

“Fear Not, I Am with Thee”

President Henry B. Eyring, *First Counselor in the First Presidency*

SUNDAY MORNING SESSION • SUNDAY, OCTOBER 4, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

Life is a test, but the Lord promises He is with me, and He often keeps that promise through people, so I can be one of His helpers.

You'll need: A hymnbook or the words of “How Firm a Foundation” (optional).

1 HOOK

2 MIN

GUESS THE ANSWER When President Eyring was a little boy, he asked his mother: “Mother, why is life so hard?” Guess what she told him.

Then: She smiled and said firmly: “Hal, of course it’s hard. It’s supposed to be. Life is a test.” Years later he realized she was going through lifelong medical trials of her own when she said it.

2 KEY TEACHINGS FROM PRESIDENT EYRING

8–10 MIN

1 The promise isn’t *no hard things*. It’s *I am with thee*.

“It is important to realize that the promise is not for the removal of challenges.”

— President Henry B. Eyring • exact words

FOR AGES 8–11: MAKE IT CONCRETE

The hymn “How Firm a Foundation” uses the Lord’s words from Isaiah 41:10: fear not, I am with thee. President Eyring’s mother had health problems from girlhood on. She trusted that promise, and he said the Lord kept it for her.

DEEP CUT • AGES 12–16

Why would a loving God make the test hard? “It is because He knows that we must grow in spiritual cleanliness and stature to be able to live in His presence.” And what’s being tested is the same for everyone: “Will we do whatsoever the Lord our God will command us?”

2 The Lord sends helpers

“Now, I tell that story to offer evidence that the Lord sends faithful disciples to help Him keep His promise to succor others in their distress.”

— President Henry B. Eyring • exact words

“God does notice us, and he watches over us. But it is usually through another person that he meets our needs.”

— President Spencer W. Kimball, as quoted by President Eyring

FOR AGES 8–11: MAKE IT CONCRETE

When his mother was dying, President Eyring’s father slept on a cot next to her hospital bed so he could help her at night. Afterward, he walked the hospital floor to thank and shake hands with every nurse who had helped her.

DEEP CUT • AGES 12–16

Succor means to run to help. President Eyring said the Savior has borne your griefs and carried your sorrows and knows your heart, and that He often sends His help through ordinary disciples. Have you ever been someone’s answer to prayer without knowing it?

3 Ways to help the Lord keep His promise

“Your kindness to them, even for a few seconds, or simply a warm smile can be a strengthening of their faith that the Lord is watching over them.”

— President Henry B. Eyring · exact words

FOR AGES 8–11: MAKE IT CONCRETE

He thanked people who do these things, all of which kids can do: pray to know whom to help, then reach out to the name that comes to mind; smile at and encourage missionaries; pray for and thank Church leaders; comfort people who are sad.

DEEP CUT · AGES 12–16

About leaders: “You are an important part of the Lord’s answers to their prayers for assurance.” Your bishop, Young Women or Young Men leader, or teacher is praying for strength. A thank-you note from a 14-year-old might be the answer.

3 INTERACTIVE MOMENT

2–3 MIN

TRICK QUESTION The Lord promises, “Fear not, I am with thee.” Does that mean nothing bad will happen to people who follow Him? A) Yes B) No. Vote.

Reveal: No. President Eyring’s own mother proves it: lifelong illness, and great faith. The promise is His presence, His strength, and His help, often through other people. That’s why we can be brave.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

Who has God sent to help you when something was hard?

OLDER (12–16)

President Eyring said everyone’s trials are different, but the test is the same. Why do you think that is?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: Why is life hard, according to President Eyring’s mother? What does the Lord promise? How does He usually keep that promise?

Listen for: Life is a test. The promise is His presence, not no problems. He keeps it through the Holy Spirit and through faithful disciples, which can be us.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a time the Lord was with you in a hard time, maybe through someone He sent, and your witness that He keeps His promises.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO Start the week with a family prayer asking whom the Lord wants you to help. Reach out to the person who comes to mind with a note, a visit, or a treat.

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

Scripture: Isaiah 41:10; Mosiah 18:8–9; Abraham 3:25 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/41eyring](https://www.churchofjesuschrist.org/study/general-conference/2026/10/41eyring)

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