

GENERAL CONFERENCE NOTEBOOK

INSPIRATION FOR YOU!

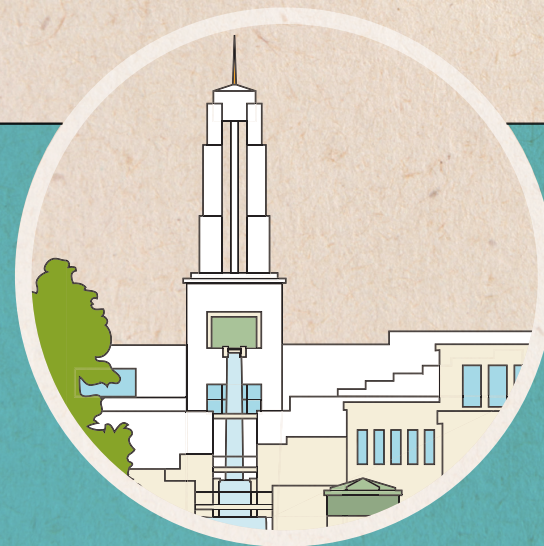
**The Lord knows how hard you are trying.
You are making progress. Keep going.**

Sister Sharon Eubank¹¹

NEED MORE COPIES?

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conference.ChurchofJesusChrist.org.

