## **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<sup>10</sup>** 

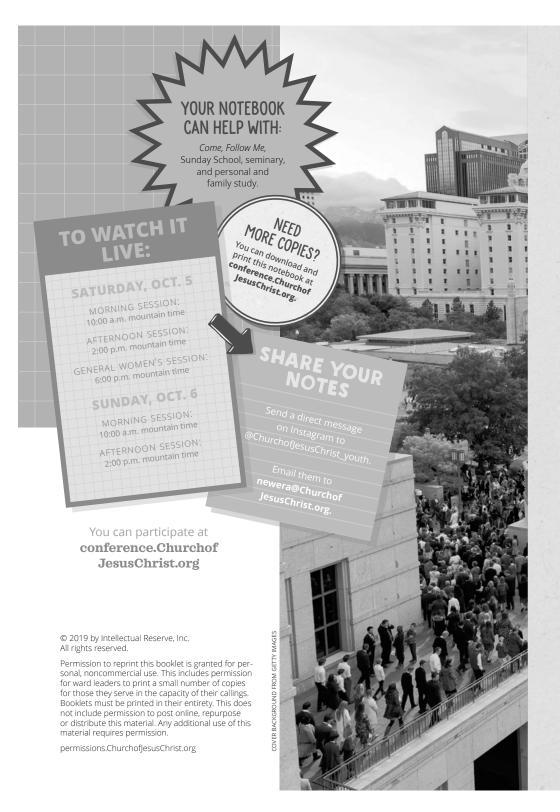
NEED MORE COPIES?

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



## 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).

# 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 Here2
First Presidency and Quorum of the Twelve Apostles3
Questions and Answers4
General Conference Lineup6

Write Inspiration Down8	
nspiration Received26	
Themes You Noticed27	
What I Will Do28	
Ay Tastimany 20	

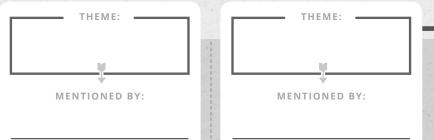
# THEMES

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.

## 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?



WHAT I LEARNED: WHAT I LEARNED:

## 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



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

## 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.



EXAMPLES OF THEMES:

HOME-CENTERED
GOSPEL LEARNING
TEMPLE WORSHIP
FOLLOWING THE
SAVIOR

GOALS

HOW WILL IMPROVE?

MY QUESTION:	MY QUESTION:
	5.
ANSWER:	ANSWER:
	*.

## **NOTES:**

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>

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

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

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.



LEAD	<b>ERSHIP</b>	LINEUF	)
------	---------------	--------	---

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.)

Who actually spoke:  Saturday afternoon session:  1 2 3	
Who actually spoke:  Saturday afternoon session:  2	
Who actually spoke:  Saturday afternoon session:  2	
Who actually spoke:  Saturday afternoon session:  2	
Saturday afternoon session:	
Saturday afternoon session:	_ _ _
<b>1</b>	
2	
	_
<b>3</b>	
Who actually spoke:	
	—
	—
	_
Women's session:	
1	
2	
<b>3</b>	_
Who actually spoke:	
The deciding opone.	

Sunday morning session:	0400000
1	
2	
3	
Who actually spoke:	200
	100
Saturday afternoon session:	
1	1000
2	
3	00000
Who actually spoke:	ı
	ı
Scor	1
	31
75 points possible	1
	ı
TAKE A SELFIE	ı
Wherever you are watching general	ı
conference, take	ľ
a selfie and post it	ı
on social media.	
Score: 5 points possible	
possible	

## WE "FEAST UPON THE WORDS OF CHRIST."

**FAVORITE QUOTE:** 

## 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.



## THE PROPHET AT THE PULPIT

Circle the sessions where you think President Nelson will speak.











## 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:

25 points possible

## BONUS

## **CONFERENCE COLOR**

Pick one color:



Orange



Green







Blue

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.

150 points possible (plus bonus points).

Total Score:

## **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.

# Write Inspiration DOWN.

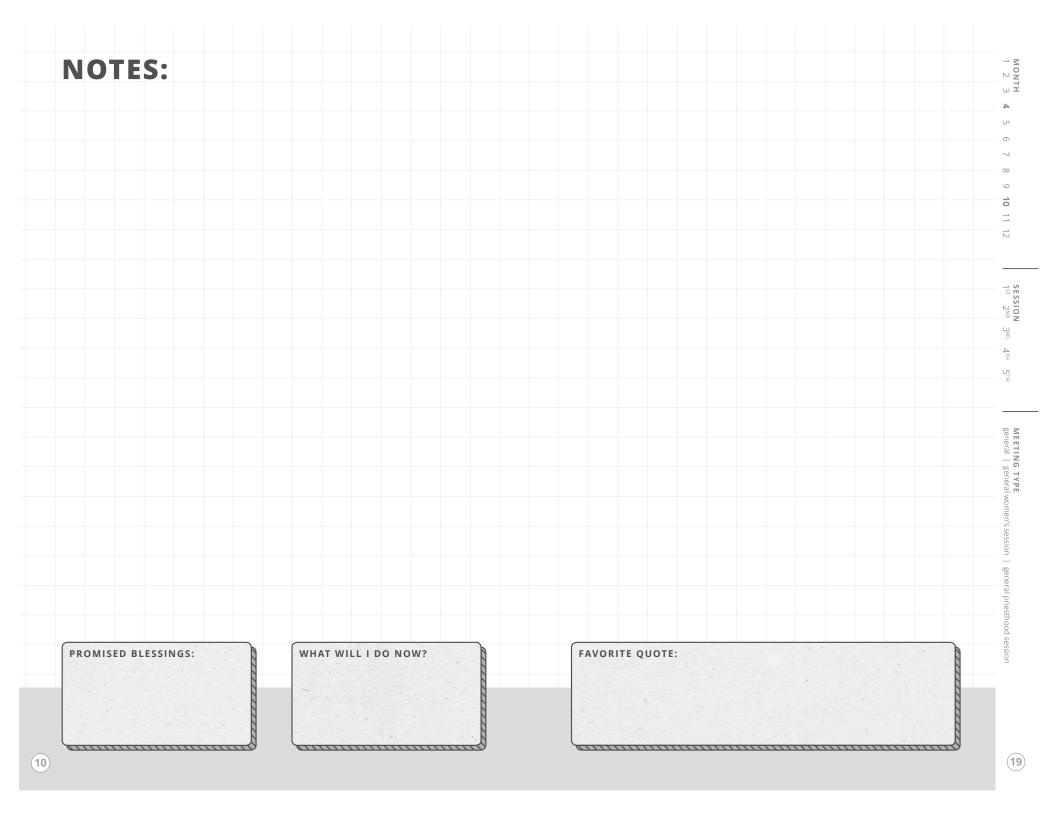
Now that conference is finally here, listen for answers. Write down promptings, look for promised blessings, and pay extra attention to things you feel impressed to work on.

Jot down quotes that inspire you, and take note of messages that really stick out to you.

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. Andersen

**FAVORITE QUOTE:** 



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

Elder Ronald A. Rasband

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

FAVORITE QUOTE:

THE LORD KNOWS HOW HARD YOU ARE TRYING.

Sister Sharon Eubank<sup>4</sup>



