

President Jeffrey R. Holland

Acting president, Quorum of the Twelve Apostles

Toward the end of His mortal life, Jesus taught His apostles: “Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven. Whosoever therefore shall humble himself as this little child, the same is greatest in the kingdom of heaven” (Matthew 18:2-4).

What can individuals see in the virtues of “life’s junior varsity”? Perhaps it is purity, innocence and inborn humility. In contrast to the Zoramites who prayed self-servingly, “is there anything sweeter, more pure, more humble than a child at prayer? It is as if heaven is in the room. God and Christ are so real.”

Children love Jesus, and that love can carry over into their other relationships. They love easily, forgive readily and laugh delightfully. Like young Easton who passed the sacrament despite his destructive illness, children demonstrate faith, loyalty, trust, courage and honor.

“At the top of the list of the most beautiful images I know are babies and children and youth as conscientious and priceless as those we have referred to today. I testify that they are images of the kingdom of God flourishing on earth in all of its strength and beauty.”



President Camille N. Johnson

Relief Society general president

The Master Healer will heal all afflictions – physical and emotional – in His time. While waiting to be healed, one can be made spiritually whole in Him.

Being whole in Jesus Christ happens when exercising agency to follow Him in faith, keeping His commandments, entering in a covenant relationship with Him, and enduring until returning to His presence and being healed in every way.

Faith in Jesus Christ begets hope. “Faith in Him increases my hope for healing, and that hope reinforces my faith in Jesus Christ. It is a powerful cycle.”

Through faith in Jesus Christ, all can seek to be spiritually whole while waiting and hoping for physical and emotional healing. “We can choose to be made whole by exercising our faith in Him.”

To be whole means to be complete and full, like the five wise virgins who had their lamps full with oil when the bridegroom came. Making and keeping covenants in the house of the Lord fills lamps today with the oil of conversion. Then, share His light.

Wholeness does not necessarily mean physical and emotional restoration in mortality.

“Wholeness is born of faith in and conversion to Jesus Christ and in letting the light of that conversion shine.”



Elder Ronald A. Rasband

Of the Quorum of the Twelve Apostles

Last conference, President Russell M. Nelson said: “Do you see what is happening right before our eyes? I pray that we will not miss the majesty of this moment. The Lord is indeed hastening His work.”

This year, Elder Rasband has “had a front-row seat to the Lord ‘hastening His work.’ The Church is building temples at an unprecedented pace, giving more members an opportunity to worship in the house of the Lord. Second, missionary work is gathering record numbers to the fold of the Good Shepherd, Jesus Christ. And third, Church education in many configurations is at a new high in teaching those who ‘seek this Jesus’ (Ether 12:41).”

As Apostles Brigham Young and Heber C. Kimball left their families sick and destitute and set off to preach in the British Isles, they struggled to their feet and shouted, “Hurrah for Israel.”

Earlier this year at a missionary meeting in Lima, Peru, the missionaries similarly cheered, “Hurrah for Israel.”

“Right before my eyes were missionaries who had set aside the things of this world to serve the Lord and help hasten His coming.”

May disciples of Jesus Christ shout, “Hurrah for Israel,” as they prepare for the return of the Savior.



Elder Quentin L. Cook

Of the Quorum of the Twelve Apostles

Pioneers from the Willie and Martin handcart companies experienced starvation, exposure to freezing weather and many deaths in 1856.

When Brigham Young learned of their situation, he urged Saints in Salt Lake City, “Go and bring in those people now on the Plains.” Rescuers obeyed and played critical roles in saving stranded Saints.

Just as these pioneers were rescued, “as we turn to Jesus Christ, the Savior of the world, He rescues us from the storms of life through His Atonement in accordance with the Father’s plan.”

God’s plan of happiness is based on the Savior’s atoning rescue. “The key to the Father’s plan of happiness is the Atonement wrought by our Savior.”

Believers can find hope and light by focusing on Christ and His atoning sacrifice.

First, “do not underestimate the importance of doing what we can to rescue others from physical and especially spiritual challenges.”

Second, gratefully accept the Savior’s Atonement, striving to exhibit joy and happiness even when facing the challenges of life.

Third, set aside consistent time to faithfully contemplate His Atonement, especially by partaking of the sacrament and attending the temple.

