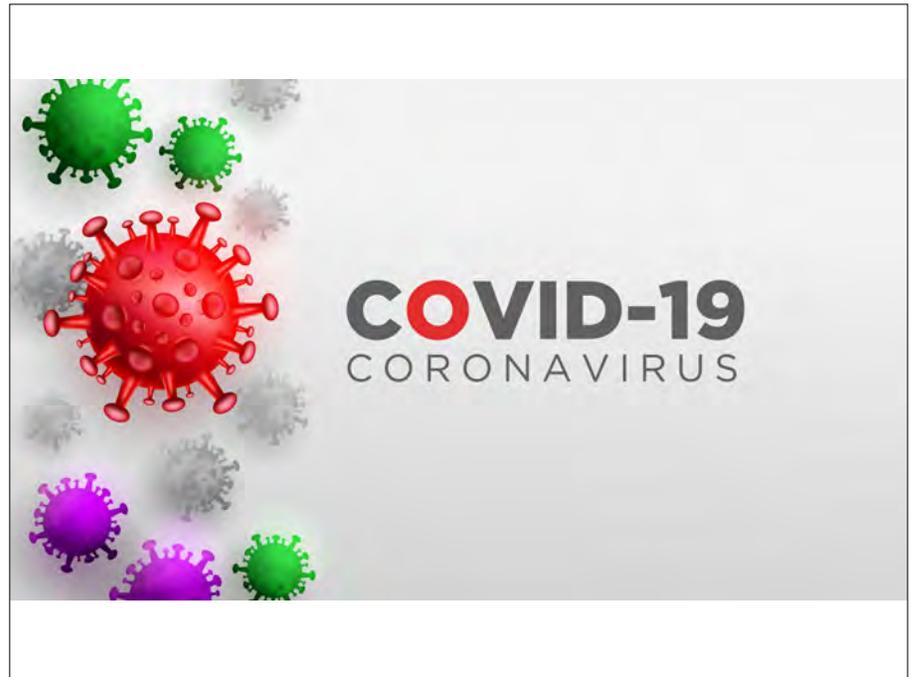




**LESSON 8:  
PREPARE  
TEMPORALLY**

“We need to make both temporal and spiritual preparation for the events prophesied at the time of the Second Coming” (Dallin H. Oaks, April 2024).



Kohler's Market (Pioneer Market) March 2020



Kohler's Market (Pioneer Market) March 2020



Kohler's Market (Pioneer Market) March 2020



Kohler's Market (Pioneer Market) March 2020



## LET'S TALK ABOUT IT

What things would give you peace of mind in preparation for the Second Coming?

## GOSPEL TRUTH:



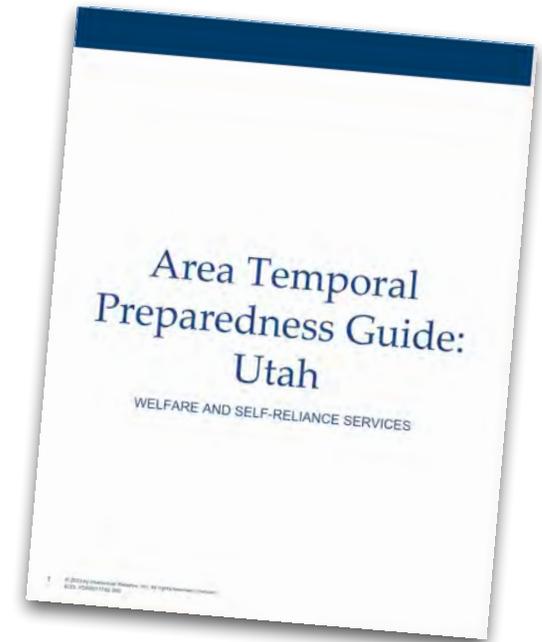
The Lord has asked us to prepare spiritually and temporally for the Second Coming.

**President Russell M. Nelson said:**  
“For decades, the Lord’s prophets have urged us to store food, water, and financial reserves for a time of need. . . . I urge you to take steps to be temporally prepared”



President Russell M. Nelson, “Embrace the Future with Faith,” Liahona, Nov. 2020, 74

The Church has provided this guide, specifically for the **Utah** area.



“At times, caring for our temporal needs may feel overwhelming. But remember that “by small and simple things are great things brought to pass” (Alma 37:6).



Area Temporal Preparedness Guide: Utah



“When we act in faith and do our part to care for our temporal needs, God magnifies our small and simple efforts. The following guidelines and activities can help you become more prepared.”

Area Temporal Preparedness Guide: Utah

**The guide focuses on four areas.**



**Emergency Planning**



**Home Storage and Production**



**Financial Preparedness**



**Emotional Preparedness**



“God has promised, ‘If ye are prepared ye shall not fear’ (D&C 38:30). When we have plans in place, we are more prepared for challenges.”

Area Temporal Preparedness Guide: Utah

“Like spiritual learning, preparedness is best done ‘line upon line’ (Isaiah 28:10).”



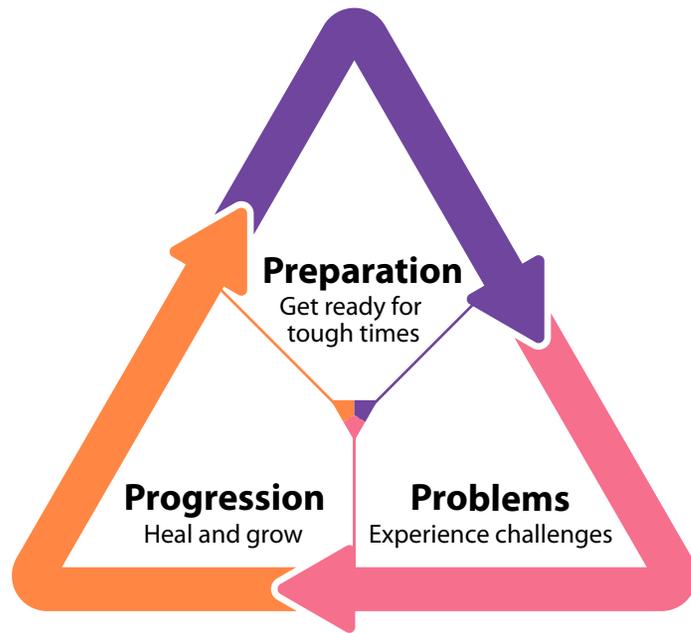
Area Temporal Preparedness Guide: Utah



“And when challenges occur, we can learn from them, heal and grow, and continue to prepare.”



