



OCTOBER 2026 GENERAL CONFERENCE • SATURDAY AFTERNOON SESSION

Spiritual Immunity

Elder Christian C. Chigbundu • General Authority Seventy

Words to remember

- *“As we pray in faith, our spiritual immunity will be strengthened.”*
- *“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 remembered a time in 2020 when lots of people around the world got sick with COVID-19. At his work, doctors and nurses came to teach people how to stay healthy. They kept saying one word: immunity.

Immunity is the way your body fights off germs and keeps you from getting sick. Elder Chigbundu started thinking about spiritual immunity. That is how our spirits can be strong against bad things and hard times.

He said the world has many hard things, like wars and family problems. But we do not need to be afraid. When our spiritual immunity is strong, we have courage.

How do we make our spirits strong? Alma taught his son, “By small and simple things are great things brought to pass” Elder Chigbundu shared four small and simple things.

First, read the scriptures. When we read them, we come to know Jesus. Elder Chigbundu was once a mission leader. A new missionary cried and wanted to go home. He did not have a testimony of the Book of Mormon. Elder Chigbundu shared his testimony and asked him to read the Book of Mormon every day. Later the missionary wrote a letter. He said, “I am happy now and do not want to be sent home any longer.”

Second, pray. Jesus said, “Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me.” Elder Chigbundu visited a sister who was very sick with cancer. She told him that when she prays every day, she feels the Savior’s love. She can feel Him telling her, “My daughter, all is well.”

Third, the sacrament. When we take the sacrament, we promise to remember Jesus and keep His commandments. We can ask, “What would He have me do?”

Fourth, covenants, our promises with God. Going to the temple and keeping our promises keeps us on the covenant path, close to God.

Elder Chigbundu said these small things are like armor that protects us from Satan. Our hard things may not always go away, but God will make us strong enough to carry them.

A scripture for this talk: Doctrine and Covenants 88:63. Jesus says that if we come close to Him, He will come close to us.

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)