

President Dallin H. Oaks

President, Quorum of the Twelve Apostles

Meeting as the Church mourns the death of President Russell M. Nelson, President Oaks spoke as the president of the Quorum of the Twelve Apostles.

The conference goes forward with speakers and music assigned by President Nelson after months of preparation. The only additions are his introductory explanation and his speaking in place of President Nelson in the closing session on Sunday afternoon.

"This is the first time in about 75 years that a Church president has died a few days before a general conference. ... President Nelson understood the value of general conference to provide direction to the Saints in the coming months. We honor him by following the planned conference schedule he approved."

In this time of grief, Church leaders have already paid tribute to President Nelson before general conference meetings and scheduled his funeral as soon as possible after conference.

"Since all of us who have been assigned to speak in general conference would like to devote our assigned time to paying a personal tribute to President Nelson, we have therefore asked that all our conference speakers hold any such tributes to a minimum, deferring elaborate tributes for the funeral, which we have already begun to plan.

"My own brief tribute — suitable to this conference and to the tributes we have already paid — is this: I love President Russell M. Nelson, and I have learned more about the gospel and gospel leadership from my long friendship and association with him than from any other leader I have personally known. He is our model as a servant and follower of the Lord Jesus Christ."



Elder Gary E. Stevenson

Of the Quorum of the Twelve Apostles

The Savior said, "Blessed are the peacemakers: for they shall be called the children of God" (Matthew 5:9).

Peacemaking begins in the heart, then in homes and families, then neighborhoods and communities.

Looking into the pure and innocent peacemaking hearts of children can be an inspiration. All children are born with divine inclinations toward kindness and compassion.

Use the Lord's pattern to build peacemaking in the home through persuasion, long-suffering, gentleness, kindness, meekness and love unfeigned. One family that responded with kindness transformed a difficult relationship.

Peacemaking in communities grows by seeing one another as a child of God.

All are invited to take part in a one-week, three-step peacemaker plan:

1. A contention-free home zone. "When contention starts, pause and reboot with kind words and deeds."

2. Digital bridge building. "Before posting, replying or commenting online, ask, 'Will this build a bridge?' If not, stop. Do not send. Instead, share goodness. Publish peace in the place of hate."

3. Repair and reunite. "Each family member could seek out a strained relationship in order to apologize, minister, repair and reunite."

To be a peacemaker is to be strong. It requires courage and compromise but not sacrifice of principle. It is a Christlike attribute.



Sister Tracy Y. Browning

Of the Primary general presidency

"Primary songs have carried a holy influence in my life and have lifted my soul, taught me eternal truths and drawn me nearer to the Savior and to His gospel."

Since Primary began in 1878, music has been part of teaching children the gospel. "Primary songs can become a child's first spiritual language because their simple, memorable melodies give voice to gospel truths."

The music taught in Primary can "be powerful doctrinal teaching tools," as they can tell the stories of the Savior's life, ministry, attributes and Atonement.

"Primary music can be a miracle carried along the lifelong arc of discipleship that our children will travel." Songs learned at a young age have "the power to stay with us — and return decades later."

"Sacred music can help write the doctrine of Christ into the soul and prepare us to receive His ordinances." Music can link the Savior's doctrine to a person's memory and then to discipleship.

Music in Primary can be taught with joy, doctrinal understanding and the Spirit, including helping children recognize the feelings of the Holy Ghost. These can prepare them for sacred ordinances.

"Primary songs teach eternal truths and doctrines that lead us to Jesus Christ and His gospel."



Elder Ronald M. Barcellos

General Authority Seventy

Although the biblical figure David was not the strongest or most skilled, he was divinely chosen as the new king of Israel because “the Lord looketh on the heart” (1 Samuel 16:7).

“It is not just about what we do — our words and actions — but also why we do what Jesus Christ has asked us to do — our desires and motives.” Heavenly Father wants His children to serve and be obedient with real intent, because He wants them to desire to become like Him.

How can believers examine their heart and know if it is right in the sight of God? The Savior has provided “a set of spiritual tests we can use to assess our hearts’ spiritual condition.”

Four areas for these tests are: First, focus, priorities and motives. Second, willingness to obey God’s commandments. Third, diligence in studying the scriptures and seeking revelation. Fourth, the quality of thoughts and words.

Disciples can take three actions to improve their heart’s spiritual strength. One, strengthen their relationship with Christ. Two, align their will with the Savior through commandments and covenants. Three, serve God and others with all their heart.

“I invite you to give your whole heart to the Savior today.”

