



*Christ is Joy*

# ABU DHABI STAKE FOCUS FOLLOW THE PROPHET

Amos 3:7  
Mosiah 15:11

“The joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives. When the focus of our lives is on God’s plan of salvation, and Jesus Christ and His gospel, we can feel joy regardless of what is happening—or not happening—in our lives.”

President Russell M. Nelson

## Seek to hear Him

D&C 11:12-14 D&C 42:61

As disciples of Jesus Christ, our efforts to hear Him need to be ever more intentional. It takes conscious and consistent effort to fill our daily lives with His words, His teachings, His truths. Learning how to hear the whisperings of the Holy Ghost, you will have all the direction you will ever need in your life.

## Make time for the Lord

Mosiah 5:13 D&C 59:9-16 Isaiah 58:13-14

Make your own spiritual foundation firm and able to stand the test of time by doing those things that allow the Holy Ghost to be with you always. Nothing invites the Spirit more than fixing your focus on Jesus Christ.

## Increase your faith

Alma 32:27-41 Alma 17:3 2 Nephi 32:9

Study the gospel. Choose to believe. Act in faith. Partake of sacred ordinances. Ask God to help you. Faith in Jesus Christ is the greatest power available to us in this life.

## Choose to repent daily

Almas 36:16-21 Mosiah 26:30

Nothing is more liberating, more ennobling, or more crucial to our individual progression than is a regular, daily focus on repentance. Repentance is not an event; it is a process. When coupled with faith, repentance opens our access to the power of the Atonement of Jesus Christ.

## Keep on the Covenant Path

2 Nephi 31:15-21 D&C 84:20

Do a thorough life assessment with the Lord, to ensure that your feet are firmly planted on the covenant path. If you have wandered off, or if there are some things you need to let go of to help your mind and heart be more pure, today is the perfect time to change.

## Fast from social media

D&C 45:56-58 D&C 109:7 Ephesians 6:10-18

If most of the information you get comes from social or other media, your ability to hear the whisperings of the Spirit will be diminished. The Lord will lead and guide you in your personal life if you will make time for Him in your life — each and every day.

## Hold a current Temple Recommend

D&C 97:15-16 D&C 20:69

Individual worthiness to enter the Lord’s house requires much individual spiritual preparation. Individual worthiness requires a total conversion of mind and heart to be more like the Lord, to be an honest citizen, to be a better example, and to be a holier person.

## Gather Israel on both sides of the veil

D&C 128:15-19 D&C 110:13-16 D&C 2

Anytime you do anything that helps anyone—on either side of the veil—take a step toward making covenants with God and receiving their essential baptismal and temple ordinances, you are helping to gather Israel. It is as simple as that.

*Invitations of President Nelson*