

# GENERAL CONFERENCE NOTEBOOK

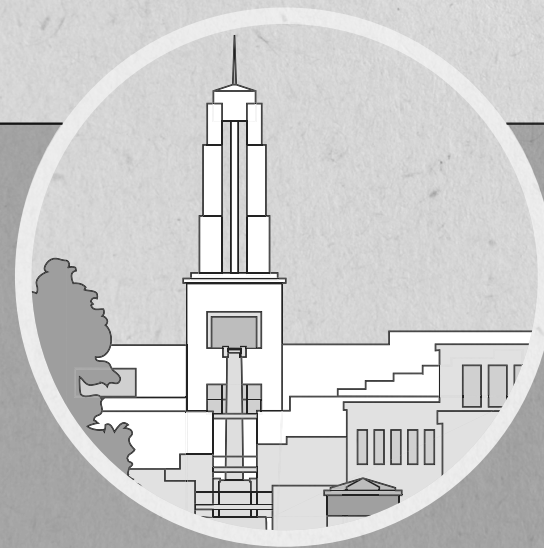
## INSPIRATION FOR YOU!

**The Lord knows how hard you are trying.  
You are making progress. Keep going.**

Sister Sharon Eubank<sup>11</sup>

## NEED MORE COPIES?

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[conference.ChurchofJesusChrist.org](http://conference.ChurchofJesusChrist.org).



