

Elder David A. Bednar

Of the Quorum of the Twelve Apostles

Millions of Latter-day Saints are coming unto the Savior and pressing forward on the covenant path in “the last wagons” of their contemporary wagon trains. “Behold that the more part of them are in the path of their duty, and they do walk circumspectly before God, and they do observe to keep his commandments and his statutes” (Helaman 15:5).

The phrase “in the path of their duty” could describe those who sit next to people who are alone; those who support a companion, parent or child who serves in a Church leadership position; those who are humbly returning to God; and those who yearn to become yoked to the Savior through covenants and ordinances but may be prohibited by factors beyond their control. It could also include translators and interpreters, married couples having children, married couples trusting God when righteous desires are not realized, Nursery leaders and Primary teachers, children caring for aged parents, Church members who arrive early and stay late to set up, and individuals who share the gospel.

“They of the last wagon, all who are no less serviceable, and you who today are pressing forward in the path of your duty are the strength of the Savior’s restored Church.”



Sister Amy A. Wright

Of the Primary general presidency

In the end, everything can be OK because of Jesus Christ. What does OK look like? “For they that are wise and have received the truth, and have taken the Holy Spirit for their guide, and have not been deceived – verily I say unto you, they shall not be hewn down and cast into the fire, but shall abide the day” (Doctrine and Covenants 45:57).

Jesus Christ makes it possible to “abide the day.” Abiding the day means simplifying, focusing one’s efforts and being gatherers of the Savior’s light. It means more holy and revelatory experiences and daily spiritual nourishment.

“My dear friends, we cannot share our oil, but we can share His light. Oil in our lamps will not only help us ‘abide the day’ but can also be the means of illuminating the path that leads those we love to the Savior, who stands ready ‘with open arms to receive’ them. ... He is the reason why it is never the end of our story. ...

“Eternal life is eternal joy. Joy in this life, right now – not despite the challenges of our day but because of the Lord’s help to learn from and ultimately overcome them – and immeasurable joy in the life to come.”



Elder Robert M. Daines

General Authority Seventy

Spiritual face-blindness – or struggling “to see God as a loving Father,” but seeing “a thicket of rules” – may cause Heavenly Father’s children to doubt His love.

However, Latter-day Saints can seek the Savior as did outsiders in the New Testament, who said, “Sir, we would [like to] see Jesus” (John 12:21).

“We want to see Jesus for who He is and to feel His love. This should be the reason for most of what we do in the Church and certainly in every Sacrament meeting.”

The Savior’s first followers “had to learn to recognize Him, and so do we.” This can be done in three ways:

- Prayer: “Pray ‘with all the energy of heart’ (Moroni 7:48) to be filled with the love promised His disciples.”
- Reading the Gospels: “Open the Gospels at random; on almost every page, we see Him caring for people who suffer.”
- Seeking Jesus: “We’re not finished until we see Jesus as the face of our Father’s love and follow Him and not just His rules.”

These allow Saints to more effectively minister. “To serve in this Church is to stand in the river of God’s love. ... Help carry His love to His children, and some of it will splash on you.”



Elder Carlos A. Godoy

Presidency of the Seventy

After getting in the wrong taxi in Lima, Peru, Elder Godoy learned that the taxi driver, Omar, had been a Church member since he was a child, but his parents had stopped attending.

“At that moment I realized I did not take the wrong taxi. ... I told him who I was and that I was in his taxi because the Lord was calling him back to His fold.”

Omar began attending again, and baptized his wife and children. Later, they were sealed in the temple.

This experience was shared to address members who have fallen away from the gospel and members who may not be as faithful to their covenants as they should be. In both cases, their children and descendants are impacted and at risk.

“You know there is a plan for us in this life. You know that families can be eternal. Why put yours at risk?”

Even those who have a lukewarm approach to membership could create a negative spiritual impact for generations ahead.

“I invite you to think about it, to look ahead and evaluate ‘where this will lead’ and, if necessary, to be valiant enough to reshape your path for the sake of your posterity.”



Elder D. Todd Christofferson

Of the Quorum of the Twelve Apostles

What is the purpose of the gathering of Israel?

