



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, opened with 2020, when a global health crisis disrupted economies and claimed millions of lives. To raise awareness, executives at his workplace invited health professionals to teach about COVID-19 and infection prevention. One word recurred throughout: immunity, the body's inherent biological ability to defend and protect itself against infectious diseases, harmful substances and foreign invaders. He found himself reflecting not on physical immunity but on what he calls spiritual immunity, and prayed for the Holy Ghost as he described how to build it.

“We live in troubled times marked by wars, family challenges, and economic uncertainty. Yet, as frightening as these challenges may be, we need not fear!” Spiritual immunity gives the strength and courage to withstand the challenges of life. He cited President Henry B. Eyring's teaching that proving moments are not evidence the Lord has abandoned us but evidence that He loves us enough to refine and strengthen us. He asked listeners to consider what keeps them awake at night, and to know the Lord has provided a spiritual compass to navigate it: small and simple things. As Alma taught Helaman, “By small and simple things are great things brought to pass” (Alma 37:6).

First, scripture study. Scriptures inform us, but more importantly, we come to know the Lord, and as we apply them, His words shape how we think and respond to challenges. King Benjamin counseled his sons to remember that these records are true and to search them diligently that you may profit thereby (Mosiah 1:6–7). Daily, meaningful study invites the Holy Ghost and builds faith to face temptation.

He told of a new missionary who, in his welcome interview, began to cry and asked to be sent home but couldn't find words to explain why. Asked whether he had a testimony of the Book of Mormon, he said, “President, I don't.” Elder Chigbundu bore his own testimony and encouraged him to study the scriptures, especially the Book of Mormon. The missionary and his trainer made a study plan. Later a

letter came, testifying that daily scripture study had helped him understand his purpose: “I am happy now and do not want to be sent home any longer.” Little by little, Elder Chigbundu said, study teaches us how to become lifelong disciples of Jesus Christ.

Second, prayer. The Savior invites, “Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me” (D&C 88:63). Nephi, Joseph Smith, and the Savior Himself show the enabling power and miracle of prayers. As an Area Seventy at a stake conference, he and the stake president visited a sister battling cancer. Asked how she felt, 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.’” Praying in faith strengthens spiritual immunity: “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).”

Third, the sacrament, a sacred ordinance that strengthens our relationship with the Savior. We promise to take His name, always remember Him, and keep His commandments, and we can ask ourselves, “What would He have me do?” As we remember Him through the week and strive to obey, our lives are gradually refined and reshaped, and “Our ‘Why me?’ questions will be replaced by ‘What can I learn, and what can I change?’”

Fourth, covenants. Making covenants and staying on the covenant path are inseparable companions. Covenants create a bond with God; staying on the path brings the blessings promised with that bond, and worship in the temple is vital to staying there. He cited President Dallin H. Oaks’s teaching that as we honor covenants by keeping the commandments and following the plan of redemption, the promised blessings enable us to soar to celestial heights. “What a promise, my friends.” Trials will come, but as we worship in the temple and remember our covenants, we receive personal direction from the Lord.

He closed with an invitation 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!” (see Ephesians 6:11). He bore witness of a loving Father in Heaven, of Jesus Christ as Savior and Redeemer, and of President Oaks as God’s prophet today.

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)