

Sealed by the Holy Spirit of Promise

Elder David A. Bednar, *Quorum of the Twelve Apostles*

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

THE BIG IDEA

Ordinances and covenants are like a passport home to Heavenly Father; as I keep them, the Holy Ghost confirms them, and no one else's choices can take my promised blessings away.

You'll need: A passport or picture of one (optional); paper, markers, stickers.

Parent note: Part of this talk speaks to faithful spouses whose temple marriage did not last. If your family has felt that, the promise in Key teaching 3 may be especially tender.

1 HOOK

2 MIN

MYSTERY In Elder Bednar's parable, a man flew to another country with a real, valid passport, and was turned away at the border. Ask: how could a valid passport be refused?

Then: The personal page was stained, and a ripped page was taped and glued. Elder Bednar said: "The lesson of this story is quite simple: the integrity of a passport must be maintained over time."

2 KEY TEACHINGS FROM ELDER BEDNAR

8–10 MIN

1 Covenants are our credentials for the journey home

"The covenants and ordinances of the Savior's restored gospel are spiritual credentials that can open wide the heavenly windows of opportunity to receive in our lives divine purpose, direction, and strength."

— Elder David A. Bednar • exact words

"Ordinances and covenants become our credentials for admission into His presence. To worthily receive them is the quest of a lifetime; to keep them thereafter is the challenge of mortality."

— President Boyd K. Packer, as quoted by Elder Bednar

FOR AGES 8–11: MAKE IT CONCRETE

An ordinance is a holy act done by priesthood authority, like baptism, confirmation, the sacrament, and temple ordinances. A covenant is a promise between God and us.

DEEP CUT • AGES 12–16

Elder Bednar pointed out where the comparison breaks down: "Unlike damage to a physical passport, the adversities and afflictions we experience through no fault of our own do not diminish God's promises to us or invalidate our covenants." Trials don't stain your passport. Breaking covenants without repenting does.

2 The Holy Spirit of Promise is the stamp

"Receiving this ratifying sealing by the Holy Ghost typically is not a one-time event; rather, it comes over time as we repent sincerely and consistently, honor our covenants, and yield our hearts unto God."

— Elder David A. Bednar • exact words

FOR AGES 8–11: MAKE IT CONCRETE

The man needed an official stamp to enter the country. We need the Holy Ghost, called the Holy Spirit of Promise, to confirm our covenants so their blessings last forever. That happens a little at a time as we keep trying and repenting.

DEEP CUT • AGES 12–16

"When sealed by the Holy Spirit of Promise, an ordinance, vow, or covenant is binding on earth and in heaven." Why might God confirm over time rather than all at once?

3 No one else can take your blessings

“No faithful disciple will ultimately be deprived of any eternal blessing God has promised because of another individual’s unrighteous exercise of moral agency.”

— Elder David A. Bednar · exact words

FOR AGES 8–11: MAKE IT CONCRETE

If someone else breaks their promises with God, even someone you love, your promises with God still count, and His love keeps flowing to you.

DEEP CUT · AGES 12–16

“However, unrighteousness by one person cannot hinder or thwart the flow of God’s love, strength, and blessings to another person.” Notice his honesty: “I do not know and cannot explain precisely how and when promised blessings are received. But I do know promised blessings will be received.” What does that honesty teach you about faith?

3 INTERACTIVE MOMENT

2–3 MIN

TRICK QUESTION If someone in my family breaks their covenants, do I lose my blessings too? A) Yes. B) Some of them. C) No. Vote.

Reveal: C. Elder Bednar asked this exact question for faithful spouses and said: “The answer to this question is an emphatic no!” The Savior’s Atonement can overcome all things for every person who holds fast to their covenants with Him.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

Which ordinances have you already received? Which ones are coming next for you?

OLDER (12–16)

Why do you think the Holy Spirit’s confirming seal comes over time instead of all at once at the ordinance?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain the passport parable: What is the passport? What is the stamp? Do trials damage the passport? Can someone else’s choices take away your blessings?

Listen for: Ordinances and covenants are credentials. Keep them in good shape over time. The Holy Spirit of Promise confirms them as we repent and stay faithful. Trials don’t invalidate covenants. No one else can rob a faithful person.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares what keeping your covenants has meant to you, and your witness that Jesus Christ’s Atonement can overcome all things for those who hold fast to Him.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, each person makes a covenant passport from folded paper: one page for ordinances received, one for ordinances ahead, and one with a daily way to keep their covenants.

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

Scripture: Doctrine and Covenants 132:7; Mosiah 2:41; Doctrine and Covenants 76:53 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/54bednar](https://www.churchofjesuschrist.org/study/general-conference/2026/10/54bednar)

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