“The Atonement of Jesus Christ provides the ultimate rescue from the trials we face in this life.”



Elder Ricardo P. Giménez

General Authority Seventy

The Prophet continuously extends invitations. One might feel these are more items to add to a spiritual to-do list. But they are an opportunity “to link everything we do with our love for the Savior.”

Some things – like reading scriptures or offering sincere prayers – are done so consistently that they turn into traditions that dictate one’s efforts to build faith in Jesus Christ. Is “the real goal simply to accomplish these tasks? Or are these actions the means, the tools at your disposal, to achieve the true goal?”

Nothing is inherently wrong with traditions or setting goals. “However, I invite you to open your hearts and minds to the opportunity and blessing of understanding why we do these things and practice our religion.”

Use the Christ-centered traditions of Easter as “a means to learn more about the Savior and remember His Resurrection.

“The more we can connect the reason with our love for the Savior, the more we will be able to receive what we need or are seeking.”

Rather than simply reading general conference talks, studying and pondering the messages can help determine how to improve one’s life.

“I love the Savior, and my love for Him is my ‘why.’”

**President Henry B. Eyring**

Of the First Presidency

In Doctrine and Covenants 88:63, Jesus Christ invites all to “Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me; ask, and ye shall receive; knock, and it shall be opened unto you.”

Individuals can sometimes feel close to the Savior, but during life’s difficult moments, the distance from Him may increase as they yearn for assurance that He knows and loves them.

“The Savior’s invitation includes the way to feel that assurance. Draw near Him by always remembering Him. Seek Him diligently through scripture study. Ask through heartfelt prayer to Heavenly Father to feel closer to His Beloved Son.”

Like being apart from a dear friend for a time, one may try to stay in touch, treasure any message and do anything to show support. More communication and support leads to stronger bonds. Little or no communication can weaken bonds.

“Jesus Christ loves each of us. He offers the opportunity to draw closer to Him. As would a loving friend, you will do it in much the same way by communicating through prayer to Heavenly Father in the name of Jesus Christ, listening for cherished guidance from the Holy Ghost and serving others for the Savior cheerfully. Soon you would feel that blessing of drawing nearer to Him.”



Elder Neil L. Andersen

Of the Quorum of the Twelve Apostles

Two words are often attached to the sanctity of mortal birth: “life” and “choice.” Life is a precious part of the Father’s perfect plan. “By His decree, we cherish life and preserve life, and we choose the continuation of life once conceived. We also treasure the gift of moral agency, helping to strengthen righteous choices approved by God that bring eternal happiness.”

Forgiveness through the Savior’s Atonement is available for those repenting from moral transgressions or involvement in abortion.

“The word of the Lord concerning the unborn, given voice through the First Presidency and the Quorum of the Twelve Apostles, has never varied and echoes the words of prophets through the ages, giving divine clarity to what the Lord has asked of us.” The Church’s official statement on abortion and “The Family: A Proclamation to the World” contain complete information.

“Nurturing and protecting life that is yet unborn is not a political position. It is a moral law confirmed by the Lord through His prophets.”

The diminishing love for unborn children worldwide is a grave concern. “God cherishes life. It is His work and His glory to bring immortality and eternal life to His children. As disciples of Jesus Christ, we cherish life.”

**President Steven J. Lund**

Young Men general president

To watch young men be ordained as holders of the Aaronic Priesthood is to be a “witness to the disruption of the very patterns of this world by godly authority spreading across the earth.”

Serving as a deacon, teacher and priest helps young men prepare for a lifetime of service to others.

“They will find themselves in consequential times and places where their presence and prayers and the powers of the priesthood of God they hold will profoundly matter.”

Priesthood holders from the Old Testament to today are entrusted by the Lord to teach and administer Heavenly Father’s ordinances to remind His children of the Savior’s Atonement.

“The Aaronic Priesthood is called the preparatory priesthood partly because its ordinances allow them to experience the weight and joy of being on the Lord’s errand, preparing them for future priesthood service, when they may be called upon to minister in unforeseeable ways — including pronouncing inspired blessings in times when hopes and dreams, and even life and death, hang in precarious balance.” Those blessings bless both those served and those who are being served through the power Heavenly Father has trusted to be worthy to act in His name.

“Such serious expectations require serious preparation.”

