

Enhance

YOUR CONFERENCE EXPERIENCE



Family Lessons



Activities



Recipes



A FAMILY PACKET FOR BEFORE, DURING,
AND AFTER GENERAL CONFERENCE

Deseret Book

General conference is something we look forward to twice a year. We know the General Authorities and General Auxiliary leaders spend much time preparing to speak to us. But how are we preparing to listen to them? How can we be ready to receive counsel from our leaders and get the most out of the experience?

This packet aims to provide a pre-conference FHE lesson to help you kick off the experience, activities to do during the week to put everyone in the right mind-set, activities to do during conference to capture insights, and a post-conference FHE lesson to wrap up and set goals for the next six months.

Contents

Prepare for General Conference 3
Family council journal page for planning	
Pre-conference FHE lesson	
Temple coloring page	
Little Lamb service ideas	
Watch/Listen to General Conference 8
Family conference treat	
Conference Bingo	
Capture thoughts/ impressions from the speakers	
Temple coloring page	
Learn and Apply after General Conference 16
Post-conference FHE lesson	
Family council journal for planning	
Deseret Book coupon	

Prepare

FOR GENERAL CONFERENCE

“As you prepare for general conference, I invite you to ponder questions you need to have answered. . . . There are messages in each general conference given as a gift and a blessing from heaven specifically for our personal life situations.”

— Elder Dieter F. Uchtdorf

Date: _____

Prayer: _____ Record Keeper: _____

In Attendance: _____

Discussion Topic: _____

Notes: _____

Next Steps: _____

Discussion Topic: _____

Notes: _____

Next Steps: _____

Other things to remember from our time together: _____

OUR FAMILY COUNCIL JOURNAL

the FAMILY COUNCIL can provide a time during which family members can learn to understand and love one another. A simple record of these councils — kept in a book like this — may become a precious family history document in the years to come.

with M. Russell Ballard

Inspired by President M. Russell Ballard's counsel for families to conduct regular family councils, this journal can be a helpful tool in making note of items discussed, keeping track of "next steps" and assignments, or simply recording humorous or sweet moments you'll want to remember.

Pre-Conference FHE Lesson

Prepare for general conference this upcoming weekend!

SONG WE THANK THEE, O GOD, FOR A PROPHET, HYMNS, NO. 19

SCRIPTURE MOSIAH 15:11

ACTIVITY FOR THE LITTLE ONES

Prepare two boxes or bags that you cannot see through. In one, put candy or some other treat. Leave the other one empty. Ask them who would choose box A (empty) and who would choose box B (candy). Was it hard to pick? Why? (They haven't seen what's inside, so they don't know what to choose.)

Now choose someone to look inside both boxes and keep the contents a secret. Ask them again — who would like to choose box A (empty) and who would like to choose box B (candy)? The person who saw inside the boxes knows where the treat is, so most of them should vote with that person. Why did they vote for box B? (Because they followed the person who knew what was in the boxes.)

Remind them that the prophet has “seen” inside the boxes. He knows the things we should do. If we will watch the choices he makes and do what he asks us to, the rewards will be great. If we don't, we will miss out on blessings.

LESSON FOR THE BIGGER ONES

Read the following statement from Bruce R. McConkie: “To worship . . . the Lord . . . ; to build up in faith, testimony, and desires of righteousness; to transact the business of the Church; to sustain the officers whom the Lord has appointed to administer the affairs of his kingdom; and to receive, from those appointed so to serve, the counsel, inspiration, and revelations needed in both temporal and spiritual fields. . . . They consist of a series of meetings at which the mind and will of the Lord is manifest to the people by the mouth of his servants.”

READ D&C 44:1-5

- What blessings will they receive by assembling together? (see verse 2)
- What is required before the Lord's Spirit will be poured out upon the people? (see verse 2)
- What blessings will come to the Church as they are obedient? (see verses 4-5).
- How have we seen the fulfillment of those promises in the Church today?

CONCLUDING QUESTION HOW CAN WE PREPARE FOR GENERAL CONFERENCE THIS WEEK?

