



PRESIDENT RUSSELL M. NELSON – “The Power of Spiritual Momentum”

April 2022 General Conference

Study Guide and Lesson Helps by LovePrayTeach.com

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 President Nelson 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

The Power of Spiritual Momentum

By President Russell M. Nelson

President of The Church of Jesus Christ of Latter-day Saints

Study Idea:

As you read and study this message, make a note of all the promises President Nelson makes and what we need to do to qualify for those promises.



What President Nelson Prays For

"My dear brothers and sisters, I love you. I cherish this opportunity to speak with you today. I pray daily that you will be protected from the fierce attacks of the adversary and have the strength to push forward through whatever challenges you face."

Discussion and Study Questions:

- How does President Nelson feel about speaking in General Conference?
- What does President Nelson pray for? How do you feel about this?

The Armed Conflict in Eastern Europe

"Some trials are deeply private burdens no one else can see. Others are played out on the world stage. The armed conflict in eastern Europe is one of these. I have been to Ukraine and Russia many times. I love those lands, the people, and their languages. I weep and pray for all who are affected by this conflict. As a church we're doing all we can to help those who are suffering and struggling to survive. We invite everyone to continue to fast and pray for all the people being hurt by this calamity. Any war is a horrifying violation of everything the Lord Jesus Christ stands for and teaches."

Discussion and Study Questions:

- What are the two types of trials President Nelson mentions here?
- How have you been impacted by the armed conflict in eastern Europe? How have you been inspired to take action?
- What does President Nelson invite us to do?
- What does President Nelson teach us about any war?

End Conflicts Raging in Your Heart, Home and Life

"None of us can control nations or the actions of others or even members of our own families. But we can control ourselves. My call today, dear brothers and sisters, is to end conflicts that are raging in *your* heart, *your* home, and *your* life. Bury any and all inclinations to hurt others—whether those inclinations be a temper, a sharp tongue, or a resentment for someone who has hurt you. The Savior commanded us to turn the other cheek, to love our enemies, and to pray for those who spitefully use us.

"It can be painfully difficult to let go of anger that feels so justified. It can seem impossible to forgive those whose destructive actions have hurt the innocent. And yet, the Savior admonished us to 'forgive all men.'"



Discussion and Study Questions:

- Why is it important to remember that we can't control others but we can control ourselves?
- What is the call President Nelson issued to us here?
- What conflicts are raging in your heart, your home or your life?
- What are some of the inclinations to hurt others that President Nelson lists here? Do you have inclinations towards any of these that need addressing?
- Which commandments from Jesus Christ does President Nelson remind us of? In thinking about your personal conflicts, how can you better keep these three commandments?
- How can we learn to let go of anger that feels so justified?
- Why do we need to forgive all men?

Study Idea:

Read and ponder the scriptures in footnotes 1-3.

We Need the Peace only He can Bring – Followers of Jesus Christ Should Set An Example for All the World to Follow

"We are followers of the Prince of Peace. Now more than ever, we need the peace only He can bring. How can we expect peace to exist in the world when we are not *individually* seeking peace and harmony? Brothers and sisters, I know what I'm suggesting is not easy. But followers of Jesus Christ should set the example for all the world to follow. I plead with you to do all you can to end *personal* conflicts that are currently raging in your hearts and in your lives."

Discussion and Study Questions:

- What comes to mind when you hear the name/title "Prince of Peace"?
- Why do you think that "now more than ever" we need the peace only the Savior can bring?
- What is your answer to President Nelson's question, "how can we expect peace to exist in the world when we are not individually seeking peace and harmony?"
- What can you do to individually seek peace and harmony?
- Why should followers of Jesus Christ set the example for all the world to follow?
- Look at the language President Nelson uses here ("not easy", "plead", "do all you can"). What is he trying to convey?
- Think of someone who is an example of being a peacemaker. What have you learned from their example?

Study Idea:

Track how many times President Nelson repeats the plea for us to end personal conflicts in this talk and in his conference closing remarks.