**Elder Brik V. Eyre**

General Authority Seventy

The first point of doctrine taught by missionaries is that God is a loving Heavenly Father. Every subsequent truth builds on this foundational understanding.

Moses learned this lesson as he met God face-to-face. God repeatedly taught him of his divine heritage, saying, “Thou art my son.” After this experience, the adversary addressed him, saying, “Moses, son of man.” This is a common and dangerous tool of the adversary. To seek validation, one must go vertically to heaven.

In the sacrament scripture, the most repeated scripture in the Church, God asks to be called “God, the Eternal Father.” Lives change with the understanding of being a child of God.

To deepen understanding of one’s relationship with Heavenly Father, one should pray and come to know that Jesus is the Christ. In addition to increasing the frequency and fervency of prayers, study of the Book of Mormon and temple worship will help prepare one’s mind for revelation.

Because Heavenly Father’s love is manifest in the reality that He sent His Son as the Savior, one needs to come to know Him. Seek Him. Study His divine relationship with the Father, and come to know He “who is mighty to save” (2 Nephi 3:19).

**Elder Kelly R. Johnson**

General Authority Seventy

To be reconciled with God is coming into harmony with Him, or restoring a relationship with God that has been strained or broken by sin or other actions.

Being reconciled to God means aligning one’s will and actions with God’s. As the late President Russell M. Nelson taught, it means letting God prevail. Reconciliation depends on Jesus Christ’s mercy and is made possible through His Atonement. Just as someone chooses to distance themselves from God, he or she must also initiate the effort to reconcile.

Enos is one example of reconciliation in the scriptures. His life was out of alignment, and he relied on the Atonement of Jesus Christ to reconcile with God.

Reconciliation brings relief from guilt and peace with oneself and others. It heals relationships, softens hearts and strengthens discipleship. It increases confidence before God. Disobedience, doubts and fears weaken a person’s connection to Jesus Christ. The antidote is to do those things that strengthen a connection to Christ — particularly repenting.

The desire to be reconciled to God also requires a desire to repent. Repenting and experiencing the blessings of the Atonement of Jesus Christ leads to unshaken faith. Unshaken faith brings a desire to always be reconciled to God.

**Elder Dieter F. Uchtdorf**

Of the Quorum of the Twelve Apostles

“Discipleship takes self-discipline. It is not a casual endeavor, and it doesn’t happen by accident.”

Faith in Jesus Christ is a gift, but receiving it is a conscious choice that requires a commitment of “might, mind and strength” (Moroni 10:32).

“Our faith, which is our loyalty to the Savior, becomes stronger as it is tested against the opposition we face here in mortality. It endures because we keep nourishing it, we keep actively applying it and we never give up.”

A “great truth” is that each individual is a being of light and spirit child of an infinite God, with a potential beyond imagination. “Your origin story is divine and so is your destiny. You left heaven to come here, but heaven has never left you. You are anything but ordinary. You are gifted.”

Spiritual gifts, while sometimes not flashy, are important. Such gifts can range from showing compassion or being a peacemaker to simply forgiving, repenting and enduring.

“I urge and bless every member of the Church and all who desire to be part of it to trust the Savior enough to engage, patiently and diligently, in doing your part with all your heart — that your joy may be full and that, one day, you will receive all the Father has.”



Elder Ronald A. Rasband

Of the Quorum of the Twelve Apostles

“The Family: A Proclamation to the World” was created by divine design, with revelatory words to “maintain and strengthen the family as the foundational unit of society.” Everyone belongs to a family and is a spirit son or daughter of heavenly parents with a divine nature and destiny. Because “The Family Proclamation” has a divine origin, it must be treated with reverence deserving words from God.

A year before “The Family Proclamation” was presented, the Quorum of the Twelve Apostles discussed how society and governments were pulling away from God’s laws for family, marriage and gender. Those involved in deciding when the proclamation should be introduced to the Church knew members of the quorum were receiving revelation.

“The Family Proclamation” is a call to live ever mindful of one’s divinity and eternal future. It is, as President [Gordon B.] Hinckley stated, doctrine. The teachings within it were revealed by the Lord Jesus Christ to His apostles then and now.

For those with concerns, know that Heavenly Father understands and will lift and guide those who turn to Jesus Christ.

God has given men and women different but equal and essential roles that complement each other. “Equal” is a word that matters.

**Brother Chad H Webb**

Of the Sunday School general presidency

Consider the role of the Holy Ghost in gospel learning, both at home and at church. Gospel instruction is most effective when learners are prepared and when teachers foster personal revelation.

