# Fulfilling My Duty to God as a Deacon

## Family Activities

1. Develop the habit of reading the scriptures daily. During your two years as a deacon, read 1 Nephi through Mosiah in the Book of Mormon. Share with your family a few of the prophetic statements about Jesus Christ. _____ *Parent Initial*
   1 Nephi ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10 ☐11 ☐12 ☐13 ☐14 ☐15 ☐16 ☐17 ☐18 ☐19 ☐20 ☐21 ☐22
   2 Nephi ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10 ☐11 ☐12 ☐13 ☐14 ☐15 ☐16 ☐17 ☐18 ☐19 ☐20 ☐21 ☐22
   ☐23 ☐24 ☐25 ☐26 ☐27 ☐28 ☐29 ☐30 ☐31 ☐32 ☐33 Jacob ☐1 Enos ☐1 Jarom ☐1
   Omni ☐1 Words of Mormon ☐1 Mosiah ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8
   ☐9 ☐10 ☐11 ☐12 ☐13 ☐14 ☐15 ☐16 ☐17 ☐18 ☐19 ☐20 ☐21 ☐22 ☐23 ☐24 ☐25 ☐26 ☐27 ☐28 ☐29
2. Read For the Strength of Youth, and discuss with your parents the importance of standards and values. _____ *Parent Initial*
3. Under the direction of your parents, organize and teach at least 4 family home evening lessons each year. _____ *Parent Initial*
   Year 1: ☐1 ☐2 ☐3 ☐4 Year 2: ☐1 ☐2 ☐3 ☐4
4. Keep a written record of your family history. Ask a parent or the ward family history consultant to help you prepare a 4 generation pedigree chart. _____ *Parent Initial*
   Genealogy Merit Badge
5. With the help and permission of a parent, prepare at least 2 meals for your family. Where possible, also wash and iron your clothes for 1 month. _____ *Parent Initial*
   Family Life Merit Badge Meals: ☐1 ☐2
6. Read the twelfth article of faith, and briefly describe to your parents the structure and major functions of your national government. _____ *Parent Initial*
   Citizenship in the Nation Merit Badge
7. Perform at least 2 service projects for your family each year. _____ *Parent Initial*
   Family Life Merit Badge Year 1: ☐1 ☐2
   Year 11: ☐1 ☐2

## Physical Development

*Select 8 or more goals from this category.*

1. Run 2 kilometers or 1 1/4 miles, and set a goal for steady improvement. _____ *Parent Initial*
   Personal Fitness Merit Badge, Camp/District Race
2. Develop and begin a 1 year plan to improve your personal physical fitness. _____ *Parent Initial*
   Personal Fitness Merit Badge
3. Swim 50 meters, using 2 different strokes. _____ *Parent Initial*
   BSA Swim Check, Swimming Merit Badge
4. Learn to float on your back in the water for at least 2 minutes. _____ *Parent Initial*
   BSA Swim Check, Swimming Merit Badge
5. Learn how to rescue someone who is drowning. _____ *Parent Initial*
   Safe Swim Defense/Safety Afloat,
   Merit Badges: Swimming and Lifesaving
6. Hike 10 kilometers or 6 miles in 1 day. _____ *Parent Initial*
   Hiking Merit Badge, Camp/District Activity
7. Prepare the equipment for an overnight camping trip. Show that you can set up a tent, cook on an open fire or on a camp stove, build a latrine, and restore the surroundings to how they were before your stay. _____ *Parent Initial*
   Tenderfoot Rank Advancement, Leave No Trace Award, Conservation Good Turn
8. While camping, show that you know the proper way to build a cooking fire or set up a camp stove. Teach someone else how to build a fire, emphasizing 5 safety rules. _____ *Parent Initial*
   Second Class Rank Advancement, Leave No Trace Award, Conservation Good Turn, Cooking Merit Badge
9. Learn a new game or sport. _____ *Parent Initial*
   Merit Badges: Indian Lore, Sports, Small boat sailing, snow sports, etc. may apply
10. Play on a sports team in your quorum, ward, school, or community. _____ *Parent Initial*
    Sports Merit Badge, District Sporting Event
11. Learn the rules of play, and officiate for a sport of your choice. _____ *Parent Initial*
    Athletics Merit Badge, District Sporting Event
12. Explain to a parent or priesthood leader the rules of safe bicycle riding. Complete a 30-kilometer or 20-mile ride. _____ *Parent Initial*
    Cycling Merit Badge, Camp/District Ride

