

# For the Strength of Youth



General  
Conference  

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ISSUE

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**The Quorum of the Twelve Apostles:**

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New Caledonia



USA



Côte d'Ivoire



Fiji

# GENERAL CONFERENCE

AT A GLANCE



Ecuador



USA





Taiwan



Vanuatu



Madagascar



General conference is shared by people all over the world. In this issue you'll see excerpts from talks as well as photographs from several different countries. See how many countries you can find.



Norway



**THERE IS NO  
LIMIT TO  
THE SAVIOR'S  
CAPACITY TO  
HELP YOU.**

# THE LORD JESUS CHRIST WILL COME AGAIN

**By President Russell M. Nelson**

President of The Church of Jesus Christ of Latter-day Saints

The Lord is indeed hastening His work.

Why are we building temples at such an unprecedented pace? Why? Because the Lord has instructed us to do so. The blessings of the temple help to gather Israel on both sides of the veil. These blessings also help to prepare a people who will help prepare the world for the Second Coming of the Lord! . . .

*Here is my promise to you: Every sincere seeker of Jesus Christ will find Him in the temple. . . .*

I have learned that the most crucial question we each must answer is this: To whom or to what will I give my life?

My decision to follow Jesus Christ is the most important decision I have ever made. . . . It has also helped me weather the storms of life. . . .

I urge you to devote time each week—for the rest of your life—to increase your understanding of the Atonement of Jesus Christ. . . .

Jesus Christ took upon Himself *your* sins, *your* pains, *your* heartaches, and *your* infirmities. You do not have to bear them alone! . . .

It is neither too early nor too late for you to become a devout disciple of Jesus Christ. . . .

The best is yet to come, my dear brothers and sisters, because the Savior is coming again! The best is yet to come because the Lord is hastening His work. The best is yet to come as we fully turn our hearts and our lives to Jesus Christ.

See the full address at [conference.ChurchofJesusChrist.org](https://conference.ChurchofJesusChrist.org).



AND A CHILD SHALL LEAD THEM, BY MICHAEL MALM

Juchitán de Zaragoza,  
Mexico

Santa Ana, El Salvador

Medellín, Colombia

Santiago, Dominican  
Republic

Puerto Montt, Chile

Dublin, Ireland

Milan, Italy

Abuja, Nigeria

Kampala, Uganda

Maputo, Mozambique

Coeur d'Alene, Idaho

Queen Creek, Arizona

El Paso, Texas

Huntsville, Alabama

Milwaukee, Wisconsin

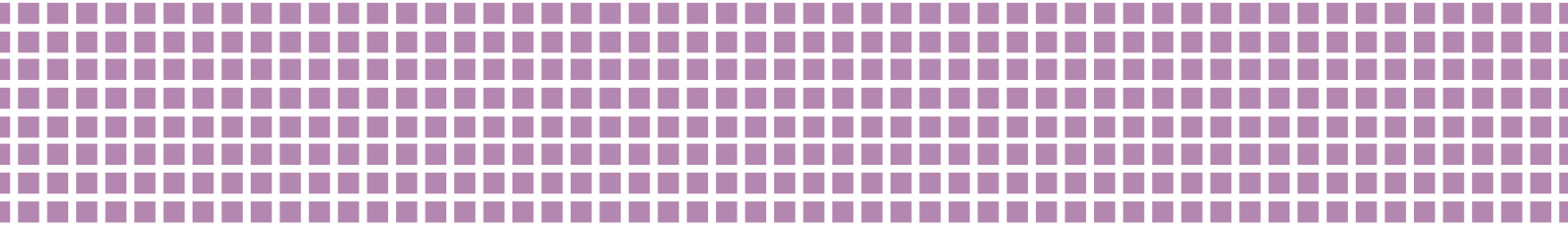
Summit, New Jersey

Price, Utah

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NEW TEMPLES  
ANNOUNCED







# FOLLOWING CHRIST

**By President Dallin H. Oaks**

First Counselor in the First Presidency

Following Christ is not a casual or occasional practice. It is a continuous commitment and way of life that should guide us at all times and in all places. His teachings and His example define the path for every disciple of Jesus Christ. . . .

The commandments of God provide the guiding and steady force in our lives. . . .

Another of our Savior's teachings seems to require reemphasis in the circumstances of our day.

This is a time of many harsh and hurtful words in public communications and sometimes even in our families. . . .

What should followers of Christ teach and do in this time of toxic communications? What were His teachings and examples? . . .

. . . We need to love and do good to all. We need to avoid contention and be peacemakers in all our communications. This does not mean to compromise our principles and priorities but to cease harshly attacking others for theirs. That is what our Perfect Role Model did in His ministry. That is the example He set for us as He invited us to follow Him. . . .

