

# Conference Talk Review

Ideas from “Perfect Love Casteth Out Fear” by President Uchtdorf (4/2017)

<p><b>Fear</b></p> <ul style="list-style-type: none"> <li>• Fear is a powerful motivator.</li> <li>• Fear as a motivator is temporary and limited.</li> <li>• Fear leads to helplessness, resentment, and anger. Then to mistrust, defiance, even rebellion.</li> <li>• Fear motivates people to act a certain way, but it may not change their feelings.</li> <li>• Focusing on the negative is a fear motivator.</li> <li>• Fear is not of God.</li> <li>• Fear paralyzes people.</li> <li>• We do not need to be afraid. There is another way. (Think of movies or stories where someone has been poisoned and they, along with their friends and allies, frantically search for the antidote. Fear is a poison of sorts and we've just been told that there is an antidote. It will probably take some time and effort to get and apply the antidote. But we know it's there. Find it! <i>As if your life depended on it.</i>)</li> </ul>	<p><b>God's Way to Motivate</b></p> <ul style="list-style-type: none"> <li>• The Lord's way is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, and temperance.</li> <li>• God inspires and leads.</li> <li>• God is merciful, gracious, longsuffering, full of goodness and truth.</li> <li>• God wants us to have all that He has. (He isn't selfish and doesn't hold back.)</li> <li>• God wants us to focus on the good.</li> <li>• God shows us the way to happiness.</li> <li>• God wants us to learn from our mistakes.</li> </ul>	<p><b>God's Love</b></p> <ul style="list-style-type: none"> <li>• God loves us. This is part of His motivation for how He associates with us. (It may be insightful to ponder how God's love and desire for us to be the best we can is the driving force behind all aspects of the gospel, the organization of the church, and each commandment He has given us.)</li> <li>• Love does not mean accepting or overlooking negative behavior.</li> <li>• Our behavior doesn't change God's love for us or His desire for us to be our best self.</li> <li>• Love changes our perspective.</li> </ul>
	<p><b>Not God's Way to Motivate</b></p> <ul style="list-style-type: none"> <li>• The Holy Ghost withdraws if we exercise control over another person “in any degree of unrighteousness”</li> <li>• When using fear to control others the ends DO NOT justify the means. (Fear may get quick results, but not positive end results.)</li> <li>• Anger, vengeance, and retaliation are not God's way.</li> </ul>	<p><b>Change</b></p> <ul style="list-style-type: none"> <li>• God's intention is to mentor and lead us to be the best we can be. (His desire is for lasting change and he uses perfect methods. So if we want lasting change in ourselves or others, use His methods.)</li> <li>• There is more involved in improvement and change than changing behavior alone.</li> </ul>
	<p><b>Jesus Christ</b></p> <ul style="list-style-type: none"> <li>• Jesus Christ is our example and mentor.</li> <li>• We can have hope through Christ.</li> <li>• Through Christ's love we can have humility, dignity, bold confidence, and faith.</li> <li>• Christ's love is how we replace fear with faith.</li> <li>• Christ's love helps us understand God, His plan for us and other key points of the gospel.</li> </ul>	

<p><b>Take Action</b></p> <ul style="list-style-type: none"><li>● Faithfully following God's teachings, overcoming fears, and courageously living the gospel is the way to happiness.</li><li>● We should have hope in the fact the Savior will come to earth again. We should actively prepare ourselves, and the world, for that day.</li><li>● You can see bad or good depending what you look for. Find the good.</li><li>● Give thanks to God for His love.</li><li>● Focus on the goodness of God.</li><li>● Have courage, faith and confidence because God can overcome all.</li></ul>	<p><b>Other Thoughts</b></p> <ul style="list-style-type: none"><li>● You can see bad or good depending what you look for.</li><li>● We are not alone. God is on our side.</li><li>● We can be successful.</li></ul> <p><b>To Think About</b></p> <ul style="list-style-type: none"><li>● What is "natural confidence?"</li><li>● Approach opportunities and challenges with faith, courage and determination. (If we are in patterns of fear we may not know how to approach opportunities with anything but fear. Look to courageous heroes, modern day or ancient. Think through what they might do if they were approaching the situation that you are. Learn from what they did or what you think they would do.)</li><li>● The gospel gives us a unique perspective of the challenges of life and how to handle them.</li><li>● Knowing or being aware of something is different than fear. (We don't have to be ignorant to avoid fear. In fact, this isn't about avoiding fear. It is about facing it and moving forward past it.)</li><li>● Love overcomes harm, coercion, bullying and oppression. (This is something to really think about. This doesn't necessarily mean that to get out of an oppressive situation we need to love our oppressor enough so they'll change. That often isn't the right answer. But love can still help us in that situation. We can know that God loves us. We can love ourselves and know we're worth fighting for. And then Christ's perfect love can help us heal and move forward. Love can also help us overcome our desire to mistreat someone else.)</li></ul>
---	--

**Notes:**