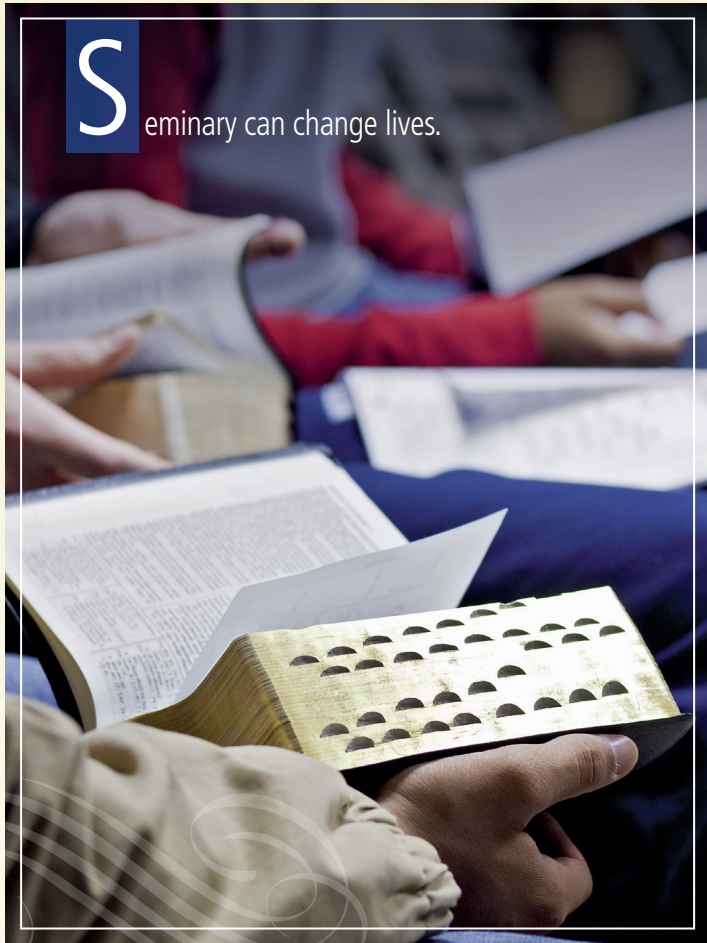
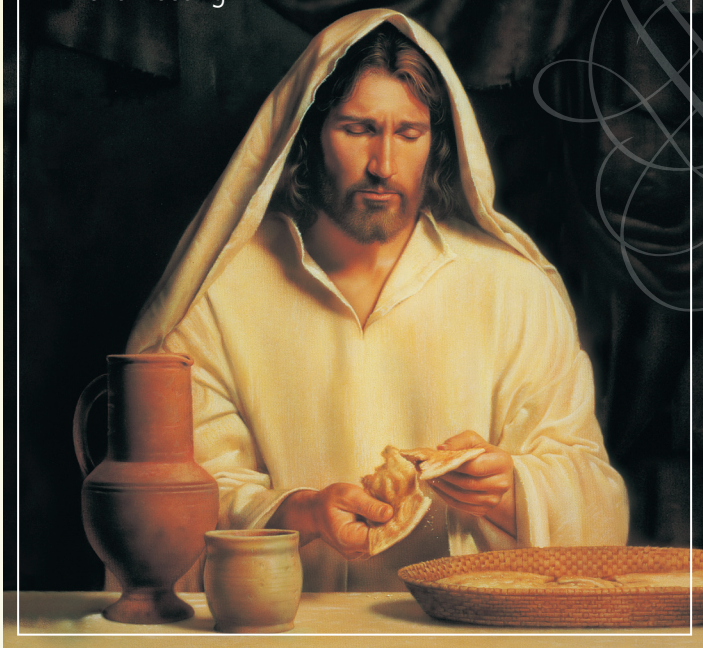


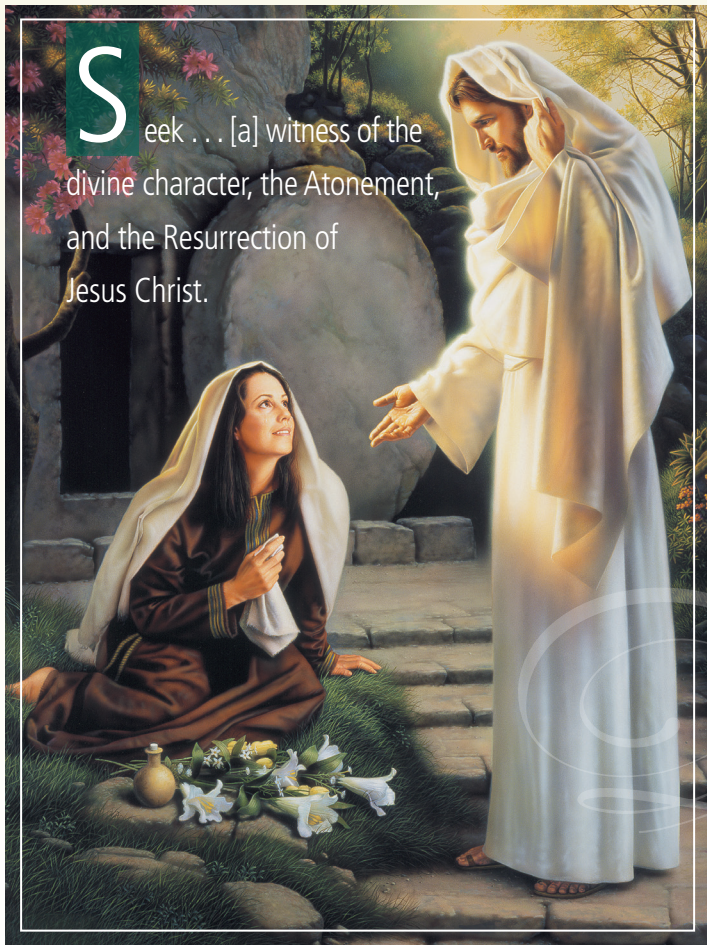
Seminary can change lives.



