# General Conference 2023-10

## Themes

### Summary

The overarching theme of this General Conference was faithfulness in following Jesus Christ. Many of the talks emphasized the principle of discipleship, love, obedience, humility, and focused faith in Christ. The importance of maintaining a covenant relationship with God emerged as a constant theme across the talks, with an emphasis on the blessings of the temple, the power of tithing, and the value of humility. Several speakers highlighted the role of the Holy Ghost in guiding our actions and safeguarding our faith journey. Unity, compassion, and brotherhood among Church members were also emphasized, placing importance on respecting and valuing the diverse attributes and varied gifts within the Church community. Key doctrines reiterated throughout the conference include the importance of nurturing the rising generation in faith, upholding principles of the gospel in our daily lives, and the eternal perspectives that influence our choices and actions.

### Haiku

In path of duty, Find hope in Christ, love, and truth, Joy in His service.

### Questions to Ponder

* What is the role of the Holy Ghost in my life? How can I better recognize and act upon its promptings as discussed in Elder Stevenson's talk?
* How can I strengthen my covenant relationship with Christ, as urged by Sister Freeman and Elder Costa?
* In what ways am I able to witness the love of Jesus Christ to others through my words and actions, following Elder Parrella's counsel?
* How can I exhibit compassion and love for my neighbors as taught by Elder Ardern?
* Reflection on President Oaks' discussion on choices and implications for salvation, how might my current actions align with my eternal goals?
* Read more about the prophetic mission of Joseph Smith in President Ballard's talk. How does understanding Joseph Smith's mission deepen my appreciation for the Restoration?
* How can I ensure my family is centered on the gospel as discussed by Elder Cordón?
* How am I making use of temple blessings in my life as explained by Elder Esplin?
* Reflect on the importance of humility in returning to the presence of God, as emphasized by Elder Koch.
* Consider President Nelson's call to think celestial - how might my current choices affect my eternal outcomes?

### Key Principles

1. Recognize the importance of diligent and dedicated service in the gospel, even in seemingly small and unacknowledged ways. ([“In the Path of Their Duty” - Elder David A. Bednar](https://www.churchofjesuschrist.org//study/general-conference/2023/10/11bednar?lang=eng))
2. Prepare spiritually for the Second Coming and find joy through reliance on Jesus Christ. ([“Abide the Day in Christ” - Sister Amy A. Wright](https://www.churchofjesuschrist.org//study/general-conference/2023/10/12wright?lang=eng))
3. Strive to truly know and feel Christ's love and mercy beyond following His commandments. ([“Sir, We Would Like to See Jesus” - Elder Robert M. Daines](https://www.churchofjesuschrist.org//study/general-conference/2023/10/13daines?lang=eng))
4. Stay strong in faith and commitment to bless future generations with the gospel's legacy. ([“For the Sake of Your Posterity” - Elder Carlos A. Godoy](https://www.churchofjesuschrist.org//study/general-conference/2023/10/14godoy?lang=eng))
5. Understand the ordinance of sealing as a universal blessing ensuring family exaltation. ([“The Sealing Power” - Elder D. Todd Christofferson](https://www.churchofjesuschrist.org//study/general-conference/2023/10/15christofferson?lang=eng))
6. Show love and compassion to others without boundaries as Christ does. ([“Love Thy Neighbour” - Elder Ian S. Ardern](https://www.churchofjesuschrist.org//study/general-conference/2023/10/16ardern?lang=eng))
7. Make righteous choices to receive every blessing and advantage provided through Christ's salvation plan. ([“Kingdoms of Glory” - President Dallin H. Oaks](https://www.churchofjesuschrist.org//study/general-conference/2023/10/17oaks?lang=eng))
8. Support and sustain Church leaders in their callings. ([“Sustaining of General Authorities, Area Seventies, and General Officers” - Presented by President Henry B. Eyring](https://www.churchofjesuschrist.org//study/general-conference/2023/10/21eyring?lang=eng))
9. Trust in the Lord's timing and promises to receive blessings through obedience to tithing. ([“Tithing: Opening the Windows of Heaven” - Elder Neil L. Andersen](https://www.churchofjesuschrist.org//study/general-conference/2023/10/22andersen?lang=eng))
10. Foster children's deep and specific knowledge of Jesus Christ and the gospel principles. ([“Preserving the Voice of the Covenant People in the Rising Generation” - Brother Jan E. Newman](https://www.churchofjesuschrist.org//study/general-conference/2023/10/23newman?lang=eng))
11. Seek Christ intentionally every day to endure life's trials and transform spiritually. ([“The Power of Jesus Christ in Our Lives Every Day” - Elder Joaquin E. Costa](https://www.churchofjesuschrist.org//study/general-conference/2023/10/24costa?lang=eng))
12. Recognize and act upon the Holy Spirit's promptings to enjoy His constant companionship. ([“Promptings of the Spirit” - Elder Gary E. Stevenson](https://www.churchofjesuschrist.org//study/general-conference/2023/10/25stevenson?lang=eng))
13. Seek true happiness through making and keeping covenants with God. ([“Do You Want to Be Happy?” - Elder Yoon Hwan Choi](https://www.churchofjesuschrist.org//study/general-conference/2023/10/26choi?lang=eng))
14. Realize your divine identity and worth, and embrace God's unconditional love and Christ's redemptive power. ([“God Knows and Loves You” - Elder Alan T. Phillips](https://www.churchofjesuschrist.org//study/general-conference/2023/10/27phillips?lang=eng))
15. Consider serving as senior missionaries to contribute to the Gathering of Israel. ([“How Great Will Be Your Joy” - Elder Ronald A. Rasband](https://www.churchofjesuschrist.org//study/general-conference/2023/10/28rasband?lang=eng))
16. Cultivate genuine happiness by recognizing divine lineage, retaining an eternal perspective, and practicing gratitude. ([“Hallmarks of Happiness” - Elder Gary B. Sabin](https://www.churchofjesuschrist.org//study/general-conference/2023/10/31sabin?lang=eng))
17. Develop humility as a necessary attribute to return to God's presence. ([“Humble to Accept and Follow” - Elder Joni L. Koch](https://www.churchofjesuschrist.org//study/general-conference/2023/10/32koch?lang=eng))
18. View family relationships from an eternal perspective, nurturing faith, hope, patience, and love. ([“Seeing God’s Family through the Overview Lens” - Sister Tamara W. Runia](https://www.churchofjesuschrist.org//study/general-conference/2023/10/33runia?lang=eng))
19. Encourage unity, respect, and appreciation for diversity within the Church community. ([“Brothers and Sisters in Christ” - Elder Ulisses Soares](https://www.churchofjesuschrist.org//study/general-conference/2023/10/34soares?lang=eng))
20. Cherish the knowledge and blessings received through Prophet Joseph Smith's mission in the last dispensation. ([“Praise to the Man” - President M. Russell Ballard](https://www.churchofjesuschrist.org//study/general-conference/2023/10/41ballard?lang=eng))
21. Maintain a committed covenant relationship with Christ, facing mortality's challenges with His help. ([“Walking in Covenant Relationship with Christ” - President Emily Belle Freeman](https://www.churchofjesuschrist.org//study/general-conference/2023/10/42freeman?lang=eng))
22. Testify of Jesus Christ through living in harmony with His gospel in words and deeds. ([“Bearing Witness of Jesus Christ in Word and Actions” - Elder Adilson de Paula Parrella](https://www.churchofjesuschrist.org//study/general-conference/2023/10/43parrella?lang=eng))
23. Find joy, gratitude, and personal peace as a peaceable follower of Christ, has faith in His atonement and eternal perspective. ([“Be Peaceable Followers of Christ” - Elder Quentin L. Cook](https://www.churchofjesuschrist.org//study/general-conference/2023/10/44cook?lang=eng))
24. Rejoice in God's infinite love and mercy and accept His invitation to return. ([“The Prodigal and the Road That Leads Home” - Elder Dieter F. Uchtdorf](https://www.churchofjesuschrist.org//study/general-conference/2023/10/45uchtdorf?lang=eng))
25. Prioritize worship of Jesus Christ over admiration for earthly heroes. ([“More Than a Hero” - Bishop W. Christopher Waddell](https://www.churchofjesuschrist.org//study/general-conference/2023/10/46waddell?lang=eng))
26. Seek and be worthy of the constant companionship of the Holy Ghost for daily guidance and comfort. ([“Our Constant Companion” - President Henry B. Eyring](https://www.churchofjesuschrist.org//study/general-conference/2023/10/47eyring?lang=eng))
27. Focus on Jesus Christ as our ultimate treasure and value the readily available blessings like repentance, the sacrament, and temple worship. ([“Jesus Christ Is the Treasure” - Elder Dale G. Renlund](https://www.churchofjesuschrist.org//study/general-conference/2023/10/57renlund?lang=eng))
28. Seek, understand, and share eternal truths, and distinguish between eternal doctrine and fluctuating policy. ([“Eternal Truth” - Elder John C. Pingree Jr.](https://www.churchofjesuschrist.org//study/general-conference/2023/10/52pingree?lang=eng))
29. Partner with Heavenly Father in parenting to guide children spiritually, creating a gospel-centered home. ([“Divine Parenting Lessons” - Elder Valeri V. Cordón](https://www.churchofjesuschrist.org//study/general-conference/2023/10/53cordon?lang=eng))
30. Recognize the healing and unifying power of temple blessings upon individuals, families, and nations. ([“The Savior’s Healing Power upon the Isles of the Sea” - Elder J. Kimo Esplin](https://www.churchofjesuschrist.org//study/general-conference/2023/10/55esplin?lang=eng))
31. Learn to speak and hear the language of gospel love in hearts, homes, callings, activities, ministering, and service. ([“Love Is Spoken Here” - Elder Gerrit W. Gong](https://www.churchofjesuschrist.org//study/general-conference/2023/10/54gong?lang=eng))
32. Treat others as children of God, regardless of mortal distinctions. ([“We Are His Children” - Elder Christophe G. Giraud-Carrier](https://www.churchofjesuschrist.org//study/general-conference/2023/10/56giraud-carrier?lang=eng))
33. Make wise life choices with an eternal perspective, valuing spiritual matters and prioritizing eternal familial relationships. ([“Think Celestial!” - President Russell M. Nelson](https://www.churchofjesuschrist.org//study/general-conference/2023/10/51nelson?lang=eng))

