General Conference
NOTEBOOK
YOUR GUIDE TO PREPARE FOR AND LEARN FROM GENERAL CONFERENCE
A SUPPLEMENT TO THE NEW ERA AND LIAHONA
TO WATCH IT LIVE:

**SATURDAY, OCT. 5**
- MORNING SESSION: 10:00 a.m. mountain time
- AFTERNOON SESSION: 2:00 p.m. mountain time
- GENERAL WOMEN’S SESSION: 6:00 p.m. mountain time

**SUNDAY, OCT. 6**
- MORNING SESSION: 10:00 a.m. mountain time
- AFTERNOON SESSION: 2:00 p.m. mountain time

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SHARE YOUR NOTES
Send a direct message on Instagram to @ChurchofJesusChrist_youth.
Email them to newera@ChurchofJesusChrist.org.

You can participate at conference.ChurchofJesusChrist.org

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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 CHURCH LEADERS?

HAVE YOU THOUGHT ABOUT QUESTIONS YOU’RE SEEKING ANSWERS TO?
THE FIRST PRESIDENCY

Sustained January 14, 2018.

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

PRESIDENT HENRY B. EYRING
2nd 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
Write down the questions you have in your life that you want guidance on. Then record your answers and impressions during conference.
CHRIST IS THE HELPER AND CONSOLE. HIS WAYS BRING JOY AND HOPE—EVENTUALLY AND ALWAYS.

Elder Dale G. Renlund¹
Can you guess some things you’ll see in this general conference? It could be fun to try!

**Directions:** Fill out your answers in each of the categories before conference begins. **Each correct answer is worth 5 points.**

### LEADERSHIP LINEUP

Usually each of the twelve Apostles and First Presidency speaks once during conference. Choose the three that you think will speak in each session. *(See the photos on page 3 if you need help.)*

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<th><strong>Saturday morning session:</strong></th>
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**Who actually spoke:**

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**Who actually spoke:**

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**Who actually spoke:**

### TAKE A SELFIE

Wherever you are watching general conference, take a selfie and post it on social media.

**Score:**

75 points possible
NAME THAT TUNE
Guess four songs that will be sung by either the congregation or the choir during conference.

WHO’S CONDUCTING?
Which member of the First Presidency will conduct these sessions—President Nelson, Oaks, or Eyring?

Friday morning session:

Friday afternoon session:

Saturday morning session:

Saturday afternoon session:

Sunday morning session:

Sunday afternoon session:

THE PROPHET AT THE PULPIT
Circle the sessions where you think President Nelson will speak.

Women’s session:

BONUS
CONFERENCE COLOR
Pick one color:
- Red
- Yellow
- Blue
- Orange
- Green
- Purple

Throughout general conference, count how many speakers wear the color you picked. Add 1 point for every speaker wearing that color.

Use this space to track the number of times you see the color:

What color will the women in the choir be wearing at the Sunday morning session?

HOW DID YOU DO?
Total your points from each section.

Total Score:

150 points possible (plus bonus points).

HOW WAS YOUR CONFERENCE EXPERIENCE?
- I prepared in advance.
- I found an answer to a question.
- I was inspired during conference.
- I have some things I plan to work on.
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.

Write Inspiration DOWN.
MEETING TYPE
- General
- General Women's Session
- General Priesthood Session

SESSION
1st 2nd 3rd 4th 5th

MONTH
1 2 3 4 5 6 7 8 9 10 11 12

FAVORITE QUOTE:

NOTES:
IN COMING DAYS, IT WILL NOT BE POSSIBLE TO SURVIVE SPIRITUALLY WITHOUT THE GUIDING, DIRECTING, COMFORTING, AND CONSTANT INFLUENCE OF THE HOLY GHOST.

President Russell M. Nelson

FAVORITE QUOTE:
EACH OF US IS PRECIOUS AND LOVED BY THE LORD, WHO CARES, WHO WHISPERS, AND WHO WATCHES OVER US IN WAYS UNIQUE TO EACH OF US.

Elder Ronald A. Rasband

PROMISED BLESSINGS:

WHAT WILL I DO NOW?
NOTES:

PROMISED BLESSINGS:

WHAT WILL I DO NOW?
THE LORD KNOWS HOW HARD YOU ARE TRYING. YOU ARE MAKING PROGRESS. KEEP GOING.
Sister Sharon Eubank

FAVORITE QUOTE:
NOTES:

PROMISED BLESSINGS:

WHAT WILL I DO NOW?
FAVORITE QUOTE:

SINCERE DESIRE AND WORTHINESS INVITE THE SPIRIT OF REVELATION INTO OUR LIVES.

Elder David A. Bednar

17
NOTES:

REVELATION ALMOST ALWAYS COMES IN RESPONSE TO A QUESTION.

Elder Jeffrey R. Holland®

PROMISED BLESSINGS:

WHAT WILL I DO NOW?
FAVORITE QUOTE:

MEETING TYPE
general | general women's session | general priesthood session

SESSION
1ST  2ND  3RD  4TH  5TH

MONTH
1  2  3  4  5  6  7  8  9  10  11  12
NOTES:

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

Elder Neil L. Andersen

FAVORITE QUOTE:
NOTES:

PROMISED BLESSINGS:  WHAT WILL I DO NOW?
FAVORITE QUOTE:

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

Sister Bonnie H. Cordon®
WHEN WE LOVE AND SERVE THE LORD AND LOVE AND SERVE OUR NEIGHBORS, WE WILL NATURALLY FEEL MORE HAPPINESS THAT COMES TO US IN NO BETTER WAY.

President M. Russell Ballard®
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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

**GOALS**

**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.

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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.
How did my testimony grow during this conference?

NOTES
INSPIRATION FOR YOU!

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

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