

Elder Neil L. Andersen

Of the Quorum of the Twelve Apostles

Hope is a priceless gift from God.

“My intent is to speak of our sacred and eternal hopes centered in Jesus Christ and the restored gospel, and our confident expectations of the promised blessings of righteousness.”

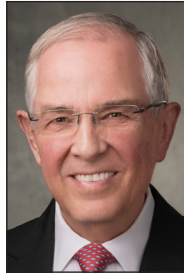
Hope of eternal life is assured through the grace of Christ and individual choices, allowing individuals the remarkable blessing of returning to be with Heavenly Father and His Beloved Son.

“As we strengthen our faith in Jesus Christ, we see beyond our struggles to the blessings and promises of eternity. Like a light whose brilliance grows, hope brightens the darkened world, and we see our glorious future.”

The Savior sends the Holy Ghost as a companion to faith and hope, bringing peace “not as the world giveth” (John 14:27).

Individuals build faith through prayer, temple covenants, keeping the commandments, continually feasting on the scriptures and the words of modern-day prophets, taking the sacrament and worshipping weekly with fellow Saints.

“There is no pain, no sickness, no injustice, no suffering, nothing that can darken our hope as we believe and hold tightly to our covenants with God in the house of the Lord. It is a house of light, a house of hope.”



President Emily Belle Freeman

Of the Young Women general presidency

Priesthood ordinances and covenant promises allow God to sanctify people and work wonders in their lives. “In order for an ordinance to manifest the power of God in our lives, it must be done with authority from the Son of God.” This is through those who are ordained with the priesthood.

“We don’t just make covenant promises – we must keep them.” God promises to bless those who keep their covenants. “Do we realize it is the combination of priesthood ordinances along with the keeping of covenant promises that allows us to draw upon God’s power?”

In Doctrine and Covenants 25, Emma Smith learned about the covenant connection that would increase the ability of priesthood ordinances to work in her life. Through Melchizedek Priesthood ordinances, “the power of godliness [would be] manifest.”

“This is what it looks like for God’s power to work within us.”

To “live up to your privileges,” study and ponder the Aaronic and the Melchizedek Priesthood ordinances, the covenant promises made with each and the power of God accessed through those ordinances.

Partaking of the sacrament weekly and wearing the garment of the holy priesthood daily is a reminder “of the gift of His power working in you.”



Elder Karl D. Hirst

General Authority Seventy

“Divine love never runs dry, and we are each a cherished favorite.”

To help someone else who feels distant from God’s love, do things to draw closer to God and then show Christlike love to that person.

Voices of discouragement and darkness may tell someone they do not warrant heavenly love. “If you hear those ideas, then please hear this: Those voices are just wrong.” No one is ever beyond the reach of God’s love.

“However misshapen we might feel we are, His arms are not shortened.” They are long enough to embrace everyone.

Being loved is not the same as feeling loved. Grief, depression, betrayal, loneliness or disappointment may intrude into an individual’s ability to feel God’s love. Step back and think celestial. Seek comfort from faithful friends, music, serving or remembering times of a clearer connection to God.

“If you are waiting for Him to come, might He already be there and within reach?” Those who feel filled with love right now should share it wherever they go. The joy of the gospel is available to all. “We have every good reason to ‘rejoice and be filled with love towards God and all men’ (Mosiah 2:4).”



Elder Dale G. Renlund

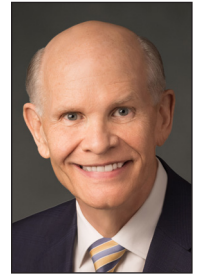
Of the Quorum of the Twelve Apostles

Swedish scientist Alfred Nobel stabilized nitroglycerin by combining it with a worthless substance called kieselguhr and shaped it into sticks of dynamite, which changed the world.

Just as the combination of nitroglycerin and kieselguhr made dynamite transformative and precious, the combination of the gospel of Jesus Christ and The Church of Jesus Christ of Latter-day Saints provides powerful and transformative benefits for members. “The gospel is perfect, but a divinely commissioned church is required to preach it, maintain its purity and administer its sacred ordinances with the Savior’s power and authority.”

As history has shown, without the Lord’s Church, humanity’s understanding of His gospel was likewise unstable – prone to doctrinal drift and subject to the influence of different religions, cultures and philosophies. The Church enables access to God’s power because it is authorized by Him both to teach the doctrine of Christ and to offer the gospel’s saving and exalting ordinances. The covenantal access to His power and love is through His Church.

“I invite you to commit yourself more fully to the Savior, His gospel and His Church. As you do so, you will find that the combination of the Savior’s gospel and His Church brings power into your life.”



