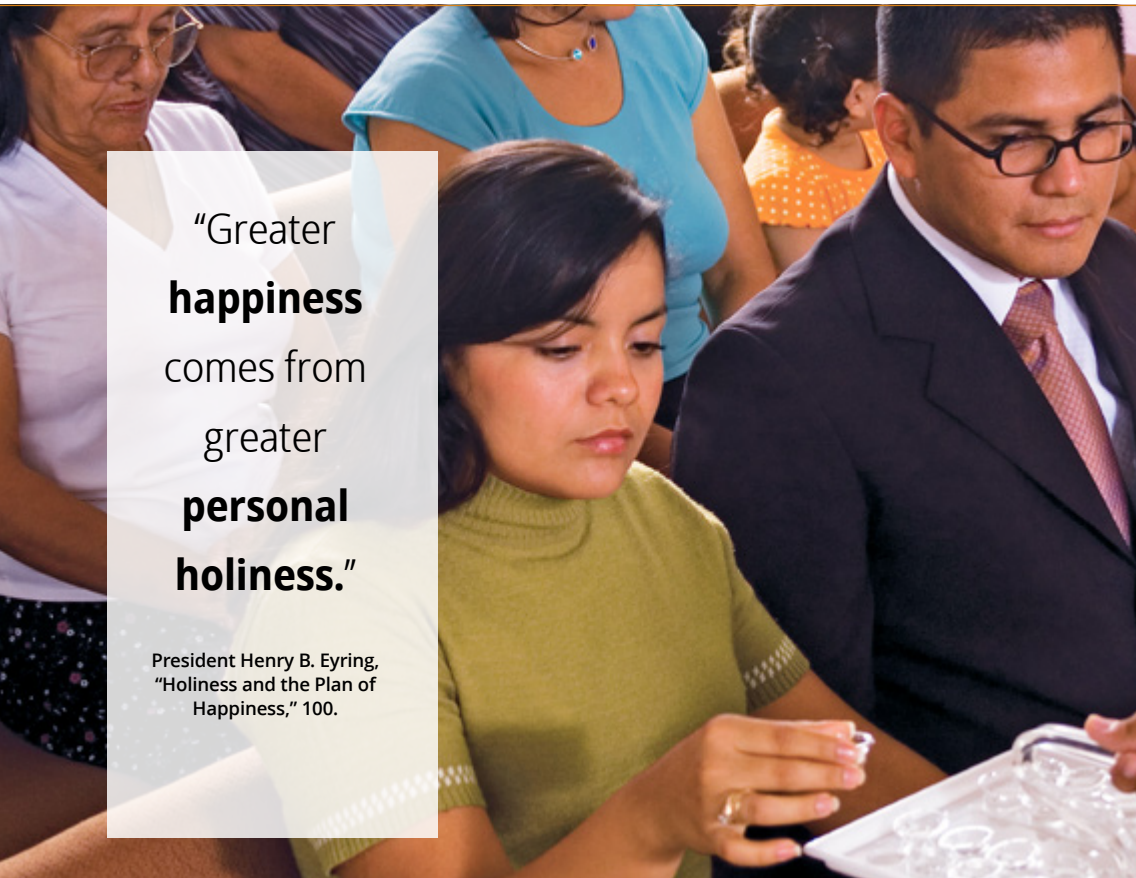




8 New Temples Announced

President Russell M. Nelson announced plans to build eight new temples in the following locations:

- Freetown, Sierra Leone**
- Orem, Utah, USA**
- Port Moresby, Papua New Guinea**
- Bentonville, Arkansas, USA**
- Bacolod, Philippines**
- McAllen, Texas, USA**
- Cobán, Guatemala**
- Taylorsville, Utah, USA**



“Greater happiness comes from greater personal holiness.”

President Henry B. Eyring, “Holiness and the Plan of Happiness,” 100.

Temple Worthiness

“Individual worthiness to enter the Lord’s house requires much individual spiritual preparation. But with the Lord’s help, nothing is impossible. . . . Individual worthiness requires a total conversion of mind and heart to be more like the Lord, to be an honest citizen, to be a better example, and to be a holier person.”

President Russell M. Nelson, “Closing Remarks,” 121, 122.

PONDER THIS . . .

What does it mean to take up your cross?

“Taking upon yourselves your crosses and following [the Savior] means continuing with faith on the Lord’s path, maintaining a pattern of dignity, and not indulging in worldly habits that will eventually take away our hope in God’s love and mercy,” said Elder Ulisses Soares (“Take Up Our Cross,” 114). If you need help taking up your cross, consider watching or reading Elder Soares’s conference talk or any of the following:

- D. Todd Christofferson, “The Joy of the Saints,” 15.
- Neil L. Andersen, “Fruit,” 116.
- Reyna I. Aburto, “Thru Cloud and Sunshine, Lord, Abide with Me!” 57.
- L. Todd Budge, “Consistent and Resilient Trust,” 47.
- Jorge M. Alvarado, “After the Trial of Our Faith,” 50.

All quotations come from the November 2019 Ensign.

YOU'RE INVITED

Nephi declared that **the Lord invites “all to come unto him and partake of his goodness”** (2 Nephi 26:33). During general conference, Church leaders extended similar invitations to the Saints. Here are a few of them:

- “I invite you to commit to a lifelong process of discipleship” (Dale G. Renlund, “Unwavering Commitment to Jesus Christ,” 25).
- “I invite you to consider the promises and covenants you make with the Lord, and with others, with great integrity, knowing that your word is your bond” (Ronald A. Rasband, “Standing by Our Promises and Covenants,” 56).
- “No matter who you are or what you’re dealing with, you are invited to the Lord’s table” (Michelle Craig, “Spiritual Capacity,” 21).
- “I invite you to study and ponder these words [the revised Young Women theme]. I know that as you do, you will gain a testimony of their truthfulness” (Bonnie H. Cordon, “Beloved Daughters,” 67).



“I AM YOUR FRIEND”

“I attended the women’s session of general conference in October 2019. I had invited my Relief Society ministering companion and one of the ladies we visit to the session, but neither of them was able to go with me. When I arrived in the chapel, I sat down and began to cry a little, sad that I was alone. I thought, ‘I wish I had a good friend who could come here with me and lift me up.’ Almost immediately, the Holy Ghost clearly yet softly whispered to me, ‘I am your friend, and I can lift you up.’ The message comforted me throughout the meeting. I received even more messages during that meeting as the Spirit testified to me that He is my friend and He *does* lift me up.”

—Connie Davis, Utah, USA

Watchful unto Prayer

“I promise that the blessings of effective preparation and spiritual protection will flow into your life as you are watchful unto prayer vigilantly and continually,” said Elder David A. Bednar in his memorable talk about topis and cheetahs (“Watchful unto Prayer Continually,” 35). He shared three lessons on vigilance and invited Church members to identify additional lessons:

1. **Beware of evil’s beguiling disguises.**
2. **Stay awake and be alert.**
3. **Understand the intent of the enemy.**

See “Watchful unto Prayer Continually,” 31–35.