“Then, as we’re given opportunities to share what we are learning through our study and from the Holy Ghost, we help each other to be instructed and edified. As we apply gospel principles, the Spirit again bears witness of their truthfulness.”

Teachers can focus on the progress and needs of learners, while learners can exercise their agency to signal to the Holy Ghost that they’re willing to be taught. Teachers invite the Holy Ghost by teaching true doctrine.

“True doctrine is found in the scriptures and teachings of modern prophets.” Teaching and learning should always focus on Jesus Christ. Even when He’s not directly referred to in a scriptural account, a teacher might ask about a time when Christ exemplified a principle.

“In our homes and Church meetings, as we focus on Jesus Christ, teach His doctrine and learn diligently, we invite the Holy Ghost to deepen our faith in Jesus Christ and help us become more like Him, which is the aim of all gospel teaching and learning.”

**Elder Jeremy R. Jaggi**

General Authority Seventy

Throughout history, altars have been used to worship God. The sacrament table and temple altars symbolize the sacrifice of Jesus Christ and His infinite Atonement. “As we make and honor our covenants, receiving the ordinances of the sacrament at church and the endowment and sealing at the temple, we bind ourselves to the Savior, gaining greater access to His mercy, protection, sanctification, healing and rest.”

Satan tempts people to separate themselves from consecrated places of worship and from the protection of Jesus Christ.

“Building an understanding of the Savior’s eternal Atonement line upon line, precept upon precept, provides a spiritual inoculation against the wiles of the adversary.” Friends of the Church are more likely to be baptized and receive the Holy Ghost if they attend sacrament meeting within the first week of contact. Young adults who receive their endowments soon after graduating from school are more likely to be sealed in the house of the Lord.

Making and keeping covenants with the Lord form a reciprocal relationship with Him. Healing comes in the learning and covenant binding that happens at altars. “Our Savior’s arms are outstretched. His table is spread. Come worship the Son of God at His holy altars.”

**Elder Kevin G. Brown**

General Authority Seventy

An individual’s testimony of the gospel can be shaped by three “powerful truths” of the Restoration. “These truths have guided me on my journey toward a sure witness of the gospel of Jesus Christ.”

First, God is a loving Heavenly Father. “Because of His divine attributes, our Heavenly Father gives us every good gift, each with His eternal perspective and vision in mind.”

Second, agency is the gift to choose to act. “Why do we have agency? To choose good, to choose Christ, to choose eternal life – again and again.”

Third, a testimony comes through the power of the Holy Ghost. “A witness from the Holy Ghost is greater than sight. He is the preeminent witness of the Father and the Son.”

A testimony is enduring and should not expire.

“This gift from our loving Heavenly Father is meant to be eternal because the Giver is eternal.” Every son or daughter of God can gain a deeper, firmer and surer knowledge of the gospel of Jesus Christ.

“Take charge of your testimony. ... I bear witness that the power is within you. No one can choose for you. No one can take this gift away. You can choose to believe.”



Elder Gerrit W. Gong

Of the Quorum of the Twelve Apostles

As prophesied in the scriptures, today those invited to the supper of the Lord come from every place and culture, including old and young, rich and poor, local and global — “We make our Church congregations look like our communities.”



Living the gospel of Jesus Christ includes making room for all in His restored Church.

“In His restored Church, we are all better when no one sits alone. Let us not simply accommodate or tolerate. Let us genuinely welcome, acknowledge, minister to, love. May each friend, sister, brother not be a foreigner or stranger but a child at home.”

In today’s world, many feel lonely and isolated, as social media and artificial intelligence can leave people yearning for authentic human interaction, belonging and kindness.

On a similar note, there may be a variety of reasons for why a person may feel like they don’t belong at Church and “sit alone.”

“I invite us to worry less, judge less, be less demanding of others — and, when needed, be less hard on ourselves.”

Doctrinally, no one sits alone because of covenant belonging in Jesus Christ.

“Conversion in Jesus Christ requires us to put off the natural man and worldly culture.”

Elder Michael Czesla

General Authority Seventy

During a time of confusion, the apostle Paul advised saints to focus on “the simplicity that is in Christ” (2 Corinthians 11:3).

Just because the doctrine of Christ and the law of the gospel are simple does not mean they are easy to implement without effort or diligence.

“Following Christ requires constant effort and continual change.” Applying the doctrine of Christ in a simplified and focused way will help Latter-day Saints find joy in daily life and answers to life’s most complex questions and provide strength to face challenges.