Area Temporal Preparedness Guide: Utah



Here is my challenge to you:  
Will you take **inventory** of your  
life in these four areas,  
uncover your **weaknesses**, and  
create a doable **plan** starting  
with the **basics**?



**AS YOU WATCH THE  
NEXT VIDEOS, PONDER:**

What principles am I  
learning and how can I  
apply them to my life?

**1**

What are the reasons people do not  
prepare for emergencies or disasters?

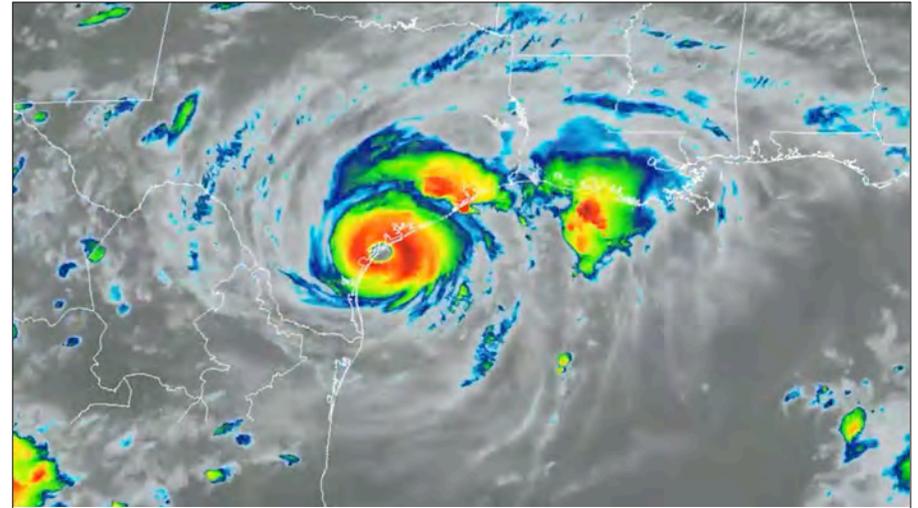
"A Flood of Rescuers"



**2**

Where can you turn to for help after a disaster or emergency?

"A Flood of Rescuers"



**3**

What skills and supplies are needed in a disaster or emergency?

"A Flood of Rescuers"



**4**

What are the basic needs of people in an emergency or disaster?

"A Flood of Rescuers"



**5**

If you had only 5 minutes to leave your home, what would you take?

"A Flood of Rescuers"



## LET'S TALK ABOUT IT

What are you going to do different to prepare when it comes to emergencies, home storage, financial and emotional preparedness?

Let's talk about the four areas:



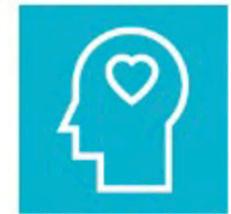
Emergency Planning



Home Storage and Production



Financial Preparedness



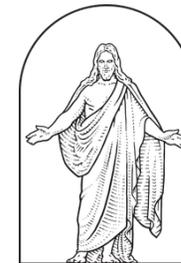
Emotional Preparedness



## Emergency Planning



## Emergency Planning



THE CHURCH OF  
JESUS CHRIST  
OF LATTER-DAY SAINTS

What does the Church teach about emergency planning?



## Emergency Planning

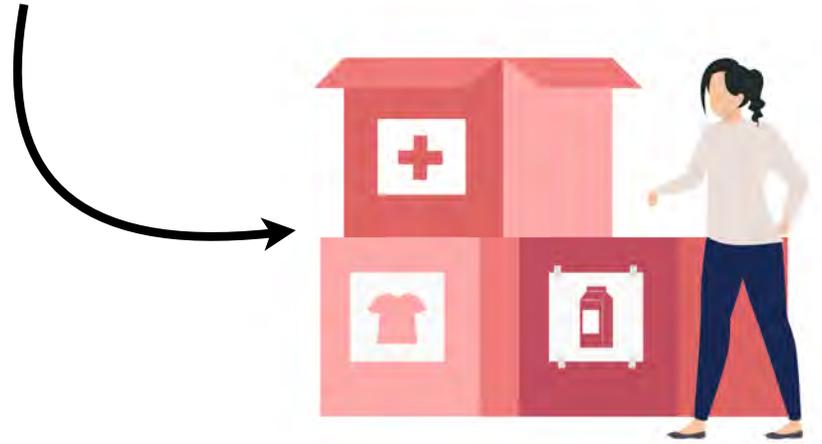
The Church recommends:  
“Start by learning about the disasters that could happen where you live. Then prepare your home. Make an emergency kit. Create a plan for communicating and gathering during a disaster.”

Area Temporal Preparedness Guide: Utah



## Emergency Planning

# Let's take inventory!



## Emergency Planning

**Basic**  
Preparation




## Emergency Planning

# Basic Preparation





## Emergency Planning

**Basic**  
Preparation      **Intermediate**  
Preparation




## Emergency Planning

**Intermediate**  
Preparation



## Emergency Planning

**Basic**      **Intermediate**      **Advanced**  
Preparation      Preparation      Preparation




## Emergency Planning

**Advanced**  
Preparation





## Emergency Planning

**Basic** Preparation    **Intermediate** Preparation    **Advanced** Preparation

	<b>Basic</b> Preparation	<b>Intermediate</b> Preparation	<b>Advanced</b> Preparation
<b>AIR</b>			
<b>SHELTER</b>			
<b>WATER</b>			
<b>FOOD</b>			
<b>MEDICAL</b>			
<b>SECURITY</b>			



## Emergency Planning



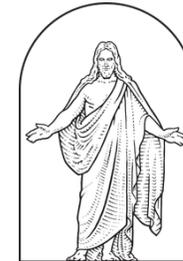
**LET'S TAKE INVENTORY**  
When it comes to emergency planning, what is basic, intermediate, or advanced?



## Home Storage and Production



## Home Storage and Production



THE CHURCH OF  
JESUS CHRIST  
OF LATTER-DAY SAINTS

What does the Church teach about home storage and production?



## Home Storage and Production

“In the Old Testament account of Joseph in Egypt, we read that Joseph interpreted a dream Pharaoh had. Joseph said there would be seven years of plenty, followed by seven years of famine. Pharaoh asked Joseph to direct a food storage program to save Egypt from hunger.”