**YOUR GUIDE  
TO PREPARE  
FOR AND  
LEARN FROM  
GENERAL  
CONFERENCE**

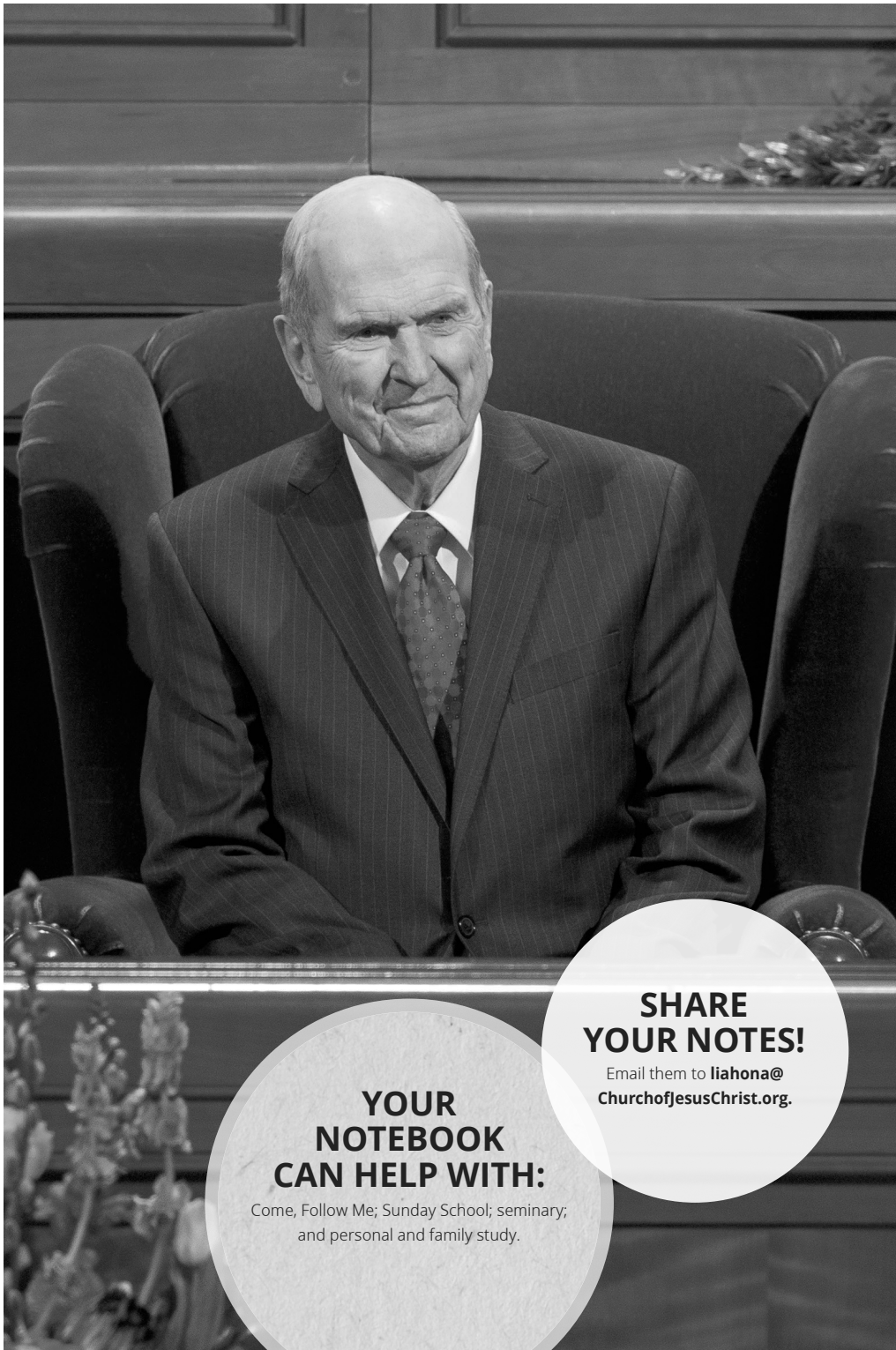
THE CHURCH OF  
**JESUS CHRIST**  
OF LATTER-DAY SAINTS

PD60009654

MONTH:

YEAR:

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



**YOUR  
NOTEBOOK  
CAN HELP WITH:**

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

**SHARE  
YOUR NOTES!**

Email them to **liahona@  
ChurchofJesusChrist.org**.

**MY TESTIMONY**

*How did my testimony grow during this conference?*

**NOTES**

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.
5. Russell M. Nelson, "Hope of Israel" (worldwide youth devotional, June 3, 2018), 2–3, [HopeofIsrael.ChurchofJesusChrist.org](http://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.

# 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.

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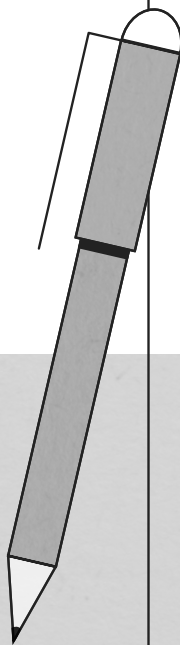


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## GENERAL CONFERENCE IS AN AMAZING TIME TO SEEK AND RECEIVE PERSONAL REVELATION.

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.

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?

## 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:**

☐ **THEME:**

☐ **MENTIONED BY:**

☐ **MENTIONED BY:**

☐ **WHAT I LEARNED:**

☐ **WHAT I LEARNED:**



# 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?

## 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**  
*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.

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

Elder Neil L. Andersen<sup>1</sup>

MY QUESTION:

ANSWER:

“

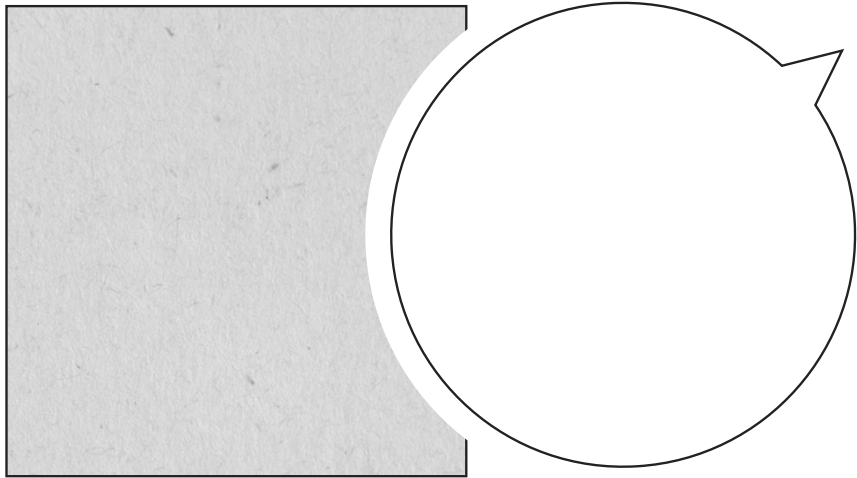
“

”

