

GENERAL CONFERENCE NOTEBOOK

INSPIRATION FOR YOU!

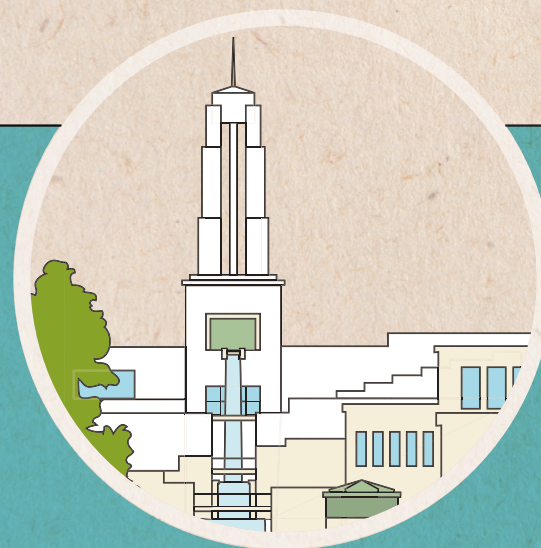
**The Lord knows how hard you are trying.
You are making progress. Keep going.**

Sister Sharon Eubank¹¹

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THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS



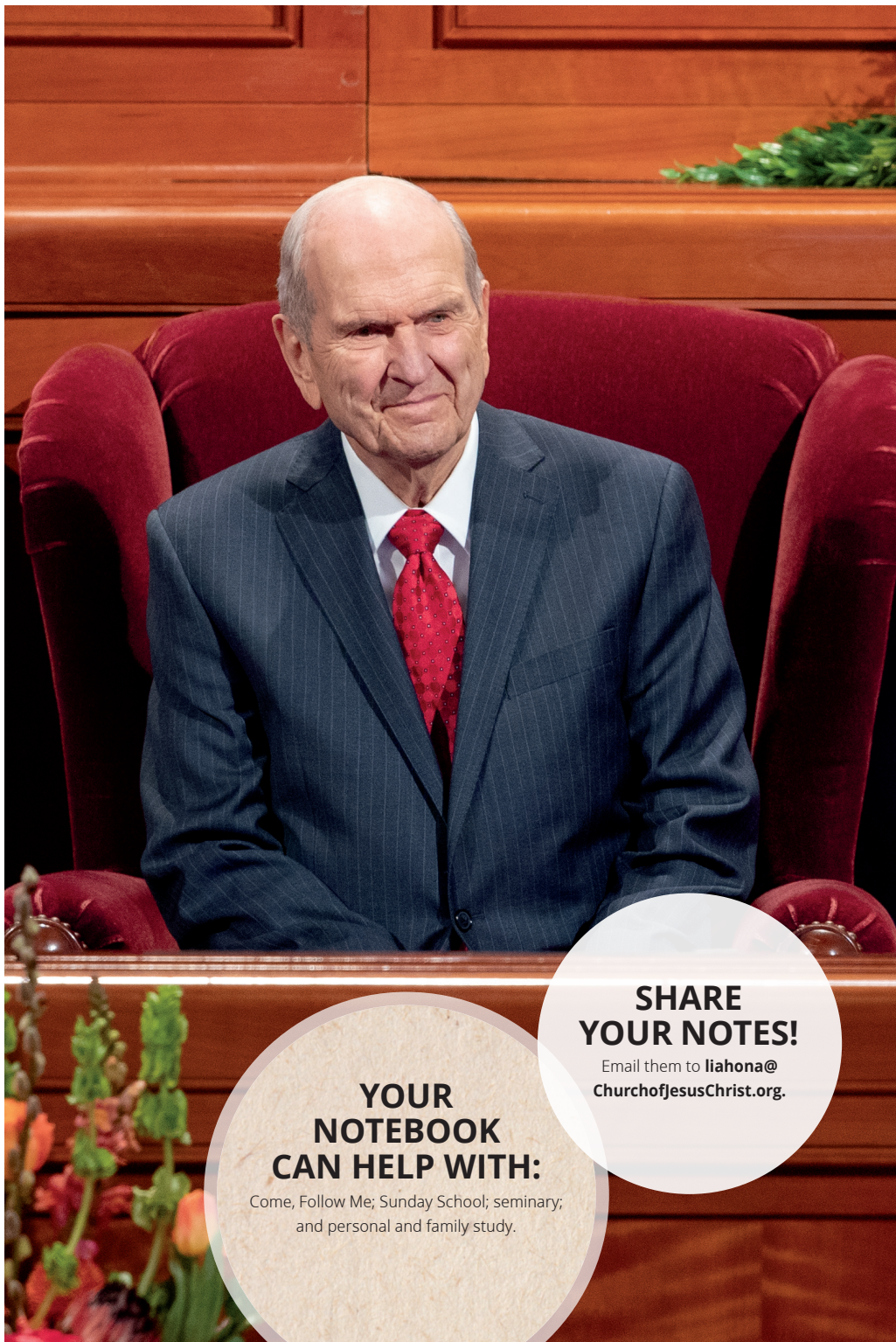
**YOUR GUIDE
TO PREPARE
FOR AND
LEARN FROM
GENERAL
CONFERENCE**

PD60009654

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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**SHARE
YOUR NOTES!**

Email them to liahona@ChurchofJesusChrist.org.

**YOUR
NOTEBOOK
CAN HELP WITH:**

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

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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**
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:

MY QUESTION:

ANSWER:

MY QUESTION:

ANSWER:

MY QUESTION:

ANSWER:

CREATE A CONFERENCE GAME

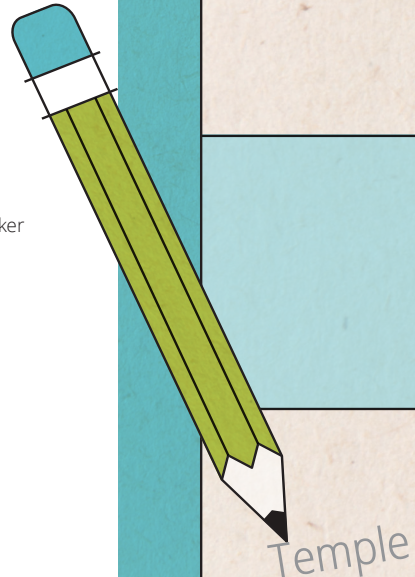
Want to help yourself focus on conference—and have a little fun while you do it? Create your own conference game!

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



Temple

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.