“In every case, applying simple gospel principles will help us navigate life’s challenges in the Lord’s way.”

Some individuals underestimate the strength found in simple acts such as prayer, fasting, scripture study, daily repentance, partaking of the sacrament and temple attendance. But when they center themselves on living pure and simple doctrine, “we start to see how the gospel ‘works wonderfully’ for us” even in trials.

The Lord reminded: “Wherefore, be not weary in well-doing, for ye are laying the foundation of a great work. And out of small things proceedeth that which is great” (Doctrine and Covenants 64:33). What powerful encouragement to act in simplicity and humility, whatever our circumstances are.”

**Elder Quentin L. Cook**

Of the Quorum of the Twelve Apostles

The Lord is hastening His work despite challenging times. There is clear evidence that faith in Jesus Christ is increasing. The Church of Jesus Christ of Latter-day Saints has seen a remarkable increase in converts and convert participation worldwide.

“In the last 36 months nearly 900,000 converts have joined the Church. These converts constitute approximately 5% of the total Church membership. ... In the first six months of this year, conversions have risen by more than 20% over the previous year in Europe, Africa, Asia, the Pacific and Latin America. In North America we have seen a 17% increase.”

Latter-day Saints have a sacred duty to accept and welcome new and returning members. As the Lord hastens His work, Latter-day Saints should love, nurture and serve those who accept His gospel.

“To those of you who are new or returning to the faith, there are challenges you may face. Be patient with yourself. ... Learning the pure doctrine of Jesus Christ is a lifelong pursuit, both in understanding doctrine and living a Christlike life.”

Following the Savior has never been easy in a world constantly in commotion. Fortunately, living prophets provide the guidance needed for this time.



Elder Patrick Kearon

Of the Quorum of the Twelve Apostles

“To each leper, blind man and adulterous woman; to the lame, the deaf and the dumb; to every grieving mother, desperate father and mourning widow; to the condemned, the shamed and the suffering; to the dead in body and the dead in spirit, what He did was offer a new beginning.”



Everything the Savior said and did provided a new beginning for those He healed, blessed, taught and relieved of sin. “All of us can have a new beginning through, and because of, Jesus Christ. Even you.”

Some think a new beginning happens only once, at baptism. However, “Jesus gives us as many new beginnings as we need.”

Jesus gave healing and compassion to those with great faith, those with wavering faith and those who hadn’t sought Him at all. “To all who would listen and respond, He gave a new beginning, whether it was a new life forgiven of sin, or a new life healed of disease, or a new life raised from death.”

Through the goodness and grace of the Savior, “you can actually change things about yourself that have been wearing you down for years. You can start again through the might of the Master of new beginnings.”

Sister J. Anette Dennis

Of the Relief Society general presidency

At a track-and-field championship for seniors, everyone cheered when 100-year-old Orville Rogers finally crossed the finish line. He finished last in each of his five events, but he actually set five world records that day — because of his age and the degree of difficulty.

“Our congregations and families can be gathering places where we cheer each other on.”

Attending church can be hard for some people for various reasons. “Put yourself in that person’s place, and treat them the way you would want to be treated if you were in their shoes.”

Christlike treatment of others goes beyond families and congregations to include people of other faiths, countries, cultures and political persuasions. Living the gospel doesn’t mean checklists, it means becoming like Jesus Christ.

A period of depression and struggle to feel God’s presence led to the understanding that only the Lord knows the level of difficulty in which each person is running their own race of life. Therefore He is the only one qualified to judge.

Commit now to always help and encourage others. For those struggling: “Please don’t lose hope. Please keep going. Please stay. You do belong. The Lord needs you, and we need you.”

**Elder Steven C. Barlow**

General Authority Seventy

“The greatest manifestation of Heavenly Father’s love for us that resonates with both mind and heart is when He allowed His Beloved Son to offer Himself as the Atoning One.”

God’s love is perfect, is infinite and fills the soul with joy. But at times, “we may find it difficult to recognize God’s love in our lives.” In these instances, one may be like the prodigal son’s older brother — focused on oneself. “But the beautiful paradox is that the more we are focused on showing our love for God, the more easily we recognize His love for us.”

The exchange between Peter and the resurrected Savior at the Sea of Tiberias in John 21 teaches of ways to show one’s love for Heavenly Father and Jesus Christ. These include “when we put Them first in our lives, serve one another, gratefully acknowledge every blessing from Them and choose to obey and follow Them.”

