

OCT. '19

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. UCHTDORF¹⁰

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THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

PD60008248

General Conference
NOTEBOOK

YOUR GUIDE TO PREPARE FOR AND LEARN FROM GENERAL CONFERENCE

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

**YOUR NOTEBOOK
CAN HELP WITH:**

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

**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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**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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COVER BACKGROUND FROM GETTY IMAGES

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
DALLIN H. OAKS**
1st Counselor
sustained as an Apostle: 1984



**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

BACKGROUND FROM GETTY IMAGES

Q&A:

Write down the questions you have in your life that you want guidance on. Then record your answers and impressions during conference.

MY QUESTION:

ANSWER:

MY QUESTION:

ANSWER:

MY QUESTION:

ANSWER:

**CHRIST IS THE HELPER AND CONSOLER. HIS WAYS BRING
JOY AND HOPE—EVENTUALLY AND ALWAYS.**

Elder Dale G. Renlund¹

MY QUESTION:

ANSWER:

PICK YOUR OWN GENERAL CONFERENCE LINEUP



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.)

Saturday morning session:

- 1 _____
- 2 _____
- 3 _____

Who actually spoke:

Saturday afternoon session:

- 1 _____
- 2 _____
- 3 _____

Who actually spoke:

Women's session:

- 1 _____
- 2 _____
- 3 _____

Who actually spoke:

Sunday morning session:

- 1 _____
- 2 _____
- 3 _____

Who actually spoke:

Saturday afternoon session:

- 1 _____
- 2 _____
- 3 _____

Who actually spoke:

TAKE A SELFIE

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



Score: **5 points possible**

75 points possible

Score:

NAME THAT TUNE

Guess four songs that will be sung by either the congregation or the choir during conference.

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Score:

20 points possible

THE PROPHET AT THE PULPIT

Circle the sessions where you think President Nelson will speak.

Saturday morning

Saturday afternoon

Women's session

Sunday morning

Sunday afternoon

Score: _____

25 points possible

WHO'S CONDUCTING?

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

Saturday morning session:

Saturday afternoon session:

Women's session:

Sunday morning session:

Sunday afternoon session:

Score:

25 points possible

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?

Score: _____

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.

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.

NOTES:

FAVORITE QUOTE:

MONTH
1
2
3

4
5
6
7
8
9
10
11
12

SESSION
1ST
2ND
3RD
4TH
5TH

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

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. Nelson²

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

SESSION
1ST
2ND
3RD
4TH
5TH

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

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

FAVORITE QUOTE:

NOTES:

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

SESSION
1ST 2ND 3RD 4TH 5TH

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

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. Rasband³

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

FAVORITE QUOTE:

NOTES:

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

SESSION
1ST 2ND 3RD 4TH 5TH

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

**THE LORD KNOWS HOW HARD YOU ARE TRYING.
YOU ARE MAKING PROGRESS. KEEP GOING.**

Sister Sharon Eubank⁴

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

FAVORITE QUOTE:

NOTES:

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

Elder David A. Bednar⁵

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

SESSION
1st
2nd
3rd
4th
5th

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

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

FAVORITE QUOTE:

NOTES:

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

SESSION
1st 2nd 3rd 4th 5th

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

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

Elder Jeffrey R. Holland⁶

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

FAVORITE QUOTE:

NOTES:

GOD HAS GIVEN US THE WAY TO LEARN AND KNOW ESSENTIAL SPIRITUAL TRUTHS: . . . THROUGH THE HOLY SCRIPTURES, THROUGH OUR PERSONAL PRAYERS AND OUR OWN EXPERIENCES, THROUGH THE COUNSEL OF THE LIVING PROPHETS AND APOSTLES, AND THROUGH THE GUIDANCE OF THE HOLY GHOST.