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS



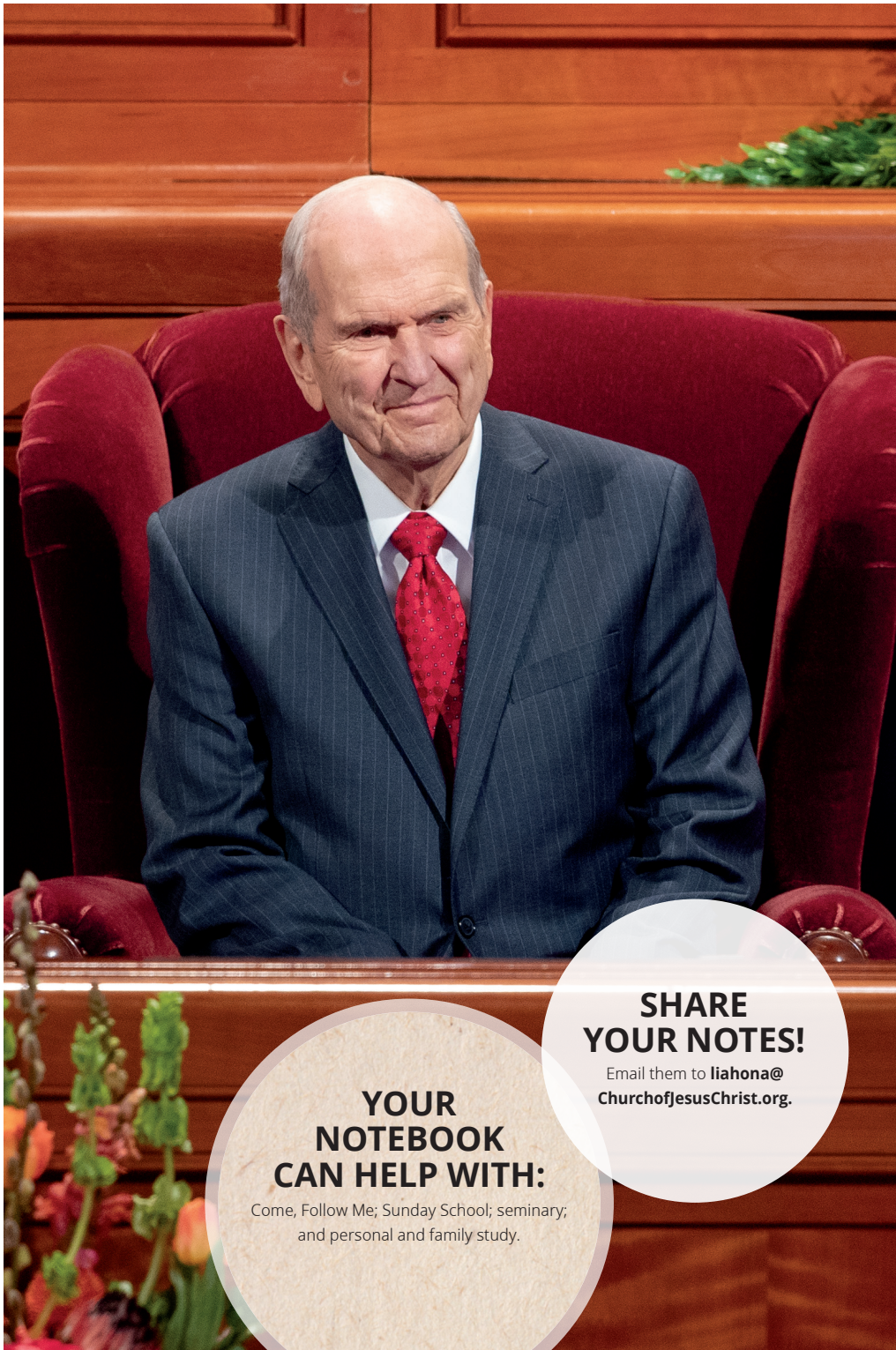
**YOUR GUIDE
TO PREPARE
FOR AND
LEARN FROM
GENERAL
CONFERENCE**

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](mailto: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](https://www.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.

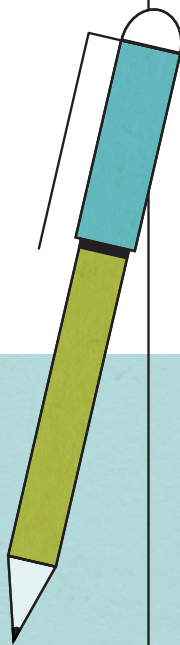


ILLUSTRATION BY GETTY IMAGES

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. Andersen¹

MY QUESTION:

ANSWER:

“

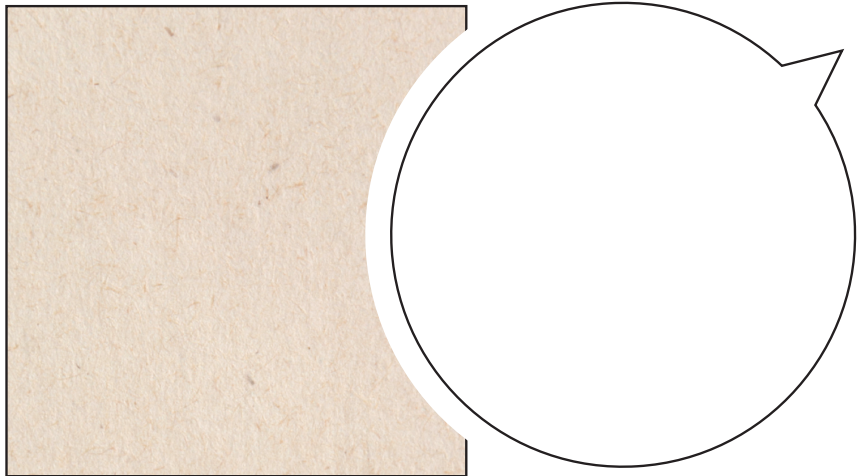
“

”

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

Sister Bonnie H. Cordon¹⁰

NOTES:

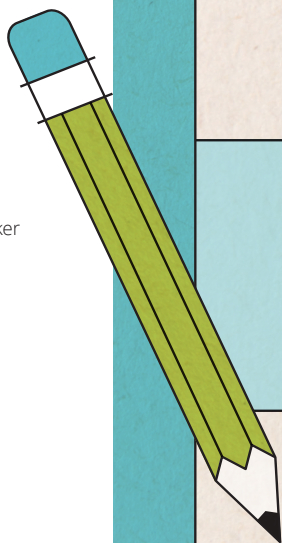


CREATE A CONFERENCE GAME

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.

