 for one more unprompted support act if he has not yet done two. Write the date on the BRC.
2. Each saint schedules a sit-down with a leader or parent — twenty minutes, somewhere quiet, no phones — to explain what the consecration period cost him personally (Req 3d). Write the date and the person on the BRC.
3. Leader walks the room and signs off the dates one by one. No saint leaves the block without a date and a name.
4. Remind the group that Session 4 opens with the report from that conversation. Bring the back-of-card notes and the half-sheets.

BLOCK 5 · REFLECTION **Close — What you wrote down**

⌚ 8 min

1. Each saint reads one sentence aloud from anything he wrote tonight — the back of the card, the half-sheet, the BRC date. One sentence each.
2. Leader names two specific things he heard tonight that he wants the room to carry forward. Brief, by name where possible.
3. Final reminder: the leader-or-parent conversation happens before Session 4. The conversation is the work, not a formality.

## AT THE CLOSE · DEBRIEF

1. How many of the agreed days did you hold, and where did the run break or almost break?
2. Which effort that you wrote about tonight is the one you would not have noticed a month ago?
3. Which person from your unprompted-support paragraph are you most likely to support again, and when?

☑ *Mark Req 3a after the card-report block — even if the saint broke the commitment, the period was lived and the report was honest. Mark Req 3b and 3c after the half-sheets block. Req 3d is in progress — mark it after the leader-or-parent conversation is reported in Session 4.*



## SESSION 4 · SPIRITUAL CORE

⌚ 60 min target

# Account and bear witness

*Account to a leader for what the giving cost, and name what changed.*

**SESSION AIM**

Each saint reports on the conversation with his leader or parent, then writes for ten minutes on what he learned about himself when he gave up control or comfort. The session ends with each saint bearing testimony of giving his will to God — short, from a specific moment of the period, not in general — followed by a one-on-one BRC sign-off with the leader.

**WALK AWAY WITH**

- Has reported on the leader-or-parent conversation about what consecration cost
- Has a ten-minute written reflection on what he learned about himself
- Has borne testimony of giving his will to God from one specific moment
- Has a signed BRC, or an outstanding-requirements plan with deadlines

**BRING / SET UP**

- Each saint's commitment card and half-sheets from Session 3
- Notepads or half-sheets for the ten-minute write (one per saint)
- Pens (one per saint)
- Each saint's BRC printout, ready for final sign-off
- A quiet corner of the room for the leader's one-on-one BRC walkthroughs

**THE HOUR****BLOCK 1 · DISCUSSION Opener — The leader-or-parent talk**

⌚ 5 min

Each saint reports in one round on the conversation he had with his leader or parent before tonight. "I talked with \_\_\_ on \_\_\_. What I told him cost me was \_\_\_." One sentence each. If a youth has not had the conversation, he sits with a leader after the session and the BRC sign-off waits.

**BLOCK 2 · DISCUSSION Walk through the cost in detail**

⌚ 15 min

1. Open round, two prompts. First: name one thing the leader or parent said back to you in that conversation that you wrote down or want to remember. Second: name one thing about the cost that you said aloud for the first time in that conversation.
2. Each saint contributes one answer to each prompt. Keep it brief. Three or four sentences per youth is plenty.
3. Don't add commentary as leader. The work is in the youth's telling, not the leader's framing.

REQ 3D

## SESSION 4 · ACCOUNT AND BEAR WITNESS (PAGE 2 OF 2)

## THE HOUR — CONTINUED

BLOCK 3 · CREATIVE **Ten minutes on what you learned about yourself**

⌚ 18 min

1. Hand each saint a half-sheet. Prompt: "What did you learn about yourself when you gave up control or comfort? Name the moment, the place, and the part of you that resisted." Ten minutes of silent writing — no phones, no talking.
2. After the ten minutes, each youth reads one sentence aloud from what he wrote. Just one sentence — the one he is most willing to say in the room.
3. Leader takes one minute to name a pattern he is hearing across the room — but only one pattern, and only if it is honest. Silence is a fine response.
4. Each youth takes the half-sheet home tonight; the full ten-minute write is the artifact of Req 4a.