As followers of Christ, we teach and testify of Jesus Christ, our Perfect Role Model. So let us follow Him by forgoing contention. As we pursue our preferred policies in public actions, let us qualify for His blessings by using the language and methods of peacemakers. In our families and other personal relationships let us avoid what is harsh and hateful.

See the full address at [conference.ChurchofJesusChrist.org](https://conference.ChurchofJesusChrist.org).



**We need to avoid contention and be peacemakers.**

Brazil





**CHOOSE TO  
BE SIMPLE  
IN YOUR  
TEACHING.**

# SIMPLE IS THE DOCTRINE OF JESUS CHRIST

**By President Henry B. Eyring**

Second Counselor in the First Presidency

The word of God is the doctrine taught by Jesus Christ and by His prophets. . . .

. . . This doctrine is that faith in the Lord Jesus Christ, repentance, baptism, receiving the gift of the Holy Ghost, and enduring to the end blesses all of God's children.

As we teach these principles to those we love, the Holy Ghost will help us to know the truth. Because we need the promptings of the Holy Ghost, we must avoid speculation or personal interpretation that goes beyond teaching true doctrine.

. . . One of the surest ways to avoid even getting near false doctrine is to choose to be simple in our teaching. . . .

Teaching simply allows us to share the saving doctrine early on, while children remain untouched by the deceiver's temptations that will later confront them, long before the truths they need to learn are drowned out by the noise of social media, peers, and their own personal struggles. . . .

As we do our best to teach those we love about the doctrine of Jesus Christ, some may still not respond. Doubts may creep into your mind. . . . Don't give in to those doubts. Turn to God for help. . . .

. . . You will become diligent and long-suffering. And then you can know that you have done all that you can to help those you love and those you pray for navigate through Satan's attempt to derail them.

See the full address at [conference.ChurchofJesusChrist.org](https://conference.ChurchofJesusChrist.org).





**OUR HOPE  
IS OUR SAVIOR,  
JESUS CHRIST.**



# THE TRIUMPH OF HOPE

**By Elder Neil L. Andersen**

Of the Quorum of the Twelve Apostles

The gift of hope is a priceless endowment from God. . . .

As we strengthen our faith in Jesus Christ, we see beyond our struggles to the blessings and promises of eternity. Like a light whose brilliance grows, hope brightens the darkened world, and we see our glorious future. . . .

My brothers and sisters, hope is a living gift. . . a gift that grows as we increase our faith in Jesus Christ. . . . We build this substance—the evidence blocks of our faith—through prayer, temple covenants, keeping the commandments, continually feasting on the scriptures and the words of modern-day prophets, taking the sacrament, serving others, and worshipping weekly with our fellow Saints.

To fortify our hope in a time of increasing wickedness, the Lord has directed His prophet to dot the earth with His temples. . . .

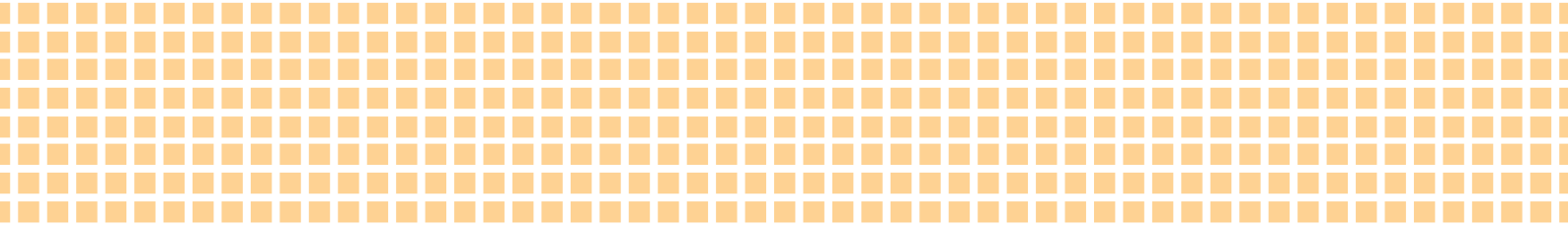
There is no pain, no sickness, no injustice, no suffering, nothing that can darken our hope as we believe and hold tightly to our covenants with God in the house of the Lord. It is a house of light, a house of hope. . . .

Brothers and sisters, the peace you seek may not come as quickly as you desire, but I promise you that as you trust in the Lord, His peace will come.

May we nurture our precious faith, pressing forward with a perfect brightness of hope. I testify that our hope is our Savior Jesus Christ. Through Him, all our righteous dreams will be realized. He is the God of hope—the triumph of hope. He lives and He loves you.

See the full address at [conference.ChurchofJesusChrist.org](https://conference.ChurchofJesusChrist.org).





# LIVE UP TO YOUR PRIVILEGES

**By President Emily Belle Freeman**

Young Women General President

Priesthood ordinances and covenant promises allow God to sanctify us and then work wonders in our lives. But how does this happen?

First, in order for an ordinance to manifest the power of God in our lives, it must be done with authority from the Son of God. . . .

Second, we don't just make covenant promises—we must keep them. . . .

While the Prophet Joseph was being tutored in keys, offices, ordinances, and how to assist in the service of the priesthood, the Lord Himself, through His prophet, gave a revelation to Emma. . . .

If we read section 25 carefully, we discover an important progression taking place. Emma would go from being a daughter in the kingdom to “elect lady” to queen. Aaronic and Melchizedek Priesthood ordinances, combined with the keeping of her covenant promises, would increase her companionship with the Spirit and with angels, empowering her to navigate her life with divine guidance. . . .

. . . This is something I want each girl in the kingdom to understand.

“Live up to your privileges.”

Learn how priesthood ordinances and covenant promises will allow God's power to flow into your life with greater efficacy, working in and through you, empowering and equipping you to reach your full purpose and potential. . . .

We all have access to the gift of God's power.

Every time we partake of the sacrament.

Every time we cross the threshold of a temple.

This is the highlight of my Sabbath. This is why I cherish my temple recommend.

“In the ordinances thereof, the power of godliness is manifest”  
[Doctrine and Covenants 84:20].

See the full address at [conference.ChurchofJesusChrist.org](https://conference.ChurchofJesusChrist.org).



We all have  
access to the  
gift of God's  
power.



Malaysia



**THE  
SAVIOR'S  
GOSPEL +  
HIS CHURCH  
= POWER IN  
YOUR LIFE.**



USA

SATURDAY MORNING SESSION

# “THIS IS MY GOSPEL”— “THIS IS MY CHURCH”

**By Elder Dale G. Renlund**

Of the Quorum of the Twelve Apostles

Just as dynamite without nitroglycerin is unremarkable, the Savior’s Church is special only if it is built on His gospel. Without the Savior’s gospel and the authority to administer the ordinances thereof, the Church isn’t exceptional.

Without the stabilizing effect of kieselguhr, nitroglycerin had limited value as an explosive. As history has shown, without the Lord’s Church, humanity’s understanding of His gospel was likewise unstable—prone to doctrinal drift and subject to the influence of different religions, cultures, and philosophies. . . .

The Church of Jesus Christ of Latter-day Saints enables access to God’s power because it is authorized by Him both to teach the doctrine of Christ and to offer the gospel’s saving and exalting ordinances. The Savior yearns to forgive

our sins, help us access His power, and transform us. He suffered for our sins and longs to pardon us from the punishment that we otherwise would deserve. He wants us to become holy and be perfected in Him. . . .

I invite you to commit yourself more fully to the Savior, His gospel, and His Church. As you do so, you will find that the combination of the Savior’s gospel and His Church brings power into your life. This power is far greater than dynamite. It’ll shatter the rocks in your way, transform you into an inheritor in God’s kingdom. And you will be “filled with that joy which is unspeakable and full of glory” [Helaman 5:44].

See the full address at [conference.ChurchofJesusChrist.org](https://www.churchofjesuschrist.org).



# BURYING OUR WEAPONS OF REBELLION

By Elder D. Todd Christofferson

Of the Quorum of the Twelve Apostles

Rebellion can be active or passive. . . .

Perhaps the more insidious form of rebellion against God, however, is the passive version—ignoring His will in our lives. Many who would never consider active rebellion may still oppose the will and word of God by pursuing their own path without regard to divine direction. . . .

The swords and other weapons that the Lamanite converts buried were weapons of rebellion because of how they had used them. Those same kinds of weapons in the hands of their sons, being used in defense of family and freedom, were not weapons of rebellion against God at all. . . .

In this same way, there are things in our lives that may be neutral or even inherently good but that used in the wrong way become “weapons of rebellion.” . . .

. . . If our love of God and our determination to serve Him with all our might, mind, and strength become the touchstone by which we judge all things and make all our decisions, we will have buried our weapons of rebellion. By the grace of Christ, God will forgive our sins and rebellions of the past and will take away the stain of those sins and rebellions from our hearts. . . .

Burying our weapons of rebellion leads to a unique joy. . . . May we bury—very, very deep—any element of rebellion against God in our lives and replace it with a willing heart and a willing mind.

See the full address at [conference.ChurchofJesusChrist.org](https://conference.ChurchofJesusChrist.org)



There is no  
“my way” if we are  
to follow Christ’s  
example.





# WELCOME TO THE CHURCH OF JOY

By **Elder Patrick Kearon**

Of the Quorum of the Twelve Apostles

Because of the loving plan of our Heavenly Father for each of His children, and because of the redeeming life and mission of our Saviour, Jesus Christ, we can—and should—be the most joyful people on earth! . . .

. . . And nowhere should our joy as a people be more apparent than when we gather together each Sabbath in our sacrament meetings to worship the source of all joy! . . .

