

OCT. '19

*General Conference*  
**NOTEBOOK**

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YOUR GUIDE TO PREPARE FOR AND LEARN FROM GENERAL CONFERENCE

A SUPPLEMENT TO THE *NEW ERA* AND *LIAHONA*

**YOUR  
NOTEBOOK CAN  
HELP WITH:**

*Come, Follow Me,*  
Sunday School, seminary,  
and personal and  
family study.

**TO WATCH IT  
LIVE:**

**SATURDAY, OCT. 5**

MORNING SESSION:  
10:00 a.m. mountain time

AFTERNOON SESSION:  
2:00 p.m. mountain time

GENERAL WOMEN'S SESSION:  
6:00 p.m. mountain time

**SUNDAY, OCT. 6**

MORNING SESSION:  
10:00 a.m. mountain time

AFTERNOON SESSION:  
2:00 p.m. mountain time

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**GENERAL CONFERENCE IS AN AMAZING TIME TO SEEK AND RECEIVE PERSONAL REVELATION.**

Want a fantastic general conference learning experience? *Prepare* for conference in advance, *listen* during conference, and *study* afterwards. You will draw closer to Heavenly Father and open the doors for personal guidance. Use this conference to help you seek answers and learn what you can do to grow spiritually.

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# *Preparation* **STARTS HERE.**

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General conference is a great way to get inspiration and guidance. You'll have an even better experience when you prepare in advance to receive personal revelation. Start preparing!

DID YOU PRAY FOR  
THE SPEAKERS AND  
CHURCH LEADERS?

HAVE YOU THOUGHT  
ABOUT QUESTIONS  
YOU'RE SEEKING  
ANSWERS TO?

## THE FIRST PRESIDENCY

*Sustained January 14, 2018.*



**PRESIDENT  
DALLIN H. OAKS**  
*1st Counselor*  
*sustained as an Apostle: 1984*



**PRESIDENT  
RUSSELL M. NELSON**  
*President of the Church*  
*sustained as an Apostle: 1984*



**PRESIDENT  
HENRY B. EYRING**  
*2nd Counselor*  
*sustained as an Apostle: 1995*

## THE QUORUM OF THE TWELVE APOSTLES



**PRESIDENT  
M. RUSSELL BALLARD**  
*sustained: 1985*



**ELDER  
JEFFREY R. HOLLAND**  
*sustained: 1994*



**ELDER  
DIETER F. UCHTDORF**  
*sustained: 2004*



**ELDER  
DAVID A. BEDNAR**  
*sustained: 2004*



**ELDER  
QUENTIN L. COOK**  
*sustained: 2007*



**ELDER  
D. TODD CHRISTOFFERSON**  
*sustained: 2008*



**ELDER  
NEIL L. ANDERSEN**  
*sustained: 2009*



**ELDER  
RONALD A. RASBAND**  
*sustained: 2015*



**ELDER  
GARY E. STEVENSON**  
*sustained: 2015*



**ELDER  
DALE G. RENLUND**  
*sustained: 2015*



**ELDER  
GERRIT W. GONG**  
*sustained: 2018*



**ELDER  
ULISSES SOARES**  
*sustained: 2018*

# Q&A:

• Write down the questions you have in your life that you want guidance on. Then record your answers and impressions during conference.

<b>MY QUESTION:</b>
<b>ANSWER:</b>

<b>MY QUESTION:</b>
<b>ANSWER:</b>

**MY QUESTION:**

**ANSWER:**

**CHRIST IS THE HELPER AND CONSOLER. HIS WAYS BRING  
JOY AND HOPE—EVENTUALLY AND ALWAYS.**

Elder Dale G. Renlund<sup>1</sup>

**MY QUESTION:**

**ANSWER:**

# CREATE A CONFERENCE GAME



Want to help yourself focus on conference—and have a little fun while you do it? Create your own conference game!

Before conference, write a topic in each square. As you watch, listen for those topics and cover the square with a token when its topic is mentioned. You can use anything for a token—but for extra fun, try a piece of candy or chocolate! Choose your own patterns to win—five across, down, or diagonally; four corners; center nine; etc.

Each member of your family can create their own game card. The winner gets to eat their candy tokens. And the best part is, once someone wins, you can start over right away! For an extra level of difficulty, make more than one card.

Looking for topic ideas? Consider things like “temple,” “Come, Follow Me,” “repentance,” or when a speaker is mentioned by name by another speaker.

**LOVE IS MADE SACRED  
THROUGH SACRIFICE.**

**Sister Cristina B. Franco<sup>2</sup>**





# *Write Inspiration* **DOWN.**

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Now that conference is finally here, listen for answers. Write down promptings, look for promised blessings, and pay extra attention to things you feel impressed to work on. Jot down quotes that inspire you, and take note of messages that really stick out to you.

# NOTES:

MONTH  
1 2 3 4 5 6 7 8 9 10 11 12

SESSION  
1<sup>ST</sup> 2<sup>ND</sup> 3<sup>RD</sup> 4<sup>TH</sup> 5<sup>TH</sup>

MEETING TYPE  
general | general women's session | general priesthood session

FAVORITE QUOTE:



# NOTES:

**PROMISED BLESSINGS:**

**WHAT WILL I DO NOW?**

**IN COMING DAYS, IT WILL NOT BE POSSIBLE TO SURVIVE SPIRITUALLY WITHOUT THE GUIDING, DIRECTING, COMFORTING, AND CONSTANT INFLUENCE OF THE HOLY GHOST.**

President Russell M. Nelson<sup>3</sup>

**MONTH**  
1 2 3 **4** 5 6 7 8 9 **10** 11 12

**SESSION**  
1<sup>ST</sup> 2<sup>ND</sup> 3<sup>RD</sup> 4<sup>TH</sup> 5<sup>TH</sup>

**MEETING TYPE**  
general | general women's session | general priesthood session

**FAVORITE QUOTE:**

# NOTES:

**YOU CAN LEARN FOR YOURSELF—RIGHT NOW AT YOUR AGE—  
HOW TO RECEIVE PERSONAL REVELATION. AND NOTHING WILL  
MAKE A BIGGER DIFFERENCE IN YOUR LIFE THAN THAT!**

President Russell M. Nelson<sup>2</sup>

**PROMISED BLESSINGS:**

**WHAT WILL I DO NOW?**

**MONTH**  
1 2 3 **4** 5 6 7 8 9 **10** 11 12

**SESSION**  
1<sup>ST</sup> 2<sup>ND</sup> 3<sup>RD</sup> 4<sup>TH</sup> 5<sup>TH</sup>

**MEETING TYPE**  
general | general women's session | general priesthood session

**FAVORITE QUOTE:**



# NOTES:

**PROMISED BLESSINGS:**

**WHAT WILL I DO NOW?**



**WE CAN COME TO KNOW THE LORD AND TRUST HIM AS WE  
"FEAST UPON THE WORDS OF CHRIST."**

Sister Bonnie H. Cordon<sup>5</sup>

**FAVORITE QUOTE:**



# NOTES:

**PROMISED BLESSINGS:**

**WHAT WILL I DO NOW?**

**SINCERE DESIRE AND WORTHINESS INVITE THE SPIRIT  
OF REVELATION INTO OUR LIVES.**

Elder David A. Bednar<sup>6</sup>

**MONTH**  
1 2 3 **4** 5 6 7 8 9 **10** 11 12

**SESSION**  
1<sup>ST</sup> 2<sup>ND</sup> 3<sup>RD</sup> 4<sup>TH</sup> 5<sup>TH</sup>

**MEETING TYPE**  
general | general women's session | general priesthood session

**FAVORITE QUOTE:**

# NOTES:

**REVELATION ALMOST ALWAYS COMES IN  
RESPONSE TO A QUESTION.**

ELDER JEFFREY R. HOLLAND<sup>7</sup>

**PROMISED BLESSINGS:**

**WHAT WILL I DO NOW?**

**MONTH**  
1 2 3 **4** 5 6 7 8 9 **10** 11 12

**SESSION**  
1<sup>ST</sup> 2<sup>ND</sup> 3<sup>RD</sup> 4<sup>TH</sup> 5<sup>TH</sup>

**MEETING TYPE**  
general | general women's session | general priesthood session

**FAVORITE QUOTE:**

# NOTES:

**PROMISED BLESSINGS:**

**WHAT WILL I DO NOW?**

**TO RECEIVE PERSONAL REVELATION, WE MUST PLACE  
PRIORITY ON LIVING THE GOSPEL AND ENCOURAGING  
FAITHFULNESS AND SPIRITUALITY IN OTHERS  
AS WELL AS OURSELVES.**