Answers could include setting goals, writing in our journals, learning about our Church leaders, listening to uplifting music, serving others, and praying to have the Holy Ghost with us.

REFRESHMENT NESTLÉ TOLLHOUSE COOKIE PIE

Ingredients:

- 1 unbaked 9-inch pie crust, homemade or store-bought
- 2 large eggs
- 1/2 cup all-purpose flour
- 1/2 cup granulated sugar
- 1/2 cup packed brown sugar
- 3/4 cup butter, softened
- 1 cup semisweet chocolate chips
- 1 cup chopped pecans (optional)

Instructions

Preheat oven to 325 degrees F. Line a 9-inch pie plate with prepared crust; set aside.

Beat eggs in large mixer bowl on high speed until foamy. Beat in flour, granulated sugar, and brown sugar. Beat in butter. Stir in morsels and nuts. Spoon into pie shell.

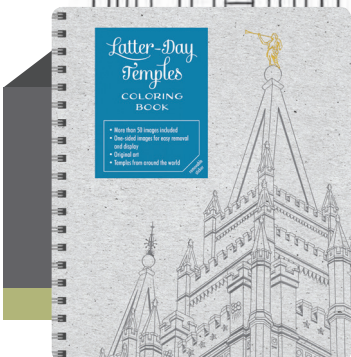
Bake 50 to 55 minutes or until knife inserted halfway between edge and center comes out clean.

Cool on wire rack or serve slightly warmed. Serve with ice cream or whipped cream. You can also drizzle chocolate syrup on top!



Refreshment recipe comes from *Six Sisters' Stuff Copycat Cooking*. Find 100+ popular restaurant meals you can make at home.

100+
POPULAR RESTAURANT MEALS YOU CAN MAKE AT HOME



With more than 50 individual temples represented, each page brings to life the beauty and serenity of the house of the Lord. Be inspired by the architecture and the many small details that artist Britnee Conlin has captured in the *Latter-Day Temples Coloring Book*.

SERVE SOMEONE!



- Do something kind for each person in your house
- Leave a special note in Mom or Dad's lunchbox
- Perform secret acts of service for neighbors
- Call a family member who lives far away
- Help out with housework
- Write a thank you note
- Pray with someone specific in mind

What ideas do you have?

- _____

- _____

- _____



The *Little Lamb from Bethlehem*[®] tells the story of Jesus' birth from the perspective of one of the lambs in the stable. Use Little Lamb to teach your family about the Savior's life and share how to follow His example and serve others throughout the year.

Watch / Listen

DURING GENERAL CONFERENCE

“Those who will address us have sought heaven’s help and direction as they have prepared their messages. They have been impressed concerning that which they will share with us.”

— President Thomas S. Monson



Cinnabon Cinnamon Rolls

Ingredients:

- 1 tablespoon active dry yeast
- 1/2 cup granulated sugar
- 3 eggs, beaten
- 1 cup lukewarm milk
- 1/2 cup butter, melted
- 1/2 teaspoon salt
- 4 cups all-purpose flour
- 1/4 cup butter, room temperature
- 3/4 cup brown sugar
- 2 tablespoons ground cinnamon

Cream Cheese Frosting

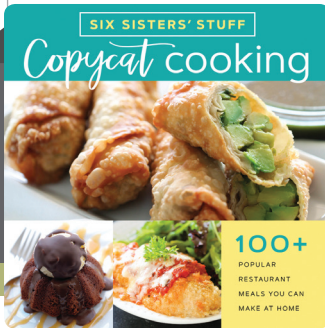
Mix yeast, sugar, eggs, milk, melted butter, and salt in a large bowl. Add 4 cups all-purpose flour. Mix well with a spoon, cover bowl with plastic wrap, and allow dough to rise 4 to 6 hours or overnight in the refrigerator. Do not knead the dough.

