

HOW TO FIND ANSWERS FROM CONFERENCE



By Sarah Hanson

General conference is right around the corner! That means you get to sit back, relax, and look forward to that moment when you can rest your eyes during conference, right? Hmm . . . not quite. To make the most of your conference experience, Church leaders have encouraged us to prepare for conference weekend by seeking answers to our questions.

We all have questions, and that can be a good thing—as long as those questions are asked in faith with a sincere desire to learn (see Moroni 10:4). We'll never know everything, and that's OK! Even Nephi knew he had more to learn—"I do not know the meaning of all things" (1 Nephi 11:17).

Fortunately, Heavenly Father doesn't expect us to know everything. But He does ask us to learn and progress. That progression can come by asking questions and

acting on the answers we receive, with faith in Jesus Christ. If you want heavenly guidance, try asking faith-filled questions that apply personally to you. Here are some examples to get you thinking:

- How can I be a better priesthood holder?
- How can I strengthen my testimony of Joseph Smith and the Restoration?
- Some of my friends smoke and drink, and they seem happy. How can I show them that we really need the Word of Wisdom?
- How can I have more charity towards people I don't like?
- I have such a hard time getting out of bed every morning—how can I be more self-motivated?

Ask yourself the right kinds of questions, and you'll be amazed at the answers you can get.

These questions can help you evaluate where you are spiritually and how you can grow. For example, if you feel you struggle getting along with your siblings, you might feel inspired to learn more about service or patience. Or, if you have a hard time understanding repentance, you may feel impressed to pay special attention to conference talks about the Atonement of Jesus Christ. Whatever stands out to you personally, listen for it during conference.

FOCUS

Once you've brainstormed some questions, write them down. You can even refer to the article "You Can Get Answers" in the May 2017 *New Era* to get some ideas on how to record questions and seek answers from conference!



PONDER

Next, take those questions to your Heavenly Father in prayer. Ask Him to help you find an answer while you listen and ponder the messages of conference. Remember, "If any of you lack wisdom, let him ask of God" (James 1:5).

LISTEN

Then, as you listen, pay attention to the thoughts and feelings you have. What talks made you feel peaceful or helped you want to change? Which ones encouraged you to learn more? Write down these impressions, because that's the Spirit speaking to you!

Heavenly Father knows *you* and what you struggle with. He loves you! And He wants to help you. Elder Robert D. Hales of the Quorum of the Twelve Apostles has promised, "If you pray with a sincere desire to hear your Heavenly Father's voice in the messages of . . . conference, you will discover that He has spoken to you to help you, to strengthen you, and to lead you home into His presence" (Oct. 2013 general conference).

God will always listen to your questions and answer them in a way that will help you become like Him. So even though you might be looking forward to taking a nap during conference, you can show Heavenly Father your sincere desire to receive personal revelation through your preparation and participation. If you do, you will build your testimony and your relationship with Him. **NE**

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SUGGESTIONS FOR TAKING QUESTIONS TO CONFERENCE

1. Evaluate what aspects of your life and testimony can be developed.
2. Think of questions you have.
3. Write down your questions.
4. Take your questions to Heavenly Father in prayer.
5. Listen to general conference with your questions in mind.

POSSIBLE QUESTIONS

- What habits can I change or develop?
- Which of Christ's attributes could I develop in my life?
- What topic could help me endure my current trial?
- What topic do I have a hard time understanding, and how could I learn more about it?
- How could I strengthen my testimony?
- What topics and themes keep coming to my mind as I listen to general conference?

