#### 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

#### NEED MORE COPIES?

Download and print this notebook at conference.ChurchofJesusChrist.org.

General Conference
NOTEBOOK

YOUR GUIDE TO PREPARE FOR AND LEARN FROM GENERAL CONFERENCE

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

A SUPPLEMENT TO THE NEW ERA AND LIAHONA



Ouestions and Answers.....

General Conference Lineup......

What I Will Do .....

My Testimony......

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#### THE FIRST PRESIDENCY

#### Sustained January 14, 2018.



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



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



QUENTIN L. COOK sustained: 2007



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

# 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?

# 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:	MY QUESTION:
•	
ANSWER:	ANSWER:

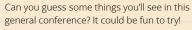
MY QUESTION:
ANSWER:

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

Elder Dale G. Renlund<sup>1</sup>

MY QUESTION:	
ANSWER:	

### PICK YOUR OWN GENERAL CONFERENCE LINEUP



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



LEADERSHIP LI	N	Eι	JP
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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.)

f 1		
2		
3		
TT71		
wnoact	ually spoke:	
D - 4 1		
saturda; <b>11</b>	y afternoon session:	
_		
_		
Whoact	ually spoke:	
Women'	s session:	
1		
2		
_		
3		

Sunday morning se	ession:
1	
2	
3	
Who actually spoke:	
Saturday afternoon	n session:
1	
2	
3	
Who actually spoke:	
	Sco
	75 points possible
TAKE A SELFIE	
Wherever you are	
watching general conference, take	7
a selfie and post it	
on social media.	
Score: 5 points possible	

#### NAME THAT TUNE Guess four songs that will be sung by either the congregation or the choir during conference. 20 points possible THE PROPHET AT THE PULPIT WHO'S CONDUCTING? Circle the sessions where you think Which member of the First Presidency President Nelson will speak. will conduct these sessions—President Nelson, Oaks, or Eyring? Saturday morning session: Saturday afternoon session: Women's session: Sunday Sunday morning session: Sunday afternoon session: 25 points possible **BONUS HOW DID YOU DO? Total CONFERENCE COLOR** Total your points from Score: Pick one color: each section. Yellow Blue 150 points possible Red (plus bonus points). Orange Green Purple

# HOW WAS YOUR CONFERENCE EXPERIENCE?

- O I prepared in advance.
- O I found an answer to a question.
- O I was inspired during conference.
- O I have some things I plan to work on.

core:

Throughout general conference, count how many speakers wear the color you

picked. Add 1 point for every speaker

Use this space to track the number of

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

wearing that color.

times you see the color:

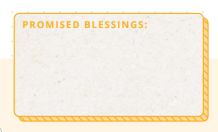
# Write Inspiration DOWN.

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.

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. Rasbanda





# YOU ARE MAKING PROGRESS. KEEP GOING.

Sister Sharon Eubank







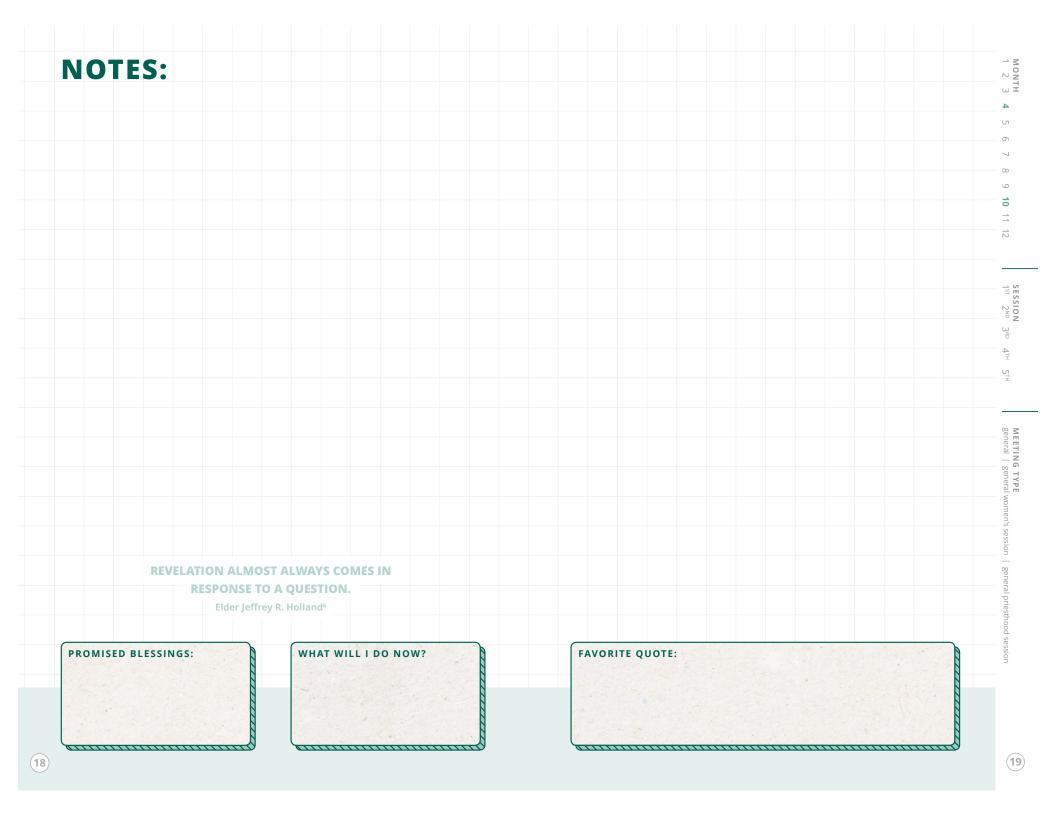
#### **NOTES:** SINCERE DESIRE AND WORTHINESS INVITE THE **SPIRIT OF REVELATION INTO OUR LIVES.**

Elder David A. Bednar<sup>5</sup>

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

FAVORITE QUOTE:



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

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

Sister Bonnie H. Cordon<sup>8</sup>







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<sup>9</sup>







# THEMES

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:

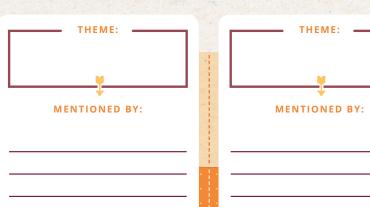
1. SPIRITUALLY REMODEL
MY ROOM

2. JOURNAL REGULARLY

FOLLOWING THE
SAVIOR

GOALS

HOW WILL I IMPROVE?



WHAT I LEARNED:

WHAT I LEARNED:

# VIHAT

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?

#### NOTE

- 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).