Roll out dough into a long, thin rectangle on a lightly floured surface. Spread on 1/4 cup softened butter. Mix together brown sugar and cinnamon. Spread evenly over the dough. Tightly roll into a jelly-roll shape, starting at the long end of the dough. Use a string or floss to cut dough into 1-inch pieces and place in a greased 9X13-inch baking pan. Cover and let rise an additional 30 minutes. Preheat oven to 375 degrees F. and bake 20 to 25 minutes or until golden brown. Frost with Cream Cheese Frosting while still slightly warm.

Cream Cheese Frosting

- 4 ounces cream cheese, softened
- 1 1/2 cups powdered sugar
- pinch of salt
- 1 teaspoon vanilla extract
- 1/4 cup butter, melted
- 2 tablespoons milk

In a medium bowl, beat together cream cheese, powdered sugar, vanilla, butter, and salt until smooth



Enjoy conference with your family and some nice warm cinnamon rolls! Want other tasty copycat recipes? Have fun with the new *Six Sisters' Stuff Copycat Cooking*. Find 100+ popular restaurant meals you can make at home.

Play General Conference Bingo!

Select some topics that could be talked about during general conference and write them on the Bingo Board (located on the next page). These topics can come from the provided list below or can be topics that you talked about as a family before conference began. Write a subject in every square.

Next, listen carefully to the speakers during conference, and when a speaker talks about one of the topics you wrote in your square, cover that square with a marker (such as a bean, button, or piece of candy). See if you can cover five squares in a row. Then see if you can cover all of the squares.

Topics: scriptures, resurrection, sustaining leaders, Atonement, Word of Wisdom, love, family, family history, tithing, mothers, repentance, temple, Jesus Christ, testimony, service, covenants, fathers, family prayer, prophets, Holy Ghost, general conference, faith, Book of Mormon, reverence, children, sacrament, missionaries, plan of salvation, service, baptism, priesthood, Joseph Smith, music.

General Conference
BINGO BOARD

(SEE INSTRUCTIONS ON PAGE 9)

		FREE		

General Conference
BINGO BOARD

(SEE INSTRUCTIONS ON PAGE 9)

		FREE		

General Conference
BINGO BOARD

(SEE INSTRUCTIONS ON PAGE 9)

		FREE		

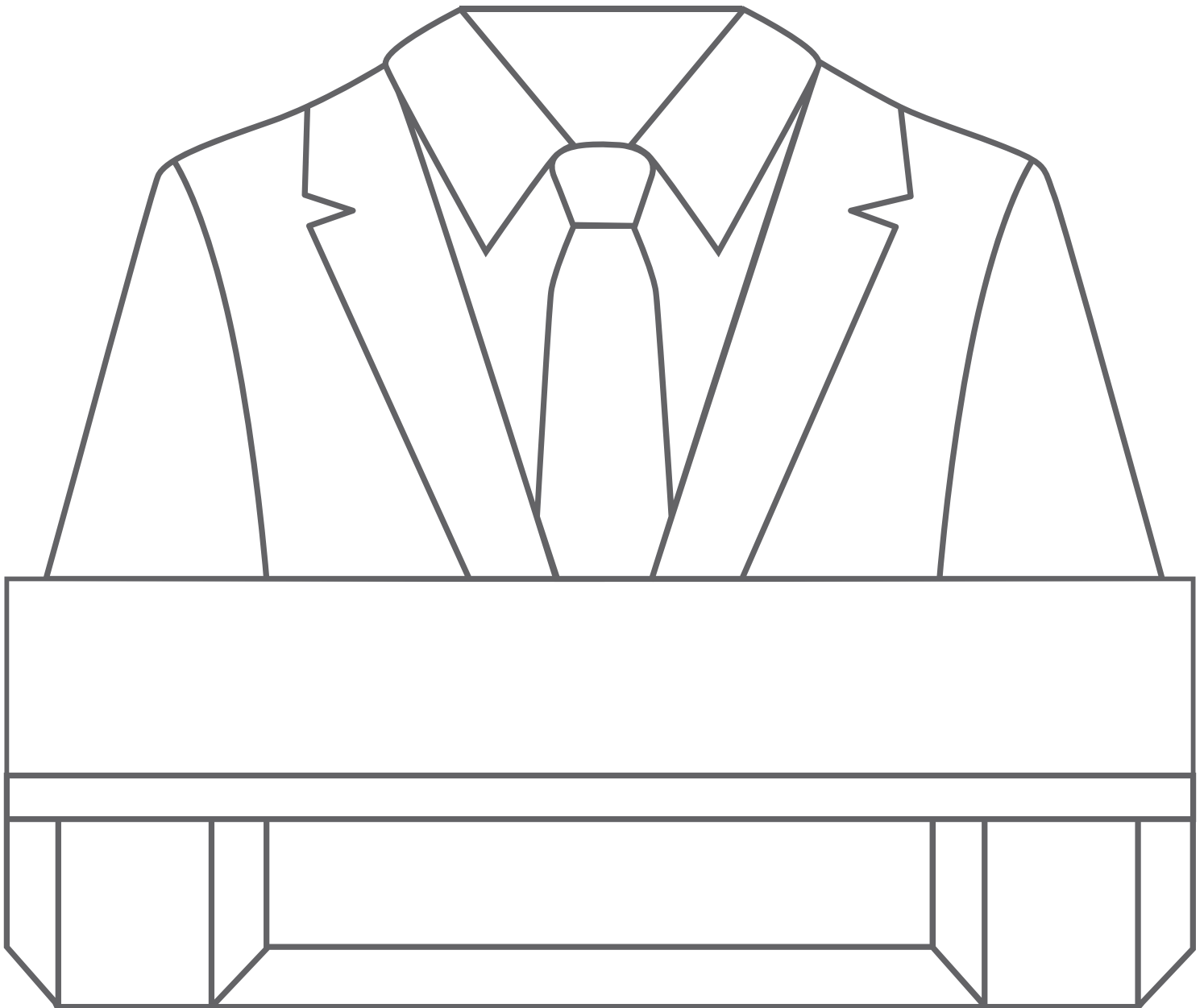
General Conference **BINGO BOARD**

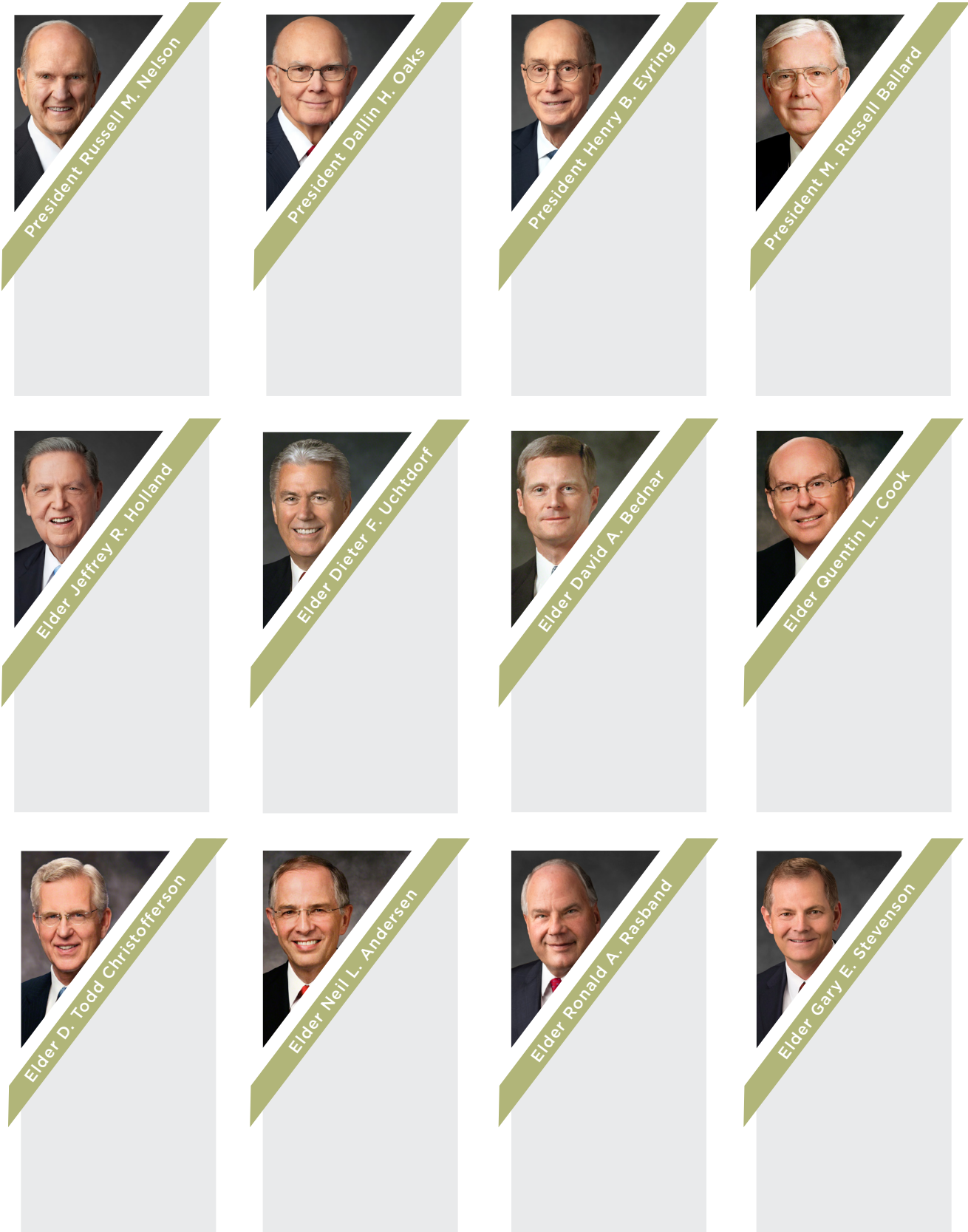
(SEE INSTRUCTIONS ON PAGE 9)

		FREE		

What tie is the prophet wearing for conference?













See if you can copy and color the tie the prophet is wearing!





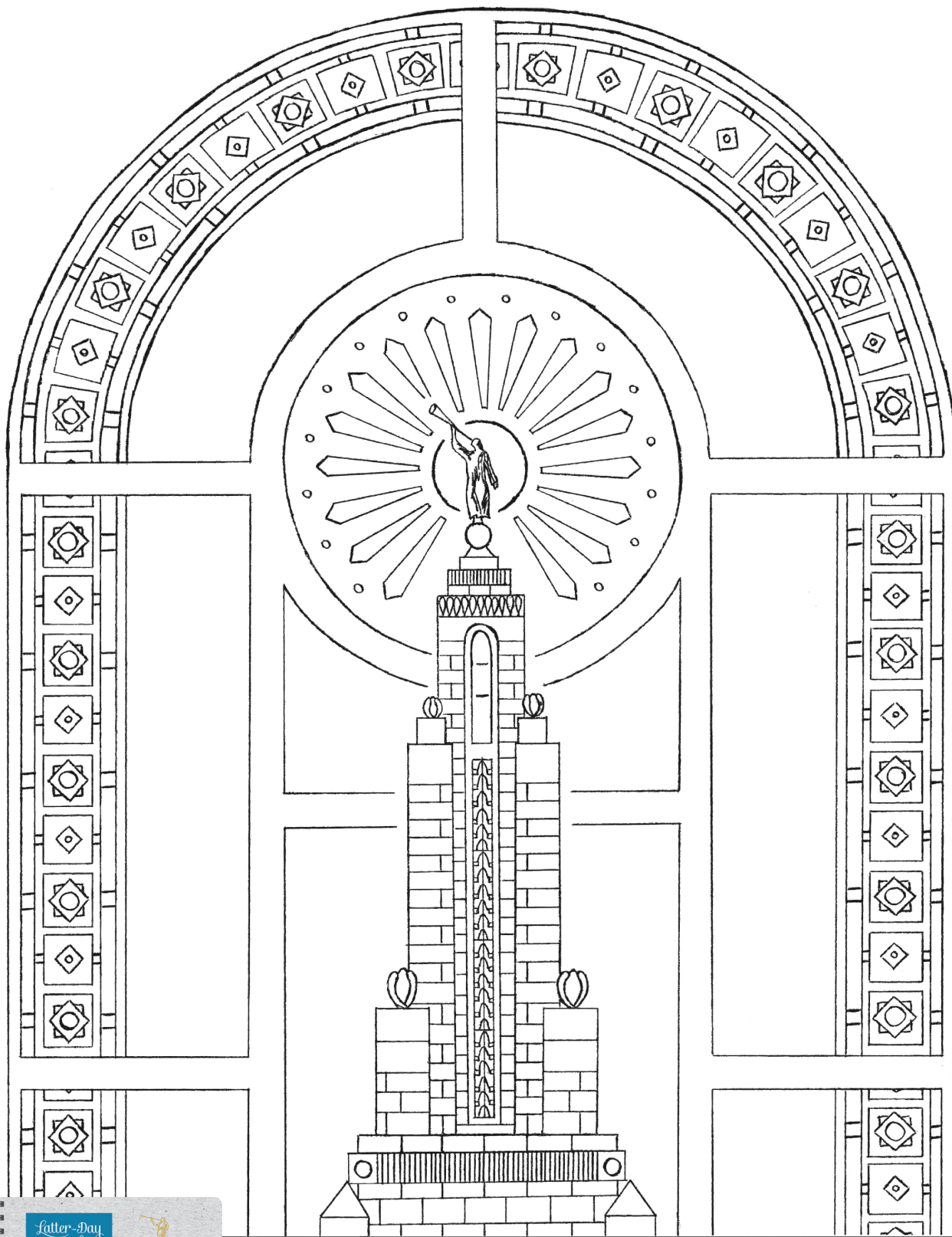
What did they talk about?

