

NORTH CANYON 5TH WARD SPIRE

The Thankful Heart

Long before the New England colonists held their now-legendary autumn feast nearly 400 years ago, and well before Thanksgiving was ever a holiday, giving thanks has been essential to everyone on this earth. And that is true not only in times of plenty. On good days and bad, through abundance and scarcity, we make life sweeter when we count our blessings. Thanksgiving Day as an official U.S. holiday has its roots in a period of American history when it may have been difficult to find reason to be grateful. It was during the dark days of the Civil War when President Abraham Lincoln called for a day in November for “Thanksgiving and Praise.” Lincoln proclaimed: “The year that is drawing towards its close, has been filled with the blessings of fruitful fields and healthful skies. To these bounties, which are so constantly enjoyed that we are prone to forget the source from which they come, others have been added, which are of so extraordinary a nature that they cannot fail to penetrate and soften even the heart which is habitually insensible to the ever-watchful providence of Almighty God.” Maybe the best way to “ask the Lord’s blessing” is to give thanks for the blessings we already have? A thankful heart is a kind heart, better able to receive the peace and reassurance we need. Many scientific studies have confirmed that gratitude literally makes us feel better, both emotionally and physically. “Count Your Blessings” is a hymn about gratitude. It is a call to rise above discouragement, doubt, envy, and self-pity to focus on a new appreciation for the blessings which the Lord has poured upon each of us. May we keep that tune in our minds to help us have thankful hearts. Former President of The Church of Jesus Christ of Latter-day Saints Joseph F. Smith wrote: “The spirit of gratitude is always pleasant and satisfying because it carries with it a sense of helpfulness to others; it begets love and friendship and engenders divine influence. Gratitude is said to be the memory of the heart. And where there is an absence of gratitude, either to God or man, there is the presence of vanity and the spirit of self-sufficiency.” President Nelson recently said, “Practicing gratitude may not prevent us from experiencing sorrow, anger, or pain, but it can help us look forward with hope. We can give thanks for our loved ones, for our bodies and minds, for music and literature, for the beauty of the natural world.” He continued, “By counting our blessings, we can more fully appreciate and enjoy our lives as we work toward greater unity, kindness, honesty, and tolerance”; I am grateful to our Heavenly Father and His Son, Jesus Christ for the countless blessings that they provide each of us! I am grateful for family for friends and neighbors that lift me when I need it. May we “count our blessings” and have thankful hearts more each day. Doing so will bring more happiness and fulfillment to our lives.

Michael Wright NC 5th Ward Bishop

A GRATEFUL HEART IS A BEGINNING
OF GREATNESS. IT IS AN EXPRESSION
OF HUMILITY. IT IS A FOUNDATION FOR
THE DEVELOPMENT OF SUCH VIRTUES
AS PRAYER, FAITH, COURAGE,
CONTENTMENT, HAPPINESS, LOVE,
AND WELL-BEING. — *james e. faust*

“We should certainly
count our blessings,
but we should also
make our blessings
count.”

— Neal A. Maxwell

Come Follow Me

November

October 31–November 6

Daniel 1–6

November 7–13

Hosea 1–6; 10–14; Joel

November 14–20

Amos; Obadiah

November 21–27

Jonah; Micah

1 Nephi 3:7

And it came to pass that I, Nephi, said unto my father: I will go and do the things which the Lord hath commanded, for I know that the Lord giveth no commandments unto the children of men, save he shall prepare a way for them that they may accomplish the things which he commandeth them.

Most likely no one will ever threaten to throw you into a fiery furnace or a den of lions because of your faith in Jesus Christ. But none of us get through this life without a trial of faith. We can all benefit from the example of people like Daniel, Shadrach, Meshach, and Abednego, who were taken captive as young men by the mighty Babylonian Empire (see [2 Kings 24:10–16](#)). These young people were surrounded by an unfamiliar culture with different values, and they faced great temptations to abandon their beliefs and righteous traditions. Yet they remained true to their covenants. Like Joseph in Egypt and Esther in Persia, Daniel and his friends in Babylon kept their faith in God, and God worked miracles that still inspire believers to this day.

How did they find the strength to remain so faithful? They did those small and simple things that God has asked all of us to do—praying, fasting, choosing good friends, trusting in God, and being a light to others. As we are strengthened by doing these same small and simple things, we can face the lions and fiery furnaces in our own lives with faith.



Relief Society

“To live with gratitude ever in our hearts is to touch heaven.” President Thomas S. Monson When peace or stillness seem far away, we can lose some of the joy and goodness in each day or in the busy-ness of life around us. Our recent prophets and church leaders have taught time and again that one of the best ways to find peace, calm, and that little touch of heaven in our daily lives is to seek, cultivate, and express more gratitude. Gratitude is a divine principle. It is the cornerstone of our prayers and communication with our Father. We express thankfulness for the good things, but also the hard things. We put our lives in His hands and seek to find his will. Elder Robert D. Hales taught that “Gratitude is a state of appreciation, an act of thanksgiving, which causes us to be humble because we recognize an act of kindness, service, or caring from someone else which lifts us and strengthens us.” Gratitude is not just a feeling or sense of God’s goodness, but “an ACT of thanksgiving.” As we truly come to LIVE with gratitude, we express our love and appreciation for the Savior and His atoning sacrifice through our simple, compassionate acts of service. As we grow to understand gratitude, we SHOW gratitude in demonstrating service to others. The gospel is full of these wonderful principles of action. We pray that each of us can pause more this month to consider what peace and stillness we are seeking, how humbling ourselves in gratitude may help us feel closer to heaven, and then to express that gratitude in Christ-like service to those around us. Elder Ballard taught that the love of the Savior is “an active love. It is not manifested through large and heroic deeds but rather through simple acts of kindness and service.” We need only make small gestures of gratitude and service to feel heaven near. If you’re anxious for more ways to serve, our stake RS leaders have encouraged each of us to create an account on JustServe.org, which is a service provided through the Church of Jesus Christ of Latter-day Saints to allow volunteer organizations of varying religions, locations, and walks of life to post volunteer needs or allow potential volunteers to find more places to serve in the community. JustServe.org features a website with opportunities and resources based on location all over the world. Just visit the site, add your zip code, and find something near you! Help with a crosswalk at a trunk-or-treat, join an English conversation class, or save egg cartons for the food pantry. You can also choose projects you can do from home by selecting “Volunteer Remotely.” Remote projects might include sending cards or notes to deployed service members, gathering art supplies for those with disabilities, or donating Christmas ornaments for bare trees. Just choose “Sign in/Register” at the upper right of the page and get started! Once you’re done, you can click the image of the gear in the right corner and choose “Edit Profile.” Add some volunteer skills you might be able to offer, like language, teaching, finance, driving, etc. You can choose to be contacted or not, but there are a myriad of ways to find just the right projects for your limitations or abilities. You can select group projects, indoor projects, item donations, or participate from home. So many wonderful options to do more in our communities, near or far! To make it even easier, you can download the JustServe app to your phone as well (just scroll to the very bottom of the website for links to the App Stores). A world of opportunities right at your fingertips!

Brooke Freebairn

November Relief Society Lessons:

November 13—“He is Risen with Healing in His Wings: We Can Be More Than Conquerors,” by Elder Patrick Kearon, taught by Kathy Berg

November 27—“Christ Heals That Which is Broken,” by Sister Amy Wright, taught by Tami Brice

Upcoming Relief Society Activities:

There will be no Senior Lunch Bunch potluck in the month of November.

Relief Society Gratitude Dinner

November 17 @ 6:00 PM

Come join us for delicious food, a beautiful program, and fun and friendship. Please bring food to donate to the Bountiful Food Pantry, as explained below:

Christmas Dinner-in-a-Box for the Bountiful Food Pantry

The boxes are given to families in need throughout the area. The pantry needs the following items:

- Boxed/packaged mashed potatoes
- Gravy packets
- Canned corn
- Canned green Beans
- Candy canes
- Hot chocolate packets
- Chocolate oranges

We will be collecting these items on the night of the RS Gratitude Dinner. There will be boxes available in which to place your donations.

