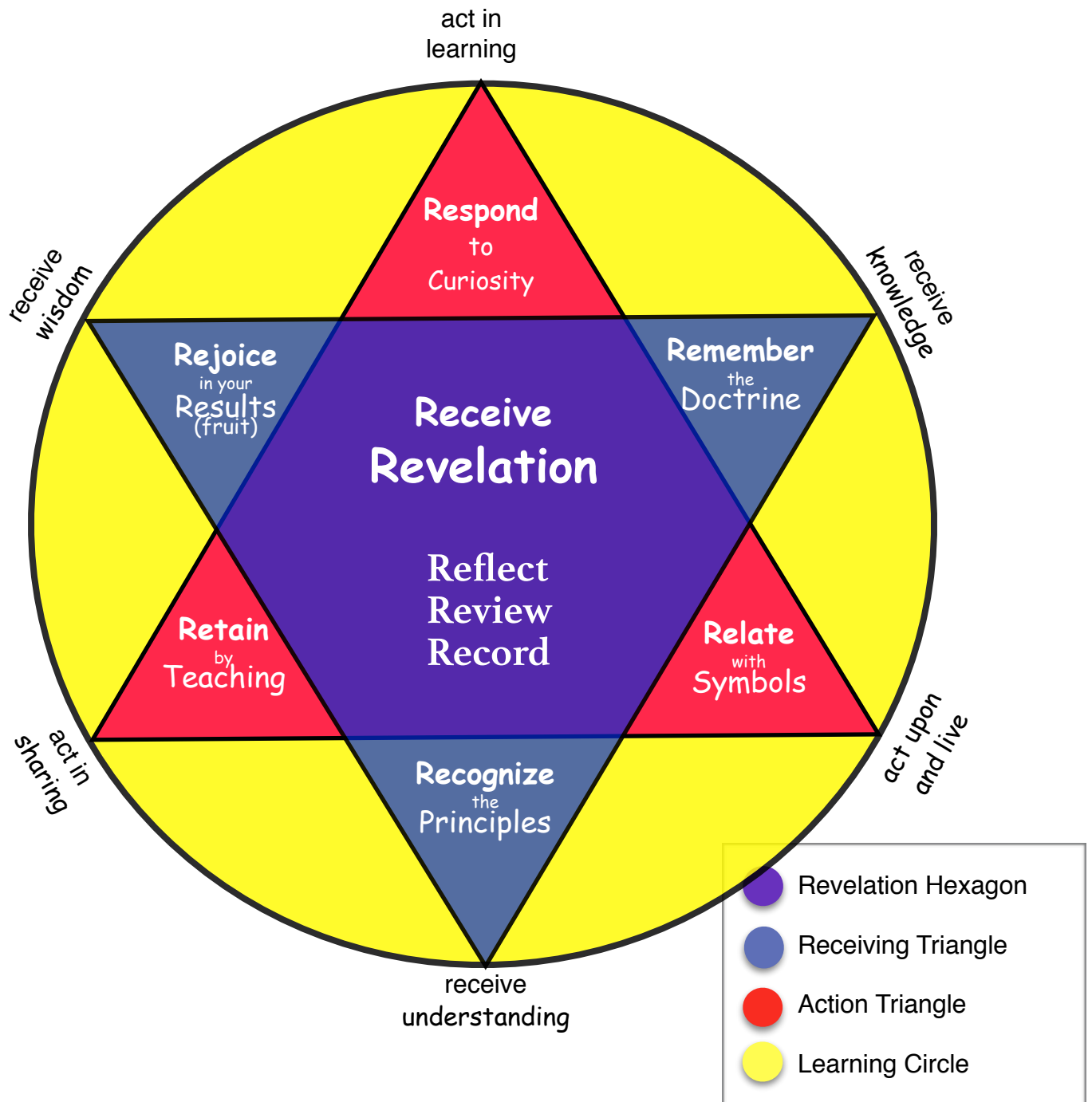


# The Key Pattern of Learning

The Key Pattern of Learning incorporates the *Come, Follow Me* curriculum and the *Duty to God* program of learn, act and share with Elder Bednar's description of learning by receive knowledge, understanding and intelligence/wisdom.