Perhaps the most important reason for the gathering is to bring the blessings of salvation and exaltation to all who will receive them.



“It is how the covenant promises given to Abraham are realized.”

The prophet Elijah made this possible when he restored the authority and keys to Joseph Smith and Oliver Cowdery in the Kirtland Temple in 1836.

“The power to validate all priesthood ordinances and make them binding on earth and in heaven – the sealing power – is crucial for gathering and preparing a covenant people on both sides of the veil.”

Another vital purpose in the gathering of Israel that has special meaning in terms of the sealing power is that of building and operating temples. In temples, the sealing power makes individual salvation and family exaltation universally available to the children of God wherever and whenever they may have lived on the earth.

“With access to the sealing power, our hearts naturally turn to those who have gone before.”

The highest and holiest manifestation of the sealing power is in the eternal union of a man and woman in marriage.

“This is the ultimate step in gathering the covenant people.”

Elder Ian S. Arden

General Authority Seventy

Elder Arden and his wife, Sister Paula Arden, recently traveled to Uganda with several Church leaders. While there, they observed poverty, hunger, lack of running water and other prevalent needs.



But as they worked with various humanitarian organizations, “there came to each of us an increase of hope for a better tomorrow for those we met. That hope came, in part, through the kindness of Church members from around the world who donate time and money to the Church humanitarian effort.”

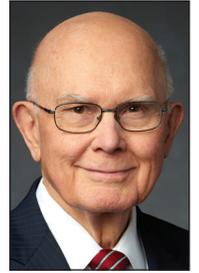
Additionally, compassion is an attribute of Jesus Christ, is born of love for others and knows no boundaries. Jesus, the Savior of the world, is the epitome of compassion.

“Despite our every effort, you and I won’t heal everyone, but each of us can be the one who can make a difference for good in the life of someone. ... It is unlikely you will know the recipients of your time, dollars and dimes, but compassion does not require us to know them, it only requires us to love them.”

President Dallin H. Oaks

Of the First Presidency

The fullness of the doctrine of Christ teaches that Heavenly Father loves His children so much that He wants all to live in a kingdom of glory forever – more specifically, to live with Him and His Son, Jesus Christ, eternally.



“The gospel of Jesus Christ is a plan that shows us how to become what our Heavenly Father desires us to become.”

With limited exceptions, all of God’s children will ultimately inherit one of three kingdoms of glory – celestial, terrestrial or telestial – according to the desires manifested through their choices.

The celestial kingdom has its own three degrees of glory, the highest being exaltation – dwelling in the presence of God and Christ forever.

“Under that loving plan there are multiple kingdoms – many mansions – so that all of God’s children will inherit a kingdom of glory whose laws they can comfortably ‘abide.’”

The Final Judgment is not just an evaluation of a sum total of good and evil acts – what one has done. It is based on the final effect of one’s acts – what one has become.

“We have a loving Heavenly Father who will see that we receive every blessing and every advantage that our own desires and choices allow.”



Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles watched general conference from home.

Elder Neil L. Andersen

Of the Quorum of the Twelve Apostles

“With all the Lord gives to us, He has asked us to return to Him and His kingdom on earth 10% of our increase. He has promised us that as we are honest in our tithes, He will ‘open ... the windows of heaven, and pour ... out a blessing’” (Malachi 3:10).

The windows of heaven can open both temporally and spiritually. Some blessings are subtle and easy to overlook. “Trust in the Lord’s timing; the blessings always come.”

The world speaks of tithing in terms of money, but it is principally a matter of faith. “Being honest in our tithes is one way we show our willingness to put the Lord first in our lives, above our own cares and interest.”

These sacred funds do not belong to the leaders of the Church, but to the Lord. “His servants are painstakingly aware of the sacred nature of their stewardship.”

In the last year, generous tithes and offerings were used to bless those in need, send missionaries throughout the world, build and maintain temples and meetinghouses, and sponsor five institutions of higher learning. “These blessings and so many more come in large measure from the young and old of every economic circumstance who pay an honest tithe.”

