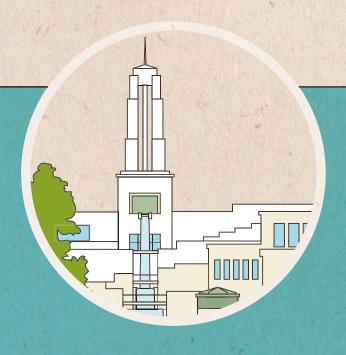
GENERAL CONFERENCE NOTEBOOK

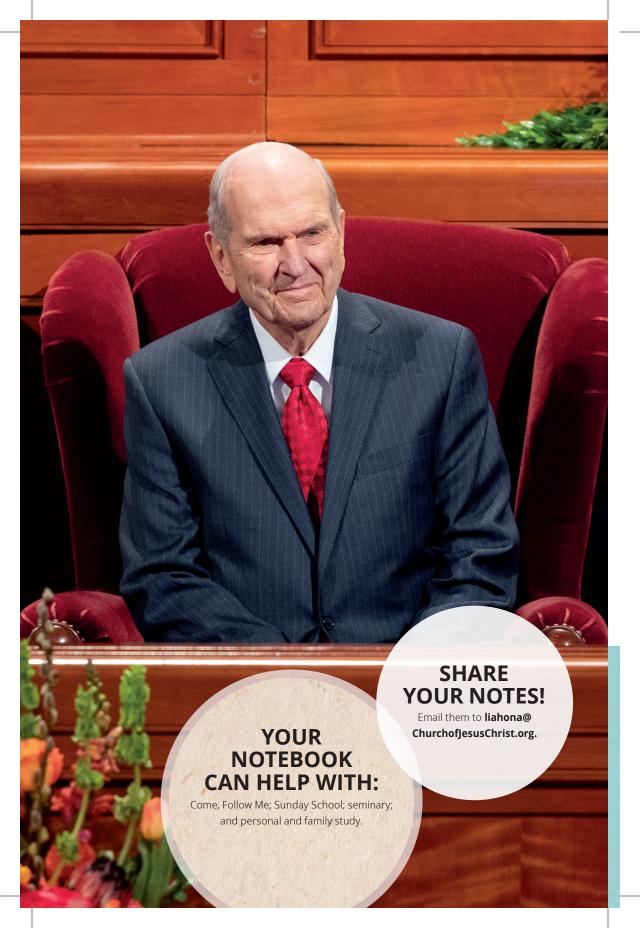


YOUR GUIDE TO PREPARE FOR AND LEARN FROM GENERAL CONFERENCE

MONTH:

YEAR:

A SUPPLEMENT TO THE NEW ERA AND LIAHONA



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.

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 other Church leaders? Have you thought about questions you're seeking answers to?

THE FIRST PRESIDENCY

Sustained January 14, 2018



PRESIDENT DALLIN H. OAKS First Counselor sustained as an Apostle: 1984



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



PRESIDENT HENRY B. EYRING Second 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



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.

THERE IS A
TREASURE CHEST
OF HEAVENLY
DIRECTION
AWAITING YOUR
DISCOVERY IN
THE MESSAGES
OF GENERAL
CONFERENCE.

Elder Neil L. Andersen¹ MY QUESTION: ANSWER:

MY QUESTION:	MY QUESTION:
ANSWER:	ANSWER:
MY QUESTION:	ANSWER:

CREATE A CONFERENCE GAME

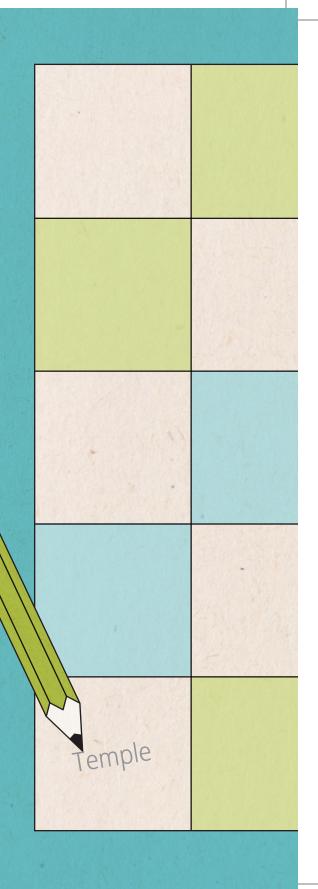
Want to help yourself focus on conference—and have a little fun while you do it? Create your own conference game!