## Talks

## 1. In the Path of Their Duty - Elder David A. Bednar

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/11bednar?lang=eng>

### Summary

Elder David A. Bednar discusses the importance of diligence and dedication within the duties of the gospel, acknowledging the often unseen and unrecognized efforts of the faithful who serve quietly and without seeking acknowledgment or praise.

### Haiku

In the path of duty, Faithful steps unnoticed weave, Service quietly achieved.

### Key Points

1. **They of the Last Wagon:** Elder Bednar recounts President J. Reuben Clark's tribute to pioneers who followed the wagon trains, enduring hardship and choking on the dust of those in front of them. These unsung heroes are compared to those in the church today who continue faithful and relentless in their duties without seeking fame or glory.
2. **No Less Serviceable:** Drawing from President Howard W. Hunter's teachings, Elder Bednar discusses the significance of quiet service and the value of those who are “no less serviceable”, playing a crucial but less noticeable role within the church. These individuals, though not conspicuous, are described as being as helpful or useful as more prominent figures.
3. **In the Path of Their Duty:** Elder Bednar expresses gratitude for the millions of members around the world who walk the covenant path, offering examples of individuals fulfilling their duties in various ways. These individuals’ serviceable acts include comforting others, supporting church leadership, repenting, abiding by their covenants, translating gospel truths, honoring parenthood, teaching children, caring for loved ones and more. These actions, though humble, contribute to salvation for many and demonstrate unwavering dedication to the gospel.

### Scriptures and Gospel Principles

* **Alma 48:17**: The scripture describes Captain Moroni, stating that if all men were like him, the powers of hell would be shaken. Moroni's example shows the incredible impact of faithful and dedicated service.
* **Alma 48:19**: This verse speaks to the often overlooked service of Helaman and his brethren, highlighting the importance of every member's contribution, whether or not it is noticeable or conspicuous.
* **Doctrine and Covenants 138:15**: The scripture promises blessings to all who have endured valiantly for the gospel of Jesus Christ, providing assurance to those diligently working in the path of their duty.

### Questions to Ponder

* How can you be "no less serviceable" in your roles in the Church, family, and community?
* What does the phrase "in the path of their duty" mean to you, and how does it apply to your life and commitment to gospel principles?
* How can you better acknowledge and appreciate the unseen and often unrecognized efforts of others around you in their service to the Lord?
* How does understanding the concept of quiet, diligent service influence your approach to your calling or other responsibilities within the Church?

## 2. Abide the Day in Christ - Sister Amy A. Wright

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/12wright?lang=eng>

### Summary

Sister Amy A. Wright counsels Church members to prepare spiritually for the coming of the Lord and find joy through Jesus Christ who makes it possible for us to withstand trials and adversity.

### Haiku

Oil in our lamps shine, Guides us through darkest night, Under Christ's divine light.

### Key Points

1. **Parable of the Ten Virgins:** Sister Wright references the parable of the ten virgins to emphasize the importance of spiritual preparedness. Like the wise virgins who brought oil, we too must be spiritually prepared to meet the Savior.
2. **Personal Experience with Cancer:** Using her experience after being diagnosed with cancer, she illustrated the importance of feeling at peace through spiritual preparedness. She highlighted that knowing about prayer, scriptures, repentance, the resurrection, the Plan of Salvation, eternal families and doctrine of Jesus Christ gave her the comfort that everything would be OK.
3. **Jesus Christ is our Hope:** Sister Wright emphasized that through Jesus Christ, we can sustain trial and difficulty. Everything can be OK because of Him. Our testimonies, like the evergreen Mount Carmel, are nourished daily through righteous, simple things. If we focus on Christ, our future has hope.

### Scriptures and Gospel Principles

* Parable of the Ten Virgins (Matthew 25: 1-13)
* Doctrine and Covenants 45: 56-57 (Understand what "OK" looks like)
* Jeremiah 31: 16-17 (Hope and reward in the end)

### Questions to Ponder

* How are we preparing ourselves spiritually for the day of the Lord’s coming?
* Is our spiritual preparation providing us peace and comfort in times of adversity?
* How can our testimonies help illuminate the path to Christ for others?
* How can we simplify our lives to focus more on Christ?
* How does the hope in Jesus Christ influence our daily lives and perspectives?

## 3. Sir, We Would Like to See Jesus - Elder Robert M. Daines

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/13daines?lang=eng>

### Summary

Elder Robert M. Daines delves into the significance of truly knowing and seeing Jesus Christ, explaining that it is crucial in strengthening our relationship with Him and recognizing His merciful love amidst rules and commandments.

### Haiku

Seeking Jesus' face, In covenants, grace, and love, His mercy we trace.

### Key Points

1. **Face-Blindness and Understanding Jesus**: Using the analogy of 'face blindness', Elder Daines encourages those who see God more as a giver of rules than a loving Father to strive to know Jesus Christ better, to recognize Him and His love amidst the rules.
2. **Reading The Gospels - Jesus and His Love**: Elder Daines underscores the importance of studying the four Gospels not merely for the extraction of rules but to recognize the love and mercy of Jesus, as well as His willingness to touch, heal, and feed the downtrodden and marginalized of society.
3. **Covenants as the Cure for Spiritual Face-Blindness**: Elder Daines emphasises the relationship-based nature of covenants, viewing them as the path to comprehending God's love and mercy. He advocates seeing our covenants as the shape of God’s embrace, as windows to his mercy.

### Scriptures and Gospel Principles

* "Sir, we would [like to] see Jesus." (John 12: 21)
* Mormon’s counsel to pray “with all the energy of heart” (Moroni 7:48)
* The first great commandment to love God (Matthew 22:37-38)
* Elder Jeffrey R. Holland's teaching about Jesus showing us God's devotion to His children.
* “For how knoweth a man the master whom he has not served?” (Mosiah 5:13)

### Questions to Ponder

* How can we shift our perspective and see God, not just as a rule giver, but as a loving and merciful Father?
* How does a study of the Gospels deepen your understanding and recognition of Jesus Christ?
* What steps can we take to assist others in nurturing their relationship with Christ?
* How can understanding our covenants as expressions of God’s love enhance our relationship with Him and His children?
* In what ways does service in the Church grow our understanding of God's love for His children?

## 4. For the Sake of Your Posterity - Elder Carlos A. Godoy

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/14godoy?lang=eng>

### Summary

Elder Carlos A. Godoy delivers a powerful talk 'For the Sake of Your Posterity', highlighting the importance of remaining faithful in living the gospel and maintaining the covenant path for the benefit and eternal blessings of future generations.

### Haiku

In faith, be the link, For future seed rely, On our valiant brink.

### Key Points

1. Elder Godoy uses the story of Omar to demonstrate the significance of one's faithfulness in influencing the spiritual lives of their family and future generations. The implications of our decisions, especially those falling away from the restored gospel, could affect our posterity's access to the blessings of the gospel.
2. He addresses active members who may not be as faithful to their covenants as they should be and emphasizes the importance of considering the long-term consequences of their decisions. The 'lukewarm' approach to church activity and gospel living can pose a risk to spiritual stability in their lives and their children's.
3. Elder Godoy calls for a reconsideration of our course of action if we find ourselves in either of the situations previously outlined. He urges us not to be the 'weak link' in the chain of faith and to aim to positively influence our posterity by remaining strong and valiant in our convictions.

### Scriptures and Gospel Principles

* Doctrine and Covenants 76:79: The scripture that highlights the consequences of not being valiant in the testimony of Jesus.
* The importance of looking ahead and considering the long-term impact of our decisions, as taught by President Dallin H. Oaks.
* President Russell M. Nelson’s invitation to return to the covenant path if one has strayed off.

