

Comfort from the Holy Ghost

Elder Matthew J. Eyring, *Seventy*

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

THE BIG IDEA

When I face things I can't fix, Jesus Christ comforts me through the Holy Ghost, and His Resurrection gives me hope.

You'll need: Nothing.

Parent note: This talk mentions the death of a young adult son and of a baby before birth. Share those stories gently, and only as much as fits your children.

1 HOOK

2 MIN

QUICK QUESTION Go around: what's something you're great at fixing (a bike chain, a game glitch, a little brother's bad mood)? Now: what's something nobody can fix on their own?

Then: When a friend of Elder Eyring got a phone call that his young married son had died, one thought came to him: "I can't fix this." Elder Eyring said all of us will meet burdens like that, and Jesus Christ has given us a Comforter.

2 KEY TEACHINGS FROM ELDER EYRING

8–10 MIN

1 Everyone meets burdens they can't carry alone

"All of us, regardless of experience, talent, or willpower, will sooner or later encounter burdens we cannot possibly carry ourselves."

— Elder Matthew J. Eyring • exact words

FOR AGES 8–11: MAKE IT CONCRETE

He said: "Our mortal journey is designed to try our faith." Burdens he listed: not having enough food, getting sick, feeling lonely or misunderstood, being hurt by someone you love, or a bad habit you keep trying to break.

DEEP CUT • AGES 12–16

"It is important to not allow our challenges to negatively impact our faith." He reminded us that Jesus Christ suffered for us and knows exactly how we feel. Does it change things to know He's been through worse, for you?

2 The Comforter brings the Savior's peace

"The Savior's peace is made manifest through the comforting power of the Holy Ghost."

— Elder Matthew J. Eyring • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Jesus promised: "I will not leave you comfortless: I will come to you." (John 14:18) The Holy Ghost can feel like calm, warmth, or a peaceful thought when you're sad or scared.

DEEP CUT • AGES 12–16

"We have received repeated prophetic warnings that in coming days we will not survive spiritually without the constant influence of the Holy Ghost." He said: "Living worthy of the constant companionship of the Holy Ghost should be one of our highest priorities." What in your life makes room for the Spirit, and what crowds Him out?

3 Hope: what Jesus saves us from forever

“He spares us from the only two things that can bring us permanent misery: separation from our bodies and separation from God because of sin.”

— Elder Matthew J. Eyring · exact words

FOR AGES 8–11: MAKE IT CONCRETE

Because Jesus rose from the dead, everyone will be resurrected. Because of His Atonement, we can be forgiven. So the saddest things in life are temporary.

DEEP CUT · AGES 12–16

He quoted President Oaks: “The conviction that death is not the conclusion of our identity changes the whole perspective of our mortal life.” The Eyrings, who had lost one of their own twins before birth, comforted a young couple going through the same loss. Our hard experiences can equip us to mourn with those that mourn (Mosiah 18:9).

3 INTERACTIVE MOMENT

2–3 MIN

FIX IT OR COMFORT IT? Read each one; kids say FIX IT or COMFORT IT: a flat bike tire; a friend’s grandpa died; you lost your homework; your sister didn’t make the team; a broken lamp; a friend’s parents are divorcing.

Reveal: Some things need fixing. Some just need someone to sit with you. Ask the teens: what does comforting look like, as opposed to trying to fix? (Listening, being there, saying you’re sorry, praying with them.)

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What does the Holy Ghost feel like to you? When have you felt comforted?

OLDER (12–16)

Why do you think prophets say that in coming days we won’t survive spiritually without the Holy Ghost?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: What do we do when something can’t be fixed? Who is the Comforter? What two forever-problems does Jesus save us from?

Listen for: Everyone meets things they can’t fix. The Holy Ghost brings the Savior’s peace. Resurrection and forgiveness make sad things temporary. We can comfort others.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a time the Holy Ghost comforted you when you couldn’t fix something, and your witness that Jesus Christ lives.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, pray for the Spirit to guide you, then reach out to comfort one person who is having a hard time, with a note, a visit, or a text.

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

Scripture: John 14:16–18; Mosiah 18:9; 2 Nephi 9:10 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/29eyring](https://www.churchofjesuschrist.org/study/general-conference/2026/10/29eyring)

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