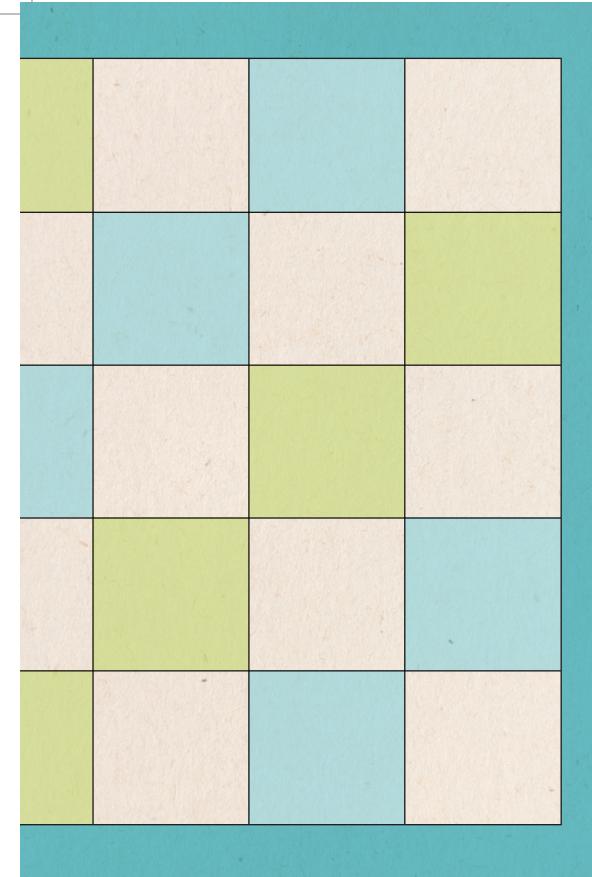
Before conference, write a topic in each square. As you watch, listen for those topics and cover the square with a token when its topic is mentioned. You can use anything for a token—but for extra fun, try a piece of candy or chocolate! Choose your own patterns to win—five across, down, or diagonally;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

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

REVELATION ALMOST
ALWAYS COMES IN RESPONSE
TO A QUESTION.

Elder Jeffrey R. Holland²



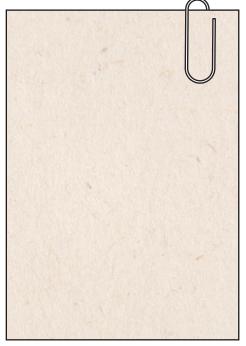


Write Inspiration DOWN.

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.

ZIH

NOTES:





	FAVO	RITE QUO	TE:	
	* * * * *			
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WE CAN PRAY TO OUR HEAVENLY FATHER AND RECEIVE GUIDANCE AND DIRECTION, BE WARNED ABOUT DANGERS AND DISTRACTIONS, AND BE ENABLED TO ACCOMPLISH THINGS WE SIMPLY COULD NOT DO ON OUR OWN.

President Russell M. Nelson³

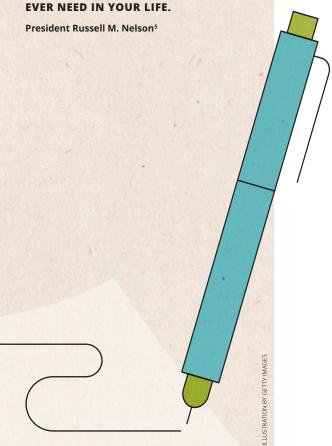
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WHAT WILL I DO NOW?





I PROMISE YOU THAT IF
YOU WILL SINCERELY AND
PERSISTENTLY DO THE
SPIRITUAL WORK NEEDED
TO DEVELOP THE CRUCIAL,
SPIRITUAL SKILL OF
LEARNING HOW TO HEAR THE
WHISPERINGS OF THE HOLY
GHOST, YOU WILL HAVE ALL
THE DIRECTION YOU WILL
EVER NEED IN YOUR LIFE.