**Elder S. Mark Palmer**

Presidency of the Seventy

When a willow tree was blown down by a storm, a neighbor pointed out how to save the tree, which still had a root in the ground.

“While I meet Saints around the world, I am reminded of this willow tree and how there is hope even when all seems lost.”

There are ones whose testimonies have become weakened or others hanging on by “the slimmest of roots” and have chosen to come back to their Church home.

“To all who recognize what you have lost, we invite you to come back so you can once again taste the joyous fruit of the gospel.”

The Savior, Jesus Christ, has invited: “Will ye not now return unto me, and repent of your sins, and be converted, that I may heal you?” (see 3 Nephi 9:13).

Lessons from the willow tree and those returning to the Church include that the journey back is not easy or comfortable; be patient; the need for constant care and nourishment; a testimony grows as one stays sensitive to the Spirit; and the Lord knows a person’s divine potential.

“He will never give up on you. Through the Atonement of Jesus Christ all that is broken can be healed.”

**Elder Sandino Román**

General Authority Seventy

Faith in Jesus Christ is more than having a testimony of Him — it means having trust in Him.

“When we have faith in Christ, we recognize His blessings and develop a relationship of trust with Him.”

How does someone increase their trust in Christ? They can start by meditating on times that His Atonement and gospel brought happiness to their life. Make a record of these moments, including experiences from loved ones and people in the scriptures; then pray to Heavenly Father “as if it were the first time.” Express love and gratitude for His blessings and ask for direction.

“If you are sincere and humble, you will hear His answer and begin a personal and lasting relationship with Heavenly Father and Jesus Christ. Not only that, but your religious habits will become meaningful.”

A true relationship with Jesus Christ means making and honoring covenants with faithfulness and loyalty. Faith is a principle of action, without which it is impossible to please God.

“So, faith in Jesus Christ is a bond of trust, forged in loyalty and love. In other words, in gratitude for God’s merciful love, we show our loyal love by keeping His commandments.”



Elder Dale G. Renlund

Of the Quorum of the Twelve Apostles

There is no need to fear the Second Coming of Jesus Christ when one follows His teachings.

“These teachings are crucial because personal preparation to meet Him is central to life’s purpose.”

In the parable of the ten virgins, Jesus Christ taught His disciples about how to prepare to meet Him without fear or anxiety. The five wise virgins received the truth, took the Holy Ghost for their guide and were not deceived.

“The essential lesson of this parable of the ten virgins is that we are wise when we accept the gospel, seek to have the Holy Ghost with us and avoid deception.”

One message of the Savior’s parable of the talents is that God expects one to magnify the abilities they have been given.

With the Savior’s parable of the sheep and goats, the distinguishing characteristic used by the shepherd to divide the two was whether they had served others and, by extension, served God.

Helping others and seeking God’s guidance to develop one’s unique abilities helps one prepare to meet the Savior.

“You will be ready to meet the Savior, and you can join President [Russell M.] Nelson in being joyfully optimistic.”

**Elder Hans T. Boom**

General Authority Seventy

The first line of a song about the Army of Helaman says, “We have been born, as Nephi of old, to goodly parents who love the Lord. We have been taught, and we understand, that we must do as the Lord commands” (“Children’s Songbook,” no. 172).

Even when someone feels they do not come from such parents, “you can become one of those ‘goodly parents who love the Lord’ and provide a righteous example to others.”

To those of the rising generation, “please learn and receive strength from the faith and testimonies of those that came before you.” Gaining or growing a testimony requires sacrifice, and “sacrifice brings forth the blessings of heaven” (“Hymns,” no. 27).

Consider and pray about President Russell M. Nelson’s invitation to serve a mission.

“All of us, whether we are the first generation in the gospel or the fifth, should ask ourselves, ‘What stories of faith, strength and celestial commitment will I pass on to the next generation?’ ...

“Let us be, ‘True to the faith that our parents have cherished, true to truth for which martyrs have perished, to God’s command, soul, heart and hand, faithful and true we will ever stand’” (“Hymns,” no. 254).

**Elder Dieter F. Uchtdorf**

Of the Quorum of the Twelve Apostles

A friend visiting a branch in Germany was impressed by the members’ love for each other.