This pattern is seen by overlapping two triangles. The blue, Receiving Triangle points down as if God is giving you gifts. The red, Action Triangle is pointing up showing the actions you give back to Him and points in the direction you are going. The center hexagon is purple and is centered on Receiving Revelation throughout the whole learning process just as it touches each triangle on the hexagram or star.



Begin with knowing what Revelation is and how you receive it...

Revelation is communication with God to his children. According to our faithfulness, we can receive revelation to help us with our specific personal needs, responsibilities, and questions and to help us strengthen our testimony.

Quiet spiritual promptings. The witness of the Holy Ghost makes an impression on the soul that is more significant than anything we can see or hear. Through such revelations, we will receive lasting strength to stay true to the gospel and help others do the same.

## **The Revelation Hexagram on The Key Pattern of Learning**



## Reflect, Review, Record

### Reflection

God said that all things are spiritual and testify of Him (Alma 30:44, Moses 6:63). This includes your research, your writings, your activities, your learning, etc. Knowing how to find the spiritual meaning in all things is a gift from God. It is a gift we can ask for and develop.

When Joseph Smith read James 1:5 its message "seemed to enter with great force into every feeling of [his] heart. [He] **reflected** on it again and again, knowing that if any person needed wisdom from God, [he] did" (Joseph Smith History 1:12.)

The best way to develop this gift of seeing all things as spiritual is by conducting reflections. A reflection is a spiritual discussion held immediately after an experience or activity. This makes the experience more meaningful and effective. Reflections provide an opportunity to ponder the spiritual application of temporal or physical experiences. It is not a review.

A reflection is the catalyst that provides an environment where you can talk about or ponder on spiritual things. You should leave the activity thinking about the spiritual application not just that "it was fun."

After each assignment or activity reflect on how God was there, what the spiritual aspects were and how it relates to your personal life.

### Preparation

Choose a leader for the reflection. This should be done before the activity begins. This is so they can be thinking about the spiritual applications during the whole activity.

### Simple ground rules

1. no putdowns are allowed; every response is welcome and valid.
2. the person conducting the sessions should not show disapproval of a response or person, either verbally or nonverbally.
3. There are no right or wrong answers.

### Evaluation

Actively plan time during which **everyone** gets a chance for input  
Ask good questions using "What?," "How?," "When?," and "Where?," "Tell me about...."

Begin with positive questions like, "What was good about the way decisions were made?" or "What did the group do well?"

Then ask about improvement: "What was the problem with the way you were communicating?" or "Were there any problems with what happened?"

### Conclusion - Recognize the spiritual application

"What might the tree represent?," "Can you think of anyone in the scriptures that had a similar experience?" . . .

"What did you learn from this activity?"

## Review

The sons of Helaman reviewed with Helaman all that their mothers taught them. "And they rehearsed unto [or **reviewed** with] me the words of their mothers, saying: We do not doubt our mothers knew it" (Alma 56:48.) This helped them to remember what they were taught and brought it to the fore front of their mind. Doing a review also helps to retain your learning so you can easily recall it. Review is rehearsing your experience, what you learned and how you came to that conclusion, [reflection]. It is usually done the next time you meet. It is bringing the memory back to the current moment, whether it was 10 minutes ago or 10 years ago.

You can do a review in many different ways. Looking over your notes and writings or sharing with another person what you learned are the most common ways. In a group where you are all recalling and sharing your experiences is another great way. Or when you are telling a story of something that happened in the past and others are recalling their side of the story can also be a review. In a school setting these are best done at the beginning of a new day to help you recall what you have studied and learned previously.

## Record

Record all of your research, reflections, and your memories in a memorandum. A memorandum is a Latin word for a **record made for future reference** it literally means, "something to be brought to mind."

