

ELDER DIETER F. UCHTDORF –

“Daily Restoration”

October 2021 General Conference

Study Guide and Lesson Helps by LovePrayTeach.com

STUDY GUIDE

As you read and study the talk, use this worksheet to record your thoughts and impressions.

Consider answering the following questions:

What **principles** and doctrine are being taught? What does Elder Uchtdorf want us to understand?

How can I **apply** this to my life? What am I inspired to do or change?

What **experiences from my life** illustrate these principles? What **scripture stories** illustrate these principles? How does this message focus on the **Savior**?

What are the **invitations** to act?

What are the **promises** for acting on the invitations?



PERSONAL STUDY IDEAS

There is really no wrong way to study the messages from General Conference. Any amount of study is better than none! Here are a few ideas to get you started:

- **Be prayerful and humble.** Begin with prayer and keep a prayer in your heart that you can receive the message that the Lord needs you to hear. Instead of thinking “I know this already” think “What can I learn from this?”, “What does Heavenly Father want me to do because of this message?”, or “What changes do I need to make?”
- **Listen to the audio.** You might choose a time when your hands are busy, but your mind is not. Times like getting ready in the morning, folding laundry, washing dishes, or tidying up the house. As you listen, you could create a note in the Gospel Library app and quickly jot down thoughts, questions, memories, scripture stories, etc. that come to mind while listening. Later when you prepare to teach, you can refer back to these thoughts. As you listen, pay close attention to things you are thinking about that have nothing to do with the talk as this can be personal revelation. What do you hear that is not being said?
- **Read the talk.** Choose a time when it is quiet, and you can be still. As you read, you might highlight words and phrases that stand out to you. Make notes of personal experiences that relate to the message, questions for further study and pondering, scripture stories that exemplify the principles being taught, etc. Refer back to the note you created when you listened to the talk, if applicable. The Gospel Library app gives easy access to all the conference talks.
 - Ask questions and look for answers. What principles and doctrine are being taught? What does this teach me about Heavenly Father and Jesus Christ? What invitations were extended? What blessings were promised? What testimony was born? What can I learn from this? What does Heavenly Father want me to do?
 - Study the scriptures cited in the talk. Look up, read, and ponder the scriptures that were quoted or mentioned by the speaker in the talk. What is the message of the scripture? What is the context? Why do you think this particular scripture was chosen?
- **Record your impressions.** As you study, write down the thoughts that come to your mind. Learning to receive and act on personal revelation is important for your spiritual growth.
- **Act.** After reading and studying the talk, ask and answer “What does Heavenly Father want me to do because of this message?” Choose one way to act on what you have learned. Will you set a goal to make changes in your life? Will you share your thoughts on social media? Will you teach this to your family or share the message with your ministering sisters? Follow the promptings of the Spirit, make a plan and follow through.

TEACHING IDEAS AND LESSON HELPS

Invite preparation. Let the sisters know in advance which talk you will be discussing together. Provide a link via email, social media, or text message for easy access. Ask the sisters to do something to prepare for the class. A few ideas are:

- Ask them to read or listen to the talk before class and come prepared to share their favorite quote.
- Give them a question to answer. For example, “Why is this message important at this time?” “What does the speaker want us to understand?”
- Ask them to look for the questions that the speaker asked and come prepared to share one of these questions.
- Ask them to read and come prepared to share what they feel is the main message of the talk.

You will get more participation if you ask an open-ended question that doesn’t have one specific answer. Consider asking what they think about it, how they feel about it, or what experiences they’ve had that illustrate the principles being discussed.

INVITE SHARING

Begin the class by following up on what you invited the sisters to do to prepare for class. Or you could simply ask “what experiences have you had living and learning the gospel this week?” Delay moving on until a few sisters have shared their experiences. Even if you have to awkwardly wait for a minute, pause in the silence and give them some time to think. Repeat the question if needed. Sharing experiences as Relief Society sisters strengthens and edifies us individually and as a group.