When people experience the Church for the first time, they are likely to notice how they feel and how members treat each other. The Savior wants them to leave with stronger faith in Him. The love felt there will lift them closer to Jesus Christ.

The Lord invites His children to join His kingdom and anxiously engage in building it. To be of one heart, individuals must align their heart with the Savior.

One category comes before all others: child of God. Unity in the Church is not because of a common background but because of a common objective — being “one in Christ.”

Those who love God and want to know Him better and seek to keep the commandments are a perfect fit for the Church, which is one body. “All are needed in the body of Christ.”

For those who are not yet members of the Church, “we invite you to join us as we rejoice in the Savior’s ‘song of redeeming love.’”

Church members’ love for God and His children is a powerful testimony to the world that this is the Savior’s Church.



Elder Gary E. Stevenson

Of the Quorum of the Twelve Apostles

When a customs officer saw an image of the Savior in Sister Lesa Stevenson's passport, it changed the officer's demeanor.

"This small picture of the Savior connect-

ed the hearts of two otherwise disconnected strangers, capturing the beauty, the miracle and the reality of the Light of Jesus Christ."

Followers of Jesus Christ seek to both receive and share His light.

Living prophets are increasingly inviting people to come unto Him. In 2020, for instance, President Russell M. Nelson introduced a new visual identifier for the Church featuring the resurrected Savior.

"Christ is at the center of His Church and should be at the center of our lives."

Believers have been encouraged to celebrate Easter in a higher and holier way. "Adding an intentional spiritual dimension that focuses on Jesus Christ and His Atonement to our celebration has brought a sweet balance to our commemoration of these most holy of all events."

Everyone will be resurrected, not figuratively or symbolically, because of the Savior.

"All who accept the invitations from our living Prophet and his counselors to more intentionally commemorate the holy events that Easter represents will find that their bond with Jesus Christ grows ever stronger."

**Sister Amy A. Wright**

Of the Primary general presidency

"Lifelong discipleship of Jesus Christ begins in our homes – and in Primary as early as 18 months of age. We want our children to believe in Jesus Christ, belong to Jesus Christ and His Church through covenant and strive to become like Jesus Christ."

For faith to lead to salvation, it must be centered in the Lord Jesus Christ.

"How can we help children strengthen their belief in Jesus Christ and access His divine power?"

After His Resurrection, the Savior invited the multitude to feel the prints of the nails in his hands and feet, one by one. "I invite you to ponder what this can look like in the life of young children. Do they hear testimonies of Jesus Christ and His gospel? ... Do they know of His message and mission?"

Members of the Church have a covenantal responsibility to prepare for His return. "How can we help children make and keep sacred covenants? ... How can we help baptized and confirmed children fulfill their covenantal responsibility to gather themselves and others unto Jesus Christ?"

Seek inspired ways to help children come to know this is their Church and they have a vital role to play in preparing for the Savior's return.

**Elder James R. Rasband**

General Authority Seventy

In the Kirtland Temple's dedicatory prayer, "Joseph [Smith] again and again pleaded for mercy" for Church members, their enemies, political leaders "and, very personally, he pled with the Lord to remember him and to have mercy upon his beloved Emma and their children."

Each person can find mercy in the house of the Lord and the covenants made there. In the temple, individuals learn that "every part of the plan of salvation" is merciful.

"Indeed, it might be said that the plan of salvation is a plan of happiness precisely because it is a 'plan of mercy.'"

The Lord will "manifest Himself in mercy whenever we ... plead for mercy." If one struggles to feel answers to prayer, "seeking the Lord's mercy is one of the most powerful ways to feel the witness of the Holy Ghost."

When asking Heavenly Father if the Book of Mormon is true, follow Moroni's invitation to ponder "how merciful the Lord hath been unto the children of men" (Moroni 10:3-5) and ask if His plan as taught in this book is really this merciful.

"I testify that it is and that the peace-giving and hopeful teachings of mercy in the Book of Mormon are true."



Elder Sergio R. Vargas

General Authority Seventy

In nature, salmon are born in rivers and swim to the ocean to find conditions and food needed to grow. The ocean is dangerous for salmon, with predators and fishers using fake bait. If the salmon survive, scientists have learned through research that they use a type of magnetic map, similar to GPS, to guide them back to their birthplace.

