

President Russell M. Nelson

President of the Church

Prophets have foreseen this day when there would be wars and rumors of wars, and when the whole earth would be in commotion.

“As followers of Jesus Christ, we plead with leaders of nations to find peaceful resolutions to their differences. We call upon people everywhere to pray for those in need, to do what they can to help the distressed and to seek the Lord’s help in ending any major conflicts.”

The gospel of Jesus Christ has never been more needed. “Contention violates everything the Savior stood for and taught. I love the Lord Jesus Christ and testify that His gospel is the only enduring solution for peace.”

Latter-day Saints “have the sacred responsibility to share the power and peace of Jesus Christ with all who will listen and who will let God prevail in their lives. Every person who has made covenants with God has promised to care about others and serve those in need.”

“Today I reaffirm strongly that the Lord has asked every worthy, able young man to prepare for and serve a mission. ... For you young and able sisters, a mission is also a powerful, but optional, opportunity.”



President M. Russell Ballard

Acting President, Quorum of the Twelve Apostles

“I testify that my mission is where I came to know that my Heavenly Father and my Savior Jesus Christ know and love me.”

“The Lord knows you. When you are serving your mission, you will have experiences that will help you come to know Him better. You will grow spiritually in serving Him. ... He will give you experiences with promptings of the Holy Ghost. ... You can show Him that He can trust you and can rely on you.”

The Apostle called upon young men, and young women who desire to serve, to begin now to talk with their parents about missionary service.

“Commit to yourselves and to Heavenly Father that you will serve a mission and that from this time forward you will strive to keep your hearts, hands and minds clean and worthy.”

After full-time missionary service, Latter-day Saints can build upon good habits learned, “continue to strengthen your testimony, work hard, pray and be obedient to the Lord.” Honor covenants and continue to bless and serve others.

“When you are released from your mission, remember that you are not released from activity in the Church.”



Sister Reyna I. Aburto

Of the Relief Society general presidency

The Lord is doing a marvelous work through His Church. “Sometimes we are givers and sometimes we are receivers, but we are all one family in Christ.”

Some sisters feel that serving in Primary or Young Women means they are not active members of Relief Society. But Relief Society is not just a room, lesson or activity, it is the covenant women of the Church – a “global community of compassion and service.” Similar belonging exists for elders quorums and children and youth organizations.

“The Church is more than its buildings and ecclesiastical structure; the Church is the members, ... with Christ at the head and the Prophet as His mouthpiece.”

Belonging to the Church of Jesus Christ is a privilege, “where members can unite their faith, hearts, strengths, minds and hands for Him to perform His mighty miracles.”

Followers of Christ are striving to become of “one heart and one mind,” and to become like Him.

Even the smallest efforts make a significant difference in God’s kingdom. “Our purpose in His kingdom should be to bring each other to Christ.” And as Christ’s Church, the members are the means through which the Savior will perform some of His mightiest works before He comes again.



Elder David A. Bednar

Of the Quorum of the Twelve Apostles

“Heed not” to the evil influences and mocking voices of today’s world.

“The doctrine of Christ written ‘with the Spirit of the living God ... in fleshy tables of [our hearts]’ increases our capacity to ‘heed not’ the many distractions, taunts and diversions in our fallen world. For example, faith focused in and on the Lord Jesus Christ fortifies us with spiritual strength. Faith in the Redeemer is a principle of action and of power.”

When one is steadfast in coming unto Christ “and are yoked with Him,” he or she “receives the cleansing, healing and strengthening blessings of His infinite and eternal Atonement.”

“Living and loving covenant commitments creates a connection with the Lord that is deeply personal and spiritually powerful. As we honor the conditions of sacred covenants and ordinances, we gradually and incrementally are drawn closer to Him and experience the impact of His divinity and living reality in our lives.”

Valiant Latter-day Saints are able to “heed not” worldly influences by meaningful scripture study, fervent prayer, participating in the sacrament and ministering to others. “The ability to resist the temptations and the fiery darts of the adversary is promised to those individuals who ‘hold fast to’ rather than merely ‘cling to’ the word of God.”



Elder Neil L. Andersen

Of the Quorum of the Twelve Apostles

In this day of “commotion, contention and, for many, deep suffering,” it is necessary that “we become peacemakers.”

Technology enables individual opinions to spread quickly regardless of their truthfulness, fairness or kindness. The Savior taught in the Sermon on the Mount how to survive “in a contemptuous world.”

“By the shield of our faith in Jesus Christ, we become peacemakers, quenching, meaning to calm, cool or extinguish, all the fiery darts of the adversary.”

“Peacemakers are not passive; they are persuasive in the Savior’s way.”

The existence of moral agency and the opposition that comes with agency are two principles that guide the desire to be peacemakers.