### Questions to Ponder

* How do my daily actions and decisions reflect on my commitment to the restored gospel?
* In what ways can I strengthen my own faith to positively impact my family and future generations?
* What small changes can I make in my life to shift from a 'lukewarm' approach to a 'valiant' approach in gospel living?
* How can I help bring back those who have strayed from the gospel?
* Am I living in a way that honors the legacy of faith from my ancestors and establishes a positive legacy for my descendants?

## 5. The Sealing Power - Elder D. Todd Christofferson

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/15christofferson?lang=eng>

### Summary

Elder D. Todd Christofferson's talk, "The Sealing Power", underscores the significance and universal availability of the sealing power of the priesthood, reiterating its role in strengthening individual and family salvation and exaltation.

### Haiku

Gathered in His name,  
Bound by sacred sealing power,  
Eternity's flame.

### Key Points

1. **The Purpose of Gathering**: The purpose of gathering God's people is not only for their protection but primarily to confer the blessings of salvation and exaltation upon them. This is part and parcel of the covenant promises given to Abraham.
2. **The Importance of Sealing Power**: The sealing power, conferred by Elijah, validates all priesthood ordinances, enabling a covenant people to be gathered and prepared on both sides of the veil. It confers a seal of legitimacy on all ordinances, making them valid and binding beyond death.
3. **The Role of Temples in the Sealing Power**: Temples are the places where the sealing power fully manifests, allowing the performance of vicarious ordinances. Through the sealing power, individual salvation and family exaltation becomes universally available for all children of God, regardless of where or when they have lived.

### Scriptures and Gospel Principles

* **Isaiah's Prophecy**: The prophecy about the gathering of Israel is referenced from Isaiah.
* **Doctrine and Covenants**: Multiple scriptures such as Doctrine and Covenants 128:8 are referenced to illustrate the importance of the Seal and the validity it gives to ordinances.
* **Moroni's Teaching**: Moroni's teaching to Joseph Smith of Elijah's role in revealing priesthood authority is quoted, affirming the validity of ordinances in both time and eternity.

### Questions to Ponder

* What is the significance of the sealing power in the Plan of Salvation?
* How can we make preparation to receive all the blessings of the sealing power in the temples?
* In what ways does being sealed in the temple impact our individual and family exaltation?
* How does the sealing power manifest divine justice, mercy, and love?
* How can we help to strengthen the chain of generations in our own families, especially if there have been broken links in the past?

## 6. Love Thy Neighbour - Elder Ian S. Ardern

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/16ardern?lang=eng>

### Summary

Elder Ian S. Ardern stresses the importance of showing compassion and love to our neighbors in distress, using experiences in Africa to illustrate the impact of the Church's humanitarian efforts and the individual contributions of its members.

### Haiku

In Africa's heart, Compassion blooms, love imparts, Kindness never parts.

### Key Points

1. Elder Ardern personally witnessed the impact of the Church's humanitarian efforts in Africa, working with trusted organisations to provide much-needed resources to the people living there.
2. Compassion, born out of love for others, is a Christlike attribute. We can show compassion by making a difference in the lives of others, regardless of the size of our contributions.
3. The individual acts of kindness and donations from Church members around the world are helping ease the burdens of many in need. Although we might not know the recipients personally, love for them drives our acts of compassion.

### Scriptures and Gospel Principles

* Mark 12:31 - Commandment to "love thy neighbour."
* Matthew 25: 34-35 - Describes blessing for those that show kindness and provide for the basic needs of their brethren.
* Luke 10: 30-35 - Parable of the Good Samaritan showing the importance of showing love and compassion towards our fellowmen.
* 3 Nephi 17:7-9 - Description of Christ’s compassion as he healed all who came unto him.
* Mosiah 18:8 - Portrays the need to bear one another's burdens.

### Questions to Ponder

* What are some ways you might show compassion to others, especially those in dire need?
* How can small acts of kindness make a difference in someone's life?
* How can you ensure your acts of compassion are born out of genuine love rather than a mere sense of duty or obligation?
* In what ways can we apply the spirit of the Good Samaritan to our daily life?
* How might you strengthen your capacity to show Christ-like compassion to your neighbours?

## 7. Kingdoms of Glory - President Dallin H. Oaks

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/17oaks?lang=eng>

### Summary

President Oaks talks about The Church of Jesus Christ of Latter-day Saints' unique understanding of the post-mortal life, the importance of the choices we make in this life, and the plan for salvation provided through Christ.

### Haiku

Kingdoms three await, Our mortal choices dictate, God's love illuminates.

### Key Points

1. *Doctrine of Kingdoms of Glory:* The Church of Jesus Christ of Latter-day Saints teaches that all children of God will inherit one of three kingdoms of glory (the celestial, terrestrial, or telestial kingdom) depending on the choices they have made in their mortal lives.
2. *Divine Laws and Abiding in Glory:* Each kingdom of glory has a law, and the inhabitants of a kingdom are those who can comfortably abide in the law of that kingdom. Depending on our choices in this life, we determine the kingdom where we will stay eternally.
3. *God's loving plan and Jesus Christ's Atonement:* The ultimate aim of the Church is to prepare God’s children for exaltation in the highest level of the celestial kingdom. This can only be achieved through the Atonement of Christ, our repentance, and our faithfulness to the covenants of eternal marriage in the holy temple.

### Scriptures and Gospel Principles

* “In my Father’s house are many mansions.” (John 14:2)
* “All kingdoms have a law given.” (Doctrine and Covenants 88:38)
* *The Plan of Salvation*
* *The Atonement of Jesus Christ*
* *The Degrees of Heaven* (1 Corinthians 15: 40-41)
* *The Proclamation on the Family*
* *Doctrine and Covenants 138*
* *Conversion and becoming Christlike*

### Questions to Ponder

* How does our understanding of the kingdoms of glory influence our day-to-day decisions?
* How can we better prepare ourselves for the celestial kingdom and the laws that govern it?
* What steps can we take to actively participate in God’s plan of salvation?
* How does understanding our eternal potential impact our relationships with others, and especially with our families?

## 8. Sustaining of General Authorities, Area Seventies, and General Officers - Presented by President Henry B. Eyring

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/21eyring?lang=eng>

### Summary

In this talk, President Henry B. Eyring presented the General Authorities, Area Seventies, and General Officers of the Church for sustaining vote during General Conference.

### Haiku

Support shown by hand, Leadership held in God's plan, Serving on His land.

### Key Points

1. The key figures in Church leadership, including Russell Marion Nelson as Prophet, Dallin Harris Oaks as First Counselor, and Henry Bennion Eyring as Second Counselor, are put forward for sustaining vote, along with members of the Quorum of the Twelve Apostles.
2. Alexander Dushku has been called to serve as a General Authority Seventy.
3. Changes to Area Seventies were announced, with two new members being sustained and two members being released.

### Scriptures and Gospel Principles

* Doctrine & Covenants 20:63–67: Where the scripture talks about the procedure and principles behind the sustaining of leaders.
* Doctrine & Covenants 107:22: Discusses how the prophet and his counselors are chosen and sustained.
* "The Prophetic Ministry of All God’s People" by Dieter F. Uchtdorf: Discusses the importance of sustaining leaders.
* Gospel principle: Sustaining the leaders of the Church as a manifestation of unity and support for those called by God to His service.

### Questions to Ponder

* What does it mean to sustain our Church leaders?
* How can we maintain our support for Church leaders in our daily actions and attitudes?
* How does the principle of sustaining leaders help maintain unity within the Church?
* How can we trust in the divine calling of our Church leaders?

## 9. Tithing: Opening the Windows of Heaven - Elder Neil L. Andersen

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/22andersen?lang=eng>

### Summary

Elder Neil L. Andersen discusses the spiritual and temporal blessings of tithing, placing emphasis on the importance of faith, trust in the Lord's timing, and the eventual fulfillment of his promises.

### Haiku

Tithes opens heaven's gate, Blessings forming in His grace, Trust in Lord's timing, wait.

### Key Points

1. The divine law of tithing primarily revolves around faith rather than money. By being honest with our tithes, we demonstrate our willingness to prioritize the Lord over our personal cares and interests.
2. The tithes we offer to the Lord are used to further His work on earth, serving missionaries, building temples, supporting education, and helping those in need.
3. Tithing brings both temporal and spiritual blessings. While some blessings are immediately clear, others are subtle and may require patience and continued faith to recognize.

### Scriptures and Gospel Principles

* Malachi 3:11: A scripture that promises the protection of the Lord upon the offerings of his faithful followers.
* Jesus Christ's quote: "unto Caesar the things which are Caesar’s; and unto God the things that are God’s." Emphasizes the clear division between our worldly and spiritual obligations.
* The Lord's directive to bring all tithes into His restored kingdom, The Church of Jesus Christ of Latter-day Saints.

### Questions to Ponder

* How have you seen the blessings from tithing manifest in your life, both temporally and spiritually?
* How does the act of tithing demonstrate your personal faith and trust in the Lord?
* In what ways can we cultivate an attitude of gratitude and trust in the future to invest more in our tithes?
* How can we help others understand the importance and blessings of tithing?