*Joyful* reverence? “Is that a thing?” you may ask. Well, yes, it is! We deeply love, honour, and respect our God, and our reverence flows from a soul that rejoices in Christ’s abundant love, mercy, and salvation! . . .

If we are gathering in remembrance of the Saviour and the redemption He has made possible, our faces should reflect our joy and gratitude! . . .

. . . Scripture records that “the song of the righteous is a prayer unto [God]” [Doctrine and Covenants 25:12] in which His soul delights. So let’s sing! And praise Him!

We center our talks and testimonies on Heavenly Father and Jesus Christ and the fruits of humbly living Their gospel, fruits that are “sweet above all that is sweet” [Alma 32:42]. . . .

. . . Whether we shed tears of sorrow or tears of gratitude during the sacrament, let it be in awesome wonder at the good news of the Father’s gift of His Son! . . .

. . . This is an invitation to receive the Saviour’s gift of peace, light, and joy—to revel in it, to wonder at it, and to rejoice in it every Sabbath. . . .

Welcome to the church of joy!

See the full address at [conference.ChurchofJesusChrist.org](https://conference.ChurchofJesusChrist.org).



**JOYFUL  
REVERENCE?  
“IS THAT A  
THING?” . . .  
YES, IT IS!**





Chile

# ALIGNING OUR WILL WITH HIS

**By Elder Ulisses Soares**

Of the Quorum of the Twelve Apostles

My dear friends, when we choose to let God be the most powerful influence in our life over our self-serving pursuits, we can make progress in our discipleship and increase our capacity to unite our mind and heart with the Savior. On the other hand, when we don't allow God's way to prevail in our life, we are left to ourselves, and without the Lord's inspiring guidance, we can justify almost anything we do or don't do. We can also make excuses for ourselves by doing things our own way, saying in effect, "I am just doing things my way." . . .

. . . While personal circumstances such as genetics, geography, and physical and mental challenges do influence our journey, in things that truly matter, there is an inner space where we are free to choose whether or not we will decide to follow the pattern the Lord has prepared for our life. . . .

As Christ's disciples, we desire to walk the path He marked for us during His mortal ministry. We not only desire to do His will and all that will please Him but also seek to emulate Him. . . .

I testify to you that following the Lord's will in our life will enable us to find the most precious pearl in the world—the kingdom of heaven. I pray that each of us, in our time and turn, will be able to declare, with covenant confidence, to our Heavenly Father and Savior Jesus Christ that "what works for Thee, works for me."

See the full address at [conference.ChurchofJesusChrist.org](https://www.churchofjesuschrist.org/conference).

**"What works for Thee, works for me."**



To help us  
become holy, the  
Lord invites us to  
walk with Him.



# HOLINESS TO THE LORD IN EVERYDAY LIFE

By Elder Gerrit W. Gong

Of the Quorum of the Twelve Apostles

All around us are opportunities to laugh, delight, see with grateful eyes. Ours is a gospel of joy and holiness in everyday life. Holiness sets things apart for sacred purpose. But holiness also invites us to infuse daily living with the sacred—to rejoice in daily bread amidst this world’s thistles and thorns. To walk with the Lord, we must become holy, for He is holy, and to help us become holy, the Lord invites us to walk with Him.

The household of faith and community of Saints combat isolation and the lonely crowd. Holiness to the Lord says no to the profane, no to snarky cleverness at others’ expense, no to algorithms that monetize anger and polarization. Holiness to the Lord says yes to the sacred and reverent, yes to our becoming our freest, happiest, most authentic, best selves as we follow Him in faith.

Holiness to the Lord makes daily living sacred. It draws us closer and happier to the Lord and each other and prepares us to live with God our Father, Jesus Christ, and our loved ones.

We can feel His love as we make holiness to the Lord ours each day, happy and forever.

See the full address at [conference.ChurchofJesusChrist.org](https://conference.ChurchofJesusChrist.org).

# THE JOY OF OUR REDEMPTION

**By Sister Kristin M. Yee**

Second Counselor in the Relief Society General Presidency

Repenting allows us to feel God's love and to know and love Him in ways we would never otherwise know. . . .

I know that our Lord and Savior, Jesus Christ, is mighty to save. . . .

You may feel at times that it's not possible to be redeemed, that perhaps you are an exception to God's love and the Savior's atoning power because of what you are struggling with or because of what you've done. But I testify that you are not beneath the Master's reach. . . .

As we live our covenants, the Lord can give us the help and power we need to both recognize and overcome our weaknesses, including the spiritual parasite of pride. . . .

. . . Our need for healing and help is not a burden to Him, but the very reason He came. . . .

Our Heavenly Father and Savior see you. They know your heart. They care about what you care about, including those you love. . . .