“We choose the path of peacemakers.”

“Jesus taught us in the parable of the good Samaritan that those of different beliefs should sincerely reach out to help everyone in need, being peacemakers, pursuing good and noble causes.”

At times, keeping quiet instead of reacting impulsively is the sign of a peacemaker. Sometimes, the action needed is one of serving others, not reacting to an antagonist.

“May we love Him, and love one another. May we be peacemakers, that we may be called the ‘children of God.’”

**Elder Eduardo Gavarret**

General Authority Seventy

Experience a “mighty change of heart” by studying the scriptures, strengthening one’s faith in Jesus Christ, praying, fasting and covenanting to “surrendering our hearts to Him.”

Members can know their hearts are changing when they want to please God in all things, treat others with love, assimilate the attributes of Christ, feel the guidance of the Holy Spirit and by keeping the commandments.

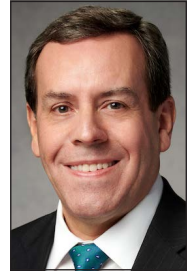
Maintain that mighty change by partaking of the sacrament, turning one’s life to the temple and loving and serving neighbors.

“This mighty change of heart brings us a feeling of freedom, trust and peace. This change of heart is not an event; it takes faith, repentance and constant spiritual work to happen. It begins when we desire to submit our will to the Lord, and it materializes when we enter into and keep covenants with Him.”

Following the Savior’s teachings leads to a mighty change of heart.

“As we participate in the conference this weekend, let the words of our prophets, which will come from the Lord, enter our hearts to experience a mighty change.

“For those who have not yet joined the Lord’s restored Church, I invite you to listen to the missionaries with a sincere desire to know what God expects of you and experience that inner transformation.”

**Elder Larry S. Kacher**

General Authority Seventy

Faith in Jesus Christ can guide one through the complexities and challenges of life. These potential stumbling blocks can become stepping stones while climbing the “ladder of faith. A ladder because it suggests that faith is not static. It can go up or down according to the choices we make.”

Each person decides how high to climb the ladder of faith. “We can choose to make the choices needed to increase our faith in the Savior.”

Some obey God’s laws because of a sense of obligation or guilt. When moving toward true faith in Jesus Christ, “obedience is no longer an irritant, but becomes a quest.” Obedience enables one to be trusted of God, which comes with increased light that guides one’s journey.

“As our faith in the Savior increases, we observe a subtle shift that includes a divine understanding of our relationship with God — a steady movement away from ‘What do I want?’ to ‘What does God want?’”

Even when one’s faith is weak, “the Lord’s hand will always be stretched out.”

If one’s current path is in conflict with faith in the Savior, return to Him. “Your exaltation and that of your posterity depend on it.”

**President Henry B. Eyring**

Of the First Presidency

It has never been more important to build a sure foundation on the “rock of our Redeemer.” The last sermon of King Benjamin, recorded in the Book of Mormon, shares how to build that foundation.

King Benjamin knew that people had to have their natures changed through the Atonement of Jesus Christ. That change is “we must become as a child — a little child.”

Being “like a child” means to emulate the Savior, who prayed for strength to do His Father’s will and atone for the sins of all of His Father’s children.

“Our natures must be changed to become as a child to gain the strength we must have to stand steady and at peace in times of peril.”

Changing natures happens as people make and renew covenants with God. “That brings the power of Christ’s Atonement to allow that transformation in our hearts.”

That change and experiences increase a person’s capacity to love and obey. Faith in Jesus Christ leads to repentance. These changes can help qualify for gifts from the Holy Ghost, including comfort and guidance.

“The Savior knows the storms and the places of safety on the way home to Him and to our Heavenly Father.”



Elder Jeffrey R. Holland

Of the Quorum of the Twelve Apostles

Nearly two years of pandemic brought a halt to almost everything – except brutality, violence and other long-standing social, cultural and economic challenges.

It is understandable if the idealism of the youth is waning a bit. Many are desperately searching for something better.

“Begin your search for happiness by embracing the bounty we have already received from the giver of every good gift. At precisely the moment many in the world are asking deep questions of the soul, [Latter-day Saints] ought to be answering with the ‘good news’ of the gospel of Jesus Christ.”

Christ’s restored Church “offers the most eternally significant way to both find good and do good at such a needful time.”

Discipleship “guards against negative attitudes and destructive habits.”

“We might sometimes want to run away from where we are, but we can never run away from who we are – children of the living God who loves us, is always ready to forgive us, and will never, ever forsake us.”

Run to the aid of those dealing with depression, despair or any form of self-harm.

“Help is available, from others and especially from God. You are loved and valued and needed. We need you!”