If you have any questions, please contact Leilani at 801-831-2201

As always, thank you for your generosity!

Humanitarian Committee

Congratulations to the Miller family on the birth of their new baby boy, weighing 8 lbs 6oz

Thanks to Pattie Wright and Super Saturday helpers: Tammy Jesperson, Tiffany Sorenson, Tiffany Hansen, Teresa Draper, Liz Radley, Jesse Freebairn, Anita Ralph, Cami Jensen, Bryan Green and others for a fun, successful Super Saturday!

Also, thanks to those of you who helped on the Ward Cleanup Day!

Vicki Everett would like to send out a thank-you to all who have helped her recently:

“A BIG THANK-YOU to all the sisters who brought us food in my time of need, and for the prayers and good wishes. The food was very good, and much appreciated, as well as all the prayers. It strengthened my testimony to see so much Christ-like love. I am thankful to live in a ward that is so caring.

“Also, I have an apple tree on the west side of the house that needs picking. If anyone wants apples to eat, dry or can, or if you know someone who does, please come and pick all you want. I hate to see them go to waste.” Vicki Everett

Super Saturday Photos



Christmas FOOD DRIVE

NOVEMBER 17TH

HELP US MAKE A DIFFERENCE IN OUR COMMUNITY!

THE BOUNTIFUL FOOD PANTRY IS IN NEED OF THE
FOLLOWING ITEMS FOR CHRISTMAS
DINNER-IN-A-BOX

BOXED / PACKAGED MASHED POTATOES - GRAVY PACKETS
CANNED CORN - CANNED GREEN BEANS - CANDY CANES
HOT CHOCOLATE PACKETS - CHOCOLATE ORANGES

Bring to the Gratitude Dinner

THANK YOU FOR YOUR GENEROSITY!

Questions? Contact Leilani Porter at 801-831-2210



Neighborhood Trunk or Treat and Chili Cookoff



Chili Cookoff Winners:

First place: Radley's 9-time Award Winning Chili

Second place: Schnebly's Meems Chili

Third place: Holzer's Chili Blanco

Radley's 9-time Award Winning Chili

In large deep frying pan Sauté:

2 lbs. Ground Beef

1 lb mild Italian Ground sausage

½ lb thin sliced brats (sautéed)

½ of large red bell pepper, diced (ribs and seeds removed from all peppers)

½ large green bell pepper, diced

1 medium onion, diced

½ tsp each of the following:

Salt

Course ground black pepper

Good chili powder

Ground cumin

Good garlic powder

When done, drain grease well, dump into large heavy-bottomed pot, and add:

1/3 cup + 1 tsp good chili powder

1 ½ cups ketchup, I use Hunt's

3 TBSP lemon juice concentrate

1/3 Cup packed dark brown sugar

½ tsp molasses

1 TBSP Worcestershire sauce

2 tsp regular white vinegar

1 rounded tsp regular table mustard

2 TBSP Cumin

½ tsp coarse ground black pepper

¼ tsp smoked salt

½ tsp sriracha (I leave this out)

1/8 tsp more of each to taste:

Chili powder

Garlic powder

Cumin

Salt

1 (28 oz) whole tomatoes, crushed with your hands to break up, drained, I use Hunt's

3 cups V-8 spicy Hot Tomato Juice

1 can dark red kidney beans, drained and rinsed, (15-15.5 oz can – depending on brand)

½ lb quality lean, thick cut, crisp cooked bacon, snipped into small pieces

1 (16 oz) container fresh sliced cremini mushrooms, add during last 30 minutes (optional)

Rest of directions:

Stir well once ingredients are added. Simmer on low for at least 2 hours, lightly covered. Stir as needed to prevent sticking. Chili will seem too thick, but don't worry, it will cook down. *Chili will be super thick when chilled, though. Do not add liquid! Chili will this back out when reheated.

If a much thinner chili is preferred, you can add 1 can Campbell's beef consommé, or one can beer, slowly adding until desired consistency is reached. But we like it thick and rich as is.

MEEMS CHILI

1½ lbs. hamburger
1 med. onion, chopped
1 qt. tomatoes
½ c. sugar

2 heaping T. chili powder
Green pepper (opt.)
2 (27-oz.) cans kidney beans

Brown hamburger and onion in skillet. Drain. Pour into 4-quart Dutch oven. Add the tomatoes, chili powder and green pepper (if desired) and the beans. Simmer adding sugar for 30 minutes to an hour. Serve with Frito chips, grated cheese and sour cream if you desire.

Note: Andy's Mom's recipe.

Roylene & Andy Schnebly

Chili Blanco
Serves 10-12

3-4 cans White Great Northern Beans
2 sweet onions (chopped)
56 oz. Chicken stock
5 cups cubed (cooked) chicken breast
1 7oz. can chopped green chiles (mild)
2-3 cloves minced garlic
2 tsp. Oregano
4 tsp. Cumin
1/4 tsp. cayenne pepper

In a large pot, sauté onion in a little olive oil until translucent. Add beans and broth. Simmer 30 minutes. Stir in chicken, chiles, garlic, oregano, cumin, and cayenne pepper. Bring to a boil, then reduce heat and simmer approximately 1 and ½ hours

Serve in individual bowls topped with shredded cheese (Jack or cheddar), chopped tomatoes (optional), and the following sauce...

¼ C. Cider Vinegar
½ C. Sugar
Juice of 1 lemon
1 tsp. onion powder
1 tsp. paprika
2 tsp. celery seed
1 tsp. salt
½ C. olive oil
2-3 tablespoons fresh, chopped cilantro.

Mix well and shake before pouring into chili.



YOUNG WOMENS



activities

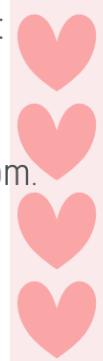
Nov 2nd | 5:30pm (meet @church) | Art Museum w/ Young Men

Nov 9th | 7pm | 13-15- Fashion Show in the Gym | 16-18- Study night in YW room.

Nov 16th | 6:30pm (meet @church) | Cobbler & Planning w/ Sis. Hooker

Nov 23rd | No Activity

Nov 30th | No Activity



birthdays

No Birthdays

lessons

Nov 13th | 13-15: Grace B/Shauna
16-18- Savannah/Nannette

Nov 27th | COMBINED |
Lilly/Maddy/Linda Kay

contact us

Britnie Larsen | 801-859-2748

Courtney Morrill | 801-540-5141

Jenny Minson | 801-680-4151

Savannah Evans | 208-821-7863

Temple and Family History

November 2022

As I look at the statistics for Family History work, I learn that there is much yet to do. There are a few families in our ward that are very much into searching for their ancestors and recording information in Family Search. However there are also families who could do more. There are many families in our ward that have record hints, temple opportunities, and discovery experiences available in Family Search. There are also a few families who do not have at least four generations of their ancestors in Family Search.

President Nelson has taught us that we have a responsibility to spread the gospel on both sides of the veil. President Joseph F. Smith taught that the Savior, after his resurrection organized missionary work among those who had not had an opportunity to hear the gospel during mortality. So, many of our ancestors are being taught by worthy men and women who have now passed on. Many of these ancestors may have accepted the gospel. It then is up to us to find those ancestors and have appropriate ordinance work done by proxy in their behalf so that they can progress in our Father's Kingdom. We can do that by research and by attending the temple.

I remember hearing that someday temples would dot the earth. It is interesting to note that in the year of my birth, there were seven temples. Four were in Utah and there was one each in Hawaii, Canada and Arizona. Today there are 300 temples, either dedicated and in use or under construction or plans are underway for their construction. Since President Nelson became the Prophet, he has announced 118 temples. These temples are in many countries as well as many places here in the United States.