TEACH THE DOCTRINE

Walking in the Master’s Strait and Narrow Path of Discipleship

“We gather this beautiful Sabbath morning to speak of Christ, rejoice in His gospel, and support and sustain one another as we walk in ‘the way’ of our Savior.

“As members of The Church of Jesus Christ of Latter-day Saints, we assemble for this purpose every Sabbath day throughout the year. If you are not a member of the Church, we welcome you most warmly and thank you for joining with us to worship the Savior and learn of Him. Like you, we are striving—though imperfectly—to become better friends, neighbors, and human beings, and we seek to do this by following our Exemplar, Jesus Christ.

“We hope you can feel the sincerity of our testimony. Jesus Christ lives! He is the Son of the living

God, and He directs prophets on the earth in our day. We invite all to come, hear the word of God, and partake of His goodness! I bear my personal witness that God is among us and that He will surely draw near to all who draw near to Him.

“We consider it an honor to walk with you in the Master’s strait and narrow path of discipleship.”

Discussion and Study Questions:

- What is the purpose we gather for General Conference and every Sabbath day?
- What language does Elder Uchtdorf use when addressing those who aren’t members of the Church? What can we learn from this?
- How can we share the sincerity of our testimony with those who join us to worship?
- What is “the Master’s strait and narrow path of discipleship”?

The Art of Walking in a Straight Line Teaching Idea:

Watch or listen to Elder Uchtdorf give this portion of his talk. (Minute mark 1:41 to 3:25)

Then discuss what you just watched using the questions below or other questions you come up with.

The Art of Walking in a Straight Line

“There is an oft-repeated theory that people who are lost walk in circles. Not long ago, scientists at the Max Planck Institute for Biological Cybernetics tested that theory. They took participants to a thick forest and gave them simple instructions: ‘Walk in a straight line.’ There were no visible landmarks. The test subjects had to rely solely on their sense of direction.

“How do you think they did?

“The scientists concluded, ‘People really [do] walk in circles when they do not have reliable cues to their walking direction.’ When questioned afterwards, some participants self-confidently claimed that they had not deviated in the slightest. Despite their high confidence, GPS data showed that they walked in loops as tight as 20 meters in diameter.

“Why do we have such a hard time walking in a straight line? Some researchers hypothesize that small, seemingly insignificant deviations in terrain make the difference. Others have pointed to the fact that we all have one leg that is slightly stronger than the other. ‘More likely,’ however, we struggle to walk straight ahead ‘[because] of increasing uncertainty about where straight ahead is.’

“Whatever the cause, it is human nature: without reliable landmarks, we drift off course.”



Discussion and Study Questions:

- What do you find interesting about this research experiment and the results?
- What can we learn from this?
- Why do humans have a hard time walking in a straight line?
- What are “reliable cues” to walking direction? What are some “reliable cues” that we are walking in the right direction, spiritually speaking?
- Elder Uchtdorf shares the idea that we likely “struggle to walk straight ahead ‘[because] of increasing uncertainty about where straight ahead is.’” What lessons about spiritual direction can we learn from this? How can we know where spiritually straight ahead is for us?
- What do you think of the principle “without reliable landmarks, we drift off course”? When have you experienced it?

Straying from the Path

“Isn’t it interesting how small, seemingly insignificant factors can make a major difference in our lives?

“I know this from personal experience as a pilot. Every time I started the approach to an airport, I knew that much of my remaining work would consist of making constant minor course corrections to safely direct the aircraft to our desired landing runway.

“You might have a similar experience when driving a vehicle. Wind, road irregularities, imperfect wheel alignment, inattentiveness—not to mention the actions of other drivers—all can push you off your intended path. Fail to pay attention to these factors and you may end up having a bad day.

“This applies to us physically.

“It also applies to us spiritually.

“Most of the changes in our spiritual lives—both positive and negative—happen gradually, a step at a time. Like the participants in the Max Planck study, we may not realize when we veer off course. We may even have high confidence that we are walking a straight line. But the fact is that without the help of landmarks to guide us, we inevitably deviate off course and end up in places we never thought we would be.

“This is true for individuals. It is also true for societies and nations. The scriptures are filled with examples.

