

# Conference Notes



## Help from the Holy Ghost

**President Eyring** said that he feels encouraged when he reads the story of Nephi getting the brass plates from Laban. Nephi didn't know exactly what to do, but he was guided every moment by the Holy Ghost. When the Lord asks us to do something hard, the Holy Ghost will help us too.

This teaches me:



## Remember Who You Are

**Elder Stevenson** invited us to stop each time we see ourselves in a mirror and say, "Wow, look at me! I am amazing! I am a child of God! He knows me! He loves me!" Doing this will help us remember who we really are and how God and the Holy Ghost can help us.

This teaches me:



## Faith in Jesus Christ

**Elder Costa** shared the story of when Jesus Christ calmed the storm. We all have storms, or challenges, in life that are hard. But we will never have to face them alone. Having faith in Jesus Christ will give us the power and peace we need to face any storm.

This teaches me:



## Walk the Path with Him

**President Freeman** told a story about when she wanted to visit a special trail, even though her ankle was hurt. She could not walk the trail by herself, so the trail guide helped her. Just like President Freeman's guide, Jesus Christ will help us with any challenge as we strive to keep our covenants.

This teaches me:

