

Staying Safely on the Path — The Practice Check

A companion card to The Onward and Upward Climb. Nine practices, with the cadence that keeps them real. Not a scorecard to feel bad about — a bearing-check, the thing a climber does on a plateau before shouldering the pack again.

The nine fall into two halves, in the order the Savior gave them (*Matthew 22:37-40*).

Connection Upward — to God

The practice	Cadence	The wall it holds
Heartfelt, earnest prayer — not recited, <i>meant</i>	Morning, noon, and night (<i>Alma 34:21; Psalm 55:17</i>)	2 · Remember the Source
The Book of Mormon	Daily (<i>2 Nephi 32:3</i>)	5 · Face the truth
A conference talk	Daily (<i>D&C 1:38</i>)	9 · Follow / become a servant
Come, Follow Me	Daily	5 · Face the truth
The sacrament, thoughtfully taken — attention on the covenant, not the tray	Every week (<i>Moroni 6:6; D&C 59:9</i>)	8 · Keep your word

Connection Outward — to His children

The practice	Cadence	The wall it holds
The temple	Weekly if you can; monthly at minimum	3 · One undivided heart
Temple ordinance worker	Six months, minimum	12 · Hand it on
Serve faithfully in your calling	Bring it into morning meditation daily	9 · Follow / become a servant
Minister with eyes and heart wide open	Always (<i>Mosiah 18:9; Moroni 6:5</i>)	7 · Stay united

The temple is the one practice where the two commandments meet. It is listed here because the work is done for the dearly departed — but you revisit your own covenants in the very hour you carry theirs to completion. Count it upward too.

Ask one question, once a week: Which of these slipped, and what is the smallest thing that puts it back? Not all nine at once. The one that slipped.

Check both halves, because they fail differently. Upward practices fail by **thinning** — you still do them, but hollow: the prayer said while walking to the car, the chapter read with nothing remembered. Outward practices fail by **stopping** — you simply don't go, don't call, don't notice. So the questions differ. Upward: *am I still meaning it?* Outward: *am I still doing it?*

And an imbalance is its own warning. Strong upward with dead outward is the Pharisee's error — devotion with no one served. Strong outward with dead upward is burnout waiting to happen — service with nothing feeding it. **Neither half survives long without the other.**

Watch which one goes first. These do not fall at random. **Prayer thins and the daily feast gets skipped “just today”** — and the rest follow at their own pace, often without alarm. Of all who fall away, nearly every one lets go of that first. It is the practice whose loss predicts the others.

Cadence is the point, not the count. A practice done twice as hard once a month is not the same practice. Your spirit, like your body, loses strength in direct proportion to the interval since its last nourishment.

This card is not the whole fortress. It holds the practices you *repeat*. It does not choose your watchman or set your guardrails — those are decided once and defended, not done daily. They are the two things the Climb asks you to do **before you land**, and the two Joash never did. Do those separately, and keep them.

Nine practices and their cadences named by Nelson Harris; the two-part grouping is his. Wall mapping and the notes on failure modes are inference.