Like salmon, Heavenly Father's children have a magnetic guide — the Light of Christ — to help guide them back to their heavenly home.

"As we focus our life on Jesus Christ, we find our way home, enduring to the end and rejoicing to the end."

Just as the salmon need to be nourished in the ocean to grow, Heavenly Father's children need to be nourished spiritually to avoid dying of spiritual malnutrition. Prayer, the scriptures, the temple and consistently attending Sunday meetings are vital to a person's spiritual health.

Making and keeping covenants brings a person closer to God, makes the impossible possible and fills spaces of darkness and doubt with light and peace.

"Deep inside each of us is a desire to return to our heavenly home, and Jesus Christ is our heavenly guidance system. He is the way."

**Elder D. Todd Christofferson**

Of the Quorum of the Twelve Apostles

Four concepts regarding worship:

First, the actions that constitute one's worship: Most important is what is done in gathering on the Lord's Day. "Worshipping together, as the 'body of Christ,' has unique power and benefits as we teach, serve and sustain one another."

Second, the attitudes and feelings inherent in worship: "Feeling and expressing gratitude to God is, in fact, what infuses worship with a sense of joyful renewal as opposed to seeing it as just one more duty."

Third, the exclusivity of worship: "Whatever takes precedence over worship of the Father and the Son becomes an idol. Those who reject God as the source of truth, or disavow any accountability to Him, in effect substitute themselves as their god."

Finally, the need to emulate the Father and the Son: "How we live may be the best, most genuine form of worship. Showing our devotion means emulating the Father and the Son — cultivating Their attributes and character in ourselves. ..."

"May we receive the Holy Spirit and yield our hearts to God, have no other gods before Him, and as disciples of Jesus Christ emulate His character in our own lives. I testify that as we do, we will experience joy in worship."



Elder David A. Bednar

Of the Quorum of the Twelve Apostles

The organization of The Church of Jesus Christ of Latter-day Saints 195 years ago “was the culmination of a sequence of miraculous experiences.”

Having his prayer answered by seeing Heavenly Father and Jesus Christ as part of his First Vision was the first of three specific experiences for the Prophet Joseph Smith. “Joseph did not pray merely to know what was right. Rather, he prayed to know what was right so he could do what was right.”

Second in this Restoration was the translation and publication of the Book of Mormon. “The Book of Mormon is another testament of Jesus Christ, confirms the truthfulness of the Bible and restores plain and precious truths that were lost from the Bible.”

Third was the restoration of priesthood keys lost with the deaths of the New Testament apostles.

“Ancient prophets and apostles personally conferred priesthood authority upon Joseph Smith and committed priesthood keys to him.” Those prophets and apostles were John the Baptist, Peter, James, John, Moses, Elias and Elijah.

“As you pray earnestly with the expectation to both receive and act upon an answer from God, as did young Joseph Smith, your capacity to recognize and respond to that divine witness will be increased.”



Elder Steven D. Shumway

General Authority Seventy

Participating in God’s work, including through callings, ministering, temple worship and following promptings, uniquely prepares people to meet the Savior. “When we say yes to serving, we are saying yes to Jesus Christ. And when we say yes to Christ, we are saying yes to the most abundant life possible.”

First, participation in God’s work helps people progress toward “the measure of [our] creation.”

During the Creation, God acknowledged the work completed, not that it was finished or perfect. “God rejoices in our progress, and so should we, even when we still have a work to do.”

Second, serving elevates homes and churches into holy places where people can practice covenant living. “When we live the covenants connected with these ordinances, we transform, become the kind of person who wants to be in God’s presence.”

Third, it helps people receive God’s gift of grace. “When we consecrate our meager but best effort, God magnifies it.”

Also, be aware of those who may appear unlikely for a calling but may be willing to serve. When leaders and parents let others learn and act for themselves, they blossom and flourish.

“Callings are sacred gifts from a loving Father to help bring others with us to Jesus Christ.”



Sister Tamara W. Runia

Of the Young Women general presidency

Some individuals feel repentance works for everyone but them. They might wonder, “When I keep falling short, does God know I still love Him?”

Distancing oneself from God after making a mistake and thinking that He is disappointed is not true. Likewise, waiting until an individual feels clean before going to the Savior misses the point.