Write down in a few words or draw a picture of the important things they said.

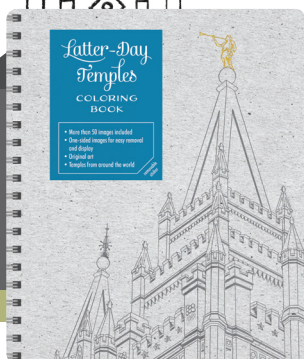
 <p>Elder Dale G. Renlund</p>	 <p>Elder Gerrit W. Gong</p>	 <p>Elder Ulisses Soares</p>	 <p>Speaker:</p>
 <p>Speaker:</p>	 <p>Speaker:</p>	 <p>Speaker:</p>	 <p>Speaker:</p>
 <p>Speaker:</p>	 <p>Speaker:</p>	 <p>Speaker:</p>	 <p>Speaker:</p>

What did they talk about?

Write down in a few words or draw a picture of the important things they said.



Redlands California Temple



With more than 50 individual temples represented, each page brings to life the beauty and serenity of the house of the Lord. Be inspired by the architecture and the many small details that artist Britnee Conlin has captured in the *Latter-Day Temples Coloring Book*.

Learn /Apply

AFTER GENERAL CONFERENCE

“The greatest blessings of general conference come to us after the conference is over. Remember the pattern recorded frequently in scripture: we gather to hear the words of the Lord, and we return to our homes to live them.”

— Elder Robert D. Hales

Post-Conference FHE Lesson

Discuss what your family learned during general conference!

SONG THE IRON ROD, HYMNS, NO. 274

SCRIPTURE 2 NEPHI 9:52

ACTIVITY FOR THE LITTLE ONES

Use YouTube or Gospel Media Library to play video clips of talks from the First Presidency, Apostles, and other General Authorities and Auxiliary leaders without letting anyone see the video. Have family members guess who is speaking just from the sound of the voice they hear. Once the person speaking is correctly identified, ask everyone to share what they remember from that person's talk.

LESSON FOR THE BIGGER ONES

Read the following quote from Elder Robert D. Hales: "The greatest blessings of general conference come to us after the conference is over."

- What does this quote mean to you?
- What blessings come after general conference is over?
- What was one of your favorite moments from general conference?
- Was there anything that touched your mind or heart?

CONCLUDING QUESTION WHAT ARE OUR FAMILY GOALS?

