

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. UCHTDORF<sup>10</sup>

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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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Send a direct message on Instagram to [@ChurchofJesusChrist\\_youth](https://www.instagram.com/ChurchofJesusChrist_youth).

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COVER BACKGROUND FROM GETTY IMAGES

## 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  
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. 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.**

## 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:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Score:

75 points possible

## TAKE A SELFIE

Wherever you are watching general conference, take 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.

- 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:

# 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<sup>2</sup>

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

SESSION  
1<sup>st</sup>  
2<sup>nd</sup>  
3<sup>rd</sup>  
4<sup>th</sup>  
5<sup>th</sup>

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

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

FAVORITE QUOTE:

# NOTES:

**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<sup>3</sup>

PROMISED BLESSINGS:

WHAT WILL I DO NOW?

FAVORITE QUOTE:

# NOTES:

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

*Sister Sharon Eubank<sup>4</sup>*

**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. Bednar<sup>5</sup>

MONTH  
1  
2  
3

4  
5  
6  
7  
8  
9  
10  
11  
12

SESSION  
1<sup>st</sup>  
2<sup>nd</sup>  
3<sup>rd</sup>  
4<sup>th</sup>  
5<sup>th</sup>

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  
1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> 4<sup>th</sup> 5<sup>th</sup>

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

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

Elder Jeffrey R. Holland<sup>6</sup>

**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. Andersen<sup>7</sup>

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. Cordon<sup>8</sup>*

MONTH  
1 2 3

4 5 6 7 8 9 10 11 12

SESSION  
1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> 4<sup>th</sup> 5<sup>th</sup>

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  
1<sup>st</sup>  
2<sup>nd</sup>  
3<sup>rd</sup>  
4<sup>th</sup>  
5<sup>th</sup>

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 Ballard<sup>9</sup>

**PROMISED BLESSINGS:**

**WHAT WILL I DO NOW?**

**FAVORITE QUOTE:**



# 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).