**Elder Patrick Kearon**

Presidency of the Seventy

Those experiencing abuse, violence or oppression may ask if they are beyond repair or are eligible for the blessings of the Savior’s Atonement.

“Whatever has happened to you, He is not ashamed of you or disappointed in you. He loves you in a way you have yet to discover. And you will discover it as you trust in His promises.”

Healing comes through the Atonement. All who have been wounded or are victims of life’s injustices can find hope and rest in Christ.

“With arms outstretched, the Savior offers the gift of healing to you. With courage, patience and faithful focus on Him, before too long you can come to fully accept this gift. You can let go of your pain and leave it at His feet.”

Survival is possible – even during the most difficult circumstances, challenges or trials.

“You can survive. You have, in fact, already been rescued. You have already been saved – by the One who has suffered the very torment you are suffering and endured the very agony you are enduring.

“Jesus has overcome the abuses of this world to give you power to not only survive, but one day, through Him, to overcome and even conquer.”

**Elder Marcos A. Aidukaitis**

General Authority Seventy

The Lord’s invitation to “Lift up your heart and rejoice, for the hour of your mission is come” (Doctrine and Covenants 31:3) can serve as inspiration to all Latter-day Saints, not just in the mission of gathering Israel on both sides of the veil but particularly in full-time missionary service.

“Serving a full-time mission may seem difficult to us. Perhaps it requires that we give up important things for a moment. The Lord certainly knows this, and He will always be by our side.”

Rich blessings afforded those who serve Him, and missions help in preparation for adult life, possible marriage and parenthood, Church service, and professional and community life.

“My mission completely shaped my life. I learned it is worth the effort to trust in God, to trust in His wisdom and mercy and in His promises. After all, He is our Father, and without any doubt, He wants the best for us.”

While facing challenges at times in full-time service, the Lord can help and guide. “He understands what a difficult mission is. With His help, we can do hard things. He will be by our side, and He will bless us greatly as we humbly serve Him.”

**Elder Gerrit W. Gong**

Of the Quorum of the Twelve Apostles

“We each have a story. As we discover our story, we connect, we belong, we become.”

The total number of individuals who have lived on the earth is finite and countable, one person at a time. “You and I, we each matter.”

“By birth or adoptive lineage, we are ultimately all connected in the family of God and the human family.”

Connecting with our ancestors can change lives. “From their trials and accomplishments, we gain faith and strength. From their love and sacrifices, we learn to forgive and move forward.”

“Each of our stories is a journey still in progress, as we discover, create and become with possibilities beyond imagination.”

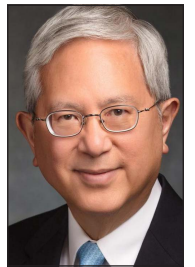
How can one connect? First, see oneself in both generational directions – child, grandchild, great-grandchild, then parent, aunt or uncle, grandparent, great-grandparent. “In each time and role, notice who is with you. Gather their photos and stories; make memories real.”

“Second, let the adventure of family history be intentional and spontaneous.”

Third, visit FamilySearch.org.

Fourth, help unite families eternally.

“We each have a story. Come discover yours. Come find your voice, your song, your harmony in Him.”



Elder Adrián Ochoa

General Authority Seventy

When life does not unfold as expected, it might seem that Heavenly Father's plan is not working, and some may begin to look elsewhere for peace and happiness. Three principles can be learned from the account of the apostle Peter leaving his boat and walking on water.



First, Peter trusted the Savior more than he trusted his boat, and that faith gave him power to act with courage. "If you look back on your life, I believe you will see that you have exercised faith many times."

When faced with faith-shaking winds, "that is when we need the plan the most! In those moments, follow the example of Peter. Turn to the Savior right away."

Peter accepted the Savior's rebuke humbly and continued to seek greater faith in Jesus Christ. "Let us humbly put ourselves in a position where Jesus Christ can lift us, lead us and make the most of our abilities."

The plan of happiness works and "was created by your Heavenly Father, who loves you." He invited listeners to come unto Jesus Christ, follow Him, and "immediately shall the great plan of redemption be brought about unto you."

Elder Kevin S. Hamilton

General Authority Seventy

One of Satan's greatest lies is that men and women cannot change and should not change. However, in order to be authentic to "our real, true selves, as sons and daughters of God with a divine nature and destiny ... then we will all need to change."



The Lord operates through conditions, or "if-then" statements. He has taught that "as we first change our fallen natures, our weakness, then we will be able to change our behaviors."

Humility and faith in Jesus Christ are requisites to accessing the enabling power of His grace, which makes it possible to overcome all obstacles, all challenges and all weaknesses.