Heavenly Father’s “work and glory is not only to bring to pass our eternal life but also includes a hope that our greatest desire is to return to Him.” He “yearns for us to experience His love in ways we recognize and understand.”



Elder William K. Jackson

General Authority Seventy

As the Good Shepherd, Jesus Christ taught by word and deed the qualities of a good shepherd. Ministering in the Lord's way comes through the principle of "counting and accounting" so people are remembered.

In the Book of Mormon, for instance, the Church did "meet together oft ... to speak one with another concerning the welfare of their souls" (Moroni 6:5).

"Christ has organized His Church in such a way that it should be difficult to forget a soul, for each is dear to Him. Every individual in a ward, regardless of age or gender, has a multitude of stewards — shepherds — who are tasked with looking after them, with remembering."

This accounting for and remembering individuals can be seen in several examples: Young Men leaders in Africa welcomed youth back to church. A stake president invited an elders quorum president to recognize less-active quorum members to help get to the temple. Church members visited those missing from sacrament meeting.

"In the Church of Jesus Christ, we have been instructed by prophets past and prophets present, and by the pattern set by our Savior, how to minister. We take names, we remember, and we counsel over the welfare of souls."

**Elder Neil L. Andersen**

Of the Quorum of the Twelve Apostles

Healing and forgiveness are each found in their fullness in the atoning love of Jesus Christ.

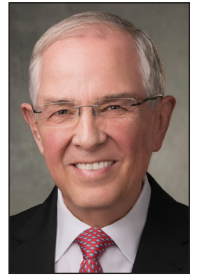
"The powerful compassion of the Savior in forgiving sin and in healing the wounds caused by the sins of others is a most miraculous manifestation of the love of God."

Repenting of serious sin includes acknowledging it to a priesthood leader, but full forgiveness comes through the Savior.

"If you have committed serious sins and are in the process of or have the desire to fully repent and feel the unspeakable joy of forgiveness, please know this miracle is awaiting you. The Savior continuously calls, 'Come unto me.'"

For those suffering from the serious sins of another, joy and light will come again through Jesus Christ. His atoning love can be found in the most difficult situations.

"I give you my absolute assurance the Savior knows you and loves you. Reach out to Him. He is your comfort and strength. He will send His angels to bear you up. When will your pain be gone, your grief subdued, the unwanted memories forgotten? I do not know. But this I do know: He has the power to bring beauty from the ashes of your suffering."



Elder Jeffrey R. Holland

Of the Quorum of the Twelve Apostles

Jesus Christ's healing of a blind man in John 9 was evidence of God's power.

The works of God are manifest through ordinances. "When we participate in any of the ordinances of the gospel and honor the corresponding covenants, we come to know the Savior much more personally."

Similar to how the blind man was healed with unlikely ingredients, God can bless His children by whatever method He chooses.

"How easy it is for us to dismiss the source of our redemption because the ingredients and the instruments seem embarrassingly plain."

The holy priesthood follows an unbroken sequence back to the Lord Jesus Christ. Another "marvelous evidence" of the Church's truthfulness is the blessings and covenants extended to deceased kindred.

The Book of Mormon is a rod of safety for the soul, a light of revelation and illumination of the path "when mists of darkness come and surely they have and surely they will."

The Church of Jesus Christ of Latter-day Saints is "a true restoration of the New Testament church and more, because I could not deny the evidence of that Restoration, particularly the spiritual evidence of the truthfulness of the Book of Mormon, the very word of God itself."

**Elder James E. Evanson**

General Authority Seventy

Christ shared the parable of the good Samaritan with a charge to "go, and do thou likewise" (Luke 10:37). Missionaries are modern-day examples of the good Samaritan, including missionaries called to service assignments.

In the Book of Mormon, Ammon's service to King Lamoni brought thousands of souls to repentance. Likewise, "as we serve others, ... they desire to know the 'reason of the hope that is in [us]' (1 Peter 3:15)."

Jesus invites all to "go, and do thou likewise."

Through service missions, "every worthy young man and woman who desires to serve a full-time mission for the Lord can do so with very few exceptions."

Every act of service is recognized by the Savior. Service also brings the power of Christ into individuals' lives. "Service allows us to present ourselves as living sacrifices who are acceptable to God."

When someone is called as a service missionary, that is cause to celebrate. "If teaching missionaries are the Lord's mouth, then service missionaries are the Lord's hands. ... You service missionaries gather Israel in so many ways, and your service changes lives."

Service has the power to open hearts to the gospel and allows individuals to give their whole soul to Christ.