Elder David P. Homer

General Authority Seventy

In 1843, Louisa Barnes Pratt's husband, Addison Pratt, was called on a mission to the Hawaiian Islands as the Saints prepared to cross the plains to Utah. Despite difficulty and personal reluctance, she trusted in the Lord, exercised faith and made the journey with her family.



This pioneer story teaches that “we have a loving Father in Heaven, who cares for us wherever we are, and that we can trust Him more than anyone or anything else.”

God trusts His children to make many important decisions and asks them to trust Him, even when personal judgment or public opinion differs from His will.

“Whom we choose to trust is one of life’s important decisions.” The scriptures and living prophets provide guidance and help to understand God’s truth.

“When we focus on the Savior, our faith can start to overcome our concerns.” Those who choose to be faithful, trust God and stay will be blessed.

“The choice to submit our will to God’s is an act of faith that lies at the heart of our discipleship. In making that choice, we discover our agency is not diminished; rather, it is magnified and rewarded by the presence of the Holy Ghost.”

Elder Gregorio E. Casillas

General Authority Seventy

Lending someone a helping hand is a privilege. “If we can help lighten their burdens, even if only for a moment, then we will be able to see the great manifestations of the Savior’s power in their lives.”



When ministering to a woman feeling weak from chemotherapy and to her adult son, “all that was going through my mind during this visit was a confirmation that Jesus Christ loves them deeply. He understands them and personally knows the pain of their unique situation.”

A crucial mission of this life is to become a disciple of Christ and make a positive difference. “We can provide a sense of joy that is reflected in our countenance, a joy that we share with words of love and acts of kindness.”

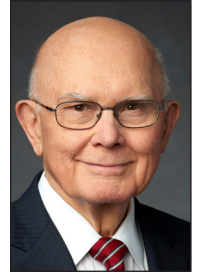
One tool of the adversary is the destructive belief that there’s no way to change. “It is at this moment when our love, our words of encouragement and support, our time and our help can give someone hope.”

Those who minister receive renewed testimony in their own trials. “By going and blessing the lives of our brothers and sisters, we will collect testimonies that will fill our life with faith in the Lord Jesus Christ.”

President Dallin H. Oaks

Of the First Presidency

God’s commandments provide the guiding and steadying force in one’s life. Like a kite’s string that holds it in place against mortal winds, covenants connect individuals to Heavenly Father and Jesus Christ. Promised blessings for keeping Their commandments enable all to soar to celestial heights.



The Lord gives two types of commandments – permanent, like the doctrine of Christ, and temporary, like leading the pioneer exodus west. Some permanent commandments need reemphasis in the circumstances of the present day, such as the Savior’s prohibition of contention and command to “love your enemies.” In this time of toxic communication, this commandment is a fundamental part of His invitation to follow Him.

Jesus taught, “Blessed are the peacemakers.” President Russell M. Nelson urged all to “choose to be a peacemaker, now and always.” To follow Jesus – the perfect role model – and His Prophet, individuals need to love and do good to all, avoid contention and be peacemakers.

“As we pursue our preferred policies in public actions, let us qualify for His blessings by using the language and methods of peacemakers. In our families and other personal relationships, let us avoid what is harsh and hateful. Let us seek to be holy, like our Savior.”

Elder D. Todd Christofferson

Of the Quorum of the Twelve Apostles

After being taught by the sons of Mosiah, the converted Lamanites did lay down their weapons of rebellion (see Alma 23:7).

Individuals might ask themselves what they can do to follow this pattern – that they become so converted to Christ that the stain of sin and desire for sin are taken from their hearts.

While willful rebellion is possible, the more insidious form of rebellion against God is passive – ignoring His will. “Many who would never consider active rebellion may still oppose the will and word of God by pursuing their own path without regard to divine direction.”

The weapons the Lamanite converts buried were wicked because of how they used them. “In this same way, there are things in our lives that may be neutral or even inherently good but that used in the wrong way become weapons of rebellion.”

Burying weapons of rebellion means yielding to the enticing of the Holy Spirit, putting the first commandment first and letting God prevail.

“If our love of God and our determination to serve Him with all our might, mind and strength become the touchstone by which we judge all things and make all our decisions, we will have buried our weapons of rebellion.”

**Elder José A. Teixeira**

Presidency of the Seventy

In the Sermon on the Mount, the Savior referred to those He taught as “the salt of the earth” (Matthew 5:13). “Just as salt in its purest form has the power to enhance and preserve, so too does our faith in Jesus Christ when it is nourished and protected by our dedication to Christlike service and love.”