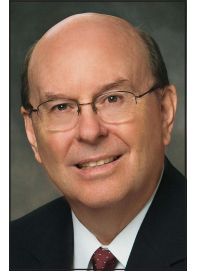
"The Savior worked out His infinite and eternal Atonement so that we could in fact repent, change and become better. We can actually be born again. We can overcome habits, addictions and even the 'disposition to do evil.'"

Becoming like Heavenly Father and Jesus Christ happens through change or repentance. "We become new, clean, different and we simply continue to work at it every day. Sometimes it may feel like two steps forward and one step back, but we continue to humbly move forward in faith."

Elder Quentin L. Cook

Of the Quorum of the Twelve Apostles

A personal conversion includes the responsibility to share the gospel of Jesus Christ with the world. Conversion comes by understanding and accepting the will of God.



A testimony will be strengthened with the knowledge that Joseph Smith was an instrument in the Lord's hands. The Doctrine and Covenants provides the keys, ordinances and covenants necessary for salvation. But many are kept from the truth because they know not where to find it.

Many today believe there should be no consequence for sin. Revealed doctrine establishes that personal repentance is necessary to partake of the Savior's Atonement and inherit the celestial kingdom.

The Lord instructed the fullness of the gospel to be preached unto the ends of the world. "This should be a 'laserlike focus' to everyone who has been blessed with a conversion to the will of God." This includes all Latter-day Saints, especially full-time missionaries.

For the Savior's mandate to share the gospel to become a part of someone, they need to become converted to the will of God, love their neighbors and invite all to come and see. The blessings of sharing the gospel include bringing others to Christ, increasing one's conversion to the will of God and letting God prevail.

President Dallin H. Oaks

Of the First Presidency

An introductory message from the First Presidency at the start of “this unusual women’s session” of general conference:

Saturday evening sessions have a history of different purposes and different audiences. The April 2022 session embarks upon “a new purpose and procedure for the foreseeable future.” Like all sessions, the First Presidency has designated the planning, speakers and music.

“The gospel of Jesus Christ does not change. Gospel doctrine does not change. Our personal covenants do not change. But over the years, the meetings we hold to communicate our messages do change and very likely will continue to change over the years.”

This session includes the doctrine of the Church, policies that relate specifically to women, and the general responsibilities and work of the organizations that include women and girls.

“We honor the daughters of God in this special session by concentrating on their concerns and those of their organizations. ...

“This is the work of the Lord Jesus Christ. We are His servants, directed by His Holy Spirit. We invoke the blessings of our Lord upon the leaders of these organizations and upon the faithful women and girls who serve the Lord in these organizations and in their individual lives.”



President Susan H. Porter

Of the Primary general presidency

After Sister Porter’s husband passed away, she asked the Lord: “What would Thou have me do?” Later, as she was going through the mail she saw a small picture in a catalog that caught her eye – it was of the Samaritan woman with Jesus at the well.

“A loving Heavenly Father was inviting me to come to the Savior and learn.”

Here are three lessons she’s learned.

1. “Our past and present circumstances do not determine our future.” The woman at the well had difficulties in her life and she became a powerful witness. “Like her, we can choose to turn to the Savior today for the strength and healing that will enable us to fulfill all that we were sent here to do.”

2. “The power is in [us]” (see Doctrine and Covenants 58:27). It’s through making and keeping covenants in baptism and in the temple that the Lord will bless His children with “strengthening power” and “spiritual insights and awakenings.”

3. “Out of small things proceedeth that which is great.” In the Sermon on the Mount, Jesus made comparisons to salt, light and leaven.

“Even in very small amounts, each affects everything around them. The Savior invites us to use His power to be as salt, leaven and light.”



Sister Rebecca L. Craven

Of the Young Women general presidency

“Being a disciple of Jesus Christ involves more than just hoping or believing. It calls for effort, movement and commitment. It requires that we do something, being doers of the word and not hearers only.”

Such as conversion to the gospel – it comes through the power of the Holy Ghost combined with effort to know by asking, seeking and knocking.

In the Doctrine and Covenants, there are times when the Lord says, “It mattereth not.” If there are things that matter not or matter less, there are things that must matter more.

“In our efforts to do something, or do anything, we might ask ourselves, what mattereth most?”

Satan wants people to misplace their values or waste time, talents and spiritual strength on things that matter not, and distract from those things that matter most.

“It takes effort to stay focused on what is truly essential for lasting joy.”

While it may not be easy or popular, there is always a way to do the right thing, whether being obedient or standing as a witness of God when it’s not popular to do so.

“It’s not about doing life perfectly – it’s about finding joy while doing our best to live the covenants we have made with the Lord.”



Video presentation

A video presentation highlighting the work, strength and faith of Latter-day Saint women was part of the women’s session.