“The book of Judges records that after Joshua died, ‘there arose another generation ... which knew not the Lord, nor yet the works which he had done for Israel.’

“Despite the astonishing heavenly interventions, visitations, rescues, and miraculous victories the children of Israel witnessed during the lifetimes of Moses and Joshua, within a generation the people had abandoned the Way and began walking according to their own desires. And, of course, it did not take long before they paid the price for that behavior.

“Sometimes this falling away takes generations. Sometimes it happens in a matter of years or even months. But we are **all** susceptible. No matter how strong our spiritual experiences have been in the past, as human beings we tend to wander. That has been the pattern from the days of Adam until now.”

Discussion and Study Questions:

- Elder Uchtdorf states “Isn’t it interesting how small, seemingly insignificant factors can make a major difference in our lives?” When have you experienced this?
- Flying an airplane or driving a car requires “making constant minor course corrections” to arrive at the desired destination. What is our desired spiritual destination? In order to arrive at our desired spiritual destination, what are the constant minor course corrections we need to make?
- “Most of the changes in our spiritual lives—both positive and negative—happen gradually, a step at a time.” When have you found this to be true? What scripture stories illustrate this principle?
- Why is it important to remember that “we are **all** susceptible [to falling away]. No matter how strong our spiritual experiences have been in the past, as human beings we tend to wander.”?

Here’s the Good News

“But all is not lost. Unlike the wandering test subjects, we have reliable, visible landmarks that we can use to evaluate our course.

“And what are these landmarks?

“Surely they include daily prayer and pondering the scriptures and using inspired tools like *Come, Follow Me*. Each day, we can approach the throne of God in humility and honesty. We can ponder our actions and review the moments of our day—considering our will and desires in light of His. If we have drifted, we plead with God to restore us, and we commit to do better.

“This time of introspection is an opportunity for recalibration. It is a garden of reflection where we can walk with the Lord and be instructed, edified, and purified by the written and Spirit-revealed word of our Heavenly Father. It is a sacred time when we remember our solemn covenants to follow the gentle Christ, when we assess our progress and align ourselves with the spiritual landmarks God has provided for His children.

“Think of it as your personal, *daily restoration*. On our journey as pilgrims on the path of glory, we know how easy it is to fall away. But just as minor deviations can draw us out of the Savior’s Way, so too can small and simple acts of realignment assuredly lead us back. When darkness creeps into our lives, as it often does, our daily restoration opens our hearts to heavenly light, which illuminates our souls, chasing away shadows, fears, and doubts.”



Discussion and Study Questions:

- Elder Uchtdorf states that the good news is that “we have reliable, visible landmarks that we can use to evaluate our course.” What do you think these landmarks are?
- What is the definition of “restoration”?
- What is a personal, daily restoration? What do you do as part of your daily restoration?
- Why is restoration needed daily?
- Look at the language Elder Uchtdorf uses to describe this time of introspection, our personal, daily restoration. What do you think he wants us to understand?
- How does your time spent in prayer, pondering scriptures, and repentance open your heart to heavenly light? How has this impacted your life?
- What can you do to make space for daily restoration in your life?

Small Rudders, Large Ships

“If we seek it, surely ‘God shall give unto [us] knowledge by his Holy Spirit, yea, by the unspeakable gift of the Holy Ghost.’ As often as we ask, He will teach us the Way and help us follow it.

“This, of course, takes a steady effort on our part. We cannot be content with spiritual experiences of the past. We need a steady flow.

“We can’t rely on others’ testimonies forever. We must build our own.

“We need an ongoing, daily infusion of heavenly light.

“We need ‘times of refreshing.’ Times of personal restoration.

“‘Rolling waters’ cannot long ‘remain impure.’ To keep our thoughts and actions pure, we have to keep rolling!

“After all, the Restoration of the gospel and the Church is not something that happened once and is over. It is an *ongoing process*—one day at a time, one heart at a time.

“As our days go, so go our lives. One author put it this way: ‘A day is like a whole life. You start out doing one thing, but end up doing something else, plan to run an errand, but never get there. ... And at the end of your life, your whole existence has that same haphazard quality, too. Your whole life has the same shape as a single day.’

