The responsibility to train a new missionary is a sacred trust from your mission president and from the Lord. A missionary’s first companion has a profound, lasting influence on the development of the missionary’s attitudes, habits, and ability to fulfill his or her purpose.

Your purpose as a trainer is to help your companion understand and live the principles described in Preach My Gospel so that the new missionary is able to help an increasing number of people “come unto Christ by helping them receive the restored gospel through faith in Jesus Christ and His Atonement, repentance, baptism, receiving the gift of the Holy Ghost, and enduring to the end” (Preach My Gospel [2004], 1).

Your goal is to help your companion be the kind of missionary who, if called upon, could train a new missionary by the end of the 12-week training period. Make sure your companion has opportunities, from the very beginning, to take the lead in teaching and planning situations, even if he or she is somewhat hesitant or is not yet strong in language or other skills.

Your Example
To be effective in training a new missionary, you must set a positive example by following the principles below:

- Be obedient to mission rules and the directions contained in the Missionary Handbook. Be an example in all that you do.
- Love, serve, and listen to your companion.
- Treat your companion as an equal. Help your companion become a full participant as soon as possible. Do not play practical jokes or put your companion in a situation that is designed to embarrass him or her.
Be positive and never speak down to your companion or speak negatively about your companion to other missionaries. Explain what you are doing and seek your companion’s counsel in all decisions.

Remember that you are always teaching. Be mindful of how you act with other missionaries, members, and investigators.

Seek to be an increasingly effective teacher of the restored gospel. Treat every teaching appointment as a sacred privilege and an opportunity to learn.

If you are learning a language, continue to seek the gift of tongues and improve your ability to accomplish your purpose in the language.

Guidelines for Learning a Language

Provide every opportunity possible for your companion to participate in meaningful conversations with others. Create these opportunities with investigators, former investigators, less-active members, and members.

Help your companion gain confidence by genuinely complimenting his or her progress.

Spend a significant amount of time during companion and language study practicing, giving feedback, and re-practicing portions of your daily activities.

Training a New Missionary

The First 12 Weeks booklet contains a training schedule to guide your study during the first 12 weeks in the mission field. This schedule is designed to help you and your companion focus on the needs of your current investigators. Help the new missionary see how personal, companion, and language study builds on the principles he or she has learned at the MTC about preparing to meet investigators’ needs and teaching effectively.

Your companion is also entitled to receive inspiration for your area. Counsel together to be certain that spiritual promptings received by your companion are valued and acted upon. Throughout the day, discuss with your companion how the principles you are learning apply to helping your investigators come unto Christ.

Personal Study

During personal study, read from the Book of Mormon and other scriptures in your native language. Use this time to study the doctrine from the missionary lessons, found in Preach My Gospel, chapter 3.
Additional 60 Minutes of Companion Study

New missionaries and their companions have been given an additional 60 minutes of companion study each day for the first 12 weeks. This study will occur at a time that will be determined by your mission president. If your companion is learning a language, practice in the mission language during this time unless there is a need to solidify the concept in the native language first. When this period is over, companion study will return to the regular 60 minutes per day.

As part of this program, you will watch segments from the *Preach My Gospel DVDs*. You may also use your video playback device to view any other proselyting videos (such as *The Restoration*, *Finding Faith in Christ*, and so forth).

On preparation day and on the day that you have weekly planning, hold only one hour of companion study. On Sundays try to schedule companion study during a time of day that will not conflict with Church meetings or teaching appointments. If you need to leave your area on a companion exchange, prepare your companion so that he or she will know what to do during companion study and while proselyting.

**Language Study**

Language study builds on personal and companion study. Protect language study time. Study the language together for one hour each day in addition to the two hours spent in companion study. The times for this study can be flexible, based on your mission president’s direction. On days with competing activities, find another time to study the language together.

Remember:

- Pray for the gift of tongues for you and your companion.
- Plan when your companion will take the lead in lessons or teaching opportunities. During language study practice, give feedback and repractice the portions for which your companion will be responsible.
- Speak the language you are learning at every opportunity, especially whenever you are among the people you are serving.
- Take time during lessons and other activities to help your companion participate and understand what is happening.
- Compliment your companion sincerely and frequently in his or her progress. Give simple and appropriate feedback with kindness on specific areas where your companion can improve. Be sensitive not to weaken his or her confidence.
- Frequently review chapter 7 of *Preach My Gospel* to discover new ways to improve your language study.
Training Model

Apply the following principles of training during your companion study to help your companion learn and apply what he or she is studying:

**Explain:** Read and discuss key doctrines and principles from the scriptures and *Preach My Gospel.*

**Demonstrate:** Provide personal demonstrations or watch and discuss a DVD training segment. As you are watching a training segment, take time to pause and point out specific skills and principles that will benefit your investigators.

**Practice:** One of you should take the role of one of your current investigators, striving to feel and respond as the investigator would. As you practice, exercise faith and be sensitive to spiritual impressions about what will be most helpful to that investigator. If you and your companion are learning a language, practice in the language.

**Evaluate:** Discuss what you feel would best help the investigator strengthen faith in Jesus Christ and His Atonement, repent, and prepare for baptism. Identify how to improve. Avoid criticism.

**Repractice:** Identify an area to improve and practice again.

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Accountability to the Mission President and to the Lord

In your weekly letter and in regularly scheduled interviews with your mission president, it is essential that you report what you are learning. You should also report how what you are learning is helping you to accomplish your purpose—this is how your mission president will know how best to help you. Also, “in your prayers at night, give the Lord an accounting of your day’s activities” (*Preach My Gospel*, 95).