



Name substitution: To help apply doctrines and principles from the scriptures in your life, substitute your name for a name in the scriptures. Try using this scripture study skill with Doctrine and Covenants 6:20.

Cause and effect: To help you identify gospel principles in the scriptures, look for “if-then” and “because-therefore” relationships. Try using this skill with Doctrine and Covenants 5:24.

Scripture lists: The scriptures often contain lists of things such as instructions or warnings. When you find lists, consider numbering each element. Try using this skill with Doctrine and Covenants 4:5–6.

Contrasts: The scriptures often show contrasts in ideas, events, and people. These contrasts emphasize gospel principles. Look for contrasts in single verses, in chapters, and across chapters and books. Try this skill with Doctrine and Covenants 50:23–25.

Visualization: Look for descriptive details that can help you create a mental picture as you read. Imagine being present at certain events. This can strengthen your testimony of the reality of what you read in the scriptures. Try this skill with D&C 45:44–46.

Symbolism: Words such as like, as, or likened unto can help you identify symbols. Look beyond a symbol by exploring its nature and pondering its attributes. Footnotes, the Bible Dictionary, and the Topical Guide or Guide to the Scriptures can help with the interpretation of some symbols. Try using this study skill with Doctrine and Covenants 11:2–3.

Pondering: Pondering includes thinking, meditating, asking questions, and evaluating what you know and what you have learned. Pondering often helps us understand what we need to do to apply gospel principles. You can see an example of someone using this skill in Doctrine and Covenants 138.

Cross-references: Often, one scripture passage can explain or clarify a phrase or concept found in a different passage. Link scripture passages to each other using the scripture footnotes, index, or the Topical Guide or Guide to the Scriptures to help unlock the meaning of a scripture passage. Practice this skill by reading Doctrine and Covenants 121:1 and then following footnote b to Psalm 13:1. How does reading Psalm 13:1 help you better understand the feeling expressed in Doctrine and Covenants 121:1?