The Lord’s covenant people should always do their best to be a pure reflection of their Savior. And just as salt is made of two elements bonded together, “we can’t be salt on our own,” so “we must be bonded to the Lord,” committed in efforts to serve.

“As we remain bonded to the Lord, our lives will naturally reflect His light, and we will become the ‘salt of the earth.’ In this effort, we not only enrich our own lives but also strengthen our families and our communities.”

Four simple yet profound ways to strive to be the salt of the earth include: prioritizing regular worship in the house of the Lord, strengthening others in gospel living, willingly accepting a calling and using digital communication tools to have meaningful interactions.

“Your unwavering dedication is a shining example. Your service is appreciated and cherished.”

**Elder Juan Pablo Villar**

General Authority Seventy

As a child, Elder Villar went to the beach with family and played in the water – but a wave took him by surprise and dragged him under. All felt lost until his brother Claudio pulled him out. Elder Villar tried a second time to dive into the waves and was rescued a second time by his brother.

Claudio then invited Elder Villar to dive with him.

“Certainly, it was not very easy, but I did it, thanks to the help and example shown by my brother. His hand rescued me twice; his example showed me how to deal with my challenge and be victorious that day.”

This experience illustrates several teachings about the Savior and His rescuing: He has power over the adversary, He is a flawless example of ministry, He is ready to rescue others, and He does not give up on them.

“We are not left alone in this life. While we must face challenges and trials, our Heavenly Father knows our capabilities and knows we can bear or overcome our difficulties. We must do our part and turn to Him in faith. His beloved Son, Jesus Christ, is our rescuer and will always be there.”

**Elder Patrick Kearon**

Of the Quorum of the Twelve Apostles

Because of God’s loving plan for His children and the Savior’s redeeming life and mission, Latter-day Saints can and should be the most joyful people on earth. Members of the Church of Jesus Christ are members of the church of joy.

Nowhere should their joy as a people be more apparent than when gathered each Sabbath to worship “the Source of all joy.”

No matter one’s age or calling, all can contribute to a spirit of joyful reverence in sacrament meeting. This includes intentional worshipping rather than simply attending; reflecting joy and gratitude on the stand and in the congregation; singing hymns; centering talks and testimonies on Heavenly Father and Jesus Christ and the fruits of living Their gospel; approaching the sacrament with awe and gratitude; and planning during family councils and ward councils for a joyful experience at church. Ultimately, all can ask themselves how the Savior would want the sacrament hour to be.

For those who have yet to discover joy in Jesus Christ, embark on its quest.

“This is an invitation to receive the Savior’s gift of peace, light and joy – to revel in it, to wonder at it and to rejoice in it, every Sabbath.”



Elder David L. Buckner

General Authority Seventy

Jesus Christ set the example to look for unity, love and belonging. “Jesus Christ has long called His faithful followers His friends.” The Savior used the term friend to define a sacred and cherished relationship – not as the world or social media defines a friend.

“The Savior numbers each of us and watches over us.” His watch care is “exalting, elevating and eternal.” The Savior’s declaration “ye are my friends” (Doctrine and Covenants 84:63) is a call to build higher and holier relationships among all of God’s children “that we may be one.”

The Savior’s ministry included bringing together disciples with diverse backgrounds and interacting with people from various situations and social status. Instead of looking for divisions, seek unity with others. “Our unique gifts and talents that differentiate us in a secular world unite us in a sacred space.”

Being welcoming means more than signs on a building or sitting in the pews at Church. “We must live our life so that the world does not see us but sees Him through us.”

Building relationships with all of God’s children includes everyday situations and interactions. “The Savior has called upon us to help one another, lift one another and edify each other.”

**Elder D. Martin Goury**

General Authority Seventy

“Our Heavenly Father understands our mortal journey and the inevitability of sin in our lives. Repentance is available for all through the Savior Jesus Christ’s atoning and redemptive sacrifice.

“Repentance, a foundational principle of the gospel, is essential for our spiritual development and resilience as we navigate life’s challenges.” President Russell M. Nelson’s invitation to quickly repent and not delay was also reiterated.

“If there is something that you have not fully repented of, I encourage you to heed President Nelson’s call not to procrastinate your repentance.”

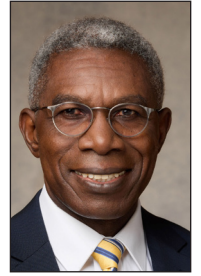
Repenting can take courage. “I can assure you that the joy that emanates from genuine repentance surpasses understanding.”

Through earnest repentance, people are sanctified. It also increases sensitivity to the promptings and influence of the Holy Ghost.