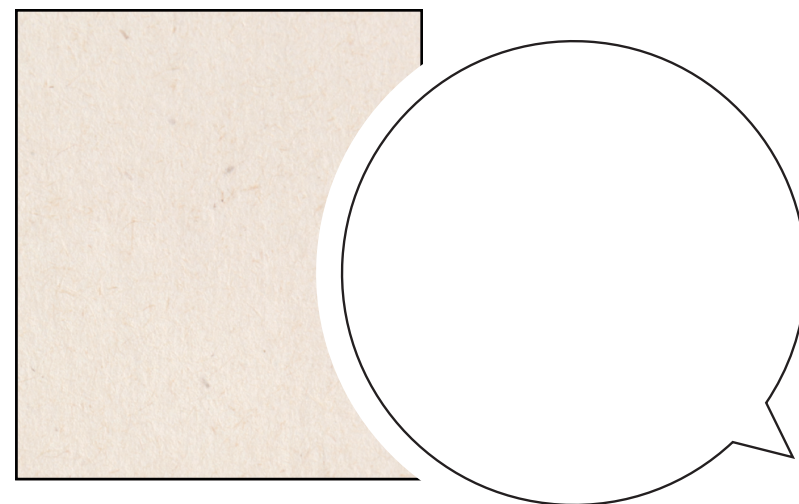
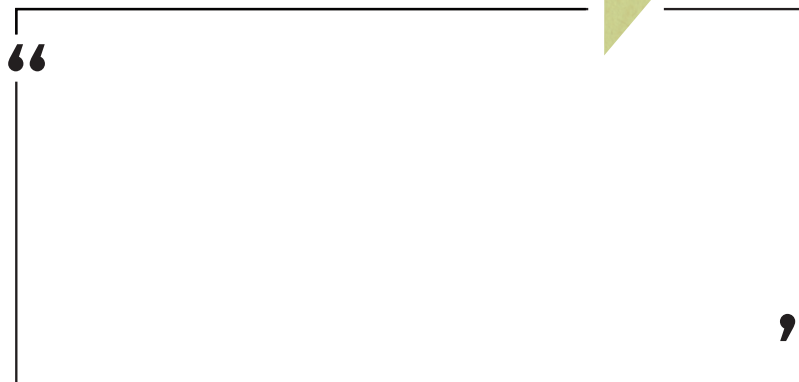
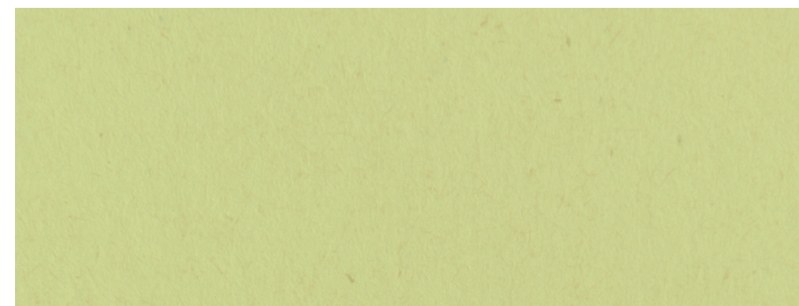
Looking for topic ideas? Consider things like “temple,” “Come, Follow Me,” “repentance,” or when a speaker is mentioned by name by another speaker.



