



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY MORNING SESSION

“Fear Not, I Am with Thee”

President Henry B. Eyring · First Counselor in the First Presidency

Words to remember

- *“The Savior not only understands and has felt grief, but He has ‘borne [your] griefs, and carried [your] sorrows.’ He knows you perfectly. He knows your heart.”*
- *“But what is being tested is the same, at all times in our lives and for every person: Will we do whatsoever the Lord our God will command us?”*

In President Henry B. Eyring’s own words, from the talk.

President Henry B. Eyring of the First Presidency spoke right after the choir sang “How Firm a Foundation.” He said the hymn speaks of promises that will become more and more precious in the time ahead. “My message today is that the promises in that hymn are true,” he said. Its words come from Isaiah 41 and have become a comforting guide for him.

He read the promises again: “In ev’ry condition—in sickness, in health, / In poverty’s vale or abounding in wealth, / At home or abroad, on the land or the sea— / As thy days may demand, ... so thy succor shall be. / Fear not, I am with thee; oh, be not dismayed, / For I am thy God and will still give thee aid. / I’ll strengthen thee, help thee, and cause thee to stand.” He pointed out that the promise isn’t that trials will be removed.

His mother taught him that when he was little. He asked, “Mother, why is life so hard?” She smiled and said firmly, “Hal, of course it’s hard. It’s supposed to be. Life is a test.” Years later he realized that she was passing through her own tests. Since girlhood she had diseases that caused lifelong health problems. But because she knew the words “Fear Not, I Am with Thee” were true, the Lord’s promise was fulfilled for her.

Why does a loving God allow life to be so hard? President Eyring said it is because we must grow spiritually to live in His presence. So Heavenly Father gave us a Savior and agency to choose to keep His commandments, repent, and come unto Him. The Savior has borne your griefs and carried your sorrows. He knows you perfectly. Our trials are all different, but the test is the same: will we do whatever the Lord commands?

At the end of her life, his mother was bedridden. The only picture on her wall was of the Savior, hung where she could see it. His father put a cot next to her hospital bed to help her at night. After she died, he walked the hospital floor to thank and shake hands with every nurse who had helped her.

President Eyring said this shows that the Lord sends faithful disciples to help him keep his promise. He quoted President Spencer W. Kimball: “God does notice us, and he watches over us. But it is usually through another person that he meets our needs.”

The rest of his talk thanked those who help. Many pray to know whom to help, and when a face or name comes to mind, they reach out. Even simple attention shows people the Lord knows and loves them. Many encourage discouraged missionaries. Even a warm smile can strengthen their faith. Many pray for Church leaders and show appreciation, becoming part of the Lord’s answer to those leaders’ prayers.

He quoted Alma: if we want to be called God’s people, we must be willing to bear one another’s burdens, that they may be light, willing to mourn with those that mourn, and comfort those who need comfort. The Lord gives us the great blessing and trust of helping Him keep His promise. That is why we take courage whenever we hear, “Fear Not, I Am with Thee”

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/2026/10/41eyring](https://www.churchofjesuschrist.org/study/general-conference/2026/10/41eyring)