

Integrity and Virtue Lead to Happiness

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

THE BIG IDEA

Living with integrity and virtue, and repenting every day, leads to real happiness and the companionship of the Holy Ghost.

You'll need: A card with WHAT-E'ER THOU ART ACT WELL THY PART written in capital letters.

1 HOOK

2 MIN

DECODE IT Show the card. These words were carved in stone above a doorway in Scotland. Give the kids 30 seconds to translate it into normal English.

Then: Whatever you are, do your part well. A young missionary named David O. McKay walked past it, and it changed his life. He decided that whatever responsibility he had, he would do his very best. He later became the prophet, and Elder Cook grew up loving that message.

2 KEY TEACHINGS FROM ELDER COOK

8–10 MIN

1 Integrity: living what you believe

“In the Father’s plan, integrity, virtue, and happiness are intrinsically linked.”

— Elder Quentin L. Cook • exact words

FOR AGES 8–11: MAKE IT CONCRETE

President Spencer W. Kimball described integrity as being willing and able to live by your beliefs and commitments. It's doing your chores well when no one is checking, and keeping your word when it's inconvenient.

DEEP CUT • AGES 12–16

Elder Cook quoted *Preach My Gospel*: “Integrity includes being honest with God, yourself, your leaders, and others.” The Lord once said of a man that he could be trusted because of the integrity of his heart (D&C 124:20). Which of the four (God, yourself, leaders, others) is hardest to be fully honest with?

2 Virtue, online and off

“Any use of the internet to bully, destroy a reputation, or place a person in a bad light is reprehensible.”

— Elder Quentin L. Cook • exact words

“We cannot control the conduct of others, but we can strive to be a peaceable people who live in accordance with the Christlike conduct and virtues taught by our Savior, Jesus Christ.”

— Elder Quentin L. Cook • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Reprehensible means very wrong. Elder Cook said a lot of what we see online is coarse and crude. Paul taught us to think about whatever is lovely, of good report, and virtuous (Philippians 4:8).

DEEP CUT • AGES 12–16

“It is clear that evil communications are not just a matter of bad manners.” He also said: “True happiness, often translated as blessedness, is the actual outcome of integrity and being virtuous.” Plus President McKay’s point: things that aren’t evil can still crowd out spiritual things. What’s one of those for you?

3 Integrity includes repenting

“Part of having integrity is acknowledging our faults to the Lord and repenting of transgressions.”

— Elder Quentin L. Cook · exact words

“The ultimate reward of integrity and virtue is the constant companionship of the Holy Ghost.”

— Elder Quentin L. Cook · exact words

FOR AGES 8–11: MAKE IT CONCRETE

As a young missionary, Elder Cook taught a man who had served on a battleship in World War II. He said learning about repentance felt like the day he came home from the war and felt the ground of his island under his feet. He fell to his knees.

DEEP CUT · AGES 12–16

Before his baptism, that man prayed that he could give other people the same joy, and then he added: “Especially my family.” Elder Cook said daily repentance lets us approach the Lord with integrity. Why might daily be easier than saving it all up?

3 INTERACTIVE MOMENT

2–3 MIN

INTEGRITY CHECK (SCENARIOS)

What does integrity do? (1) A cashier gives you five dollars too much change. (2) Your group chat is passing around an embarrassing photo of a classmate. (3) You promised to practice piano for 20 minutes, and nobody’s home to check. Younger kids answer 1 and 3; teens take 2 and explain what they’d actually type.

Reveal: Then the trick question: Is it integrity if you’d only do the right thing when someone’s watching? (No. Integrity is who you are when nobody’s checking.)

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What’s your part right now, at home, at school, or on a team? How can you act it well?

OLDER (12–16)

Elder Cook said virtue and happiness are linked, but many people today don’t see the connection. Why do you think that is?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain the stone inscription in their own words, and then tell how integrity, virtue, and happiness connect. What’s the ultimate reward?

Listen for: Act well thy part. Integrity means living what you believe and being honest with God, self, leaders, and others. Virtue online too. Daily repentance. Reward: the Holy Ghost, and real happiness.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a time choosing integrity was hard but brought peace, and your witness that Jesus Christ makes repentance and real joy possible.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, each person picks one part (a job at home, school, or church) and does it extra well without being reminded. Post the card by the door.

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

Scripture: Philippians 4:8; Doctrine and Covenants 121:45; Doctrine and Covenants 124:20 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/46cook](https://www.churchofjesuschrist.org/study/general-conference/2026/10/46cook)

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