Momentum

“May I underscore this call to action by discussing a concept I was reminded of recently while watching a basketball game.

“In that game, the first half was a seesaw battle, back and forth. Then, during the last five seconds of the first half, a guard on one team made a beautiful three-point shot. With only one second left, his teammate stole the inbound pass and made another basket at the buzzer! So that team went into the locker room four points ahead with a palpable surge of momentum. They were able to carry that momentum into the second half and win the game.

“*Momentum* is a powerful concept. We all have experienced it in one form or another—for example, in a vehicle that picks up speed or with a disagreement that suddenly turns into an argument.”

Discussion and Study Questions:

- What is the definition of momentum?
- What are some examples, illustrations or demonstrations of momentum?
- Why do you think President Nelson paired a talk about ending personal conflict with the concept of momentum?

Teaching idea:

Find a way to visually illustrate momentum. A ball rolling down a ramp; a bowling ball knocking over pins; pulling a tablecloth out from underneath dishware; Newton’s cradle; this video. <https://www.youtube.com/watch?v=CEz3cpkno3Y> or this video <https://www.youtube.com/watch?v=ITxPyaxDMJg>

What Can Ignite Spiritual Momentum?

“So I ask, what can ignite *spiritual momentum*? We have seen examples of both positive and negative momentum. We know followers of Jesus Christ who became converted and grew in their faith. But we also know of once-committed believers who fell away. Momentum can swing either way.

“We have never needed *positive* spiritual momentum more than we do now, to counteract the speed with which evil and the darker signs of the times are intensifying. Positive spiritual momentum will keep us moving forward amid the fear and uncertainty created by pandemics, tsunamis, volcanic eruptions, and armed hostilities. Spiritual momentum can help us withstand the relentless, wicked attacks of the adversary and thwart his efforts to erode our personal spiritual foundation.

“Many actions can ignite positive spiritual momentum. Obedience, love, humility, service, and gratitude are but a few.”



Discussion and Study Questions:

- What is spiritual momentum?
- What are some examples of positive and negative momentum?
- What will spiritual momentum counteract?
- How can spiritual momentum help us keep moving forward?
- What can spiritual momentum help us withstand?
- President Nelson states “Many actions can ignite positive spiritual momentum.” What would you put on that list? Which actions have helped ignite positive spiritual momentum in your life?

Study idea:

Read the information in footnote 4.

***Rhonda’s thoughts: As I was researching momentum, I realized that momentum only exists when there is motion. In order to experience momentum, we have to take action. In the first previously mentioned YouTube video, it shows how the water balloon transferred its momentum to the tennis ball and gave it more energy. The tennis ball bounced higher than it would have without the water balloon. This helped me understand that the five things President Nelson invites us to do are actions that will help us get an extra boost of spiritual energy to help us get through whatever challenges lay ahead.*

Five Specific Actions We can Take for Positive Spiritual Momentum

“Today I would like to suggest five specific actions we can take to help us maintain positive spiritual momentum.”

Discussion and Study Questions:

- What does maintain mean?
- Why do you think it is important to maintain positive spiritual momentum?

“First: **Get on the covenant path and stay there.**

“Not long ago, I had a vivid dream in which I met a large group of people. They asked me many questions, the most frequent of which was about the covenant path and why it is so important.

“In my dream, I explained that we enter the covenant path by being baptized and making our first covenant with God. Each time we partake of the sacrament, we promise *again* to take the name of the Savior upon us, to remember Him, and to keep His commandments. In return, God assures us that we may *always* have the Spirit of the Lord to be with us.

“Later we make additional covenants in the temple, where we receive even greater promises. Ordinances and covenants give us access to godly power. The covenant path is the *only* path that leads to exaltation and eternal life.”



Discussion and Study Questions:

- If someone were to ask you “What is the covenant path and why is it so important?” how would you answer?
- What is a covenant?
- What is the first covenant on the covenant path?
- What are additional covenants along the covenant path?
- How does getting on the covenant path and staying there help us maintain positive spiritual momentum?

Study Idea:

Read the reference materials in footnotes 5 and 6 to learn more about covenants.

“In my dream, a woman then asked how someone who has broken his or her covenants can get back on that path. My answer to her question leads to my second suggestion:

“Discover the joy of daily repentance.

“How important is repentance? Alma taught that we should ‘preach nothing save it were repentance and faith on the Lord.’ Repentance is required of every accountable person who desires eternal glory. There are no exceptions. In a revelation to the Prophet Joseph Smith, the Lord chastised early Church leaders for not teaching the gospel to their children. Repenting is the *key* to progress. Pure faith keeps us moving forward on the covenant path.

“Please do not fear or delay repenting. Satan delights in your misery. Cut it short. Cast his influence out of your life! Start today to experience the joy of putting off the natural man. The Savior loves us always but *especially* when we repent. He promised that though ‘the mountains shall depart, and the hills be removed ... *my kindness* shall not depart from thee.’

“If you feel you have strayed off the covenant path too far or too long and have no way to return, that simply is not true. Please contact your bishop or branch president. He is the Lord’s agent and will help you experience the joy and relief of repenting.

“Now, a caution: Returning to the covenant path does *not* mean that life will be easy. This path is rigorous and at times will feel like a steep climb. This ascent, however, is designed to test and teach us, refine our natures, and help us to become saints. It is the *only* path that leads to exaltation. One prophet described the ‘blessed and happy state of those that keep the commandments of God. For behold, they are blessed in all things, both temporal and spiritual; and if they hold out faithful to the end they are received into heaven ... [and] dwell with God in a state of never-ending happiness.’

“Walking the covenant path, coupled with daily repentance, fuels positive spiritual momentum.”



Discussion and Study Questions:

- President Nelson uses the word “joy” when he speaks of repentance. In what ways is daily repentance a joy?
 - How would you answer President Nelson’s question, “how important is repentance?”
 - How is repenting the key to progress?
 - Why should we not fear or delay repenting?
 - When have you experienced joy in putting off the natural man?
 - Why does the Savior love us especially when we repent?
 - When have you experienced the Savior’s kindness as part of repentance? How did it feel?
 - What do you learn about repentance from President Nelson’s notes in footnote 12?
 - Why do we need to remember that returning to the covenant path does not mean that life will be easy?
 - What descriptive words does President Nelson use to describe the covenant path? (rigorous, steep, test, teach, refine) What do we need to understand from this? In hiking or walking up a steep path, how does momentum influence your climb? What can give you momentum to keep going? How can these ideas relate to repentance?
 - Why is it important to remember that the covenant path is the ONLY path that leads to exaltation? How can this influence our spiritual momentum?
 - How has keeping the commandments made you “blessed and happy”?
- What are the promises for those who repent and keep the commandments?

Study Idea:

Read and ponder the reference materials in footnotes 7 through 15 to better understand repentance.



"My third suggestion: **Learn about God and how He works.**

"One of our greatest challenges today is distinguishing between the truths of God and the counterfeits of Satan. That is why the Lord warned us to 'pray always, ... that [we] may conquer Satan, and ... *escape the hands of the servants of Satan* that do uphold his work.'

Moses provided an example of how to discern between God and Satan. When Satan came tempting Moses, he detected the deception because he had just had a face-to-face interaction with God. Moses quickly realized who Satan was and commanded him to depart. When Satan persisted, Moses knew how to call upon God for more help. Moses received divine strength and rebuked the evil one *again*, saying, 'Depart from me, Satan, for this one God only will I worship.'

"We should follow that example. Cast Satan's influence out of your life! Please do not *follow* him down to his 'gulf of misery and endless wo.'

