



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY AFTERNOON SESSION

Comfort from the Holy Ghost

Elder Matthew J. Eyring · General Authority Seventy

Words to remember

- *“I will not leave you comfortless: I will come to you.”*
- *“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 about a friend who got very sad news. His grown-up son had died suddenly. Elder Eyring's friend had one thought: “I can't fix this.” That was the same thing Sister Runia said earlier that day.

We learn when we are young to solve problems and do hard things by ourselves. But everyone, sooner or later, has something too heavy to carry alone.

Elder Eyring and his wife once went to dinner with a young mom and dad. One of their twin babies had died before being born. A long time ago, the same thing happened to Elder Eyring and his wife. So they could understand. They talked together about being parents, feeling sad, and finding hope and healing. In the Book of Mormon, we promise to mourn with those that mourn, or be sad with people who are sad, and to comfort them.

Elder Eyring said everyone has hard things. Some families worry about having enough food. Some people are sick. Some people are sad because someone they love has stopped following Jesus. Some people have a bad habit that is hard to stop.

Jesus suffered for us, so He knows exactly how we feel. When we turn to Him, He comforts us. Jesus promised to send another Comforter. That is the Holy Ghost. Prophets have said we need the Holy Ghost with us all the time.

Elder Eyring said there is hope in Jesus. Because of Jesus, everyone will be resurrected. Our bodies and spirits will come back together, and we can live again with people we love. Death is not the end.

After the dinner, Elder Eyring gave the sad dad a priesthood blessing. In the blessing, the dad was promised peace. When the mom and dad left, their faces were shining with light. Elder Eyring said we should try hard to live so the Holy Ghost can always be with us. Jesus promised, “I will not leave you comfortless: I will come to you.”

A scripture for this talk: John 14:16–17. Jesus promised to send the Holy Ghost to comfort 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/2026/10/29eyring](https://www.churchofjesuschrist.org/study/general-conference/2026/10/29eyring)