

Friday

K N O W I N G

THEME

Knowing doctrine:
We feel joy because we know God's grace.

MUSIC

Rock of Ages
(#111 in English hymnbook)

Our Savior's Love
(#133 in English hymnbook)

I Know that My Redeemer Lives
(#136 in English hymnbook)

CHAPTERS FOR SCRIPTURE STUDY

1 Nephi 8, 11: The fruit of the tree, representing the love of God, fills us with joy.

Romans 5: We joy in God through Jesus Christ, by whom we have received the atonement.

SCRIPTURES

"And it came to pass that I beheld a tree, whose fruit was desirable to make one happy." (1 Nephi 8:10)

"And I answered him, saying: Yea, it is the love of God, which sheddeth itself abroad in the hearts of the children of men; wherefore, it is the most desirable above all things." (1 Nephi 11:22)

"And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us." (Romans 5:5)

"And not only so, but we also joy in God through our Lord Jesus Christ, by whom we have now received the atonement." (Romans 5:11)

QUOTES

” *The joy we experience in this life will be in direct proportion to how well our lives are centered on the teachings, example, and atoning sacrifice of Jesus Christ.*
(Richard G. Maynes, November 2015 General Conference)

” *The greatest service we can provide to others in this life, beginning with those of our own family, is to bring them to Christ through faith and repentance so they may experience His Redemption—peace and joy now and immortality and eternal life in the world to come.*
(D. Todd Christofferson, April 2013 General Conference)

Saturday

A C T I N G

THEME

Acting on doctrine:
We feel joy as we come unto Christ.

MUSIC

Come unto Him
(#114 in English hymnbook)

Come, Follow Me
(#116 in English hymnbook)

More Holiness Give Me
(#131 in English hymnbook)

Lord, I Would Follow Thee
(#220 in English hymnbook)

Choose the Right
(#239 in English hymnbook)

CHAPTERS FOR SCRIPTURE STUDY

Alma 22: "What shall I do ... that I may be filled with joy?" By following Christ we may be born of God, receive his Spirit, and be filled with joy.

3 Nephi 12: Blessed are the poor in spirit who come unto me; come unto me and be saved; first be reconciled to thy brother, and then come unto me with full purpose of heart

SCRIPTURES

"And since man had fallen he could not merit anything of himself; but the sufferings and death of Christ atone for their sins, through faith and repentance, and so forth; ... And it came to pass that after Aaron had expounded these things unto him, the king said, What shall I do that I may have this eternal life of which thou hast spoken? Yea, what shall I do that I may be born of God, having this wicked spirit rooted out of my breast, and receive his Spirit, that I may be filled with joy, that I may not be cast off at the last day?" (Alma 22:13-14)

"Yea, blessed are the poor in spirit who come unto me, for theirs is the kingdom of heaven."
(3 Nephi 12:3)

"Therefore come unto me and be ye saved; for verily I say unto you, that except ye shall keep my commandments, which I have commanded you at this time, ye shall in no case enter into the kingdom of heaven."
(3 Nephi 12:20)

"Therefore, if ye shall come unto me, or shall desire to come unto me, and rememberest that thy brother hath aught against thee— Go thy way unto thy brother, and first be reconciled to thy brother, and then come unto me with full purpose of heart, and I will receive you."
(3 Nephi 12:23-24)

"Yea, come unto Christ, and be perfected in him, and deny yourselves of all ungodliness; and if ye shall deny yourselves of all ungodliness, and love God with all your might, mind and strength, then is his grace sufficient for you, that by his grace ye may be perfect in Christ; and if by the grace of God ye are perfect in Christ, ye can in nowise deny the power of God. And again, if ye by the grace of God are perfect in Christ, and deny not his power, then are ye sanctified in Christ by the grace of God,

Moroni 10: Come unto Christ and be perfected in him

John 15: Abide in me [Christ] that your joy may be full.