	—— FAVO	RITE QUO	E: -	
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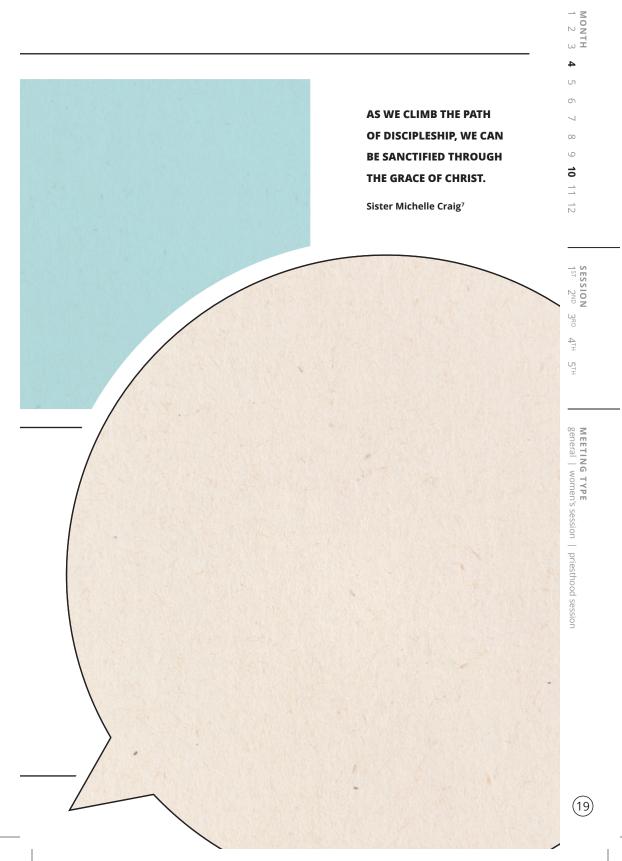
TO RECEIVE PERSONAL REVELATION, WE MUST PLACE PRIORITY
ON LIVING THE GOSPEL AND ENCOURAGING FAITHFULNESS AND
SPIRITUALITY IN OTHERS AS WELL AS OURSELVES.

Elder Ronald A. Rasband⁶

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WHAT WILL I DO NOW?





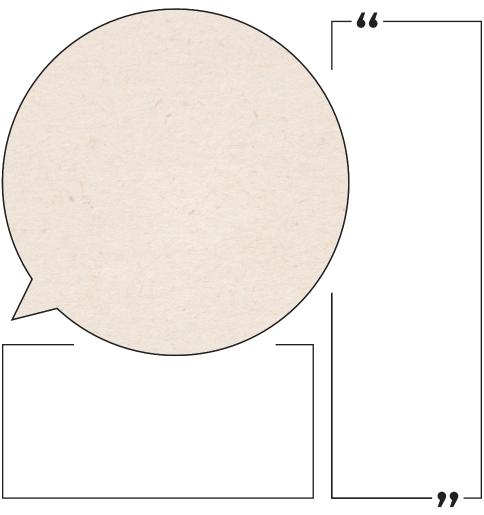
FAVORITE QUOTE:

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

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 THE CHALLENGES IN LIFE.

