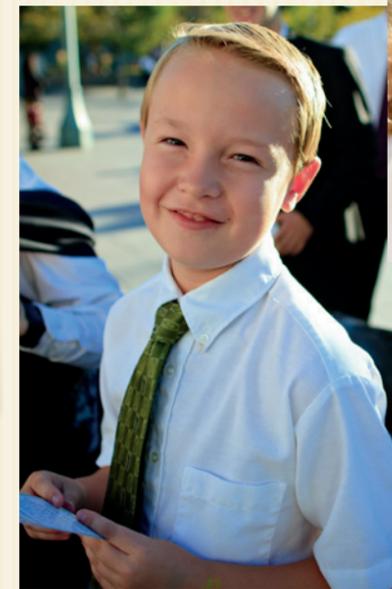


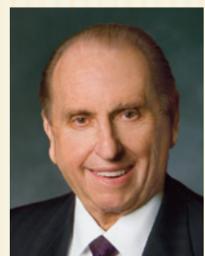
CONFERENCE NOTES

Here are some great stories and pictures from the October 2014 general conference. What were your favorite stories?

Find more conference story summaries online at friend.lds.org.



Follow Jesus



President Thomas S. Monson encouraged us to follow the example of Jesus Christ. We follow in His footsteps when we resist temptation, obey, serve others, and pray. We can find comfort by remembering that Jesus knows how it

feels to be disappointed or in pain. When we follow the example of Jesus Christ, we can return safely to our Heavenly Father to live with Him forever.

What this teaches me:

Share Gospel Goodness



Elder David A. Bednar told a story about two of his sons. Once, when the younger brother got a little hurt playing outside, the older brother took care of him. He washed the scrape, put on medical ointment, and bandaged his brother's whole

arm. The younger brother was so happy to feel better that he went outside and started putting ointment and bandages on his friends, so they could be happy too! Elder Bednar explained that this is like missionary work. Because the gospel has blessed our lives in many ways, we want to share that blessing with others.

What this teaches me:

Love the Sacrament



A group of young women once asked Sister Cheryl A. Esplin what she wished she had known when she was young. Sister Esplin said that part of her answer would be that she wished she had understood the sacrament better. She said that when

she takes the sacrament now, she sometimes thinks about a picture of the Savior with His arms outstretched, as if He wants to give us a hug. When we listen to the sacrament prayers and promise to follow Jesus, the sacrament can be a sacred and special time for us.

What this teaches me:

Grow Your Testimony



Some of the tallest trees in the world are in the Redwood National Park in the western United States. Elder Craig C. Christensen pointed out that even these huge trees began as tiny seeds. This is like our testimonies. Although our testi-

monies may start with one simple experience, they can grow big and strong over time as we nourish our spirits. We can help our testimonies grow by praying, studying the scriptures, and paying attention to the promptings of the Holy Ghost.

What this teaches me: