

## SPIRITUAL PREPAREDNESS

Written by Publisher

---

I video tape the conference and play the videos every Sunday morning until the next conference. I have been surprised at how often the conferences help me be better prepared for my nursery lesson. The Sunday we talked about our bodies I had just listened to Apostle Nelsons talk about our wonderful bodies. The conferences are also on audio tape through the distribution center. Hearing conference is a great way to get ready for each Sabbath."