

# participate in the

## GATHERING OF ISRAEL

President Russell M. Nelson



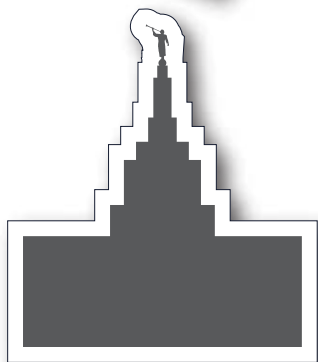
FIRST

I invite you to participate in a 10-day fast from social media and from any other media that bring negative and impure thoughts to your mind.



SECOND

I invite you to read the Book of Mormon between now and the end of the year.



THIRD

Establish a pattern of regular temple attendance.



FOURTH

My fourth invitation, for you who are of age, is to participate fully in Relief Society.