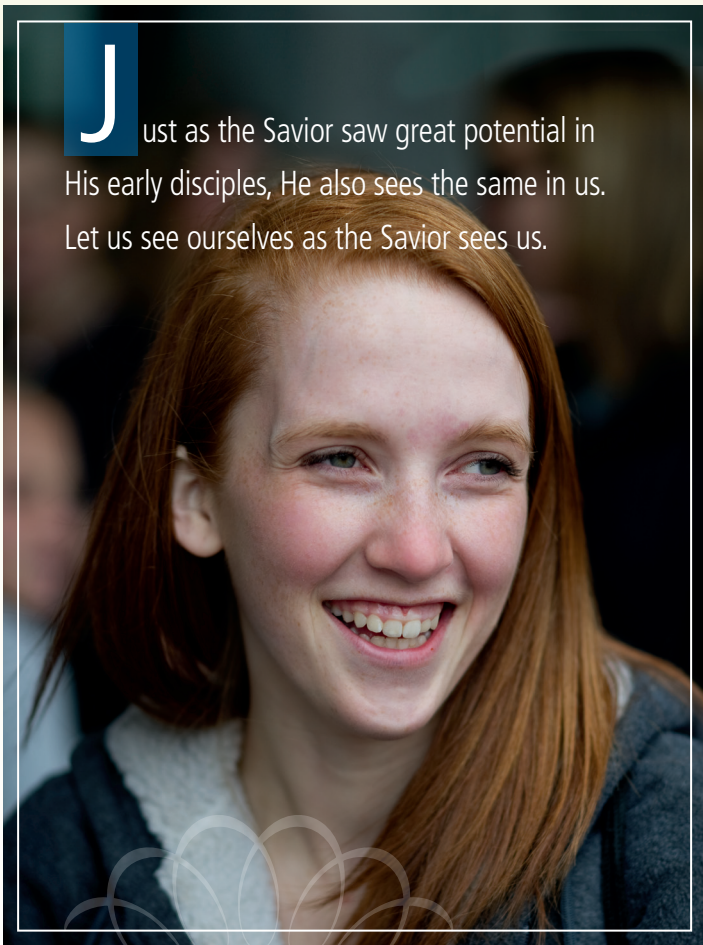
For the sacrament to be a spiritually cleansing experience each week, we need to prepare ourselves *before* coming to sacrament meeting.



SEEK . . . [a] witness of the divine character, the Atonement, and the Resurrection of Jesus Christ.



Just as the Savior saw great potential in His early disciples, He also sees the same in us. Let us see ourselves as the Savior sees us.



To worthily partake of the sacrament, we remember that we are renewing the covenant we made at baptism. For the sacrament to be a spiritually cleansing experience each week, we need to prepare ourselves *before* coming to sacrament meeting. We do this by deliberately leaving behind our daily work and recreation and letting go of worldly thoughts and concerns. As we do, we make room in our minds and hearts for the Holy Ghost.

Then we are prepared to ponder on the Atonement. More than just thinking about the facts of the Savior's suffering and death, our pondering helps us to recognize that through the Savior's sacrifice, we have the hope, opportunity, and strength to make real, heartfelt changes in our lives.

As we sing the sacrament hymn, participate in the sacrament prayers, and partake of the emblems of His flesh and blood, we prayerfully seek forgiveness for our sins and shortcomings. We think about the promises we made and kept during the previous week and make specific personal commitments to follow the Savior during the coming week.

Elder Robert D. Hales of the Quorum of the Twelve Apostles, April 2012 general conference

When you have the chance to be involved in seminary, whether in the early morning or in released-time classes, take advantage of that opportunity. Many of you are attending seminary now. As with anything in life, much of what you take from your seminary experience depends on your attitude and your willingness to be taught. May your attitude be one of humility and a desire to learn. How grateful I am for the opportunity I had as a teenager to attend early-morning seminary, for it played a vital role in my development and the development of my testimony. Seminary can change lives.

President Thomas S. Monson, April 2012 general conference

The Savior saw more in those humble fishermen whom He called to follow Him than they initially saw in themselves; He saw a vision of who they could become. He knew of their goodness and potential, and He acted to call them. They were not experienced at first, but as they followed, they saw His example, felt His teachings, and became His disciples. . . .

. . . When we emulate Him and do the things we see Him do, we begin to see a vision of who we can become. . . .

Just as the Savior saw great potential in His early disciples, He also sees the same in us. Let us see ourselves as the Savior sees us.

Elder O. Vincent Haleck of the Seventy, April 2012 general conference

The Prophet Joseph Smith confirmed the Savior's central role in our doctrine in one definitive sentence: "The fundamental principles of our religion are the testimony of the Apostles and Prophets, concerning Jesus Christ, that He died, was buried, and rose again the third day, and ascended into heaven; and all other things which pertain to our religion are only appendages to it" [*Teachings of Presidents of the Church: Joseph Smith* (2007), 49]. Joseph Smith's testimony of Jesus is that He lives, "for [he] saw him, even on the right hand of God; and [he] heard the voice bearing record that he is the Only Begotten of the Father" (D&C 76:23; see also verse 22). I appeal to all who hear or read this message to seek through prayer and study of the scriptures that same witness of the divine character, the Atonement, and the Resurrection of Jesus Christ. Accept His doctrine by repenting, being baptized, receiving the gift of the Holy Ghost, and then throughout your life following the laws and covenants of the gospel of Jesus Christ.

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles, April 2012 general conference