Look over your notes from general conference. On a large sheet of paper or chalkboard, write down phrases your family remembers or messages they appreciated. After a few minutes, look at your list and create goals your family would like to work on until the next general conference.

Keep your goals handy and organized in a designated journal or *Our Family Council Journal* (see next page).

REFRESHMENT WENDY'S FROSTY

Ingredients:

- 2 cups vanilla ice cream, slightly softened
- 1/2 cup milk
- 3 tablespoons Nesquik Chocolate Flavor Powder
- (1.55-ounce) Hershey's Milk Chocolate Bar, Shaved

Instructions

Combine the softened ice cream, milk, and Nesquik powder in a blender. Mix until combined. Pour into two cups and add Hershey's bar shaving on top.



Date: _____

Prayer: _____ Record Keeper: _____

In Attendance: _____

Discussion Topic: _____

Notes: _____

Next Steps: _____

Discussion Topic: _____

Notes: _____

Next Steps: _____

Other things to remember from our time together: _____

OUR FAMILY COUNCIL JOURNAL

THE FAMILY COUNCIL
can provide a time during which
family members can learn to
understand and love one another.
A simple record of these councils
—kept in a book like this—may become a
precious family history document
in the years to come.

with M. Russell Ballard

Inspired by President M. Russell Ballard's counsel for families to conduct regular family councils, this journal can be a helpful tool in making note of items discussed, keeping track of "next steps" and assignments, or simply recording humorous or sweet moments you'll want to remember.

LDS Living

20 Ways to Power Your Life with Conference All Year Long



Every six months, we have the opportunity to tune in to new sessions of general conference where we can receive powerful inspiration and counsel from our Church Leaders. As amazing as that opportunity is, we sometimes neglect to revisit conference talks after the weekend is over, never taking full advantage of all they have to offer. When we do this, we are missing out. Here are 20 suggestions for making the most of general conference, allowing it to power our lives every month, week, and even day, of the year:

1. Seek spiritual nourishment on the commute to work and/or school. Listening to one or two conference talks en route can make the commute more uplifting and less stressful, and can also give a clearer sense of priorities and greater spiritual power as we navigate our days.

2. Create a spiritual road map while on a road trip. Before heading cross-country, choose some conference talks to listen to on the drive. If you have kids, invite them to help choose which talks you listen to. Share the analogy that just as a road map or a GPS can help us get where we want to go, listening to the inspired words of our Church leaders can help us go where we want to go in this life and the next.

3. Get spiritually fit while getting physically fit. Whether walking, running, or lifting weights, tune in to a conference talk while you exercise. If you usually listen to music while working out, try a 10-minute

conference talk before turning on the music. Even those few minutes can provide a beneficial spiritual booster shot.

4. Put your smartphone to work while getting ready for the day. Using the LDS Gospel Library phone app, turn up a conference talk while getting dressed, brushing your teeth, applying make up, etc. Some mornings you may not be able to squeeze in an entire talk, but a portion of an inspiring talk is far better than no talk at all.

5. Copy your favorite conference talk quotes into a notebook or journal. Revisit them often for a quick, sure dose of inspiration.

6. Set a goal for the next six months based on one or more of the challenges issued by speakers in general conference. Keep a journal to track your progress. Recent conference talk challenges have included “come to sacrament meeting prepared to have a truly spiritual experience” (Cheryl Esplin, October 2014), “acknowledge and face your weaknesses, but don’t become immobilized by them” (Elder Jorg Klebingat, October 2014), and “defend your beliefs with courtesy and compassion, but defend them” (Elder Jeffrey R. Holland, April 2014).

7. Using various conference talks, make a deep study of a specific gospel subject. Underline, highlight, or copy passages that inform and inspire you, praying and pondering as you study. If you’re

interested in studying about gratitude, consider beginning with President Monson's talk "The Divine Gift of Gratitude" from the October 2010 general conference. Brainstorm a list of subjects for future focused study, perhaps including forgiveness, integrity, finding peace during difficult times, and the pure love of Christ.