## 10. Preserving the Voice of the Covenant People in the Rising Generation - Brother Jan E. Newman

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/23newman?lang=eng>

### Summary

The talk 'Preserving the Voice of the Covenant People in the Rising Generation' by Brother Jan E. Newman emphasizes our sacred responsibility to guide children towards knowing Jesus Christ and understanding the principles of the gospel deeply.

### Haiku

On rock, foundations lay, In scriptures, we hear His say, Guide children His way.

### Key Points

1. **Children and Christ:** The talk discusses the importance of introducing children to Jesus Christ and helping them understand His teachings by taking examples from stories in the Book of Mormon.
2. **The Covenant:** The teachings underline how faith should not just be a tradition passed down through generations but should be embraced by individuals. They should make a covenant with God willingly and live a life based on his teachings.
3. **Perseverance:** Brother Newman stresses on consistency, suggesting that continual small but consistent efforts in teaching the principles of Christ to the rising generation can have a powerful impact.

### Scriptures and Gospel Principles

* **The Book of Mormon**
  + The account of Jesus' interactions with the children at Bountiful
  + King Benjamin's address and his people's covenant
  + Nephi's consistent efforts to teach about Christ
* **The Parable of the Wise man who built his house upon a rock**
* Quoted words from President **Russell M. Nelson** for spiritual survival
* The council from **Teaching in the Savior’s Way**

### Questions to Ponder

* How do we ensure our children develop a deep understanding of Jesus Christ and his teachings?
* How do we make faith more than just a "family tradition" and encourage children to make a personal covenant with God?
* How can we emulate the teachings of scriptures and doctrine in our daily lives to be a living example for our children?
* How can we support each other as a community in teaching these gospel principles to the rising generation?
* How do we leverage consistency to make a lasting impact on the spiritual growth of our children?

## 11. The Power of Jesus Christ in Our Lives Every Day - Elder Joaquin E. Costa

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/24costa?lang=eng>

### Summary

The talk underscores the importance of daily faith in Jesus Christ and how it imparts strength to endure even the hardest of life's trials, showing us that faith is a journey that enables transformation through Jesus.

### Haiku

Through the trials faced, Strength in faith lights the dark path, In Christ, be embraced.

### Key Points

1. Draw Inspiration From Others: Elder Costa shares stories of individuals encountering extreme difficulties who, through their faith in Jesus Christ, found a source of strength to endure and overcome. They did not approach Christ because they were perfect, but because they needed His perfecting power.
2. The Principles of Consciously Practicing Faith Daily: Simple actions such as starting each day with prayer and scripture study, embracing repentance, and trying to remember Christ in every action and situation can strengthen faith and bring about change in one's life.
3. Covenants are Transformational: Keeping our covenants with God is not about a transactional relationship but, instead, it fosters transformation within us through the sanctifying power of Jesus Christ. Through our covenants, we can receive power to become better and endure trials and tribulations with courage and faith.

### Scriptures and Gospel Principles

* [2 Nephi 9:21](https://www.churchofjesuschrist.org/study/scriptures/bofm/2-ne/9.21?lang=eng#p21)
* [Moroni 10:32](https://www.churchofjesuschrist.org/study/scriptures/bofm/moro/10.32?lang=eng#p32)
* [Mark 4:35-40](https://www.churchofjesuschrist.org/study/scriptures/nt/mark/4.35-40?lang=eng#p35)
* [Matthew 26:28](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/26.28?lang=eng#p28)

### Questions to Ponder

* What are some of our daily habits where we demonstrate our faith in Christ?
* How can seeing our covenants as transformational change our perspective and behavior?
* How can the stories shared in the talk inspire us to face our own trials with greater faith and resilience?
* In what ways can we aim to remember and follow Christ more intentionally in our daily lives?

## 12. Promptings of the Spirit - Elder Gary E. Stevenson

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/25stevenson?lang=eng>

### Summary

Elder Gary E. Stevenson's talk emphasizes the importance of recognizing and acting upon the promptings of the Holy Spirit, providing practical principles and guidelines to enhance the companionship of the Holy Ghost in our lives.

### Haiku

In holy spaces,  
With holy truths and people,  
Our spirits are shaped.

### Key Points

1. **Exercising Spiritual Gifts:** God endows His children with many spiritual gifts, which are further refined through diligent work, prayer, scripture study, and obeying His commandments. One of the greatest spiritual gifts is the constant companionship of the Holy Ghost, which guides and comforts us.
2. **How to Invite and Recognize the Spirit:** By standing in holy places, being with holy people, bearing testimonies of holy truths, and cultivating patience to listen for the Holy Spirit, one can identify and heed the promptings of the Spirit.
3. **Words of Caution:** While inviting and recognizing the Spirit, it is important to verify our spiritual impressions align with scriptures and teachings, respect our given roles, use our judgment, and understand that answers might not always be immediate.

### Scriptures and Gospel Principles

* **Doctrine and Covenants 88:63**: "Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me; ask, and ye shall receive; knock, and it shall be opened unto you."
* **Matthew 18:20**: "For where two or three are gathered together in my name, there am I in the midst of them."
* **1 Kings 19:12** (Elijah's experience of hearing God's still, small voice)
* **Helaman 5:30** (The voice of perfect mildness)
* President Russell M. Nelson's statement about the essentiality of the Holy Ghost in the coming days.

### Questions to Ponder

* How can we better invite and recognize the Spirit's promptings in our daily life?
* What challenges do we face in being able to hear the Spirit? How can we overcome them?
* How can we consciously use our spiritual gifts in our personal life and in service of others?
* How do our relationships, environments, and words contribute to the presence or absence of the Spirit in our lives?
* What steps can we take towards standing in holy places and being with holy people more often?

## 13. Do You Want to Be Happy? - Elder Yoon Hwan Choi

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/26choi?lang=eng>

### Summary

Elder Yoon Hwan Choi emphasizes the importance of making and keeping covenants with God as a path to true happiness, detailing the joys and increased strength that come from such closeness with Jesus Christ.

### Haiku

Covenant Path shines, Brings strength, peace, and light in life, With Jesus, find joy.

### Key Points

1. **What Is the Covenant Path?**: The covenant path is a series of agreements we make with God that brings us closer to Jesus Christ. It begins with faith, then repentance, baptism, receiving the Holy Ghost, and further covenants such as those made in the temple.
2. **Are You on the Covenant Path?**: Despite taking missteps off the covenant path at times due to various life challenges, we can always find our way back through sincere prayer and obedience to God's commands. Our obedience to God, even during difficult times, will always bring us happiness and blessings.
3. **How Can Keeping Covenants with God Make You Happy?**: By keeping our covenants with God, we yoke ourselves with Jesus Christ, allowing His strength to bolster ours and enabling us to do things we couldn't by ourselves. This divine partnership eases our burdens, leading us to a progression of happiness, and a more strengthened resilience against trials and temptations.

### Scriptures and Gospel Principles

* Quote from President Russell M. Nelson: *"If you want to be miserable, break the commandments—and never repent. If you want joy, stay on the covenant path.”*
* Quote from Elder Dale G. Renlund: *"The term covenant path refers to a series of covenants whereby we come to Christ and connect to Him. Through this covenant bond, we have access to His eternal power."*
* Quote from President Thomas S. Monson: *"The greatest lesson we can learn in mortality is that when God speaks and we obey, we will always be right.”*
* Quote from Elder David A. Bednar: *"Making and keeping sacred covenants yokes us to and with the Lord Jesus Christ. In essence, the Savior is beckoning us to rely upon and pull together with Him, even though our best efforts are not equal to and cannot be compared with His."*
* Book of Mormon: King Benjamin's testimony in Mosiah 2:41 shows the blessings, both temporal and spiritual, of keeping God's commandments.

### Questions to Ponder

* How have you seen the benefits of the "covenant path" in your own life?
* Have you ever felt you were veering off the "covenant path"? How did you find your way back?
* In what ways are you yoked with the Savior through your covenants?
* How can we better understand the significance of our covenants and draw strength from them in challenging times?
* What practical strategies can help us to stay on the covenant path?

## 14. God Knows and Loves You - Elder Alan T. Phillips

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/27phillips?lang=eng>

### Summary

Elder Alan T. Phillips of the Seventy emphasizes the unconditional love God has for His children, the redemptive powers of Jesus Christ and encourages believers to realize their divine identity and worth.

### Haiku

A Father's boundless love, In Christ we find strength to soar, We, His beloved ones.

### Key Points

1. **We are children of God:** Understanding our divine identity as sons and daughters of God is critical to our sense of self-worth, belonging, and purpose. Embracing this truth can be transformative; knowing that we are loved unconditionally by our Heavenly Father can restore hope during challenging times.
2. **Redemptive power of Jesus Christ:** The Atonement of Jesus Christ is the ultimate expression of God's love for His children. By yoking ourselves to Him through faith and sacred covenants, we can find strength, healing, and support in navigating life's trials.
3. **Heavenly Father's Love:** Recognizing that we are loved by a perfect, glorified, loving Heavenly Father helps us to understand our priceless worth. In times of questioning and uncertainty, we are encouraged to turn to Him through prayer and seek His comfort, guidance, and understanding.