“One of the Holy Ghost’s essential functions is to caution, lead and guide every individual who listens to the soft, inner voice.”

Choosing to follow the teachings of the prophets and apostles leads to greater capacity to have the Holy Ghost as a companion.

“The Holy Ghost provides clarity in decision-making, prompting thoughts and impressions that align with our Heavenly Father’s will. Having the Holy Ghost as a constant companion is crucial for our spiritual growth.”

**Elder Aroldo B. Cavalcante**

General Authority Seventy

For the Jaredites on their challenging journey to the promised land, their boats were “buried in the depths of the sea, because of the mountain waves which broke upon them,” with the Master causing “a furious wind” to blow the Jaredites to their promised blessings (Ether 6:5-6).

“Similarly, we can decide to serve as a humble gust of wind in the Lord’s hands. Just as ‘the wind did never cease to blow’ (Ether 6:8) the Jaredites toward the promised land, we can help others progress in their journey to receive God’s blessings.”

People face storms of opposition and waves of trials that submerge them daily. But “the wind [will not] cease to blow towards the promised land ...; and thus [we shall be] driven forth before the wind” (Ether 6:8).

“Each of us can be a part of this wind – the same wind that blessed the Jaredites in their journey, and the same wind that, with our help, will bless the unrecognized and forgotten to reach their own promised lands.”

Jesus Christ is the Advocate with the Father, a Living God who acts as a strong wind that always guides one along the covenant path.

**Elder Ulisses Soares**

Of the Quorum of the Twelve Apostles

With the parable of the priceless pearl, Jesus Christ taught that obtaining the kingdom of heaven requires aligning one’s mind and desires with the will of the Lord.

The Savior achieved a perfect, divine level of submission to the Father by allowing His own will to be swallowed up in the Father’s will.

Stumbling blocks include thinking, “I do what works best for me,” or being “authentic” with self-centered pursuits, personal preferences and behavior that don’t match God’s loving plan and His will.

“One of the most glorious moments of mortality occurs when we discover the joy that comes when doing always those things that ‘work for and please the Lord’ and ‘what works for us’ become one and the same. To decisively and unquestioningly make the Lord’s will our own requires majestic and heroic discipleship.”

At that sublime moment, one becomes consecrated to the Lord, totally yielding his or her will to Him. Such spiritual submissiveness is beautiful, powerful and transformational.

“I pray that each of us in our time and turn will be able to declare, with covenant confidence, to our Heavenly Father and Savior Jesus Christ that ‘what works for Thee, works for me.’”



Elder Gerrit W. Gong

Of the Quorum of the Twelve Apostles

“Ours is a gospel of joy and holiness in everyday life.” Holiness invites all to infuse daily living with the sacred.

Church members’ stories of everyday holiness are inspiring. “You live seven C’s: communion with God, community and compassion with each other, commitment and covenant with God, family and friends – centered in Jesus Christ.”

Examples of these stories include a recently married couple “sharing with authenticity and vulnerability gospel covenants, sacrifice and service in their unfolding lives.”

A sister, yearning for a better relationship with her father, felt impressed to take him to the temple with her. This began regular daddy-daughter trips to the temple. “Spending time in the house of the Lord has healed us,” she said.

Jean Gong, Elder Gong’s mother, died earlier this year. The decision to be baptized and join the Church at 15 years old is one that most shaped her life. “My mother had covenant faith and trust in the Lord that blessed her life and all our family generations.”

Everyday holiness to the Lord “includes coming more often to the Lord in His holy house.” Doing so “prepares us to live with God our Father, a Man of Holiness, Jesus Christ and our loved ones.”

**Sister Kristin M. Yee**

Of the Relief Society general presidency

“About 10 years ago I felt impressed to paint a portrait of the Savior.”

Despite feeling overwhelmed, she moved forward and trusted the Lord would help her.

When applying varnish to the completed painting, it smeared because the paint wasn’t dry enough.

“I felt as though I had just destroyed what God had helped me to do.”

She prayed, pleaded for help and then worked through the night to repair the damage. The next morning, the painting looked better than it had before.

Just as the Savior helped repair an unrepairable painting, He helps individuals overcome weaknesses and repent from their mistakes.

“Repenting allows us to feel God’s love and to know and love Him in ways we would never otherwise know.”

The work and pleading that were necessary for heaven’s help in repairing the painting is like the work, sincerity of heart and humility needed to repent. These fruits include confessing and forsaking sin and living righteously.

“Like my painting, the Lord is not done with us when we make a mistake, nor does He flee when we falter. Our need for healing and help is not a burden to Him but the very reason He came.”