Area Temporal Preparedness Guide: Utah



## Home Storage and Production

“We too can plan ahead. When we have done all we can to prepare for times of need, we can live with peace of mind.  
‘If ye are prepared ye shall not fear’  
(D&C 38:30).”

Area Temporal Preparedness Guide: Utah



## Home Storage and Production

“It can be easy to feel stressed about food storage. We all live in different circumstances, and some of us have limited finances or space in our homes.”

Area Temporal Preparedness Guide: Utah



## Home Storage and Production

“Bishop W. Christopher Waddell said, ‘The Lord does not expect us to do more than we can do, but he does expect us to do what we can do, when we can do it’  
 (“There Was Bread,” Liahona, Nov. 2020).

Area Temporal Preparedness Guide: Utah



# Home Storage and Production

“We can start small and work ‘in wisdom and order’ (Mosiah 4:27)”

Area Temporal Preparedness Guide: Utah



# Home Storage and Production

Come, ye thankful people, come;  
Raise the song of harvest home.  
All is safely gathered in  
Ere the winter storms begin.  
God, our Maker, doth provide  
For our wants to be supplied.  
Come to God's own temple, come;  
Raise the song of harvest home.  
*Hymns, no. 94*

Visit  
[www.providentliving.org](http://www.providentliving.org)  
for more information about home storage.

THE CHURCH OF  
JESUS CHRIST  
OF LATTER-DAY SAINTS

FAMILY HOME STORAGE

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English approval: 5/07




# Home Storage and Production

## MESSAGE FROM THE FIRST PRESIDENCY

Dear Brothers and Sisters:

Our Heavenly Father created this beautiful earth, with all its abundance, for our benefit and use. His purpose is to provide for our needs as we walk in faith and obedience. He has lovingly commanded us to “prepare every needful thing” (see D&C 109:8) so that, should adversity come, we may care for ourselves and our neighbors and support bishops as they care for others.

We encourage Church members worldwide to prepare for adversity in life by having a basic supply of food and water and some money in savings.

We ask that you be wise as you store food and water and build your savings. Do not go to extremes; it is not prudent, for example, to go into debt to establish your food storage all at once. With careful planning, you can, over time, establish a home storage supply and a financial reserve.

We realize that some of you may not have financial resources or space for such storage. Some of you may be prohibited by law from storing large amounts of food. We encourage you to store as much as circumstances allow.

May the Lord bless you in your home storage efforts.

The First Presidency



## THE BASICS OF FAMILY HOME STORAGE

### THREE-MONTH SUPPLY



Build a small supply of food that is part of your normal, daily diet. One way to do this is to purchase a few extra items each week to build a one-week supply of food. Then you can gradually increase your supply until it is sufficient for three months. These items should be rotated regularly to avoid spoilage.

### DRINKING WATER



Store drinking water for circumstances in which the water supply may be polluted or disrupted.

If water comes directly from a good, pretreated source then no additional purification is needed; otherwise, pretreat water before use. Store water in sturdy, leak-proof, breakage-resistant containers. Consider using plastic bottles commonly used for juices and soda.

Keep water containers away from heat sources and direct sunlight.

### FINANCIAL RESERVE



Establish a financial reserve by saving a little money each week and gradually increasing it to a reasonable amount (see *All Is Safely Gathered In: Family Finances* guide).

### LONGER-TERM SUPPLY



For longer-term needs, and where permitted, gradually build a supply of food that will last a long time and that you can use to stay alive, such as wheat, white rice, and beans.

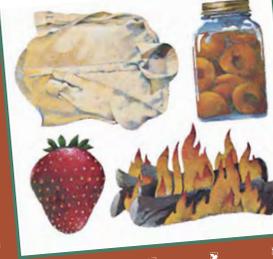
These items can last 30 years or more when properly packaged and stored in a cool, dry place. A portion of these items may be rotated in your three-month supply.



# Home Storage and Production

Although this document was created in 1978, there is still good information.

## ESSENTIALS OF HOME PRODUCTION & STORAGE





## Home Storage and Production

# Let's take inventory!



## Home Storage and Production

**Basic** Preparation    **Intermediate** Preparation    **Advanced** Preparation




## Home Storage and Production



### LET'S TAKE INVENTORY:

When it comes to home storage and production, what is basic, intermediate, or advanced?



# Financial Preparedness



## Financial Preparedness



What does the Church teach about financial preparedness?

Area Temporal Preparedness Guide: Utah



## Financial Preparedness

“Making wise choices with your money boosts your confidence and prepares you for life’s ups and downs. Here are some guidelines to help you.”

Area Temporal Preparedness Guide: Utah



## Financial Preparedness

- Avoid Debt
- Use a Budget
- Financial Planning Tools
- Build a One-Month Emergency Fund
- Have Insurance

Area Temporal Preparedness Guide: Utah



## Financial Preparedness

- Put a Little Away
- Seek Education
- Consider Buying a Home
  - Save for Retirement
- Ponder: Financial Goals

Area Temporal Preparedness Guide: Utah



# Financial Preparedness

**BUDGET WORKSHEET**

BUDGET FOR \_\_\_\_\_ (month/year)

	PLANNED	ACTUAL
<b>INCOME</b>		
Wages/Salaries (after taxes)		
Other income		
Total income		
<b>EXPENSES</b>		
Tithes and offerings		
Tithing		
Fast		
Mortgage or rent		
Utilities		
Transportation		
Child support		
Insurance		
Medical		
Childcare		
Child expenses		
Other		
Total expenses		
Income less expenses		

• Budget for a specified period of time (such as weekly, biweekly, monthly).  
• Review your budget regularly.

Visit [www.providentliving.org](http://www.providentliving.org) for more information about family finances.

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

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**ALL IS SAFELY GATHERED IN**

**FAMILY FINANCES**



# Financial Preparedness

**MESSAGE FROM THE FIRST PRESIDENCY**

Dear Brothers and Sisters:

Latter-day Saints have been counseled for many years to prepare for adversity by having a little money set aside. Doing so adds immeasurably to security and well-being. Every family has a responsibility to provide for its own needs to the extent possible.

We encourage you wherever you may live in the world to prepare for adversity by looking to the condition of your finances. We urge you to be modest in your expenditures; discipline yourselves in your purchases to avoid debt. Pay off debt as quickly as you can, and free yourselves from this bondage. Save a little money regularly to gradually build a financial reserve.

If you have paid your debts and have a financial reserve, even though it be small, you and your family will feel more secure and enjoy greater peace in your hearts.

May the Lord bless you in your family financial efforts.