The video featured Sister Camilla Kimball reading her husband’s talk during the general women’s meeting in 1979 when President Spencer W. Kimball was in the hospital. He foretold that much of the major growth coming to the Church in the last days will be because many of the good women of the world will be drawn to the Church in large numbers.

The video then showed President Russell M. Nelson’s talk from October 2015, where he spoke to Latter-day Saint women. He said the day that President Kimball foresaw is today. “You are the women he foresaw! Your virtue, light, love, knowledge, courage, character, faith and righteous lives will draw good women of the world, along with their families, to the Church in unprecedented numbers!”

President Nelson said the kingdom of God is not and cannot be complete without women who make and keep sacred covenants and who can speak with the power and authority of God. Women need to speak up and speak out in ward and stake councils.

“I thank you, my dear sisters, and bless you to rise to your full stature, to fulfill the measure of your creation, as we walk arm in arm in this sacred work.”

President Jean B. Bingham

Relief Society general president

Women who make and keep covenants with God share spiritual bonds that help meet the challenges of today. Keeping covenants allows women to stay on the covenant path, draw upon the Savior's power, be strengthened in trials and receive protection from the adversary.

Rappelling requires the right equipment, and confidence and trust in one's partner. Jesus Christ is the anchor and perfect partner. The spiritual equipment is the covenants one has made. "We can rely on these supports to guide and carry us to safety. As our willing partner, the Savior will not allow us to fall beyond His reach."

Humble prayer, scripture study, taking the sacrament with a spirit of repentance and reverence, keeping the commandments and following the prophet's counsel will all strengthen that anchor with Jesus Christ. "Happiness is hollow if we exchange the blessings of eternal joy for momentary ease."

Women who keep their covenants are looking to the Lord and His prophet for guidance, rather than popular media. Women who have made covenants with God have "the ability to hold up the Lord's light and lead others to Him." As they go to the temple often, they will feel sweet reassurances and have the courage to continue.



Elder Dale G. Renlund

Of the Quorum of the Twelve Apostles

The Young Women theme contains many eternal truths.

"God loves you because you are His spirit daughter." The Spirit communicates His love, but can be obscured by sin, strong emotions like hate or anger, or physical or mental illness.

Everyone has "heavenly parents, a father and a mother." What is known doctrinally about Heavenly Mother is found in Gospel Topics. "Speculation will not lead to greater spiritual knowledge, but it can lead to deception or divert our focus from what has been revealed. For example, the Savior taught His disciples: 'always pray unto the Father in my name' (3 Nephi 18:19). We follow this pattern and direct our worship to our Heavenly Father in the name of Jesus Christ, and do not pray to Heavenly Mother."

A divine nature is "intrinsic to who we are" and the most important identity. "Understanding this profound truth is important for everyone but especially for individuals belonging to groups who have been historically marginalized, oppressed or subjugated."

An eternal destiny is dependent on one's choices and can't be forced on anyone. Like a cardiologist giving a patient an optimal treatment plan, "Heavenly Father's prescribed path leads to the best eternal outcomes."



Elder D. Todd Christofferson

Of the Quorum of the Twelve Apostles

When life doesn't turn out as expected, some "may feel betrayed by God." However, Heavenly Father's plan is not "a cosmic vending machine where we select a desired blessing, insert the required sum of good works and the order is promptly delivered."

Individuals must do their best while trusting that Heavenly Father will make good on His promises.

"Our repentance and obedience, our service and our sacrifices do matter ... because they engage us in God's work and are the means by which we collaborate with Him in our own transformation from natural man to saint."

Heavenly Father "is willing to guide each of us along His covenant path with steps designed to our individual need and tailored to His plan for our ultimate happiness with Him."

That path can't be easy because of the amount of refinement needed by each of Heavenly Father's children.

"In the midst of this refiner's fire, rather than get angry with God, get close to God."

"In the end, it is the blessing of a close and abiding relationship with the Father and the Son that we seek."

**Sister Amy A. Wright**

Of the Primary general presidency

The scriptures teach how the Savior helps individuals overcome broken relationships with God, others and one's self. "He is the source of healing all that is broken in our lives. As the great Mediator and Advocate with the Father, Christ sanctifies and restores broken relationships."

Many stories in the scriptures don't contain more than a small snippet or circumstance in someone's life. These moments don't define the individuals mentioned.

"The purpose of these scriptural accounts is to help us see that Jesus Christ was the answer then, and He is the answer now. He knows our complete story and exactly what we suffer, as well as our capabilities and vulnerabilities."

Regardless of personal circumstances or the difficulty involved, the Lord requires all individuals to forgive each other.

"Unburdening our hearts through forgiveness isn't always easy, but through the enabling power of Jesus Christ, it is possible."

Similar to forgiving, waiting can also be hard — waiting for answers, miracles or healing.