· Elder Ronald A. Rasband<sup>8</sup>

**FAVORITE QUOTE:**

# NOTES:

**PROMISED BLESSINGS:**

**WHAT WILL I DO NOW?**



**YOU HAVE THE CAPACITY TO RECEIVE REVELATION  
AND TO ACT ON IT FEARLESSLY.**

President Henry B. Eyring<sup>3</sup>

**MONTH**  
1 2 3 **4** 5 6 7 8 9 **10** 11 12

**SESSION**  
1<sup>ST</sup> 2<sup>ND</sup> 3<sup>RD</sup> 4<sup>TH</sup> 5<sup>TH</sup>

**MEETING TYPE**  
general | general women's session | general priesthood session

**FAVORITE QUOTE:**

# NOTES:

**REVELATION IS A REALITY. IT COMES IN THE LORD'S WAY  
AND ACCORDING TO THE LORD'S TIMETABLE.**

President Dallin H. Oaks<sup>10</sup>

**PROMISED BLESSINGS:**

**WHAT WILL I DO NOW?**

**MONTH**  
1 2 3 **4** 5 6 7 8 9 **10** 11 12

**SESSION**  
1<sup>ST</sup> 2<sup>ND</sup> 3<sup>RD</sup> 4<sup>TH</sup> 5<sup>TH</sup>

**MEETING TYPE**  
general | general women's session | general priesthood session

**FAVORITE QUOTE:**

# *Inspiration* **RECEIVED.**

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Now that conference has wrapped up, what's next? Did you feel inspired to change or do something different in your life? Take some time to organize your thoughts, prepare a plan, and then act on it.

## SAMPLE ACTION PLAN:

1. Spiritually remodel my room
2. Journal regularly

## Examples of Themes:

- Home-centered gospel learning
- Temple worship
- Following the Savior

## GOALS

How will I  
improve?

# THEMES

## YOU NOTICED

What stuck out to you the most? Write down some of these themes, and think about what they mean personally for you and your life.

**THEME:**



**MENTIONED BY:**

**WHAT I LEARNED:**

**THEME:**



**MENTIONED BY:**

**WHAT I LEARNED:**

# WHAT I WILL DO

After conference, take some time to review your notes. Write down what you feel inspired to do, or make a list of goals you want to work on.

## MY TESTIMONY

*How did my testimony grow during this conference?*

### NOTES

1. Dale G. Renlund, "Choose You This Day," *Ensign or Liahona*, Nov. 2018, 105.
2. Cristina B. Franco, "The Joy of Unselfish Service," *Ensign or Liahona*, Nov. 2018, 57.
3. Russell M. Nelson, "Revelation for the Church, Revelation for Our Lives," *Ensign or Liahona*, May 2018, 93.
4. Russell M. Nelson, "Hope of Israel" (worldwide youth devotional), June 3, 2018), [HopeofIsrael.ChurchofJesusChrist.org](http://HopeofIsrael.ChurchofJesusChrist.org).
5. Bonnie H. Cordon, "Trust in the Lord and Lean Not," *Ensign or Liahona*, May 2017, 6.
6. David A. Bednar, "The Spirit of Revelation," *Ensign or Liahona*, May 2011, 87.
7. Jeffrey R. Holland, "Cast Not Away Therefore Your Confidence," *Ensign*, Mar. 2000, 9.
8. Ronald A. Rasband, "Be Not Troubled," *Ensign or Liahona*, Nov. 2018, 20.
9. Henry B. Eyring, "The Lord Leads His Church," *Ensign or Liahona*, Nov. 2017, 82.
10. Dallin H. Oaks, "In His Own Time, in His Own Way," *Ensign or Liahona*, Aug 2013, 27.
11. Dieter F. Uchtdorf, "Two Principles for Any Economy," *Ensign or Liahona*, Nov. 2009, 58.

## **INSPIRATION FOR YOU!**

The scriptures and the words of modern-day apostles and prophets are the sources of wisdom, divine knowledge, and personal revelation to help us find answers to all challenges in life.

ELDER DIETER F. UCHTDORF<sup>11</sup>

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