The First Presidency

**THE BASICS OF FAMILY FINANCES**

**PAY TITHES AND OFFERINGS**

Successful family finances begin with the payment of an honest tithe and the giving of a generous fast offering. The Lord has promised to open the windows of heaven and pour out great blessings upon those who pay tithes and offerings faithfully (see Malachi 3:10).

**AVOID DEBT**

Spending less money than you make is essential to your financial security. Avoid debt, with the exception of buying a modest home or paying for education or other vital needs. Save money to purchase what you need. If you are in debt, pay it off as quickly as possible.

**USE A BUDGET**

Keep a record of your expenditures. Record and review monthly income and expenses. Determine how to reduce what you spend for nonessentials.

Use this information to establish a family budget. Plan what you will give as Church donations, how much you will save, and what you will spend for food, housing, utilities, transportation, clothing, insurance, and so on. Discipline yourself to live within your budget plan. (See the Budget Worksheet on the back page.)

**BUILD A RESERVE**

Gradually build a financial reserve, and use it for emergencies only. If you save a little money regularly, you will be surprised how much accumulates over time.

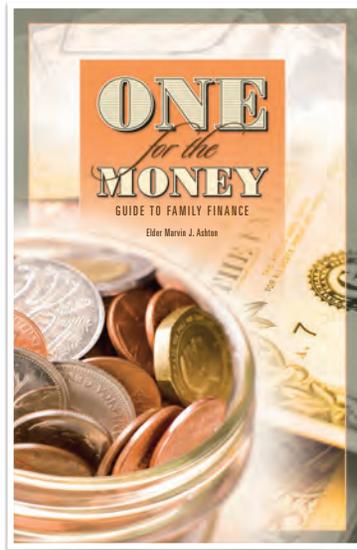
**TEACH FAMILY MEMBERS**

Teach family members the principles of financial management. Involve them in creating a budget and setting family financial goals. Teach the principles of hard work, frugality, and saving. Stress the importance of obtaining as much education as possible.



# Financial Preparedness

This booklet has 12 timeless ideas about money



# Financial Preparedness

Sample Page



## 1. PAY AN HONEST TITHING

Successful financial management in every LDS home begins with the payment of an honest tithe. If our tithing and fast offerings are the first obligations met following the receipt of each paycheck, our commitment to this important gospel principle will be strengthened and the likelihood of financial mismanagement will be reduced. Paying tithing promptly to Him who does not come to check up each month will teach us and our children to be more honest with those physically closer at hand.

## 2. LEARN TO MANAGE MONEY BEFORE IT MANAGES YOU

A bride-to-be would do well to ask herself, "Can my sweetheart manage money? Does he know how to live within his means?" These are more important questions than, "Can he earn a lot of money?"

FINANCIAL PEACE OF MIND IS NOT DETERMINED BY HOW MUCH WE MAKE, BUT IS DEPENDENT UPON HOW MUCH WE SPEND.





## Financial Preparedness



### LET'S TALK ABOUT IT

When it comes to financial preparedness, what is basic, intermediate, or advanced?



## Emotional Preparedness



## Emotional Preparedness



THE CHURCH OF  
JESUS CHRIST  
OF LATTER-DAY SAINTS

What does the Church teach about emotional preparedness?



## Emotional Preparedness

“Becoming like the Savior includes facing challenges and hardships. He will help us use adversity to grow and develop our character.”



## Emotional Preparedness

“Being emotionally resilient is the ability to adapt to challenges with courage and faith in Jesus Christ.”

Area Temporal Preparedness Guide: Utah



## Emotional Preparedness

“We can each learn skills to become more emotionally resilient. Good mental and emotional practices can help us prepare for the challenges of life.”

Area Temporal Preparedness Guide: Utah



## Emotional Preparedness

“The illustration below is an overview of some of these practices.”



Area Temporal Preparedness Guide: Utah



## Emotional Preparedness

Go to Church website to Libraries



# Emotional Preparedness



THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

My Home **Libraries** Serve News About Us

### Gospel Library

Find, study, and apply Church teachings from the full digital library

### Scriptures

Study the Bible, Book of Mormon, Doctrine and Covenants, and Pearl of Great Price

### General Conference

Watch, listen to, and study words of Church leaders from worldwide conferences

### Come, Follow Me

Access current and past curriculum for personal study and Church classes

### Media Library

Find, download, and share digital media

### Music Library

Listen to, learn, and share Church music

### Life Help

Explore resources that provide practical help for life's experiences

### Topics and Questions

Find information on Church doctrine, policies, practices, history, and more.

Go to Life Help



# Emotional Preparedness



Help With Life's Challenges

Scroll to Managing Emotional and Mental Health



## Resources to Help



### Managing Mental and Emotional Health

Find guidance for maintaining mental and emotional well-being.



### Building Healthy Relationships

Cultivate healthier and more meaningful relationships with others.



### Developing Healthy Habits for Growth

Discover ideas to help you develop healthy behaviors for personal growth.



### Support for Parents and Families

Gain insights for overcoming day-to-day challenges of family life.



### Meeting Physical Needs

Find resources to help provide for yourself and your family.



# Emotional Preparedness

## Managing Mental and Emotional Health



Mental and emotional challenges can be overwhelming—they often impact your ability to connect with others, feel the Spirit, and contribute in society. But for those struggling, there is hope. By utilizing resources, relying on the Savior and others, and seeking professional treatment when appropriate, you can increase your resilience and deepen your capacity to experience joy.

### Quick Resources

Programs and S...  
**In Crisis?  
Talk Now**



Programs and S...  
**Emotional  
Resilience**



Programs and S...  
**Addiction  
Recovery**



### On This Page:

- [Managing Mental Health](#)
- [Suicide Prevention and Ministering](#)
- [Dealing With Death, Grief, and Loss](#)
- [Preventing and Responding to Abuse](#)
- [Healing Through the Savior: Addiction Recovery](#)



# Emotional Preparedness

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- [Healing Through the Savior: Addiction Recovery](#)

### Quick Resources

- Programs and S...  
**In Crisis? Talk Now**
- Programs and S...  
**Emotional Resilience**
- Programs and S...  
**Addiction Recovery**