"With frightening speed, a testimony that is not nourished daily 'by the good word of God' can crumble. Thus, the antidote to Satan's scheme is clear: we need daily experiences worshipping the Lord and studying His gospel. I plead with you to let God prevail in your life. Give Him a fair share of your time. As you do, notice what happens to your positive spiritual momentum."

Discussion and Study Questions:

- Why is distinguishing between the truths of God and the counterfeits of Satan one of our greatest challenges today?
- How can we distinguish between the truths of God and the counterfeits of Satan?
- How can prayer help us conquer Satan?
- What do we learn from Moses about discerning between God and Satan?
- How can we cast Satan's influence out of our lives?
- How can we call upon God for more help when Satan persists?
- President Nelson shared "With frightening speed, a testimony that is not nourished daily 'by the good word of God' can crumble." What can we do to nourish our testimonies daily?
- How can we have experiences worshipping the Lord daily? What works well for you?
- How can we have daily experiences studying the Gospel daily? What works well for you?
- Think about what is going on in your personal life. How can you let God prevail in your life? How can you give Him a fair share of your time?
- In the past, as you have learned about God and His works, how has that impacted your spiritual momentum? Is there an experience you can share that might help motivate the sisters in your Relief Society?

Study Idea:

Read and ponder the reference materials in footnotes 16 through 20 to learn more about God and how He works.



“Suggestion number 4: **Seek and expect miracles.**

“Moroni assured us that ‘God has not ceased to be a God of miracles.’ Every book of scripture demonstrates how willing the Lord is to intervene in the lives of those who believe in Him. He parted the Red Sea for Moses, helped Nephi retrieve the brass plates, and restored His Church through the Prophet Joseph Smith. Each of these miracles took time and may not have been exactly what those individuals originally requested from the Lord.

“In the same way, the Lord will bless you with miracles *if* you believe in Him, ‘doubting nothing.’ Do the spiritual work to seek miracles. Prayerfully ask God to help you exercise that kind of faith. I promise that you can experience for yourself that Jesus Christ ‘giveth power to the faint; and to them that have no might he increaseth strength.’ Few things will accelerate your spiritual momentum more than realizing the Lord is helping you to move a mountain in your life.”

Discussion and Study Questions:

- Why is it important to realize that “every book of scripture demonstrates how willing the Lord is to intervene in the lives of those who believe in Him”?
- Why does President Nelson remind us that miracles take time and might not be exactly what we originally requested from the Lord?
- What kind of spiritual work does it take to seek miracles?
- How can we exercise “doubting nothing” kind of faith?
- What promise does President Nelson share?
- In what ways have you received power and strength from the Lord?
- How has the Lord helped you move a mountain in your life? How did that affect your spiritual momentum?
- How is He presently blessing you with miracles?

Study Idea:

Read and ponder the reference materials in footnotes 21 through 24 to learn more about faith and miracles.

“Suggestion number 5: **End conflict in your personal life.**

“I repeat my call to end the conflicts in *your* life. Exercise the humility, courage, and strength required both to forgive and to seek forgiveness. The Savior has promised that ‘if [we] forgive men their trespasses, [our] heavenly Father will also forgive [us].’

“Two weeks from today we celebrate Easter. Between now and then, I invite you to seek an end to a personal conflict that has weighed you down. Could there be a more fitting act of gratitude to Jesus Christ for His Atonement? If forgiveness presently seems impossible, plead for power through the atoning blood of Jesus Christ to help you. As you do so, I promise personal peace and a burst of spiritual momentum.



“When the Savior atoned for all mankind, He opened a way that those who follow Him can have access to His healing, strengthening, and redeeming power. These spiritual privileges are available to all who seek to hear Him and follow Him.”

Discussion and Study Questions:

- What character traits are required to both forgive and seek forgiveness?
- What promise from the Savior do we have about forgiveness?

President Nelson invites us to end a personal conflict by Easter Sunday (a two week time period) Why do you think President Nelson gave us a timeline for this?