**Elder Ulisses Soares**

Of the Quorum of the Twelve Apostles

The Savior's guidance reminds that temperance — an indispensable virtue for all — is an essential reinforcement for a firm foundation in Jesus Christ. Temperance harmonizes and strengthens other Christlike attributes, including humility, faith, hope, charity and the pure love that flows from Him.

"Cultivating temperance is a meaningful way to protect our souls against the subtle yet constant spiritual erosion caused by worldly influences that can weaken our foundation in Jesus Christ."

Disciples of Christ who strive to cultivate this Christlike attribute become increasingly humble and full of love.

"The gospel of Jesus Christ invites us to exercise this virtue especially in times of challenge, for it is precisely on these occasions that the true character of an individual is revealed."

The Savior's ministry on earth was marked by the virtue of temperance in all aspects of His character.

"As we strive, with faith and diligence, to weave temperance into our actions and words, I testify that we will strengthen and anchor our lives more securely upon the sure foundation of our Redeemer."

**Elder Peter M. Johnson**

General Authority Seventy

In his message at the October 2024 general conference, President Russell M. Nelson encouraged everyone to prepare for the Second Coming of the Lord Jesus Christ and promised that regular worship in the temple will enable "every sincere seeker" to find the Savior in the temple.

How do members "become" and "help one another become" devoted disciples of Jesus Christ and worship in the house of the Lord?

The answer: "We minister to the one."

Ministering in the Savior's way means showing love without judgment, along with compassion, kindness and patience. By ministering to the one, individuals feel invited to come unto Jesus Christ and worship in the house of the Lord, where they receive His redeeming power.

"In other words, we help one another become devoted disciples as we minister to the one in ways that lead to the house of the Lord."

In the scriptures, Jesus Christ and His apostles exemplified how to minister to the one with love and without judgment.

A member's ability to minister to others can be enhanced by living the doctrine of Christ, along with daily scripture study and partaking of the sacrament weekly.



Elder D. Todd Christofferson

Of the Quorum of the Twelve Apostles

The counsel to “look to God and live” (Alma 37:47) is given in the scriptures and also by a branch Young Women president in the African country of Lesotho after a fatal accident.



It “has meaning for us not only in eternity, but also makes all the difference in the character and quality of our mortal lives.”

“It is only by looking to God that individuals, families and even nations can flourish.”

In the oft-repeated promise in the Book of Mormon, to prosper meant not only economic well-being and ministering to the needs of others, but also both spiritual guidance and blessings, and the capacity to rise above hardship and trial.

The opposite was not poverty. “It was being cut off from the presence of the Lord.”

His presence refers to the influence of His Spirit in one’s life.

“In looking to God, we can find peace in difficulty and our faith can continue to grow even in times of doubt and spiritual challenge.”

This is where people can receive strength in opposition and reconcile the ideal with present reality.

“Looking to God means that He is not just one of our priorities; it means rather that He is our one highest priority.”

Sister Andrea Muñoz Spannaus

Of the Young Women general presidency

The Old Testament tells the story of the woman of Shunem, who received a personal witness of Elisha the prophet after inviting him into her home and hearing his words. The Lord testified to the woman that Elisha was a prophet of God, and she acted by opening her house to receive him.



Youth today can also receive a personal testimony of God’s prophets and open their hearts and minds to receive the message Heavenly Father has for these latter days.

A prophet is a man whom God has called to speak for Him. There are prophets on the earth today just as there were in ancient times. Prophets are seers and revelators. That means they can see what others cannot see, and they can prophesy of future events. Each member of the First Presidency and the Quorum of the Twelve Apostles is a prophet, seer and revelator.

Prophets testify of Christ — His existence, ministry and divinity. God has commanded parents to raise children in light and truth.

In the coming days, kneel, open one’s heart and pray with faith to Heavenly Father, asking Him to confirm that His chosen Prophet and Apostles are His voice on the earth today.

Elder Henry B. Eyring

Of the Quorum of the Twelve Apostles

To prove a piece of steel is to add heat, weight and pressure until its true nature is enhanced and revealed. Rather than being weakened by the proving, the steel becomes stronger and trustworthy.



“The Lord proves us in much the same way to strengthen us. That proving does not come in moments of ease or comfort. It comes in moments when we feel stretched beyond what we thought we could bear.”

Individuals become spiritually stronger as they continue to have faith in Jesus Christ, even when things might feel impossible. The experiences of Moroni and Jacob in the Book of Mormon and the Prophet Joseph Smith in Liberty Jail emphasize this truth.