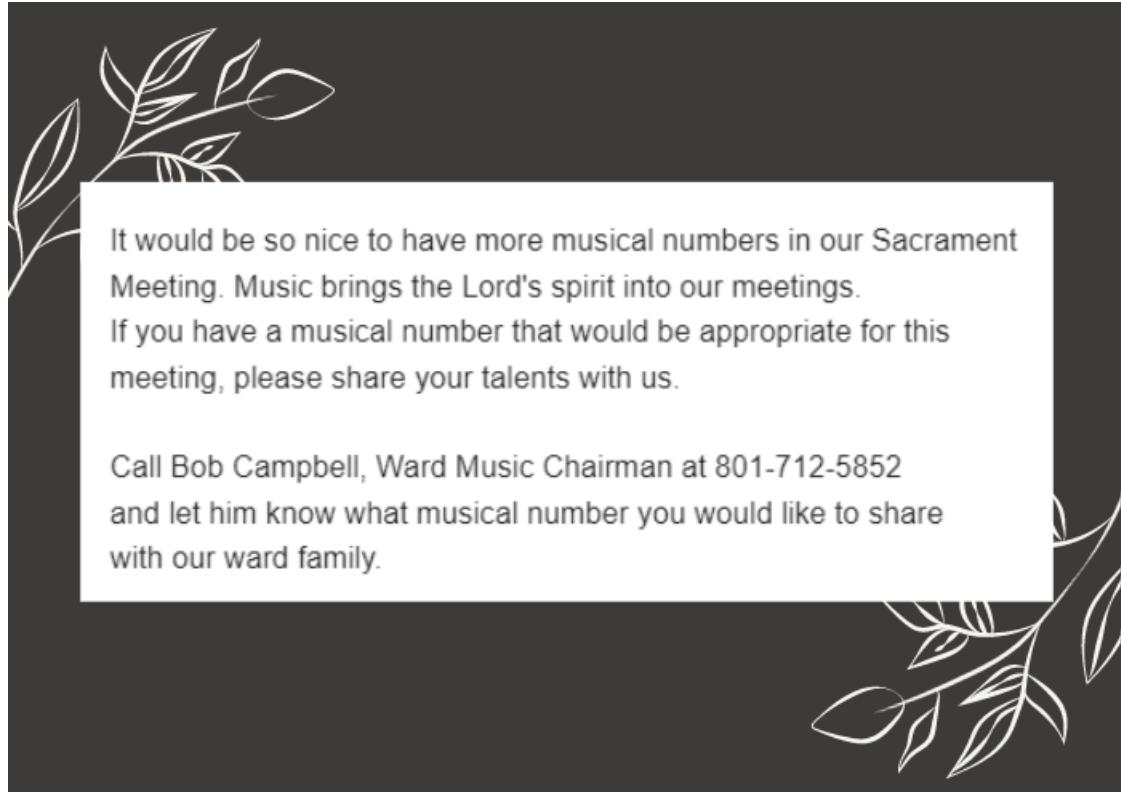
I think that we now have temples that do dot the earth and especially in places where there are many members of the church. Why then do we have so many temples? I am not sure, but it seems that the Lord is accelerating his work. If that is the case, then we need to accelerate the work of finding our ancestors and doing their temple work.

Let's do what we can to spread the gospel. What we do for our ancestors will help seal our families together.

Lawrence Schreiner
Ward Temple and Family History Leader

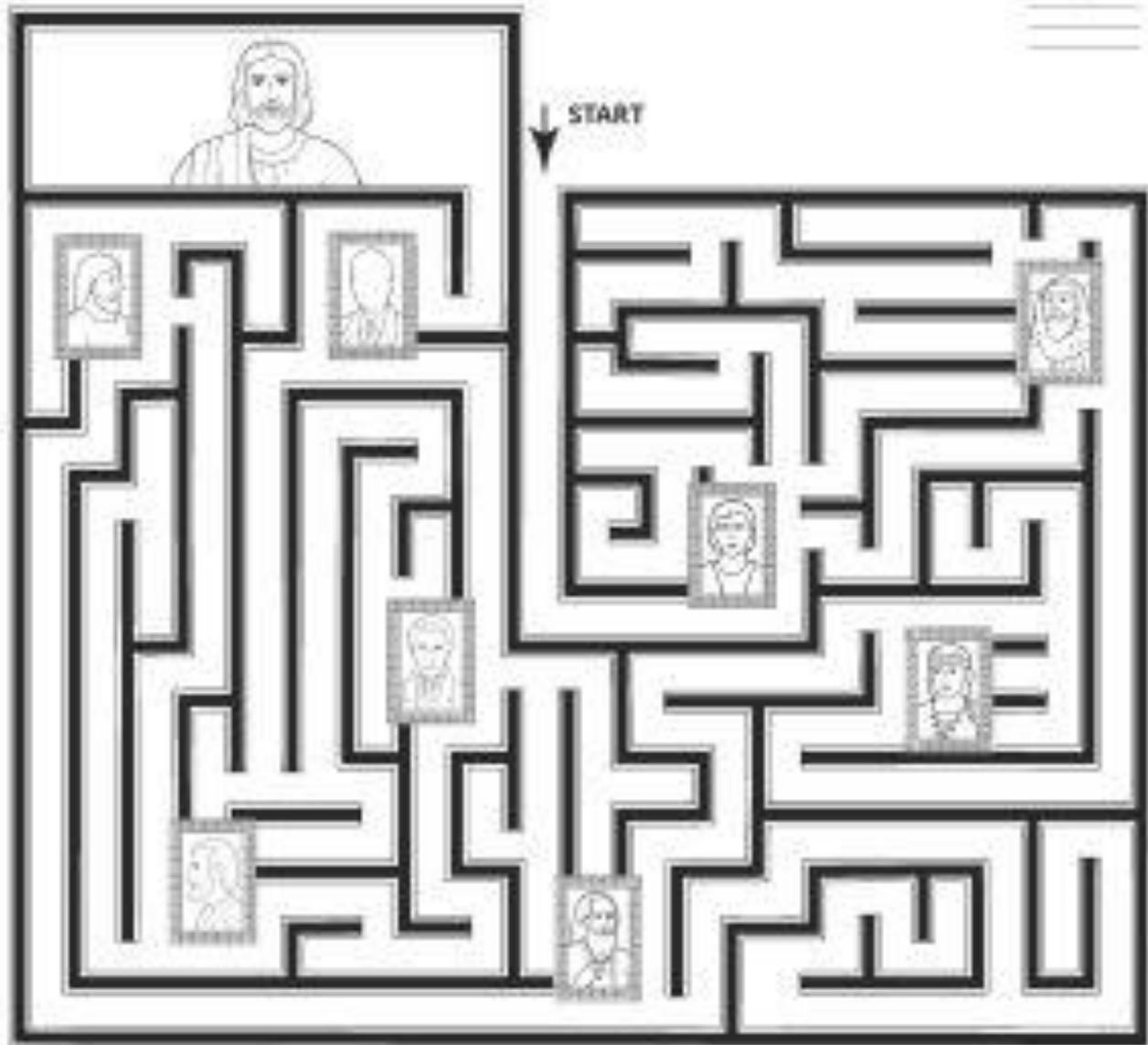


From our Music Department

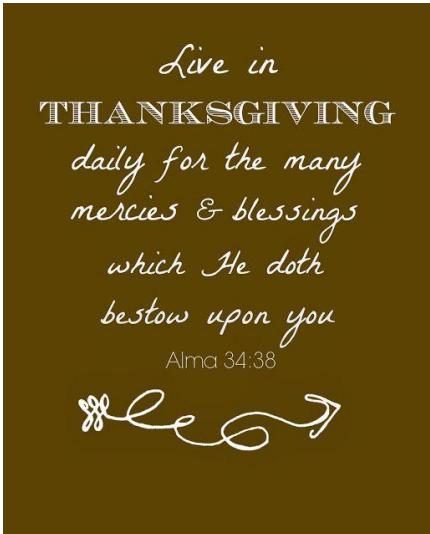


Prophets are messengers of Jesus Christ (Amos 3:7; 7:14–15).

