

APRIL 2023

# GENERAL

# CONFERENCE

# NOTEBOOK

CONFERENCE  
**IS HERE!**

IT'S TIME TO STRENGTHEN YOUR TESTIMONY,  
COME CLOSER TO JESUS CHRIST, AND RECEIVE  
PERSONAL REVELATION.

"I have . . . prayed that this conference will be a time of spiritual rejuvenation for each one of you. . . . May this conference be a time of peace and spiritual feasting for you. May you seek and receive personal revelation during these sessions."

*President Russell M. Nelson*

# ASK,

"Pure revelation for the questions in your heart will make this conference rewarding and unforgettable."

*President Russell M. Nelson<sup>2</sup>*

## AND THEN LISTEN

Do you have any questions or concerns on your mind right now? Maybe you're worried about finding good friends who will uplift and encourage you. You might wonder how to improve your self-esteem or remember your divine identity. Maybe you're trying to decide which university to apply for. Or you might just be worried in general about the future, with so much conflict and anger in the world.



# WHAT IS ON YOUR MIND?

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You'll get more out of general conference if you keep your questions and concerns on your mind. The Lord will help you find answers as you open your heart and listen to His servants.



Questions:



Answers:



"God will indeed honor His covenants and promises to each of us. We need not worry about that. . . . We do our best but must leave to Him the management of blessings, both temporal and spiritual."

*Elder D. Todd Christofferson<sup>3</sup>*

# LEARNING THROUGH THEMES

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Have you found any themes in the talks you've heard?  
Are there any that are important for you right now?

 Themes:

 What This Means for Me:



### **NOT INTO WRITING?**

No one said you have to write your conference notes. You could draw your notes instead, if that helps you better capture your thoughts.

Do what works for you!

# MY FEELINGS AND IMPRESSIONS





"In those two words—'Hear Him'—God gives us the pattern for success, happiness, and joy in this life. We are to *hear* the words of the Lord, *hearken* to them, and *heed* what He has told us!"

*President Russell M. Nelson<sup>4</sup>*



### **FAVORITE TALK**

Do you have a favorite talk you have heard this conference? Consider writing down the speaker's name, what the talk is about, and why you liked it so much.

# TIME TO REFLECT

Once conference is over, it's time to work on the things you've heard and felt. Here are some questions to get you started:

- What's one thing that I can focus on as I move forward?
- Is there anything in my life that I need to change?
- How can I strengthen my testimony of living prophets?
- How can my love for the Savior grow?
- Are there things I can do to hear Him better in my daily life?
- Other questions you have:

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“Yes, we should learn from the past, and yes, we should prepare for the future. But only *now* can we do. *Now* is the time we can learn. *Now* is the time we can repent. *Now* is the time we can bless others.”

*President Russell M. Nelson<sup>5</sup>*

**NOTES**

1. Russell M. Nelson, “Preaching the Gospel of Peace,” Apr. 2022 general conference (*Liahona*, May 2022, 6–7).
2. Russell M. Nelson, “Pure Truth, Pure Doctrine, and Pure Revelation,” Oct. 2021 general conference (*Liahona*, Nov. 2021, 6).
3. D. Todd Christofferson, Apr. 2022 general conference (*Liahona*, May 2022, 78).
4. Russell M. Nelson, “Hear Him,” Apr. 2020 general conference (*Ensign* or *Liahona*, May 2020, 89).
5. Russell M. Nelson, “Now Is the Time,” Apr. 2022 general conference (*Liahona*, May 2022, 126).

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