“I testify that while God cares about our mistakes, He cares more about what happens after we make a mistake. Are we going to turn to Him again and again? Are we going to stay in this covenant relationship?”

When the Lord says, “Repent ye, repent ye,” imagine Him instead saying, “I love you, I love you.”

“The invitation to repent is an expression of God’s love. Saying yes to that invitation is an expression of ours. ... Yes, your repentance doesn’t burden Jesus Christ; it brightens His joy.”

God forgives without shame, comparison “or scolding us because this is the same thing we were repenting of last week.”

Jesus Christ is forever brighter than the darkness of shame and would never attack someone’s worth. “Even though we don’t have perfect obedience yet, we try affectionate obedience, choosing to stay, again and again, because we love Him.”



Bishop Gérald Causé

Presiding bishop

Trials may seem to hinder one’s progress and challenge genuine efforts to live the gospel fully. But the Lord knows each person’s circumstances and the door to His blessings remains open.

“If you ever feel limited or disadvantaged by the circumstances of your life, I want you to know this: The Lord loves you personally.”

When circumstances beyond individuals’ control prevent them from fulfilling righteous desires, the Lord will compensate in ways that allow them to receive His promised blessings. This truth is founded in three key gospel principles.

1. “God loves each of us perfectly.”
2. “Because God is both just and merciful and His plan is perfect, He will not hold us accountable for things beyond our control.”
3. “Through Jesus Christ and His Atonement, we can find the strength to endure and ultimately overcome all of life’s challenges.”

Receiving compensating blessings comes with certain conditions. “The Lord asks us to do all we can and to ‘offer [our] whole souls as an offering unto Him.’”

The Lord will accept the desires of one’s heart as a worthy offering when earnest efforts fall short due to circumstances beyond one’s control. No one is beyond the reach of God’s infinite blessings.



Elder Gerrit W. Gong

Of the Quorum of the Twelve Apostles

When one cries out in grief or joy, Jesus understands perfectly. “He can be present in the moments when we most need eternity’s great gifts — Jesus Christ’s Atonement, Resurrection, restoration.”



He answers the longings of one’s heart and the questions of one’s soul. He wipes away tears, except tears of joy. “This is Easter in Jesus Christ.”

“Easter in Jesus Christ helps us mend, reconcile, make right our relationships on both sides of the veil. Jesus can heal grief; He can enable forgiveness. ...

“Easter in Jesus Christ lets us feel God’s approbation. ... Through spiritual transformation in Jesus Christ, we can escape debilitating perfectionism.”

His Resurrection frees all from death, from time’s frailties and physicality’s imperfections. “In all good things, Jesus Christ restores abundantly — not only what was but also what can be.”

The sacred and symbolic convergence of atonement, resurrection and restoration through Christ each Easter season is not accidental or coincidental. Palm Sunday, Holy Week and Easter celebrate Christ’s Atonement and Resurrection. April 6 commemorates the organization of His restored Church.

“May we each find in Jesus Christ atonement, resurrection and restoration — peace, becoming and belonging — that which is enduringly real and joyful, happy and forever.”

Elder John A. McCune

General Authority Seventy

“Because God and Jesus Christ love us, we are given the opportunity and privilege as true disciples to make covenants with Them. By doing so, our relationship with Christ is expanded.”



Those who make and keep covenants are blessed with spiritual power. “We are connected to Christ and God the Father in a special relationship and can experience Their love and joy in a measure reserved for those who have made and kept covenants.”

Through true covenant discipleship, individuals can better understand the nature of God and how He can still have a fullness of joy, even when some of His children are suffering.

“The answer lies in God’s perfect perspective and in His perfect plan. He sees us from the beginning to our glorious potential future. He has provided a way, through His Son, Jesus Christ, for all of us, His children, to overcome the pains, suffering, sins, guilt and loneliness of our mortality. God has provided for us the way and the choice.”

As individuals act as covenant disciples, their relationship with God is enriched, their joy enhanced and eternal perspective expanded. “We then are endowed with power and can feel joy in a measure reserved for God’s true covenant disciples.”

President Dallin H. Oaks

Of the First Presidency

Heavenly Father’s plan provides helps to guide His children through their mortal journeys. “By far God’s strongest mortal help was His provision of a Savior, Jesus Christ, who would suffer to pay the price and provide forgiveness for repented sins.”



