

"I'M GRATEFUL FOR THE WORDS OF THE PROPHETS TO HELP REMIND ME OF MY IMPORTANCE AND TO REMEMBER THE SAVIOR."

Chanelle D., 18

THE LIGHT COMES TO THOSE WHO SEEK IT.

Love what the Lord loves — and — you will not be troubled.

Small efforts can have eternal results.

NEVER PUT OFF REPENTANCE.

Do not judge those around you; rather, bear with them.

WHAT

# STUCK

One Young Women group shows how they prepare for and share their general conference experience.

TO YOU?

"I REALLY LIKE OUR 'WHAT STICKS TO YOU' LESSONS FROM GENERAL CONFERENCE. IT IS COOL TO LISTEN TO HOW THE DIFFERENT TALKS IMPACT AND STICK OUT TO EACH OF US. I LIKE HEARING THE UNIQUE TAKEAWAYS THAT EVERYONE GETS."

Emily F., 17

Never suppress generous thought.

Even so, all is well with my soul.

Everyone is responsible for their own spiritual growth.

The Savior is the perfect example of stability.

"I REALLY LIKE TO HEAR WHAT 'STUCK' TO THE OTHER GIRLS. IT HELPED ME REMEMBER AND THINK ABOUT THINGS I MAY HAVE MISSED OR FORGOTTEN ABOUT DURING THE DIFFERENT CONFERENCE TALKS."

Mikelle F., 17

Our world needs goodness and love. Be kind to one another.

By Jennifer Reese

Our Young Women group decided to focus on general conference and listening to the words of our prophets. We had a special lesson before conference discussing the importance of listening to our leaders. We talked about why we have it and how to prepare so that we can hear the messages Heavenly Father has for us. Everyone was encouraged to listen so that we could share with each other the things that "stuck to us."

We went home with sticky notes and wrote down the things that "stuck" during conference. Afterwards, we took turns sharing all the wonderful messages and quotes that "stuck to us."

We have done this activity for the past three general conferences. At first, some of the young women were hesitant to share and only brought one or two notes. But after doing it three times, the girls found they had so many spiritual insights we hardly had time to let everyone share. After showing their notes, many wanted them back so they could put them back in their journals or hang them up in their rooms.

We have found this to be a great way to really get into conference. And we are a stronger and more unified group because we know that we are all seeking strength and inspiration so that we can come closer to Jesus Christ and keep His commandments. **NE**

*The author lives in Wisconsin, USA.*

"THE 'WHAT STICKS TO YOU' LESSON HELPS ME PREPARE FOR GENERAL CONFERENCE. IT ALLOWS ME TO TAKE BETTER NOTES AND REALLY REFLECT ON THE TALKS GIVEN."

Julia C., 18

EARTH HAS NO SORROW THAT HEAVEN CANNOT HEAL.



"IT WAS FUN TO HEAR EVERYONE'S THOUGHTS AND FAVORITE MOMENTS. I LIKED HEARING THE DIFFERENT PERSPECTIVES AND SHARING THE LOVE WITH MY FELLOW LAURELS."

Olivia A., 16

"DOING 'WHAT STICKS TO YOU' HELPS ME REMEMBER THE SPIRIT I FELT WHEN I WATCHED GENERAL CONFERENCE."

Hannah Q., 18