# Emotional Preparedness

Self-Reliance Resourc... X

Finding Strength in the Lord: Emotional Resilience

**Finding Strength in the Lord: Emotional Resilience**

Contents

Title Page

Message from the First Presidency

For Facilitators

1: Building Emotional Strength in the Lord

Getting Started

My Foundation: Exercise Faith in Jesus Christ

Learn

Ponder

Action Partners

Commit

2: Healthy Thinking Patterns

Report

**Finding Strength in the Lord: Emotional Resilience**

Title Page

Message from the First Presidency

For Facilitators

1: Building Emotional Strength in the Lord

Getting Started

**1: Building Emotional Strength in the Lord**

Getting Started



# Emotional Preparedness

- 1: Building Emotional Strength in the Lord
- 2: Healthy Thinking Patterns
- 3: Our Bodies and Emotions
- 4: Managing Stress and Anxiety
- 5: Understanding Sadness and Depression
- 6: Overcoming Anger
- 7: Managing Addictive Behaviors
- 8: Building Healthy Relationships
- 9: Providing Strength to Others
- 10: Moving Forward with Faith



# Emotional Preparedness

## Managing Mental and Emotional Health



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- Programs and S...  
**In Crisis? Talk Now**
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**Addiction Recovery**



# Emotional Preparedness

## On This Page:

Managing Mental Health

Suicide Prevention and Ministering

Dealing With Death, Grief, and Loss

Preventing and Responding to Abuse

Healing Through the Savior: Addiction Recovery



Go to Libraries



# Emotional Preparedness

Find, study, apply, and share Church teachings from the full digital Gospel Library. Discover gospel principles and explore teachings to enrich your life and the lives of those you love.



Jesus Christ



Scriptures



General Conference



Come, Follow Me



Music



Magazines



Books and Lessons



Topics and Questions



Handbooks and Callings



Church History



Videos and Images



Children

Go to Books and Lessons



# Emotional Preparedness

## Books and Lesson Manual Resources

Personal study and lesson manual resources from The Church of Jesus Christ of Latter-day Saints. Browse manuals, study guides, and books covering topics from Church history, seminary, self-reliance, temple preparation, gospel principles, Preach My Gospel, and more.



Teaching and Learning



Seminary



Institute



Scripture Helps



Teachings of Presidents



Church History



Temple Preparation



Self-Reliance Resources



Succeed in School



Preach My Gospel



Missionary Preparation: A Teaching Resource



About the Hymns



# Emotional Preparedness

## Self-Reliance - Programs and Resources

Review the many programs and resources the Church provides to improve self-reliance for individuals and families. Topics range from emotional well-being to improving financial stability. Explore many opportunities to further your education, start a business, help others to learn self-reliance, and much more.



Self-Reliance Plan

Finding Strength in the Lord: Emotional Resilience

Personal Finances for Self-Reliance

Starting and Growing My Business for Self-Reliance

Find a Better Job for Self-Reliance

Education for Better Work for Self-Reliance

Go to Finding Strength in the Lord: Emotional Resilience



# Emotional Preparedness

Finding Strength in the Lord: Emotional Resilience

## Finding Strength in the Lord: Emotional Resilience

Title Page

Message from the First Presidency

For Facilitators

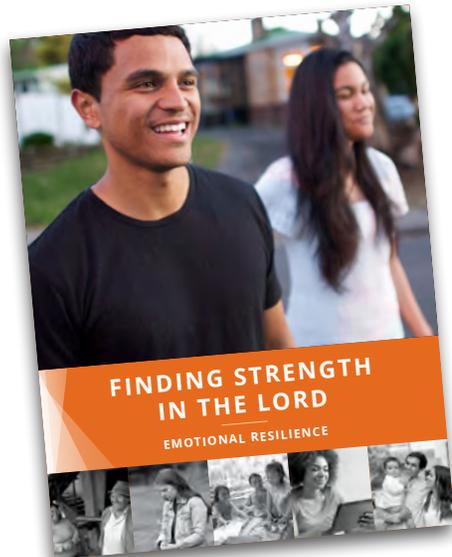
1: Building Emotional Strength in the Lord

1: Building Emotional Strength in the Lord



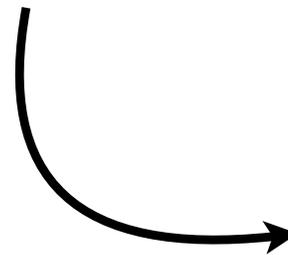
# Emotional Preparedness

Download 192 page manual



# Emotional Preparedness

## Let's take inventory!





## Emotional Preparedness

**Basic** Preparation    **Intermediate** Preparation    **Advanced** Preparation




## Emotional Preparedness



**LET'S TAKE INVENTORY:**  
When it comes to emotional preparedness, what is basic, intermediate, or advanced?



# TO DO

## HOMEWORK ASSIGNMENT

WEEK 8 CHALLENGE

**TEMPORAL PREPARATION**

Will you take inventory of your life in the four areas we discussed, uncover your weaknesses, and create a doable plan starting with the basics?

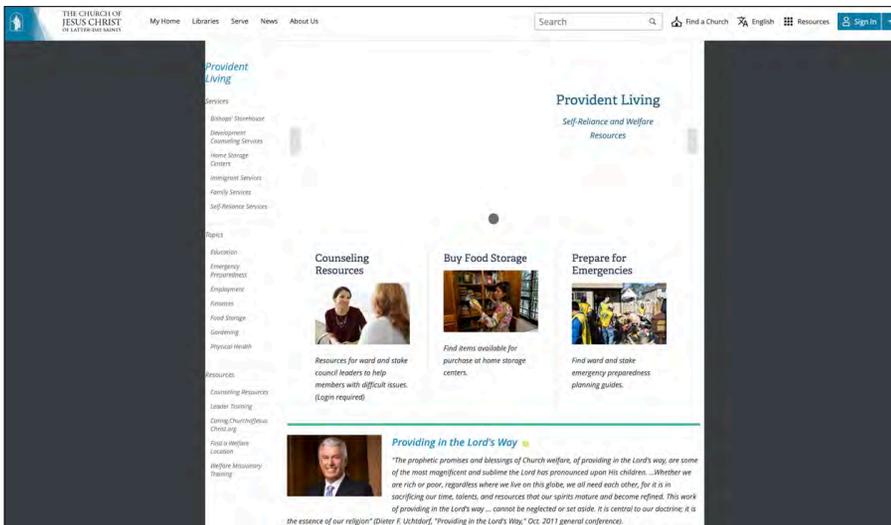
## ONLINE CLASS

Watch this lesson online or download a PDF of today's slides.



