

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

Repentance Is God’s Gift to Us

“One of the terms we hear often today is that God’s love is ‘unconditional.’ While in one sense that is true, the descriptor *unconditional* appears nowhere in scripture. . . .

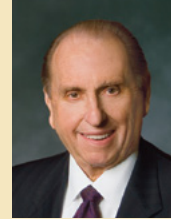
“God will always love us, but He cannot save us in our sins. Remember the words of Amulek to Zeezrom that the Savior would not save His people *in* their sins but *from* their sins, the reason being that with sin we are unclean and ‘no unclean thing can inherit the kingdom of heaven’ [Alma 11:37] or dwell in God’s presence. . . .

“From the Book of Mormon we learn that the intent of Christ’s suffering—the ultimate manifestation of His love—was ‘to bring about the bowels of mercy, which overpowereth justice, and bringeth about means unto men that they may have faith unto repentance’ [Alma 34:15]. . . .

“Repentance, then, is His gift to us, purchased at a very dear price.”

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles, “Abide in My Love,” *Ensign* or *Liahona*, Nov. 2016, 48.

PROPHETIC PROMISE



THE PLAN OF SALVATION

“Essential to the plan [of salvation] is our Savior, Jesus Christ. Without His atoning sacrifice, all would be lost. It is not enough, however, merely to believe in Him and His mission. We need to work and learn, search and pray, repent and improve. We need to know God’s laws and live them. We need to receive His saving ordinances. Only by so doing will we obtain true, eternal happiness.

“We are blessed to *have* the truth. We have a mandate to *share* the truth. Let us *live* the truth, that we might merit all that the Father has for us. He does nothing save it be for our benefit. He has told us, ‘This is my work and my glory—to bring to pass the immortality and eternal life of man’ [Moses 1:39].

“From the depths of my soul and in all humility, I testify of the great gift which is our Father’s plan for us. It is the one perfect path to peace and happiness both here and in the world to come.”

President Thomas S. Monson, “The Perfect Path to Happiness,” *Ensign* or *Liahona*, Nov. 2016, 80–81.



Christ's Infinite Atonement

The Savior, the Master Healer, has the power to change our hearts and give us permanent relief from the sorrow caused by our own sin. . . .

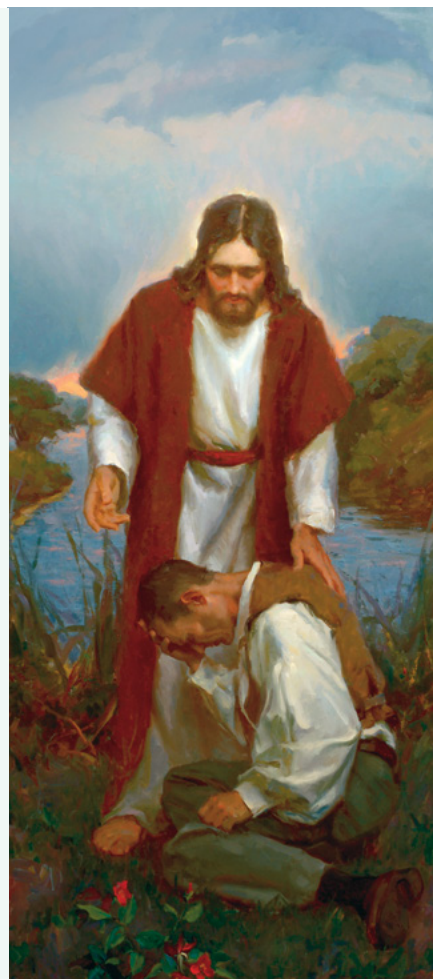
“ . . . [He] can comfort and strengthen us when we experience pain because of the unrighteous actions of others. . . .

“ . . . [He] can comfort and sustain us as we experience painful ‘realities of mortality,’ such as disaster, mental illness, disease, chronic pain, and death. . . .

“The Savior [says]: . . .

“ . . . If ye will come unto me ye shall have eternal life. Behold, mine arm of mercy is extended towards you, and whosoever will come . . . will I receive’ [3 Nephi 9:14].”

Carole M. Stephens, First Counselor in the Relief Society General Presidency, “The Master Healer,” *Ensign* or *Liahona*, Nov. 2016, 10, 11, 12.



POWER TO CHANGE BY MICHAEL T. MALM

“Anything that opposes Christ or His doctrine will interrupt our joy.”

President Russell M. Nelson, President of the Quorum of the Twelve Apostles, “Joy and Spiritual Survival,” *Ensign* or *Liahona*, Nov. 2016, 84.

Come, Follow Him

Several speakers encouraged us to develop Christlike attributes and remember the Savior as we worship on the Sabbath. Use the November 2016 issue or visit conference.lds.org to read what they said.

- How can I practice Christian love and service? —See Robert D. Hales, “‘Come, Follow Me’ by Practicing Christian Love and Service,” 22.
- How can I become a better home teacher? —See Jeffrey R. Holland, “Emissaries to the Church,” 61.
- How do I develop sincere and heartfelt worship on the Sabbath day? —See Dean M. Davies, “The Blessings of Worship,” 93.
- How can I make partaking of the sacrament more meaningful? —See Peter F. Meurs, “The Sacrament Can Help Us Become Holy,” 85.

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