**Brother Jan E. Newman**

Of the Sunday School general presidency

When the Savior appeared to the Nephites in the Book of Mormon, He invited them to bring their children so He could pray for and bless them. Similarly, He invites parents to bring their children to Him. “We can help them know their Savior and Redeemer the way these children did.”

Like the wise man who built his house upon a rock, individuals must “dig deep” to build their lives on the Rock of the Redeemer, Jesus Christ. “We remove anything that is sandy or superfluous in our lives. We keep digging until we find Him.”

The rising generation must own faith in Christ for themselves.

Like Nephi, parents must preach of and rejoice in Christ. “We can ensure that the voice of the covenant people is not silent in the ears of the rising generation and that Jesus is not a Sunday-only topic.”

The voice of the covenant people is found in words of testimony by parents, living prophets and in the scriptures. “It is there they will learn for themselves the doctrine of Christ. It is there they will find hope. This will prepare them for a lifetime of seeking truth and living on the covenant path.”

**Elder Joaquin E. Costa**

General Authority Seventy

What gives Church members the power to go through hard things? What gives them an extra layer of strength to go on when everything seems lost?

“I have found that the source of strength is faith in Jesus Christ as we intentionally seek to come unto Him each day.”

Some may feel that having faith in Jesus Christ is almost impossible or unattainable. They may think that coming unto Christ requires a strength and power beyond their capacity. “What I have learned from people is that faith in Jesus Christ is what gives us the energy to begin the journey.”

Each morning, instead of looking at a phone, say a simple prayer and read a scripture to renew one’s weekly covenant to “always remember Him.”

“Although we are imperfect at remembering Him, our loving Heavenly Father never fails to remember us.”

When our pain or the pain of a loved one feels overwhelming, remembering Jesus Christ and coming unto Him can lighten the burden, soften the heart and ease the pain.

“Faith in Jesus Christ is the feeling of peace to withstand the storm, knowing that we will not perish because He is in the ship with us.”

**Elder Gary E. Stevenson**

Of the Quorum of the Twelve Apostles

Latter-day Saints should be gifted, covenant-keeping people. Each one should seek to exercise spiritual gifts and then invite and learn to recognize promptings of the Spirit. Four guiding principles to assist in this spiritual endeavor are: 1. Stand in holy places; 2. Stand with holy people; 3. Testify of holy truths; 4. Listen to the Holy Spirit.

Holy places include temples, homes, meetinghouses, seminary buildings and institutes, Church history sites and visitors’ centers. Consider gatherings of holy people, quorums and classes, FSY and seminary, ward and stake activities, even ward choirs.

Testify of holy truths often. “As you seek and take opportunities to share your testimony with others, you will create moments to recognize the Spirit for yourself.”

Listen carefully to the Spirit, which speaks in subtle, quiet tones. Being attuned to the language of the Spirit requires diligent, patient effort. “Exercising spiritual gifts requires spiritual exercise.”

Spiritual impressions will align with scriptures and living prophets’ teachings. They will be consistent with each assignment but cannot be forced. Nor are they necessary in every thing.

When people look in the mirror, they can remind themselves of their divine identity and that they are gifted with the gift of the Holy Ghost.



Elder Yoon Hwan Choi

General Authority Seventy

Being happy is really quite simple: Just stay on the covenant path.

Sometimes, however, people who make covenants fail to keep them. When that happens, it's important to return to the covenant path by obeying the commandments.

Additionally, sometimes an individual prays for peace, but the answer is different than what they expect. But as long as someone is seeking to know the Savior and praying to Heavenly Father, they will receive answers customized to their needs.

"There are many other things that distract us from staying on the covenant path. No matter what it is, it is never too late to turn our hearts to Heavenly Father for help."

Being called as a bishop in his early 30s was overwhelming, but through this experience, Elder Choi learned that, "As we yoke ourselves to [the Savior], we can do things we couldn't do on our own because He can do the things we cannot do for ourselves. ... My dear brothers and sisters, do you want to be happy? Stay on the covenant path. Your life will be easier, happier and filled with joy."

**Elder Alan T. Phillips**

General Authority Seventy

Knowing Heavenly Father, Jesus Christ and true divine identity as a child of God are three foundational truths.