Records are very important to God. He has had all of His prophets throughout the ages keep records of their revelations and experiences (2 Nephi 4:2.) He commanded Adam and Eve to write down their revelations and to use them to teach their children (Moses 6:5-6.) He also uses the records to benefit his children. Nephi went back to get the records so that they would not suffer in ignorance by not knowing the mysteries of God (Mosiah 1:3.)

President Joseph Fielding Smith said, "The importance of written records of the lives of men and the activities of nations is apparent to everyone, because through them we have advanced in knowledge and power. We profit by the thoughts and actions of those who have gone before, because their experiences become ours as we put them into action. We profit by their mistakes and by their successful achievements. We accept the actions of the ages past, and thus, using our judgment, we gather out from that which has been recorded that which will be of benefit to us, and so we incorporate it in our lives."

The latter-day prophets and scriptures ask us to keep a record for 1) our posterity, 2) bearing of testimony (Ether 5:4), 3) for a remembrance (Moses 6:5), 4) to stand as a witness against the world (Ether 5:4) and 5) to receive more inspiration (Richard G. Scott, To Acquire Spiritual Guidance, Oct. 2009.)

When you make your own **record** of your learning, you form character traits that help you achieve your God-given potential and accomplish great moral feats.

When you create a record of your research, how it relates and affects you, you are creating a personal "living" text book for later learning and remembering. This approach to learning fosters opportunities for accountability, productivity and character. The more detailed and exacting the **record**, the greater the mastery attained. Also, your thoughts, actions (see "Book of Life" in Bible Dictionary) and your testimonies are "**recorded** in heaven for the angels to look upon; and they rejoice over you." (D&C 62:3)

"The purpose of the [memorandum] is to record notes, impressions, plans, pictures, experiences, and progress related to the teaching the Gospel." (Teach, No Grater Call, pg. 189)

A memorandum is producer oriented rather than consumer oriented. It is both a tool and a method which establishes: skill, character, testimony and permanent record.

## Ways to Record

### Creating a Memorandum

We use a three ring binder for your Memorandums.

### Organization

title page placed in plastic sheets

Tabs for Theology and the branches of that subject

"My creations" - what I have learned and created while I studied this subject.

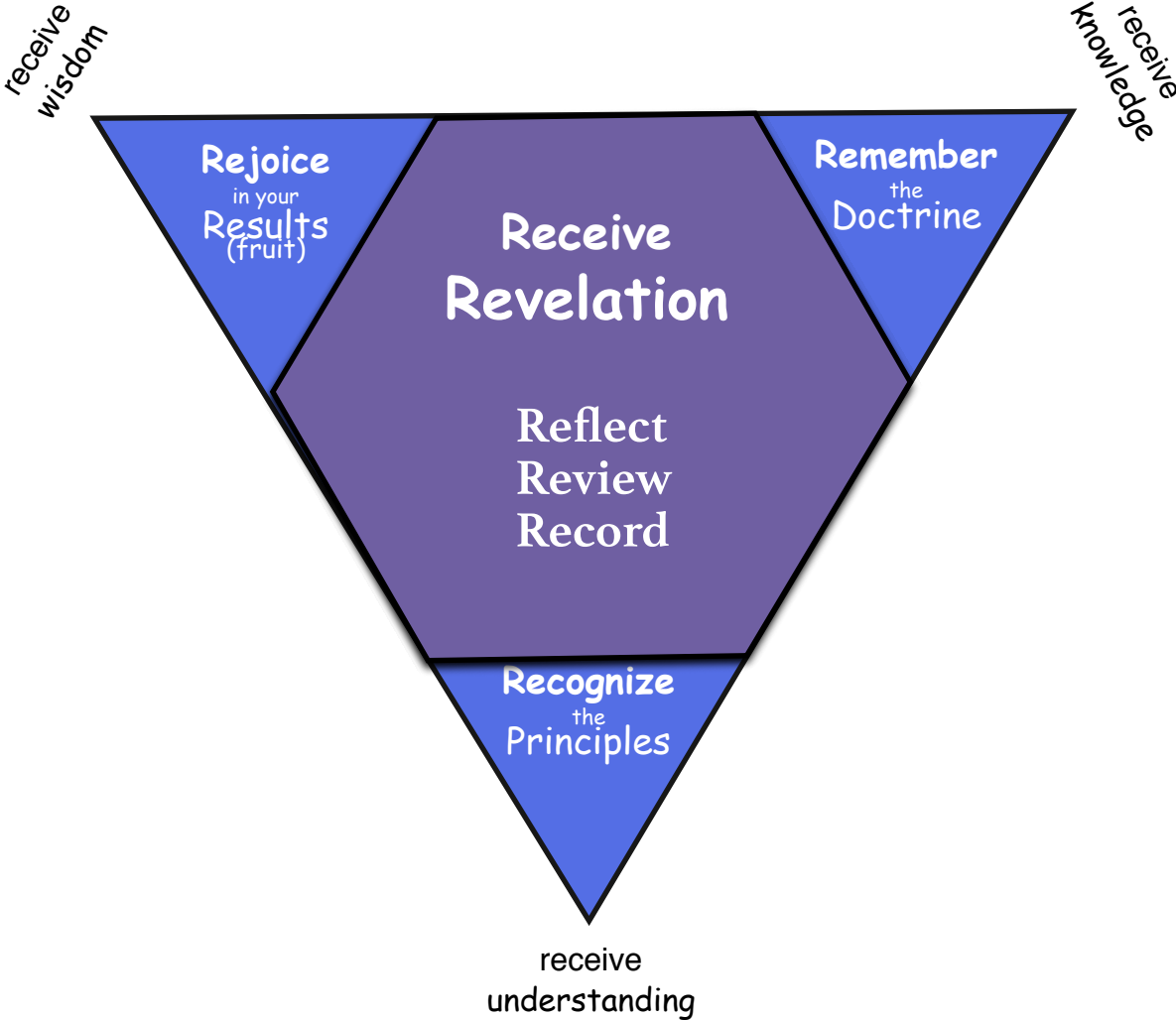
### Word Study

### Character Study

### Time line

Drawings, maps, art work, charts, pictures, and fun.

# The Receiving Triangle on The Key Pattern of Learning



## The RECEIVING Triangle

It goes hand in hand with the Action Triangle. As you learn you receive knowledge, as you live and act on your learning, you receive understanding and as you share it with others you receive wisdom and light. As you continue to act/give and receive your whole body will be filled with light and you will eventually comprehend all things (see D&C 88:67) and shines for all to see (Luke 11:36).

The Receiving Triangle is God's reward for the action you show in your learning. The Receiving Triangle is a downward pointing, blue, equilateral triangle. The direction of the shape represents God pouring down blessings as if He was holding a bucket. The blue color represents water being poured and the sky above.

### **Receive Knowledge by Remembering the Doctrine (the mind)**

God gives you knowledge in your minds as you research and act on your curiosities. God said, "I would that ye should always remember, and always retain in your minds what those gifts [and doctrines] are." (D&C 46:10) He asks you to "remember the New Covenant, even the Book of Mormon" (D&C 84:57) and to "act in doctrine and principle" (D&C 101:78.)

Knowledge is Truth "and truth is knowledge of things as they are, and as they were, and as they are to come," (D&C 93:24-25)

The doctrine of Jesus Christ is the foundation upon which all other teachings, principles and practices rest." (Daniel Ludlow, Encyclopedia of Mormonism, 1:39094) Think of doctrines like a ship. It is the whole thing and principles are pieces of the ship like the rudder that helps guide, the sail that helps it move, the mast that holds the sails, etc. Doctrines are few and complete, principles are pieces of the doctrine, like body parts are to a body. But neither one of them are the action steps to make the ship or the body go. L. Tom Perry put it this way, "Doctrine is to the Church like a battery is to a cell phone."