The greatest example of proving and strengthening occurred through the Atonement of Jesus Christ. Because of His Atonement, the Savior can strengthen all in times of trial. Proving and strengthening may come through the trials of family life, illness, disappointment, grief or loneliness.

“I bear witness that these moments are not evidence that the Lord has abandoned you. Rather, they are evidence that He loves you enough to refine and strengthen you. He is making you strong enough to carry the weight of eternal life.”

Elder David A. Bednar

Of the Quorum of the Twelve Apostles

In his final sentence in the Book of Mormon, the prophet Moroni describes the Final Judgment as “pleasing.” Similarly, other prophets describe it as a “glorious day” and an event to anticipate.

In contrast, other prophetic descriptions refer to the Final Judgment with terms like “shame and awful guilt,” “dread and fear” and “endless misery.”

This stark contrast in language suggests that the doctrine of Christ allowed Moroni and other prophets to look forward to that day with hope rather than fear.

“What did Moroni understand that you and I need to learn?”

In the Father’s plan of happiness, the fundamental purposes of exercising agency are to love one another and to choose God.

The gospel of Jesus Christ invites all to both know and become something through the righteous exercise of moral agency. When works and desires fail, individuals can be saved through the Savior’s infinite Atonement.

Learning godly fear invites peace, assurance and confidence on Judgment Day. “Ultimately, then, we are our own judges. No one will need to tell us where to go. In the Lord’s presence, we will acknowledge what we have chosen to become in mortality and know for ourselves where we should be in eternity.”

**Elder B. Corey Covelier**

General Authority Seventy

As President Russell M. Nelson said, one’s true identity is child of God, child of the covenant and disciple of Jesus Christ. King Benjamin in the Book of Mormon taught that those who take upon themselves the name of Christ “shall be called by the name of Christ” (Mosiah 5:8-9).

Being “called by the name of Christ” means making and keeping covenants, always remembering Him, keeping His commandments, serving others, standing as witnesses of God and standing with prophets and apostles as they carry Christ’s message around the world. It is a lifelong pursuit.

A seed planted by a branch president in Germany in 1909 produced countless fruit as it led to several generations of one man’s family being sealed in the Bern Switzerland Temple. “Perhaps the greatest sermons are the ones we never hear but those we see in the quiet, unassuming actions and deeds observed in the lives of ordinary people who, trying to be like Jesus, go about doing good. ...

“Let us strive to follow Christ’s example, doing good and making discipleship a lifelong priority so that each time we interact with others, they will feel God’s love and the confirming power of the Holy Ghost.”

**Elder Matthew S. Holland**

General Authority Seventy

There are powerful lessons in Jonah’s experiences in the Old Testament – resisting a call to serve, willingness to sacrifice to help others, surviving a storm by being swallowed by a “great fish,” praying to be delivered, accepting the call to preach and saving a city (Jonah 1:17).

But when Jonah resents the mercy shown to his enemies, “God patiently teaches Jonah that He loves and seeks to rescue all His children.”

Jonah shows how “all are fallen.”

“Having a doctrinal understanding and spiritual witness of why every single one of us struggles with moral, physical and situational challenges is a great blessing.”

A testimony of the Fall doesn’t excuse sin, but it can “temper our frustrations when things just go wrong” and point people to become more like God.

“Even greater than manifesting the effects of the Fall, Jonah’s story powerfully directs us to Him who can deliver us from these effects.” His plea is a cry “of a good man in crisis, one largely of his own making.”

“My plea, inspired by Jonah, is: Forsake not your own mercy. You have immediate access to divine help and healing despite your human flaws. This awe-inspiring mercy comes in and through Jesus Christ.”

**Elder Carlos A. Godoy**

General Authority Seventy

“The greatness of our Saints in Africa becomes even more evident as they face life’s challenges and the demands of a growing church. They always approach it with a positive attitude.

“They find joy despite their challenges. They have learned that our relationship with the Savior enables us to approach difficulties with smiling faces and grateful hearts.”

Joy, despite challenges, can be found from Mozambique to Zambia and from Malawi to Zimbabwe – from Saints walking up to an hour each way to attend meetings to members worshipping in humble, public schools or small, cramped homes.

And in Lesotho, a somber atmosphere was expected following a fatal accident involving several young women. Instead, strong, resilient Saints were coping in uplifting, inspiring ways.

“Trust in Jesus and always look unto Him,” said accident survivor Mpho Anicia Nku, “because through Him you’ll find peace, and He will help you in the healing process.”