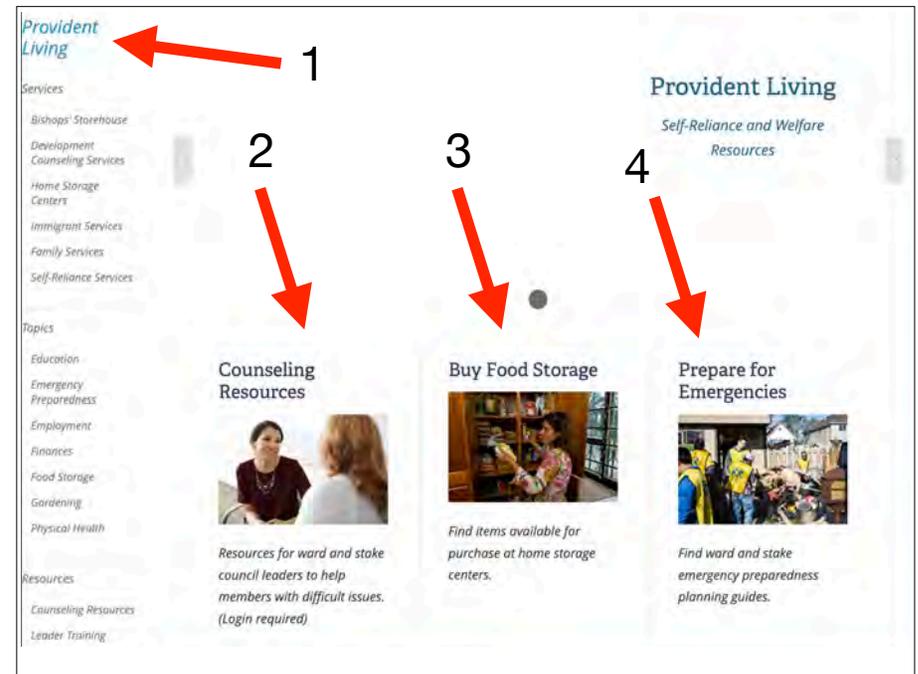
[www.iloveinstitute.com](http://www.iloveinstitute.com)

# RESOURCES



[providentliving.org](http://providentliving.org)

(Yes, this is what the website looks like.)



## **SERVICES**

Bishops' Storehouse  
Development Counseling Services  
Home Storage Centers  
Immigrant Services  
Family Services  
Self-Reliance Services

[providentliving.org](http://providentliving.org)

## **TOPICS**

Education  
Emergency Preparedness  
Employment  
Finances  
Food Storage  
Gardening  
Physical Health

[providentliving.org](http://providentliving.org)