### Scriptures and Gospel Principles

* The Two Great Commandments: Matthew 22:37-40
* The parable of the lost sheep, the lost coin, and the lost son: Luke 15
* Come unto Christ: Matthew 11:28-30
* Elder Bednar's teachings on the power of sacred covenants: "Making and keeping sacred covenants yokes us to and with the Lord Jesus Christ."
* President M. Russell Ballard's teachings on divine identity.
* Elder Jeffrey R. Holland and President Russell M. Nelson's teachings on the importance of loving and supporting one another.

### Questions to Ponder

* How does knowing you are a beloved child of God influence your daily actions?
* How can we take steps to yoke or bind ourselves more closely to the Savior?
* In what ways can we show unconditional love to others, as our Heavenly Father does for us?
* How can we seek to be a refuge for God’s children, especially those who might be feeling lost or alone?
* How can we strengthen our faith when we face challenging times in life?

## 15. How Great Will Be Your Joy - Elder Ronald A. Rasband

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/28rasband?lang=eng>

### Summary

In "How Great Will Be Your Joy", Elder Ronald A. Rasband emphasises the necessity of senior missionaries in the Gathering of Israel and encourages senior Church members to consider contributing to the mission field.

### Haiku

In life's autumn days,  
Israel's gathering needs you,  
Bring joy, spread His ways.

### Key Points

1. **The need for senior missionary service:** Elder Ronald Rasband emphasizes the significant need for more senior missionaries in the world today, stating that their wisdom and experience can greatly contribute to the mission field.
2. **Possibilities for service:** He enumerates the vast array of positions in which senior missionaries can serve, affirming that there are countless opportunities to share the gospel, support fellow members, and promote the Church's activities around the world.
3. **Promised blessings of joy and closer relationships:** Elder Rasband testifies of the immense joy and fulfillment senior missionaries will experience. He assures that service will not just strengthen connections with the Lord but also with fellow missionaries, members, and beloved family.

### Scriptures and Gospel Principles

* Doctrine and Covenants 18:15: "*And if it so be that you should labor all your days in crying repentance unto this people, and bring, save it be one soul unto me, how great shall be your joy with him in the kingdom of my Father!*"
* Isaiah 55:12: "*For ye shall go out with joy, and be led forth with peace: the mountains and the hills shall break forth before you into singing, and all the trees of the field shall clap their hands.*"
* Doctrine and Covenants 4:3: "*If ye have desires to serve God ye are called to the work.*"

### Questions to Ponder

* How can senior members prepare themselves to serve a mission as a couple or individually?
* How can their service inspire younger generations to serve in their own time?
* What are the unique qualities and experiences that senior missionaries bring to the mission field?
* What fears or concerns might senior members have about serving missions, and how can they address and overcome these concerns?
* How can senior missionaries contribute to the Gathering of Israel?

## 16. Hallmarks of Happiness - Elder Gary B. Sabin

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/31sabin?lang=eng>

### Summary

The talk by Elder Gary B. Sabin focuses on the core principles of genuine happiness which are deeply rooted in recognizing our divine lineage, having an eternal perspective, understanding and honoring the worth of every soul, and gratitude.

### Haiku

On solid Christ's rock, See with heaven's eyes, love all, Thankfulness unlocks.

### Key Points

1. **Building on the Foundation of Christ**: Elder Sabin emphasizes the importance of building our lives upon the foundation of Jesus Christ. This empowers us to overcome challenges and move towards our ultimate perfection.
2. **Knowing Our Divine Lineage**: Recognizing that we are sons and daughters of a loving Heavenly Father can dramatically change our perspective on life and help us comprehend our eternal potential.
3. **Gratitude is key to Happiness**: One cannot experience true happiness without a sincere sense of gratitude. Gratitude helps us appreciate our blessings, which in turn cultivates happiness.

### Scriptures and Gospel Principles

* Alma spoke about the importance of the Savior in our lives (Alma 7:7)
* The scripture in Matthew 25:40 underscores the value of each soul and the virtue of serving others.
* The scripture in 1 Corinthians 6:20, shows the significance of realizing that we are “bought with a price” and thus belong to God.
* D&C 78:19 suggests that gratitude brings glory.

### Questions to Ponder

* How has building your life on the foundation of Christ been imperative to your happiness?
* What experiences have reinforced your sense of divine lineage and how has this impacted your perspective on life?
* How can a consistent sense of gratitude improve your happiness?
* How well do you relate to the eternal perspective shared by Jennifer, Elder Sabin's daughter?
* What actions can you take to remember the worth of souls more effectively?

## 17. Humble to Accept and Follow - Elder Joni L. Koch

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/32koch?lang=eng>

### Summary

Elder Joni L. Koch talks about the importance of humility in our lives and how it is a requirement for us to return to the presence of God.

### Haiku

A humble heart's call,  
Submission to God's great will,  
Grace through covenants realized.

### Key Points

1. Humility should not be confused with being poor or lacking self-esteem. Humility is a willingness to submit to the will of the Lord and being teachable.
2. Humility includes following the counsel of our prophets in all aspects of our lives, valuing their guidance over our own opinions or the philosophies of men.
3. Humility accepts that we cannot overcome our challenges or achieve our full potential without Heavenly Father's benevolence and the Atonement of Jesus Christ. It implies recognizing our dependence on God and making and keeping His covenants.

### Scriptures and Gospel Principles

* Alma 5: How humble are we truly? Are we ready to return to the presence of God?
* Proverbs: A man's pride shall bring him low, while honor upholds the humble in spirit.
* Preach My Gospel: Humility is defined as a willingness to submit to the Lord's will and being teachable; it is a vital aspect of spiritual growth.
* Moses and the brass serpent: An example of simple but powerful divine instructions that many ignored because of its simplicity.

### Questions to Ponder

* How can we cultivate a humble heart and a teachable spirit?
* In what ways can we follow the prophets' counsel more closely in our lives?
* How can we know that we're depending too much on our own strength and not God's?
* What does humility teach us about recognizing and accepting our dependence on Heavenly Father and Jesus Christ?
* How can making and keeping God's covenants deepen our humility and dependence on Him?

## 18. Seeing God’s Family through the Overview Lens - Sister Tamara W. Runia

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/33runia?lang=eng>

### Summary

In her talk, Sister Runia discusses the importance of faith, hope, patience, and love in our families, urging us to view our family relationships from a heavenly, eternal perspective, gearing us towards patience and a hopeful approach.

### Haiku

Eternal lens view, Faith, hope in the family, Love is the gospel truth.

### Key Points

1. **The Overview Lens:** Sister Runia introduces the idea of the "overview lens" which involves viewing ourselves and our families from an eternal perspective. This lens allows for optimism, patience, and a long-term view on our journeys.
2. **The Role of Love, Empathy, and Encouragement:** Sister Runia emphasizes the importance of love, empathy, and encouragement in our familial relationships. She shares personal experiences about her father's hopeful approach and how it helped her. She also emphasizes expressing messages of hope and love to loved ones instead of criticism and judgment.
3. **Patience and Hope in Rough Times:** Worry and panic, Sister Runia argues, are not productive emotions. God views us with patience and infinite love, hoping we'll display similar attributes with our loved ones. Urging patience instead of speed, she reminds us that everyone is on their journey, and progress is more important than pace.

### Scriptures and Gospel Principles

* Moroni's description of those who see with "an eye of faith" emphasizes the value of faith in our understanding and experience of hope and joy (Ether 12:19).
* The principle embodied in Lehi's vision and the "tree of life" analogy can be applied to family dynamics and our display of consistent, unchanging love (1 Nephi 8).
* The idea of "cheerfully doing all things that lie in our power" in Doctrine and Covenants 123:17 can be applied in our interactions with family members and loved ones, showing patience, empathy, and love.

### Questions to Ponder

* How can we apply the concept of the "overview lens" in our daily lives, particularly in our family relationships?
* In what ways can our interactions with loved ones be more supportive, hopeful, and loving?
* How can we emulate the Savior's example of perfect love in our familial relations?
* How can we exhibit more patience and less judgment in our dealings with family members?
* How can we seek and strengthen our eye of faith in difficult times?

## 19. Brothers and Sisters in Christ - Elder Ulisses Soares

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/34soares?lang=eng>

### Summary

Elder Ulisses Soares emphasizes the need for respect, unity, and brotherhood among all members of the Church, regardless of their differences, as key in building the Savior's kingdom.

### Haiku

Equal before God, Brothers, sisters in Christ’s love, Unity our cod.

### Key Points

1. **Unity and Respect**: Elder Soares calls for unity and respect among the members of the Church, stressing that we are all equal before God and that prejudice has no place in the kingdom of God. Diversity is celebrated as divine, and differences should be respected.
2. **Jesus's Example**: He emphasizes the example of Jesus who ministered to all people regardless of their background and urges to follow His example in treating all with dignity and respect.
3. **Valuing Our Differences**: Elder Soares encourages us to value our differences and to see ourselves reflected in the dreams, hopes, sorrows, and pains of our neighbors. He also emphasizes our equal potential and inheritance in God's kingdom.

