

OCTOBER 2016 CONFERENCE NOTEBOOK

“What I the Lord have spoken, I have spoken; . . . whether by mine own voice or by the voice of my servants, it is the same” (D&C 1:38).

As you review the October 2016 general conference, you can use these pages (and Conference Notebooks in future issues) to help you study and apply the recent teachings of the living prophets and apostles and other Church leaders.



DOCTRINAL HIGHLIGHT

The Word of Wisdom

In 1833 the Lord revealed to the Prophet Joseph Smith a plan for healthy living. That plan is found in the 89th section of the Doctrine and Covenants and is known as the Word of Wisdom. It gives specific direction regarding the food we eat, and it prohibits the use of substances which are harmful to our bodies.

“Those who are obedient to the Lord’s commandments and who faithfully observe the Word of Wisdom are promised particular blessings, among which are good health and added physical stamina [see D&C 89:18–21]. . . .

“. . . May we care for our bodies and our minds by observing the principles set forth in the Word of Wisdom, a divinely provided plan. With all my heart and soul, I testify of the glorious blessings which await us as we do.”

President Thomas S. Monson, “Principles and Promises,” *Ensign*, Nov. 2016, 78, 79.

PROPHETIC PROMISE



BE GRATEFUL FOR THE SABBATH

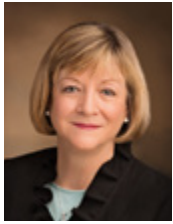
“We have the opportunity to take the sacrament each week—prepared, blessed, and passed by authorized servants of God. We can be grateful when the Holy Spirit confirms to us that the words of the sacrament prayers, offered by those authorized priesthood holders, are honored by our Heavenly Father.

“. . . We will feel greater love and appreciation for the Savior, whose infinite sacrifice made possible our being cleansed from sin. As we partake of the bread and water, we remember that He suffered for us. And when we feel gratitude for what He has done for us, we will feel His love for us and our love for Him.

“The blessing of love we receive will make it easier for us to keep the commandment to ‘always remember him’ [Moroni 4:3; 5:2; D&C 20:77, 79]. You may even feel love and gratitude, as I do, for the Holy Ghost, who Heavenly Father has promised will always be with us as we remain faithful to the covenants we have made. We can count all those blessings every Sunday and feel grateful.”

President Henry B. Eyring, First Counselor in the First Presidency, “Gratitude on the Sabbath Day,” *Ensign*, Nov. 2016, 100.

Rise Up in Strength in These Perilous Times



“I believe with all of my heart that we sisters do have the innate strength and faith that will allow us to meet the challenges of living in the last days. . . .

“ . . . We need to study and understand [Jesus Christ’s] Atonement. . . .

“ . . . We need to understand the need for the restoration

of the doctrine, organization, and keys of authority in these latter days [through the Prophet Joseph Smith]. . . .

“ . . . We need to study and understand temple ordinances and covenants. . . .

“ . . . I testify that the Lord has blessed us, as women who live in these perilous times, with all of the power, gifts, and strength that are needed.”

Bonnie L. Oscarson, Young Women General President, “Rise Up in Strength, Sisters in Zion,” *Ensign*, Nov. 2016, 13, 15.



HOW DO WE COME TO KNOW THE LORD?

“A grand object of mortality is not merely learning about the Only Begotten of the Father but also striving to know Him. Four essential steps that can help us come to know the Lord are exercising faith in Him, following Him, serving Him, and believing Him. . . .

“On a future day, ‘every knee shall bow, and every tongue confess’ [Mosiah 27:31] that Jesus is the Christ. On that blessed day, we will know He knows each of us by name. And I witness and promise we can not only know about the Lord but also come to know Him.”

Elder David A. Bednar of the Quorum of the Twelve Apostles, “If Ye Had Known Me,” *Ensign*, Nov. 2016, 103, 105.

DRAWING PARALLELS

Anchoring Our Testimonies in Christ and His Doctrines

Several speakers spoke to those who are struggling with their testimonies. Use the November 2016 issue or visit conference.lds.org to read what they said.

- See Dieter F. Uchtdorf, “Learn from Alma and Amulek,” 71.
- See M. Russell Ballard, “To Whom Shall We Go?” 90.
- See Quentin L. Cook, “Valiant in the Testimony of Jesus,” 40.
- See Ronald A. Rasband, “Lest Thou Forget,” 113.

To read, watch, or listen to general conference addresses, visit conference.lds.org.