The plan provides other gifts and merciful protections. One is the Light or Spirit of Christ, which is given to everyone in order to receive guidance and know good from evil.

Other great assistance and directions from the Lord to help people choose what is right are commandments, ordinances and covenants.

“Commandments define the path our Heavenly Father has marked out for us to progress toward eternal life.” On that path, one gradually achieves the needed relationship with the Savior and qualifies for an increase of His power.

“Ordinances and covenants are part of the law that defines the path to eternal life” and are required steps and essential guardrails along the path.

Other God-given helps for making right choices are the manifestations of the Holy Ghost and the gift of the Holy Ghost.

Deviations occur when members fail to pray, study scriptures, repent and take the sacrament. “Humility and trust in the Lord are the remedies for such deviations.”

Elder Ulisses Soares

Of the Quorum of the Twelve Apostles

When Moses saw the burning bush that was not consumed on the slopes of Mount Horeb, God said, “put off thy shoes from off thy feet, for the place whereon thou standest is holy ground” (Exodus 3:5).

Reverence is the foundation upon which spirituality is built, creating a personal connection and deeper communion with God.

“Each of us can transform our discipleship into a higher pattern of spirituality by making the virtue of reverence a sacred part of our spiritual character.”

Reverence toward Heavenly Father and Jesus Christ invites spiritual revelation and is an essential virtue for those who attain the celestial kingdom.

On the other hand, “the absence of respect for the sacred produces an increasing casualness in attitude and carelessness in conduct, which can rapidly spiral one generation into apathy and catapult the next generation into misery.”

Believers can show reverence as they protect their home environments from worldly influences, regularly attend the temple, faithfully participate in the Church’s worship services and turn full attention to the Savior when partaking of the sacrament.

“Reverence for the sacred fosters genuine gratitude, expands true happiness, leads our minds to revelation and brings greater joy to our lives.”



Elder Michael B. Strong

General Authority Seventy

Discipleship of Jesus Christ “is a path filled with deliberate and purposeful acts of love towards others.”

This Christlike attribute is charity, or love in action. Patterns of Christ’s charity found in His true disciples include being compassionate, ministering to unspoken needs and helping others along the covenant path.

“Compassion is that portion of charity that seeks to alleviate all suffering.” While ministering to the Nephites following His Resurrection, the Lord healed the sick and afflicted and blessed their children because He was filled with compassion.

The Savior demonstrated His love “through His observance of and ministry to the unspoken needs of others.” For instance, the Lord not only physically healed the paralyzed man lowered through a roof but offered forgiveness of sins.

While becoming more like Christ, a desire to help others along the covenant path increases. This could mean befriending those who feel offended or forgotten, helping new members of a congregation feel welcome or inviting friends to worship at sacrament meeting.

“There are countless ways to encourage and assist others in their progression if we deliberately and prayerfully seek heaven’s help to have eyes to see and a heart to feel how Jesus Christ sees and feels for them.”



Elder Scott D. Whiting

General Authority Seventy

When Adam and Eve partook of the forbidden fruit in the Garden of Eden, they transgressed a law given directly from Heavenly Father. They realized they were naked, and Lucifer tempted them to hide from God.

The impulse to hide, which is the second temptation, after doing something wrong – the first temptation – is a natural human behavior.

“This temptation, I will call it the ‘second temptation,’ is the temptation that may bring the greatest consequence if we succumb. Surely, to avoid all first temptations to break God’s law is optimal, but we know that all will succumb to a variety of first temptations here on earth. As we progress in our maturity and understanding, we hope that our strength to avoid first temptations will continually improve as we strive to become more like our Savior, Jesus Christ.”

Some try to hide from God to avoid being discovered or exposed, and they feel shame or guilt. But the scriptures teach that hiding from God is impossible.

“Beware this second temptation. Follow the counsel of prophets both ancient and modern and know you cannot hide from a loving Father. Instead avail yourself of the miraculous healing power of the Atonement of Jesus Christ.”



Elder Christopher H. Kim

General Authority Seventy

“When we harden our hearts, we are blinded, and good things cannot come into our hearts or our minds.”

What can one do to not harden one’s heart?

“First, we can practice daily repentance.” President Russell M. Nelson taught: “Repenting is the key to progress. Pure faith keeps us moving forward on the covenant path. Please do not fear or delay repenting.”

“Second, we can practice humility.” Daily repentance brings humility to one’s heart. “We want to become humble before the Lord, like as a little child who obeys their father. We will then always have the Holy Spirit with us, and our hearts will soften. ...

“Third, we can trust and rely on our Savior.” If one sincerely repents, becomes humble and trusts and relies on the Lord, one’s heart will be softened. “He will then pour out His Spirit and show us the mysteries of heaven. ...

“Let us follow the example of our Savior, Jesus Christ, who followed the will of the Father. As we do so, the Lord has promised us, ‘For, behold, I will gather them as a hen gathereth her chickens under her wings, if they will not harden their hearts’ (Doctrine and Covenants 10:65).”



Elder Patrick Kearon

Of the Quorum of the Twelve Apostles

Gift giving is part of every culture. To receive a gift, a person must value it for themselves, put it to full use and remember the giver with gratitude.

But another “all-encompassing gift of eternal truth” is that “we really are God’s children.”

“That truth is breathtaking – stunning. And it is not figurative.”

It’s a terrible loss when this gift isn’t received.

“You must undo the bow, tear off the wrapping paper, open the box and actively receive with grateful humility a true, pure understanding of this foundational truth.”

Some might wonder how to receive this gift, but the only thing to do is accept it. “That is simply a fact. Just let it in. You are His child. You are beloved of Him. Do not complicate it. Do not block the receiving of this gift with thoughts that you are somehow undeserving.”

The reality that each person is a child of God is “not just a nice song we sing. ... Re-receive this gift, or perhaps truly receive it for the very first time, and let it transform every aspect of your life.”

**Elder Benjamin M.Z. Tai**

General Authority Seventy

“When we exercise faith in God and His Son, Jesus Christ, we receive clear assurance of their reality and of their concern for us.”

While God’s love is accessible to all, many still search for it; others desire to feel it, but don’t believe they deserve it; and others are desperately trying to hang onto it. “We feel God’s love when we do things that draw us closer to Him.”

To help others feel God’s love, cultivate Christlike attributes – such as humility, charity, compassion and patience – and help turn others towards the Savior through following the two great commandments of loving God and loving fellow men.

“Please know that your every effort matters and, as certain as the stars above us, that Heavenly Father and Jesus Christ know, hear and love you.”

Four invitations to consider to feel the love of God more abundantly: (1) “Pause frequently to remember that you are a child of God,” and share gratitude. (2) “Pray daily, asking Heavenly Father to help you know who around you needs to feel His love.” (3) “Ask sincerely what you can do to help that individual to feel the love of God.” (4) “Act promptly on the inspiration you receive.”

**President Russell M. Nelson**

President of the Church

Challenges in life can knock an individual’s self-confidence. “However, disciples of Jesus Christ have access to a different kind of confidence.” When making and keeping covenants with God, individuals can have confidence that is born of the Spirit.

Having confidence before God means having confidence in approaching God right now. It means praying with confidence that Heavenly Father is listening. It means having confidence that He loves His children, understands their needs and yearns to help them reach their highest potential.

The Lord said charity and virtue open the way to having confidence before God (see Doctrine and Covenants 121:45). Followers of Jesus Christ should lead the way as peacemakers. “As the world grows more wicked, we need to grow increasingly pure. Our thoughts, words and actions need to be unfailingly virtuous and filled with the pure love of Jesus Christ towards all men.”

Regular worship in the house of the Lord increases one’s capacity for charity and virtue, thus increasing their confidence before the Lord. “As we diligently seek to have charity and virtue fill our lives, our confidence in approaching God will increase. I invite you to take intentional steps to grow in your confidence before the Lord.”

President Nelson during his talk announced locations of 15 new temples to be constructed, in: Reynosa, Mexico; Chorrillos, Peru; Rivera, Uruguay; Campo Grande, Brazil; Porto, Portugal; Uyo, Nigeria; San Jose del Monte, Philippines; Nouméa, New Caledonia; Liverpool, Australia; Caldwell, Idaho; Flagstaff, Arizona; Rapid City, South Dakota; Greenville, South Carolina; Norfolk, Virginia; and Spanish Fork, Utah.