"You are not an accidental byproduct of nature, a cosmic orphan, or the result of matter plus time plus chance. Where there is design there is a designer."

Each individual is known by God and loved by Him and by the Savior, who gave all of Heavenly Father's children the means to return to Him and to be succored on earth – both through the Holy Ghost and through others in mortality.

"How we treat one another truly matters. ... Jesus Christ is the perfect example of caring for those in need – the hungry, the stranger, the sick, the poor, the imprisoned. His work is our work."

Those who feel lost are not alone on their journeys. Ordinances and covenants help yoke everyone to the Savior to build faith in Him and gain strength to overcome their challenges.

"To my dear friends of the rising generation, Gen Z and Gen Alpha: Please know faith requires work. ... Some of the most real things in life are not seen; they are felt, known and experienced. They too are real."

**Elder Ronald A. Rasband**

Of the Quorum of the Twelve Apostles

The gathering of Israel is the most important thing happening on earth today. "It follows that to gather Israel we need missionaries. Many more than are serving." The Lord and the Church need more senior couples to serve as missionaries.

Senior missionaries "are a remarkable force for good, seasoned in the Church, and poised to encourage and rescue God's children."

The opportunities available to senior missionaries range from working in mission offices, family history centers or historic sites, to helping in employment centers or on Church farms. "The particulars of ways to serve, what best suits you, where you are needed and how you can get ready to go are addressed on the website 'Senior Missionary.' ...

"A mission might be the greatest chapter in a couple's life."

Many couples who have served missions "have described growing closer to the Lord and closer to one another, feeling the Spirit of the Lord pour down upon them, and knowing they are making a difference."

Dedicated service to Jesus Christ will inspire and bless one's family, grandchildren and great-grandchildren. "As an Apostle of the Lord Jesus Christ, I ask you to serve as a missionary in the gathering of Israel and perhaps even serve again."



Elder Gary B. Sabin

General Authority Seventy

Living the principles of the gospel can help Latter-day Saints find the kind of true happiness that seems to elude so many in the world. Here are five principles to remember.

First, building upon the sure foundation of Jesus Christ is essential to finding happiness. “Doing so prepares us for the challenges of life, come what may.”

Second, remember that all are sons and daughters of a loving Heavenly Father. “Knowing and trusting this reality changes everything.”

Third, remember the worth of a soul. “We will never regret being too kind.” Fourth, maintain an eternal perspective. “Seeing life from an eternal vantage point provides clarity, comfort, courage and hope.”

Fifth, a person will never be happier than he or she is grateful. “Gratitude gives birth to a multitude of other virtues.”

Life will still have challenges, but living by these eternal truths will help us face each trial with greater purpose and peace.

“The greatest blessings of mortality will be found in whom we have become through God’s grace as we make and keep sacred covenants with Him. Our Savior will polish and refine us through the merits of His atoning sacrifice.”

**Elder Joni L. Koch**

General Authority Seventy

Humility is a mandatory requirement for returning to the presence of God. “We all like to think we are sufficiently humble, but some experiences in life make us realize that the natural prideful man often is very much alive within us.”

Someone can be poor and prideful just as someone can be rich and humble. Others with an outward appearance of humility may be inwardly prideful.

“During this conference, we have heard and will yet hear the unflinching counsel of our prophets and apostles. It’s a perfect occasion to develop humility and let our strong opinions be swallowed by an even stronger conviction that the Lord does speak through these chosen leaders.”

Individuals can’t overcome challenges or achieve their full potential on their own. Instead of trusting in the arm of flesh, trust in Heavenly Father and Jesus Christ.

“That’s why it’s so important to make and keep covenants with God, as doing so will give us full access to the healing, enabling and perfecting power of Jesus Christ through His Atonement. ... That will invite Their power into our lives to help us through all our problems and ultimately fulfill the measure of our creation.”

**Sister Tamara W. Runia**

Of the Young Women general presidency

While humans have an earthbound point of view, God sees the grand overview of the universe. Through the eye of faith, individuals can zoom out and view themselves and their families with hope and joy. Amid their worries, they can feel that everything is going to be OK – now. They can choose hope in Christ and in one another.