Remember and act on the doctrines, to receive knowledge in your minds through observing and asking 'why' questions. "Why do I want to study this subject?", "Why did God create this subject?", "Why is it in the Plan of Happiness?" Look the answers up in the scriptures, do a word study or look in good books. Through remembering the doctrine you receive truth and knowledge in your minds.

### **Receive Understanding by Recognizing the Principles (the heart)**

Parents are given the law to teach their children to understand (see D&C 68:25-6). Understanding is a spiritual outcome to learning. When a spiritual environment is present, the Holy Ghost brings conviction to the hearts and teaches both learner and teacher to understand. When the teacher teaches with the Holy Ghost, he brings understanding **unto** the hearts of the learners and as the learner listens with the spirit, he brings understanding **into** his hearts. The greatest thing you can do is learn how to understand by knowing how to teach and learn with the spirit of God.

In the scriptures the word "understanding" is described in relation to the heart. (Job 38:36; Mosiah 12:27). When the Holy Ghost confirms in your heart that which is true, what you know in your mind, becomes understanding. You experience a mighty change

of heart as your testimony moves from your mind to your heart. You feel more deeply about what you have learned.

Learning to recognize principles is part of creating a spiritual environment leading to understanding. Richard G. Scott said, "Principles are concentrated doctrines packaged for application." They grow out of doctrines, they are enduring truths, laws or rules you can adopt to guide you in making decisions. They help you apply doctrines, illuminate your path and point you in the right direction. They are not action steps or applications, only pointers.

You recognize the principles to receive understanding in your heart through reading and study. As you learn, search for principles and choose the ones that you like, are interested in or ones that apply to your family or your individual circumstances. Write down, discuss, share them and discover how they relate to a doctrine(s) and possibly choose a few applications to work on. Learn what the subject is, how God used it and what is His purpose. Knowing how to recognize the principles brings understanding to your heart.

### **Receive Wisdom by Rejoicing in your Results (whole body)**

God asks that you become like Him and, "seek diligently to learn **wisdom**" (D&C 97:1) and be intelligent. Then your "wisdom shall be great, and [your] understanding reach to heaven" (D&C 76:7-9). When you live righteously God says, "Hold a meeting and **rejoice** together" (D&C 62:4), "Go on your way rejoicing" (D&C 84:105). When you bear testimony it is recorded in heaven and the angels "rejoice over you, and your sins are forgiven." (D&C 62:3)