“Do you want to change the shape of your life?

“Change the shape of your day.

“Do you want to change your day?

“Change this hour.

“Change what you think, feel, and do at this very moment.

“A small rudder can steer a large ship.

“Small bricks can become magnificent mansions.

“Small seeds can become towering sequoias.

“Minutes and hours well spent are the building blocks of a life well lived. They can inspire goodness, lift us from the captivity of imperfections, and lead us upward to the redemptive path of forgiveness and sanctification.”

Discussion and Study Questions:

- Elder Uchtdorf teaches that “As often as we ask, [the Holy Ghost] will teach us the Way and help us follow it.” How do you feel about this? When have you experienced it?
- What do you think “a steady effort” means? How can we take steady effort in spiritual things?
- How do we build our own testimonies?
- How can we get “an ongoing, daily infusion of heavenly light”?
- Elder Uchtdorf teaches “the Restoration of the gospel and the Church is not something that happened once and is over. It is an ongoing process—one day at a time, one heart at a time.” How does this apply to us personally?
- What does Elder Uchtdorf teach about changing our lives? Changing our days?
- How has changing what you think, feel and do helped change your life?
- What can we learn from the phrase “a small rudder can steer a large ship”? What other examples of this principle can you identify?
- What do you think of the principle “Minutes and hours well spent are the building blocks of a life well lived.” What changes does this inspire you to make? What do you want to stop doing? What do you want to keep doing? What do you want to start doing?

The God of New Beginnings

“With you, I lift my heart in gratitude for the magnificent gift of new opportunity, new life, new hope.

“We lift our voices in praise of our bountiful and forgiving God. For surely He is a God of new beginnings. The sublime end of all His labor is to help us, His children, succeed in our quest for immortality and eternal life.

“We can become new creatures in Christ, for God has promised, ‘As often as my people repent will I forgive them their trespasses against me’ and ‘remember them no more.’

“My beloved brothers and sisters, dear friends, we all drift from time to time.

“But we can get back on course. We can navigate our way through the darkness and trials of this life and find our way back to our loving Heavenly Father if we seek and accept the spiritual landmarks He has provided, embrace personal revelation, and strive for *daily restoration*. This is how we become true disciples of our beloved Savior, Jesus Christ.

"As we do so, God will smile upon us. 'The Lord shall ... bless thee in the land which the Lord thy God giveth thee. The Lord shall establish thee an holy people unto himself.'

"That we will seek daily restoration and continually strive to walk in the Way of Jesus Christ is my prayer. In the name of Jesus Christ, amen."

Discussion and Study Questions:

- What are Elder Uchtdorf's feelings about new opportunity, new life and new hope? What can we learn from this?
- Why is it important to know that "we all drift from time to time" and that "we can get back on course"? How do we get back on course?
- What has God promised us about repentance?
- What does Elder Uchtdorf teach about how to become true disciples of Jesus Christ?
- What are the blessings of discipleship that Elder Uchtdorf points out here? (See Deuteronomy 28:8-9)

INVITE TO ACT

End the lesson by extending an invitation for the sisters to put into practice the ideas discussed in Relief Society today.

- What invitation can you extend to your Relief Society sisters to help them apply the principles of this lesson in their lives this week?

Possible Invitations:

Encourage your Relief Society sisters to write down how they will take action this week.

CLOSE WITH YOUR TESTIMONY

VISUAL AIDS

CLICK on the images to download jpeg files.

Visual Aids:

Title: Daily Restoration by Elder Dieter F. Uchtdorf



11x8.5"
jpeg

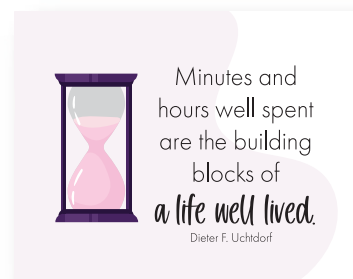
Poster/Handout: We need an ongoing, daily infusion of heavenly light. We need "times of refreshing." Times of personal restoration.

