

Sunday Afternoon Session

Hymn: (Hymn) - Hymn (#)

Conducting: President Dallin H. Oaks, First Counselor in the First Presidency

Hymn: (Hymn) - In Hymns of Praise (#)

Invocation: Gary B. Sabin of the 70

Hymn: (Hymn) - I Believe in Christ (#)

I have always loved this song. I love how it talks about what we believe in.

Talk: [Henry B. Eyring](#) - Second Counselor in the First Presidency

-- Wow. He really wears his faith (and heart) on his sleeve. I had never seen any more emotional during a talk than him! (not bashing, just an observation)

Try, Try, Try

Major Themes: Enduring trials, sacrament, taking the name of Christ

- The conference has been uplifting and edifying
- We all face in tests and have room to grow
- Former ministering partner's advice: "Hal, when you meet someone, treat them as if they were in serious trouble, and you will be right more than half the time."
 - The counsel is correct but the estimate was low.
- God designed the tests, thus he also designed a way through them.
- Since the beginning, the tests have not been easy. We face trials that come from having mortal bodies. ... The world and your life can seem to you to be in increasing commotion
- Build upon the rock of foundation and we will not fall
- Life is not supposed to be easy
- The test of life is not easy. It was never supposed to be
- With God, nothing is impossible
- Amen = Willing
 - *I heard that once and everytime I say amen after a prayer I think of do I really believe in what they said?*
 - *I had not heard that before. I might need to do a study on it.*
- Jesus Christ experienced all the sorrows, the pains, the effects of our sins so that He could comfort us and strengthen us through every test in life
- Being willing to take Christ's name upon us is not the same as taking his name
- Each time we say amen to the sacramental prayers, we acknowledge that we're promising to take upon us the name of Christ, and obey his commandments
- My reassurance is this, simply: the loving God who allowed these tests for you also designed a sure way to pass through them. Heavenly Father so loved the world that He sent His Beloved Son to help us
- Two crucial questions:
 - "What must I be doing to take upon my myself His name?"
 - "How will I know when I am making progress?"
- *What does meek mean?*

- <https://www.lds.org/general-conference/2018/04/meek-and-lowly-of-heart?lang=eng>
- Yet it takes more than speaking for him to take His name upon us. There are feelings in our heart we must have to qualify, including faith, hope, and charity
- It takes fervent prayer to Heavenly Father to learn what words we could speak to help the Savior in His work
- He answers the prayers of meek volunteers like you.
- The Savior is putting his name in your hearts. Many of you are finding your faith in Him increasing
- You are feeling more hope and optimism. And you are feeling the pure love of Christ for others and for yourself
- By your being willing to take His name upon you, you will lift the burden of countless others
- *What is wrong with his wife*
 - *She's had dementia for a long time. He talked about it in his biography which was released in 2013. He was her primary caretaker when called as a counselor to Pres Hinckley (2007) and was overwhelmed.*

Talk: [Brian K. Ashton](#) - Second Counselor in the Sunday School General Presidency

The Father

Major Themes: Key doctrine of the Father. Wonder if the Savior loves us. Becoming like the Father.

- To be like the Father we needed
 - A body that could become immortal and perfect
 - Be married
 - Progress toward perfection
- The father gives us good gifts
 - The gift of the holy ghost
 - All of the blessings come from the Father
 - At times he chastens us... this is a gift.
- An incorrect view of His nature can make us feel as if we can never return to Him.
- he Lord works for the good of those who love him
- He does not change. He cannot lie.
- To become like our Heavenly Father we must develop His character traits
- Ye have not as yet understood how great blessing the father has for you
- He wants our eternal happiness even more than we do.
- It is the Father who sends the influence of the Spirit
- God is more concerned about helping us progress than judging or condemning us
- Heavenly Father has given us all that we have.
- Heavenly Father is ALWAYS there for us
 - *H.F knows if we are sleeping, he knows if we are awake he knows if we have been good or bad.*
- *The past present future*
- He loves all of his children.
- He wants us to return to live with Him.
- Heavenly Father knows how to exalt us.
- God chastens us not to condemn us, but to guide us back to the path that leads back to him

- We won't become like the Father on our own. ... I invite you to trust that Heavenly Father knows how to exalt you

Talk: [Robert C. Gay](#) - Presidency of the Seventy

My dad was on a phone call with him just two weeks ago

Apparently Pres Ballard said to him the Lord needs you so get in shape. Physically?

