



Eagle Mountain Utah, Silver Lake Stake Adult Institute Class

- 1 April 2021

Γεθσημανή

Gethsemane

“oil press”

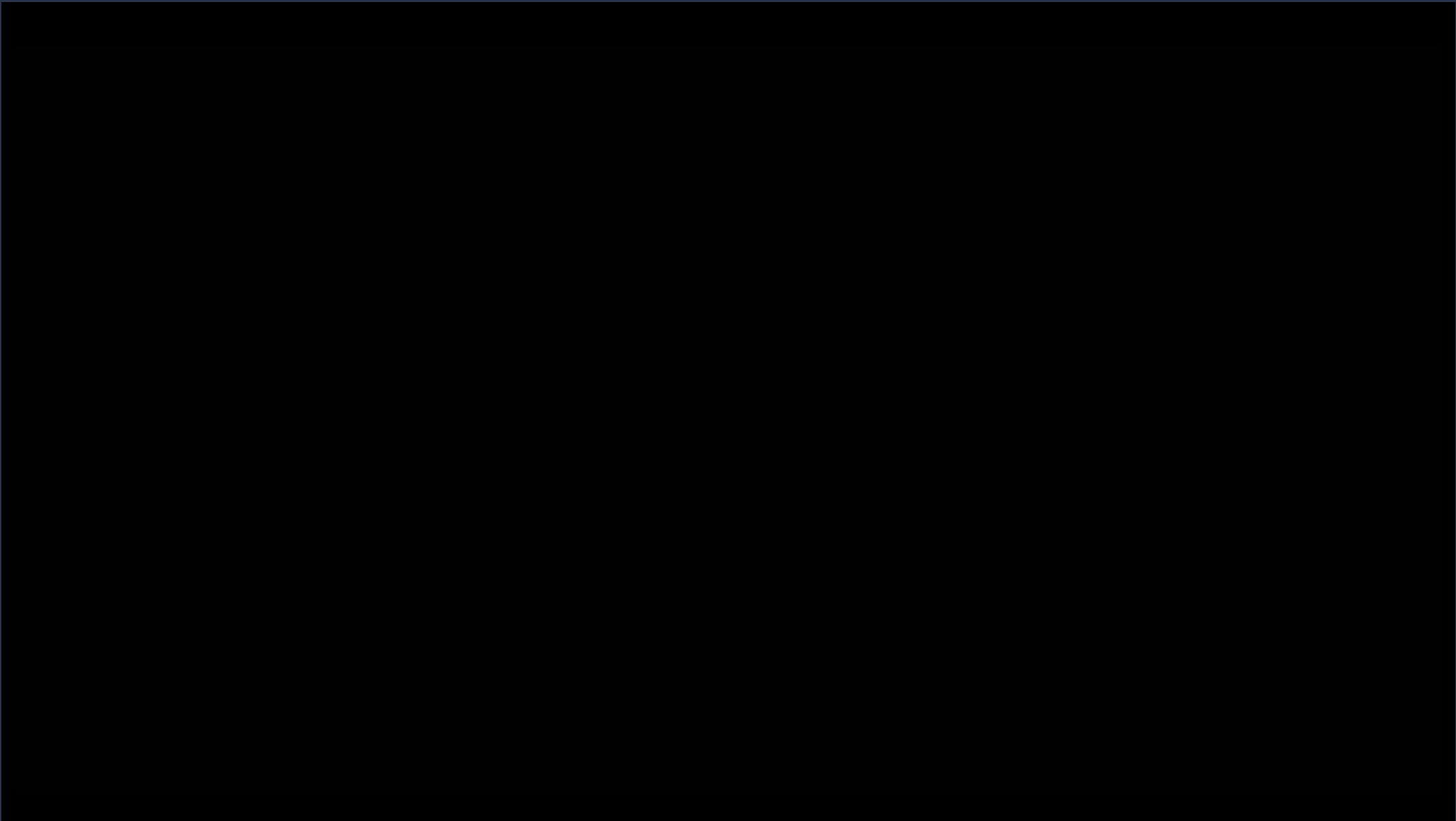
President Nelson, October 2016

As our Savior becomes more and more real to us and as we plead for His joy to be given to us, our joy will increase.

Joy is powerful, and focusing on joy brings God's power into our lives. As in all things, Jesus Christ is our ultimate exemplar, "who for the joy that was set before him endured the cross."¹⁷ Think of that! In order for Him to endure the most excruciating experience ever endured on earth, our Savior focused on *joy*!

And what was the joy that was set before Him? Surely it included the joy of cleansing, healing, and strengthening us; the joy of paying for the sins of all who would repent; the joy of making it possible for you and me to return home—clean and worthy—to live with our Heavenly Parents and families.

If we focus on the joy that will come to us, or to those we love, what can we endure that presently seems overwhelming, painful, scary, unfair, or simply impossible?



