Elder Christofferson, “The Joy of the Saints”

Here are our discussion questions and main themes summary for Elder Christofferson’s address from October 2019 General Conference, “The Joy of the Saints”. We hope it assists you in your learning and teaching.

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D. Todd Christofferson (Quorum of the Twelve Apostles), “The Joy of the Saints”
Major Themes: The joy of becoming Christlike – Christ is our joy. The joy of keeping commandments, overcoming weakness through Him, and serving.

General Conference Discussion Questions:

- Ultimately the joy of wickedness is temporary, while our joy as saints persists, Elder Christofferson teaches. How is the joy of discipleship enduring? Why is it enduring? What do we do when we feel it is not enduring?
- How is keeping the commandments a pathway to joy? What about commandments that are particularly difficult?
- How might the perspective expressed by Jack – that religion does not prevent bad things from happening or prevent ever having depression, but does allow us to cope with bad things and feel spontaneous joy – enrich our lives?
- What does it mean for our souls to “expand” and “grow” through Christ’s grace?
- Why is Jesus Christ’s agonizing, atoning death and suffering a joy for Him?
- How does being a Saint make our burdens seem light?
- How can we focus on joy in our lives and through our trials?
• How can we bring light, relief, and joy to others?

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