Taking Upon Ourselves the Name of Jesus Christ

Major Themes: Don't Judge

- His sister struggled with church activity. Her husband had left her earlier in life and she always struggled. Near the end of her life, Elder Gay gave her a blessing and was rebuked by the Lord who showed him how good his sister was despite her great trials.
- When I placed my hands on her head I received a...rebuke from the Spirit.
- Do not judge persons who swear, or break the Sabbath.
 - *Crap. I judged someone between sessions of conference who was mowing xhis lawn.*
- The Lord said to him: Can't you see that everyone around you is a sacred being?
- Understand people how they are not how we are
- No one is preordained to fail
- In the eyes of Christ all souls have infinite worth.
- To take upon ourselves the name of Christ means we faithfully strive to see as God sees
- Ask: "Do I know anyone that doesn't need the powers of heaven in their life?"
- Everyone around you is a sacred being
- Story of James E. Talmage caring for a neighbor family who was sick with diphtheria. The family lost 3 of 4 children, one of them dying in his arms. He didn't consider whether he would also get sick but focused on what the family needed.
 - *Wow!*
 - *I might need to do more research on Elder Talmage*
 - *My favorite Talmage folklore... he was single for a long time, in part because he was so busy with his career. He felt prompted that he should get married but told the Lord he was too busy, so if the Lord wanted him to get married, he would spent 30 minutes eating lunch at the park each day and the Lord should send his future wife to him there. And this is how he met his wife. ---I read this story on my mission but haven't been able to find record of it anywhere else and don't remember where I read it. I'd like to iron out some of the details so I don't mistell the story.*
 - *The Missionaries had given me the book "Jesus the Christ" by him. And I had seen a couple of snippets of him in the book "A Marvelous Work and a Wonder" by LeGrand Richards (that I had received from a couple other Missionaries back in 2003)*
- The Savior looked upon the Samaritan, the adulterer, the tax collector, the leper, the mentally ill and the sinner with the same eyes. All were children of His Father. All were redeemable
- We have taken upon ourselves the name of Christ. It is reflected in the name of our church.
- Love others, even if they don't love you back. Be kind to others, even if you don't agree with their ideals or decisions

- There is nothing to enjoy outside the gospel of Jesus Christ
- To take upon ourselves the name of Christ means we faithfully strive to see as God sees
- His grace is sufficient. He alone descended below all things. The power of His Atonement is the power to overcome any burden in our life
- We can always walk with the Lord
- Love others, even if they don't love you back. Be kind to others, even if you don't agree with their ideals or decisions
- Why would you ever turn away from the only Savior who can help you receive eternal happiness?
- Brigham Young said: Understand others as THEY are, not as YOU are
- Our Heavenly Father is aware of emotional struggles associated with anxiety, loneliness, depression or mental illness. He knows each person who has suffered injustice or who has been abused

Talk: [Matthew Carpenter - General Authority 70](#)

Wilt Thou Be Made Whole?

Major Themes: Repentance

- God knows all your weaknesses, but He does not exploit them. He is patient with them. He helps you overcome them
- Mortal infirmities can refine us and deepen our reliance upon God. But when we allow Christ to be involved, he will always strengthen us spiritually so we can have greater capacity to endure our burdens
- When we allow Christ to be involved, He will always strengthen us spiritually so we can have greater capacity to endure our burdens
- There is no ailment Christ cannot heal.
- Healing occurs according to His will.
- Jesus Christ can heal us
 - Physically (Like the stroke)
 - Then worthily (Like when we sin)
- Christ can also heal us when we sin.
- It is never a good idea to procrastinate repentance. Loved ones may feel wounded but that should be secondary to repentance. God will heal the victims.
- The faster we repent and bring the atonement into our lives, the sooner we can be healed from the effects of sin.
- When our repentance process is complete, no scars remain. "I the Lord remember them no more"
- If you have stepped off the path
 - Please come back
 - ACT NOW! We must not delay, we must act today to avoid spiritual paralysis.
- Jesus Christ can change our hearts, heal us from the effects of injustice or abuse we may experience, and strengthen our capacity to bear loss and heartache, bringing us peace to help us endure the trials of our lives, healing us emotionally
- Choose to take the healing medicine today do not delay.
- Our spiritual healing requires us to submit ourselves to the conditions our Savior has outlined. We must not delay. We must act today. Act now so that spiritual paralysis does not prevent your eternal

progression. Take it today do not delay

- Much like an injury getting infected, if we don't treat our spiritual wounds quickly they could get worse
- God the Father knows we will sin, but He has prepared a way for us to be redeemed
- Spiritual healing is not one-sided — it requires the Savior's redemptive power and sincere repentance on the part of the sinner