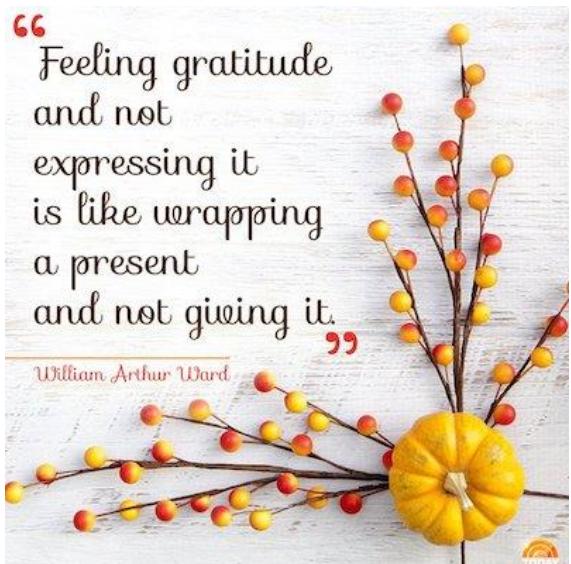
Draw the face of our prophet today in the row of prophets and in the maze. Write the prophet's name under his picture. Complete the maze by following the prophets to find Jesus Christ.



Thoughts to



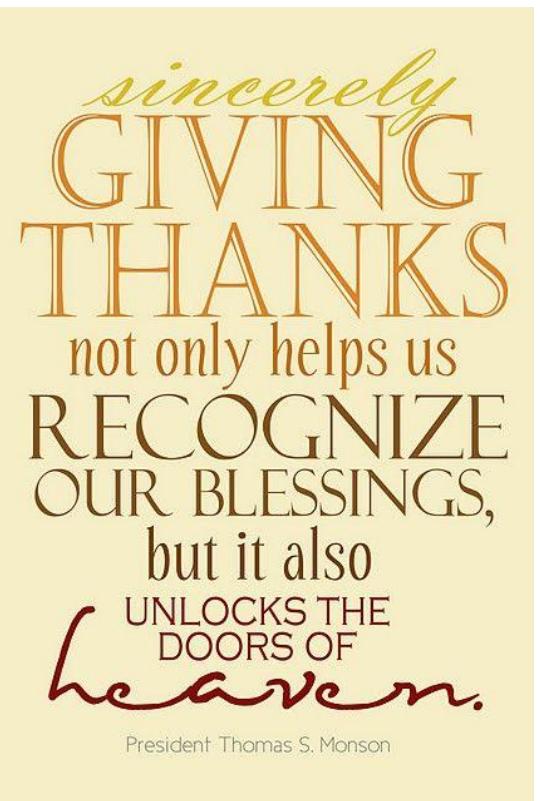
build
us up



grateful
THANKFUL
blessed



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Happy Birthday

November 2

Michael Dalley

November 3

Jeffrey Freebairn

Marisa Sabey

November 8

Wendy Hooker

November 9

Olivia Harrison

Sara Hooper

November 11

Tamara Brice

Beverly Mulitalo

November 13

Wyatt Shirley

November 15

Mindie Dalley

November 16

David Kelly

Noah Wright

November 17

Brent Aagard

November 19

Deborah Dietrich

November 20

Sherril Lemmon

November 23

Audree Schnebly

November 24

Tucker Evans

Catcher Morrill

November 25

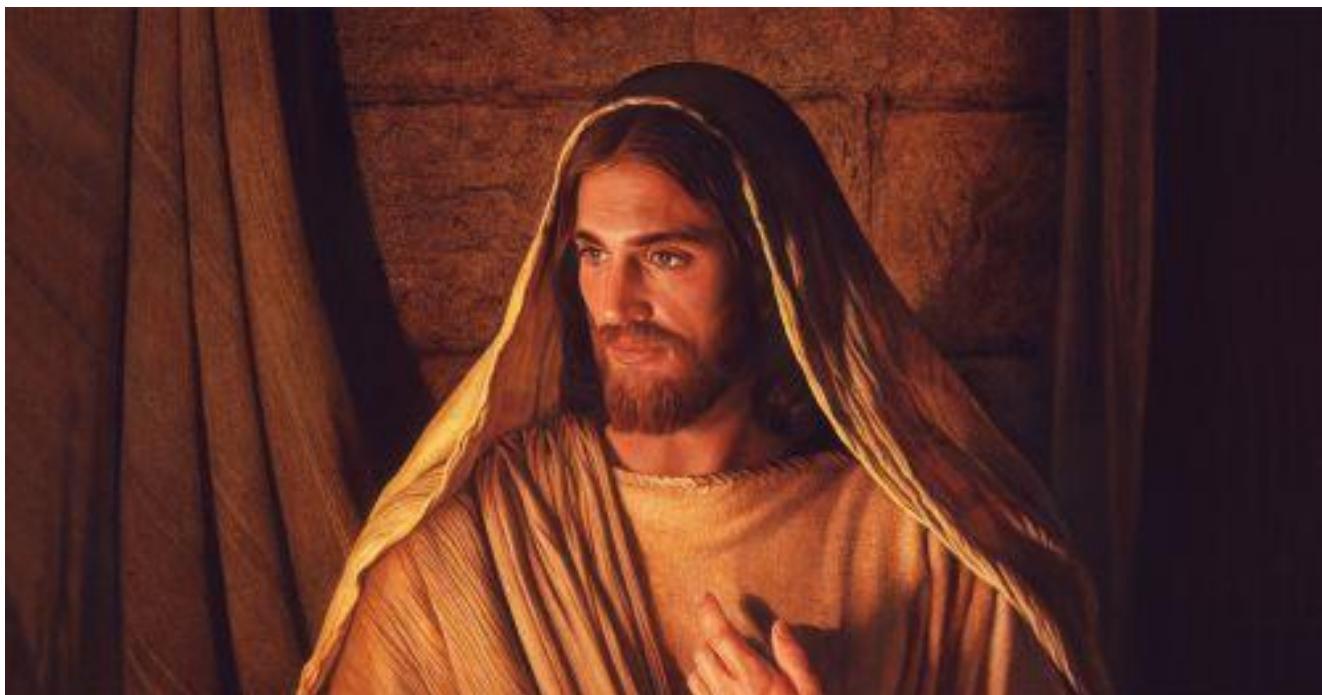
Linda Frampton

November 28

Orson Hunter

November 29

Dixie Albright



President Dallin H. Oaks

Of the First Presidency

Giving to those in need — the poor and distressed — is a principle in all Abrahamic religions, and in others as well.

Recently, the Church of Jesus Christ reported for the first time the extent of its humanitarian work worldwide; 2021 expenditures for those in need in 188 countries totaled \$906 million, with members also volunteering over 6 million hours of labor. This is beyond what Latter-day Saints do in callings, in member-to-member service and individually with innumerable charitable organizations.

"The Church of Jesus Christ is committed to serving those in need, and it is also committed to cooperating with others in that effort."

With partners worldwide, the Church shares the common goal of relieving suffering. "All of this is part of God's work for His children."

Jesus Christ is "the true light that lighteth every man that cometh into the world" (John 1:9). "By this, all the children of God are enlightened to serve Him and one another to the best of their knowledge and ability."

God inspires many organizations and individuals to do much good, and more Church members should recognize and support the good done by others.

**Sister Tracy Y. Browning**

Of the Primary general presidency

As she depends on glasses to see and understand the world around her, Sister Browning said many divinely appointed tools help people improve their spiritual vision. Scriptures, the words of the prophets, prayer, temple attendance and the sacrament can bring Christ's light "in a world that may be cloudy."

The Savior can be a compass and pilot while steering through life. "Jesus Christ is both the purpose of our focus and the intent of our destination."

The Old Testament teaches of God's ancient people being invited to see their lives through Him in order to see more of Him in their lives.

After she joined the Church, people were curious about why she did the things she did. These questions helped her "put on a pair of spiritual lenses" to clarify, focus and solidify her testimony.

"Through rigorous effort to look to and for Jesus Christ in my every thought and deed, my eyes were enlightened, and my understanding quickened to recognize that Jesus Christ was calling for me to 'come unto Him.'"

As people allow Him to direct them, they will see that "all things denote there is a God" and where they look for Him they will find Him.

**Elder Dieter F. Uchtdorf**

Of the Quorum of the Twelve Apostles

At the heart of God's plan of happiness is the power to choose. Amid the confusion in the world about what is right and wrong, those who earnestly seek truth — eternal, unchanging truth — can see much clearer. Truth is contained in the gospel of Jesus Christ and taught in His Church.