If you are struggling with a situation you think you should have overcome by now, don't give up. Be patient with yourself, keep your covenants, repent often, seek the help of your leaders if needed, and go to the house of the Lord as regularly as you can. Listen for and heed the promptings He sends you. He will not abandon His covenant relationship with you. . . .

Each day is a new day filled with hope and possibilities because of Jesus Christ.

See the full address at [conference.ChurchofJesusChrist.org](https://conference.ChurchofJesusChrist.org).





THERE IS SUCH  
RELIEF AND HOPE  
IN KNOWING  
THAT WE CAN TRY  
AGAIN.







# IN THE SPACE OF NOT MANY YEARS

**By Elder David A. Bednar**

Of the Quorum of the Twelve Apostles

The Book of Mormon is not primarily a historical record that looks to the past. Rather, this volume of scripture looks to the future and contains important principles, warnings, and lessons intended for the circumstances and challenges of our day. Hence, the Book of Mormon is a book about our future and the times in which we do now and will yet live. . . .

Ancient voices from the dust plead with us today to learn this everlasting lesson: prosperity, possessions, and ease constitute a potent mixture that can lead even the righteous to drink the spiritual poison of pride. . . .

. . . We always must be on guard against a pride-induced and exaggerated sense of self-importance, a misguided evaluation of our own self-sufficiency, and seeking self instead of serving others. . . .

May I suggest that if you or I believe we are sufficiently strong and stalwart to avoid the arrogance of pride, then perhaps we already are suffering from this deadly spiritual disease. . . .

If, however, you or I believe we could be afflicted with and by pride, then we consistently will do the small and simple things that will protect and help us become “as a child, submissive, meek, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon [us]” [Mosiah 3:19].

. . . As we study and ponder [the Book of Mormon], we will be blessed with eyes to see, ears to hear, minds to comprehend, and hearts to understand the lessons we should learn to “beware of pride, lest [we should] enter into temptation” [Doctrine and Covenants 23:1].

See the full address at [conference.ChurchofJesusChrist.org](https://conference.ChurchofJesusChrist.org).

**BEWARE  
OF PRIDE.**





# “I AM HE”

**By President Jeffrey R. Holland**

Acting President of the Quorum of the Twelve Apostles

Down through history many have simplified, even trivialized our image of [Jesus Christ] and His witness of who He was. They have reduced His righteousness to mere prudishness, His justice to mere anger, His mercy to mere permissiveness. We must not be guilty of such simplistic versions of Him that conveniently ignore teachings we find uncomfortable. This “dumbing down” has been true even regarding His ultimate defining virtue, His love.

During His mortal mission, Jesus taught that there were two great commandments . . . “Love the Lord thy God [and] love thy neighbour as thyself.” If we are to follow the Savior faithfully in these two crucial and inextricably linked rules, we ought to hold firmly to what He *actually* said. And what He *actually* said was, “If ye love me, keep my commandments.” On that same evening, He said we were to “love one another; as I have loved you.” . . .

. . . How did Jesus love?

First, He loved with “all [of His] heart, might, mind and strength,” giving Him the ability to heal the deepest pain and declare the hardest reality.

The second characteristic of Jesus’s divine charity was His obedience to *every word* that proceeded from God’s mouth, always aligning His will and behavior with that of His Heavenly Father. . . .

. . . When we stand before Him and see the wounds in His hands and feet, we will begin to comprehend what it meant for Him to bear our sins and be acquainted with grief, to be completely obedient to the will of His Father—all out of pure love for us.

See the full address at [conference.ChurchofJesusChrist.org](https://conference.ChurchofJesusChrist.org).

He [has] the  
ability to heal  
the deepest pain  
and declare the  
hardest reality.





Philippines



Sincere gospel questions can provide Heavenly Father and Jesus Christ with opportunities to help us grow.



# SEEKING ANSWERS TO SPIRITUAL QUESTIONS

By Sister Tracy Y. Browning

Second Counselor in the Primary General Presidency

Asking questions and searching for meaning are a natural and normal part of our mortal experience. . . . God’s plan is merciful toward the limitations of our humanity; provides us with our Savior, Jesus Christ, to be our Good Shepherd; and inspires us to use our agency to choose Him. . . .

God the Father and His Son’s way of imparting Their wisdom to us prioritizes inviting the power of the Holy Ghost to be our personal teacher as we center Jesus Christ in our lives and in our faithful seeking for Their answers and Their meaning. . . .

. . . The Lord has told us that through our obedience and diligence, we may gain knowledge and intelligence. God’s laws and commandments are not designed to be an obstacle in our life but a powerful gateway to personal revelation and spiritual education. . . .

. . . We are blessed to have Jesus Christ as our Master Healer. Our obedience to God’s laws and commandments can open the way for our Savior to provide the understanding and healing He knows we need, according to His prescribed treatment plan for us. . . .