Hymn: [Glory to God on High #67](#)

Talk: [Dale G. Renlund](#) - Quorum of the 12

Choose You This Day

Major Themes: Obedience. Eternal progression

- Story of Mary Poppins
 - *I never thought I would see a Disney movie being referenced at a General Conference. Then too, I had seen where Star Trek and even Star Wars references filtered into a talk or a testimony*
 - *The movie was based on a book series. I haven't read the books so I'm not sure if this story was taken from the books and/or movie.*
- Our Heavenly Father's goal in parenting is not to have His children do what's right; it's to have His children choose to do what's right, and ultimately become like Him
- God is not interested in his children becoming trained pets. He wants us to become like him and live the life that he lives.
 - He wants us to grow up spiritually... heirs in His kingdom.
- In Jesus Christ we have an advocate with the Father.
- Heavenly Father cheers for our progress
- Lucifer is an accuser or prosecutor.
- Satan is the ultimate bully, the one who kicks people when they are down
 - And yet so many choose his because it is easy
- If Christ were teaching a child to walk and the child stumbled, He'd help the child get up and encourage the next steps. Christ is the helper and consoler. His ways bring joy and hope, eventually and always
- God doesn't want us to just do what's right, but He wants us to CHOOSE to do what's right.
 - This is an "aha!" moment for me.
- No one is out of God's reach.
 - Come back.
 - Repent.
 - Keep trying.
- Commandments are linked to our developing the attributes of godliness.
- God expects and desires that we choose and act for ourselves and not be acted upon. He will not force us.
- The moment we decide to change, God helps us return. No matter how far we have strayed.
- = Repentance
- All of us slip off the path. Some of us dive off the path
- Just as we cannot be force to obey, we cannot be forced to disobey
- God wants us to be on the Covenant path, but he gives us the dignity of choosing. He will not force us.

Through the gift of agency, we can choose to get on or off the path

- We should not be baby's who need help every step of the way
- No matter how far we have wandered, when we decide to come back, God helps us return
- Through the gift of agency God allows us to choose to get on the path. We can not force to get on or off the path. Even when people take away our agency, we can still choose to be righteous and follow the path
- From God's perspective, through sincere repentance and pressing forward with a steadfastness in Christ, once back on the path, it will be as if we were never off
- Indeed, God desires, expects and directs that each of His children choose for himself or herself. He will not force us
- We need to choose whom we still serve. The magnitude of our eternal blessings depends on choosing the living God and joining Him in His work
- Our choices determine who we are, and who we will become
- We have the agency to choose the path we follow.
 - We cannot, however, choose the consequences that come with the path we follow

Talk: [Jack N. Gerard](#) of the 70

Now Is the Time

Major Themes: Centering ourselves on Christ

- Wrong diagnosis
 - pulmonary embolism - a potential deadly condition (blood clots that travel to the lungs)
- If there is anything in our lives we need to consider,
 - NOW IS THE TIME!
- Take a step back and assess our life
- Don't let the cares of the world get in the way of what really matters in this life
- Move away from the World and Evaluate Your Life
- Don't let go of the iron rod
 - Even if the other side looks fun
- I would invite you to consider an important lesson learned from this experience, to step back from the world and to assess your life
- Many are called but few are chosen... they aspire to the honors of men.
- Today is the perfect time to change.
 - Good, Better, best
 - Take the youth 7 day and General Women 10 day Social Media Fast
- If there are things that need changing, today is the perfect day for change
- We cannot heed the commotion of the world and let it shift our focus from the iron rod.
- I believe this is the one thing that we need to do, because in doing this we will have a way to judge all other things and will know of God's and Christ's desires for us in all things
- We are not human beings having a spiritual experience. We are a spiritual beings having a human Experience
- We live in a world of information overload dominated by ever-increasing distractions. Unless we take the time to reflect, we may not realize the impact of this fast-paced environment on our daily lives and

the choices we make

- Understanding our divine origins is essential to our eternal progress and can free us from the distractions of this life
- As this world moves swiftly to alternative realities, we must remember 'the Spirit speaketh the truth and lieth not.' (Jacob 4:13)
- May I suggest that the best things in this life are centered on Jesus Christ and understanding the eternal truths of who He is and who we are in our relationship with him
- Many online headlines and articles are written in a way to cause contention, because that's what sells and gets shared
 - Don't get caught up in it
 - Rise above it
 - Keep your focus on the Lord.
- We are spiritual beings living a temporal life
- In the Lord we can have peace