These are examples of positive attitudes because Saints center their lives in the gospel of Jesus Christ, knowing where to find help and hope.

“Just like those Saints in Africa, I know this promise [of the Savior’s healing power] is true. It is true there, and it is true everywhere.”



Elder Dale G. Renlund

Of the Quorum of the Twelve Apostles

Dr. Craig H. Selzman is the first surgeon to hold the Dr. Russell M. Nelson and Dantzel W. Nelson presidential chair in cardiothoracic surgery at the University of Utah. Days before he was appointed to the professorship in 2018, the surgeon made the decision that he must emulate Dr. Nelson's respectful temperament.

"Dr. Selzman had intentionally improved his prior attitude and aspirations because his name was now linked to that of President Nelson."

This experience showcases "at least five parallels to the process through which we take upon ourselves the name of Jesus Christ." They are identification, remembrance, emulation, alignment and empowerment.

"When we take upon ourselves the name of Jesus Christ, we link our name with His. We identify with Him. We gladly become known as Christian." Partaking of the sacrament in remembrance of Christ's Atonement helps one remember the Savior throughout the week.

As Christ's disciples, "strive to become like Him and seek to be blessed with His attributes." In doing so, willingly, intentionally and enthusiastically align one's goals with His.

"When we take upon ourselves the name of the Savior, our Heavenly Father blesses us with His power to help us fulfill our mission in mortality."

**Elder John D. Amos**

General Authority Seventy

The late President Russell M. Nelson once told a group of Primary children that the secret to his long life was reading the scriptures.

"Well, there we have it. The simple secret for happy living is to just follow God's recipe as detailed in the scriptures. I call it the 'Good News Recipe.'"

Everyone has moments when they feel their ingredients aren't good enough, when they struggle to follow directions, when they do something out of order or when something is out of their control.

"What do you do if something goes wrong when following the recipe? Well, embedded in the Good News Recipe is the 'secret ingredient' to ensure you always get it right in the end. The answer is always Jesus Christ."

When someone needs to invite Jesus Christ into their life, they can follow the steps that President Nelson taught about receiving personal revelation: find a quiet place they can regularly go to, humble themselves before God, pour out their hearts in prayer, and turn to Heavenly Father for answers and comfort.

"I testify that Jesus Christ is our Savior and Redeemer, and He has accomplished everything we need to be able to return to Heavenly Father."

**Elder Ozani Farias**

General Authority Seventy

"Missionaries taught me the doctrine of Christ and invited me to follow the prophet Moroni's invitation" to pray and ask if these things are not true. "I felt in my heart that what I was reading was good and came from God" and received the confirmation of Moroni's promise. Since then, the Book of Mormon has been a companion and immeasurable treasure "in my mortal journey."

The Book of Mormon is more than just a book. It is another testament of Jesus Christ. These three suggestions can help deepen conversion to Jesus Christ through a study of the Book of Mormon.

1. "Be diligent and consistent in your daily study." Sincerely prioritizing prayerful study of the Book of Mormon each day will bring greater spiritual strength and confidence in the Lord and His promises.

2. "Make your study more meaningful by feasting upon the words of Christ." To feast means more than just reading — it means savoring, pondering and applying. While studying the Book of Mormon, consider ways to make scripture study more meaningful.

3. "Bear your testimony of the truthfulness of the Book of Mormon." Develop a desire to share the joy that comes from knowing the gospel of Jesus Christ.

**President Dallin H. Oaks**

President, Quorum of the Twelve Apostles

The Church's doctrine centers on the family. "Our relationship to God and the purpose of our mortal life are explained in terms of the family." The gospel plan's intended destiny is to exalt God's children in eternal families.

Marriages and birthrates are declining. "It is vital that Latter-day Saints do not lose their understanding of the purpose of marriage and the value of children. That is the future for which we strive."

Latter-day Saints have a God-given responsibility to teach their children to prepare for eternity. They can do this even through divorce, death and separation. Parents, single or married, and others like grandparents who fill that role, are the master teachers for children.

Have love and patience for family members who do not embrace gospel values and expectations. Repentance and spiritual growth are still possible.

Families unite when they do meaningful things together, such as gardening, camping, sports activities, recreation, reunions, working in the yard and home, learning languages and more. Families flourish when they learn together and counsel together.

Blessings come to families as they pray and worship together, share family stories, create traditions and share sacred experiences.

The sealing powers in the temple bring families together for eternity.

