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

NEED MORE COPIES?
Download and print this notebook at conference.ChurchofJesusChrist.org.
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

NEED MORE COPIES?
You can download and print this notebook at conference.ChurchofJesusChrist.org.

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

MY TESTIMONY
How did my testimony grow during this conference?

NOTES

© 2019 by Intellectual Reserve, Inc. All rights reserved.
Permission to reprint this booklet is granted for personal, noncommercial use. This includes permission for ward leaders to print a small number of copies for those they serve in the capacity of their callings. Booklets must be printed in their entirety. This does not include permission to post online, repurpose or distribute this material. Any additional use of this material requires permission.
permissions.ChurchofJesusChrist.org
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.

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.

WHAT'S INSIDE:

- Preparation Starts Here ................................2
- First Presidency and Quorum of the Twelve Apostles ...............3
- Questions and Answers .......................................4
- General Conference Lineup .....................................6
- Write Inspiration Down ......................................8
- Inspiration Received ..........................................26
- Themes You Noticed ........................................27
- What I Will Do ..............................................28
- My Testimony ..................................................29
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?

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.

THEMES YOU NOTICED

What I learned:

MENTIONED BY:

THEME:

MENTIONED BY:

THEME:
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?

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. BENLUND
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.

MY QUESTION:

MY QUESTION:

ANSWER:

ANSWER:

FAVORITE QUOTE:
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

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

Elder Dale G. Renlund

MY QUESTION:

ANSWER:

PROMISED BLESSINGS:

WHAT WILL I DO NOW?
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:
4. 
5. 
6. 

**Saturday afternoon session:**
1. 
2. 
3. 

Who actually spoke:
4. 
5. 
6. 

**Women’s session:**
1. 
2. 
3. 

Who actually spoke:
4. 
5. 
6. 

---

### TAKE A SELFIE

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

---

### FAVORITE QUOTE:

*We can come to know the Lord and trust Him as we “feast upon the words of Christ.”*

Sister Bonnie H. Cordon

---

**Score:**

5 points possible

---

**Score:**

6 points possible

---

**Score:**

75 points possible
NOTES:

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

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

1. 
2. 
3. 
4. 

Score: (40 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: (60 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: (60 points possible)

BONUS
CONFERENCE COLOR
Pick one color:

Red
Orange
Yellow
Green
Blue
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: (25 points possible)

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

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.

Total Score:
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.


Elder Neil L. Andersen
NOTES:

**PROMISED BLESSINGS:**

**WHAT WILL I DO NOW?**

**FAVORITE QUOTE:**

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

REVELATION ALMOST ALWAYS COMES IN RESPONSE TO A QUESTION.

Elder Jeffrey R. Holland

FAVORITE QUOTE:

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
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

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

Elder David A. Bednar

NOTES:
NOTES:

PROMISED BLESSINGS: WHAT WILL I DO NOW?

FAVORITE QUOTE:
THE LORD KNOWS HOW HARD YOU ARE TRYING. YOU ARE MAKING PROGRESS. KEEP GOING.
Sister Sharon Eubank

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