

OCTOBER 2013 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 2013 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.



Prophetic Promise: Facing Trials

“Our Heavenly Father, who gives us so much to delight in, also knows that we learn and grow and become stronger as we face and survive the trials through which we must pass. We know that there are times when we will experience heartbreaking sorrow, when we will grieve, and when we may be tested to our limits. However, such difficulties allow us to change for the better, to rebuild our lives in the way our Heavenly Father teaches us, and to become something different from what we were—better than we were, more

understanding than we were, more empathetic than we were, with stronger testimonies than we had before.

“This should be our purpose—to persevere and endure, yes, but also to become more spiritually refined as we make our way through sunshine and sorrow. Were it not for challenges to overcome and problems to solve, we would remain much as we are, with little or no progress toward our goal of eternal life.”

President Thomas S. Monson, “I Will Not Fail Thee, nor Forsake Thee,” *Ensign* or *Liahona*, Nov. 2013, 87.

To read, watch, or listen to general conference addresses, visit conference.lds.org. How is your family applying what you are learning from general conference? Email us at liahona@ldschurch.org.

Answers for You

Each conference, prophets and apostles give inspired answers to questions Church members may have. Use your November 2013 issue or visit conference.lds.org to find answers to these questions:

- What doctrines do we learn in the Articles of Faith? See L. Tom Perry, “The Doctrines and Principles Contained in the Articles of Faith.”
- How can we be involved in missionary work if we feel afraid? See M. Russell Ballard, “Put Your Trust in the Lord.”
- What is tithing used for? See David A. Bednar, “The Windows of Heaven.”
- How can sin and rebellion affect our agency and lead to bondage? See Quentin L. Cook, “Lamentations of Jeremiah: Beware of Bondage.”