- How does ending a personal conflict show gratitude to Jesus Christ for His Atonement?
- If forgiveness seems impossible, what can we do?
- As followers of Christ and because of His atonement, what do we have access to?
- How do we access His healing, strengthening and redeeming power?

Invitations, Promises, Testimony

“My dear brothers and sisters, with all the pleadings of my heart, I urge you to get on the covenant path and stay there. Experience the joy of repenting daily. Learn about God and how He works. Seek and expect miracles. Strive to end conflict in your life.

“As you act on these pursuits, I promise you the ability to move forward on the covenant path with increased momentum, despite whatever obstacles you face. And I promise you greater strength to resist temptation, more peace of mind, freedom from fear, and greater unity in your families.

“God lives! Jesus is the Christ! He lives! He loves us and will help us. Of this I testify in the sacred name of our Redeemer, Jesus Christ, amen.”

Discussion and Study Questions:

- President Nelson invites “with all the pleadings of my heart, I urge you” to do these five things. What thoughts and impressions do you have about his choice of words?
- What promises does he make to those who heed his counsel? How do you feel about these promises?
- What testimony does he share? How do you feel knowing Jesus Christ loves you and will help you?
- What is your testimony of Christ?

INVITE TO ACT

End the lesson by re-extending the invitation(s) from President Nelson.

CLOSE WITH YOUR TESTIMONY



VISUAL AIDS

CLICK on the images to download jpeg files.

Title Poster: The Power of Spiritual Momentum by President Russell M. Nelson

Posters/Slides:

I would like to suggest five specific actions we can take to help us maintain positive spiritual momentum.

Get on the covenant path and stay there.

Discover the joy of daily repentance.

Learn about God and how He works.

Seek and expect miracles.

End conflict in your personal life.



11x8.5"
jpegs



Handouts/Social Media

My dear brothers and sisters, with all the pleadings of my heart, I urge you to get on the covenant path and stay there. Experience the joy of repenting daily. Learn about God and how He works. Seek and expect miracles. Strive to end conflict in your life.



4x6"
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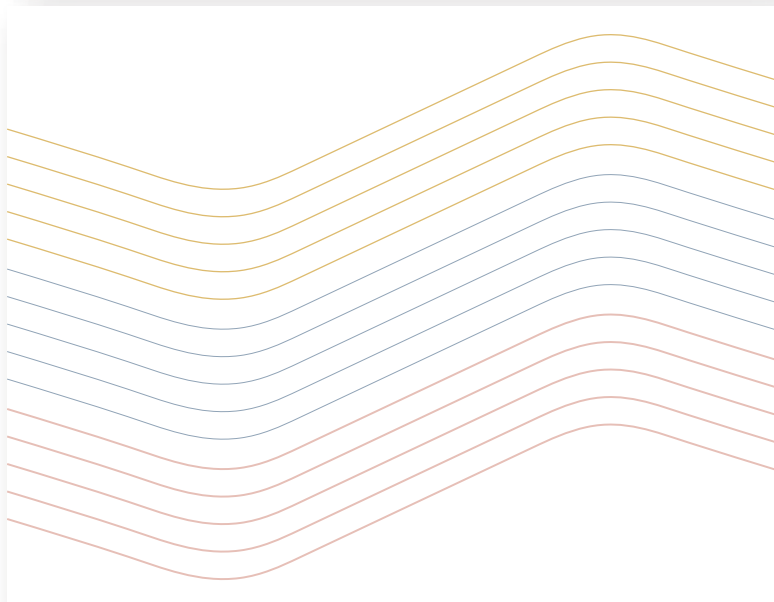
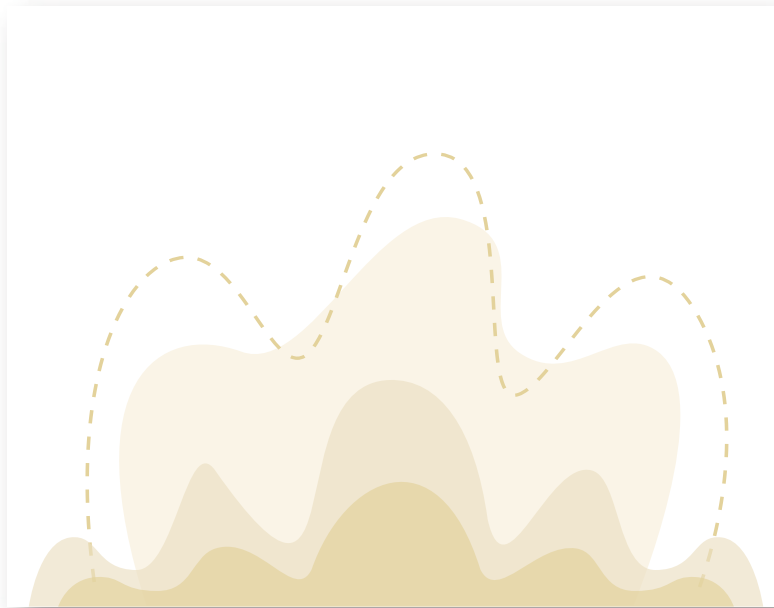