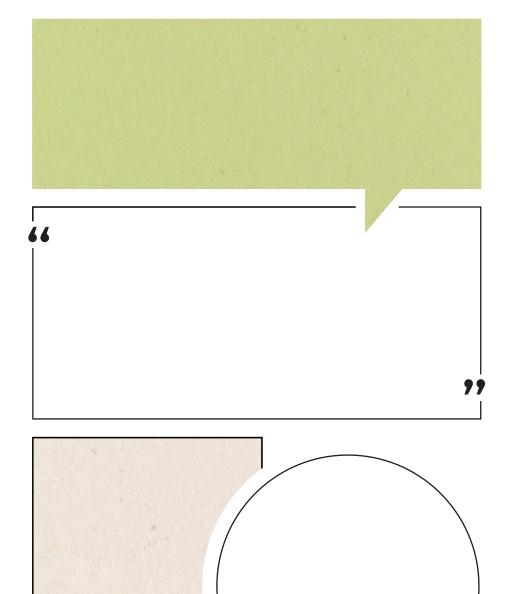
Elder Dieter F. Uchtdorf⁸

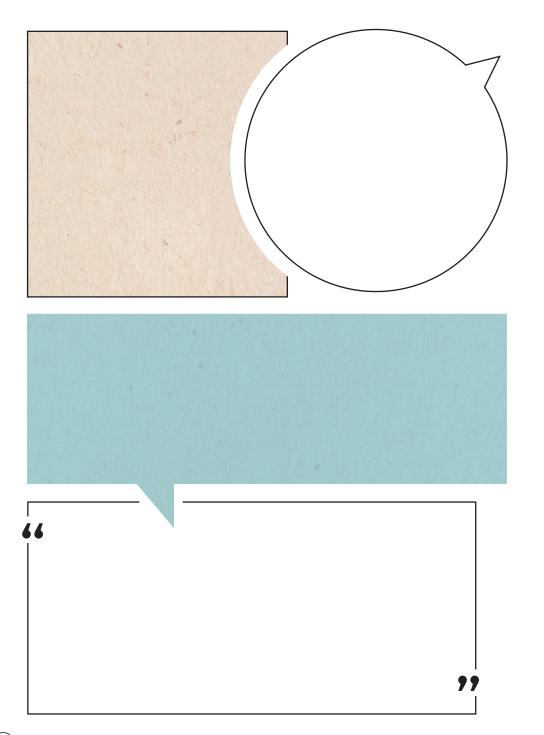


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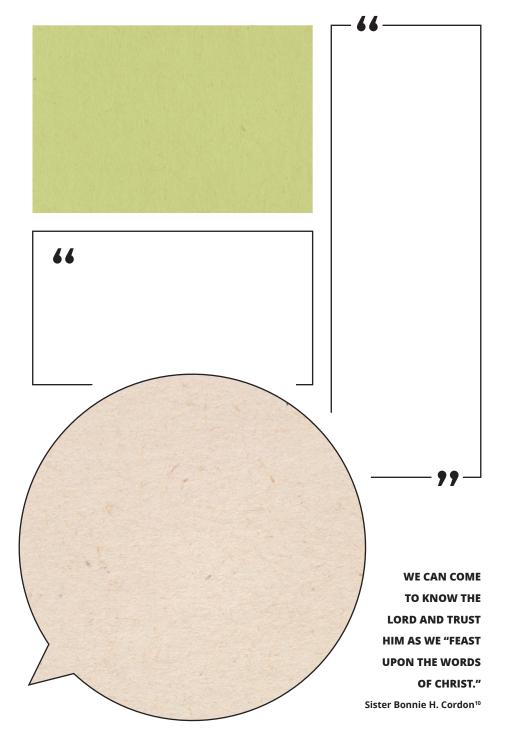
LEARNING BY FAITH
REQUIRES SPIRITUAL,
MENTAL, AND PHYSICAL
EXERTION AND NOT JUST
PASSIVE RECEPTION.

Elder David A. Bednar⁹





5TH



Inspiration RECEIVED.

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

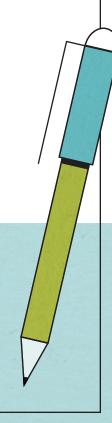
HOW WILL I IMPROVE?

THEMES

bout what they mean personally for	you and your life.
THEME:	THEME:
MENTIONED BY:	MENTIONED BY:
WHAT I LEARNED:	WHAT I LEARNED:

WHAT NOW?

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 d	uring this conference?		
+				
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			Will Strain	

- 1. Neil L. Andersen, "The Voice of the Lord," *Ensign* or *Liahona*, Nov. 2017, 125.
- 2. Jeffrey R. Holland, "Cast Not Away Therefore Your Confidence," *Ensign,* Mar. 2000, 9.
- 3. Russell M. Nelson, "Revelation for the Church, Revelation for Our Lives," *Ensign* or *Liahona*, May 2018, 94.
- 4. Dallin H. Oaks, "In His Own Time, in His Own Way," *Ensign* or *Liahona*, Aug. 2013, 27.
- Russell M. Nelson, "Hope of Israel" (worldwide youth devotional, June 3, 2018), 2–3, HopeofIsrael. ChurchofJesusChrist.org.
- 6. Ronald A. Rasband, "Be Not Troubled," *Ensign* or *Liahona*, Nov. 2018, 20.
- 7. Michelle Craig, "Divine Discontent," Ensign or Liahona, Nov. 2018, 55.
- 8. Dieter F. Uchtdorf, "Two Principles for Any Economy," *Ensign* or *Liahona*, Nov. 2009, 58.
- 9. David A. Bednar, "Seek Learning by Faith," *Ensign*, Sept. 2007, 64.
- 10. Bonnie H. Cordon, "Trust in the Lord and Lean Not," *Ensign* or *Liahona*, May 2017, 6.
- 11. Sharon Eubank, "Christ: The Light That Shines in Darkness," *Ensign* or *Liahona*, May 2019, 75.

INSPIRATION FOR YOU!

The Lord knows how hard you are trying.

You are making progress. Keep going.

Sister Sharon Eubank¹¹

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THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS