



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY AFTERNOON SESSION

Comfort from the Holy Ghost

Elder Matthew J. Eyring · General Authority Seventy

Words to remember

- *“But our apparent self-reliance masks a deeper reality: All of us, regardless of experience, talent, or willpower, will sooner or later encounter burdens we cannot possibly carry ourselves.”*
- *“Living worthy of the constant companionship of the Holy Ghost should be one of our highest priorities.”*

In Elder Matthew J. Eyring's own words, from the talk.

Elder Matthew J. Eyring told of a friend whose wife called to say their young married son had suddenly died. One thought came to his friend's mind: “I can't fix this.” Elder Eyring noted it was the same thought Sister Runia shared this morning.

We are trained from a young age to solve problems and be independent and resilient. He said, “But our apparent self-reliance masks a deeper reality: All of us, regardless of experience, talent, or willpower, will sooner or later encounter burdens we cannot possibly carry ourselves.”

Another time, he and his wife had dinner with a young couple who had just lost one of their twins right before birth, in their first pregnancy. Many years before, the Eyrings had gone through a similar loss when one of their twins died before birth. At dinner, they were grateful “to mourn with those that mourn ... and comfort those that stand in need of comfort.” They talked about parenthood, loss, and the path to healing and hope.

Our mortal journey is designed to try our faith, and challenges differ. Some worry about enough food for their families. Some face illness. Some mourn when loved ones stray from the gospel, or have been hurt by someone they love, or have hurt someone. Some feel misunderstood or keep struggling with a bad habit. Elder Eyring said it's important not to let our challenges weaken our faith.

The Savior suffered for us and knows exactly how we feel. He promises, “Draw near unto me and I will draw near unto you.” He will comfort us and give answers on His timetable, sometimes through tools, resources, and other people. Jesus promised, “And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever.” Prophets have warned that we won't survive spiritually without the constant influence of the Holy Ghost. Without comfort we risk losing hope, and without hope we can lose faith.

But there is hope in Jesus Christ. President Dallin H. Oaks said the belief in a literal, universal resurrection changes the whole perspective of our mortal life. It means our limitations are temporary and gives courage to face death. Jesus saves us from the only two permanent tragedies: separation from our bodies and separation from God because of sin. Jacob exclaimed, “O how great the goodness of our God, who prepareth a way for our escape from the grasp of this awful monster; yea, that monster, death and hell, which I call the death of the body, and also the death of the spirit.” Someday we will see that suffering that brought us closer to the Savior was preparing us for blessings that Eye hath not seen, nor ear heard.

In the hospital, the young mother had received a priesthood blessing, but the father had not. After dinner, Elder Eyring blessed the grieving father, who was promised peace which passeth all understanding. As the couple left, their countenances shone with the light of the Savior.

Elder Eyring taught that the Savior’s peace comes through the Holy Ghost, and that comfort helps us when we can’t fix things on our own. “Living worthy of the constant companionship of the Holy Ghost should be one of our highest priorities.” He testified of Jesus’s promise: “I will not leave you comfortless: I will come to you.”

Scripture to look up: John 14:16–17. Jesus promised another Comforter, the Spirit of truth, to be with us when we face what we cannot fix.

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/2026/10/29eyring](https://www.churchofjesuschrist.org/study/general-conference/2026/10/29eyring).