"Waiting upon the Lord can be a sacred place. A place of polishing and refining where we can come to know the Savior in a deeply personal way."

"There is nothing in your life that is broken that is beyond the curative, redeeming and enabling power of Jesus Christ."

**Elder Gary E. Stevenson**

Of the Quorum of the Twelve Apostles

The resurrected Savior told His apostles, "Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost" (Matthew 28:19). Church members today are invited to heed the same commission, "as if we were there on that mountain in Galilee when He first proclaimed it."

The Savior's great commission "can be accomplished through simple, easily understandable principles taught to each of us from childhood: Love, share and invite."

First, love as Christ loved. "Whenever we show Christlike love towards our neighbor, we preach the gospel — even if we do not voice a single word." It is the expression of the second great commandment to love one's neighbor, and shows the life-transforming properties of the gospel.

Second, share "what we love about the gospel of Jesus Christ" and "our positive experiences in the gospel with others." This isn't selling the gospel, writing a sermon or righting incorrect perceptions.

Finally, "invite others to learn more about the gospel of Jesus Christ." Three invitations members can offer are, "Come and see," "come and serve," and "come and belong."

These three principles are "merely an extension of who we already are as disciples of Jesus Christ."

**Elder Michael T. Ringwood**

General Authority Seventy

God sent Jesus Christ because He loves His children and designed a plan for each of them to return home to Him. This plan is personal and was set forth by a loving Heavenly Father, "who knows our hearts, our names and what He needs us to do."

The Old Testament repeatedly illustrates how "Heavenly Father and Jehovah are intimately involved in our lives."

Many years after selling their brother Joseph, the sons of Jacob needed to take their youngest brother, Benjamin, to Egypt. Judah promised Jacob that he would bring Benjamin home and was "determined to keep his promise and return Benjamin safely."

"No matter who you are or your current circumstances, someone feels exactly this way about you. Someone wants to return to Heavenly Father with you."

Heavenly Father's personalized plan includes helping others return to Him because "that is how we become like Jesus Christ."

In 2 Kings, the phrase "it fell on a day" is used to emphasize that important events happen according to God's timing, and no detail is too small for Him.

"Because God sent His Beloved Son for us, the miracles we need will 'fall on the very day' necessary for His plan to be fulfilled."



Elder Ronald A. Rasband

Of the Quorum of the Twelve Apostles

A scourge sweeping the globe is “attacks on your and my religious freedom.” Opponents seek to restrict expression of convictions and criticize and ridicule faith.

Religious freedom is “freedom of worship in all its configurations: freedom of assembly, freedom of speech, freedom to act on personal beliefs and freedom for others to do the same.” It is “an expression of the God-given principle of agency.”

The 11th Article of Faith is “inclusive, liberating and respectful” and “the essence of religious freedom,” stating: “We claim the privilege of worshiping Almighty God according to the dictates of our own conscience, and allow all men the same privilege, let them worship how, where, or what they may.”

Societies and individuals benefit from religious freedom in four ways: Believers “can express devotion to God by worship of Him and willingness to serve His children.” Expressions of belief, hope and peace are fostered. Believers “perform simple and sometimes heroic acts of service.” It “acts as a unifying and rallying force for shaping values and morality.”

He invited Latter-day Saints to champion the cause of religious freedom. “The good of religion, its reach and the daily acts of love which religion inspires only multiply when we protect the freedom to express and act on core beliefs.”

**Elder Hugo E. Martinez**

General Authority Seventy

Striving to be self-reliant is part of the work along the covenant path to strengthen faith in Jesus Christ and “joyfully binds us to Him through the covenants and ordinances of salvation and exaltation.”

Becoming self-reliant occurs through growth in spiritual strength, physical and emotional health, pursuing education and employment, and being temporally prepared. It is a lifelong, continuous, daily process.

One important way to teach self-reliance to children and youth is the daily use of the Children and Youth development program. “Parents and children learn the gospel of Jesus Christ, participate in service and activities, and work together in four areas of personal development that are unique for each child.”

It is important that children and youth create their own goals in each of the four areas of personal development.

Following Jesus Christ includes becoming self-reliant and teaching this to children and youth. This is best done by being good examples of service to others, living and teaching the doctrine and principles of self-reliance, and obeying the commandment to build self-reliance as part of the gospel of Jesus Christ. “This is the Church of Jesus Christ. His gospel blesses families here on earth and throughout the eternities.”

**President Russell M. Nelson**

President of the Church

No one can control nations, or the actions of others. “But we can control ourselves. My call today is to end the conflicts that are raging in your heart, your home and your life. Bury any and all inclinations to hurt others.”

