



Conference Study Guide

Questions to Guide Study & Teaching from Conference Talks

Dallin H. Oaks

Alive in Christ, April 2026 Conference

Five short studies from one Conference Talk

- part 1: The Resurrection Changes How We View Life
- part 2: Christ Encourages Us to Love Our Neighbor
- part 3: Christ Shows Us How to Love Our Adversaries
- part 4: We Can Love Others AND Hold Our Values
- part 5: Follow Christ by Being a Peacemaker

part 1: The Resurrection Changes How We View Life

from *Alive in Christ* ([paragraph 5](#))

by Dallin H. Oaks (April 2026 Conference)

“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)

{Study Questions}

1: Search the Text

Why is a belief in the Resurrection so important?

2: Examine the Information

Why do you think God wants you to understand the impact of the Resurrection on your daily life?

3: Reflect on Experiences

How has your knowledge of the Resurrection changed your perspective? (How has it affected how you view physical challenges or strengthened you in other difficulties?)

4: Apply the Principles

What is a challenge a friend might face that this belief could help with? What could you share with them?

5: Identify the Doctrine

What truth stands out to you from this reflection?

6: Notice Obstacles

What are some questions you have about the Resurrection?

7: Develop Solutions

Not all information has equal value. Which of your questions could lead to helpful information? What God-given sources could guide you as you seek answers?

{Extras}

An Additional Quote

“...It also gives us the courage to face our own death or that of loved ones—even deaths we might call premature. Our belief in the Resurrection also encourages us to fulfill our family responsibilities in mortality. It helps us live together in love in this life in anticipation of joyful reunions.” -Dallin H. Oaks (April 2026 Conference)

An Additional Insight

Jesus Christ had the power to be resurrected like He said He would. He has promised that we will be resurrected too. Ponder what that tells you about Jesus and what that tells you about you. Focusing on something bigger than ourselves increases hope and perspective, supports wise choices, and reduces anxiety.

part 2: Christ Encourages Us to Love Our Neighbor

from *Alive in Christ* ([paragraph 7-8](#))

by Dallin H. Oaks (April 2026 Conference)

“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. 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](#)).” -Dallin H. Oaks (April 2026 Conference)

{Study Questions}

1: Examine the Information

This quote uses words like *hostility*, *contempt*, and *love*. What other words describe the Savior’s—or the world’s—approach?

2: See the Savior

What is Christ’s message about interacting with others and how is it different from the world’s?

3: Recognize Blessings

Why do you think God would want you to love others? (How do you think loving others would benefit them—and benefit you?)

4: Apply the Principles

As you interact with others, what might Godlike love lead you to do—or not do?

5: Reflect on Experiences

When was a time someone showed you Godlike love by something they did—or didn’t do?

6: Notice Obstacles

What kind of thoughts make it harder for you to love others?

7: Develop Solutions

What thoughts about someone else make it easier for you to love them? How could you stay focused on those thoughts?

{Extras}

An Additional Scripture

To help define *neighbor*, President Oaks turned to the Savior’s parable of the Good Samaritan (see [Luke 10:29–37](#)).

An Additional Resource

Compassion is one way to show love. It’s an awareness of someone’s suffering paired with a desire to relieve it. Compassion is about acknowledging a person’s humanity, not about whether we agree with them. We can acknowledge someone’s feelings and inherent value without sharing their perspective. [Reach Out In Compassion](#) (a section on [churchofjesuschrist.org](#)) offers helpful information about this Godlike quality.

part 3: Christ Shows Us How to Love Our Adversaries

from *Alive in Christ* ([paragraph 11-12](#))

by Dallin H. Oaks (April 2026 Conference)

“But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you’ ([Matthew 5:43–44](#)). What a revolutionary teaching for personal relationships! Love even your enemies! ... The full meaning of *enemies* ... extends to any who actively oppose one another. Today we might say that we are commanded to *love our adversaries*.” -Dallin H. Oaks (April 2026 Conference)

{Study Questions}

1: Search the Text

In this quote, what is God asking you to do?

2: Reflect on Experiences

What feelings come up when you hear this idea?
Notice them, not just what you think you should feel.

3: Examine the Information

Why do you think God hopes you will love—not just tolerate or avoid—your adversaries?

4: See the Savior

What do you learn from Christ about showing love and respect to those who do not show it back?