through the shedding of the blood of Christ, which is in the covenant of the Father unto the remission of your sins, that ye become holy, without spot.” (Moroni 10:32-33)

*“Abide in me, and I in you. ... I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit, for without me ye can do nothing. ... If ye keep my commandments, ye shall abide in my life; even as I have kept my Father’s commandments, and abide in his life. These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.”
(John 15:4-5, 10-11).*

QUOTES

” *The closer we are to Jesus Christ in the thoughts and intents of our hearts, the more we appreciate His innocent suffering, the more grateful we are for grace and forgiveness, and the more we want to repent and become like Him. Our absolute distance from Heavenly Father and Jesus Christ is important, but the direction we are heading is even more crucial. God is more pleased with repentant sinners who are trying to draw closer to Him than with self-righteous, faultfinding individuals who, like the Pharisees and scribes of old, do not realize how badly they need to repent.
(Dale G. Renlund, April 2016 General Conference)*

” *By His words and His example, Christ has shown us how to draw closer to Him. Every child of Heavenly Father who has chosen to enter through the gate of baptism into His Church will have the opportunity in this life to be taught His gospel and to hear from His called servants His invitation, “Come unto me.”
(Henry B. Eyring, April 2013 General Conference)*

” *Above all, we proclaim our Savior and Redeemer, Jesus Christ. All that we are—all that we will ever be—we owe to Him. While we gaze in awe at His majesty, He does not ask us to stay our distance but bids us to come unto Him. “I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him” (Revelation 3:20).
(Neil L. Andersen, April 2009 General Conference)*

Sunday

SEEING

THEME

Seeing doctrine:
 We feel joy as we see the way God's sees, especially his love for us.
 We feel joy because we know God's grace.

MUSIC

Lead, Kindly Light
 (#97 in English hymnbook)

Jesus, Lover of My Soul
 (#102 in English hymnbook)

God Loved Us, So He Sent His Son
 (#187 in English hymnbook)

I Stand All Amazed
 (#193 in English hymnbook)

Dear to the Heart of the Shepherd
 (#221 in English hymnbook)

I Know My Father Lives
 (#302 in English hymnbook)

CHAPTERS FOR SCRIPTURE STUDY

John 3: God so loved the world, that he gave his only begotten Son

Luke 15: The shepherd goes after the one which is lost, bringing it home rejoicing, and invites others to rejoice also. There is joy in heaven over one

SCRIPTURES

"I have loved you, saith the Lord." (Malachi 1:2)

"What man of you, having an hundred sheep, if he lose one of them, doth not leave the ninety and nine in the wilderness, and go after that which is lost, until he find it? And when he hath found it, he layeth it on his shoulders, rejoicing. And when he cometh come, he calleth together his friends and neighbours, saying unto them, Rejoice with me; for I have found my sheep which was lost. I say unto you, that likewise joy shall be in heaven over one sinner that repenteth, more than over ninety and nine just persons, which need no repentance." (Luke 15:4-7)

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world through him might be saved." (John 3:16-17)

"Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God; for God is love." (1 John 4:7-8)

"Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins. Beloved, if God so loved us, we ought also to love one another." (1 John 4:10-11)

"There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love." (1 John 4:18)

"If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen? And this commandment have we from him, That he who loveth God love his brother also." (1 John 4:20-21)

sinner who repents.

1 John 4: Herein is love, not that we loved God, but that he loved us; if God so loved us, we ought also to love one another

QUOTES

” We teach that God’s love for His children is infinite. Regardless of race, nationality, or gender, He loves all of them. He has done so from the beginning and will continue to do so. He invites all to gain eternal exaltation for their family. His work and His glory is to bring to pass the immortality and eternal life—the exaltation—of His children.

(Russell M. Nelson, April 2010 General Conference)

” His gospel is a gospel of love—love for God and love for one another. He directs us to follow his example. Our discipleship is measured by how well we comply.