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

Sister Bonnie H. Cordon<sup>10</sup>

**NOTES:**



MY QUESTION:

ANSWER:

MY QUESTION:

ANSWER:

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ANSWER:

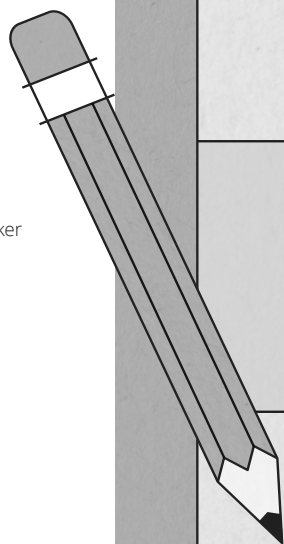


## CREATE A CONFERENCE GAME

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.

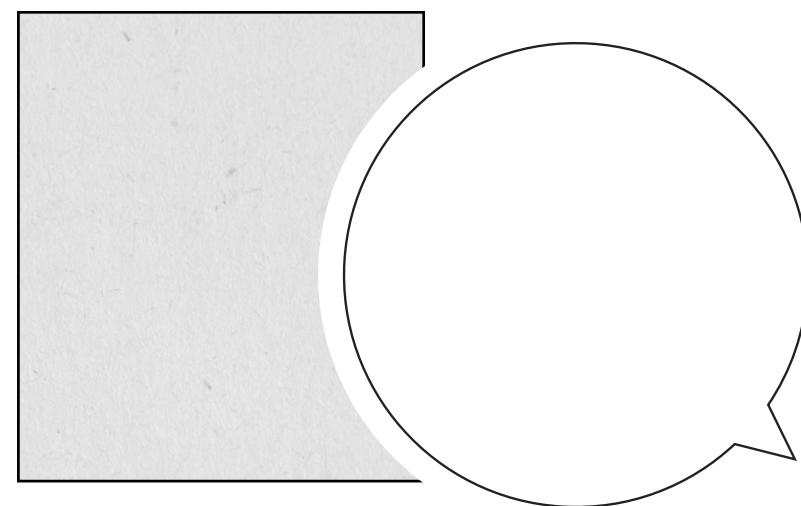
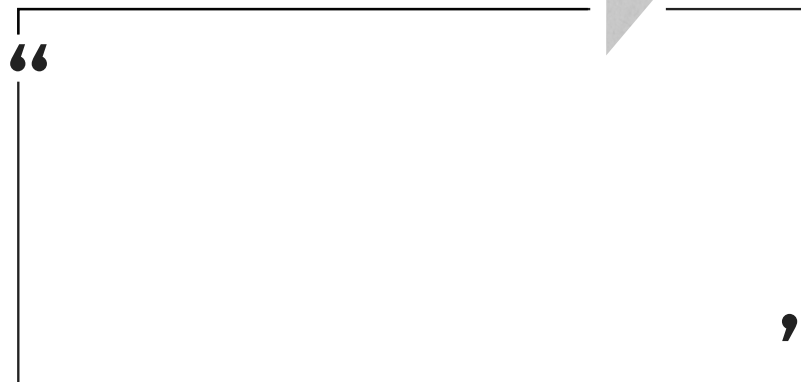
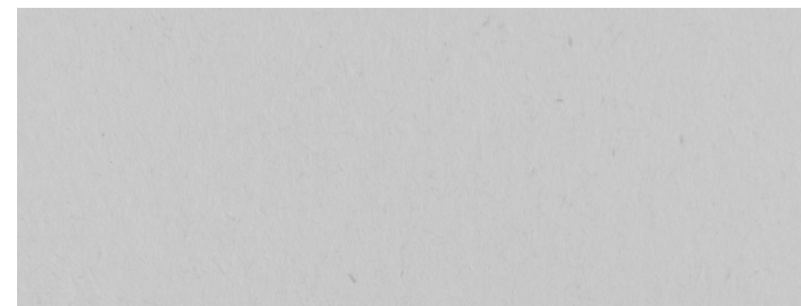
Looking for topic ideas? Consider things like “temple,” “Come, Follow Me,” “repentance,” or when a speaker is mentioned by name by another speaker.