"When you have important choices to make, Jesus Christ and His restored gospel are the best choice. When you have questions, Jesus Christ and His restored gospel are the best answer. When you feel weak, Jesus Christ is your strength."



The Church has prepared a revised version of "For the Strength of Youth" to point young men and young women to Christ. This new guide is subtitled "A Guide for Making Choices" and focuses on values, principles and doctrine rather than specific behavior. Through His prophets, the Lord has been guiding His people in that direction, to increase their spiritual capacity and follow Him in higher and holier ways.

The Savior has "very high standards" for those who follow Him — the highest of which is the invitation to earnestly seek His will and live by His truths. Confidence, peace, safety, happiness and belonging can be found in Jesus Christ, His gospel and His Church.

Elder Dale G. Renlund

Of the Quorum of the Twelve Apostles

Airplane pilots operate within a framework to safely unleash the potential of their aircraft. In a similar way, personal revelation is received within a framework.



Like airplane pilots, people need to understand the framework within which the Holy Ghost functions to provide personal revelation. Four elements to this framework are: The scriptures; purview not prerogative; harmony with commandments; trust and openness.

First, feasting on the words of Christ in the scriptures stimulates personal revelation. The scriptures also teach how to receive personal revelation. Second, "we receive personal revelation only within our purview, and not within the prerogative of others."

Third, personal revelation will be in harmony with the commandments of God and covenants made with Him. "When we ask for revelation about something God has already given clear direction, we open ourselves up to misinterpreting our feelings and hearing what we want to hear."

Fourth, recognize what God has already revealed personally, while being open to receive further personal revelation "line upon line and precept upon precept."

Elder Rafael E. Pino

General Authority Seventy

Although customs and traditions may vary from country to country, the “normal” things of life should be those which keep Latter-day Saints moving forward on the covenant path.

“No country contains the totality of what is good or admirable. ... Take a moment to meditate on our customs and the way they are influencing our families.”

Four “marvelous habits” that should be normal for Latter-day Saints include: Personal and family scripture study; personal and family prayer; weekly sacrament meeting attendance; frequent participation in family history and temple work.

“How do we feel when we hear these four things? Are they part of our normal lives? There are many other traditions that could be part of the normality we have adopted, thus letting God prevail in our lives.”

Followers of Christ should focus on Book of Mormon counsel to be “steadfast and immovable, always abounding in good works” (Mosiah 5:15). “I love these words because we know that the things that become normal in our lives are those that we repeat again and again. If we are steadfast and immovable in doing good, our customs will be in accordance with the principles of the gospel and they will help us stay on the covenant path.”

**Elder Ronald A. Rasband**

Of the Quorum of the Twelve Apostles

In the Book of Mormon the phrase “this day” is used to call attention to counsel, promises and teachings.

“Pressing upon me ‘this day’ is the importance of renewing our commitment to the Book of Mormon.”

President Russell M. Nelson is doing his part to flood the earth with the Book of Mormon. “But he cannot open the floodgates alone. We must follow his lead.”

Having personally presented the Book of Mormon to the king of Mozambique, the king and queen of Lesotho, India’s ambassador and many others, “I have felt the Spirit of the Lord with us ... and borne my witness of Jesus Christ, the cornerstone of our faith.”

Individuals do not need to meet with kings and rulers to give someone this book. “I invite you ‘this day’ to give a Book of Mormon to your friends and family, associates at work, your soccer coach or the produce man.”

The book is easily shared on the Gospel Library App. “Think of all those who could be blessed by the gospel in their lives and then send to them a copy of the Book of Mormon from your phone. Remember to include your testimony and how this book has blessed your life.”

**Elder Hugo Montoya**

General Authority Seventy

The eternal principle of love is demonstrated in living the two great commandments — loving God and loving one’s neighbor.

As ministering brothers and sisters, Latter-day Saints should willingly help one another because they love each other as children of Heavenly Father, regardless of needs, nationality or language spoken.

“We love each other because we are brothers, children of the same father.”

We love God because of what He means to us — we depend on Him for our welfare and His protection, despite our mistakes. He “provides a Savior so we can be redeemed and return to the presence of God.”

The adversity of life can cause doubt about the fulfillment of the Lord’s promises, but we can “trust in our Father. He always keeps his promises and we can learn what He wants to teach us.”

It’s most important to be there for family members, under any condition or circumstance, just as Heavenly Father is for us.

“Our Heavenly Father’s love for each of His children is real; He is there for each one. I don’t know how He does it, but He does.”

**President Russell M. Nelson**

President of the Church

Abuse constitutes the influence of the adversary and is a grievous sin. “Let me be perfectly clear: Any kind of abuse of women, children or anyone is an abomination to the Lord. ... He mourns, and we all mourn, for each person who has fallen victim to abuse of any kind. Those who perpetrate these hideous acts are not only accountable to the laws of man, but will also face the wrath of Almighty God.”

For decades the Church has taken extensive measures to protect children, in particular, from abuse. The Church website has several aids. “I invite you to study them.”

Another disturbing tactic of the adversary is his effort to blur the line between what is true and what is not true. God is the source of all truth. “The Church of Jesus Christ of Latter-day Saints embraces all truth that God conveys to His children, whether learned in a scientific laboratory or received by direct revelation from Him.”

“From this pulpit today and tomorrow you will continue to hear truth. Please make notes of thoughts that catch your attention and those that come into your mind and stay in your heart. Prayerfully ask the Lord to confirm that what you have heard is true.”



President M. Russell Ballard

Acting President, Quorum of the Twelve Apostles

The Prophet Joseph Smith, missionaries of the Church, President Russell M. Nelson and the Savior Jesus Christ are all pioneers in one way or another.

A pioneer is someone who helps discover something new or as the act of preparing or leading others on a new path. Joseph Smith was a pioneer as he helped in the Restoration of the Lord's Church. Missionaries are pioneers because they help others find the covenant path. President Nelson is a pioneer by opening many lands for the preaching of the gospel. And the Savior "is the ultimate pioneer in preparing the way."

"Indeed, He is 'the way' (John 14:6) for the plan of salvation to be accomplished so that we can repent, and through faith in Him, return to our Heavenly Father."

He closed with an invitation to be faithful when confronting life's challenges and to stay on the covenant path.

Although the challenges today are different than those of the early pioneers, they are no less challenging.

"It is as important to follow the Prophet and keep our feet firmly planted on the covenant path of faithfulness as it was for the early pioneers."

**Elder Paul V. Johnson**

Presidency of the Seventy

Like a cancer patient who needs the help of a bone marrow donor to save his or her life, no one is capable of cleansing himself or herself from sin. "It is only possible through the Savior Jesus Christ and His infinite Atonement."

The bone marrow recipient must do what doctors require of them for the transplant to work. "Although we can't save ourselves, when we submit to the Lord's will and keep our covenants, the way is open for our redemption."

Like the recipient's blood cell's DNA changing to match the donor's DNA, "we can have our hearts changed, have His image in our countenances and become new creatures in Christ."

The people of Zarahemla experienced a mighty change of heart (Alma 5:7) because they "were willing to open their hearts and exercise faith, and then the Lord changed their hearts."

It can feel daunting to fulfill the Savior's command that "ye should be perfect even as I" (3 Nephi 12:48). Remember, "We should not assume we need to do what only the Savior can do in the miraculous process of our perfection."

The process of change takes time "and will not be completed until after this life, but the promise is sure."

**Sister Kristin M. Yee**

Of the Relief Society general presidency

The story of David, Nabal and Abigail in the book of Samuel — and personal moments from Sister Yee's past — illustrate the principles of forgiveness and reconciliation.

Forgiving "can be one of the most difficult things we ever do and one of the most divine things we ever experience. On the path of forgiveness, Jesus Christ's atoning power can flow into our lives and begin to heal the deep crevasses of the heart and soul."

The Savior took upon Him "our sins and the sins of those who have hurt or offended us."

Those who are still in situations where abuse is ongoing need not stay in that circumstance.

"Please know that forgiving someone does not mean that you put yourself in a position where you will continue to be hurt."

From efforts to find peace and healing on the path of forgiveness, "I came to realize in a profound way that the same Son of God who atoned for my sins, is the same Redeemer who will also save those who have deeply hurt me."