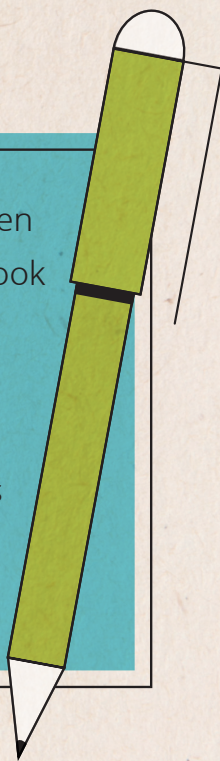


ILLUSTRATION BY GETTY IMAGES

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

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

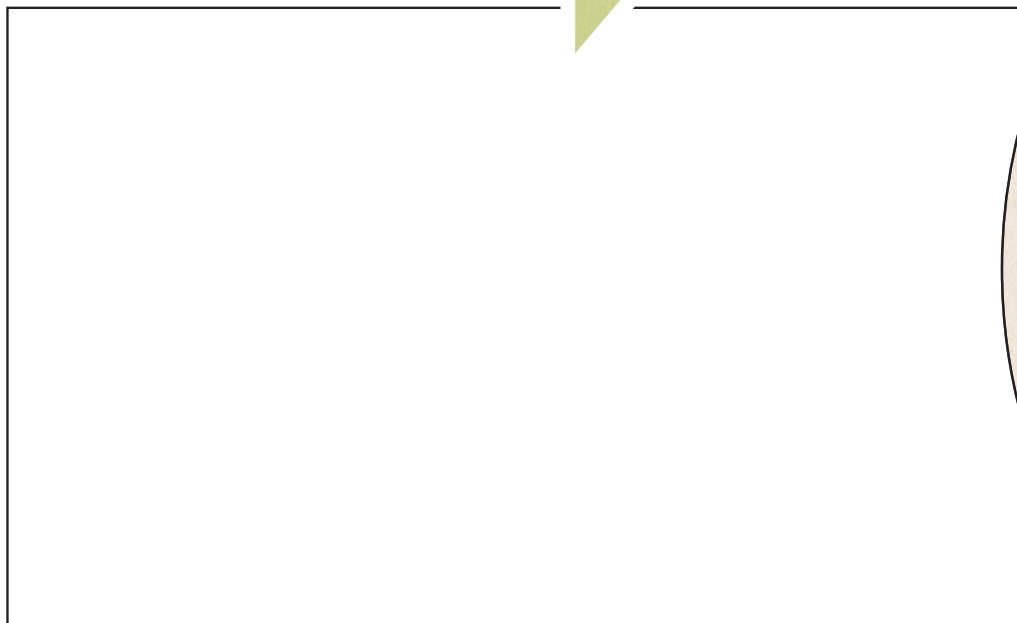
MONTH
1 2 3

4 5 6 7 8 9 10 11 12

SESSION
1st 2nd 3rd 4th 5th

MEETING TYPE
general | women's session | priesthood session

NOTES:



**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

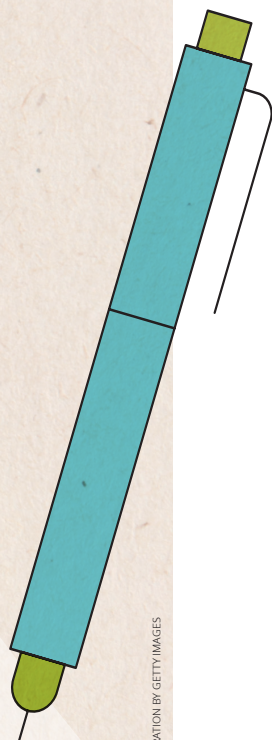


ILLUSTRATION BY GETTY IMAGES

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

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

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:



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

Sister Michelle Craig⁷



NOTES:

FAVORITE QUOTE:

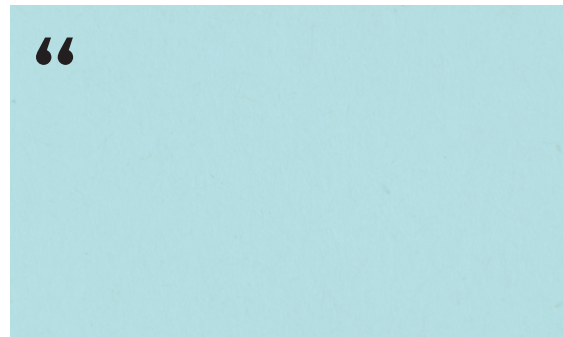
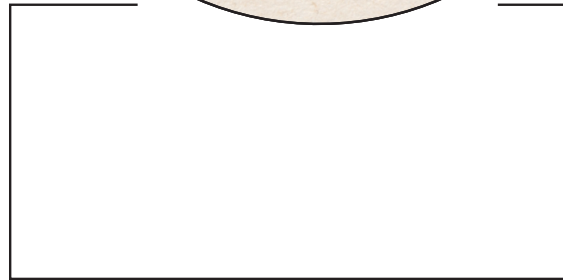
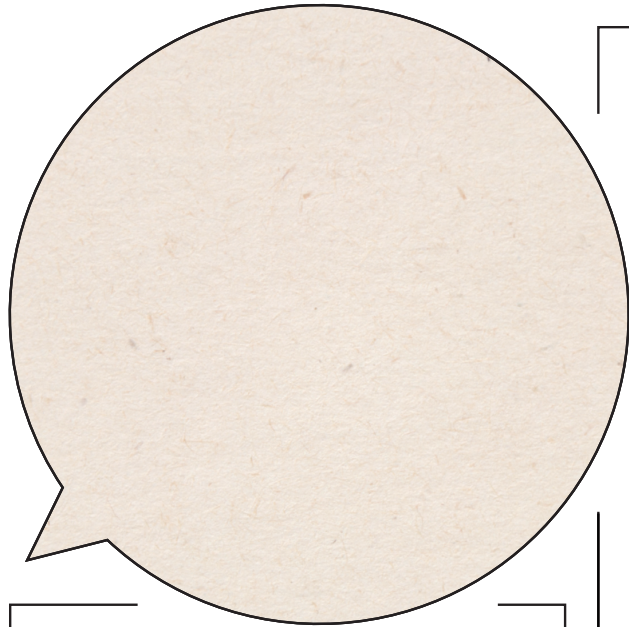
PROMISED BLESSINGS:

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.**

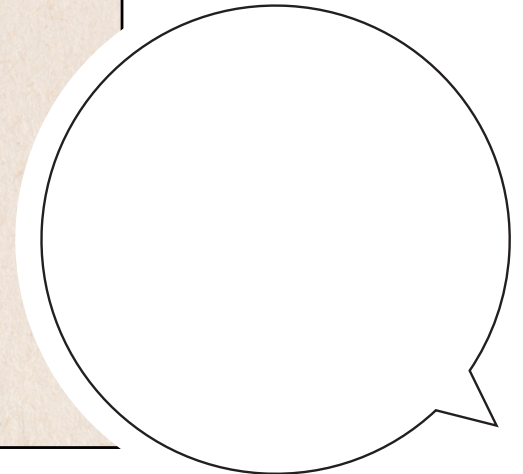
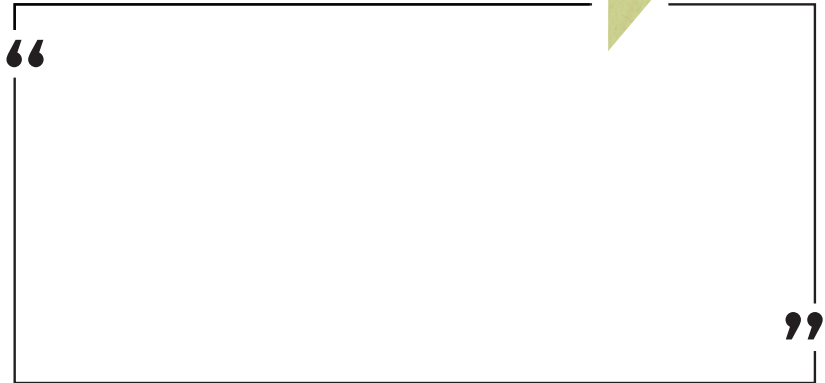
Elder Dieter F. Uchtdorf⁸

NOTES:

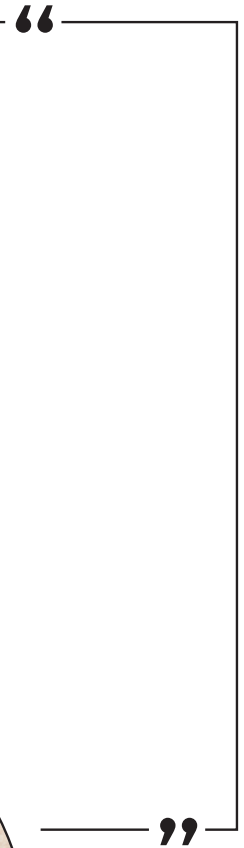
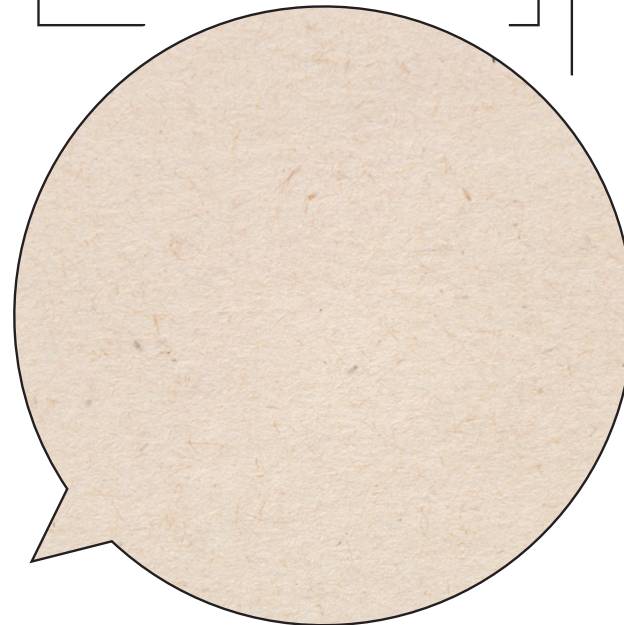
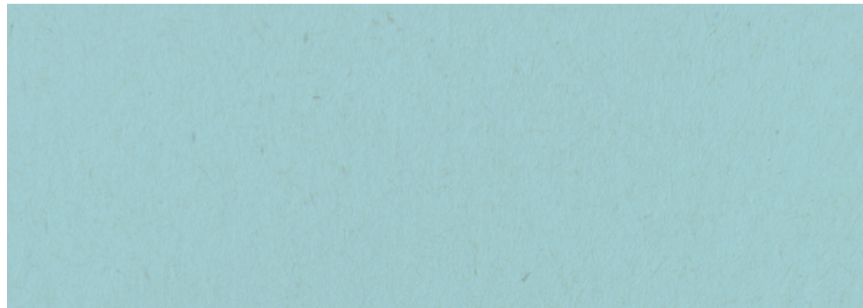
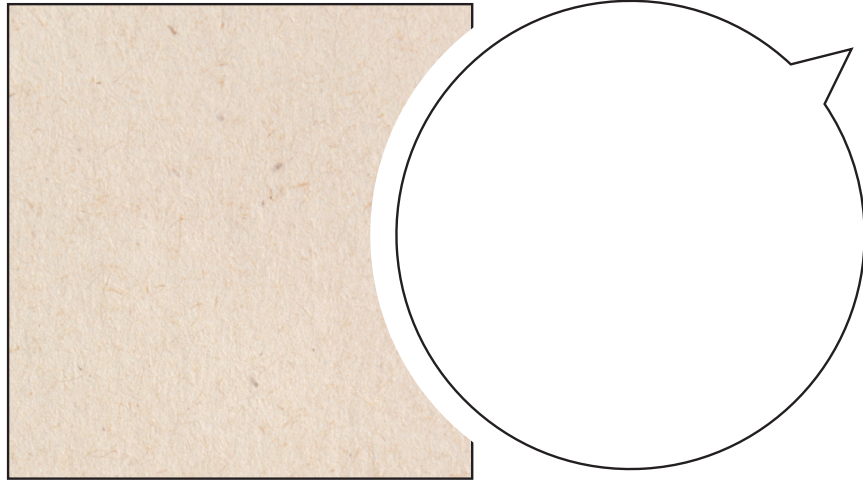


**LEARNING BY FAITH
REQUIRES SPIRITUAL,
MENTAL, AND PHYSICAL
EXERTION AND NOT JUST
PASSIVE RECEPTION.**

Elder David A. Bednar⁹



NOTES:



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

Sister Bonnie H. Cordon¹⁰

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

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 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:

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.

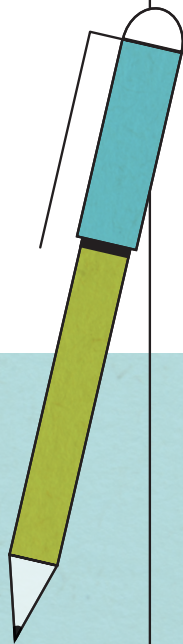


ILLUSTRATION BY GETTY IMAGES

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.org](https://www.hopeofisrael.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.