4x6"
jpeg



8.5x11"
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Poster/Slide: Minutes and hours well spent are the building blocks of a life well lived.



11x8.5"
jpeg

Square: Just as minor deviations can draw us out of the Savior's Way, so too can small and simple acts of realignment assuredly lead us back.



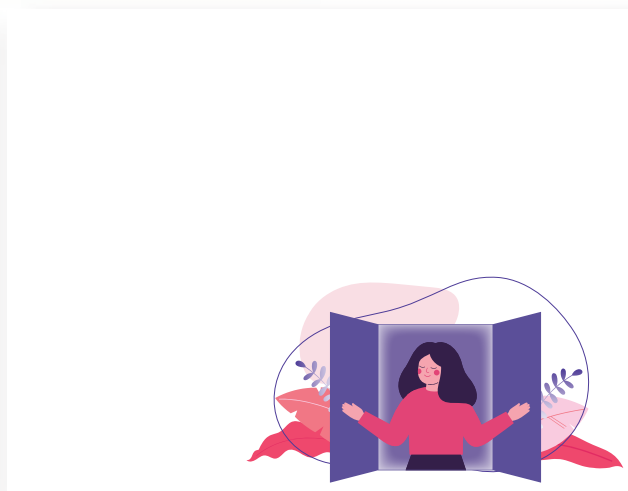
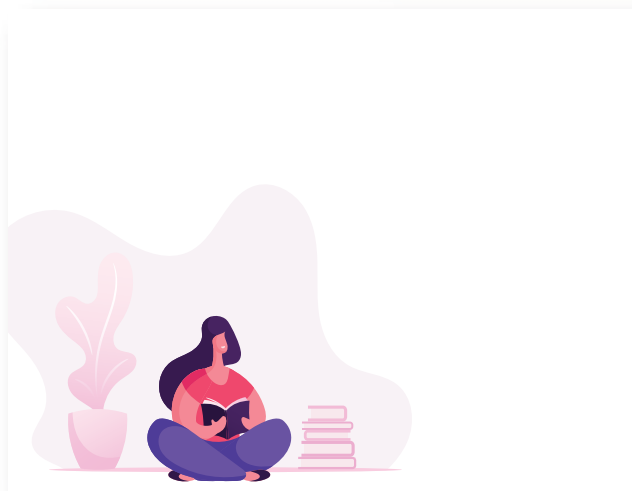
8.5x11"
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SLIDE BACKGROUNDS

Three coordinating JPG images sized 11" x 8.5" for making printable handouts or PowerPoint Presentations and Google Slides.

The fonts used for these visual aids are Futura PT Light, Futura PT Book and *Gather*.

Click on the images below to download the files.



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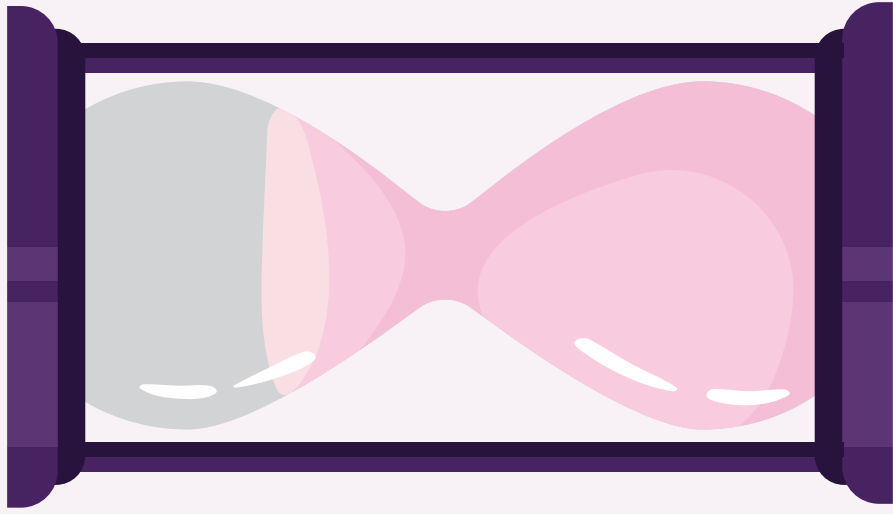