Jesus Christ offers healing, recovery and deliverance to all who are brokenhearted, captive, bruised and perhaps blinded by hurt or sin. "The healing and recovery He offers is real."

**Elder Ulisses Soares**

Of the Quorum of the Twelve Apostles

Men and women possess specific attributes and divinely appointed responsibilities and fill equally essential roles in God's plan of happiness. Their differences do not override His eternal promises. "One has no greater possibilities for celestial glory than the other in the eternities."

When spouses understand this principle, there is no superiority or inferiority in their partnership. "They become one in thought, desire and purpose with our Heavenly Father and Jesus Christ, leading and guiding the family unit together."

The unity between Adam and Eve "allowed them to walk together with respect, gratitude and love, forgetting about themselves and seeking each other's well-being on their journey to eternity."

The responsibilities of husband and wife to nurture and preside are opportunities, not exclusive limitations. "One person may have a responsibility for something but may not be the only person doing it." Loving parents "will strive together to protect and care for the physical and emotional well-being of their children." These responsibilities "do not imply hierarchy and absolutely exclude any kind of abuse or improper use of authority."

As men and women work together in true partnership, "we will enjoy the unity taught by the Savior as we fulfill the divine responsibilities in our marriage relationships."



Elder James W. McConkie III

General Authority Seventy

As recounted in Mark 2, Jesus returns to Capernaum and villagers gather at the home where He is staying and He begins to teach.

A man "sick of the palsy" is carried on a mat by four friends but the crowd is so great that getting to Jesus is impossible.

The four climb to the roof and lower their friend to Jesus. He looks at the man on the bed, publicly forgives him of his sins and physically heals him.

"With that telling of Mark 2 in mind, several important truths become clear about Jesus as the Christ."

First, as individuals help others come unto Christ they can do so with confidence that He can lift the burden of sin.

Second, "when we bring physical, emotional or other illnesses to Christ, we can do so knowing He has the power to heal and comfort."

Third, as individuals make an effort to bring others to Christ, they can trust that He sees their true intentions.

All are engaged as Latter-day Saint disciples in the work of bringing others to Christ. The example of the four friends emphasizes the spiritual importance of community. "Whether in Argentina or Vietnam, Accra or Brisbane, a branch or a ward, a family or a missionary companionship, we each have a corner to carry."

**Elder Jorge F. Zeballos**

General Authority Seventy

To design a structure that is seismic-resistant, a civil engineer makes calculations that indicate the dimensions, qualities and characteristics of the structural elements. These results are translated into plans and technical specifications that must be strictly followed.

Likewise, it is important to build one's life by following divinely designed "plans and technical specifications" – the knowledge of the plan of salvation, the restored gospel of Jesus Christ and the inspired direction of living prophets. These plans teach clearly how to construct happy lives resistant to sin and temptation.

As an earthquake leaves its mark even on structures that were correctly designed and built, the attacks of the adversary can also cause "cracks" in spite of one's efforts to build their life according to divine design. But with the gospel of Jesus Christ, "we are still standing, ... we are ready to move forward."

God will never permit His children to be tempted beyond what they can resist. The Savior provides an escape when facing adversity, temptation, incomprehension, infirmities and even death. Because of the Atonement of Jesus Christ, all can be successful in constructing a life resistant to sin and temptation and strengthened to endure difficult times.

**Elder D. Todd Christofferson**

Of the Quorum of the Twelve Apostles

The doctrine of belonging has three parts: the role of belonging in gathering the Lord's covenant people, the importance of service and sacrifice in belonging, and the centrality of Jesus Christ to belonging.

As Zion is being established on every continent, the Church will be comprised of members from every nation and every people. "Having been given this privilege, we cannot permit any racism, tribal prejudice or other divisions to exist in the latter-day Church of Christ. ... As our Church population grows ever more diverse, our welcome must grow ever more spontaneous and warm. We need one another."



Belonging comes not in waiting for it but in reaching out to help one another. The pioneers derived a deep sense of belonging, unity and hope in Christ by the sacrifices they made. "Any sacrifice we make in the Lord's cause helps to confirm our place with Him who gave His life a ransom for many."

The highest and deepest sense of belonging is obtained through keeping covenants with God. All can feel joy in pursuing individually and communally "the measure of the stature of the fulness of Christ."

"Being one with the Father, Son and the Holy Spirit is without doubt the ultimate in belonging."

Bishop Gérald Caussé

Presiding bishop

Human interactions with the beauties of nature can produce some of the most inspiring and delightful experiences in life.

"The emotions we feel kindle within us a deep sense of gratitude for our Heavenly Father and His Son, Jesus Christ, who created this magnificent earth."

But the work of creation is not an end in itself — it's an integral part of God's plan for His children. Its purpose is to provide the setting in which men and women may be tested, exercise agency, find joy, learn and progress toward returning to live with God.

"These wonderful creations were prepared entirely for our benefit and are living proof of the love the Creator has for His children."

Our earthly stewardship can be guided by three principles: The entire earth, including all life thereon, belongs to God. As stewards of God's creations, we have a duty to honor and care for them. We are invited to participate in the work of creation.

"I testify that great spiritual blessings are promised to those who love and care for the earth and their fellow men and women. As you stay faithful in this sacred stewardship and honor your eternal covenants, you will grow in the knowledge of God and His Son, Jesus Christ."

**Elder Kevin W. Pearson**

General Authority Seventy

Partaking of the sacrament is a reminder of Christ's Atonement and the need to always remember Him and keep His commandments.

The sacramental blessing on the bread reads, "'And witness unto thee, O God, the Eternal Father, that they are willing to take upon them the name of thy Son.' ... How many times have we witnessed unto God that we are willing?"

Willingness is proportionate to the amount of time people commit to be in holy places where the Holy Ghost is present. Spend time in prayer and less time seeking other opinions. Change daily news feeds to the words of Christ and living prophets.

Honoring the Sabbath, paying tithing, attending the temple and honoring covenants are all powerful indicators of willingness. "Heavenly Father loves us perfectly, but that love comes with great expectations."

Focusing on the Savior and on covenants brings lasting joy. This is a day foretold by ancient prophets. The most powerful spiritual influence in a child's life is that of parents and grandparents who keep their covenants.

"Casual and inconsistent covenant keeping leads to spiritual casualty. The spiritual damage is often greatest on our children and grandchildren. Parents and grandparents, are we still willing?"

**Sister Michelle D. Craig**

Of the Young Women general presidency

An 1857 newspaper article describes a group of Latter-day Saint women "dragging handcarts like beasts" across the Plains. One woman fell in the black mud.

"I've thought a lot about this mud-drenched woman. Why was she pulling alone? Was she a single mother? What gave her the inner strength, the grit, the perseverance to make such a wrenching journey through mud, pulling all her possessions in a handcarts to an unknown desert home, at times being mocked by observers?"

To be such men and women is the call of our day — "disciples who dig in and find the strength to keep pulling when called to walk through the wilderness, disciples with convictions that have been revealed to us by God, followers of Jesus who are joyful and wholehearted in our own personal journey of discipleship."

Disciples of Jesus Christ can believe and grow in three important truths: We can keep covenants, even when it is not easy. We can act in faith. We can be wholehearted and joyful in our devotion.

"When I stumble I will keep getting up, relying on the grace and enabling power of Jesus Christ. ... This is my path of discipleship."

**Elder Denelson Silva**

General Authority Seventy

A classmate showed and bore testimony of the Book of Mormon to Elder Silva. That courage created a connection between Elder Silva and the missionaries when he met them. He learned that being a disciple of Jesus Christ means to defend the truth and proclaim it.

The Lord gives the opportunity to do what He would do if He were on earth — to go forth and preach the gospel. "Please, young men, do not postpone your preparation to serve the Lord as a missionary." Young women are welcome to work in the vineyard as well.

Those 24 or 18 months of service will pass in the mission field just as they would at home, but the opportunities in the mission field are unique. "The privilege of representing the Savior Jesus Christ and His Church cannot be ignored."

