

A “One of the things the Spirit has repeatedly impressed upon my mind since my new calling as President of the Church is how willing the Lord is to reveal His mind and will.”¹

B “...We can pray to our Heavenly Father and receive guidance and direction, be warned about dangers and distractions, and be enabled to accomplish things we simply could not do on our own. If we will truly receive the Holy Ghost and learn to discern and understand His promptings, we will be guided in matters large and small.”¹

C “If Joseph Smith’s transcendent experience in the Sacred Grove teaches us anything, it is that the heavens are open and that God speaks to His children.”¹

D “If we are to have any hope of sifting through the myriad of voices and the philosophies of men that attack truth, we must learn to receive revelation.”¹

E “For many years, Church leaders have been working on an integrated curriculum to strengthen families and individuals through a home-centered and Church-supported plan to learn doctrine, strengthen faith, and foster greater personal worship. Our efforts over these recent years to hallow the Sabbath—to make it a delight and a personal sign to God of our love for Him—will be augmented by the adjustments we will now introduce.”²

F “Oh, there is so much more that your Father in Heaven wants you to know.”¹

G “We are each responsible for our individual spiritual growth. ...Parents have the primary responsibility to teach the doctrine to their children.”²

H “Does God really want to speak to you? Yes!”¹

From the Prophet

~ Blessings TO RECEIVE ~

- Guidance and direction in small thing and big things^{B, C, H, L, M}
- Warnings about dangers and distractions^B
- Enabled to accomplish things you cannot do on your own^B
- Hope to distinguish truth from all other messages^D
- Assistance in all righteous pursuits^K
- Comfort^M
- Knowledge and understanding you’re looking for^{H, O}
- Every blessing the Lord has for you, even miracles^{L, O}

~ TO DO ~

- Pray about concerns, fears, and weaknesses^{B, I}
- Learn to hear and understand the voice of the Spirit^{B, D}
- Learn doctrine^E
- Strengthen faith in Christ and in His Atonement^{E, N}
- Honor the Sabbath^E
- Listen for answers to prayers and write down thoughts^I
- Act on promptings^I
- Identify and set up counterstrategies and proactive plans to combat Satan’s attacks^J
- Take responsibility for your own spiritual growth, improve personal worship^{E, G}
- Teach children doctrine^G
- Combine the power of increased purity, exact obedience, earnest seeking, daily Book of Mormon study, regular time with temple and family history work^{L, O}
- Do the spiritual work necessary to stretch and increase your spiritual capacity to receive revelation and hear the voice of the Spirit more frequently and clearly^{M, Q}
- Make and keep covenants with God^N
- Strengthen families^N
- Express gratitude for every blessing from the Lord^O
- Patiently trust in the Lord’s timing^O
- Seek knowledge and understanding^O

~ TO UNDERSTAND ~

- God wants to speak to His children^{A, C, F, H, L}
- The Adversary is increasing attacks on faith and families^J
- Spiritual survival is not possible without counterstrategies, plans and the constant influence of the Holy Ghost^{J, M}
- You have a part in receiving revelation, gathering information helps you receive inspiration^{M, P, Q}

I “Pray in the name of Jesus Christ about your concerns, your fears, your weaknesses—yes, the very longings of your heart. And then listen! Write the thoughts that come to your mind. Record your feelings and follow through with actions that you are prompted to take.”¹

J “The adversary is increasing his attacks on faith and upon us and our families at an exponential rate. To survive spiritually, we need counter strategies and proactive plans.”²

K “Through the manifestations of the Holy Ghost, the Lord will assist us in all our righteous pursuits.”¹

L “Nothing opens the heavens quite like the combination of increased purity, exact obedience, earnest seeking, daily feasting on the words of Christ in the Book of Mormon, and regular time committed to temple and family history work.”¹

M “In coming days, it will not be possible to survive spiritually without the guiding, directing, comforting, and constant influence of the Holy Ghost....I plead with you to increase your spiritual capacity to receive revelation. ...Choose to do the spiritual work required to enjoy the gift of the Holy Ghost and hear the voice of the Spirit more frequently and more clearly.”¹

N “The long-standing objective of the Church is to assist all members to increase their faith in our Lord Jesus Christ and in His Atonement, to assist members in making and keeping their covenants with God, and to strengthen and seal their families.”²

O “I promise that as you continue to be obedient, expressing gratitude for every blessing the Lord gives you, and as you patiently honor the Lord’s timetable, you will be given the knowledge and understanding you seek. Every blessing the Lord has for you—even miracles—will follow.”¹

P “...Good inspiration is based upon good information...”¹

Q “I urge you to stretch beyond your current spiritual ability to receive personal revelation...”¹

¹ Russell M. Nelson, 4/2018, “Revelation for the Church, Revelation for Our Lives”

² Russell M. Nelson, 10/2018, “Opening Remarks”