

# OCTOBER 2017 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 2017 general conference, you can use these pages (and Conference Notebooks in past and future issues) to help you study and apply the recent teachings of the living prophets and apostles and other Church leaders.*



## DOCTRINAL HIGHLIGHT

## Sacred Time and Space

**T**he Sabbath day and the temple, respectively, are a *sacred time* and a *sacred space* specifically set apart for worshipping God and for receiving and remembering His exceeding great and precious promises to His children. As instituted by God, the principle purposes of these two divine sources of help are exactly the same: to powerfully and repeatedly focus our attention upon our Heavenly Father, His Only Begotten Son, the Holy Ghost, and the promises associated with the ordinances and covenants of the Savior’s restored gospel.

“Importantly, a home should be the ultimate combination of time and space wherein individuals and families remember most effectively God’s great and precious promises.”

Elder David A. Bednar of the Quorum of the Twelve Apostles, “Exceeding Great and Precious Promises,” *Ensign or Liahona*, Nov. 2017, 92–93.



## OUR DIVINE WORTH

“The Spirit will confirm to each of us individually our divine worth. . . .

“Let me point out the need to differentiate between two critical words: *worth* and *worthiness*. They are not the same. Spiritual *worth* means to value ourselves the way Heavenly Father values us, not as the world values us. Our worth was determined before we ever came to this earth. . . .

“On the other hand, *worthiness* is achieved through obedience. If we sin, we are less worthy, but we are never worth less! We continue to repent and strive to be like Jesus with our worth intact. . . . No matter what, we always have worth in the eyes of our Heavenly Father. . . .

“. . . If the love we feel for the Savior and what He did for us is greater than the energy we give to weaknesses, self-doubts, or bad habits, then He will help us overcome the things which cause suffering in our lives. He saves us from ourselves.”

Joy D. Jones, Primary General President, “Value beyond Measure,” *Ensign or Liahona*, Nov. 2017, 14, 15.

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