Youth called to serve on service missions are welcome and necessary as well, for service missions also provide indescribable experiences. And people in different stages of life are also necessary in the work of the Lord.

Courage to proclaim the truth and live the truth will mean comfort and peace during the turbulence of the world.

"Trust in Heavenly Father and do not give up."



Elder Neil L. Andersen

Of the Quorum of the Twelve Apostles

The Savior explained to His disciples that in the time prior to His Second Coming, the wheat – or “the children of the kingdom” (Matthew 13:38) – would grow side by side with the tares – those who do not love God or keep His commandments.

“This will be our world until the Savior returns, with much that is good and much that is evil on every side.”

With the wheat growing amid the tares, how can individuals deepen and strengthen commitment to the Savior?

“First, we can immerse ourselves more completely into Jesus’s life, His teachings, His majesty, His power and His atoning sacrifice.”

Second, “we make covenants with Him.” Making and keeping covenants allow the love of the Savior to sink more deeply into one’s heart.

Third, “in this sacred quest, we treasure, protect, defend and safeguard the gift of the Holy Ghost with all our heart. ... It is a gift beyond price.”

Latter-day Saints are “children of the covenant” stretching across the nations and cultures of the world. “Seeking with all our heart to know and love the Savior, we separate ourselves from the world through covenants with God, being distinct, uncommon and special as we honor Him and His teachings.”

**SUN SUNDAY MORNING SESSION****Elder Jeffrey R. Holland**

Of the Quorum of the Twelve Apostles

While the atoning sacrifice of Jesus Christ is central and essential to God’s plan of salvation for His children, The Church of Jesus Christ of Latter-day Saints doesn’t use the cross as a symbol.

One reason is due to the Church’s biblical roots. The early followers of Jesus chose to not highlight the crucifixion and could “convey their gospel identity through other means.”

The cross was later introduced as a symbol of generalized Christianity, “but ours is not a ‘generalized Christianity.’ ... We are, rather, a restored church, the restored New Testament Church. Thus, our origins and authority go back before the time of councils, creeds and iconography.”

Another is “the emphasis on the complete miracle of Christ’s mission – His glorious Resurrection as well as His sacrificial suffering and death.”

A call that Jesus has given to every one of His disciples is in Matthew 16:24: “If any man [or woman] will come after me, let him deny himself, take up his cross and follow me.”

“This speaks of the crosses we bear rather than the ones we wear. ... We follow Him everywhere, including, if necessary, into arenas filled with tears and trouble, where sometimes we may stand very much alone.”

**Sister J. Anette Dennis**

Of the Relief Society general presidency

Many individuals have unseen pain or sorrows and are often judged on their outward appearance, adding to their burdens. The Savior has invited all to live “His way of love.”

“We are commanded to love others, not to judge them. Let’s lay down that heavy burden; it isn’t ours to carry. Instead, we can pick up the Savior’s yoke of love and compassion.”

The Lord nourishes those who struggle with love and kindness. Followers of Jesus Christ should do likewise.

By obeying Jesus Christ out of love for Him and Heavenly Father, “His love will flow through us and make all that He asks not only possible but eventually much easier and lighter and more joyful than we could ever imagine.”

When God’s children empathize with those who also experience challenges and imperfections, it can help them feel that they are not alone in their struggles. “Everyone needs to feel that they really do belong and are needed in the body of Christ.”

Remember that each person is a child of God who He loves.

“Are there people in your path who you have felt inclined to judge? If so, remember that these are valuable opportunities for us to practice loving as the Savior loves.”

**Elder Gerrit W. Gong**

Of the Quorum of the Twelve Apostles

Being “happy and forever” isn’t just in fairy tales. “True, enduring joy and eternity with those we love are the very essence of God’s plan of happiness.”

Drawing closer to the Savior, including through making temple ordinances and covenants, “we have a profound opportunity and gift to discover new spiritual understanding, love, repentance and forgiveness with each other and our families, in time and eternity.”

The scriptures and experiences of healing and peace underscore five doctrinal principles. First, central to God’s plan, Jesus Christ promises to unite our spirit and body “that we might receive a fulness of joy” (Doctrine and Covenants 138:17). Second, “Atonement – at-one-ment in Christ – comes as we exercise faith and bring forth fruits unto repentance.” Joy becomes full when feeling His grace and forgiveness.

Third, “God knows us perfectly. ... With perfect mercy and justice, He encircles in His arms of safety the humble and penitent.” The Lord will judge people according to their works and those who choose to repent will be redeemed.

Fourth, doing proxy saving temple ordinances can help “sanctify both giver and receiver.” Fifth, the Golden Rule teaches “a sanctifying symmetry in repentance and forgiveness invites us to offer others that which we ourselves need and desire.”



Elder Joseph W. Sitati

General Authority Seventy

Patterns of discipleship are “realities that govern our lives that we cannot change. When we respect and align what we do with these eternal realities, we experience internal peace and harmony. When we don’t, we are unsettled, and things do not work as we expect.”

Pattern of faith: “Whenever we care to notice, we see that Heavenly Father has given us sufficient witnesses of truth to govern our lives so we will know Him and have the blessings of peace and joy.”

Pattern of humility: “Humility inclines the heart of the disciple towards repentance and obedience. The Spirit of God is then able to bring truth to that heart, and it will find entry.”

Pattern of love: “When we focus our best efforts on loving God and others, we are enabled to discover our own true divine worth, as sons and daughters of God, with the complete peace and joy that this experience brings.”

Pattern of service: Love for God and service to others grow into the attribute of charity. “This resonates with the pattern of consecrated service in the kingdom of God that is set before us by the Lord’s living prophets and apostles. We become one with them.”

**Elder David A. Bednar**

Of the Quorum of the Twelve Apostles

Jesus’ parable of the royal marriage feast depicts rebellion to the king’s invitation — refusing to attend or being inappropriately attired. Symbolizing God’s call and individual responses, it concludes: “For many are called, but few are chosen” (Matthew 22:14).

Being chosen is not an exclusive status. “Rather, you and I ultimately can choose to be chosen through the righteous exercise of our moral agency.”

God does not have a list of favorites nor a limit to “the chosen.”

“Instead, our hearts, our desires our honoring of sacred gospel covenants and ordinances, our obedience to the commandments, and, most importantly, the Savior’s redeeming grace and mercy determine whether we are counted as one of God’s chosen.”

Each should evaluate temporal and spiritual priorities sincerely and prayerfully to identify what impedes blessings from Heavenly Father and the Savior. “The Holy Ghost will help us to see ourselves as we really are. As we appropriately seek for the spiritual gift of eyes to see and ears to hear, I promise that we will be blessed with the capacity and judgment to strengthen our individual covenant connection with the living Lord. We also will receive the power of Godliness in our lives — and ultimately be both called to and chosen for the Lord’s feast.”

**President Steven J. Lund**

Young Men general president

Following a summer when more than 200,000 teenagers filled hundreds of sessions of For the Strength of Youth conferences in the United States and Canada for the first time, those youth and others can maintain the fire of their convictions.

As youth navigate “through arcs of growth and spiritual discovery to places of relative peace,” what should they do to maintain that peace? “We must continue to do those things that brought us there in the first place like praying often, drenching ourselves in scripture and serving sincerely.”

In spite of the challenges they face on a regular basis, today’s youth should be commended for the way they lean on the Savior to successfully overcome sin and avoid temptation.

“Let there be no doubt, it is the very stuff of heroes displayed by our youth when they set their hearts and minds to standing upright against the shifting moral tectonics of our time.”

Through trusting in the Lord Jesus Christ, and His covenant path, “we can find spiritual confidence and peace, as we nurture holy habits and righteous routines that can sustain and fuel the fires of our faith.”

**President Russell M. Nelson**

President of the Church

The complexities and challenges of the world leave many feeling overwhelmed and exhausted. Making and keeping covenants makes life easier. The Savior has promised: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). “Those who live the higher laws of Jesus Christ have access to His higher power. Thus, covenant-keepers are entitled to a special kind of rest.”