How to study General Conference:

Doctrine

Principles

Personal Impressions

Prophetic Questions

Invitations

Promises

Testimony and Witness of the Savior

The Voice of Mercy

Doctrine and Covenants 25:3

Doctrine and Covenants 31:5

Doctrine and Covenants 50:36

Doctrine and Covenants 61:2

Doctrine and Covenants 64:3,16

Doctrine and Covenants 90:1,6

Doctrine and Covenants 110:5

Doctrine and Covenants 29:3

Doctrine and Covenants 36:1

Doctrine and Covenants 60:7

Doctrine and Covenants 62:3

Doctrine and Covenants 75:8

Doctrine and Covenants 108:1

Doctrine and Covenants 112:3

Laying on of hands for the gift of the Holy Ghost is an ordinance administered in the authority of the Melchizedek Priesthood. In the process of coming unto the Savior and spiritual rebirth, receiving the sanctifying power of the Holy Ghost in our lives creates the possibility of an ongoing cleansing of our soul from sin.

Elder Bednar, April 2016

Whenever we, worthily and with real intent, participate in any gospel ordinance the Atonement of Jesus Christ is administered into our life.

Doctrine and
Covenants
84:19-21

- Ordinances received and honored with integrity are essential to obtaining the power of godliness and all of the blessings made available through the Savior's Atonement
- Elder Bednar, April 2016

Elder Dallin H. Oaks, October 1996

"In partaking of the sacrament, we can RENEW THE EFFECTS of our baptism. When we desire a remission of our sins through the Atonement of our Savior, we are commanded to repent and come to him with a broken heart and a contrite spirit (see 3 Ne. 9:20; 3 Ne. 12:19; Moro. 6:2; D&C 20:37). In the waters of baptism we witness to the Lord that we have repented of our sins and are willing to take his name upon us and serve him to the end (see D&C 20:37)....

The renewal of our covenants by partaking of the sacrament should also be preceded by repentance, so we come to that sacred ordinance with a broken heart and a contrite spirit (see 2 Ne. 2:7; 3 Ne. 12:19; D&C 59:8). Then, as we renew our baptismal covenants and affirm that we will "always remember him" (D&C 20:77), THE LORD WILL RENEW THE PROMISED REMISSION OF OUR SINS..."



October 2007
Conference

Oh, it is wonderful to know that our Heavenly Father loves us—even with all our flaws! His love is such that even should we give up on ourselves, He never will.

We see ourselves in terms of yesterday and today. Our Heavenly Father sees us in terms of forever. Although we might settle for less, Heavenly Father won't, for He sees us as the glorious beings we are capable of becoming.



Elder L. Tom Perry

April 2006
General Conference

The purpose of partaking of the sacrament is, of course, to renew the covenants we have made with the Lord. Elder Delbert L. Stapley instructed us in this when he said about covenants: “The gospel of our Lord Jesus Christ is a covenant between God and his people. ...By partaking of the Sacrament we renew all covenants entered into with the Lord and pledge ourselves to take upon us the name of his Son, to always remember him and keep his commandments” (in Conference, Oct. 1965).

President Boyd K. Packer, October 1995 General Conference

Some years ago, I was in Washington, D.C., with **President Harold B. Lee**. Early one morning he called me to come into his hotel room. He was sitting in his robe reading Gospel Doctrine, by **President Joseph F. Smith**, and he said, "Listen to this!

"Jesus had not finished his work when his body was slain, neither did he finish it after his resurrection from the dead; although he had accomplished the purpose for which he then came to the earth, he had not fulfilled all his work. And when will he? Not until he has redeemed and saved every son and daughter of our father Adam that have been or ever will be born upon this earth to the end of time, except the sons of perdition. That is his mission." (Gospel Doctrine 442)

- . President Uctdorf, April 2013

It can be discouraging at times to know what it means to be a son of God and yet come up short. The adversary likes to take advantage of these feelings. Satan would rather that you define yourself by your sins instead of your divine potential. Don't listen to him!

We have all seen a toddler learn to walk. He takes a small step and totters. He falls. Do we scold such an attempt? Of course not. What father [or mother] would punish a toddler for stumbling? We encourage, we applaud, and we praise because with every small step, the child is becoming more like his parents

Vaughn J. Featherstone, Ensign, September 2001

It is essential that we renew our covenants by partaking of the sacrament. When we do this with a sincere heart, with real intent, forsaking our sins, and renewing our commitment to God, the Lord provides a way whereby SINS CAN BE FORGIVEN WEEK TO WEEK. Simply eating the bread and drinking the water will not bring that forgiveness. We must prepare and then partake with a broken heart and contrite spirit. The spiritual preparation we make to partake of the sacrament is essential to receiving a REMISSION OF OUR SINS."

John H. Groberg, Conference Report, May 1989

"Do you remember the feeling you had when you were baptized—that sweet, clean feeling of a pure soul, having been forgiven, washed clean through the merits of the Savior? IF WE PARTAKE OF THE SACRAMENT WORTHILY, WE CAN FEEL THAT WAY REGULARLY , for we renew that covenant, WHICH INCLUDES HIS FORGIVENESS."