Dear friends, I testify that our sincere gospel questions can provide Heavenly Father and Jesus Christ with opportunities to help us grow.

I testify that placing your trust in Heavenly Father and in His prophets, whom He has sent, will help you to spiritually elevate and push you forward toward God’s expanded horizon.

See the full address at [conference.ChurchofJesusChrist.org](https://www.churchofjesuschrist.org/conference).



**LET YOUR  
FRIENDS SEE THE  
JOY YOU FEEL  
IN LIVING THE  
GOSPEL.**

# DAYS NEVER TO BE FORGOTTEN

**By Elder Gary E. Stevenson**

Of the Quorum of the Twelve Apostles

Between now, 2024, and 2034, we will experience seminal events that will result in extraordinary opportunities to serve, to unite with members and friends, and to introduce The Church of Jesus Christ of Latter-day Saints to more people than ever before. . . .

To that end, I wish to speak to you of the rising generation, to invite you to imagine how exciting this next decade, one never to be forgotten, can be *for you*. . . .

. . . For you personally, this will be a decade *never to be forgotten*. But it will be *doubly* so if you actively strive to become a light unto the world of how the glad tidings of the gospel of Jesus Christ can enrich and enhance not only your lives but also those of your family, friends, and social media followers.

You may be wondering how to do this. . . .

First, live the gospel of Jesus Christ. . . .

Second, reach out in compassion to care for those in need. . . .

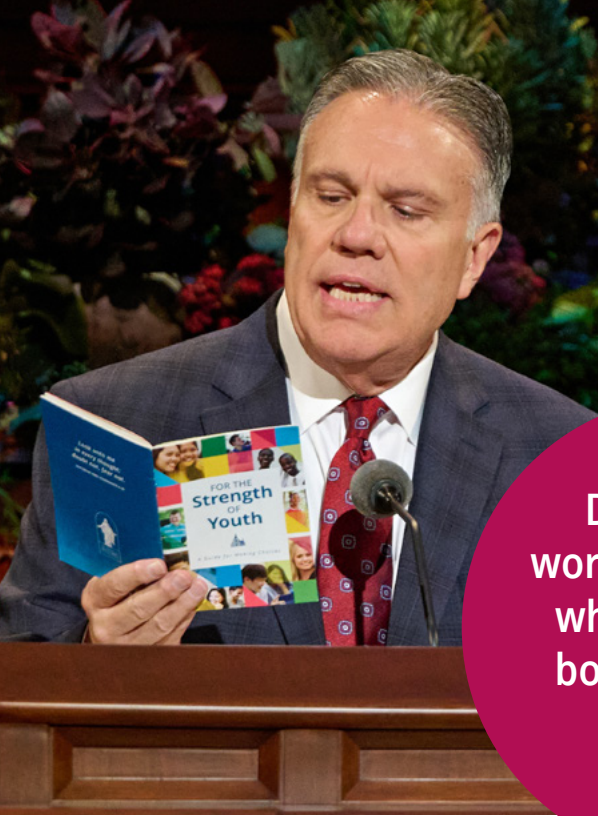
Third, invite all to receive the gospel. . . .

Fourth, unite families for eternity. . . .

My beloved brothers and sisters, my dear young friends, there will likely be difficulties for each of us in the days ahead. However, as we enter this coming decade of unprecedented moments, may we share glad tidings through the simple activities of living, caring, inviting, and uniting. As we do so, the Lord will bless us with experiences never to be forgotten.

See the full address at [conference.ChurchofJesusChrist.org](https://conference.ChurchofJesusChrist.org).





Don't let the world change you when you were born to change the world.

USA

SUNDAY MORNING SESSION

# O YOUTH OF THE NOBLE BIRTHRIGHT

**By Brother Bradley R. Wilcox**

First Counselor in the Young Men General Presidency

*Birthright!* . . . It's a compelling word. But what does it mean? . . .

. . . We are talking about the inheritance you receive as a joint heir with Christ because of the covenant relationship you have chosen to enter with Him and your Father in Heaven. . . .

Think of it! God trusts you—of all the people on earth, the children of the covenant, His crew members—to help with His work of bringing all His children safely home to Him. . . .

. . . You are youth of the noble birthright. Your covenant relationship with God and Jesus Christ is a relationship of love and trust in which you have access to a greater measure of Their grace—Their divine assistance, endowment of strength, and enabling power. That power is not just wishful thinking, a lucky charm, or self-fulfilling prophecy. It is *real*.

As you fulfill your birthright responsibilities, you are never alone. . . . You are working hand in hand with Jesus Christ. With each new covenant—and as your relationship with Him deepens—you hold each other tighter and tighter until you are firmly clasped together. In that sacred symbol of His grace, you will find both the desire and the strength to live exactly how the Savior lived—differently from the world. You've got this because Jesus Christ has got you! . . .

. . . Don't let the world change you when you were born to change the world.