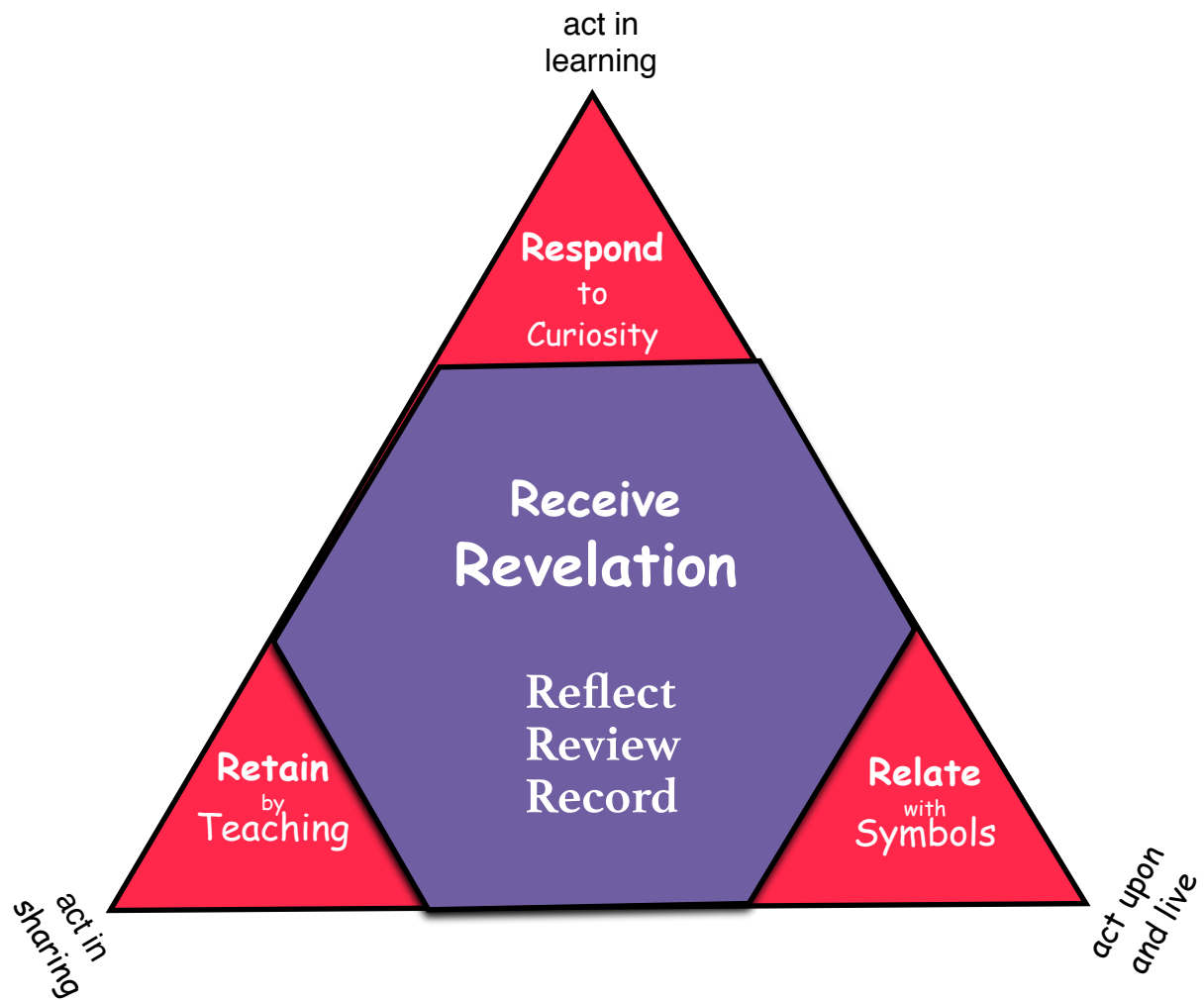
Elder Bednar in his book, "Increase in Learning", said that as you learn you receive knowledge in your mind, then understanding in your heart and next you become intelligent throughout your whole body. Intelligence is "the application of knowledge you obtain for righteous purposes." (Increase in Learning, pg. 73) Intelligence also means living in such a way that the doctrines and principles are active in you, "part of who [you] are, and what [you] are, and what [you] do, and what [you] think." (Increase in Learning, pg. 75)

One of the greatest ways to remember what you have learned is to memorialize your knowledge and understanding. God gave you and the Israelites an ordinance to celebrate so you can remember His hand in all things. "This day shall be unto you for a memorial...keep it a feast by an ordinance forever." (Exodus 12:14) The church keeps this ordinance by gathering together at General Conference.

You can celebrate and rejoice in your learning by having a party, making a video or writing a report and performing or reading it to an audience. Rejoicing in your results solidifies the learning into your memories and you gain wisdom. You become a new person with a changed heart and ready to begin a new experience, to start again at the curiosity and learning point.



# The Action Triangle on The Key Pattern of Learning



## **The ACTION Triangle**

The Action Triangle is about taking action, about using your knowledge and understanding and sharing it with others. It is an upward pointing, red, equilateral triangle. It represents the actions you take on earth and direct them toward heaven. The red color represents the energy and effort we put in to becoming like God, imagine a fire, it is thick at the bottom and narrow at the top. Red is the color of fire and blood (mortality).