“Families are a God-given laboratory where we’re figuring things out, so missteps and miscalculations are not just possible but probable. ... Let’s zoom out to view family relationships as the powerful vehicle to teach us the lessons we came here to learn as we turn to the Savior.”

The adversary does not want individuals and their loved ones to return home together, and he tries to perpetuate a sense of panic. When zoomed in, it can be hard to see that direction matters more than speed. God is not bound by time and sees who His children really are.

“While our families aren’t perfect, we can perfect our love for others until it becomes a constant, unchanging, no-matter-what kind of love – the type of love that supports change and allows for growth and return. ... In earthly families, we’re simply doing what God has done with us – pointing the way and hoping our loved ones will go in that direction, knowing the path they travel is theirs to choose.”

**Elder Ulisses Soares**

Of the Quorum of the Twelve Apostles

Following President Russell M. Nelson’s invitation to “lead out in abandoning attitudes and actions of prejudice” is “a vital prerequisite for building the Savior’s kingdom in every nation of the world.” The gospel of Jesus Christ teaches that all are sons and daughters of God, created in His image and likeness, and equal before Him.

The world is polarized by strong divisions that can influence an individual’s way of thinking, acting and speaking of other cultures, races and ethnicities as inferior, generating attitudes of contempt, indifference, disrespect and prejudice. “There is no place for prejudiced thoughts or actions in the community of Saints.”

“May we align our hearts and minds with the knowledge and testimony that we are all equal before God, that we are all fully endowed with the same eternal potential and inheritance. May we enjoy more the spiritual kinship that exists between us and value the different attributes and varied gifts we all have.

“If we do so, I promise you that we will flow in our own way, as does the water of the Iguazu Falls, without losing our divine connection that identifies us as a peculiar people, the children of Christ and heirs of the kingdom of God.”



President M. Russell Ballard

Acting President, Quorum of the Twelve Apostles

Members of The Church of Jesus Christ of Latter-day Saints are “abundantly blessed” because of the Prophet Joseph Smith. “My message this morning is simple. It is deep. And it is full of love for the Prophet Joseph Smith.”

For almost 50 years as a general authority, President Ballard has traveled the world, looking into the faces of Latter-day Saints and testifying of the divinity of Jesus Christ and His Church. He has also testified of the “glorious responsibility” of Joseph Smith, who restored the Savior’s Church to the earth.

Knowing that God the Father and Jesus Christ revealed themselves to Joseph Smith is “one of the most glorious and wonderful things that anyone in this world can know.”

President Ballard, almost 95, said he has thought often of the Prophet of the Restoration. “We thank the Lord for Joseph Smith and for his courage to go into that grove of trees.”

Because of Joseph Smith, Latter-day Saints have the Book of Mormon, know the purpose of life and have many other abundant blessings.

As a result, all should commit to “increase our commitment” to serve Jesus Christ and to keep His commandments. “Wherever you are in this world, may God bless you.”



President Emily Belle Freeman

Of the Young Women general presidency

President Freeman broke her ankle before a trip to Israel but was able to walk a trail with the help of a rope and a guide. Jesus Christ does not ask anyone to face challenges alone.

“No matter the heaviness of our story, or the current course of our path, He will invite us to walk with Him.”

This is the covenant path, beginning with baptism and continuing in the temple. A covenant is a contract and a relationship. Conditions have been set, and there are expectations along the way.

“His is a mission of condescension. Jesus Christ will meet us where we are as we are. ... His is also a mission of ascension. He will work within us to lift us up to where He is and, in the process, enable us to become as He is.”

Some people have asked why they should walk the path or go to the temple or wear the garment. The answer depends on what degree of relationship they want to experience with Jesus Christ.

Start by learning of Him. Then invest in the relationship by entering into covenant with Him. No matter what age or condition, all can walk with Him.



Elder Adilson de Paula Parrella

General Authority Seventy

One of the promises Latter-day Saints make at baptism is to take upon them the name of Christ. One way to do that is to often bear testimony in word and action that Jesus is the Christ.