## REQ 4A

BLOCK 4 · SCRIPTURE **Bear witness from one moment**

⌚ 14 min

1. Read 3 Nephi 12:30 aloud once — "willingly subject yourselves" — and then sit in silence for one minute.
2. Open the room. Each saint who is ready bears testimony of giving his will to God. The instruction is one moment from the consecration period, not a general statement of belief. "On day six I was alone in the kitchen and the thing I had given up was on the counter and I left it there. That was the day I knew what surrender meant."
3. Leader goes first to model the register: one moment, short, honest, no preamble.
4. No youth is required to speak. The room can hold the silence between testimonies. The cost of the period is what gives the testimony its weight; the saint does not need to add anything.

## REQ 4B

BLOCK 5 · REFLECTION **Close — BRC sign-off**

⌚ 8 min

1. Walk through the BRC with each saint one requirement at a time in the quiet corner. Mark what is done. Note what is outstanding.
2. For any outstanding requirement, set a concrete next step and a deadline before the next Board of Review.
3. Each saint takes home the commitment card, the half-sheets, and the ten-minute write. These are the record of the consecration period.

## AT THE CLOSE · DEBRIEF

1. Which sentence from your ten-minute write are you least likely to say to anyone else, and why did you write it down anyway?
2. What did your leader or parent say in the conversation that you did not expect?
3. What is the one habit from the consecration period that you intend to carry into next month?

☒ Mark Req 3d after the opener and the cost-detail block. Mark Req 4a after the ten-minute write is on the page. Mark Req 4b for each saint who bore testimony from a specific moment of the period. Any outstanding requirement gets a concrete next step and a deadline written on the BRC.

HANDOUT 1 OF 2

FROM SESSION 1 — SORT THE TWELVE EXAMPLES

# Sacrifice, Service, Consecration — Sort Card

Use during the sorting block. Each saint writes his own examples in each column.

## CONSECRATION · SORT CARD

### Sort each example into one column.

Use in Session 1 with the twelve example cards. The three words are not interchangeable.

#### SACRIFICE

Give up something good  
to obey a command

One thing I gave up because  
a parent or leader required it

A tithe or fast offering I paid  
when the money was tight

A thing I owned and turned in  
because it was the right call

An apology I owed and made  
at a cost to my pride

*A one-time cost to obey.*

#### SERVICE

Help another person  
for an hour or a day

A chore I did at home  
that helped someone

A service project I joined  
because the group went

A friend I helped with  
a hard task or a hard week

A call I answered to help  
on short notice

*An hour or a day of helping.*

#### CONSECRATION

Give yourself, ongoing  
to the Lord's work

A practice I gave up for weeks  
to free up time for someone

Hours I gave to a calling  
that nobody else saw

A possession I treated as the  
Lord's, not mine

A habit I kept going on the  
days I did not feel like it

*An ongoing giving of self.*

#### HOW TO PLACE AN EXAMPLE

Ask how long the giving lasted and who decided. Use the column that fits both answers.

*If the example fits more than one column, place it in the rightmost one that still feels honest.*

**Write your own examples with a date or month attached so the sort stays honest.**

*Print this handout for in-person reference during session 1 — sort the twelve examples.*

HANDOUT 2 OF 2

FROM SESSION 2 — NAME THE COMFORT

# Consecration Commitment Card

Fill at Session 2. Carry through the consecration period. Bring back to Session 3.

## CONSECRATION · WORKSHEET

### Write the commitment before you live it.

Fill at Session 2. Carry it through the consecration period. Bring it to Session 3.

SAINT ..... DATE WRITTEN .....

#### 1 THE COMFORT

name something specific, not abstract

One comfort, preference, or resource I rely on heavily

.....  
one device, one snack, one hour of the day, one habit — not "screen time" in general

Why this one is hard to give up .....

#### 2 THE NEED

a real need with a name attached

One real need in my family, Church, or community

.....  
The person or group affected

.....  
if you cannot write a name here, pick a different need

#### 3 THE CONNECTION

How giving up the comfort directly meets the need

.....  
hours redirected, dollars freed, attention turned toward the person — be specific

#### 4 THE COMMITMENT

LOCK IN AT SESSION 2 CLOSE

Start date ..... End date ..... Days .....

Midpoint date ..... Who I'll check in with .....

What I'll do when I want to break the commitment

.....  
.....

#### 5 CHECK-INS

☐ Midpoint check done ☐ End-of-period check done ☐ Brought card to Session 3

Bring this card to Session 3 so the report has the actual dates and notes attached.

Print this handout for in-person reference during session 2 — name the comfort.