 The Plano Texas Stake Preparedness Challenge

For May—“Be Prayerful”

“But behold, I say unto you that ye must pray always, and not faint; that ye must not perform any thing unto the Lord save in the first place ye shall pray unto the Father in the name of Christ, that he will consecrate thy performance unto thee that thy performance may be for the welfare of thy soul.”(2 Nephi 32:9)

Spiritual Goals:

**First Spiritual Goal: Make twice daily personal prayer a habit. Set aside time for twice daily family prayer as well.** Nephi advises, “For if ye would hearken unto the Spirit which teacheth a man to pray, ye would know that ye must pray. . .” He further explains that it is the “. . . evil spirit which teacheth [a man] that he must not pray” (2 Nephi 32:8). If our actions (performances) are to be for the “welfare of our souls,” We **must** heed Nephi’s advice. We **must** pray every morning in order to have the Spirit attend us as we go about performing our daily labors. We **must** pray every evening to account to our Heavenly Father for our actions of that day and repent of those things we have need to repent of. We **must** not forget to thank Him for all He has given to us. We **must** ask Him for the things we (and our loved ones) stand in need of. And we **must** teach our children to pray.

**Second Spiritual Goal: Hold weekly Family Home Evenings with your family**.

A wealth of information on making successful Family Home Evenings can be found on the Church’s website: [www.lds.org](http://www.lds.org) Click on “Serve and Teach,” then “Lessons and Teaching,” then, “Family Home Evening.” Consider having at least one of the FHE lessons in May on prayer as the theme for the month is: “Be Prayerful.”

**Third Spiritual Goal: Have daily personal and family scripture study.** The suggested scripture reading for the month of May is: Mosiah 14 through Alma 4. If this does not fit in with your family select other scriptures to fit your family needs.

**Fourth Spiritual Goal: Do family history and Temple work.** Fulfill the Plano Stake Goals of spending at least **one hour in indexing** each month, **one hour of family history** each month and of **taking one family name to the temple each year.** Make plans to attend the temple regularly. If you do not currently possess a temple recommend, see your Bishop or Branch President to determine what you need to do to obtain one.

Financial Objectives:

**First Financial Objective: Begin an emergency cash fund.** Many different events could cause you to be unable to access your bank account or ATM or even pay for goods and services with your credit or debit cards. Some of these events include natural disasters, widespread power outages, identity or wallet theft, etc. Store enough cash to get you by in the event of such an emergency. Prayerfully determine how much cash you need to store for your household. Store it in a safe place (or two).

**Second Financial Objective: Continue working on your financial goals. Continue making and living by your budget. Work toward reducing and getting out of debt. Continue to build your savings.** See [www.providentliving.org](http://www.providentliving.org) for more information and help on financial planning. The Stake website also has a debt reduction worksheet and a budget worksheet (that you can download to continue making budgets on a regular basis). These can both be found on the website: [www.preparednessplano.org](http://www.preparednessplano.org) under the 2014 Challenge tab in the “Resources” section for February.

Emergency Preparedness Tasks:

**First Preparedness Task: Learn and then teach family members basic first aid skills including CPR (cardiopulmonary resuscitation). If you have not already done so, assemble a first aid kit for your family.** The First Aid Kit Checklist in the resources section of this month’s Preparedness Challenge on the Stake Preparedness website [www.preparednessplano.org](http://www.preparednessplano.org) can help you. A good basic first aid manual is the First Aid merit badge pamphlet from the Boy Scouts of America. Remember to keep medications out of the reach of small children. Keep emergency numbers such as the number to poison control posted in a prominent place. Teach children how to dial 9-1-1.

**Second Preparedness Task**: **Store condiments and spices.** Condiments and spices are used to enhance foods and make them more palatable. Things like ketchup, mayonnaise, relishes, jams, salsa and flavorings such as vanilla extract might be items you wish to store. Maple flavored syrup to serve on pancakes can be make from sugar and maple flavor extract. For your long term (year) storage, five pounds of salt per person is recommended. Salt has an indefinite shelf life but must be kept from moisture or it will clump. Items like ketchup and mayonnaise need to be rotated so buy only what you will use before its expiration date. Spices loose potency over time. If it still smells strong, it is probably still flavorful. Store spices in an airtight container in a cool, dry, dark place and keep from pests (though some, such as bay leaves can be used in the pantry to repel pests).