

“How Long Will It Be Ere They Believe Me?”

Elder Dale G. Renlund, *Quorum of the Twelve Apostles*

SATURDAY AFTERNOON SESSION • SATURDAY, OCTOBER 3, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

When I remember what Jesus Christ has already done for me, I can trust His promises, even on cold-oatmeal days.

You'll need: A bowl of (cold) oatmeal as a prop, if you're brave. Paper and a pencil with an eraser.

1 HOOK

2 MIN

GUESS THE COMPLAINT

Before he was an Apostle, Elder Renlund was a heart doctor. His patient Mr. Martin nearly died, received a heart transplant that failed, then got a second heart that worked beautifully. Ten days later he was going home. Elder Renlund found him angry, gripping his breakfast tray. Guess what he was mad about.

Then: Mr. Martin said: “The oatmeal isn’t hot, and the milk isn’t cold!” Three weeks from death, and he was upset about breakfast. (Elder Renlund admitted nobody should be tortured with oatmeal at any temperature.)

2 KEY TEACHINGS FROM ELDER RENLUND

8–10 MIN

1 Don't let cold oatmeal hide the miracle

“We focus on the here and now—the ‘cold oatmeal’—and lose sight of the bigger picture, both where we have been and God’s promises to us.”

— Elder Dale G. Renlund • exact words

FOR AGES 8–11: MAKE IT CONCRETE

The children of Israel saw the Red Sea open and got food from heaven every day. Then they complained about the menu and wished they were back in Egypt. They focused on cold oatmeal.

DEEP CUT • AGES 12–16

The Lord asked Moses how long it would be before they believed Him after all the signs He had shown (Numbers 14:11). Elder Renlund put it this way: “In other words, the Lord was asking: ‘Why don’t they trust me? Despite all I have done, why won’t they believe me?’” Ouch. When do you act like that?

2 Our hope rests on Jesus, not on how good we are

“Faith in Jesus Christ frees us from uncertainty because our hope rests on His faithfulness and righteousness, not on our own.”

— Elder Dale G. Renlund • exact words

“When our faith is centered on Jesus Christ, He promises spiritual peace no matter our circumstances.”

— Elder Dale G. Renlund • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Jesus told His disciples, “In the world ye shall have tribulation: but be of good cheer; I have overcome the world.” (John 16:33) You don’t have to carry the whole world. He already won.

DEEP CUT • AGES 12–16

Lehi told his son Jacob he was redeemed because of the righteousness of his Redeemer (2 Nephi 2:3). Jacob was a good person, but his goodness wasn’t the source of his redemption. Why might that feel freeing to someone who worries they’re never good enough?

3 There's no asterisk with your name on it

"I am not extraordinary enough to warrant an exception. The blessings are promised to me too."

— Elder Renlund's sister Linda, as he shared

"You can rely on God's promises."

— Elder Dale G. Renlund · exact words

FOR AGES 8–11: MAKE IT CONCRETE

His sister Linda used to read scripture promises and imagine a big asterisk: *Those blessings apply to everyone except Linda*. Then she realized she wasn't an exception. Elder Renlund said if you see an asterisk like that, take out a big eraser.

DEEP CUT · AGES 12–16

"The power of the Messiah to save and exalt is profoundly intimate and infinite beyond human comprehension; there is more than enough to cover any breach, need, or deficit for all of us, for each of us." Is there a promise you quietly think doesn't apply to you?

3 INTERACTIVE MOMENT

2–3 MIN

RAPID FIRE: OATMEAL OR MIRACLE? A parent calls out quick things; kids shout OATMEAL (small annoyance) or MIRACLE (a gift from God). Try: slow Wi-Fi, waking up breathing, a sibling took the last cookie, having a family, rain on game day, having the scriptures, homework.

Reveal: Notice how many miracles we walk past without a word. Then ask Theo's question: can one day have both? (Yes. The trick is which one we focus on.)

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What's one great thing Heavenly Father or Jesus has done for our family that we should never forget?

OLDER (12–16)

Is there a scripture promise you secretly think has an asterisk for you? What would erasing it look like?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: What is cold oatmeal, really? What did the Lord ask Moses? Why can we trust God's promises even when today is hard?

Listen for: Remember the miracles. Our hope rests on Jesus's righteousness, not ours. No asterisk: the promises are for me too.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares one promise God has kept to you, and what it taught you about trusting Jesus Christ.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, keep a Great Things list on the fridge: every evening each person adds one thing the Lord has done for them. Read the whole list together on Sunday.

☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

Scripture: Numbers 14:11; John 16:33; Moroni 10:3 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/21renlund](https://www.churchofjesuschrist.org/study/general-conference/2026/10/21renlund)

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