Dieter F. Uchtdorf

Daily Restoration

by Elder Dieter F.
Uchtdorf





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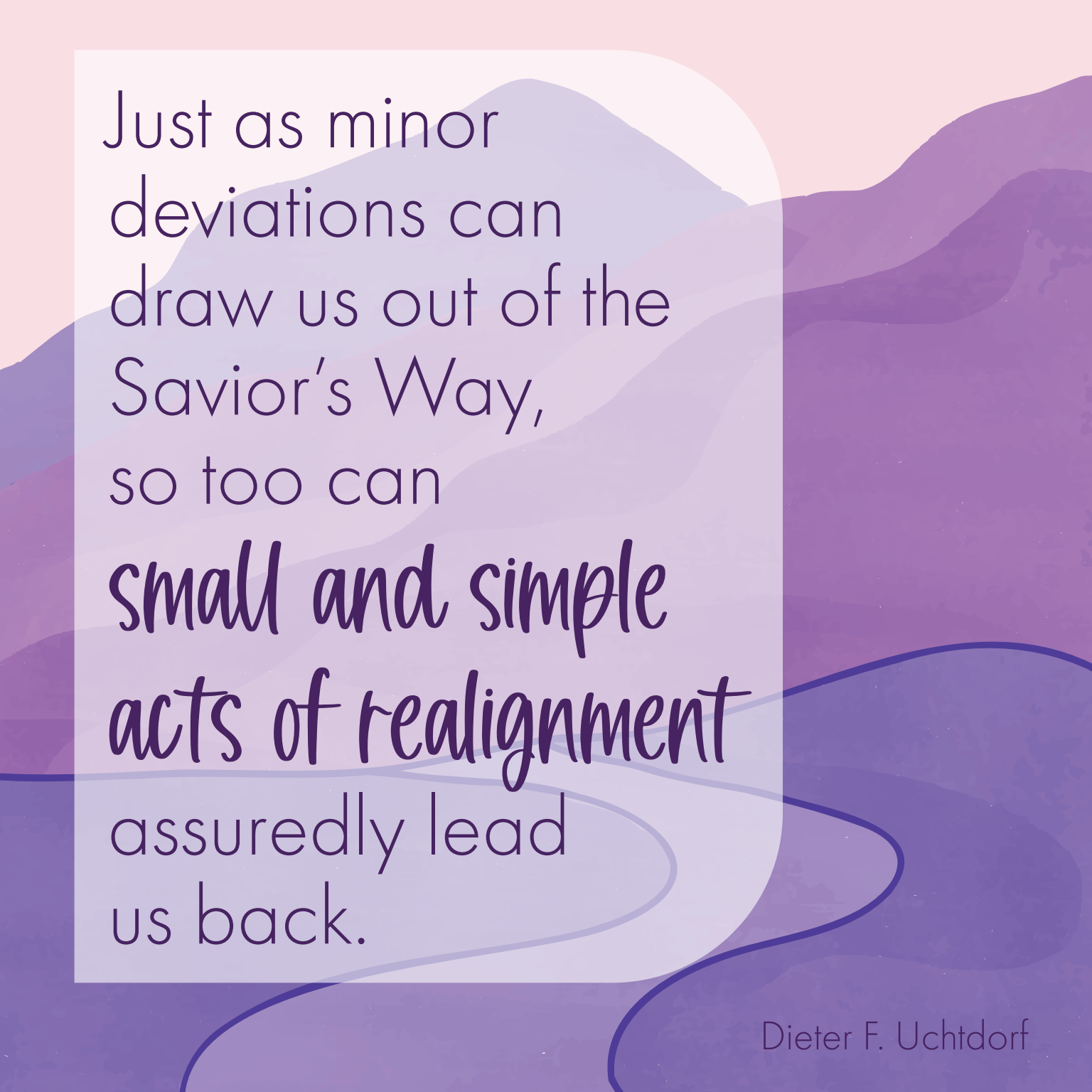


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