Communion with Father in Heaven and Jesus Christ.

Deeper witness of Jesus Christ And what he has done and continues to do.

Resist temptation.

Receive direction for your life.

Soul filled with faith. Avoid deception.

Protection to our homes.

Answers to your questions.

Stress taken away.

Increase in knowledge and faith.

Added measure of the Spirit.

Realize divine potential.

Prepared for responsibilities.

Make better decisions.

Spared needless suffering and grief.

Know mysteries of God.

Your children will be men and women of faith.

Successive generations of faithful Christians.

Greatest spiritual return. Receive Heaven's help.

Increased love for family.

Appreciation.

Love more intensely.

Fullest measure of peace.

PROMISED BLESSINGS FROM READING THE BOOK OF MORMON

The power to heal, comfort, restore, strengthen, console and cheer our souls.

Overcome challenges.

Spirit to attend you in callings

Added revelation

Stronger testimony

Enriched lives

Deep Conversion.

Healing of soul

Greater family unity

Sweet whisperings of the Spirit.

Accelerate physical healing.

Heal emotional challenges.

Enlarged memory.

Eternal Perfection.

Understanding.

Greater happiness.

Commitment Strengthened.

Competence to defend and proclaim Christ. Greater resolve to obey.

Help to repent.

Motivation for change.

Families Fortified.

Family security and bonding. Power.

Immunized against evils.

Confidence.

Overcome doubt and fear.

Hope.

Compiled from General Conference talks. @leftwithasmile