



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY MORNING SESSION

A Higher and Holier Fast

Elder Ulisses Soares · Quorum of the Twelve Apostles

Words to remember

- *“Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am.”*
- *“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 is an Apostle. He talked about fasting. Fasting means we go without food and drink for a little while, usually two meals, and we pray. Children can learn about fasting with their families, in a way that is right for them.

Elder Soares shared a promise from the prophet Isaiah in the Bible. When we fast in the right way, Then shall thy light break forth as the morning. Our light will shine like the sunrise! And Isaiah said, “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.” When we call to Heavenly Father, He is near.

Fasting is not just skipping food. It goes with prayer. When we fast and pray, our hearts become softer. We remember that we need Heavenly Father. We can feel the Holy Ghost more, and we can learn what Heavenly Father wants us to do.

Jesus fasted too. Before He began teaching people, He went into the wilderness for 40 days. He fasted and prayed to be close to His Father. Then He was strong when Satan tried to tempt Him. Elder Soares said fasting and prayer may not take away every hard thing, but they draw heaven near.

Fasting also helps us think about other people. On Fast Sunday, families can give a fast offering. That is money to help people who need food and other help. Our gift may seem

small, but it helps a lot! Jesus helped people who were hurting, and when we give fast offerings, we are helping like He did.

Elder Soares said he has seen fasting soften hearts, make testimonies stronger, and change lives. He promised that when we fast in a higher and holier way, miracles will come. We will feel closer to Jesus. We will get strength to do hard things. And we will notice more when other people need help.

He ended with Isaiah's promise again. When we call, the Lord will answer, and He will say, Here I am.

A scripture for this talk: Isaiah 58:8–9. When we fast the way the Lord asks, He hears us and says, “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?

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