

Listen

'to listen'

ears

eyes

undivided attention

heart

Chinese symbol for listening

Ears—I hear what you say.

Eyes—I see what you say.

Heart—I feel what you say.

Undivided attention—I value who you are and what you say.

PRESIDENT RUSSELL M. NELSON TAUGHT:

1. **FIND A QUIET PLACE AND PRAY DAILY FOR REVELATION:** Pour out your heart to your Heavenly Father. Turn to Him for answers and for comfort. Pray in the name of Jesus Christ about your concerns, your fears, your weaknesses—yes, the very longings of your heart.
2. **LISTEN & WRITE** the thoughts that come to your mind. Record your feelings and follow through with actions that you are prompted to take.
3. **GIVE THANKS** each time the Lord speaks to your heart

1. Read the Doctrinal Mastery verse 2 Nephi 2:22-25 & write the main doctrines/principle next to this verse.

2. Listen to the talk [Joy and Spiritual survival by Elder Russell M. Nelson from the Oct. 2016 General Conference](#). As you listen to this talk, practice listening (ears, eyes, heart, & undivided attention) and writing the impressions you "hear" in your journal.

3. When you are done, respond to the following questions in the discussion board below:

- What did you "hear, see, or feel" that deepened your understanding of 2 Nephi 2:22-25 which if understood, might be helpful to the young man in the video and your classmates?
- What else did you "hear, see or feel" from the Lord that wasn't spoken by President Nelson?