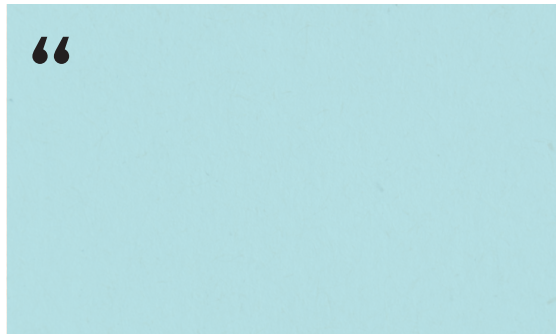
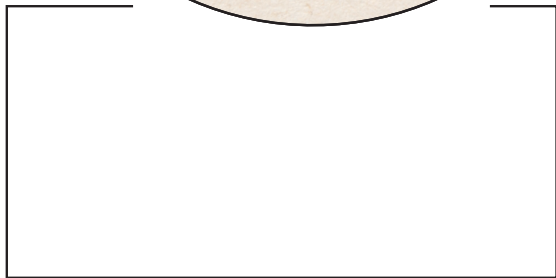
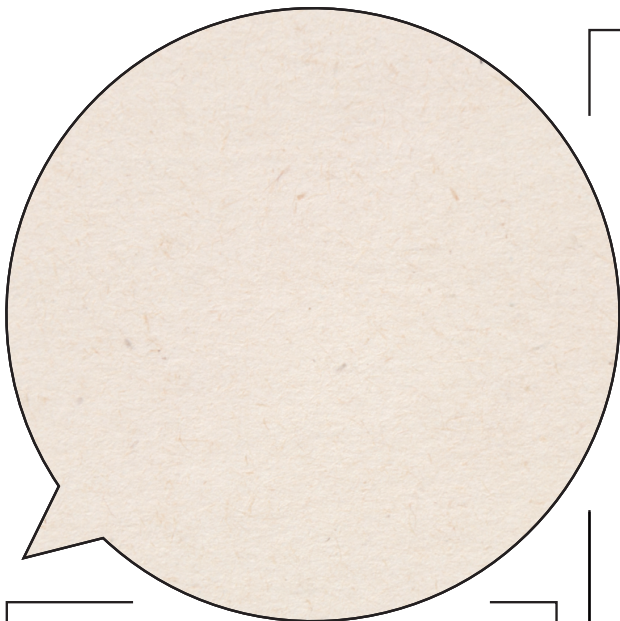
Temple

