

Spiritual Immunity

Elder Christian C. Chigbundu, *Seventy*

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

THE BIG IDEA

Small and simple things (scriptures, prayer, the sacrament, and covenants) build my spiritual immunity so I can stand strong with Jesus Christ.

You'll need: Nothing. Optional: a vitamin bottle as a prop.

1 HOOK

2 MIN

QUESTION During COVID, Elder Chigbundu kept hearing one word in health trainings at work: immunity. Ask: what is immunity? Then: what would spiritual immunity be?

Then: Immunity is your body's built-in ability to fight off germs. Spiritual immunity works the same way against temptation, fear, and hard times. Elder Chigbundu said: "As we build our spiritual immunity, we develop the strength and courage to withstand the challenges of life." It's built by small and simple things (Alma 37:6).

2 KEY TEACHINGS FROM ELDER CHIGBUNDU

8–10 MIN

1 Booster #1: Scriptures

"When we study the scriptures, we get knowledge, but more important, we come to know the Lord."

— Elder Christian C. Chigbundu · exact words

FOR AGES 8–11: MAKE IT CONCRETE

A new missionary cried in his first interview and asked to go home. He didn't have a testimony of the Book of Mormon. He and his companion made a study plan. Later he wrote: "I am happy now and do not want to be sent home any longer."

DEEP CUT • AGES 12–16

"As we apply what we learn, His words begin to shape how we think and how we respond to life challenges." Knowing about the scriptures isn't the point. Letting them change how you react is. When has a verse changed how you reacted?

2 Booster #2: Prayer

"As we pray in faith, our spiritual immunity will be strengthened."

— Elder Christian C. Chigbundu · exact words

"As I pray daily, I realize that the Savior loves me."

— A sister with cancer in Côte d'Ivoire, as Elder Chigbundu shared

FOR AGES 8–11: MAKE IT CONCRETE

The Lord promised: "Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me." (D&C 88:63) Prayer is how we draw near.

DEEP CUT • AGES 12–16

Elder Chigbundu said our burdens may not always be taken away, but our backs will be strengthened to carry them, like Alma's people (Mosiah 24:14–15). Is it harder to pray for a lighter load or for a stronger back?

3 Boosters #3 and #4: The sacrament and covenants

“Covenants create a bond between us and God, and staying on the covenant path brings the promised blessings that come with that bond.”

— Elder Christian C. Chigbundu · exact words

FOR AGES 8–11: MAKE IT CONCRETE

During the sacrament, try his question: What would Jesus have me do this week? Then try to do it.

DEEP CUT · AGES 12–16

He promised that as we remember Jesus all week, “Our “Why me?” questions will be replaced by “What can I learn, and what can I change?”” Try swapping one why-me question for those two this week.

3 INTERACTIVE MOMENT

2–3 MIN

QUICK POLL Which builds more spiritual immunity: (A) a three-hour scripture marathon once a month, or (B) ten minutes every day? Vote.

Reveal: Like vitamins, a little every day beats one giant dose. About these habits, Elder Chigbundu said: “While they may seem small and simple, they are truly the armor of God that will help us stand against the tactics of the devil!”

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

Which of the four boosters is easiest for you? Which is hardest?

OLDER (12–16)

What’s one spiritual virus (a temptation or pressure) teens face? Which booster protects best against it?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Have the kids name the four boosters without help, then each explain how one of them protects us.

Listen for: Scriptures (know the Lord). Prayer (draw near; stronger backs). Sacrament (remember Him; what would He have me do?). Covenants (a bond with God). Small and simple, every day.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares which small and simple thing has protected you most, and how it has helped you know Jesus Christ.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, read the Book of Mormon together for ten minutes a day and check off each day you do it.

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

Scripture: Alma 37:6; Doctrine and Covenants 88:63; Ephesians 6:11 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/23chigbundu](https://www.churchofjesuschrist.org/study/general-conference/2026/10/23chigbundu)

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