

Conference Notes



Covenant Commitments

President Oaks taught that a covenant is a commitment to do certain things. For example, doctors and firefighters covenant to serve people in their community. When we make covenants with Heavenly Father, like when we are baptized, we promise to serve Him and obey His commandments. He blesses us when we keep our covenants.

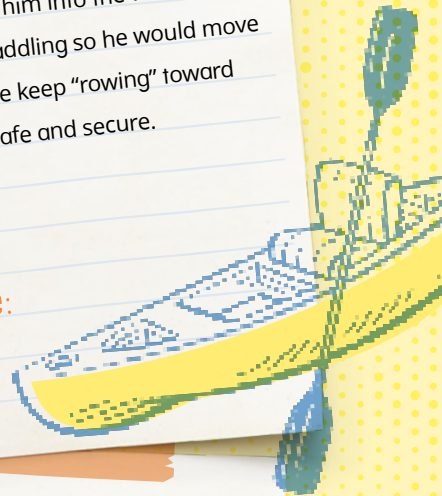
This teaches me:



Keep Rowing

Elder Renlund told about a kayaking trip where he rowed far ahead of his family. When he stopped, a wave knocked him into the water. The guide told him to keep paddling so he would move forward and not fall. If we keep “rowing” toward the Savior, we can stay safe and secure.

This teaches me:



Gaining a Testimony

President Pace shared how when he was 11, his mom asked if he knew for himself that the gospel is true. He decided to read the Book of Mormon and pray to know. As he did, he felt comfort and peace from the Holy Ghost. This helped him gain his own testimony.

This teaches me:



Five Stones

Sister Spannaus told the story of David and Goliath. Just like David had five stones to fight Goliath, there are five “stones” to help you face challenges in life. These are love for God, faith in Jesus Christ, knowing that you are a child of God, daily repentance, and access to God’s power.

This teaches me:

