

OCTOBER 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 2012 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.

STORIES FROM CONFERENCE

Enjoy the Moment

My wife, Harriet, and I love riding our bicycles. It is wonderful to get out and enjoy the beauties of nature. We have certain routes we like to bike, but we don't pay too much attention to how far we go or how fast we travel in comparison with other riders.

However, occasionally I think we should be a bit more competitive. I even think we could get a better time or ride at a higher speed if only we pushed ourselves a little more. And then sometimes I even make the big mistake of mentioning this idea to my wonderful wife.

Her typical reaction to my suggestions of this nature is always very kind, very clear, and very direct. She smiles and says, “Dieter, it's not a race; it's a journey. Enjoy the moment.”

How right she is!

Sometimes in life we become so focused on the finish line that we fail to find joy in the journey. I don't

go cycling with my wife because I'm excited about finishing. I go because the experience of being with her is sweet and enjoyable.

Doesn't it seem foolish to spoil sweet and joyful experiences because we are constantly anticipating the moment when they will end?

Do we listen to beautiful music waiting for the final note to fade before we allow ourselves to truly enjoy it? No. We listen and connect to the variations of melody, rhythm, and harmony throughout the composition.

Do we say our prayers with only the “amen” or the end in mind? Of course not. We pray to be close to our Heavenly Father, to receive His Spirit and feel His love.

We shouldn't wait to be happy until we reach some future point, only to discover that happiness was already available—all the time! Life is not meant to be appreciated only in retrospect. “This is the day which the Lord

hath made . . .,” the Psalmist wrote. “Rejoice and be glad in it.” [Psalm 118:24.]

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, “Of Regrets and Resolutions,” Liahona and Ensign, Nov. 2012, 23–24.

Questions to Ponder

- How can you find joy in the journey of your life?
- How can you bring joy into the lives of those around you?
- What is the relationship between gratitude and joy?

Consider writing your thoughts in your journal or discussing them with others.

Additional resources on this topic: *True to the Faith* (2004), “Atonement of Jesus Christ,” 14–21; “Gratitude,” “Happiness,” and “Repentance” in Gospel Topics on LDS.org; Richard G. Scott, “Finding Joy in Life,” *Ensign*, May 1996, 24–26.

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