Temple

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

Elder Jeffrey R. Holland<sup>2</sup>



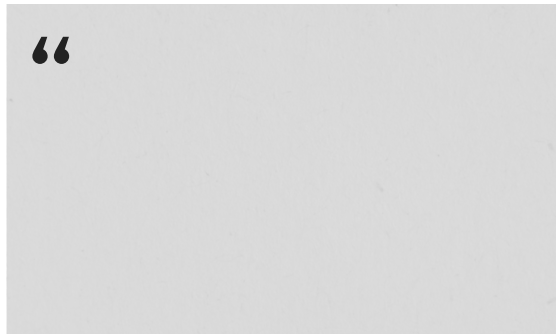
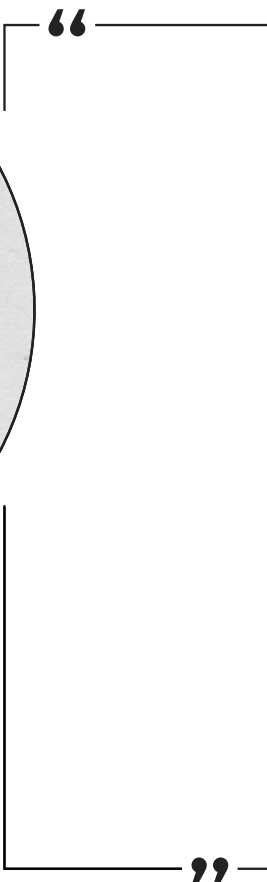
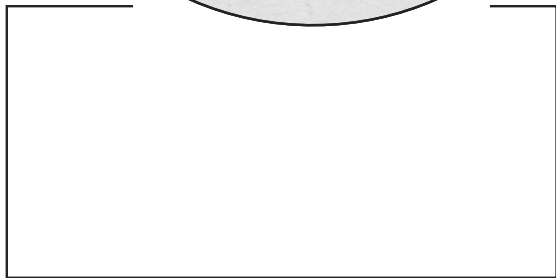
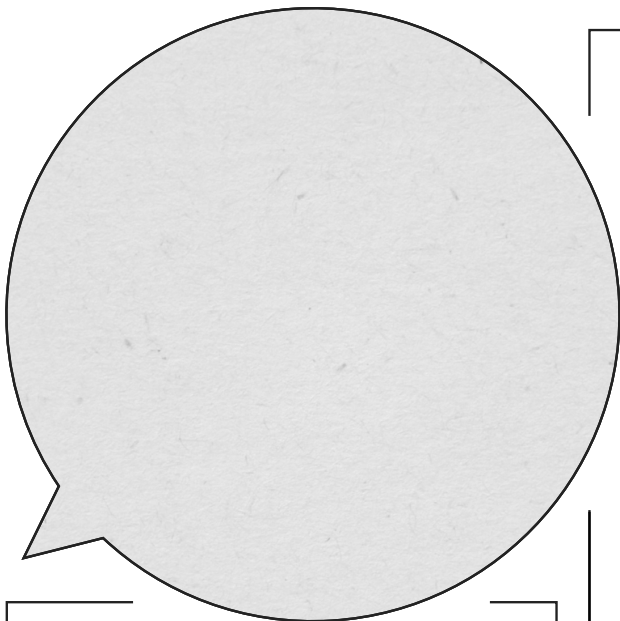
MONTH  
1 2 3

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 | women's session | priesthood session

NOTES: \_\_\_\_\_



**LEARNING BY FAITH  
REQUIRES SPIRITUAL,  
MENTAL, AND PHYSICAL  
EXERTION AND NOT JUST  
PASSIVE RECEPTION.**  
Elder David A. Bednar<sup>9</sup>