5: Apply the Principles

As you ponder this topic, what impressions is the Spirit bringing to your heart?

6: Notice Obstacles

What keeps people from seeing—and caring for—each other as family or friends?

7: Develop Solutions

As you notice the obstacles, what thoughts could lead to greater understanding, empathy, or compassion?

{Extras}

An Additional Quote

“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)

An Additional Insight

The 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. Loving or forgiving someone is not approving of their actions; it's about abandoning our own “feelings of anger, bitterness, or revenge” (see Gospel Library: Topics: [Forgiveness](#)). We can work to shift our view of someone as an adversary to a fellow human being. This question from *The Anatomy of Peace* by The Arbinger Institute can help: “What are this person's (or group's) challenges, trials, burdens, and pains?”

part 4: **We Can Love Others AND Hold Our Values**

from *Alive in Christ* ([paragraph 18](#))

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. This does not mean surrendering our values.” -Dallin H. Oaks (April 2026 Conference)

{Study Questions}

1: Examine the Information

What do you think this quote means?

2: Identify the Doctrine

What are two truths from this quote?

Consider completing this sentence:

Christ shows me how to ____ AND ____.

3: See the Savior

What is something you have learned from the Savior that has guided your interactions and reactions to others?

4: Apply the Principles

What could it look like for you to love someone without agreeing with them?

5: Recognize Blessings

What blessings might come when people find the good in each other and focus on strengths instead of differences?

6: Notice Obstacles

Have you ever felt you must choose between standing for truth and loving others? Thinking this way might be an opportunity to clarify the truth about those concepts. What does loving others mean—and not mean? What does standing for truth mean—and not mean?

{Extras}

An Additional Quote

“We can literally change the world—one person and one interaction at a time. How? By modeling how to manage honest differences of opinion with mutual respect and dignified dialogue. Differences of opinion are part of life. I work every day with dedicated servants of the Lord who do not always see an issue the same way. ... Neither suggests that he knows best and therefore must rigorously defend his position. Neither evidences the need to compete with the other.” -Russell M. Nelson ([April 2023 Conference](#))

An Additional Insight

In all Jesus does, He teaches truth AND shows great love to others. He can do this because He knows people matter AND truth matters. It is easy to think in an either/or way—that we must either love people or hold what we value, but not both. Using the word *AND* helps us see how truths work together, instead of canceling each other out. From this clarity, our understanding of love can shift. Loving someone doesn't require them to value or agree with us. Loving someone doesn't always mean doing what they want or spending time with them. Instead, love can become less about what others do and more about who we choose to be.

part 5: **Follow Christ by Being a Peacemaker**

from *Alive in Christ* ([paragraph 28](#))

by Dallin H. Oaks (April 2026 Conference)

“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. Let us seek to be holy, like our Savior.”
-Dallin H. Oaks (April 2026 Conference)

{Study Questions}

1: Examine the Information

What might the “language and methods of peacemakers” look like?

2: Reflect on Experiences

When was a time someone you know used any of those methods?

3: Apply the Principles

Being a peacemaker isn’t avoiding conflict. How do you think being a peacemaker is different from simply keeping the peace?

4: See the Savior

When were times the Savior showed meekness or self-control? What does this teach you about being a peacemaker?

5: Recognize Blessings

As you strive to foster peace, what blessings could come to you and others?

6: Notice Obstacles

What might people need to let go of to allow for more peace?

7: Develop Solutions

What could you ask the Lord to help you with as you strive to create more peace?

{Extras}

An Additional Quote

“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 ... He will help us to become His peacemakers.”
-Russell M. Nelson ([April 2023 Conference](#))

An Additional Insight

Psychologists Julie and John Gottman point out a behavior that is an obstacle for peacemakers. They observe that “being defensive never helps to solve the problem” and as a result, “the conflict escalates further.” They say the first step to overcome defensiveness is noticing it. Then they offer this antidote: “to accept responsibility, even if only for part of the conflict.” (See Gottman.com, *The Four Horsemen: The Antidotes*, January 16, 2026.) As an example of accepting responsibility, Lynn G. Robbins tells a story of two workers who shifted from making excuses for errors in their packages to finding ways to take responsibility for the success of the shipments even when other people made errors. (See [“Be 100 Percent Responsible”](#), BYU Speeches, 14:48-21:50.)