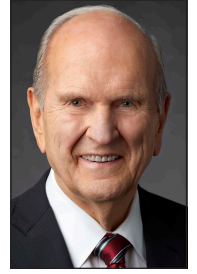
Positive spiritual momentum is powerful and needed today more than ever.

That momentum keeps people moving forward. “Spiritual momentum can help us withstand the relentless, wicked attacks of the adversary and thwart his efforts to erode our personal spiritual foundation.”

The Savior’s Atonement opened a path to “His healing, strengthening and redeeming power. These spiritual privileges are available to all who seek to hear Him and follow Him.”

“With all the pleadings of my heart, I urge you to get on the covenant path and stay there. Experience the joy of repenting daily. Learn about God and how He works. Seek and expect miracles. Strive to end conflict in your life.

“As you act on these pursuits, I promise you the ability to move forward on the covenant path with increased momentum, despite whatever obstacles you face. And I promise you greater strength to resist temptation, more peace of mind, freedom from fear, and greater unity in your families.”



President Dallin H. Oaks

Of the First Presidency

Understanding Heavenly Father's gospel plan and His commandments reveals His love for His children. He loves His children so much that He gave His Son to suffer and die for them and become their Savior.

"In the restored Church of Jesus Christ of Latter-day Saints, we have a unique understanding of our Heavenly Father's plan. This gives us a different way of viewing the purpose of mortal life, the divine judgment that follows it and the ultimate glorious destiny of all of God's children."

The purpose of the Church's doctrine and policies is to prepare God's children for salvation in celestial glory. "The covenants made and the blessings promised to the faithful in the temples of God are the key."

The Church honors individual agency, promotes religious freedom and seeks to share the gospel's blessings with all. "We do this because the Lord has taught us to esteem all of His children as our brothers and sisters, and we want to share our spiritual and temporal abundance with everyone."

Exaltation can only be attained through the covenants of eternal marriage between a man and a woman. A "uniquely valuable teaching" to help God's children prepare for eternal life is The Family: A Proclamation to the World.

"As followers of Christ who should love our fellowmen, we should live peacefully with those who do not believe as we do."



Elder Adeyinka A. Ojediran

General Authority Seventy

Heavenly Father's children who live on this earth should prepare to return to Him by doing everything He commands.

"The path to perfection is the covenant path, and Christ is the center of all ordinances and covenants."

Covenants made through ordinances like baptism, receiving the gift of the Holy Ghost, priesthood ordination, the sacrament and temple ordinances are markers on the path to God.

"Nephi counseled that all is not done by merely getting into the strait and narrow path; we must press forward with a steadfastness in Christ, having a perfect brightness of hope and a love of God and of all men."

Jesus Christ invites all to take His yoke upon them to find "rest in this tumultuous world."

The Savior emphasized two things that help maintain fidelity to covenants.

First, the Holy Ghost teaches and reminds of the Savior's teachings. "He can be our constant companion to guide us on the covenant path."

Second, by participating in the sacrament, remembering the Savior and keeping His commandments, "we shall have His Spirit to be with us." The Lord also "renews the promised remission of sin."

"We need the Spirit to help us navigate through mortality and the sacrament to energize our spiritual being."



Elder Jörg Klebingat

General Authority Seventy

Today it is almost impossible to courageously live faithfully without opposition and scorn. But faith in Christ means one need not fear the reproach of men.

"With the Savior at the helm and living prophets to lead and guide us, 'who can be against us?' Let us be confident, not apologetic; valiant, not timid; faithful, not fearful as we hold up the Lord's light in these last days."

Zion and Babylon are incompatible. Demonstrate love for the Lord through wholehearted, voluntary obedience. The adversary offers enticing alternatives, but faithful disciples need not apologize for their beliefs nor back down from that which they know to be true. Valiant disciples of Christ will find a way.

Many today say there is no sin, or say to ignore the Prophet and Apostles. But the First Presidency and the Quorum of the Twelve Apostles love God and His children. "Their words we should receive as if from the Lord's own mouth, 'in all patience and faith.'"

"Don't be fooled or intimidated by the loud adversarial noises emanating from the great and spacious building. Their desperate decibels are no match for the serene influence of the still, small voice upon broken hearts and contrite spirits."



President Mark L. Pace

Sunday School general president

The aim of "Come, Follow Me" and other gospel learning is to deepen one's conversion to the gospel.

"That is the miracle we seek — when one person has an experience in the scriptures and that experience is blessed by the influence of the Holy Ghost. Such experiences are precious foundation stones for our conversion to the Savior."

There is no substitute for the conversion power found in personally spending time with the scriptures and hearing the whisperings of the Holy Ghost. "Come, Follow Me" is a sacred conduit helping students of the gospel enrich their spiritual well-being.