### Scriptures and Gospel Principles

* *Ephesians 4:2*: The scripture reference futher explains the idea behind lowliness, meekness, and long-suffering between Church members.
* *John 4:9*: Another reference where Elder Soares emphasizes Jesus's interaction with a Samaritan woman, illustrating how he crossed cultural boundaries to show love and respect.

### Questions to Ponder

* What actions can I take to better promote respect and unity among my fellow Church members?
* How can I follow Jesus's example in treating all people regardless of their background with dignity and respect?
* How can I better value and understand the differences within my church community and cultivate a deeper sense of spiritual kinship?
* What can the practice of wearing white in the temple teach us about respect for human dignity and equality?
* How can we strive to see ourselves reflected in the dreams, hopes, sorrows, and pains of our neighbor?

## 20. Praise to the Man - President M. Russell Ballard

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/41ballard?lang=eng>

### Summary

President M. Russell Ballard reflects on the prophetic mission of Joseph Smith in the last dispensation of time, expressing gratitude and admiration for Joseph's courage and the knowledge we now have as a result.

### Haiku

With praise to the man,  
Joseph Smith's courage began  
Restoration's grand plan.

### Key Points

1. **Joseph Smith as Prophet**: President Ballard discusses the significant role Joseph Smith played in the Restoration of the Gospel, highlighting his courage to pray in the Sacred Grove and the subsequent divine revelations he received, paving the way for the last dispensation of time.
2. **Benefit of Joseph's Prophethood**: President Ballard expresses how blessed we are due to Joseph Smith's role as a prophet, benefiting from the understanding of life, knowledge of God and Jesus Christ, and possession of the Book of Mormon.
3. **Tribute to Joseph's Family**: President Ballard pays tribute to Joseph Smith's family, especially his mother, Lucy Mack Smith, who believed in Joseph's divine experiences and sustained him in his divine calling. He also emphasizes how the family supported and upheld Joseph's responsibility as the Prophet of the Restoration.

### Scriptures and Gospel Principles

* Joseph Smith—History 1:14: Details of Joseph's first verbal prayer in the Sacred Grove
* Joseph Smith—History 1:17: Account of the Father and the Son appearing to Joseph Smith
* Hymns, no. 27: "Praise to the Man", a hymn dedicated to Joseph Smith
* Book of Mormon: A testament to Jesus Christ, translated by the Prophet Joseph Smith

### Questions to Ponder

* How have the revelations received by Joseph Smith affected your understanding of the gospel?
* How does Joseph Smith's courage inspire you in your personal life?
* In what ways can we uphold and support others in fulfilling their divine calling?
* How can the testimonies of Joseph Smith's family teach us about faith and support in our families?
* Why is it important to express gratitude for the teachings and work of prophets like Joseph Smith?

## 21. Walking in Covenant Relationship with Christ - President Emily Belle Freeman

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/42freeman?lang=eng>

### Summary

Sister Emily Belle Freeman encourages us to journey in committed covenant relationship with Christ, not allowing difficulties to hinder our walk on the covenant path, and outlines the blessings of maintaining a close relationship with Him.

### Haiku

On the path with Christ, Covenants, an enduring tie, Strength in journey's strife.

### Key Points

1. The Saviour invites us to tackle life's challenges together with Him. He wants us to rely on Him in our brokenness, just like Ilan, Sister Freeman’s Israeli guide, helped her navigate the Jesus trail on a broken ankle.
2. We must choose to live in committed covenant relationship with Jesus Christ. We can choose to simply be acquainted with the God of our fathers, or we can choose to bind our lives to His promises and blessings, as Jacob did.
3. The covenants we make are not just contractual obligations but relational ones. Just like a marriage, our covenant relationship with God requires constant emotional and spiritual investment. The Lord doesn’t intend to leave us where we are, and through His help, we can ascend and become as He is.

### Scriptures and Gospel Principles

* Enoch's hesitancy to respond to the Lord's call because of his limitations (Moses 6:31) reflects our own reservations in walking with the Lord in our brokenness.
* The five-finger promise given to Jacob (Genesis 28:15) represented the covenant relationship that God wants to have with us.
* President Russell M. Nelson's teaching: “The covenant path is all about our relationship with God.”

### Questions to Ponder

* How can I better walk in a covenant relationship with the Lord, especially during challenges?
* What does it mean for me to be in a committed covenant relationship with Jesus Christ?
* In what ways can I strengthen my relational aspects with God in my own covenants?
* How can I progress on the covenant path by relying on the Lord's strength?
* How can I invite others to Christ and help them strengthen their covenant relationship with Him?

## 22. Bearing Witness of Jesus Christ in Word and Actions - Elder Adilson de Paula Parrella

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/43parrella?lang=eng>

### Summary

Elder Parrella stresses the importance of bearing witness of Jesus Christ, both through words and actions, in our daily lives as members of The Church of Jesus Christ of Latter-day Saints.

### Haiku

In our words and deeds,  
Bearing Jesus Christ's name high,  
Always testify.

### Key Points

1. Elder Parrella discusses the baptismal covenant of willingness to take upon ourselves the name of Jesus Christ. He emphasizes that bearing testimony in word and deed demonstrates this covenant.
2. He then shares two enlightening examples of members who have engaged in bearing witness to Jesus Christ actively in the Church meetings; thus, showcasing how they have taken upon the name of their Redeemer.
3. He concludes by stressing how prominently using the correct name of the Church helps each Church member testify more of Jesus Christ, displaying their commitment to the name of the Lord.

### Scriptures and Gospel Principles

* "Have they not read the scriptures, which say ye must take upon you the name of Christ, which is my name? For by this name shall ye be called at the last day; And whoso taketh upon him my name, and endureth to the end, the same shall be saved at the last day." - This scripture represents the core concept of bearing Christ's name as a promise made at baptism.
* President Russell M. Nelson's teaching that “Taking the Savior’s name upon us includes declaring and witnessing to others—through our actions and our words—that Jesus is the Christ.”
* Doctrine and Covenants 115:4 - Highlighting the revealed and correct name of the Church.

### Questions to Ponder

* How can we more effectively take upon ourselves the name of Christ in our daily lives, in both word and deed?
* Are we mindful of the power of bearing testimony of Jesus Christ's name in all Church meetings and gatherings?
* Can we find more ways in our communication to use the correct name of The Church of Jesus Christ of Latter-day Saints and thereby bear testimony of the Savior?

## 23. Be Peaceable Followers of Christ - Elder Quentin L. Cook

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/44cook?lang=eng>

### Summary

Elder Quentin L. Cook discusses being a peaceable follower of Christ in the midst of adversity, emphasizing the eternal perspective and the Atonement of Jesus Christ as sources of strength, as well as reminding us to find joy and gratitude even in trials.

### Haiku

Peaceable in strife,  
Fixed on Christ with hopeful sight,  
He turns wrongs to right.

### Key Points

1. **Enduring Trials:** Trials and tribulations are a part of life in mortality, and even the righteous are not exempted. However, Elder Cook reassures us that our heavenly destiny remains unchanged despite adversity.
2. **Importance of the Atonement of Jesus Christ:** Elder Cook emphasizes that through the Atonement of Jesus Christ, unfair aspects of life can be made right. Christ can offer rest, hope, strength, perspective, and healing in the face of trials.
3. **Eternal Perspective:** The grand scope of the Plan of Happiness, or the Father's plan for his children, can provide solace in times of sorrow. Understanding this plan allows us to endure hardship with the knowledge of a brighter future.

### Scriptures and Gospel Principles

* Abraham's teachings on the eternal nature of spirits (Pearl of Great Price)
* Mormon's commendation of "peaceable followers of Christ"
* Alma 7:12: The Savior's ability to succor his people according to their infirmities
* Matthew 11:28: Christ's invitation to come unto Him and find rest
* King Benjamin’s promise to his people about the rewards of faithfulness

### Questions to Ponder

* How can we better endure trials and challenges as "peaceable followers of Christ"?
* How can we increase our understanding and reliance on the Atonement of Jesus Christ during times of hardship?
* How can we gain a stronger eternal perspective to guide us during our earthly journey?
* In what ways can we include more praise, music, and thanksgiving in our lives, especially during difficult times?
* How can we apply the Lord's counsel to Brigham Young to our own lives?

## 24. The Prodigal and the Road That Leads Home - Elder Dieter F. Uchtdorf

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/45uchtdorf?lang=eng>

### Summary

Elder Uchtdorf expounds upon the parable of the Prodigal Son, emphasizing God's infinite love and mercy, inviting those who have strayed to return and rejoice in Christ’s atonement.

### Haiku

In love's open arms, Lost now found, rejoice in Christ, On the road back home.

### Key Points

1. **The Prodigal Son’s Journey:** Elder Uchtdorf begins with the tale of the Prodigal Son, who leaves his father's home seeking freedom away from his parents' teachings. He lives recklessly until he runs out of money amidst a famine and is left desolate and hungry, leading to his repentance and decision to return home.
2. **The Father's Love:** The focus shifts to the father in the parable who, upon seeing his son return, runs towards him with tears of joy. He welcomes his son with open arms, showing a testament to our Heavenly Father's unconditional love and mercy for all his children, no matter how far we've strayed.
3. **The Call for Return:** Elder Uchtdorf emphasizes that no matter how far we've strayed, the path to return home is open to us. He reassures us that even though coming back might not be easy, the moment we decide to return, Christ's power will transform our lives.