Elder Neil L. Andersen⁷

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

FAVORITE QUOTE:

NOTES:

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

Sister Bonnie H. Cordon⁸

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

SESSION
1st 2nd 3rd 4th 5th

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

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

FAVORITE QUOTE:

NOTES:

MONTH
1
2
3

4
5
6
7
8
9
10
11
12

SESSION
1ST
2ND
3RD
4TH
5TH

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

**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 Ballard⁹

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

FAVORITE QUOTE:

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.

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

GOALS

HOW WILL I IMPROVE?

THEME:

MENTIONED BY:

WHAT I LEARNED:

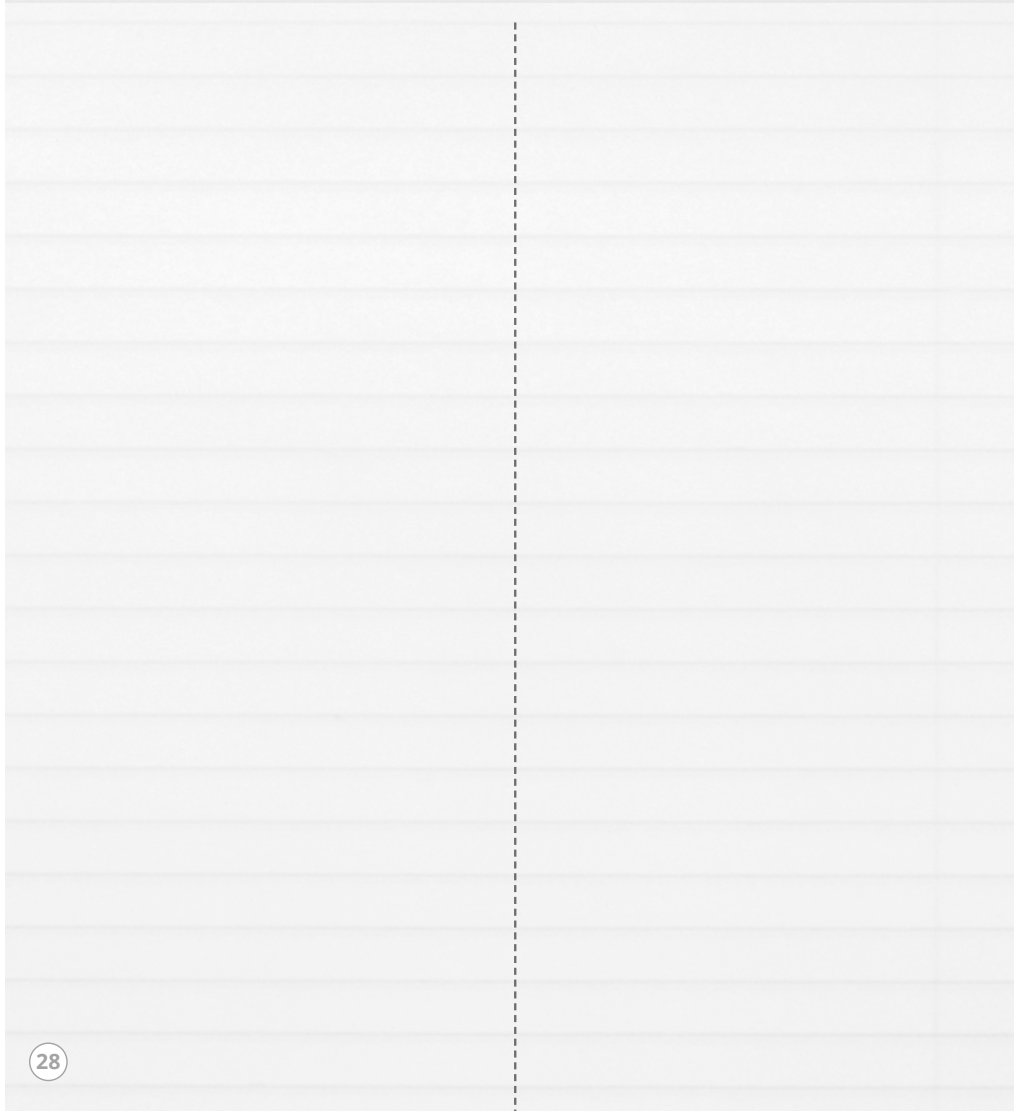
THEME:

MENTIONED BY:

WHAT I LEARNED:

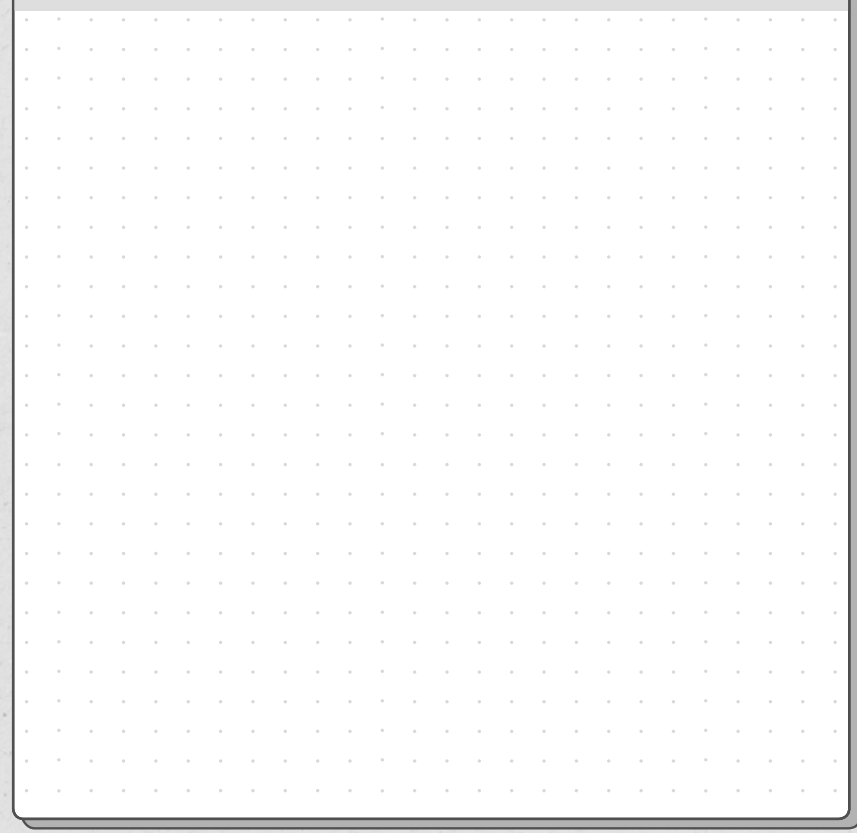
WHAT I WILL DO

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.



MY TESTIMONY

How did my testimony grow during this conference?



NOTES

1. Dale G. Renlund, Oct. 2018 general conference (*Ensign* or *Liahona*, Nov. 2018, 105).
2. Russell M. Nelson, "Revelation for the Church, Revelation for Our Lives," Apr. 2018 general conference (*Ensign* or *Liahona*, May 2018, 96).
3. Ronald A. Rasband, Oct. 2017 general conference (*Ensign* or *Liahona*, Nov. 2017, 56).
4. Sharon Eubank, Apr. 2019 general conference (*Ensign* or *Liahona*, May 2019, 75).
5. David A. Bednar, Apr. 2011 general conference (*Ensign* or *Liahona*, May 2011, 87).
6. Jeffrey R. Holland, "Cast Not Away Therefore Your Confidence," *Ensign*, Mar. 2000, 9.
7. Neil L. Andersen, Apr. 2019 general conference (*Ensign* or *Liahona*, May 2019, 35).
8. Bonnie H. Cordon, Apr. 2017 general conference (*Ensign* or *Liahona*, May 2017, 6).
9. M. Russell Ballard, Apr. 2019 general conference (*Ensign* or *Liahona*, May 2019, 29).
10. Dieter F. Uchtdorf, Oct. 2009 general conference (*Ensign* or *Liahona*, Nov. 2009, 58).