**Elder Kyle S. McKay**

General Authority Seventy

The First Vision marked the beginning of the restoration of all things in this last dispensation. For Joseph Smith, the experience was also personal and preparatory. He wanted forgiveness and direction, and the Lord gave him both.

“Joseph’s experience in the grove gave him confidence to ask for forgiveness and direction for the rest of his life. His experience has also given me confidence to ask for forgiveness and direction for the rest of my life.”

Joseph Smith lived a life of regular repentance. He also repeatedly inquired of the Lord for direction, and as a result, vital truths were given clarity and completeness.

After his martyrdom, Joseph Smith’s testimony continues to reverberate around the world, including these words: “The fundamental principles of our religion is the testimony of the apostles and prophets concerning Jesus Christ, ‘that he died, was buried, and rose again the third day, and ascended up into heaven;’ and all other things are only appendages to these, which pertain to our religion.”

Joseph Smith was and is a Prophet of God. “With joy and thanksgiving, I raise my voice in praise to the man who communed with Jehovah. And above all, praise to Jehovah, who communed with that man.”



Elder Jorge M. Alvarado

General Authority Seventy

If a person is humble, feelings of weakness and inadequacy can help him or her to recognize dependence upon Jesus Christ and to stir within the heart a desire to turn to the Savior with full purpose and repentance.

“Repentance is joy. Sweet repentance is part of a daily process through which — line upon line, precept upon precept — the Lord teaches us to live a life centered in His teachings.”

The Book of Mormon can play a powerful role in helping a person come unto Christ through repentance. The scriptures are full of accounts of individuals who learned about Heavenly Father’s plan of redemption and the role of Jesus Christ in the plan and who were led by the Spirit to repent.

In Puerto Rico, a thief stole a woman’s purse containing a copy of the Book of Mormon. The thief later asked for forgiveness. He had read the book, prayed and decided to change his life. Through sincere repentance and the Savior’s power, he embraced the gospel of Jesus Christ.

“I testify of God and of the infinite power of His Son’s Atonement. We can feel it profoundly as we sincerely and wholeheartedly repent.”

**Elder David A. Bednar**

Of the Quorum of the Twelve Apostles

As the late President Ezra Taft Benson taught, the Book of Mormon was written for the present day. It contains principles, warnings and lessons for the times in which Latter-day Saints do now and will yet live.

The Book of Helaman provides a stark contrast between the rapid spiritual decline of the Nephites and the increasing righteousness of the Lamanites. While the Lamanites turned to God, the once-righteous Nephites became a hardened and wicked people in a short period of time because they allowed pride to enter their hearts.

If individuals are not faithful and obedient, they can transform prosperity into a prideful curse that diverts and distracts from eternal truths and spiritual priorities. Those who believe they are sufficiently strong to avoid pride may already be suffering from it.

“As we study and ponder this inspired record, we will be blessed with eyes to see, ears to hear, minds to comprehend and hearts to understand the lessons we should learn to ‘beware of pride, lest [we should] enter into temptation’ (Doctrine and Covenants 23:1). ...

“I testify that as we walk in the meekness of the Lord’s Spirit, we will avoid and overcome pride and have peace in Him.”



President Jeffrey R. Holland

Acting president, Quorum of the Twelve Apostles

When soldiers arrived to arrest the Savior in His final days in mortality, Jesus asked, “Whom seek ye?” and they replied, “Jesus of Nazareth.” Jesus said, “I am he” (John 18:4-5). These verses contain some of what President Holland calls “the most stirring lines in all of scripture.”

Jesus came from a humble background, yet He confounded scribes and lawyers.

“Jesus was routinely placed in difficult – often devious – situations in which He was always triumphant, victories for which we have no explanation except His divine DNA.”

Throughout history, the testimony of the Saints regarding their witness of the Savior has been simplified and trivialized.

“They have reduced His righteousness to mere prudishness, His justice to mere anger, His mercy to mere permissiveness. We must not be guilty of such simplistic versions of Him that conveniently ignore teachings we find uncomfortable.”

Christ has the ability to both heal the deepest pain and declare the hardest reality.

“He is one who could administer grace and insist on truth at the same time. ... His love allows an encouraging embrace when it is needed and a bitter cup when it has to be swallowed.”



Sister Tracy Y. Browning

Of the Primary general presidency

Scientists believed Pluto was the most distant planet in the solar system. Further technological advances and exploration eventually reconfigured Pluto to a different status.

God’s children can take a similar approach when seeking to find answers to spiritual questions.