SLIDE BACKGROUNDS

Two 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

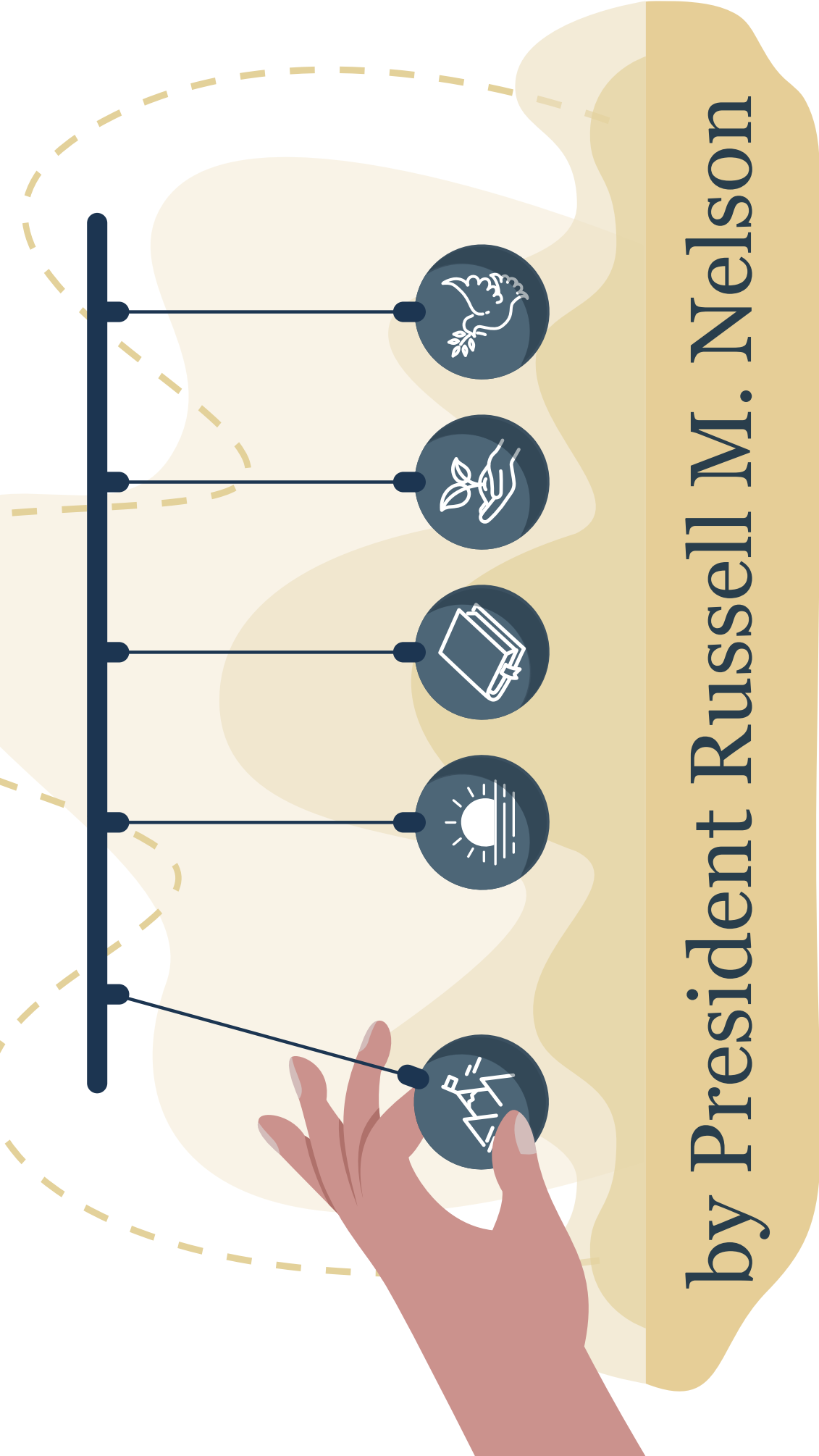
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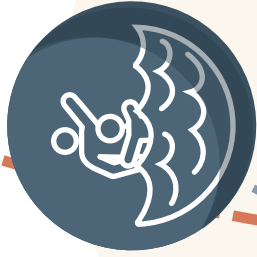
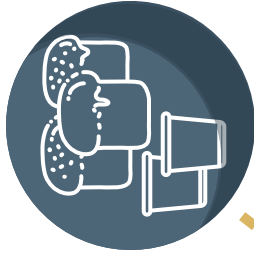
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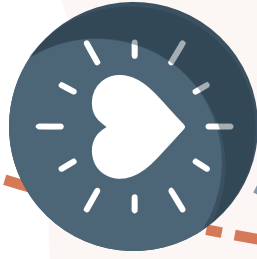
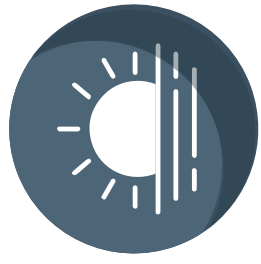
THE POWER OF SPIRITUAL MOMENTUM