Because Jesus Christ overcame the world and atoned for all of God’s children, all can overcome the world with His help. Overcoming the world means overcoming the temptation to care more about the things of the world than the things of God. It means loving Him and His Son more than anyone or anything else. By seeking for and following the promptings of the Spirit and striving to live His higher laws, “the Savior lifts us above the pull of this fallen world by blessing us with greater ... rest.”

“My plea to you this morning is to find rest from the intensity, uncertainty and anguish of this world by overcoming the world through your covenants with God. ... Cherish and honor your covenants above all other commitments. As you let God prevail in your life, I promise you greater peace, confidence, joy and, yes, rest.”

President Henry B. Eyring

Of the First Presidency

Mortality has a mix of physical trials and opposition from the adversary that each child of Heavenly Father must work to overcome. Those challenges present themselves regardless of where an individual is on the covenant path.

When President Eyring complained to his mother about a hard moment he was having at one point in his life, she told him life is supposed to be hard because it is a test.

He felt encouraged by his mother's example of following the Savior and talked about Mormon's example and legacy of faith as written in Moroni 7.

Everyone needs a faithful friend or family member to provide encouragement at some point.

"When you sit with someone as their ministering sister or brother, you represent the Lord. Think of what He would do or say." The Savior would invite them to come unto Him, encourage them, notice and praise their efforts, and "be the perfect example for them to emulate."

Even with a good example in this life, the strongest example to follow is the Savior.

"The Savior knows your struggles in detail. He knows your great potential to grow in faith, hope, and charity."

**Elder Ryan K. Olsen**

General Authority Seventy

His 6-year-old nephew, Nash, helped come up with a solution to a project. Elder Olsen asked, "How did you get so smart?" Nash confidently said, "Jesus." This is a simple yet profound teaching. The answer to the simplest questions and most complex problems is Jesus Christ. "Every solution is found in Him."

At the end of Elder Olsen's mission, he was troubled about not being a full-time missionary any more. His mission president pointed to a picture of Jesus Christ and said it would all be OK because it is His work. "I felt reassured knowing that the Savior will help us, not just while we are serving but always, if we will let Him."

While serving as a mission president, a sister missionary told him she did not feel good enough. He asked her what she would tell someone else who felt the same way. She answered: "I would tell her that the Savior knows her perfectly. I would tell her that He lives. He loves you. You are good enough and you have got this!" She realized it applied to her, too.

The adversary is the architect of confusion; the Savior is the Master of simplicity. He is the answer.

**Elder Jonathan S. Schmitt**

General Authority Seventy

One simple way to get to know someone is by learning their name.

Jesus knew and called people by name.

"Just as Jesus knows each of us by name, one way we can come to better know Jesus is by learning His many names."

Just as President Russell M. Nelson and other leaders have said, Latter-day Saints can draw closer to the Savior and better develop His attributes by seeking to understand His various titles and names, and what they mean for us personally. Consider these five titles:

1. Jesus is the Good Shepherd.
2. Jesus is the High Priest of Good Things to Come.
3. Jesus is The Same, Yesterday, Today and Forever.
4. Jesus is the Holy One of Israel.
5. Jesus is Faithful and True.

"Jesus wants for us to know Him because His is the only name under heaven whereby we can be saved. ... My earnest desire is that you will come to know Jesus Christ by His many names and that you will become like Him as you exemplify His divine attributes in your life."

**Elder Mark D. Eddy**

General Authority Seventy

Throughout scripture are examples of the miraculous blessings poured out upon those who chose to try the virtue of the word of God in their lives.

First, Alma reminded his people of how the Lord delivered their fathers and how "they were in the midst of darkness" but "their souls were illuminated by the light of the everlasting word" (Alma 5:7).

"Does your soul ache for illumination? If so, please try the virtue of the word of God."

Second, Ammon referenced how many of their Lamanite brethren were "loosed from the pains of hell" and "brought to sing the song of redeeming love" because "of the power of his word" (Alma 26:13).

There are many who yearn for someone to be brought to sing redeeming love. "In all our efforts, let us remember to try the virtue of the word of God, which is in us."

Third, Helaman teaches the word of God, "which is quick and powerful," will "divide asunder" the methods of the devil (Helaman 3:29-30).

"Are you seeking to cut through all the cunning and the snares and the wiles of the devil so prevalent in the philosophies of our day? ... Please try the virtue of the word of God."



Elder Gary E. Stevenson

Of the Quorum of the Twelve Apostles

Reflect upon four questions.

First, "Do I know and understand what a testimony is?"

Second, "Do I know how to bear my testimony?"

Third, "What are the obstacles in sharing my testimony?"

Fourth, "How do I keep my testimony?"

A testimony is belief in or knowledge of truth, given as a spiritual witness through the Holy Ghost. Key elements may include: God is a loving Heavenly Father, Jesus Christ is the Son of the living God, Joseph Smith is a Prophet of God, the Church is God's restored Church, and the restored Church is led by a living Prophet today.

Individuals bear testimony when they share spiritual feelings with others, either spoken or through righteous behavior.

One obstacle may be uncertainty about what to say. Bear witness that Joseph Smith was a prophet of God and thoughts will flood into the bearer's mind. Another obstacle can be fear. "Having faith ... will allow you to overcome these feelings and freely share what is in your heart."

A testimony must be nourished with much care — through the word of God, prayer, obedience to commandments and participating in temple and family history work.

**Elder Quentin L. Cook**

Of the Quorum of the Twelve Apostles

Elder Cook's great-great-grandfather Heber C. Kimball and fellow Apostle Brigham Young had the responsibility of evacuating the Saints from Missouri while Joseph Smith was in Liberty Jail.

About 30 years later, Heber C. Kimball, then in the First Presidency, taught that: "Many of you will see the time when you will have all the trouble, trial and persecution that you can stand, and plenty of opportunities to show that you are true to God and His work."

"To meet the difficulties that are coming, it will be necessary for you to have a knowledge of the truth of this work for yourselves."

The Book of Mormon prophet Alma gave counsel to his three sons — two were "true to God and His work." Alma wanted each to have a testimony of Jesus Christ. His preventive counsel was to bridle passions, but for those who have transgressed, to repent.

"In Alma's day, in Heber's day, and certainly in our day, we all need to seek our own testimony of Jesus Christ, bridle our passions, repent of our sins, and find peace through the Atonement of Jesus Christ and be true to God and His work."

**Elder Isaac K. Morrison**

General Authority Seventy

"Whatever the source of our challenges, they can be a golden opportunity to grow."

While he was serving as a stake president, Elder Morrison's family came home from a Church activity for lunch. His three sons were playing in the compound when his wife felt that something was wrong. Eventually they checked on the boys and found their youngest son, 18-month-old Kenneth, helpless in a bucket of water. "We rushed him to the hospital, but all attempts to revive him proved futile."

Though they knew Kenneth would be part of their family eternally, they were devastated not to be able to raise him in this mortal life.

From their loss, they learned specific lessons, and felt united and bound by their temple covenants. "We also gained experience necessary to minister to others and empathize with their pain."

During tough times, one can feel peace and cheer because of Him. "The love we feel because of the Savior and His Atonement becomes a powerful resource to us in our trying moments."

By exercising faith in the Lord during trials, one grows in discipleship and receives strength and help from the Savior to carry burdens. "As we follow Him, especially in our difficult times, we can grow to become more like Him."

**President Russell M. Nelson**

President of the Church

The heavens have been open during the five conference sessions. "I pray that you have recorded your impressions and will follow through with them."

Heavenly Father and His Beloved Son, Jesus Christ, stand ready to help. "I urge you to increase your efforts to seek Their help."

Season 4 of Book of Mormon Videos is coming, including depictions of the Savior's appearance to the Nephites. "It is significant that the Savior chose to appear to the people at the temple. It is His house. It is filled with His power."

Never lose sight of what the Lord is doing — He is making His temples more accessible, He is accelerating the pace at which temples are built, and He is increasing the ability to help gather Israel.

The Lord is also making it easier for each to become more spiritually refined. "I promise that increased time in the temple will bless your life in ways nothing else can."

President Nelson's announcement of 18 new temple locations included four in the Mexico City metropolitan area.

"May you focus on the temple in ways you never have before. I bless you to grow closer to God and Jesus Christ every day. I love you."