### Scriptures and Gospel Principles

* **Luke 15:11-32:** The parable of the Prodigal Son, which forms the basis of Elder Uchtdorf's talk.
* **Romans 8:39:** "Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord."
* **Alma 26:15:** "And now, my brethren, behold we have God to thank for this great thing; for he surely did deliver them in their chains of darkness and they were surrounded by the everlasting chains of death."

### Questions to Ponder

* How can we support those who have strayed in their journey back to the Savior?
* What can we learn from the father’s reaction in the parable of the Prodigal Son about God's love?
* How does the atonement of Jesus Christ enable us to return to our Heavenly Father, no matter how far we've strayed?
* How can we draw strength from Elder Uchtdorf's assurance that "Jesus Christ is our strength"?
* In what ways can we personally apply the lessons from the parable of the Prodigal Son in our own lives?

## 25. More Than a Hero - Bishop W. Christopher Waddell

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/46waddell?lang=eng>

### Summary

Bishop W. Christopher Waddell’s talk emphasizes how putting excessive adulation on earthly personalities can become a 'golden calf,' overshadowing our worship of Jesus Christ - our eternal hero, savior, and redeemer.

### Haiku

Seek the Savior's light, False idols bear no true strength, Christ, our eternal knight.

### Key Points

1. **Hero Worship**: Bishop Waddell warns of the dangers of hero worship, noting that excessive reverence or adulation towards earthly figures - athletes, musicians, politicians - can become a stumbling block in our spiritual journey, distracting us from truly focusing on Jesus Christ.
2. **The Real Hero:** Jesus Christ's role in defending and implementing our Father's plan, his brave submission to God's will in the Garden of Gethsemane, and his ultimate heroic act of atonement and resurrection, make him the ultimate Hero that mankind should always look up to and emulate.
3. **Choosing the Right Hero:** The speaker emphasizes that choosing Jesus Christ as our Hero has eternal implications. It is essential to put Christ first in all things, which means honoring His day, following His teachings, maintaining a temple-worthy lifestyle, and promoting peace.

### Scriptures and Gospel Principles

* Exodus 32 - The golden calf incident, where the children of Israel worshipped a golden calf instead of God.
* Luke 22:42 - "Not my will, but thine, be done". The ultimate submission and obedience to God's will from Jesus Christ.
* Daniel 3 - Shadrach, Meshach, and Abed-nego refused to worship the golden image set up by King Nebuchadnezzar, choosing instead to serve God.

### Questions to Ponder

* In what ways can our admiration for worldly figures potentially distract us from our focus on the Savior?
* How can we prioritize our relationship with Christ over the admiration of earthly 'heroes'?
* What are some practical steps we can take to choose Jesus Christ in various aspects of our lives?
* How can we foster an environment that encourages focusing on and emulating Jesus Christ rather than earthly figures?
* How can we support one another in making choices that put Christ first?

## 26. Our Constant Companion - President Henry B. Eyring

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/47eyring?lang=eng>

### Summary

President Henry B. Eyring details the importance of seeking, acknowledging, and being worthy of the constant companionship of the Holy Ghost, in order to heed its guidance and comfort in our daily lives and especially amidst increasing difficulty.

### Haiku

Spirit's soft whisper, Guides us through life’s stormy sea, Our trusty compass.

### Key Points

1. Striving for a constant companionship with the Holy Ghost is essential for spiritual survival, especially amid increasingly trying times. We obtain guidance, peace, and revelation when we attune our hearts and minds to the Spirit.
2. It's vital to remember that our motives matter when we seek the companionship of the Holy Ghost. This divine gift is more readily received when our motives align with Christ's and are driven by the pure love of Christ, not selfish desires.
3. Repentance plays a crucial role in inviting and maintaining the companionship of the Holy Ghost. When we repent, we cleanse ourselves, making ourselves more prepared to receive the influence of the Spirit.

### Scriptures and Gospel Principles

* Helaman 5:30: Helaman's sons Nephi and Lehi, despite fierce opposition and deceptive environments, were guided and taught through experiences with the Holy Ghost.
* 1 Nephi 3:7: Nephi's resolve to 'go and do' the seemingly impossible tasks commanded by the Lord shows our need to heed the Spirit's guidance.
* John 15:26: The Comforter, the Holy Ghost, proceeds from the Father and testifies of Christ. This testimony is among the most precious thing the Spirit offers to us.
* Doctrine and Covenants 121:45-46: This scripture highlights the blessings of righteousness, purity of thought, charity, and faithfulness, among which is the constant companionship of the Holy Ghost.

### Questions to Ponder

* In what ways have you felt the companionship of the Holy Ghost in your life?
* How can you align your motives more closely with the will of the Savior as you seek the companionship of the Holy Ghost?
* How does daily repentance invite the Spirit into our lives?
* Why is it important to have the Holy Ghost as a constant companion in increasingly difficult times?
* How can you maintain an ongoing relationship with the Holy Ghost?

## 27. Jesus Christ Is the Treasure - Elder Dale G. Renlund

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/57renlund?lang=eng>

### Summary

The talk emphasizes the importance of focusing on Jesus Christ as our Savior and Redeemer, warning against the danger of looking beyond the mark and undervaluing the blessings right in front of us, such as repentance, the sacrament, and temple worship.

### Haiku

Explorers seeking, Jesus, the mark we must find; Our truest treasure.

### Key Points

1. We can easily look beyond the mark, overlooking the Savior's role in our lives, and fail to recognize his many blessings. It is essential to keep our focus on Him and the bond He secures with us.
2. The Savior offers us numerous ways to concentrate on Him and remain disciplined in our faith. Such opportunities include repentance, partaking in sacrament meetings, maintaining the Holy Ghost's continual companionship, and making and keeping other covenants, such as those we make in the temple.
3. As temples become more geographically accessible, we must be cautious not to take them for granted or become casual about temple worship. Our commitment to attend the temple should be equally strong, regardless of its proximity.

### Scriptures and Gospel Principles

* Jacob 4:14: Jacob prophesied about people who looked beyond the mark, causing them to fall.
* 2 Nephi 31:19: Relying wholly on the merits of Him, Jesus Christ, who is mighty to save.
* Alma 33:22: Casting our eyes upon the Son of God to believe in redemption.
* Mosiah 4:30: Withdrawing ourselves from the Spirit can lead to lost blessings.
* 2 Kings 5:1-14: The story of Naaman, who initially scoffed at the prophet's seemingly simple instruction to cleanse him from his leprosy.

### Questions to Ponder

* What are some ways in your life you may be "looking beyond the mark" and not focusing on Christ?
* How can we better utilize and appreciate the blessings of repentance and sacrament in our lives?
* How can we maintain a strong commitment to attend the temple, regardless of its proximity?
* In which ways can we follow the living prophet's counsel more sincerely and trustingly?

## 28. Eternal Truth - Elder John C. Pingree Jr.

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/52pingree?lang=eng>

### Summary

Elder John C. Pingree Jr. emphasizes the importance of understanding, seeking, and sharing the truth, the roles of God, the Holy Ghost, and prophets in this process, and the significance of distinguishing eternal doctrine from changeable policy.

### Haiku

God reveals His truth, Through His Son, Spirit divine, Guides us in His light.

### Key Points

1. **Defining Truth**: According to the scriptures, truth is knowledge of things as they are, were, and will be. It is eternal, absolute, and can guide our actions, sanctify us, and lead us to eternal life.
2. **The Network of Revelatory Relationships**: God is the source of eternal truth, the Holy Ghost testifies of it, prophets receive and share it, and we are expected to seek, recognize and act on it. Recognizing truth from God amidst the distractive influences of the world is essential.
3. **Seeking, Recognizing, and Applying Eternal Truth**: Alder Pingree suggests asking whether something is consistently taught in the scriptures and by prophets, and whether it is confirmed by the Holy Ghost, to discern if it's truth from God. Once truth is found, it should be shared in a loving and truthful manner.

### Scriptures and Gospel Principles

* Doctrine and Covenants 93:24 - Defines truth as knowledge of things as they are, were, and will be.
* Ephesians 4:14-15 - Paul encourages us to speak the truth in love.
* Moroni 10:32 - If we come unto Christ, we may be perfected in him.
* Doctrine and Covenants 93:33 - Presents the promise of a fulness of joy.
* Doctrine and Covenants 84:38 - Promises us all that the Father hath.

### Questions to Ponder

* How do we recognize truth among the wide array of information and opinions we encounter each day?
* How can we improve our ability to seek, recognize, and act on eternal truth?
* What should our response be when we are seeking truth that has not yet been revealed to us?
* How can we teach eternal truths effectively and with love?
* How should we respond when Church policies, which are different from eternal doctrines, change with time?