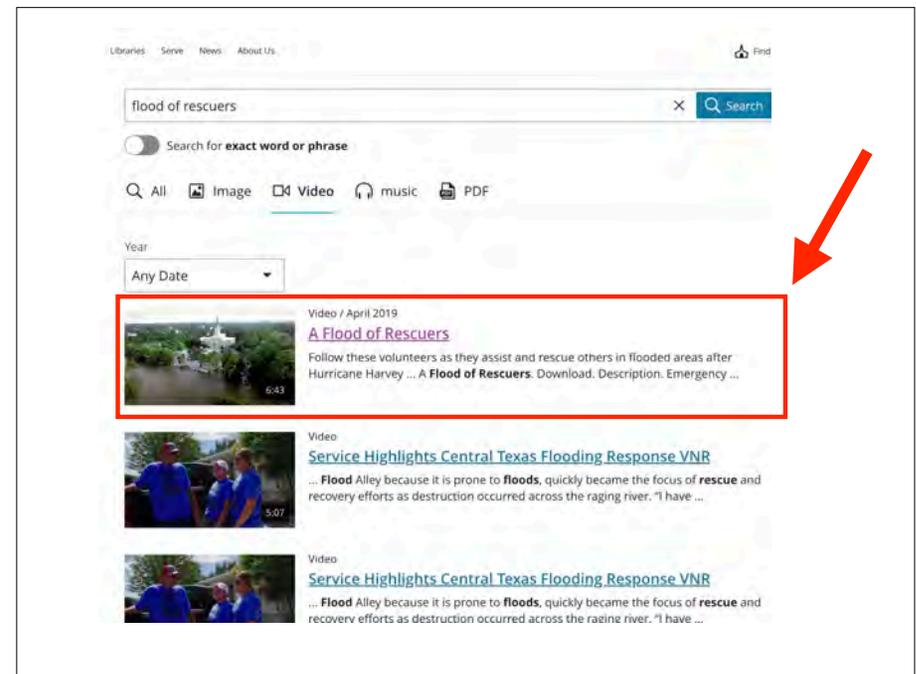
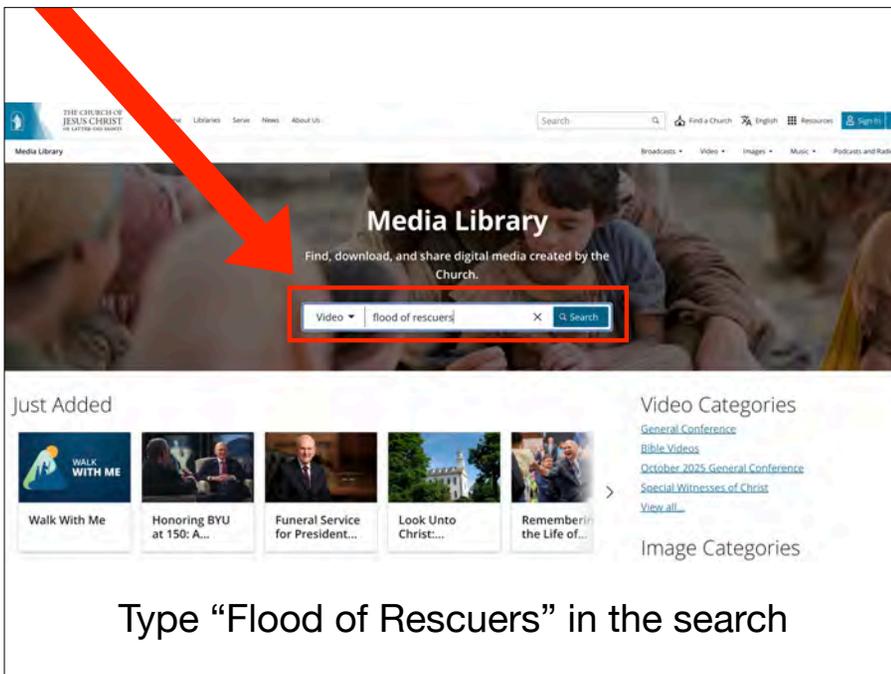
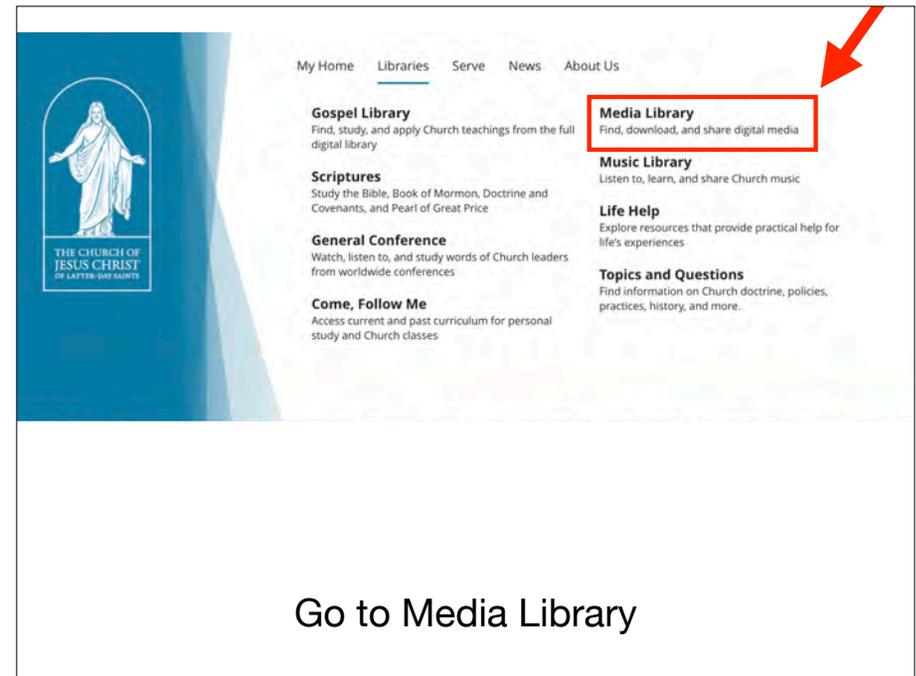
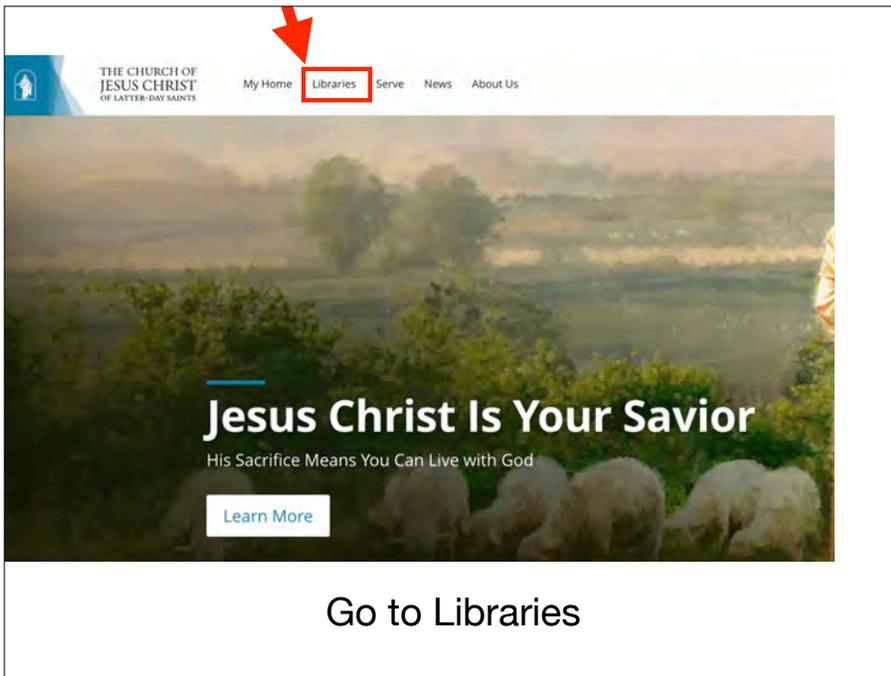
## **RESOURCES**

Counseling Resources  
Leader Training  
Caring.ChurchofJesusChrist.org  
Find a Welfare Location  
Welfare Missionary Training

[providentliving.org](http://providentliving.org)

# WATCH

“A Flood of Rescuers”  
Find it on the Church website  
and YouTube



The screenshot shows a church website with a navigation bar at the top containing 'My Home', 'Libraries', 'Serve', 'News', and 'About Us'. A search bar is located in the top right. Below the navigation, there are tabs for 'Broadcasts', 'Video', and 'Images'. The main content area features a video player with a play button and a title 'A Flood of Rescuers'. To the right of the video player is a 'Download' button and a 'Description' section. The description reads: 'Emergency preparedness can allow you to be ready and to help others when disaster strikes. Follow these volunteers as they assist and rescue others in flooded areas after Hurricane Harvey.'

Watch or download “A Flood of Rescuers”

# STUDY

“Area Temporal Preparedness Guide: Utah” (28 pages)

The screenshot shows a search engine results page. The search bar contains the text 'area temporal preparedness guide'. Below the search bar, there are filters for 'All', 'Image', 'Video', 'music', and 'PDF'. On the left side, there is a 'Filter Results' section with options for 'All Content', 'Scriptures', 'General Conference', and 'Newsroom'. The search results list two items from the website 'https://www.churchofjesuschrist.org'. The first result is 'Local Area Preparedness Guides' and the second result is 'Area Temporal Preparedness Guide: Utah'. The description for the second result reads: 'The following guidelines and activities can help you become more prepared. WELFARE AND SELF-RELIANCE SERVICES. Area Temporal Preparedness Guide: Utah. © 2021 ...'

Type “area temporal preparedness guide”  
in search bar

The screenshot shows the 'Local Area Preparedness Guides' page on the church website. The page has a breadcrumb trail: 'Life Help / Temporal Preparedness Resources / Local Area Preparedness Guides'. The main heading is 'Local Area Preparedness Guides'. Below the heading, there are social media sharing icons for Facebook, X, Messenger, Email, and Print. The text on the page reads: 'Find your area in the list below to get preparedness information that is specific to your location. If your area isn't listed, check back soon for updates.' Below this text, there is a list of area names with links: 'Africa South Area', 'Africa West Area', 'Asia Area', 'Asia North Area', 'Brazil Area', 'Caribbean Area', and 'Central America Area'.

