

God Is at Your Side

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

THE BIG IDEA

Heavenly Father knows exactly where I am and loves me completely, so with Him at my side I can set good goals and keep going when I feel discouraged.

You'll need: Paper and pens for everyone.

Parent note: Sister Spannaus spoke to young women; her counsel fits every brother and sister in the family.

1 HOOK

2 MIN

QUICK STORY On her way to the dentist, Sister Spannaus's GPS thought she was on the wrong street and kept telling her to turn right on the freeway, where there was nowhere to turn. Ask: has GPS ever tried to send you somewhere ridiculous? How did she finally get there?

Then: She pulled off and called her husband. Once she told him her exact location, he guided her right there. Her point: the Lord always has your exact location.

2 KEY TEACHINGS FROM SISTER SPANNAUS

8–10 MIN

1 He has your exact location, and He loves you

"He knows everything. And knowing everything about you does not make Him love you less."

— Sister Andrea Muñoz Spannaus • exact words

FOR AGES 8–11: MAKE IT CONCRETE

He knows your dreams, your gifts, when you feel alone, your questions, and your challenges. Nothing about you surprises Him or makes Him love you less.

DEEP CUT • AGES 12–16

When a young man asked Jesus what more he could do, the scripture says Jesus, beholding him, loved him (Mark 10:21). Sister Spannaus noticed the order: "Only after transmitting that love did He tell him what he could do to improve." What changes when correction comes after love?

2 Make a list of good things to seek

"Today I invite you to look at your life and what you want to achieve with enthusiasm and the certainty that your Father in Heaven will guide you on that journey and show you the best way to make the righteous desires of your heart come true."

— Sister Andrea Muñoz Spannaus • exact words

FOR AGES 8–11: MAKE IT CONCRETE

When she was a teenager, a lesson on the thirteenth article of faith (if there is anything virtuous, lovely, or of good report or praiseworthy, we seek after these things) made her spend a Sunday afternoon writing a list of good things she wanted in her life.

DEEP CUT • AGES 12–16

Her seven ways to keep God close, all things you can do: take the sacrament humbly and ask for the Holy Ghost each morning; repent daily; study the scriptures to know God's character; study how ministering angels help; protect your sleep; limit phone use; seek friends who follow the Lord. On phones: "Social media makes us believe we are connected; however, it is a thief of our peace of mind, self-esteem, and the real connection that makes us feel loved, accepted, heard, and valued when spending time face to face with others."

3 When discouragement hits, God is at your side

“The Father, Jesus Christ, and the Holy Ghost are at your side.”

— Sister Andrea Muñoz Spannaus · exact words

FOR AGES 8–11: MAKE IT CONCRETE

After moving from Argentina, she was teaching in English and felt she'd said everything wrong. She felt like she was under a black cloud. Then her husband gave her a priesthood blessing, and she felt the heavens open.

DEEP CUT · AGES 12–16

The blessing told her: “Satan wants to destroy your self-esteem, your mind, your thoughts, and your spirit.” Recognizing where discouragement comes from is half the battle. When do you feel those attacks most?

3 INTERACTIVE MOMENT

2–3 MIN

PICK ONE OF SEVEN Read her seven ways out loud (in Key teaching 2). She invited everyone to listen to the Spirit and choose ONE to focus on for the next few weeks. Give everyone 30 quiet seconds, then each person names their pick.

Reveal: Teens: notice whether you picked the one you wanted or the one you needed. (Theo picked protect your sleep. Suspicious.)

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What's one good, lovely thing you'd like to do or become this year?

OLDER (12–16)

Social media can feel like connection. When does it actually make you feel more alone?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: What does the GPS story teach? What order did Jesus use with the young man, love or correction first? Who did the blessing say is at your side?

Listen for: He knows our exact location and loves us. Love first, then correction. Make a list of good aspirations. Pick one of the seven. The Father, Jesus Christ, and the Holy Ghost are at our side.

6 TESTIMONY OF JESUS CHRIST

1 MIN

Sister Spannaus said: “Each of you has a crucial and important work to do here on earth.” A parent shares a time you felt Heavenly Father knew exactly where you were and guided you.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This Sunday afternoon, everyone writes their own list of virtuous, lovely goals, like Sister Spannaus did, and keeps it somewhere they'll see it.

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

Scripture: Articles of Faith 1:13; Mark 10:21; Doctrine and Covenants 84:88 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/52munoz-spannaus](https://www.churchofjesuschrist.org/study/general-conference/2026/10/52munoz-spannaus)

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