

2025 Relief Society Council Topics

- What is the best way to start hard conversations with your adult children without damaging your relationship with them?
- As important as the word of wisdom is for our health, why does the church encourage vaccines when they can do far more damage to a persons body then many of the other things we're told not to put into our bodies?
- What are some miracles you have experienced where you have felt God's hand in your life?
- What simple words or acts of kindness have helped you feel valued and loved?



Organization & Life Balance

1. **How can we invite more order and peace into our homes, especially during busy seasons of life?**
2. **What systems or routines have helped you keep your spiritual life, home, and responsibilities in balance?**
3. **In what ways can simplifying our lives help us hear the Spirit more clearly?**



Relationships & Ministering

4. **What does it mean to truly "mourn with those that mourn" in our ministering efforts?**
5. **How can we build stronger, Christlike relationships with family members who may not share our beliefs or values?**
6. **What helps you offer love and support without judgment when someone is struggling spiritually or emotionally?**



Prayer & Fasting

7. **How have you seen prayer change your heart or perspective during hard times?**

8. What are some ways to make fasting more meaningful rather than just going without food?
9. How can we teach children and youth to understand and value personal prayer and fasting?

Scripture Study & Teaching

10. What strategies have helped you stay consistent and engaged in your personal scripture study?
11. What lessons from the Savior's teaching style can we apply in our own efforts to share truth?

Crisis, Grief, and Trials

13. What has helped you stay spiritually grounded during times of personal crisis or loss?
14. How can we better support each other in the middle of mental, emotional, or financial struggles?
15. What do you do when the answers from Heaven seem delayed or unclear?

Faith & the Second Coming

16. How can we prepare spiritually for the Second Coming of Jesus Christ without fear?
17. How do we remain hopeful and faithful in an increasingly confusing and chaotic world?

Preparation & Life Skills

19. What practical life skills (budgeting, food storage, emergency prep) have blessed your family and how did you learn them?

20. How can we better prepare spiritually and temporally for the unexpected?

21. What are your favorite “life hacks” that bring more joy, peace, or efficiency to your day?

 Personal Growth & Self-Worth

22. How do you feel the Savior’s love in moments when you feel overwhelmed or inadequate?