See the full address at [conference.ChurchofJesusChrist.org](https://www.conference.ChurchofJesusChrist.org).

# NOURISH THE ROOTS, AND THE BRANCHES WILL GROW

By **Elder Dieter F. Uchtdorf**

Of the Quorum of the Twelve Apostles

One of the most important things we can learn in this life is the difference between what is eternal and what is not. . . .

. . . Some truths are core, essential, at the root of our faith. Others are appendages or branches—valuable, but only when they are connected to the fundamentals. . . .

In other words, Jesus Christ and His atoning sacrifice are the root of our testimony. All other things are branches. . . .

When it comes to nourishing our testimonies of Jesus Christ, I wonder if we sometimes mistake the branches for the roots. . . .

We must ask ourselves: Is my testimony based on what I hope to happen in my life? Is it dependent on the actions or attitudes of others? Or is it firmly founded on Jesus Christ, “rooted and built up in him” [Colossians 2:7], regardless of life’s changing circumstances? . . .

We should not expect to understand everything before we act. That is not faith. . . . If we wait to act until all of our questions are answered, we severely limit the good we can accomplish, and we limit the power of our faith. . . .

Faith endures the trials and the uncertainties of life because it is firmly rooted in Christ and His doctrine. Jesus Christ, and our Father in Heaven who sent Him, together constitute the one undeviating, perfectly reliable object of our trust. . . .

It is my sincere prayer and blessing that we will constantly nourish the roots of our faith in the Savior, in His doctrine, and in His Church.

See the full address at [conference.ChurchofJesusChrist.org](https://conference.ChurchofJesusChrist.org).



**Jesus Christ  
and His atoning  
sacrifice are  
the root of our  
testimony.**

Uruguay







WE HOLD UP  
THE LORD'S  
LIGHT . . . WHEN  
WE SUPPORT  
OUR LIVING  
PROPHET.



Taiwan

# “BEHOLD I AM THE LIGHT WHICH YE SHALL HOLD UP”

By **Elder Ronald A. Rasband**

Of the Quorum of the Twelve Apostles

The Savior is not absent from our mortal journeys. . . . Time and again, with His pure love and mercy, He sustains us as we face the drama of life. . . .

That love is evident when we sustain one another in His work.

We sustain our living prophet at general conference, and the First Presidency, the Quorum of the Twelve Apostles, General Authorities, and Officers of the Church. To sustain means to *hold up* another person, to give them our attention, to be faithful to their trust, to act upon their words. They speak by inspiration of the Lord; they understand the current issues, the moral decline of society, and the adversary's increasing efforts to thwart the Father's plan. In *holding up* our hands, we are committing our support, not just for that moment but in our daily lives. . . .

. . . We *hold up* the Lord's light when we hold fast to our covenants and when we support our living prophet as he speaks the words of God. . . .

To *hold up* the prophet is a sacred work. We do not sit quietly by but actively defend him, follow his counsel, teach his words, and pray for him. . . .

Brothers and sisters, we need to do more lifting and less murmuring, more upholding the word of the Lord, His ways, and His prophet. . . .

. . . As we sustain our prophet, we testify he is called of our Savior, who is “the light . . . of the world.”

See the full address at [conference.ChurchofJesusChrist.org](https://www.churchofjesuschrist.org).



Immerse  
yourself regularly  
in the Book of  
Mormon.



# SACRED SCRIPTURES— THE FOUNDATIONS OF FAITH

**By Elder Quentin L. Cook**

Of the Quorum of the Twelve Apostles

My wife, Mary, and I recently saw a T-shirt with the picture of a book and a message on the front which read, “Books: The Original Handheld Device.” . . .

Whether handheld or digital, the Holy Bible and the Book of Mormon: Another Testament of Jesus Christ provide spiritual guidance and teaching from Jesus Christ, the Savior of the world. . . .

As I mentioned, I was impressed with the concept of the original handheld device—a book. However, I recognize the incredible significance of the internet in the world today. . . . The internet is a powerful tool for studying the gospel. Today, many people share scriptures with friends using technology. . . .

The scriptures teach us to use judgment and be wise in all things. The internet can be used in a positive way or a destructive way. . . .