“Asking questions and searching for meaning is a natural and normal part of the mortal experience.” Heavenly Father’s plan is designed to help people progress despite limitations.

“Fidelity to the knowledge and wisdom we have already inherited through our faithful adherence to gospel principles and sacred covenants is crucial preparation for our readiness to receive and be stewards of communications from the Holy Spirit.”

Some spiritual petitions have reasonable, discernible answers that may not create discomfort. Resisting obedience to God’s commandments may prolong or delay spiritual growth.

“I testify that our sincere gospel questions can provide Heavenly Father and Jesus Christ with opportunities to help us grow. ... I testify that placing your trust in Heavenly Father and in His prophets whom He has sent will help you spiritually elevate and push you forward toward God’s expanded horizon. Your vantage will change because you will change. God knows that the higher you are, the farther you can see.”



Elder Brook P. Hales

General Authority Seventy

Elder Hales was a home teacher to an older sister in his ward whose life hadn’t been easy. But after she died, her son received a message from her while in the temple, telling him, “Mortality works.”

The Lord’s work and glory is to bring to pass the immortality and eternal life of man (see Moses 1:39).

“Mortality works. It is designed to work. Despite the challenges, heartaches and difficulties we all face, our loving, wise and perfect Heavenly Father has designed the plan of happiness such that we are not destined to fail. His plan provides a way for us to rise above our mortal failures.”

To receive all that Heavenly Father desires for His children, individuals must pass through the refiner’s fire, sometimes to their utter limits. “To completely avoid the problems, challenges and difficulties of this world would be to sidestep the process that is truly necessary for mortality to work.”

Life’s experiences, both good and bad, can help people have greater compassion, kindness and understanding for others. “As we come to rely on the Savior’s grace and keep our covenants, we can serve as examples of the far-reaching effects of the Savior’s Atonement.”



Bishop L. Todd Budge

Of the Presiding Bishopric

Making quality time for the Lord is one of the challenges of this fast-paced world filled with distractions and commotion.

The Lord said, “In returning and rest shall ye be saved; in quietness and in confidence shall be your strength: and ye would not” (Isaiah 30:15).

Be still in order to hear the still voice of the Lord. Being still requires making time for the Lord and letting go of doubtful and fearful hearts. “Being still is an act of faith and requires effort.”

God yearns for His children to commune with Him, but He will not force them. The gospel of Jesus Christ provides opportunities to return to Him often, including daily prayers, scripture study, the sacrament ordinance, the Sabbath day and temple worship.

These can be done with mindfulness and focus.

“When our focus is less on doing and more on strengthening our covenant connection with Heavenly Father and Jesus Christ, I testify that each of these sacred moments will be enriched, and we will receive the guidance needed in our personal lives.”

Concentrating hearts and minds on Heavenly Father and Jesus Christ and listening to the Holy Ghost will bring greater clarity, rest and strength.



Elder Gary E. Stevenson

Of the Quorum of the Twelve Apostles

Events over the next 10 years will result “in extraordinary opportunities to serve, to unite with members and friends and to introduce The Church of Jesus Christ of Latter-day Saints to more people than ever before.”



An unprecedented number of temple open houses and dedications will take place. “Imagine tens of millions of you and your friends walking through a house of the Lord.”

2030 will bring opportunities to commemorate the bicentennial of the Church’s organization. This will allow people to “come and see.”

People will flood Salt Lake City for the 2034 Winter Olympics. The eyes of the world will be on the Church and its members who volunteer and serve.

Youth and young adults will be empowered over the next decade as they participate in four divinely appointed responsibilities:

1. Live the gospel of Jesus Christ.
2. Care for those in need.
3. Invite all to receive the gospel.
4. Unite families for eternity.

“You will discover and experience bounteous celestial blessings and receive a witness that God hears you, knows you and loves you. You will experience days never to be forgotten.”

Brother Bradley R. Wilcox

Of the Young Men general presidency

In Old Testament times, the birthright son inherited his father’s estate. It was a great responsibility that came with great privileges.

Today, Church members have their own birthrights through covenants. “When we use our moral agency to make and keep covenants with God, we become heirs of the everlasting covenant God has made with our forebears in every dispensation. Said another way, we become ‘children of the covenant.’ That sets us apart. That gives us access to the same blessings our forefathers and foremothers received, including a birthright.”

As covenant keepers strive to fulfill their birthrights, they receive extra peace and knowledge. “Your covenant relationship with God and Jesus Christ is a relationship of love and trust in which you have access to a greater measure of Their grace — Their divine assistance, endowment of strength and enabling power. That power is not just wishful thinking, a lucky charm or self-fulfilling prophecy. It is real.”