Talk: [Gary E. Stevenson](#) of the Quorum of the 12

Shepherding souls

Major Themes:

- Heavenly Father can turn a simple effort into something marvelous.
- Those who understand the true spirit of ministering realize that it goes far beyond merely being nice. Done in the Lord's way, ministering can have a far-reaching influence for good that ripples throughout all eternity
 - Just like the talk yesterday more than just giving brownies
- That is a lot of sheep
 - But there is a lot of sheep in the world
 - As we are the shepherd
 - The lord is my shepherd
- 2000 sheep at the start of the season are often reduced by 10% by the end of the season. Young lambs are often picked off by predators.
- 15% of the shepherds' time was spent finding lost sheep. Sheep are more likely to be taken by predators when they wander from the flock
- The sooner lost sheep are found when they wander from the flock the easier it is to bring them back home
- Surround the lost sheep with friends upon their return
- Who is the shepherd? Every man, woman and child in the kingdom of God is a shepherd. No calling is required
- The Lord also requires assistance in the challenging labor of caring for the sheep in His flock
- This truth is at the heart of the Church's ministering efforts. Heavenly Father can take our simple daily efforts and turn them into something miraculous
- Article about a faithful sheep dog that stayed with sheep for months, faithfully watching over sheep that had wandered off.
- Lost sheep are particularly vulnerable to the dangers of predators

- Recovering lost sheep requires patience and discipline
- Brothers and sisters, our greatest challenges and our greatest rewards may come as we minister to lost sheep
- God loves you with a love that you cannot even begin to comprehend
- Those who recognize the true spirit of ministering recognize that it's more than just being nice. Every man, woman and child in the Kingdom of God is a shepherd. When we ascend from the waters of baptism, we are commissioned to minister

Talk: [Russell M. Nelson](#), President of the Church of Jesus Christ of Latter-Day Saints

Becoming Exemplary Latter-Day Saints

Major Themes:

- We look to the future with enthusiasm
- *Endowment timing about to be decreased?*
- I promise you that our rigorous attention to use the correct name of the Savior's Church and its members will lead to increased faith and access to greater spiritual power for members of His church
- Our need to spend time in the temple has never been greater.
- Importance of temple attendance is increasingly necessary.
- Care and maintenance of temples is important
- I promise that as you diligently work to remodel your home into a center of gospel learning, over time your Sabbath days will truly be a delight ... Changes in your family will be dramatic and sustaining
- I urge you to study these messages, commencing this week
- "I assure you that revelation continues in the Church and will continue until the 'purposes of God shall be accomplished and the great Jehovah shall say the work is done
- With the passage of time, temples are inevitably in need of refreshing and renewal. To that end, plans are now being made to renovate and update the Salt Lake Temple and other pioneer generation temples
- 12 more temples:
 - Mendoza, Argentina
 - Salvador, Brazil
 - Yuba City, CA
 - Phnom Penh, Cambodia
 - Praia, Cape Verde
 - Yigo, Guam
 - Puebla, Mexico
 - Auckland, New Zealand
 - Lagos, Nigeria
 - Davao, Philippines
 - San Juan, Puerto Rico
 - Washington County, UT (Around St. George)
-
- Blessed that God lives
- If you have reasonable access to a temple, I urge you to find a way to make an appointment regularly

with the Lord, to be in His holy house. And then keep that appointment with exactness and joy

- I bless you with increased faith in Christ and in His holy work, with faith and patience to endure your personal challenges in life
- Building and maintaining temples may not change your life, but spending your time in the temple surely will.
- To those who have long been absent from the temple, I encourage you to prepare and return as soon as possible
- I assure you that revelation continues in the Church and will continue until the purposes of God shall be accomplished and the great Jehovah shall say," the work is done."

Hymn: (Hymn) - Hymn (#)

Benediction: Michael John Utay

THOUGHTS:

- **WOW!!!!**
- A closer look on how our time is being used.
 - Is our valuable time being wasted on our phones, social media, games, and other gadgets that could be used for the Lord's work?
 - Is there something better we should be doing that we are neglecting, like family history, temple attendance, studying the scriptures, missionary work, service, ministering, ect....?
- In the immortal words of Emeril Lagasse (world renowned chef) This Conference was just kicked up **ANOTHER** notch!
- It seems to me like things have become more streamlined since I first learned about the church 15 years ago
- This is also making me sure things remain a go for my baptism next Sunday!
-
-
-
-
-
-
-
-
-
-
-
-

TO-DOs:

