

# APRIL 2014 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 April 2014 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 Atonement and Covenants

“Making and keeping sacred covenants yokes us to and with the Lord Jesus Christ. In essence, the Savior is beckoning us to rely upon and pull together with Him, even though our best efforts are not equal to and

cannot be compared with His. As we trust in and pull our load with Him during the journey of mortality, truly His yoke is easy and His burden is light. . . .

“ . . . Covenants received and honored with integrity and ordinances performed by proper priesthood authority are necessary to receive all of the blessings made available through the Atonement of Jesus Christ. For in the ordinances of the priesthood, the power of godliness is manifest unto men and women in the flesh, including the blessings of the Atonement (see D&C 84:20–21).”

**Elder David A. Bednar of the Quorum of the Twelve Apostles, “Bear Up Their Burdens with Ease,” *Ensign* or *Liahona*, May 2014, 88.**

Learn more about strengthening your testimony of the Atonement of Jesus Christ at [lds.org/go/testimony914](http://lds.org/go/testimony914). Learn more about the covenants God offers us at [lds.org/go/covenants914](http://lds.org/go/covenants914).



## PROPHETIC PROMISE

### Gratitude



“We can choose to be grateful, no matter what.

“This type of gratitude transcends whatever is happening around

us. It surpasses disappointment, discouragement, and despair. It blooms just as beautifully in the icy landscape of winter as it does in the pleasant warmth of summer. . . .

“ . . . In pain, we can glory in Christ’s Atonement. In the cold of bitter sorrow, we can experience the closeness and warmth of heaven’s embrace.”

**President Dieter F. Uchtdorf, Second Counselor in the First Presidency, “Grateful in Any Circumstances,” *Ensign* or *Liahona*, May 2014, 75.**

Find ways to improve your study of conference addresses at [lds.org/go/study914](http://lds.org/go/study914).



## ANSWERS FOR YOU

Each conference, prophets and apostles give inspired answers to questions Church members may have. Use your May 2014 issue or visit [conference.lds.org](http://conference.lds.org) to find answers to these questions:

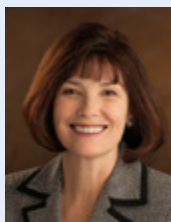
- How can I defend my beliefs with courtesy and compassion? Find out at [lds.org/go/holland914](http://lds.org/go/holland914) or see Jeffrey R. Holland, “The Cost—and Blessings—of Discipleship,” 6.
- How can the Atonement of Jesus Christ help us become a powerful source for sharing truth? Find out at [lds.org/go/scott914](http://lds.org/go/scott914) or see Richard G. Scott, “I Have Given You an Example,” 32.

## MAKING A COVENANT PATH CHART FOR YOUR FAMILY

“This simple exercise assisted Lesa and me in fulfilling our role to help each member of our family along the covenant path, with an action plan for each of them.” —Bishop Gary E. Stevenson, Presiding Bishop, “Your Four Minutes,” 86.

1. Make two columns on a piece of paper: “Name” and “Plan for next or needful ordinance.”
2. List each family member who needs to be baptized, ordained to the priesthood, receive the temple endowment, or be sealed.
3. Have family discussions, family home evening lessons, or make other preparations for receiving essential ordinances in your family.

## Protection from Pornography



“How do we protect our children and youth? . . . The greatest filter in the world, the only one that will ultimately work,

is the personal internal filter that comes from a deep and abiding testimony of our Heavenly Father’s love and our Savior’s atoning sacrifice for each one of us. . . .

“ . . . I must testify of the blessings of daily scripture study and prayer and weekly family home evening. These are the very practices that help take away stress, give direction to our lives, and add protection to our homes.”

**Linda S. Reeves, second counselor in the Relief Society general presidency, “Protection from Pornography—a Christ-Focused Home,” *Ensign* or *Liahona*, May 2014, 16–17.**

Find help for individuals and families in overcoming pornography at [lds.org/go/overcome914](http://lds.org/go/overcome914).



To read, watch, listen to, or share general conference addresses, visit [conference.lds.org](http://conference.lds.org).