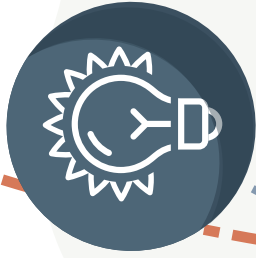
by President Russell M. Nelson



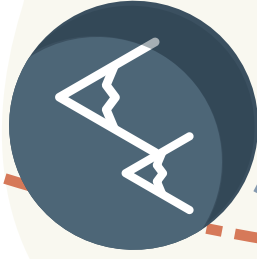
1. GET ON THE COVENANT PATH AND STAY THERE.



2. DISCOVER THE JOY OF DAILY REPENTANCE.



3. LEARN ABOUT GOD AND HOW HE WORKS.



4. SEEK AND EXPECT MIRACLES.



5. END CONFLICT IN YOUR PERSONAL LIFE.

MY DEAR BROTHERS AND SISTERS, WITH ALL
THE PLEADINGS OF MY HEART, I URGE YOU TO



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STRIVE TO END CONFLICT IN
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-PRESIDENT RUSSELL M. NELSON

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FIVE SPECIFIC ACTIONS WE CAN TAKE TO HELP US MAINTAIN POSITIVE SPIRITUAL MOMENTUM.



1. GET ON THE COVENANT PATH AND STAY THERE.



2. DISCOVER THE JOY OF DAILY REPENTANCE.



3. LEARN ABOUT GOD AND HOW HE WORKS.



4. SEEK AND EXPECT MIRACLES.



5. END CONFLICT IN YOUR PERSONAL LIFE.

-PRESIDENT RUSSELL M. NELSON