Latter-day Saints are utilizing "Come, Follow Me" as part of their effort to "place the blood of the Lamb of God" on the entrances of their homes. "They are demonstrating their inward commitment to follow the Savior. Their faith precedes the miracle. It is the miracle of one person having an experience in the scriptures, and that experience being blessed by the influence of the Holy Ghost."

In ancient times, God's obedient people were blessed with freedom and safety. "Today, as we follow the Lord's direction, given through our living Prophet, President Nelson, we are equally blessed with conversion in our hearts and protection in our homes."



Elder Ulisses Soares

Of the Quorum of the Twelve Apostles

Having wonder and awe for the Savior and His gospel makes a difference in discipleship and journeying toward eternal life.

“When we truly are in awe of Jesus Christ and His gospel, we are happier, we have more enthusiasm for God’s work, and we recognize the Lord’s hand in all things.”

Additionally, the study of God’s words becomes more meaningful, prayers more intentional, worship more reverent and service in God’s kingdom more diligent.

“When we live in this way, we become more spiritually resilient and protected against falling into the trap of spiritual apathy.”

Strengthening one’s spiritual wonder and joyfully keeping covenants can be done in the midst of trials and challenges.

“As we genuinely and continually strive to learn of the Savior and follow His example, I promise you, in His name, that His divine attributes will be written in our minds and hearts, that we will become more like Him, and that we will walk with Him. ...

“May the remembrance of what our eyes have seen and our hearts have felt increase our amazement at the Savior’s atoning sacrifice, which can heal us of our spiritual and emotional wounds and help us to draw closer to Him.”



Elder Randy D. Funk

General Authority Seventy

At the waters of Mormon, Alma’s baptismal covenant invitation begins with “as ye are desirous to come into the fold of God.”

A fold is a large enclosure with one opening where the sheep are protected at night. “The safety and well-being of the sheep depend on their willingness to come into the fold and to stay in the fold.”

There are those who may feel that they are at the edge of the flock – that they aren’t needed or don’t belong. And there may be times where toes are stepped on and repentance or forgiveness is needed.

“Within the fold of God, we experience His watchful, nurturing care and are blessed to feel His redeeming love.”

Coming to the fold of God is through faith in Jesus Christ, repentance, baptism and confirmation, and continuing faithfulness. To those people, Alma promised four blessings: “You may (1) ‘be redeemed of God,’ (2) ‘be numbered with those of the first resurrection,’ (3) ‘have eternal life’ and (4) the Lord will ‘pour out his Spirit more abundantly upon you.’”

To receive the “blessings promised to those who come into the fold of God requires us to do just that – to choose to come.”



Elder Dieter F. Uchtdorf

Of the Quorum of the Twelve Apostles

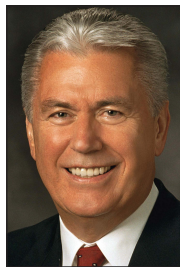
The story of the widow who cast in two mites shows how the Savior measures offerings: The value of the donation is measured by the effect it has on the heart of the donor.

“Jesus taught that our offering may be large or it may be small, but either way, it must be our heartfelt all.”

Balancing the demands of life with the desire to offer a whole soul to the Lord does not mean dividing time evenly among competing interests. Balance like riding a bicycle or lift like flying an airplane. “Just as forward momentum keeps a bicycle balanced and upright, moving forward helps an aircraft overcome the pull of gravity and drag.”

Sacrifice and consecration require “letting some things go and letting other things grow.” Most people will not be asked to sacrifice their lives for the Savior, but everyone is invited to consecrate their lives to Him. When looking unto Christ in every thought, everything begins to align into one work, one joy and one purpose.

Heavenly Father knows the hearts of His children. Efforts to love and serve Him will purify hearts. The widow knew “her offering would not change the fortunes of Israel, but it could change and bless her.”



President Russell M. Nelson

President of the Church

This conference has been a blessing through the prayers, messages and music. It has also come with important direction for the future. The future is always uncertain. Weather, economic cycles, disasters, wars, accidents and illness are unpredictable and can change life quickly. “But there are some things we can control, including how we spend our time each day.”

Learning from the past and preparing for the future are important. But now is the time to learn, repent, bless others and “lift up the hands which hang down.”

“The adversary never sleeps. There will always be opposition to the truth. I repeat my urging from this morning to do those things that will increase your positive spiritual momentum ... to keep you moving forward through whatever challenges and opportunities come.”

Positive spiritual momentum increases through worshiping in the temple. “Counter worldly ways by focusing on the eternal blessings of the temple.” The temples under construction and the 17 new announced temples will bless lives on both sides of the veil. The Lord leads and guides His Church.

“May we be a people worthy of the Lord, who said, ‘Ye shall be my people, and I will be your God.’”

