



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

- *“It is our faith in Jesus Christ that gives us the desire to humbly kneel alone and pray to our Heavenly Father.”*
- *“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 is an Apostle. He began by welcoming President Rosemary K. Chibota, the new Primary General President. When she was 17, she lived in Zimbabwe, in Africa. She found a pamphlet about Joseph Smith that missionaries left at her home. She read it and felt that it was true! She was baptized. Nineteen years later, her parents joined the Church too. Elder Andersen said her story shows courage that comes from faith in Jesus.

Jesus is the Son of God. He lived a perfect life. He suffered for our sins so we can repent and be forgiven. He died, and on the third day He rose again. Because Jesus was resurrected, we will be too.

Elder Andersen said following Jesus takes courage. Courage means doing what is right even when it is hard or scary. In the Book of Mormon, Moroni was all alone. His family had died. But he bravely said, “And I, Moroni, will not deny the Christ.”

When Elder Andersen was a boy, he grew up on a small dairy farm. In the summer, he rode his horse and took the cows up to a high meadow to eat grass. There were no phones, no earbuds, and no music. He had quiet time to think. Elder Andersen said we still need quiet time to help our faith grow.

When we kneel alone and pray, Heavenly Father gives us 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.” That means the most important choices happen inside our hearts.

Elder Andersen told about a family in Spokane, Washington. A big fire burned down their house. But they said, “Our family is safe,” and “We can build another house.” Their faith in Jesus gave them courage.

It takes courage to get up early for seminary, to serve a mission, to keep the Sabbath day holy, and to tell others about Jesus. Elder Andersen said even a mom getting her little children ready for church takes courage!

After Jesus was resurrected, He showed His hands and feet to the Apostles. Later, Peter and John healed a man who could not walk. When leaders asked how they did it, Peter and John bravely said the man was healed by the name of Jesus Christ.

Elder Andersen said, like Peter and John, he knows Jesus lives. When we follow Jesus, our faith and courage grow.

**A scripture for this talk:** Moroni 1:3. Moroni was alone, but he said he would not deny Jesus Christ. We can be brave like Moroni.

### *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?

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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)