

# Courage Born of Our Faith in Jesus Christ

Elder Neil L. Andersen, *Quorum of the Twelve Apostles*

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

## THE BIG IDEA

Faith in Jesus Christ gives me courage to choose the right, and every brave choice makes my faith stronger.

You'll need: Nothing.

## 1 HOOK

2 MIN

**QUICK STORY** When she was 17, a girl in Zimbabwe named Rosemary found a pamphlet about Joseph Smith that missionaries had left at her home. She read it and immediately felt it was true. She was baptized. Her parents didn't join the Church until 19 years later. Ask: Which took more courage: reading the pamphlet, or being the only member in her family for 19 years?

**Then:** That girl is now President Rosemary K. Chibota, the Primary General President, who spoke right before Elder Andersen. He used her story as his first example of courage born of faith in Jesus Christ.

## 2 KEY TEACHINGS FROM ELDER ANDERSEN

8–10 MIN

### 1 What spiritual courage is

*“Spiritual courage is the triumph over obstacles, doubt, and fear in choosing the right.”*

— Elder Neil L. Andersen · exact words

#### FOR AGES 8–11: MAKE IT CONCRETE

Moroni was completely alone. His family and friends had been killed, and enemies were killing anyone who wouldn't deny Christ. Moroni wrote: “And I, Moroni, will not deny the Christ.” (Moroni 1:3)

#### DEEP CUT · AGES 12–16

Elder Andersen said our world is different but still takes courage: “Our phone seems almost attached to our hand, bringing a flood of information, misinformation, and now artificial information.” Which of those three is hardest for you to sort out?

### 2 The faith-courage loop

*“As we choose faith in Christ, He blesses us with the courage, sometimes in very difficult situations, to choose the right, and as we manifest our courage to choose the right, our faith in Christ strengthens.”*

— Elder Neil L. Andersen · exact words

#### FOR AGES 8–11: MAKE IT CONCRETE

A wildfire in Spokane, Washington, burned more than 800 homes, including the Woodbury family's. They told Elder Andersen their family was safe and their faith was secure, and then: “We can build another house.”

#### DEEP CUT · AGES 12–16

As a busy young lawyer, President Oaks was called to a stake calling that took three or four evenings a week. He said: “Gathering all my faith, I accepted the call.” Faith led to courage, and courage led to more faith. Where could you start the loop this week?

### 3 Courage grows in stillness

*"We need stillness to nourish our faith in Christ."*

— Elder Neil L. Andersen · exact words

#### FOR AGES 8–11: MAKE IT CONCRETE

Growing up on a dairy farm, Elder Andersen spent summer days guiding cows to a mountain meadow. No phone, no earbuds, no music. Just him, the cows, and his thoughts.

#### DEEP CUT · AGES 12–16

He quoted President David O. McKay: "The greatest battle of life is fought within the silent chambers of your own soul." Private prayer, kneeling alone, is where those battles are won. When was the last time you were really still?

### 3 INTERACTIVE MOMENT

2–3 MIN

**COURAGE METER** Rate each 1 (easy) to 5 (takes a lot of courage), holding up fingers: praying alone at night; leaving a sleepover movie that isn't good; getting up early for seminary; telling a friend you believe in Jesus; accepting a calling you feel unready for; a young mom getting little kids to church on a chaotic Sunday.

**Reveal:** Elder Andersen mentioned all of these. He said some Sundays for that young mom are more a wrestle of survival than a spiritual renewal (every parent nods). The point: courage looks different for each person, and it all comes from faith in Christ.

### 4 TALK ABOUT IT

3 MIN

#### YOUNGER (8–11)

When have you done something brave because you love Jesus?

#### OLDER (12–16)

What makes it hard to be still in your life? What might 15 phone-free minutes a day do for your faith?

### 5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain the faith-courage loop in their own words, with an example. Then read his promise: "I promise you that as you strengthen your faith in Jesus Christ by believing and following Him and keeping His commandments, your answers will come, your spiritual power will increase, and your courage in following Christ will define your eternal soul."

**Listen for:** Courage means choosing right despite fear and doubt. Faith leads to courage, and courage strengthens faith. Stillness and private prayer feed it.

### 6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a choice that took courage because of your faith in Jesus Christ, and how it strengthened your faith afterward.

### 7 THIS WEEK, AS A FAMILY

1 MIN

**ONE THING TO DO** This week, each person takes ten phone-free, quiet minutes a day to pray and ponder, like Elder Andersen in the meadow.

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

**Scripture:** Moroni 1:3; Ephesians 6:12; 2 Corinthians 4:8 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/43andersen](https://www.churchofjesuschrist.org/study/general-conference/2026/10/43andersen)

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