

OCTOBER 2015 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 2015 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



Our Savior's Atonement

“Our Savior's Atonement does more than assure us of immortality by a universal resurrection and give us the opportunity to be cleansed from sin by repentance and baptism. His Atonement also provides the opportunity to call upon Him who has experienced all of our mortal infirmities to give us the strength to bear the burdens of mortality. He knows of our

anguish, and He is there for us. Like the good Samaritan, when He finds us wounded at the wayside, He will bind up our wounds and care for us (see Luke 10:34). The healing and strengthening power of Jesus Christ and His Atonement is for all of us who will ask.”

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles, “Strengthened by the Atonement of Jesus Christ,” *Ensign*, Nov. 2015, 64.

PROPHETIC PROMISE



We Can Choose to Believe

“I testify that even in the toughest of times, the Savior will say to you as He said to an anxious father on a crowded street in Galilee, ‘Be not afraid, only believe.’

“We can choose to believe.

“For in belief, we discover the dawn of light.

“We will discover truth.

“We will find peace.

“Because of our belief, we will never hunger, never thirst. The gifts of God's grace will enable us to be true to our faith and will fill our soul like ‘a well of water springing up into everlasting life’ [John 4:14]. We will experience true and lasting joy.”

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, “Be Not Afraid, Only Believe,” *Ensign*, Nov. 2015, 79.

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

CREATE A FAMILY MOTTO

Based on their “knowledge of the Lord’s mercy and power,” Sister Neill F. Marriott’s family chose “It will all work out” as their family motto. In your own family, you could discuss how the Savior strengthens you, and then create your own family motto. (See Neill F. Marriott, “Yielding Our Hearts to God,” 30.)



ANSWERS FOR WOMEN

Each conference, prophets and apostles give inspired answers to questions Church members may have. Use your November 2015 issue or visit conference.lds.org to find answers to these questions:

- Why are covenant-keeping latter-day women vital to the Church? —See Russell M. Nelson, “A Plea to My Sisters,” 95.
- Why is motherhood such a sacred and ennobling responsibility? —See Jeffrey R. Holland, “Behold Thy Mother,” 47.
- What is your purpose as a woman in the work of salvation? —See Carol F. McConkie, “Here to Serve a Righteous Cause,” 12.
- Why is it important that we know we have a divine nature and destiny? —See Rosemary M. Wixom, “Discovering the Divinity Within,” 6.



YOU ARE NOT A LOST CAUSE

“It matters not what sins we have committed or how deep we have sunk into that proverbial pit. . . .

“ . . . What does matter is that Christ is pleading our case before the Father. . . . That is what really matters and what should give all of us renewed hope and a determination to try one more time, because He has not forgotten us.

“I testify that the Savior will never turn away from us when we humbly seek Him in order to repent; will never consider us to be a lost cause; will never say, ‘Oh no, not you again’; will never reject us because of a failure to understand how hard it is to avoid sin. He understands it all perfectly. . . .

“Repentance . . . has the power to lift burdens and replace them with hope.”

Elder Allen D. Haynie of the Seventy, “Remembering in Whom We Have Trusted,” *Ensign*, Nov. 2015, 122–23.