“As we strive to live our lives in harmony with the gospel of Jesus Christ, our conduct will be a living testimony of our Redeemer and His name.”

When one bears testimony of the Lord through word and action, “the Holy Ghost confirms to those with real intent, open hearts and willing minds that Jesus is indeed the Christ.”

Church meetings, especially fast and testimony meetings, “are choice opportunities for us to testify of Christ and signal to God that we rejoice in taking His Son’s name upon us.”

In October 2018, President Russell M. Nelson invited everyone to use the correct name of The Church of Jesus Christ of Latter-day Saints.

Speaking the full name of the Church with intent gives valuable opportunities to bear testimony of the Savior, more frequently remember Jesus Christ and feel His influence.

“By following the Prophet, we can all learn to testify more of Jesus Christ by using the correct name of the Church, thus taking upon us more fully the name of the Lord.”



Elder Quentin L. Cook

Of the Quorum of the Twelve Apostles

It has never been easy for followers of Jesus Christ. Those who believe in, worship and testify of Him have always experienced trials, tribulation and adversities. As part of God’s great plan of salvation and exaltation, His children are blessed with agency and subject to the trials of mortality. Mormon, quoted by his son, Moroni, commended “the peaceable followers of Christ ... because of your peaceable walk with the children of men” (Moroni 7:3-4).

For those striving to be “peaceable followers of Christ,” a brighter day awaits as one focuses on Him. “We do not know all the answers; however, we do know important principles that allow us to face trials, tribulation and adversities with faith and confidence in a bright future that awaits for each of us.”

God knows and loves His children personally and understands their suffering perfectly. Jesus Christ is the Savior and Redeemer of the world. “He invites, ‘Come unto me,’ and as we do, He gives us rest, hope, strength, perspective and healing” (“Preach My Gospel” second edition).

“As an Apostle of the Lord Jesus Christ, I testify that peaceable followers of Christ will find personal peace in this life and a glorious heavenly reunion.”



Elder Dieter F. Uchtdorf

Of the Quorum of the Twelve Apostles

Like all of the Savior's parables, the story of the prodigal son is not only about people living long ago. "It's about you and me, today."

To those who have wondered if it's possible to go back or how God will react to their return, this parable gives the answer: "Our Heavenly Father will run to us, His heart overflowing with love and compassion. He will embrace us, place a robe around our shoulders, a ring on our finger, sandals on our feet, and proclaim: 'Today, we celebrate! For my child, who once was dead, has come back to life!' Heaven will rejoice at our return. ...

"Though choices may have taken you far away from the Savior and His Church, the Master Healer stands at the road that leads home, welcoming you. And we as members of the Church of Jesus Christ seek to follow His example and embrace you as our brothers and sisters, as our friends. We rejoice and celebrate with you."

Everyone relies daily on the same atoning power of Jesus Christ. The path will not be free from grief, sorrow or sadness. "Together we will 'press forward with a steadfastness in Christ.'"

**Bishop W. Christopher Waddell**

Of the Presiding Bishopric

Although admiring and respecting heroes — like bloggers, influencers, athletes or musicians — can be innocent, revering a hero in excess "can be the equivalent of the children of Israel worshipping a golden calf in the desert of Sinai."

With the Israelites, "the challenge was not the gold that they brought with them on their journey to the promised land, but what they allowed the gold to become. ... Their focus on the calf impacted their ability to worship the true God."

However, there is One — who is more than a hero — whom Latter-day Saints must not lose sight of: the Savior. "The hero, now and always, is Jesus Christ, and anything, or anyone, that distracts us from His teachings ... can negatively impact our progress on the covenant path."

In perfect obedience and commitment, "Jesus Christ completed the supreme, heroic act in all of creation, culminating in His glorious Resurrection. ... No leader has shown more courage, no humanitarian more kindness, no physician has cured more disease and no artist has been more creative than Jesus Christ."

This primary focus on the Lord cannot be dismissed by turning attention to worldly idols. "Choosing the right hero has eternal consequences."

**President Henry B. Eyring**

Of the First Presidency

Individuals can be taught by and learn from the Spirit line upon line, receiving what is needed until ready for more.

"We need the constant companionship of the Holy Ghost. We desire it, yet we know from experience that it is not easy to achieve. We each think, say and do things in our daily lives that can offend the Spirit." When that happens, remember the promise offered in the sacrament prayers.

"If you have felt the influence of the Holy Ghost today, you may take it as a sweet evidence that the Atonement is working in your life."

For those who are having a difficult time feeling the Holy Ghost: "Ponder whether there is anything for which you might repent and receive forgiveness."

The key is to want what the Savior wants. "Our motives need to be driven by the pure love of Christ."

Of all the things to which the Holy Ghost testifies, the most precious is that Jesus is the Christ, the living Son of God.

"Your experiences will be unique, and the Spirit will guide in the way best suited to your faith and capacity to receive revelation for you and for those you love and serve. I pray with all my heart that your confidence will grow."



Elder Dale G. Renlund

Of the Quorum of the Twelve Apostles

Searching five fruitless years for King Tutankhamun's burial chamber in Egypt's Valley of the Kings, an archaeologist realized the only remaining possible location was under his base camp. Soon, the treasure-laden tomb was discovered.

The 1923 discovery can be likened to Jacob's Book of Mormon prophecy of people in Jerusalem "looking beyond the mark" by not recognizing the promised Messiah.

"He is our mark. If we incorrectly imagine that there is a need for something beyond what He offers, we deny or diminish the scope and power He can have in our lives. ... Jesus Christ is our treasure."

The Savior provides many ways to focus on Him intentionally, including the daily opportunity to repent, the weekly retaining a remission of sins through partaking the sacrament, the sanctifying companionship of the Holy Ghost, and the making and keeping of covenants, including temple covenants.

Conference messages can help one remember and always focus on Jesus Christ. "He is our Savior and Redeemer, the 'mark' to whom we should look, and our greatest treasure. ... As you come to Him, you will be rewarded with strength to face life's challenges, courage to do what is right, and the ability to fulfill your mission in mortality."

**Elder John C. Pingree Jr.**

General Authority Seventy

With an unprecedented amount of information available at all times, knowing where to find truth and how to recognize truth has become an invaluable skill – especially as it relates to eternal progress. "Truth is critical for us to establish and strengthen our relationship with God, find peace and joy, and reach our divine potential."

Satan attempts to both keep people from the truth and to distort truth in order to keep people from obtaining eternal life. Heavenly Father, however, has an established way of conveying truth to His children.

"God reveals eternal truth to us through a network of revelatory relationships involving Himself, Jesus Christ, the Holy Ghost, prophets and us."

After Heavenly Father has confirmed an eternal truth through that network, He also has an expectation that the truth will be shared in loving ways to help others find their way to Him. For teachers, parents and leaders, it is important to teach truth in an environment and using methods that invite the Holy Ghost.

"Both truth and love are essential for our spiritual development. Truth provides the doctrine, principles and laws necessary to gain eternal life, while love engenders the motivation needed to embrace and act upon what is true."

**Elder Valeri V. Cordón**

General Authority Seventy

Parents have three crucial responsibilities of teaching freely, modeling discipleship and inviting their children to act.

"Jesus Christ is the center of this gospel culture. Adopting the gospel culture in our families is critical to creating a fertile environment where the seed of faith may flourish."

Cultural, historical, geographic and familial traditions and culture are not as important to parenting success as is parenting through the lens of the gospel of Jesus Christ.

"As parents, we can teach the importance of putting God first when we discuss the first commandment, but we model it when we set aside worldly distractions and keep the Sabbath day holy every week," he said. "We can teach the importance of temple covenants when we speak about the doctrine of celestial marriage, but we model it when we honor our covenants, treating our spouse with dignity."

Part of correct modeling as parents also includes avoiding the inclusion of incorrect teachings – especially those promoted by people who don't believe in God and His plan.

"As parents, we are God's agents in the care of our children. We must do everything we can to create an environment where our children can feel His divine influence."

**Elder J. Kimo Esplin**

General Authority Seventy

Through blessings of the temple, "the Savior heals individuals, families and nations – even those that once stood as bitter enemies." One example is a sister from Okinawa, Japan.

In 1945, more than 240,000 people died amid the Battle of Okinawa. "In a desperate attempt to escape the onslaught, this Okinawan woman and her husband and their two small children sought refuge in a mountain cave. They endured unspeakable misery through the ensuing weeks and months."

After the war, this woman sought answers about God. Two sister missionaries from the Church of Jesus Christ came to her house one day and taught about the spirit world.

"She was captivated by the teaching that her parents could choose to follow Jesus Christ after death and accept baptism performed on their behalf in holy places called temples." The Okinawan Latter-day Saint and her family were baptized.

Later, as a widow, she traveled 10,000 miles to the Laie Hawaii Temple. "She shed tears of joy as she acted as a proxy for her mother's baptism and was sealed to her deceased husband."

Temple covenants bind individuals and families to the Savior. "This is the Savior's work, and temples are His holy house."



Elder Gerrit W. Gong

Of the Quorum of the Twelve Apostles

Primary children sing, “Love is spoken here.”

Three languages of gospel love are the language of warmth and reverence, the language of service and sacrifice, and the language of covenant belonging.

“Let us always speak with warm and reverent gratitude for God’s work and glory and the mercy, merits and grace of Jesus Christ and His atoning sacrifice.”

In gathering each week, Latter-day Saints can express their sacramental covenant commitment — and draw closer — to Jesus Christ and each other through Church callings, fellowship, sociality and service.

“The more compassionate, faithful, and selfless our service and sacrifice are in Him, the more we may begin to fathom Jesus Christ’s atoning compassion and grace for us.”

Jesus Christ offers a better way: relationships founded on divine covenant, stronger than the cords of death. “Covenant belonging with God and each other can heal and sanctify our most cherished relationships. ...

“So, where and how does Jesus Christ speak to you in love? Where and how do you hear His love spoken here?”

“May we each learn to speak and hear His love here, in our hearts and homes, and in our gospel callings, activities, ministering and service.”

**Elder Christophe G. Giraud-Carrier**

General Authority Seventy

From Samuel to Annanias, to the scribes and Pharisees of Christ’s day, the scriptures are full of examples of people passing judgment based on appearance and assumptions. But the Lord saw these judged people in a better way.

“In every case, the Lord saw these individuals for who they were, and accordingly ministered to each one.”

To follow Christ’s example, “May we likewise not let our eyes, our ears or our fears mislead us, but open our hearts and minds, and minister freely to those around us as He did.”

Though raised in different circumstances and cultures, “we have the same divine origin and the same limitless potential through the grace of Jesus Christ.”

The gospel of Jesus Christ “is the great equalizer.” When truly embraced, one comes to know that each person is a child of God.

Church members “belong to a group of people who all try to place the Savior and their covenants at the center of their lives and to live the gospel joyfully. Hence, rather than seeing each other through the distorted lens of mortality, the gospel raises our sights and allows us to see each other through the flawless unchanging lens of our sacred covenants.”

**President Russell M. Nelson**

President of the Church

One lesson from a century of living is that “Heavenly Father’s plan for us is fabulous, that what we do in this life really matters, and that the Savior’s Atonement is what makes our Father’s plan possible.”

An understanding of God’s plan takes the mystery out of life and the uncertainty out of the future. “It allows each of us to choose how we will live here on earth and where we will live forever.”

Mortality is a master class in learning to choose the things of greatest eternal importance.

“I invite you to adopt the practice of ‘thinking celestial.’ Thinking celestial means being spiritually minded.”

Thinking celestial will change one’s heart and lead to praying more sincerely. “As you think celestial, you will view trials and opposition in a new light.”

When “you make choices, I invite you to take the long view — an eternal view.”

Put Jesus Christ first, because eternal life is dependent on faith in Him and His Atonement.

The deceptions from the adversary will not end. Seek guidance from trusted voices.

“Please do the spiritual work to increase your capacity to receive personal revelation.”

Thinking celestial will help build faith, as does living a virtuous life and spending time in the temple.

(President Nelson, who injured his lower back in a recent fall, prerecorded his conference talk.)

