



approachable gospel study with guided self-reflection & practical psychology insights

7 Minute Study: **Dallin H. Oaks**
from *Alive in Christ* (April 2026 Conference)

study in this order

- study 1: **The Resurrection**
- study 2: **Loving My Neighbor**
- study 3: **Loving My Enemy**
- study 4: **The Savior's Example**
- study 5: **Be a Peacemaker**

symbols: ● questions | ✎ scripture marking & notes
→ tools & practices | ⚡ quick study options | 🎵 music

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study 1: **The Universal Resurrection**
from *Alive in Christ* by Dallin H. Oaks
April 2026 Conference

President Oaks said that a belief in a universal resurrection, meaning everyone will live again after they die, is “a pillar of our faith.”

- Why do you think it’s so important to know we’ll be resurrected?

He says living again after we die is “certain.” That means it is something we can count on.

In a world of so many temporary and uncertain things, that is really something.

Being resurrected is different than simply coming back to life. Alma 11:43 says “The spirit and the body shall be reunited again in its perfect form. ...”

- What do you believe we will be like after we’re resurrected?

“I wonder if we fully appreciate the enormous significance of this belief in a literal, universal resurrection. The conviction that death is not the conclusion of our identity changes the whole perspective of our mortal life. It affects how we look on the physical challenges of mortality. It gives us the strength and perspective to endure the mortal challenges faced by each of us and by those we love.” - Dallin H. Oaks (April 2026 Conference)

- How does your knowledge of the resurrection change your perspective about life? (How does it affect how you look at physical challenges? How does it give you strength to endure other challenges you face?)
- As you thought about that question, what feelings came up for you?

Jesus Christ had the power to be resurrected like He said He would. And He has promised that you will be resurrected too.

- What does this tell you about Jesus? What does this tell you about You?

As you conclude today's study, consider what you want to remember or what you want to ask or share with God.

Ideas for Further Study

More from President Oaks' Talk

- Read the [first section](#) of his talk, *Alive in Christ* (April 2026 Conference).

More about Resurrection

- Gospel Library: Topics and Questions: [Resurrection](#)
- ✎ Look at more of the specific ways [President Oaks says](#) belief in the Resurrection can change our perspective in life.

More about Feelings

- Search online for a feelings wheel. (There are several free ones.) Feeling wheels have lists of words. Learning feeling words helps us get better at understanding and being able to express our feelings.

study 2: **Loving My Neighbor**
from *Alive in Christ* by Dallin H. Oaks
April 2026 Conference

In general, it's easy to see that the ways of the world are different from the ways of Christ.

“Many current writers characterize the time in which we live as toxic, a time of contempt or hostility toward adversaries. This hostility affects many different relationships in society, involving many whose Christian beliefs should orient them otherwise.” - Dallin H. Oaks (April 2026 Conference)

- What happens to connection, unity, and belonging when our interactions come from contempt and hostility?
- How does that look and feel different from what Christ teaches us?

President Oaks continues:

“Our Savior, Jesus Christ, taught us how to relate to one another. The great commandments in the law, He taught, were to love—God and neighbor (see Matthew 22:37–39).”

✍️ *Consider finding the scripture and adding tags like:
love others; love God, 2 great commandments.*

The order here matters. As we focus on loving God first, we come to understand deeper reasons for—and more meaningful ways of—loving our neighbor.

Of course, the idea of neighbor doesn't just mean those who live nearby.

To define neighbor, President Oaks turned to the Savior's parable of the Good Samaritan, someone who took care of someone else.

So we can think of the instruction to love our neighbor as an invitation to care for each other.

- What do you think might change if we saw others as people we care about and want to take care of? What feelings might that create towards them?

We can also remember that we are more than neighbors—we are brothers and sisters, each an important part of God's family.

It is not always easy to see people this way. Lots of things in our brains stop us from seeing their whole story.

A couple of things to try:

→ Ask Heavenly Father to help us see people as He does.

→ Ask yourself: "What are this person's (or group's) challenges, trials, burdens, and pains?"*

Remember most people are wanting to be loved and understood. Love and belonging are some of our most basic human needs. And we don't always seek this in the most helpful ways.

- How might connection, unity, and belonging grow when we approach others with understanding, empathy, and love?

As you conclude today's study, consider what you want to remember or what you want to ask or share with God.

*This question comes from *The Anatomy of Peace* by The Arbinger Institute.

Ideas for Further Study

More about the Good Samaritan

- [Luke 10:25-37](#) (Find other translations, like NIV, at biblehub.com.)
- [Room in the Inn](#) by Elder Gerrit W. Gong (April 2021 Conference)
- 🎵 ["I Won't Walk Away"](#) by Shanwna Edwards

More about Understanding Human Needs

- Search online for Maslow's Hierarchy of Needs. This pyramid helps us understand the levels and order of human needs. When someone is struggling with one area, the level below it needs to be addressed. For example: Confidence, achievement, and respecting others (level 4) comes when a sense of love and belonging (level 3) is developed and strengthened.

More about the Two Great Commandments

- Read [Matthew 22:36-30](#) and [Mark 12:28-31](#). (Find other translations, like NIV, at biblehub.com.)

More about Seeing People as People

- Read *The Anatomy of Peace* by The Arbinger Institute. It helps understand ways of thinking that interfere with seeing people as people.

study 3: **Loving My Enemy**
from *Alive in Christ* by Dallin H. Oaks
April 2026 Conference

Begin by reading [Matthew 5:43-44](#).

In verse 43, notice the phrase: “It hath been said”

- What *hath* been said”?

In verse 44, notice the phrase: “But I say unto you...”

This is Jesus speaking.

- What does He say, and how is it different from what “hath been said”?

According to [Scripture Helps](#),* the first phrase isn’t a gospel teaching from scripture, it’s from a common saying of the day.

Jesus helps us notice how His ways differ from common views of society.

That’s something helpful for us too, even so many years later.

“What a revolutionary teaching for personal relationships! Love even your enemies!” -Dallin H. Oaks (April 2026 Conference)

President Oaks further explained:

“Today we might say that we are commanded to *love our adversaries*.” (April 2026 Conference)

To expand that idea, consider this as any opponent, rival, competitor, challenger, combatant, foe, nuisance, pain in the neck, annoyance, persecutor, bully, or pest.

- Setting aside for a moment how difficult this might be to do, why do you think Jesus would want us to love everyone—even those who don't love us?

✎ *Consider marking the phrase "love your enemies" in Matthew 5:44 and adding your thoughts as a note. (See Further Study Ideas below to learn how to do this.)*

As you read these following two statements, notice the different reasons they offer for loving others.

- 1 -

Feelings we hold for other people, like love, shape our actions toward them. Those feelings make a difference for us, even if they don't change how other people feel or act.

- 2 -

"All mortals are beloved children of God. As President David O. McKay taught, 'There is no better way to manifest love for God than to show an unselfish love for one's fellowmen.'" -Dallin H. Oaks (April 2026 Conference)

→ *Sometimes when answering questions we move on quickly. It can be helpful to pause and look again to see what else we can discover. This next question may be one of those moments.*

- Why do you think God considers it an expression of love for *Him* when we show love to other people?
- What does this tell you about God? What does this tell you about You?

As you conclude today's study, consider what you want to remember or what you want to ask or share with God.

Ideas for Further Study

An Example of Loving an Enemy

- ✈ [A story](#) from President Oaks about a nurse with a difficult patient who experienced the gift of “love from our Heavenly Father to this man.” (Use QR code to find it.)



More about Loving God by Loving Others

- ✈ Study [Mosiah 2:17](#) and [Matthew 25:40](#).

More about Unconditional Love

- See <https://theideaspot.org/3475>.

Learn about Forgiveness

- ✈ Loving or forgiving enemies is not approving of their actions, it's more about abandoning “feelings of anger, bitterness, or revenge.” See Gospel Library: Topics and Questions: [Forgiveness](#).

How to Mark Scriptures and Add Notes in Gospel Library

- ✈ Go to the home screen of the Gospel Library app and find the Tip of the Week box (it might be yellow). Tap the 3 dot menu and choose “view all.” Search for: “Record your thoughts” and “categorize with tags.”
- If the Tip of the Week box doesn't show up on the home screen, tap the 3 dot menu and choose “edit home”. Find “Tip of the Week” and mark it to show up on the home screen.

*Where to Find Scripture Helps

- In Gospel Library go to Scriptures > Scripture Helps
- Also look for the icon links to Scriptures Helps (and other helps) which show up in Gospel Library next to scripture verses.

study 4: **The Savior's Example of Relating to Others**

from *Alive in Christ* by Dallin H. Oaks

April 2026 Conference

“Each of us can strive to follow our Savior in His teachings about how to relate to one another.” -Dallin H. Oaks (April 2026 Conference)

Consider some common meanings of the word *relate*:

- to make or have a connection,
- to interact,
- to respond to,
- to understand.

We can follow the teaching and example of the Savior as we try to connect with others, interact or respond to others, and as we seek to understand where they are coming from.

- What is something you have learned from the Savior that has guided your responses to others?

After saying: “Each of us can strive to follow our Savior in His teachings about how to relate to one another.” President Oaks adds:

“This does not mean surrendering our values.” (April 2026 Conference)

Brené Brown, a researcher and author, defines a value as “a way of being or believing that we hold most important.”

- What is a situation where it seems like you would need to change your values in order to love someone?

Sometimes we believe something has to be one thing or another, when really both can be true.

Jesus found ways to hold to His beliefs as He interacted with others.

In all He did, Jesus stood for truth and showed love to others.

When lepers, shunned by others, approached Him, Jesus offered love and healing.

When church leaders brought a woman to Him focused on her wrongdoing, Jesus unwaveringly suggested they each take responsibility for their own actions.

When a disciple attacked a soldier sent to arrest Him, Jesus healed the soldier's injury.

And when He was hung on a cross and the crowd taunted Him to save Himself, Jesus focused on forgiving them and ensuring His mother would be cared for.

He did not lose focus on what mattered to Him.

We can also hold onto what is important to us while finding ways to show kindness, love, and understanding to others.

Jesus was grounded in who He was and what mattered to Him. This kept Him from being reactive or distracted from His values.

Seeing ourselves as an individual, distinctly separate from others, can help us in this way too. A connection with self like this isn't selfish and it doesn't create distance; it actually enables more authentic, strong connections with God and others. It allows us to hold our own beliefs and values while giving others the space to do the same.

From this clarity, our understanding of love can shift.

Loving someone doesn't necessarily mean spending time with them.

Loving someone isn't dependent on them valuing or agreeing with us.

This means growing love is something we can choose.

“We can follow the example of Jesus Christ, who is our role model, by choosing to love others—even if they show little or no love toward us.” -Dallin H. Oaks
(April 2026 Conference)

Psychology echoes this idea, teaching that compassion is about a person's humanity, not about whether we agree with them. We can acknowledge someone's feelings and inherent value without sharing their perspective.

We may feel love for someone because we think they are fun to be around or because we feel grateful for how they help us.

Maybe we feel love when we notice someone's effort to do good, even when they fall short.

Maybe we feel love when we look beyond behaviors and consider their challenges.

Maybe all we can think is that God loves them, so they must be worth loving.

We don't need to change someone to love them—but we *can* make some shifts in our own thoughts and focus. Feeling love for someone is about how *we* see them and what *we* think about them. Choosing more understanding thoughts can lead to feelings of love and compassion.

- What could it look like for you to love someone without agreeing with them? What understanding or loving thoughts could you have about them?

As we try to interact with others as the Savior did, we can pray for guidance, support, and ideas.

→ Asking ourselves questions like this can also help us pause and notice room for adjustment: “Am I holding myself to the same standard I am demanding of them?”*

As you conclude today's study, consider what you want to remember or what you want to ask or share with God.

*This question comes from *The Anatomy of Peace* by The Arbinger Institute.

Ideas for Further Study

More from the Savior's Interactions with Others

- Included in this study:
 - Healing Lepers ([Matthew 8:2-4](#); [Luke 5:12-14](#); [Luke 17:12-19](#))
 - The Woman Brought to Jesus to be Condemned ([John 8:3-11](#))
 - Jesus Healing the Soldier ([Luke 22:50-51](#))
 - Jesus on the Cross ([John 19:23-27](#); [Matthew 27:41-46](#); [Mark 15:29-32](#); [Luke 23:33-46](#))
- Other examples:
 - Times when others disagreed with how He treated people
 - Visiting Mary & Martha ([Luke 10:38-42](#))
 - A woman anointing His feet ([John 12:2-8](#); [Luke 7:36-48](#))
 - Going to the home of Zacchaeus ([Luke 19:1-10](#))
 - Times He spent with people other people ignored or rejected
 - A woman at a well in Samaria ([John 4:6-30](#))
 - A woman touched His clothes while He was on His way to help someone else ([Mark 5:25-34](#); [Matthew 9:20-22](#))
- Find other translations (like NIV or NLT) of any of these accounts at biblehub.com.

More about Compassion and Charity

- Remember you can work to develop compassion and charity for both others and yourself.
- See Guide to the Scriptures: [Compassion](#)
- See [Learning Compassion](#) on churchofjesuschrist.org
- See Gospel Library: Topics and Questions: [Charity](#)

More about Being an Individual or Connections with Self, God, and Others

- Visit our website connectionscoaching.org for information and study topics.

More about Thinking Things Have to Be One Thing or Another

- This is called All or Nothing thinking. It is a Cognitive Distortion. Meaning, an inaccurate and unhelpful, yet common thinking pattern that keeps us from seeing the whole story.
- Consider getting the children's book *Amber's Big Jump!* which helps in understanding and noticing All or Nothing thinking. (This book comes from our sister company: Thought Detectives.) Find it on Amazon (amazon.com/dp/B0DM65LFF).
- Learn what Cognitive Distortions are. (See <https://theideaspot.org/3477>.)

study 5: **Be a Peacemaker**
from *Alive in Christ* by Dallin H. Oaks
April 2026 Conference

In [3 Nephi 12:9](#) it says: “Blessed are all the peacemakers.”

- What do you think it looks like to be a peacemaker?

When President Nelson talked about being a peacemaker in April 2023, he mentioned his counselors as examples. As you read what he said, look for what they did that helped them have peaceful, effective conversations.

“My two noble counselors ... are exemplary in the way they express their feelings—especially when they may differ. They do so with pure love for each other. Neither suggests that he knows best and therefore must rigorously defend his position. Neither evidences the need to compete with the other. Because each is filled with charity, “the pure love of Christ,” our deliberations can be guided by the Spirit of the Lord.” -Russell M. Nelson (April 2023 Conference)

As you look at the following statements, look for some things we need to let go of in order to be peacemakers.

- 1 -

“My brothers and sisters, as followers of Christ, let us follow Him by forgoing contention and by using the language and methods of peacemakers. In our families and other personal relationships, let us avoid what is harsh and hateful.” -Dallin H. Oaks (April 2026 Conference)

- 2 -

To be peacemakers, we forgive others and deliberately build others up instead of tearing them down. ... Peacemaking requires courage and compromise but

does not require sacrifice of principle. Peacemaking is to lead with an open heart, not a closed mind. -Gary E. Stevenson (October 2025 Conference)

- What do you notice that we need to let go of to be a peacemaker?

After talking about being a peacemaker, Russell M. Nelson said:

“At this point you may be thinking that this message would really help someone you know. ... But I also hope that you will look deeply into *your* heart to see if there are shards of pride or jealousy that prevent *you* from becoming a peacemaker” (April 2023 Conference).

According to Julie and John Gottman, world-renowned relationship psychologists, defensiveness is one of four major problem areas in relationships. They observe that “being defensive never helps to solve the problem at hand” and that, as a result, “the conflict escalates further” (Gottman.com, *The Four Horsemen: The Antidotes*, January 16, 2026).

- What are some ways you can see defensiveness getting in the way of being a peacemaker?

The first step in overcoming defensiveness is noticing it.

A next step may be to consider the Gottman’s antidote: “to accept responsibility, even if only for part of the conflict.”

As we learn to notice obstacles to peacemaking, consider this reminder from President Nelson about relying on the Savior:

“One of the best ways we can honor the Savior is to become a peacemaker. ... In situations that are highly charged and filled with contention, I invite you to remember Jesus Christ. Pray to have the courage and wisdom to say or do what He

would. As we follow the Prince of Peace, we will become His peacemakers. ... He will help us to become His peacemakers.” -Russell M. Nelson (April 2023 Conference)

- What is something you could ask the Lord to help you with as you strive to become a peacemaker?

As you conclude today's study, consider what you want to remember or what you want to ask or share with God.

Ideas for Further Study

More about Being a Peacemaker

- [Peacemakers Needed](#) by Russell M. Nelson (April 2023 Conference)
- [Blessed Are the Peacemakers](#) by Gary E. Stevenson (October 2025 Conference)
 - A [story](#) from the talk
 - A scripture from the talk ([Doctrine & Covenants 121:41](#)) which Elder Stevenson calls “the Lord’s pattern to influence our relationships with one another.”
- Consider [examples](#) of peacemaking from President Oaks’ talk.
- Study [Alma 24](#) to see how the newly converted Anti-Nehi-Lehis actively prepared for peace instead of preparing for war. See theideaspot.org/3478 for some background and guiding questions.
- [5 Ways to Be a Peacemaker](#), April 2024 Friend Magazine



More about Taking Responsibility

- [Be 100 Percent Responsible](#), Lynn G. Robbins, BYU Speeches, August 22, 2017

This is the end of this 7 Minute Study. Pause to acknowledge and thank yourself for your time and effort to have this experience.

What's Next?

Read President Oaks' Talk

- These 5 studies were based on [Alive in Christ](#) by Dallin H. Oaks (April 2026 Conference). Take all the awareness and thoughts from these studies into your prayerful study of his complete talk.

Find more 7 Minute Studies

- Find the 7 Minute Study List at connectionscoaching.org/7minute.

Look Again at the Ideas for Further Study in each Section

Thanks for taking a few moments here.

*We're cheering for you as you continue deepening
your connection with Self, God, & Others!*