



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY MORNING SESSION

Courage Born of Our Faith in Jesus Christ

Elder Neil L. Andersen · Quorum of the Twelve Apostles

Words to remember

- *“Spiritual courage is the triumph over obstacles, doubt, and fear in choosing the right.”*
- *“As we choose faith in Christ, He blesses us with the courage, sometimes in very difficult situations, to choose the right, and as we manifest our courage to choose the right, our faith in Christ strengthens.”*

In Elder Neil L. Andersen’s own words, from the talk.

Elder Neil L. Andersen of the Quorum of the Twelve welcomed President Rosemary K. Chibota as a new general leader. At 17, Rosemary found a Joseph Smith pamphlet missionaries had left at her home in Zimbabwe. She read it and immediately received a spiritual witness that Joseph had seen God the Father and His Son. She was baptized and became an example to her parents, who joined the Church 19 years later. Her story, he said, shows courage born of faith in Jesus Christ.

Jesus Christ is the divine Son of God. He came to earth in humble circumstances, lived a perfect life, and suffered for our sins so we can repent and be forgiven. He died and rose the third day, and because He rose, we too will be resurrected. Being His true disciple is not a casual pursuit. Elder Andersen defined spiritual courage as the triumph over obstacles, doubt and fear in choosing the right.

Moroni wrote, “My father [and all my family have] been slain in battle, ... and I have not friends nor whither to go.” Even as enemies killed everyone who would not deny Christ, he declared, “And I, Moroni, will not deny the Christ.” Our world is different, but discipleship still requires courage. Paul said we wrestle against the rulers of the darkness of this world. Today our phones seem almost attached to our hand, bringing floods of information.

Elder Andersen grew up on a small dairy farm. Nearly every summer morning after milking, he saddled his horse and guided the cows to a high meadow, with no cell phone, no earbuds, no music, no texting all day long, just me and the cows alone with my thoughts. Times have changed, but our spirits haven’t. “We need stillness to nourish our faith in Christ.”

Faith and courage strengthen each other. Faith gives us the desire to kneel alone and pray, and in those quiet moments we receive courage to choose the right. President David O. McKay said, “The greatest battle of life is fought within the silent chambers of your own soul.” Each week at the

sacrament, we promise to take Christ's name and keep His commandments, and keeping those covenants takes courage.

Faith gives courage to accept callings even when we feel inadequate. As a busy young lawyer, Dallin H. Oaks was called to serve in a stake mission presidency three or four evenings a week. He said, "Gathering all my faith, I accepted the call," and called it a very important decision.

Faith gives courage to minister, keep the commandments, and trust God when illness or disaster upends life. A month earlier, Elder Andersen went with President Uchtdorf to Spokane, Washington, where fires destroyed many homes. "Our family is safe," a couple there told him. "and our faith is secure. We can build another house." Faith also gives youth courage to attend early-morning seminary and serve missions, and gives a young mother courage to bring small children to church, even when some Sundays are more a wrestle of survival than a spiritual renewal.

A woman who had been devastated by her husband's betrayal bore testimony that whether in happiness or grief she would trust in the rock of her salvation. With Paul we can be troubled on every side, yet not distressed. Elder Andersen promised that as we strengthen our faith, your answers will come, your spiritual power will increase.

After the resurrected Savior said, "Behold my hands and my feet," and "[Handle] me and see," Peter and John later healed a man who couldn't walk. Questioned by rulers, they boldly declared he was healed by the name of Jesus Christ of Nazareth, whom God raised from the dead. Elder Andersen added his witness: "He lives."

Scripture to look up: Moroni 1:3. Moroni, alone and in danger, declared he would not deny the Christ: courage born of faith in Jesus Christ.

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/2026/10/43andersen](https://www.churchofjesuschrist.org/study/general-conference/2026/10/43andersen)