## Service Project

1. Choose a project that gives significant service (min. 20 hours) to your family, ward, stake, or community. Other quorum members can help complete the project. _____ *Parent Initial*
   Eagle Project if completed as a Deacon

## Personal Journal

1. Keep a record of your growth and accomplishments and also your spiritual impressions and feelings. _____ *Parent Initial*

## Education, Personal, & Career Development

*Select 8 or more goals from this category.*

1. Make a plan to improve basic reading, writing, and arithmetic skills, and follow the plan for at least 3 months. _____ *Parent Initial*
2. Choose 2 careers you may be interested in doing someday. Find out what educational or other requirements you would need for them, and interview someone in each position to learn what you must do to prepare for these careers.
   Merit Badges: Forestry, Geology, Animal Science, Architecture, Art, Astronomy, Aviation, Chemistry, Cinematography, Communications, Dentistry, Engineering, Environmental Science, Journalism, Law, Photography, Plant Science, Space Exploration, Truck Transportation, Woodworking
3. Visit a government office. After your visit, explain to a parent or priesthood leader the function of the office. _____ *Parent Initial*
   Citizenship in the Nation Merit Badge
4. Learn how to purify water and to wash and prepare fresh fruits and vegetables. _____ *Parent Initial*
   First Class Rank Advancement. Merit Badges: Cooking, Public Health, Wilderness Survival
5. Learn emergency treatment for electrical shock, near drowning, serious burns, broken bones, heat exhaustion, and serious falls. _____ *Parent Initial*
   First and Second Class Rank Advancements, First Aid Merit Badge
6. Attend a cultural event such as a church, school, or community play, music program, or musical. _____ *Parent Initial*
   Merit Badges: American Cultures, Music, and Theater
7. Learn to play a musical instrument. _____ *Parent Initial*
   Music Merit Badge
8. Perform a musical selection in sacrament meeting or another church or community meeting. _____ *Parent Initial*
   Music Merit Badge
9. Develop and follow a financial budget for 3 months. _____ *Parent Initial*
   Months: ☐1 ☐2 ☐3 ☐4
   Personal Management Merit Badge
10. Read at least 4 issues of a church magazine. _____ *Parent Initial*
    Reading Merit Badge
11. Learn computer and keyboarding skills. Demonstrate these skills by typing family history information in Personal Ancestral File or another similar program. _____ *Parent Initial*
    Genealogy Merit Badge
12. Read the Word of Wisdom in Doctrine and Covenants 89, and explain to a parent or priesthood leader what is meant by "and shall find wisdom and great treasures of knowledge, even hidden treasures." _____ *Parent Initial*