8. Generate inspiring dinnertime conversations.

Write thought-provoking conference talk quotes on 20-25 colorful slips of paper and put them into a glass jar. During dinner, have a family member pull one out, read it, and share his or her thoughts, inviting other family members to add their own.

9. Fill a binder with copies of your very favorite conference talks from over the years so you can easily revisit them. These talks can provide excellent resources for preparing your own sacrament meeting talks or Sunday lessons.

10. When ministering, prayerfully consider whether there may be a message from conference that could bless them. Consider printing it off and including a personal message like, "I thought of you when I read this talk." Those we visit will be touched by the extra effort we make to let them know we care.

11. Text inspiration. Invite a few friends or family members to join a texting group where you take turns sending out a favorite conference talk quote with a brief personal message. Maybe you text a message out on Mondays while another friend sends hers out on Tuesdays, and so on. Sending and receiving such texts can serve as a great antidote to our hurry-up world, inviting us to slow down and ponder a gospel gem.

12. Post a favorite conference talk quote on social media. Make sure you also share the title of the talk it's from and the speaker. Include a link to the entire talk, and invite friends to share one of their favorite quotes from conference.

13. Memorize a passage from a conference talk that you find especially moving. Memorizing such a passage weaves its power into the fabric of your spirit, making it available to you whenever you need it, no matter your circumstances. Consider this great quote for memorization: "The more we devote ourselves to the pursuit of holiness and happiness, the less likely we will be on a path to regrets. The more we rely on the Savior's grace, the more we will feel that we are on the track our Father in Heaven has intended for us." - Elder Dieter F. Utchdorf, October 2012 General Conference.

14. Post a favorite conference talk quote where you and others in your household will see it often. Stick it on the bathroom mirror or the fridge, or maybe frame it and post it by the front door for all to see just before they make their way out into the world.

15. Make a focused study of one Church leader's words by reading and listening to as many of his or her talks as you can. Seek as never before to learn from that person's inspired perspective, insights, testimony, and counsel. Then choose another general authority or general officer and learn everything you can from his or her words.

16. Start a conference talk discussion group. Choose a talk you would love to discuss with others and invite them to read the talk and get together to talk about it on a given day or evening. To jumpstart the conversation, invite participants to share what passages or ideas stood out to them, what new insights they gained, and how we can apply this talk to our lives. This can be a great opportunity to learn and grow together, magnifying the power of just one talk.

17. Following general conference weekend, invite family members to choose a favorite talk and share what they loved about it. This can be done for family home evening, at the dinner table, or during several family gospel study sessions. Such sharing gives us added insights into the gospel, but also into each member of our family.

18. Record some of your favorite quotes from conference in a note-taking app on your smartphone. Challenge yourself to look at these quotes more often than you check in on social media or surf the internet.

19. Purchase extra print copies of the general conference issue of the *Ensign*. Provide one for every family member, as well as a few additional copies to share with friends and family members not of our faith. As prompted, highlight one or two talks for them to read.

20. Search out wisdom while waiting or working. While standing in line at the grocery store or waiting in a doctor's office, read through or study a conference talk. Buoy your spirits while doing the dishes, folding clothes, or mopping the floor by listening to a talk from the priesthood or women's session of general conference.

by Debra Sansing Woods

new



bookshelf PLUS

unlimited audiobooks

Including sessions of General Conference

try it free for 30 days
bookshelfplus.com



Get 20% OFF

ANY FEATURED PRODUCT IN THIS PACKET*



VALID AT ANY DESERET BOOK STORE OR AT DESERETBOOK.COM. USE PROMO CODE PREP18.

*Some Restrictions Apply. See store for details.
Valid October 8—October 31, 2018

Our Family Council Journal
SKU: 5169760 \$12.79 with coupon

Six Sisters' Stuff Copycat Cooking
SKU: 5206065 \$17.59 with coupon

Little Lamb from Bethlehem
SKU: 5182475 \$21.59 with coupon

Latter-day Temples Coloring Book
SKU: 5194545 \$14.39 with coupon

Deseret Book

for more ideas or conference helps visit Desbook.com/conferenceprep