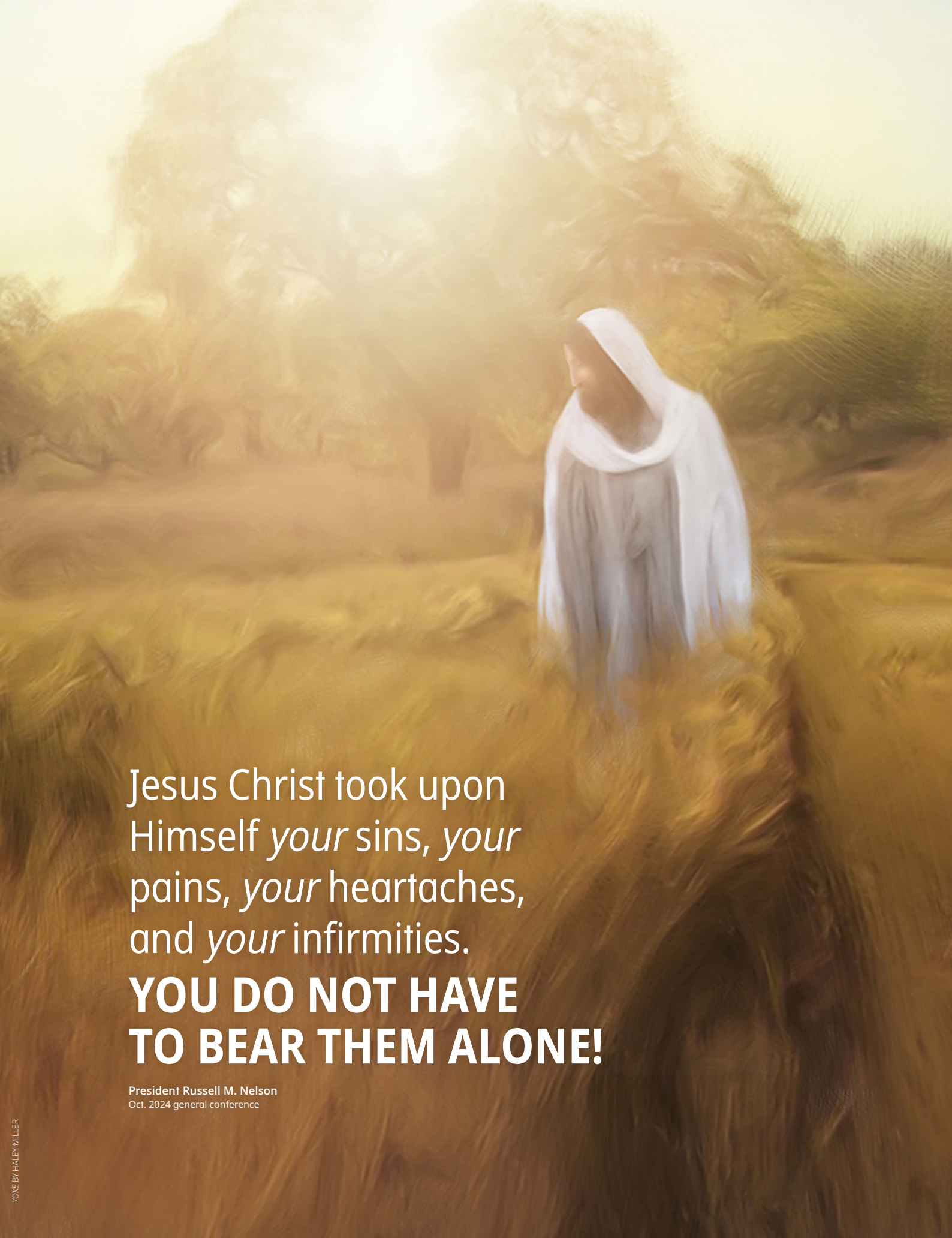
. . . Do not entertain immoral, dishonest, or unrighteous material. . . . Fill your life with positive, righteous ideas; be joyful; have fun but avoid foolishness. There is a difference. . . . Above all, immerse yourself regularly in the Book of Mormon, which will draw the Spirit into your life and help you discern truth from error.

My counsel for those who have in any way deviated from the covenant path is to return to the sacred scriptures, prophetic guidance, religious observance in the home, and the music of faith. Every soul is precious to the Lord. We need you! The Lord needs you, and you need Him! You will always be welcome.

See the full address at [conference.ChurchofJesusChrist.org](https://conference.ChurchofJesusChrist.org).



Scan the code to get the Book of Mormon app, which Elder Cook mentioned in his talk.

A painting of Jesus Christ in a white robe standing in a field of golden wheat under a bright sun. The scene is bathed in a warm, golden light, suggesting a sunrise or sunset. The brushstrokes are visible, giving the image a textured, artistic feel. Jesus is positioned in the center-right of the frame, looking slightly to the left. The background is filled with tall, golden wheat stalks that stretch towards the horizon. The sky is a pale, bright yellow, with the sun's glow creating a soft, hazy atmosphere.

Jesus Christ took upon  
Himself *your* sins, *your*  
pains, *your* heartaches,  
and *your* infirmities.

**YOU DO NOT HAVE  
TO BEAR THEM ALONE!**

President Russell M. Nelson  
Oct. 2024 general conference

AVAILABLE NOVEMBER 22



*A new Christmas  
music video from Strive to Be*



**"CHRIST THE LORD"**



3:22



You can find this and other great songs on  
our YouTube channel!

