

GENERAL CONFERENCE LEADERSHIP MEETING—OCTOBER 2023

“The Joy of the Saints, Sunk Deep into My Heart” (Enos 1:3) The Joy of the Sunday Church Experience

Instruction from Elder D. Todd Christofferson, Elder Patrick Kearon, Sister Andrea M. Spannaus



Our objective is to enhance the joy of the Sunday Church experience of the Saints by helping them feel the love of the Savior.

“When I was serving as a Bishop, a good friend surprised me by saying he would not be attending Sacrament meeting again as long as I insisted on sitting in front of the congregation with a deep scowl on my face. I resolved to tell my face that, despite members’ concerns on my mind, in Sacrament meeting, there is much to be happy about.” Elder D. Todd Christofferson

Joyful reverence can improve our worship.

Worshipping God in an atmosphere of friendship and joyful reverence through Christ-centered messages, prayers, and music, helps us feel of the Savior’s love and reminds us of the real reason for attending Church each Sunday.

What can we do?

Listen and communicate with joy. It is not just what we say. It is how we are, how we non-verbally communicate, convey joy, and how we listen. There is a wide range of personalities and backgrounds among our stake and ward leaders. Each, in his or her own way, can convey Christ-like love, strength, and joy.

“The Savior’s message is clear: His true disciples build, lift, encourage, persuade, and inspire” (Russell M. Nelson, “Peacemakers Needed,” Liahona, April 2023).

Worshipping at Sacrament Meeting.

President Nelson has counseled: “We commemorate [the Savior’s] Atonement in a very personal way. We bring a broken heart and a contrite spirit . . . It is the highlight of our Sabbath day observance (see D&C 59:8-13).”

“Each member of the Church bears responsibility for the spiritual enrichment that can come from a sacrament meeting” (Russell M. Nelson, “[Worshipping at Sacrament Meeting](#)” Liahona, August 2004).

“The joy we feel has... everything to do with the focus of our lives... For Latter-day Saints, Jesus Christ is joy” (Nelson, “Joy and Spiritual Survival”, Liahona November 2016).