### **Act in Learning by Responding to Curiosity**

It is your responsibility to learn. Christ said, "Learn of me, listen to my words, walk in the meekness of my spirit and ye shall have peace in me." (D&C 19:23) He is asking you to 1) learn, 2) study, and 3) act so you can become like Him.

Curiosity is a strong desire to know or learn something, when you respond or act on your desire you receive answers, knowledge and where to go next to learn more. What are you curious about? What do you love to do when all the "have to's" are done?

Curiosity happens when you observe and ask questions. A baby observes others walking and practices until he/she masters walking. We begin learning by observing, playing, and paying attention to the world around us and then ask questions about what we observe and practice what we see and want to mirror in our life. You learn when you act on your curiosities.

### **Act upon and Live by Relating with Symbols**

Satan has a plan to stop you. He is doing everything he can to get you to forget who you are, where you are going and most importantly what you are to accomplish on this earth. His greatest tactic is to stop you from thinking. That's right, if he can get you to stop thinking, he wins. One of the ways he does this is by taking the language of symbolism out of schools and churches. If you want to fight back hard, learn this language and apply it to everything you know.

Symbols are things that represent something else; usually a physical object representing something spiritual. Comprehension often takes place when you relate your learning to something material or physical.

Because there are symbols for evil and those that distract you from the truth, learning symbols takes study, faith and patience.

There are many ways to go about learning symbolism. Here is a basic formula for you to get started. First learn about the subject, exercise or activity. Then relate it to a physical symbols and/or story and look for more, if needed. Then apply it in your own life. Examples of this are found in parables and throughout the scriptures in analogies and allegories.

For example, you are about to do a leadership activity with a group,

1) learn what is leadership... the position of a leader who guides or goes ahead or gives direction to others.

2) relate this information to a symbol. This is often different for everyone. Tasha came up with a captain's hat, Matt thought of a head, like a head of a body, Elsie thought of a person up front giving orders to the group.

3) look for more, sometimes you'll need to dig a little deeper. The origin of the word for leadership is pathfinder. So a new definition could be, "one who helps guide you on or to your individual path." Now what do you think of?

I was reminded of the early settlers asking the Indians to help them find paths to water or food or valleys.

4) apply it to you life, you feel called to help others and so learning leadership may be good because you can find you own path and then help others find theirs by using the skills in this activity. You may want to write down the activity so you can use it with someone else later. You may also want write down your experience and what you learned.

This can take you a few minutes or days depending on how much time you want to take on the subject. Remember, the more enthusiasm, emotion and passion you put into finding the symbols and/or story while you learn, the longer the knowledge and its message will stick with you.

