



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY AFTERNOON SESSION

Spiritual Immunity

Elder Christian C. Chigbundu · General Authority Seventy

Words to remember

- *“As we build our spiritual immunity, we develop the strength and courage to withstand the challenges of life.”*
- *“The burden we carry may not always be removed, but our backs will be built to carry the load placed upon them (see Mosiah 24:14–15).”*

In Elder Christian C. Chigbundu’s own words, from the talk.

Elder Christian C. Chigbundu, a General Authority Seventy, remembered 2020, when a global health crisis disrupted the world and took millions of lives. At his workplace, health professionals taught about COVID-19 and how to prevent infection. One word kept coming up: immunity, the body’s natural ability to defend itself against disease. He began thinking about something else: “Spiritual Immunity”

“We live in troubled times marked by wars, family challenges, and economic uncertainty,” he said. “Yet, as frightening as these challenges may be, we need not fear! As we build our spiritual immunity, we develop the strength and courage to withstand the challenges of life.” He shared President Henry B. Eyring’s teaching that hard moments are not evidence that the Lord has abandoned us. They show He loves us enough to refine and strengthen us. He asked listeners to think about what keeps them awake at night.

The Lord has given us a spiritual compass: small and simple things. Alma taught his son Helaman, “By small and simple things are great things brought to pass” (Alma 37:6). Elder Chigbundu shared four.

1. Scripture study. When we study the scriptures, we come to know the Lord, and His words begin to shape how we think and respond. King Benjamin told his sons to remember that these records are true and to search them diligently. As a mission leader, Elder Chigbundu welcomed a new missionary who began to cry and asked to be sent home. When asked if he had a testimony of the Book of Mormon, he said, “President, I don’t.” Elder Chigbundu bore his testimony and encouraged him to study it. The elder and his trainer made a study plan. Later he wrote, “I am happy now and do not want to be sent home any longer.”

2. Prayer. The Savior invites, “Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me” Nephi, Joseph Smith, and Jesus Himself show the power of prayer. While serving as an Area Seventy, Elder Chigbundu visited a sister battling cancer. She said, “As I pray daily, I realize that the Savior loves me. I see His hands all around me, telling me, ‘My daughter, all is well.’” He taught, “The burden we carry may not always be removed, but our backs will be built to carry the load placed upon them (see Mosiah 24:14–15).”

3. The sacrament. We promise to take Christ’s name, always remember Him, and keep His commandments. We can ask, “What would He have me do?” As we remember Him all week, our why me questions are replaced by “What can I learn, and what can I change?”

4. Covenants. Making covenants and staying on the covenant path go together. Covenants create a bond with God, and worshipping in the temple helps us stay on the path and receive personal direction.

Elder Chigbundu invited us to always remember scripture study, prayer, the sacrament, and covenants. “While they may seem small and simple, they are truly the armor of God that will help us stand against the tactics of the devil!”

Scripture to look up: Doctrine and Covenants 88:63. “Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me.”

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/2026/10/23chigbundu](https://www.churchofjesuschrist.org/study/general-conference/2026/10/23chigbundu)