



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

- *“Fear not, I am with thee; oh, be not dismayed, / For I am thy God and will still give thee aid.”*
- *“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.”*

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

President Henry B. Eyring is in the First Presidency. Right before his talk, the choir sang the hymn “How Firm a Foundation.” President Eyring said the promises in that hymn are true.

One verse says, “Fear not, I am with thee; oh, be not dismayed, / For I am thy God and will still give thee aid.” That means Heavenly Father and Jesus are with us. We don’t need to be afraid. God will help us, make us strong, and help us stand.

When President Eyring was a little boy, he asked his mother, “Mother, why is life so hard?” She smiled and said, “Hal, of course it’s hard. It’s supposed to be. Life is a test.” His mother was sick for most of her life, but she knew God was with her, and He helped her.

President Eyring said God lets life be hard sometimes because hard things help us grow and become ready to live with Him. Jesus understands when we are sad. He has carried our sorrows. He knows each of us perfectly.

When President Eyring’s mother was very sick at the end of her life, she had only one picture on her wall, a picture of the Savior. She put it where she could see it from her bed. His father slept on a little bed next to her in the hospital so he could help her at night. After she died, his father went and shook the hand of every nurse who helped her, to say thank you.

President Spencer W. Kimball taught that God notices us and watches over us, and that He usually helps us through another person. That means God sends people to help us. And He can send us to help others!

President Eyring thanked people who help. Some people pray to know who needs help, and then they reach out. Some people smile at missionaries and say kind words to them. Some people pray for their bishop and teachers and thank them.

Alma taught that when we are baptized, we promise to help carry each other's burdens, to be sad with people who are sad, and to comfort people who need comfort. When we do that, we help Jesus keep His promise: "Fear Not, I Am with Thee"

A scripture for this talk: Isaiah 41:10. The Lord says we do not need to be afraid, because He is with 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/2026/10/41eyring](https://www.churchofjesuschrist.org/study/general-conference/2026/10/41eyring).