[North America Northeast Area](#)

[North America Southeast Area](#)

[North America Southwest Area](#)

[North America West Area](#)

[Pacific Area](#)

[Philippines Area](#)

[South America Northwest Area](#)

[South America South Area](#)

[Utah Area](#)

## Area Temporal Preparedness Guide: Utah

WELFARE AND SELF-RELIANCE SERVICES

# BUY

Visit the Church website to buy  
food storage and supplies

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

[My Home](#) [Libraries](#) [Serve](#) [News](#) [About Us](#)

## Jesus Christ Showed Us Great Love

Feel love through the power of His Resurrection this Easter

[Learn More](#)

Go to “My Home” to find the online store

My Links

- Ward Directory and Map
- Online Store**
- Scriptures
- General Conference
- Come, Follow Me
- Children and Youth Program

Sign in to access personalized content and tools on this page.

Sign In

Featured Content

Online Event  
**Register for RootsTech**  
 RootsTech is the world's largest family discovery event, happening March 5-7, 2026. Join in-person in Salt Lake City, Utah, or online worldwide. The annual three-day conference includes temple and family history-themed activities, keynote speakers, classes, and forums on the latest

## Log in to "Online Store"

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS | **Online Store**  
 PRODUCTS AND MATERIALS

- Gospel Study
- Clothing
- Units and Callings
- Magazines
- Music
- Art
- Food Storage**

Many orders are currently delayed due to high demand. We are processing orders as quickly as possible and appreciate your patience. You will receive a shipping confirmation email when your order has processed.

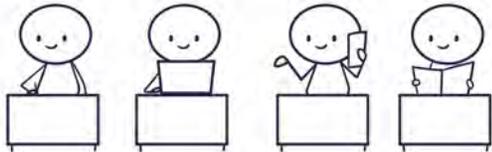
## Go to Food Storage

New Product: Strawberry Slices - Case of 6 cans <b>\$84.00 USD</b>	Hard White Wheat - Case of 6 cans <b>\$44.00 USD</b>	White Flour - Case of 6 cans <b>\$40.00 USD</b>	Hard Red Wheat - Case of 6 cans <b>\$42.00 USD</b>
New Product: Strawberry Slices - Case of 6 cans <b>\$84.00 USD</b>	Hard White Wheat - Case of 6 cans <b>\$44.00 USD</b>	White Flour - Case of 6 cans <b>\$40.00 USD</b>	Hard Red Wheat - Case of 6 cans <b>\$42.00 USD</b>

Apple Slices - Case of 6 cans <b>\$80.00 USD</b>	Carrots - Case of 6 cans <b>\$63.00 USD</b>	Onions - Case of 6 cans <b>\$60.00 USD</b>	Potato Flakes - Case of 6 cans <b>\$52.00 USD</b>
White Rice - Case of 6 cans <b>\$52.00 USD</b>	Black Beans - Case of 6 cans <b>\$59.00 USD</b>	White Beans - Case of 6 cans <b>\$53.00 USD</b>	Pinto Beans - Case of 6 cans <b>\$53.00 USD</b>

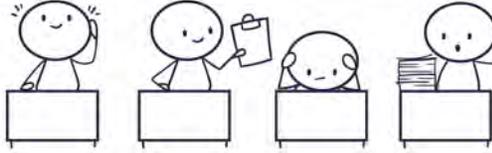
			
Apple Slices - Case of 6 cans \$80.00 USD	Carrots - Case of 6 cans \$63.00 USD	Onions - Case of 6 cans \$60.00 USD	Potato Flakes - Case of 6 cans \$52.00 USD
			
White Rice - Case of 6 cans \$52.00 USD	Black Beans - Case of 6 cans \$59.00 USD	White Beans - Case of 6 cans \$53.00 USD	Pinto Beans - Case of 6 cans \$53.00 USD

			
Regular Oats - Case of 6 cans \$43.00 USD	Quick Oats - Case of 6 cans \$40.00 USD	Spaghetti Bites - Case of 6 cans \$36.00 USD	Macaroni - Case of 6 cans \$37.00 USD
			
Sugar - Case of 6 cans \$60.00 USD	Nonfat Dry Milk - Case of 12 pouches \$83.00 USD	Automatic Impulse Pouch Sealer 115 Volt \$475.00 USD	Pouch Sealer Repair Kit \$36.00 USD



# LESSON REVIEW

## Preparing for the Second Coming





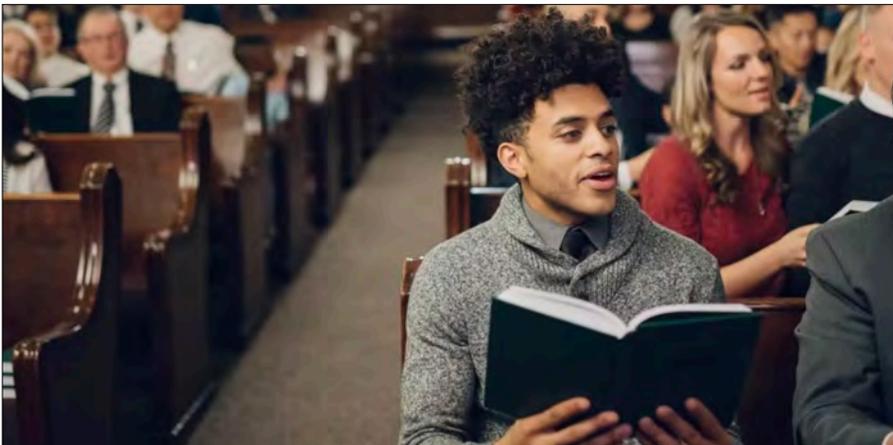
## How can you prepare for the Second Coming of Jesus Christ?



**LESSON 1**  
**Prepare—don't fear**



**LESSON 2**  
**Watch for the signs**



**LESSON 3**  
**Spiritually prepare**



**LESSON 4**  
**Study the Atonement**



**LESSON 5**  
**Study the Book of Mormon**



**LESSON 6**  
**Go to the temple**



**LESSON 7**  
**Fortify your home**



**LESSON 8**  
**Prepare Temporally**



## NEXT CLASS

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▶ **March 5**  
**Gather Israel**

“I call upon you to help gather scattered Israel and to prepare the world for the Second Coming of the Lord. I call upon you to talk of Christ, testify of Christ, have faith in Christ, and rejoice in Christ!” (Russell Nelson, Oct. 2024).