Spiritual Preparation

Trek is like a mission, in that it requires spiritual preparation. When you are prepared spiritually, the Holy Ghost will teach and confirm gospel principles, and your faith and testimony will be strengthened. You will have opportunities to feel the Spirit, and thus increase your resolve to live the gospel. You will have an increased desire to serve and to rescue others. You will increase your desire to stand firm in your faith in Christ. Please consider the following as you spiritually prepare for Trek.

- Personal and family prayer each day.
- Personal study of the scriptures each day.
- Consistent attendance at church meetings, seminary, and mutual.
- Recording your thoughts, feelings and impressions in your journal.
- Temple and family history service.
- Practice listening to the Spirit and following promptings given.

Elder Neal A. Maxwell said,

"If we are faithful the day will come when those deserving pioneers and ancestors, whom we rightly praise for having overcome the adversities in their wilderness trek, will praise today's faithful for having made their way successfully through a desert of despair and for having passed through a cultural wilderness, while still keeping the faith."