(M. Russell Ballard, April 1988 General Conference)

” One of the terms we hear often today is that God’s love is “unconditional.” While in one sense that is true, the descriptor unconditional appears nowhere in scripture. Rather, His love is described in scripture as “great and wonderful love,” “perfect love,” “redeeming love,” and “everlasting love.” These are better terms because the word unconditional can convey mistaken impressions about divine love, such as, God tolerates and excuses anything we do because His love is unconditional, or God makes no demands upon us because His love is unconditional, or all are saved in the heavenly kingdom of God because His love is unconditional. God’s love is infinite and it will endure forever, but what it means for each of us depends on how we respond to His love.

(D. Todd Christofferson, October 2016 General Conference)

Monday

R E M E M B E R I N G

THEME

Remembering doctrine:
We feel joy as we remember what Jesus did for us.

MUSIC

How Firm a Foundation
(#85 in English hymnbook)

The Lord Is My Light
(#89 in English hymnbook)

Jesus, the Very Thought of Thee
(#141 in English hymnbook)

Abide with Me; 'Tis Eventide
(#165 in English hymnbook)

CHAPTERS FOR SCRIPTURE STUDY

Mosiah 4: The people are filled with joy, having received a remission of their sins, because of the exceeding faith they had in Jesus Christ.

Alma 36: Alma remembered his father testify of Jesus Christ; he cried out to Jesus; his soul was filled with joy

3 Nephi 18: the institution of the sacrament

SCRIPTURES

"And they had viewed themselves in their own carnal state, even less than the dust of the earth. And they all cried aloud with one voice, saying: O have mercy, and apply the atoning blood of Christ that we may receive forgiveness of our sins, and our hearts may be purified; for we believe in Jesus Christ, the Son of God, who created heaven and earth, and all things; who shall come down among the children of men. And it came to pass that after they had spoken these words the Spirit of the Lord came upon them, and they were filled with joy, having received a remission of their sins, and having peace of conscience, because of the exceeding faith which they had in Jesus Christ who should come, according to the words which king Benjamin had spoken unto them." (Mosiah 4:2-3)

"And it came to pass that as I was thus racked with torment, while I was harrowed up by the memory of my many sins, behold, I remembered also to have heard my father prophesy unto the people concerning the coming of one Jesus Christ, a Son of God, to atone for the sins of the world. Now, as my mind caught hold upon this thought, I cried within my heart: O Jesus, thou Son of God, have mercy on me, who am in the gall of bitterness, and am encircled about by the everlasting chains of death. And now, behold, when I thought this, I could remember my pains no more; yea, I was harrowed up by the memory of my sins no more. And oh, what joy, and what marvelous light I did behold; yea, my soul was filled with joy as exceeding as was my pain!" (Alma 36:17-20)

"And this shall ye do in remembrance of my body, which I have shown unto you. And it shall be a testimony unto the Father that ye do always remember me. And if ye do always remember me ye shall have my Spirit to be with you." (3 Nephi 18:7)

"And when the disciples had done this, Jesus said unto them: Blessed are ye for this thing which ye have done, for this is fulfilling my commandments, and this doth witness unto the Father that ye are willing to do that which I have commanded you." (3 Nephi 18:10)

QUOTES

” *In his writings on the doctrines of salvation, President Joseph Fielding Smith teaches that we partake of the sacrament as our part of commemorating the Savior’s death and sufferings for the redemption of the world. This ordinance was introduced so that we can renew our covenants to serve Him, to obey Him, and to always remember Him. President Smith adds: “We cannot retain the Spirit of the Lord if we do not consistently comply with this commandment” (Doctrines of Salvation, comp. Bruce R. McConkie, 3 vols. [1954–56], 2:341). (Dallin H. Oaks, October 2008 General Conference)*

” *To remember means to keep in memory. In the scriptures, it often means to keep a person in memory, together with associated emotions like love, loyalty, or gratitude. The stronger the emotion, the more vivid and influential the memory. (Dallin H. Oaks, April 1988 General Conference)*

” *The key to the remembering that brings and maintains testimony is receiving the Holy Ghost as a companion. It is the Holy Ghost who helps us see what God has done for us. It is the Holy Ghost who can help those we serve to see what God has done for them. (Henry B. Eyring, October 2007 General Conference)*

Tuesday

T E S T I F Y I N G

THEME

Testifying doctrine:
We express our joy and gratitude in word and song.

MUSIC

All Creatures of Our God and King
(#62 in English hymnbook)

On This Day of Joy and Gladness
(#64 in English hymnbook)

Praise the Lord with Heart and Voice
(#73 in English hymnbook)

In Hymns of Praise
(#75 in English hymnbook)

God Be with You Till We Meet Again
(#152 in English hymnbook)

CHAPTERS FOR SCRIPTURE STUDY

Psalm 118: The Lord is on my side; I will not fear; the Lord is my strength and my song; this is the day which the Lord hath made; we will rejoice and be glad in it; thou art my God, and I will praise thee

Alma 26: I will boast of my God; have we not reason to rejoice?

SCRIPTURES

"The Lord is on my side; I will not fear: what can man do unto me?" (Psalm 118:6)

"The Lord is my strength and song, and is become my salvation." (Psalm 118:14)

"I will praise thee: for thou hast heard me, and art become my salvation." (Psalm 118:21)

"This is the day which the Lord hath made; we will rejoice and be glad in it." (Psalm 118:24)

"Thou art my God, and I will praise thee: thou art my God, I will exalt thee." (Psalm 118:28)

"Yea, I know that I am nothing; as to my strength I am weak; therefore I will not boast of myself, but I will boast of my God, for in his strength I can do all things; yea, behold, many mighty miracles we have wrought in this land, for which we will praise his name forever." (Alma 26:12)

"Now have we not reason to rejoice? Yea, I say unto you, there never were men that had so great reason to rejoice as we, since the world began; yea, and my joy is carried away, even unto boasting in my God; for he has all power, all wisdom, and all understanding; he comprehendeth all things, and he is a merciful Being, even unto salvation, to those who will repent and believe on his name." (Alma 26:35)

"And when the disciples had done this, Jesus said unto them: Blessed are ye for this thing which ye have done, for this is fulfilling my commandments, and this doth witness unto the Father that ye are willing to do that which I have commanded you." (3 Nephi 18:10)

QUOTES

” *The veil is very thin in the temples, especially when we join in worshipping through music. At temple dedications I have seen more tears of joy elicited by music than by the spoken word. I have read accounts of angelic choirs joining in these hymns of praise, and I think I have experienced this on several occasions. In dedicatory sessions featuring beautiful and well-trained choirs of about thirty voices, there are times when I have heard what seemed to be ten times thirty voices praising God with a quality and intensity of feeling that can be experienced but not explained. Some who are listening today will know what I mean.*
(Dallin H. Oaks, October 1994 General Conference)

” *Thus, the enabling and strengthening aspect of the Atonement helps us to see and to do and to become good in ways that we could never recognize or accomplish with our limited mortal capacity. I testify and witness that the enabling power of the Savior’s Atonement is real. Without that strengthening power of the Atonement, I could not stand before you this morning. Can we sense the grace and strengthening power of Christ in the testimony of Ammon? “Yea, I know that I am nothing; as to my strength I am weak; therefore I will not boast of myself, but I will boast of my God, for in his strength I can do all things; yea, behold, many mighty miracles we have wrought in this land, for which we will praise his name forever” (Alma 26:12). Truly, brothers and sisters, in the strength of the Lord we can do and endure and overcome all things.*
(David A. Bednar, October 2004 General Conference)

” *Jesus instructs His disciples to keep His commandments because He knows that as we follow His example, we will begin to experience joy, and as we continue on His path, we will come to a fulness of joy.*
(Jean B. Bingham, October 2017 General Conference)