Additionally, covenant keepers are never alone as they labor with Jesus Christ. “I testify that you are loved and you are trusted. ... Don’t sell your birthright for a mess of pottage. Don’t trade everything for nothing. Don’t let the world change you when you were born to change the world.”

**President Henry B. Eyring**

Of the First Presidency

“All of us have family members we love who are being tempted and tried by the seemingly constant forces of Satan.”

When Alma faced similar trials, he went about preaching the word of God.

“The word of God is the doctrine taught by Jesus Christ and by His prophets. Alma knew that words of doctrine had great power.”

The doctrine of Christ is simple: “Faith in the Lord Jesus Christ, repentance, baptism, receiving the gift of the Holy Ghost and enduring to the end blesses all of God’s children.”

Avoid speculation or interpretation when teaching. “The Holy Ghost will reveal the spirit of truth only as we are cautious and careful not to go beyond teaching true doctrine. One of the surest ways to avoid even getting near false doctrine is to choose to be simple in our teaching.”

Latter-day Saints should seize every opportunity to share the teachings of Jesus Christ with children.

“We should consider: ‘With so little time and so few opportunities, what words of doctrine can I share that will strengthen [my children] against the inevitable challenges to their faith?’ The words you share today could be the ones they carry with them, and today will soon pass.”



Elder Dieter F. Uchtdorf

Of the Quorum of the Twelve Apostles

Knowing what is eternal and what is not is key to growing a testimony of Jesus Christ and His Church.

“Some truths are core, essential, at the root of our faith. Others are appendages or branches – valuable, but only when they are connected to the fundamentals.”

Jesus Christ and His atoning sacrifice are the root of testimony, and everything else is branches.

“When it comes to nourishing our testimonies of Jesus Christ, I wonder if we sometimes mistake the branches for the roots. ... If you want to nourish a tree, you don’t splash water on the branches. You water the roots. Similarly, if you want the branches of your testimony to grow and bear fruit, nourish the roots.”

Faith is strong when it has roots in personal experience and personal commitment to Jesus Christ, independent of what one’s traditions are or what others may say or do.

“Our testimony will be tested and tried. Faith is not faith if never tested. Faith is not strong if never opposed. So do not despair if you have trials of faith or unanswered questions.”

Faith endures the trials and the uncertainties of life because it is firmly rooted in Christ and His doctrine.

**Elder Takashi Wada**

General Authority Seventy

The words of Christ and the Holy Ghost’s inspiration helped Elder Wada as a teenager in Nagano, Japan, to find important, peace-giving truths of the Father’s plan of salvation.

“Learning these important truths has helped me know my true identity and the great blessings God has prepared for us of exaltation and eternal life.”

In junior high school, he received a copy of the New Testament in English and was encouraged to use it in studying that language.

“I remember reading the words of Jesus Christ. Though I did not understand all the words He said, His words comforted me, lifted my soul and gave me hope. ... I felt that Jesus Christ was someone I knew.”

Later taught by missionaries, he once heard them praying for him. He recognized that prayer is a reflection of Heavenly Father and the Savior’s love for him.

“That love gave me hope, and afterward I did ask God in faith and with real intent. When I did, I felt a joyful and peaceful feeling that I was indeed a child of God and that I had a divine potential and destiny. The plan of salvation sunk deep into my heart.”

**Elder Ronald A. Rasband**

Of the Quorum of the Twelve Apostles

The love of the Savior is evident when people sustain, or “hold up,” each other in this work.

“To sustain means to hold up another person, to give them our attention, to be faithful to their trust, to act upon their words.”

To “hold up” one another is being there for them, to be a comfort and strength. “Hold up” is rooted in the scriptures in supporting each other through baptismal covenants and in the Savior’s teaching to the Nephites when He said: “Hold up your light that it may shine unto the world. Behold I am the light which ye shall hold up.”

Individuals hold up the Lord’s light “when we hold fast to our covenants and when we support our dear living Prophet as he speaks the words of God.”

Supporting, or to “hold up,” the Prophet “is a sacred work” and means to actively defend him, follow and teach his counsel and pray for him.

In the temple, individuals can be lifted up by covenants and the power of God.

“We all need to be lifted up by the Lord with peace, comfort and, most of all, with personal revelation to counter the fear, darkness and contention encompassing the world.”

**Elder Quentin L. Cook**

Of the Quorum of the Twelve Apostles

The Bible and Book of Mormon provide spiritual guidance and teachings from Jesus Christ.