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

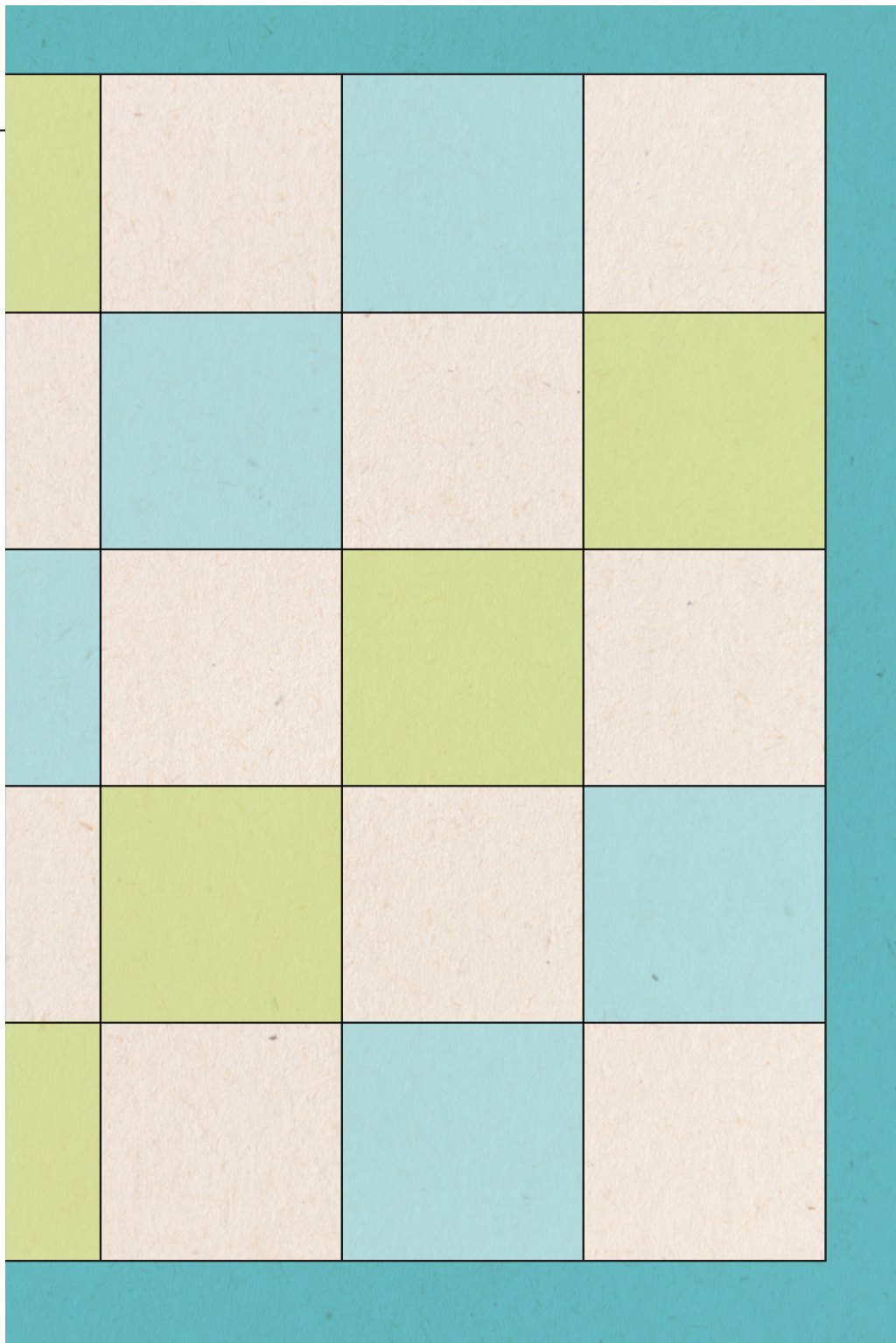
Elder Jeffrey R. Holland²



NOTES: _____



**LEARNING BY FAITH
REQUIRES SPIRITUAL,
MENTAL, AND PHYSICAL
EXERTION AND NOT JUST
PASSIVE RECEPTION.**
Elder David A. Bednar⁹



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.

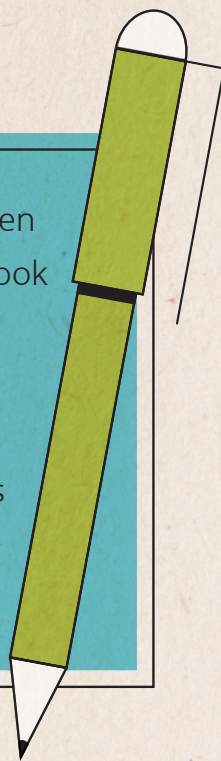


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NOTES:

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. Uchtdorf⁶

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. Nelson³

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

Sister Michelle Craig⁷

MONTH
1 2 3

4 5 6 7 8 9 10 11 12

SESSION
1st 2nd 3rd 4th 5th

MEETING TYPE
general | women's session | priesthood session

NOTES:



PROMISED BLESSINGS:

WHAT WILL I DO NOW?

MONTH
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4 5 6 7 8 9 10 11 12

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PROMISED BLESSINGS:

WHAT WILL I DO NOW?

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4 5 6 7 8 9 10 11 12

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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. Rasband⁶

**REVELATION IS A REALITY.
IT COMES IN THE LORD'S
WAY AND ACCORDING TO
THE LORD'S TIMETABLE.**
President Dallin H. Oaks⁴

MONTH
1 2 3

4 5 6 7 8 9 10 11 12

SESSION
1st 2nd 3rd 4th 5th

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. Nelson⁵

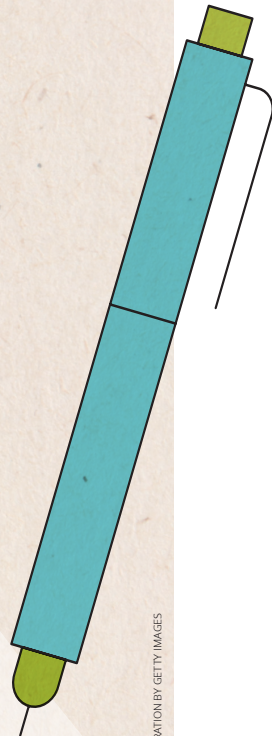


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