



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, First Counselor in the First Presidency, followed the choir’s performance of “How Firm a Foundation.” He said, “The hymn we just heard sung by the choir speaks of promises which will become more important and more precious in the time ahead for all of us and for those we love.” He added, “My message today is that the promises in that hymn are true.” Its lyrics, drawn from Isaiah 41, have become a comforting guide to him.

He read them 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, / Upheld by my righteous, ... omnipotent hand.” These promises grow more precious as we move through our own and our loved ones’ challenges. And, importantly, the promise is not for the removal of trials.

His mother taught him that early. As a little boy 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 she spoke those words while passing through her own tests, rising up through a lifetime of terrible medical trials. She had been diagnosed as a girl with diseases that caused lifelong health challenges. “But because she knew the words ‘Fear not, I am with thee’ were true, the Lord’s promise was fulfilled for her.”

Why would a loving, all-powerful God allow our test to be so hard? “It is because He knows that we must grow in spiritual cleanliness and stature to be able to live in His presence.” To make that possible, the Father gave us a Savior and agency to choose by faith to keep His commandments, repent, and come unto Him. The Savior has not only felt grief, he has borne your griefs and carried your sorrows. He knows you perfectly. He knows your heart. Trials vary as widely as God’s children,

but what is being tested is the same at all times in all lives and for every person: will we do whatsoever the Lord our God will command us? (Abraham 3:25).

In her last days his mother was bedridden. The only picture she placed on her wall was of the Savior, hung where she could see it from her bed. His father placed a cot beside her hospital bed to help her immediately during the night. After she died, his father walked the hospital ward to thank and to shake the hand of every nurse who had helped her. He told that story to offer evidence that the Lord sends faithful disciples to help him keep his promise to succor others in their distress. As President Spencer W. Kimball taught, “God does notice us, and he watches over us. But it is usually through another person that he meets our needs.”

The rest of the talk was gratitude, thanking those who have responded to the call to be the Lord’s servants and encouraging others to join in the hard days ahead. He described what many already do. Some pray consistently to know whom the Lord would have them help, and when a face or a name comes to mind, they reach out; even simple attention is evidence to the person that the Lord knew and loved them. Many recognize a discouraged missionary as an invitation to lift a servant of Jesus Christ. Missionaries everywhere are being stretched and need encouragement, and kindness even for a few seconds or simply a warm smile can strengthen their faith that the Lord is watching over them.

Many pray regularly for the Lord’s servants in whatever calling they hold. “Every one of them is praying every day and every night to know what to do to better serve others and for strength to carry on. You are an important part of the Lord’s answers to their prayers for assurance.” Expressions of appreciation and confidence help leaders feel that God called them, knows them, and has guided them.

Another opportunity comes when we invite the Holy Ghost to show us how to help the Lord comfort those pleading for it. Alma taught that those who desire to be called God’s people must be willing to bear one another’s burdens, that they may be light, willing to mourn with those that mourn, yea, and comfort those that stand in need of comfort (Mosiah 18:8–9). The Lord will comfort all who try to follow Him, and He offers us the great blessing and trust of helping Him do it. He said, “That is a reason we shed tears of joy and take courage whenever we hear the words ‘Fear not, I am with thee,’ and we are touched that He offers us the trust of helping and loving others.” He testified that the Lord keeps His promises both through the Holy Spirit and through his loving true faithful disciples.

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).