# 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.

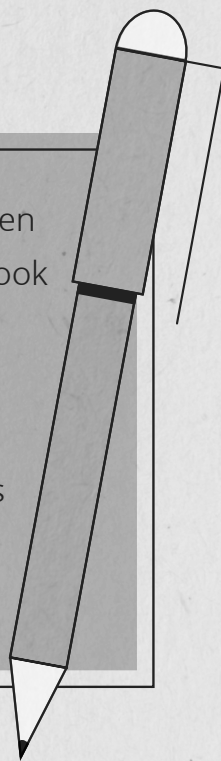


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## NOTES:

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. Uchtdorf<sup>6</sup>

## NOTES:



# NOTES:

FAVORITE QUOTE:

“

**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. Nelson<sup>3</sup>

**AS WE CLIMB THE PATH  
OF DISCIPLESHIP, WE CAN  
BE SANCTIFIED THROUGH  
THE GRACE OF CHRIST.**

Sister Michelle Craig<sup>7</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 | women's session | priesthood session

# NOTES:



**PROMISED BLESSINGS:**

**WHAT WILL I DO NOW?**

**MONTH**  
1 2 3

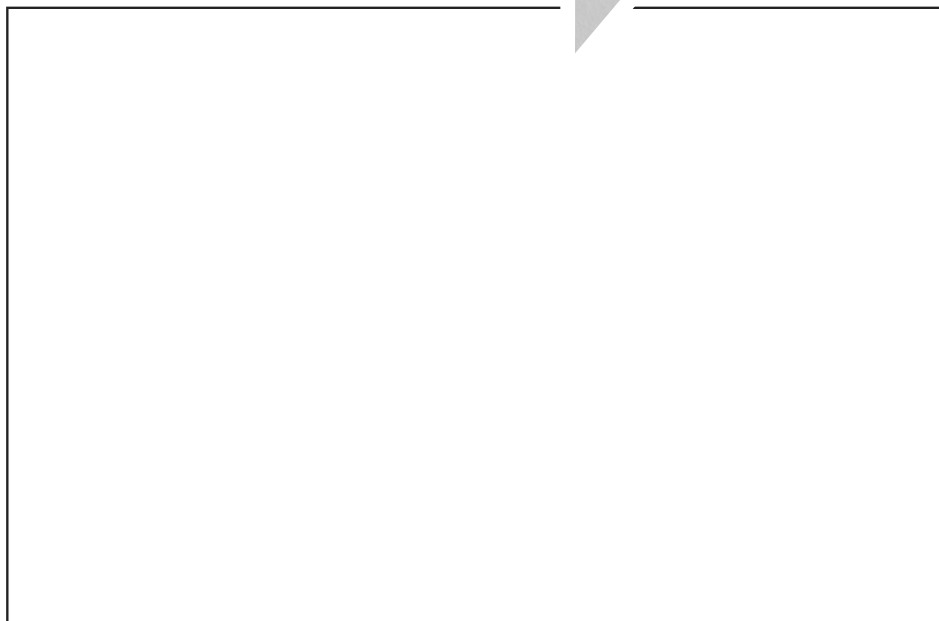

**4** 5 6 7 8 9 **10** 11 12

**SESSION**  
1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> 4<sup>th</sup> 5<sup>th</sup>

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# NOTES:



**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 | women's session | priesthood session

# NOTES:

FAVORITE QUOTE:

“

**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>6</sup>

**REVELATION IS A REALITY.  
IT COMES IN THE LORD'S  
WAY AND ACCORDING TO  
THE LORD'S TIMETABLE.**  
President Dallin H. Oaks<sup>4</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 | women's session | priesthood session

# NOTES:

**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.**

President Russell M. Nelson<sup>5</sup>

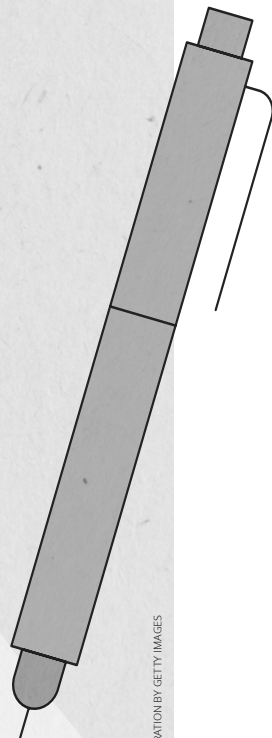


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