



Forty Spiritual Activity Ideas for Teens

For The Strength of Youth

- Split the youth into groups and challenge each group to create a video that demonstrates some teachings in For the Strength of Youth booklet. You can bring props and let them get creative. Have fun watching each other's videos.
- Pick a For the Strength of Youth topic and make posters about the teachings (like old Mormon Ads)
- Give each youth a current For the Strength of Youth magazine. Tell them to read it on their own at home, and then have a trivia night using information from the magazine.
- Memorize portions of the For the Strength of Youth booklet.
- Make a trivia game using questions from the For the Strength of Youth booklet.

The Scriptures

- Paint the covers of Books of Mormon.
- Invite someone to teach the youth some scripture study skills.
- Pass around a Book Of Mormon from youth to youth. Each one reads a chapter and marks it up and then passes it to the next youth who reads and marks up the next chapter.
- Have scripture study time like they do at FSJ. The youth love it. Have a youth that has been to FSJ teach what to do.
- Watch the First Vision movie together and have treats.
- Have a Bible night when you eat food and experience things they did in Bible times.

Missionary Work

- Have a missionary night. Invite returned missionaries to share their mission experiences with photos and food from the places they served.
- Have a missionary panel of returned missionaries.

Learning From Others

- Invite the patriarch to come speak to the youth. Have the youth send questions before and then the patriarch can address their questions.
- Bishopric panel - have the youth turn in questions and let the bishopric answer them.
- Visit the home of ward members and have them share faith-building experiences. The youth can get to know that ward member and be strengthened by them.
- Invite a former mission president to come teach the youth. The youth could ask fun and serious questions Submit the questions in advance.

Temple + Family History

- Invite your ward or branch family history consultant to teach the youth how to do family history.
- If you live close enough to a temple, go and perform baptisms.
- If you live near a temple, take some art supplies and paint flowers or the temple itself.
- Have an ancestor night when everyone learns about, and then shares about, the life of an ancestor.



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Church Resources

- Do the Church's emotional resilience course.
- Watch several youth videos together on the "Strive to Be" YouTube channel.
- Learn about the youth theme and then make a piece of art about it.
- Make a scavenger hunt and go on virtual field trips to Church History sites. Challenge them to find things virtually, with the goal of helping them see the great resources available to them.
- Have a scavenger hunt on the Church's website. Have the youth find things on the website. This can teach them about the resources available to them.
- Watch a face-to-face broadcast together and have treats. You could even do it outside with a projector.

Jesus Christ

- Watercolor a picture of Christ.
- Learn about uplifting music. Have everyone come prepared to share a song about Christ. Then everyone can go home with a good playlist.
- Make a "Names of Christ" study book. Write a name or title of Christ on each page; then write about what that title means and what it teaches you about Christ.
- Memorize The Living Christ.
- Study the plan of salvation in detail and then challenge the youth to draw a diagram of it.

General Conference

- Before General Conference, learn about the different apostles. Make a fun trivia game about them.

- Print a General Conference talk for each youth. Have them write their names at the top of the page. Then pass their talk to the person to the right. The youth then start reading, marking, and writing notes on the talk. Then after four minutes, they pass it again to the right. This continues until the youth have read the entire talk. Then each youth gets their talk back and gets to read everyone else's notes and impressions. You can do the same activity with a section in For the Strength of Youth. The youth read, mark, and write notes for each other.

Spiritual Growth + Resilience

- Create a spiritual survival booklet filled with quotes, scriptures, and stories that help strengthen faith.
- Make a topic scripture journal. Give each youth a notebook and have them number the pages. Have them make a table of contents in the front. Then choose topics they want to study, like faith, honesty, charity, the premortal life, etc. Under each topic, they can write or draw things they are learning. For example, around premortal life they would write scriptures, facts, quotes, etc. They can use the scriptures, Church magazines and gospel topics (found on the Church website) to gather information.
- Have a favorite spiritual things night where everyone is invited to bring one or two items. Take turns sharing to help the youth grow spiritually.
- Prepare upcoming youth for Seminary. Have the older youth talk about their experiences and then take the younger youth on a tour of the Seminary building or classroom.
- Make a "quote book" filled with favorite quotes.
- Spiritual chalk art: Go outside and have the youth draw something they learned in their scriptures or from General Conference.