



## Making Conference Part of Our Lives

Consider using some of these activities and questions as a starting point for personal or family study.

### For Children

- Page 86: President Thomas S. Monson invited us to read the Book of Mormon every day, promising, “The Holy Ghost will manifest its truth to you.” In addition to your own study, you can make a habit of studying the Book of Mormon daily with your family. You could also act out scenes or play games to help remember important verses and stories. Go to [friend.lds.org](http://friend.lds.org) and look at the 2016 *Liahona* and *Friend* magazines for Book of Mormon stories, reading charts, and more.
- Page 117: Elder Gary E. Stevenson told how his dad listened to the Holy Ghost and saved him from a snake. Ask your parents if you can have a family discussion on the question, How does the Holy Ghost help you? Share times when the Holy Ghost has warned, comforted,

or testified to you. You could even write them down and make a book.

- Page 87: Sister Joy D. Jones taught that you can prepare to make holy covenants later by learning to keep promises now. Set a goal and promise to follow it. Ask a buddy to check up on you and make sure you’re keeping your promise.
- Page 90: Elder Yoon Hwan Choi shared some advice from his father: “Don’t look around, look up!” Sometimes we get distracted and forget to focus on Heavenly Father and Jesus Christ. So remind yourself to look up! You could hang a picture of Jesus in your room. Go outside and look at the sky. Take a quiet moment every day to think about Heavenly Father and Jesus and feel the Spirit.

*Note: Conference messages for children can be found in this month’s Friend magazine.*

### For Youth

- Pages 93 and 117: Have you asked yourself: How can I always have the Holy Ghost with me? How can I recognize the Holy Ghost? How does the Holy Ghost help me? Elders Ronald A. Rasband and Gary E. Stevenson answered these and many other questions. “We have the sacred responsibility to learn to recognize His influence in our lives and respond,” Elder Rasband said. How can you meet that responsibility?
- Page 33: Elder Ulisses Soares quoted part of the Mutual theme scripture: “Ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed” (James 1:6). How do you keep from wavering? Start by strengthening your faith in Jesus Christ. Study more about Him. Remember the times you have felt His love and peace.
- Pages 86 and 9: President Thomas S. Monson invited us, “If you are not reading the Book of Mormon each day, please do so.” And Sister Carol F. McConkie asked: “Do we set aside the phone, the never-ending to-do list, and the cares



of worldliness? Prayer, study, and heeding the word of God invite His cleansing and healing love into our souls.” Plan a time every day to read the Book of Mormon and put a reminder in your planner or on your phone.

*Note: Conference messages for youth can be found in this month’s New Era magazine.*

#### For Young Adults

- Page 62: What goals do you have for your life? Goals for your career, family, and even sports and hobbies are good, but “our greatest and most overriding goals should fit into Heavenly Father’s eternal plan,” taught Elder M. Russell Ballard. How do your plans align with Heavenly Father’s plan for you? How can you be more focused on the goal of living eternally with Heavenly Father and Jesus Christ?
- Page 39: Earlier this year, President Russell M. Nelson invited young adults to “consecrate a portion of [their] time each week to studying *everything* Jesus said and did as recorded in the [standard works]” (“Prophets, Leadership, and Divine Law” [worldwide devotional for young adults, Jan. 8, 2017], broadcasts.lds.org). He repeated this invitation at general conference as one of four key elements in drawing the Savior’s power into our lives. Study President Nelson’s talk to learn how you can access “power sufficient to deal with the burdens, obstacles, and temptations of our day.”
- Pages 100 and 26: Would you like a road map for your life? Elder Dallin H. Oaks taught, “Because we have the truth about the Godhead and our relationship to Them, the purpose of life, and the nature of our eternal destiny, we have the



ultimate road map and assurance for our journey through mortality.” Both he and Elder Weatherford T. Clayton taught that knowledge of the plan of salvation can help with our challenges today. Study their messages and ask Heavenly Father how eternal truths can provide a road map in your life.

- Page 104: Fear can motivate, but President Dieter F. Uchtdorf taught that fear “will never transform us into people who love what is right and who want to obey Heavenly Father.” How can the pure love of Christ be “the divinely appointed antidote” to your fears?

#### For Adults

- Page 86: As we prayerfully study and ponder the Book of Mormon each day, President Thomas S. Monson said, “we will be in a position to hear the voice of the Spirit, to resist temptation, to overcome doubt and fear, and to receive heaven’s help in our lives.” Personally and as a family, set a goal to read the Book of Mormon every day.
- Page 39: Take part in the challenge President Russell M. Nelson gave to young adults (see above “For Young Adults”). How can you adapt this challenge to yourself and to your

family? Discuss the blessings that come from learning more about the Savior.

- Pages 93 and 117: As you read the talks by Elder Ronald A. Rasband and Elder Gary E. Stevenson, look for ways to always have the Spirit and how the Spirit helps you. Identify ways to increase His influence in your life.
- Pages 39 and 62: President Russell M. Nelson and Elder M. Russell Ballard encouraged members to study “The Living Christ: The Testimony of the Apostles” (see inside front cover). Elder Ballard said, “Place a copy where you can see it, and take time to review each of the statements found in this inspired testimony of Christ.” As a family, read “The Living Christ” and discuss what you learn.
- Pages 127 and 97: Elder Quentin L. Cook taught that our foundation of faith is built “slowly—one layer, one experience, one challenge, one setback, and one success at a time.” Elder L. Whitney Clayton said, “Getting the little daily habits of faith right is the single best way to fortify ourselves against the troubles of life, whatever they may be.” What can you do each day to strengthen your foundation of faith? ■