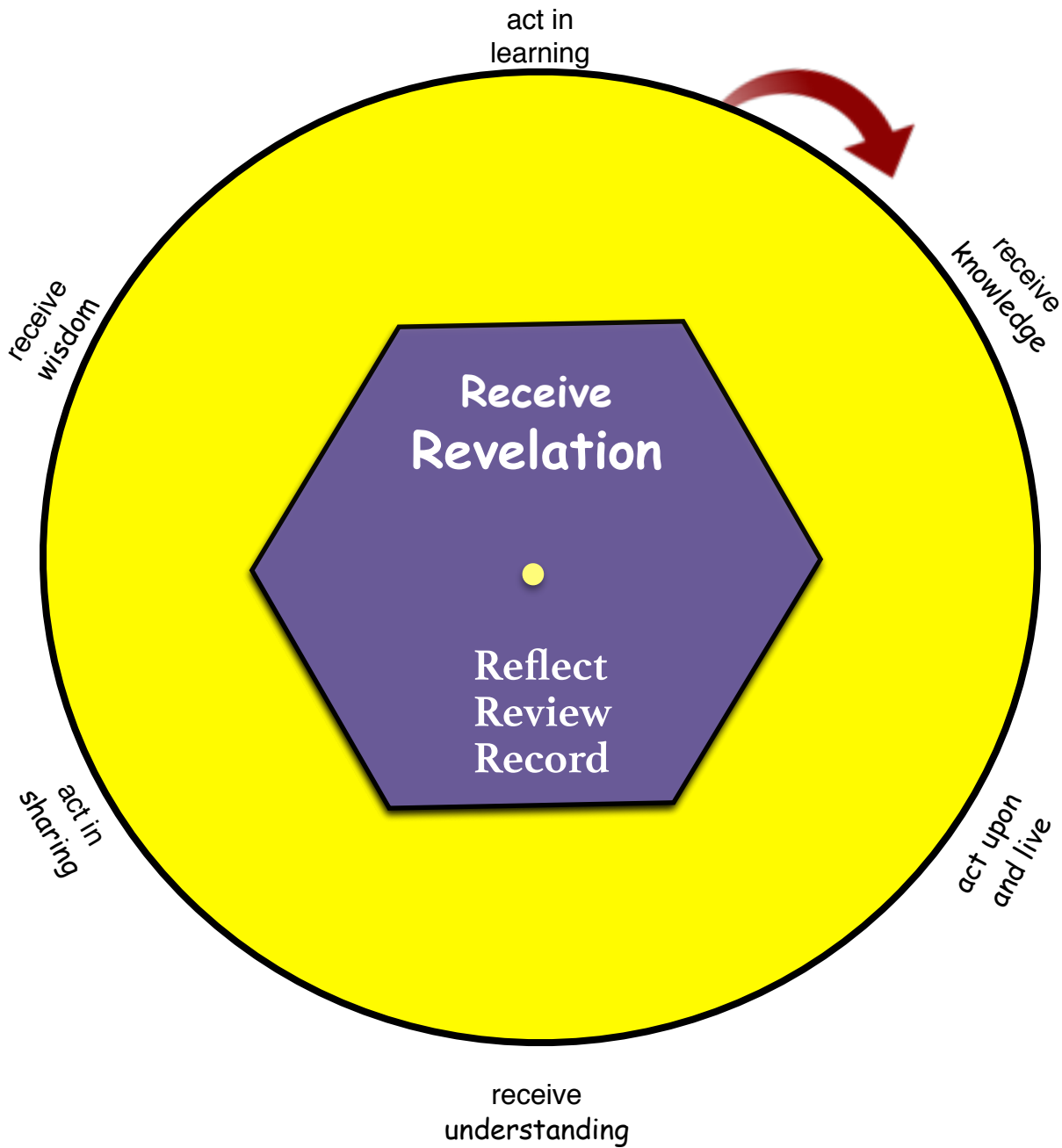
### **Act in Sharing by Retain by Teaching**

The third step is sharing what you learned with others. God asked us to "teach one another the doctrine of the kingdom" (D&C 88:77) and "words of wisdom" (D&C 88:118.) He also asks that when we have received understanding to go "into all the world...that the testimony may go from you into all the world unto every creature." (D&C 84:62)

To teach means to enlighten the understanding, to communicate divine instruction to the mind and to inspire. To inspire means to infuse, to breathe light into another. When you share what you have learned with another using the spirit then both of you are edified and you learn more.

Go through your Memorandum, choose two or three **ahas** or new realizations you wrote down. Pray about your plan and follow what the spirit tells you. Choose someone to share with and teach them what you have learned using your Memorandum, unless you feel inspired to share something else. This helps you retain what you have learned and opens your heart to receive more. It also gives you an opportunity to share your creations and receive joy in your work.

# The Learning Circle on The Key Pattern of Learning



The Action Triangle and the Receiving Triangle go hand in hand, they overlap and work together creating a cycle. Starting at the top of the cycle with Act in Learning by Responding to Curiosity. As you learn, you receive knowledge. When you live and act on your learning you receive understanding and as you share it with others you receive wisdom and light. As you continue to act and receive your whole body will be filled with light and you will eventually comprehend all things (see D&C 88:67) and shine for all to see (Luke 11:36).

