



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY MORNING SESSION

# A Higher and Holier Fast

Elder Ulisses Soares · Quorum of the Twelve Apostles

## Words to remember

- *“His example teaches us that fasting and prayer may not remove every burden from our path, but they draw heaven near and endow us with divine power to overcome or endure whatever circumstances we may face, giving us the spiritual fortitude to remain faithful to the Father’s will.”*
- *“As you do so, I promise, in the name of our Savior, Jesus Christ, that miracles will come into your life.”*

In Elder Ulisses Soares’s own words, from the talk.

Elder Ulisses Soares of the Quorum of the Twelve Apostles said he had prayerfully pondered the blessings that come as we draw near to God through the law of the fast. He testified of the sanctifying spiritual power that comes when we live it in a higher and holier way. Fasting, he said, brings strength, guidance, peace, and divine help.

He pointed to Isaiah 58. There the Lord taught that fasting is more than going without food. It is an act of worship that draws us closer to Him. Isaiah recorded these promises: “Then shall thy light break forth as the morning, and thine health shall spring forth speedily. ... Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am.” Elder Soares said, “What a tender promise: light after darkness, healing after weariness, and the comforting assurance that when we call upon the Lord, He is near.”

President Joseph F. Smith taught that fasting helps the body be ruled by the spirit and brings us nearer to God. Elder Soares said a sincere fast goes together with earnest and intentional prayer. When we fast and pray, we become more humble, more aware that we depend on the Lord, more open to the Holy Ghost, and better prepared to receive personal revelation.

Jesus showed us how. Before His ministry began, He went into the wilderness and spent 40 days fasting and communing with His Father. Of all the things He could have done to prepare, He chose to seek complete alignment with His Father’s will. Strengthened, He overcame Satan’s temptations and began His mission. Elder Soares said that fasting and prayer may not remove every burden from our path, but they draw heaven near and endow us with divine power to overcome or endure.

Fasting is not just a test of self-control or a way to ask for one particular blessing. It helps us line up our wishes with the Lord's wishes. Even when answers don't come the way we expect, fasting and prayer help us trust Him and accept His will.

Fasting also turns our hearts toward others. Isaiah taught that a true fast helps "to let the oppressed go free" and "break every yoke." Joseph Smith said a person filled with God's love ranges through the whole world, anxious to bless the whole human race. Today, we do that through generous fast offerings. Each offering, even if it seems small, becomes a gift of compassion. It follows the Savior, who came to earth and suffered so He would know how to help us.

Elder Soares said he has seen fasting bless people quietly and tenderly: softening hearts, strengthening testimonies, and changing lives. He has personally felt more inspiration as he has tried to live this law better.

He invited us to ponder Isaiah's teachings and fast more intentionally as part of our worship. He promised that miracles will come into our lives, that we will draw nearer to the Savior, receive strength to overcome weaknesses, and become more sensitive to others' needs. He testified that Isaiah's promises will be fulfilled for us: "Then shall we 'call, and the Lord shall answer'; we shall cry, and He shall say, 'Here I am.'"

### *Let's talk about it*

What did this talk teach us about the Savior? What is one small thing our family can do this week?

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Kid-friendly summary in our own words · Read or watch the full talk: [churchofjesuschrist.org/study/general-conference/2026/10/17soares](https://churchofjesuschrist.org/study/general-conference/2026/10/17soares)