## Citizenship and Social Development

*Select 8 or more goals from this category.*

1. Explain to a parent or priesthood leader how to be a friend, maintain a friendship, and resolve conflicts between friends. _____ *Parent Initial*
2. Be a friend to someone who may feel left out, and invite him to a quorum or Mutual activity. _____ *Parent Initial*
3. Show a parent or priesthood leader that you know how to use proper manners while eating, greeting acquaintances in formal and informal settings, greeting a person of authority, and introducing a speaker at public event. _____ *Parent Initial*
   Communications Merit Badge
4. Teach your family to play a new game or sport. _____ *Parent Initial*
5. Explain to a parent or priesthood leader what it means to obey, honor, and sustain the law. _____ *Parent Initial*
   Citizenship in the Community Merit Badge
   Citizenship in the Nation Merit Badge
6. Participate in a cultural event such as a school play or musical. _____ *Parent Initial*
   Merit Badges: American Cultures, Music, and Theater
7. Learn to practice proper dance etiquette. _____ *Parent Initial*
8. Explain Luke 6:31, and tell a parent or priesthood leader about when and how you have applied its teachings. _____ *Parent Initial*
9. Help organize and carry out a quorum or ward youth activity. _____ *Parent Initial*
   Merit Badges: Athletics, Theater, Backpacking, Camping, Hiking.
10. With your quorum, clean up or repair a part of your neighborhood. _____ *Parent Initial*
    Second Class, Star, and Life Rank Advancement
11. Participate in 4 family, quorum, or ward social activities. _____ *Parent Initial*
    Activities: ☐1 ☐2 ☐3 ☐4
    Second Class Rank Advancement
12. Sing with a church, school, or community choir. _____ *Parent Initial*
    Music Merit Badge

## Spiritual Development

*Select 8 or more goals from this category.*

1. Identify 4 scriptures that testify of Christ, and talk about them with a parent or priesthood leader. _____ *Parent Initial*
2. Read "The Family: A Proclamation to the World" and "The Living Christ: The Testimony of the Apostles." Review them with a parent of priesthood leader. _____ *Parent Initial*
3. Recite from memory the Articles of Faith to a parent or a priesthood leader. _____ *Parent Initial*
4. Read Doctrine and Covenants 20:38-60, and talk with a parent or a priesthood leader about the duties of a deacon. _____ *Parent Initial*
5. At least once each year, bear your testimony. _____ *Parent Initial*
   Year 1: ☐ Year 2: ☐
6. Read an account of one of your ancestors, or learn about an ancestor from one of your relatives. Report what you learned in family home evening or in quorum meeting. _____ *Parent Initial*
   Genealogy Merit Badge
7. Complete additional family history work, such as a family group record showing your parents as children with the other members of your families. Share this information with a parent or a priesthood leader. _____ *Parent Initial*
   Genealogy Merit Badge
8. If you do not already have one, start a journal, and write in it regularly for 2 months. _____ *Parent Initial*
   Genealogy Merit Badge
9. Set up a plan to be spiritually and financially prepared to go on a mission at age 19. _____ *Parent Initial*
   Personal Management Merit Badge
10. Make a list of skills you will need to become a successful missionary. Talk to a parent or priesthood leader about how you can learn these skills. _____ *Parent Initial*
11. Invite at least 2 friends to a Mutual activity, Sunday meeting, or family home evening. _____ *Parent Initial*
12. Write a letter to your parents, your grandparents, or a ward or stake leader. Thank them for their example and positive influence on you. _____ *Parent Initial*

## Quorum Activities

1. Read the Prophet Joseph Smith's testimony in Joseph Smith - History 1:1-20, and discuss it with a priesthood leader. _____ *Parent Initial*
2. Explain to a priesthood leader the law of the fast and how fast offerings are used. Read Isaiah 58 and Doctrine and Covenants 59. _____ *Parent Initial*
3. As Assigned by a priesthood leader, give at least one 3 to 5 minute talk each year in a priesthood or sacrament meeting. _____ *Parent Initial*
   Year 1: ☐ Year 11: ☐
   Communications Merit Badge
4. Discuss with a priesthood leader the history and purposes of the Aaronic Priesthood and quorums. _____ *Parent Initial*
5. Participate in at least 2 deacons quorum service projects each year. _____ *Parent Initial*
   Year 1: ☐1 ☐2 Year 11: ☐1 ☐2
   Star and Life Rank Advancements
6. Participate in baptisms for the dead, if possible. If not, talk with a priesthood leader about the temple and what it means to Latter-Day Saints. _____ *Parent Initial*
7. Write a half-page explanation of the purpose of the sacrament. You can refer to Matthew 26:26, Doctrine and Covenants 20:75-79, or the Topical Guide. _____ *Parent Initial*

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