“Combined with the teachings of living prophets, these sacred scriptures provide doctrinal direction for us in today’s world. These scriptures are most powerful when they give instruction, correction, comfort and consolation to individuals and families who seek guidance from the Lord.”

The scriptures and inspiration from the Holy Ghost facilitate the conversion of those who desire to follow Jesus Christ. “The scriptures help build a foundation that can withstand the adversary’s constant efforts to undermine faith.”

The Book of Mormon helps individuals draw closer to God as they learn, understand and apply its teachings. “To know that the Book of Mormon is the word of God, we need to read, ponder and pray about it, and then act according to its precepts.”

Latter-day Saints need to be intentional about what they view. “Do not entertain immoral, dishonest or unrighteous material. ... You can be acted upon positively or negatively. Seek righteousness and avoid dark internet rabbit holes and doomscrolling.”

To those who have deviated from the covenant path, return to the sacred scriptures, prophetic guidance, religious observance in the home and the music of faith.



Elder Rubén V. Alliaud

General Authority Seventy

For Latter-day Saints, the truth that everyone is a child of God is not metaphorical. “We truly believe that we are all literally the children of God.”

When God spoke to Moses in the Pearl of Great Price, He referred to Moses as “my son” (Moses 1:3-7). However, after Moses was left alone, Satan came to tempt him and referred to him as “son of man” (Moses 1:12).

“Fortunately, Moses was not confused and did not allow himself to become distracted. He had learned the lesson of who he really was.”

During the Savior’s 40-day fast, Satan tried to tempt Him three times. “In truth, Satan’s ultimate temptation may have had less to do with those three specific provocations and more to do with tempting Jesus Christ to question His divine nature.”

This divine nature can be recognized through the Savior’s gospel and Atonement. “President Nelson’s invitation to ‘think celestial’ implies a wonderful reminder of our divine nature, origin and potential destination. We can only obtain the ‘celestial’ through Jesus Christ’s atoning sacrifice.”

This may take work, but it is a divine work. “How different our life, our decisions, would be if we really knew who we really are.”

**Elder I. Raymond Egbo**

General Authority Seventy

Despite numerous challenges, the Nigerian men’s soccer team won gold at the 1996 Olympic Games in Atlanta, Georgia. “Once the football team learned to ignore the many distractions facing them and focused on their goal, they succeeded beyond what they thought possible.”

Similarly, “When we ignore the distractions of the world and focus on Christ and His gospel, we are guaranteed success beyond what we can fully imagine – and can feel great joy.”

This happened with Alma the Younger, who pleaded with God for mercy and consequently received exquisite joy (see Alma 36:17-21). “Joy in Christ [began] for Alma when he began exercising faith in Christ and cried for mercy. Then, Alma exercised faith in Jesus Christ by laboring to help others taste of the same joy.”

Those oppressed by King Noah’s priests also focused on Christ instead of letting their troubles define them (see Mosiah 23:21-24). “As they remembered who they were and called upon God, they received peace, strength and ultimately joy in Christ.”

Like those who saw their afflictions alleviated through the Savior and His Atonement, “as we focus on Christ and follow His Prophet, we will be led to Christ and the joy of His gospel.”

**President Russell M. Nelson**

President of the Church

The Church is building temples at an unprecedented pace because the Lord has instructed it so. The blessings of the temple help gather Israel on both sides of the veil and prepare a people who will help prepare the world for the Second Coming of Jesus Christ.

Now is the time for all to prepare for His coming and make discipleship their highest priority. Regular worship in the temple will help. Every sincere seeker of Jesus Christ will find Him in the temple, feel His mercy, find answers to their most vexing questions and better comprehend the joy of His gospel.

Devote time each week to increase understanding of the Atonement of Jesus Christ. Those who make and keep covenants to follow Jesus Christ will find that the painful moments of life are temporary. It is neither too early nor too late to become a devout disciple of Him.

“My dear brothers and sisters, in a coming day, Jesus Christ will return to the earth as the millennial Messiah. So today, I call upon you to rededicate your lives to Jesus Christ. ... The best is yet to come as we fully turn our hearts and our lives to Jesus Christ.”

President Nelson announced locations for 17 new temples: Juchitán de Zaragoza, Mexico; Santa Ana, El Salvador; Medellín, Colombia; Santiago, Dominican Republic; Puerto Montt, Chile; Dublin, Ireland; Milan, Italy; Abuja, Nigeria; Kampala, Uganda; Maputo, Mozambique; Coeur d’Alene, Idaho; Queen Creek, Arizona; El Paso, Texas; Huntsville, Alabama; Milwaukee, Wisconsin; Summit, New Jersey; and Price, Utah.