## 29. Divine Parenting Lessons - Elder Valeri V. Cordón

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/53cordon?lang=eng>

### Summary

Elder Valeri V. Cordón shares insights on parenting in alignment with the gospel, focusing on creating a gospel-centered home, actively teaching children, and modeling discipleship.

### Haiku

Teach them God's pure love, In a home learning His ways, Parents, lead with faith.

### Key Points

1. **Climb to Higher Ground of Gospel Culture**: Elder Cordon emphasizes bringing a gospel culture into family life. This means incorporating love, expectation, and godliness into daily interactions and rejecting practices that run contrary to Church teachings. This kind of upbringing will help children return to heaven.
2. **Make Home the Center of Gospel Learning**: Home should be the primary place where children learn about the gospel. There are three key parts of this: teaching freely and without restraint, modelling discipleship through our actions, and inviting children to act in faith.
3. **Righteous, Intentional Parenting**: Parents are God’s agents and must actively instill faith and gospel principles into the lives of their children. This requires intentional effort and plans, and not just waiting for them to learn on their own.

### Scriptures and Gospel Principles

* *John 5:19*: This verse is used to illustrate the importance of model behavior in parenting, following the example set by our Heavenly Father.
* The words of President Russell M. Nelson and President Dallin H. Oaks regarding creating a gospel culture and making the home a center of learning.
* The invitation of President Nelson for each child to take charge of his or her own testimony of Jesus Christ and His gospel.

### Questions to Ponder

* How can we incorporate a gospel culture into our family life more effectively?
* In what ways can our homes become more centered on gospel learning? How can we teach our children freely and without restraint in today's world?
* What actions can we take to show our discipleship to our children?
* How can we be more active and intentional in the spiritual upbringing of our children?
* What obstacles or challenges do we face in trying to create a gospel-centered home, and how can we overcome them?

## 30. The Savior’s Healing Power upon the Isles of the Sea - Elder J. Kimo Esplin

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/55esplin?lang=eng>

### Summary

Elder J. Kimo Esplin discusses the power of temple blessings and its capacity to heal and unite individuals, families, and nations, using the example of a courageous Japanese woman who faced adversities and found strength in the gospel of Jesus Christ.

### Haiku

Temples bring us close, Healing hearts across the sea, In Christ, we find peace.

### Key Points

1. Elder Esplin narrates the story of a Japanese woman who, amidst the horrors of war, found strength and spiritual awakening, eventually leading her to the gospel of Jesus Christ and the promise of eternal families through temple ordinances.
2. Despite the immense challenges she faced, like the death of her husband, criticism from her community, and the geographical and linguistic barriers to attend the temple, the woman’s resolve to receive temple blessings remained unshaken.
3. The unity and love demonstrated by the Hawaiian Saints towards the Japanese Saints illustrates the healing and unifying power of temple worship and the gospel of Jesus Christ, transcending cultural and historical boundaries.

### Scriptures and Gospel Principles

* Malachi 4:2: The scripture emphasizes the healing power of the Savior, aligning with the story of the Okinawan woman finding peace and strength in the gospel during her darkest hours.
* Doctrine & Covenants 128:18: This verse alludes to the universal spread of the knowledge of the Savior, which is highlighted in Elder Esplin's prophecy fulfilment observation, especially in "isles of the sea" like Japan.
* President Russell M. Nelson’s teachings on the heavenly power accessed through keeping covenants: This principle is vividly demonstrated in the Okinawan sister's persistence in her faith despite facing immense adversities.

### Questions to Ponder

* What can we learn from the Okinawan sister's faith, and how can we apply it in facing our own trials?
* How has temple worship helped you feel the healing power of our Savior Jesus Christ?
* How can our faith lead us to help others in the community, as the Hawaiian Saints did to the visiting Japanese Saints?
* How can we, as individuals or as a congregation, work towards eliminating historical, cultural, or racial biases to foster unity and love, exemplifying the teachings of Christ?

## 31. Love Is Spoken Here - Elder Gerrit W. Gong

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/54gong?lang=eng>

### Summary

Elder Gerrit W. Gong speaks about the different languages of gospel love—warmth and reverence, service and sacrifice, and covenant belonging—and encourages members of the Church to learn to both speak and hear these languages.

### Haiku

Love spoken, Love heard,  
In service, sacrifice, warmth,  
Covenant conferred.

### Key Points

1. **Gospel Language of Warmth and Reverence:** This language involves expressing love and reverence in our relationship with the Lord, our families, and others, including the use of warm and relevant language in our prayers and interactions with each other.
2. **Gospel Language of Service and Sacrifice:** This principle emphasizes the importance of selfless service and sacrifice in expressing our love and devotion to the Lord, and in fulfilling our covenant commitments to Him and to each other.
3. **Gospel Language of Covenant Belonging:** Elder Gong highlighted the importance of understanding and acknowledging our covenant relationships with the Lord and with each other to express love and strengthen our bonds of unity and belonging in the gospel.

### Scriptures and Gospel Principles

* "Perfect love casteth out fear” (1 John 4:18)
* "For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it. For what is a man profited, if he shall gain the whole world, and lose his own soul?" (Matthew 16:25-26)
* Talks by President J. Reuben Clark on the principle of loving service and Elder David B. Haight on maintaining a calling in the Church

### Questions to Ponder

* How can we learn to better express our love using the three languages Elder Gong has highlighted?
* In what ways can we demonstrate the language of service and sacrifice in our lives?
* How does our covenant belonging with God and others affect our relationships and our expression of love in the gospel?
* How can we improve our communication and understanding of these three gospel languages of love?

## 32. We Are His Children - Elder Christophe G. Giraud-Carrier

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/56giraud-carrier?lang=eng>

### Summary

Elder Giraud-Carrier teaches that we should see each other as children of God, beyond any mortal labels or distinctions, and treat each other accordingly.

### Haiku

Beyond mortal guise, See His children, understand, With love in our eyes.

### Key Points

1. Elder Giraud-Carrier points out that we often pass judgment or conclusions based on appearance, hearsay, or labels. This is not how the Lord views us - He sees the heart and the potential within each of His children.
2. We are first and foremost children of God, regardless of our cultural background, nationality, social standing, or any other label. Our divine origin and limitless potential are promised through the grace of Jesus Christ.
3. Our attitudes and actions towards others should reflect our understanding of our heavenly parentage. We should strive to see and treat others as the Lord does, with love and acceptance, regardless of their circumstances or differences.

### Scriptures and Gospel Principles

* 1 Samuel 16:7: A scripture referred to where God rectifies Samuel's perception of potential kings, emphasizing that man looks on the outward appearance, but the Lord looks on the heart.
* Acts 9:15: The Lord calls Saul an unexpected chosen vessel, thereby teaching Ananias not to judge by reputation or hearsay.
* 2 Nephi 26:33: This scripture states that all are alike unto God, an important principle reiterated throughout the talk.
* Romans 8:16: Cited in the talk as evidence of our divine heritage as children of God.

### Questions to Ponder

* How can we move past our judgments based on appearance or hearsay and see the hearts of those around us?
* How does understanding our divine heritage influence how we view and treat others?
* How can we strive to see and minister to others as the Lord does, regardless of their circumstances or differences?
* How does the principle of 'covenant belonging' impact our interactions and relationships within the church community?
* As children of Heavenly Father, how should we re-evaluate the labels we attach to individuals?

## 33. Think Celestial! - President Russell M. Nelson

<https://www.churchofjesuschrist.org//study/general-conference/2023/10/51nelson?lang=eng>

### Summary

In President Russell M. Nelson's talk, "Think Celestial!", he emphasizes three key aspects: our life choices determine our eternal outcome, the importance of being spiritually minded (thinking celestial), and the significance of the Eternal family.

### Haiku

Choices carve our path, Think celestial, shine your light, Eternity's draft.

### Key Points

1. **The Consequence of Choices**: President Nelson emphasizes that our choices in this life will determine where and with whom we live in eternity and the type of body we will receive. Living according to Celestial laws will yield Celestial rewards.
2. **Thinking Celestial**: This means being spiritually minded and shaping our thoughts, actions, and decisions with an eternal perspective. By doing so, we align our hearts with God’s plan and experience spiritual growth.
3. **Eternal Families**: God’s eternal plan includes the sealing of families in the temple. He warns against the danger of violating such covenants, which could separate us from our families in the eternities.

### Scriptures and Gospel Principles

* **2 Nephi 9:39**: "to be spiritually-minded is life eternal."
* **Doctrine and Covenants 132:7,13**: "All covenants, contracts, bonds, obligations, oaths, vows, performances, connections, associations, or expectations, that are not made and entered into and sealed by the Holy Spirit of promise... have an end when men are dead."
* **1 Timothy 4:1**: "In the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils."

### Questions to Ponder

* How can we practice "thinking celestial" and being more spiritually minded day to day?
* What choices we have made so far that will impact our eternal outcome?
* How can we successfully balance our spiritual commitments and worldly responsibilities?
* How does staying close to our heavenly parents and making wise choices impact our families now and in the eternities?
* How can we show gratitude for the Atonement and Jesus Christ in our daily lives?