



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 Apostles opened by welcoming President Rosemary K. Chibota to general Church leadership, whose story “Her story is an example of courage born of faith in Jesus Christ.” At 17, she found a Joseph Smith pamphlet missionaries had left at her home in Zimbabwe. “She read it and immediately received a spiritual witness that it was true; Joseph had seen God the Father and His Son, Jesus Christ.” She was taught, baptized, and became an example to her parents, who joined the Church 19 years later. “Faith and courage are hallmarks of disciples of Jesus Christ.”

He bore witness of the Savior: the divine Son of God, born in the humblest circumstances, who lived a perfect life, taught us how to live, and, out of incomparable love, suffered for our sins so we could repent and be forgiven. He died and, in the majesty of our Heavenly Father’s plan, rose the third day. Because he rose from the tomb, we too will be resurrected. Discipleship, then, is not a casual pursuit. Spiritual courage is the triumph over obstacles, doubt and fear in choosing the right. It has always taken spiritual courage, born of faith in Christ, to follow Him.

Moroni modeled it. “My father [and all my family have] been slain in battle, ... and I have not friends nor whither to go” (Mormon 8:5). Even as adversaries put to death everyone who would not deny Christ, he declared, “And I, Moroni, will not deny the Christ” (Moroni 1:3). Our challenges differ, but the struggle Paul described persists: “We wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world” (Ephesians 6:12). “Our world is in constant commotion. Our phone seems almost attached to our hand, bringing a flood of information, misinformation, and now artificial information.”

He contrasted that with his boyhood on a small dairy farm. Nearly every summer morning after milking, he saddled his horse and guided three dozen cows to a high meadow, 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 have not changed. We need stillness to nourish our faith.

Faith and courage reinforce each other: as we choose faith in Christ, He gives us courage to choose the right, and as we manifest our courage to choose the right, our faith in Christ increases. Faith gives the desire to humbly kneel alone and pray, and in private prayer we are given the increased courage to choose the right. He recalled hearing President David O. McKay as a young man: “The greatest battle of life is fought within the silent chambers of your own soul.” Each week at the sacrament we witness our willingness to take Christ’s name, remember Him, and keep His commandments (Moroni 4:3), and then with courage we are true to our covenants and the Lord increases our faith.

Faith gives courage to accept callings when we feel inadequate or short on time. As a young attorney at a prestigious firm working evenings and Saturdays, Dallin H. Oaks was called as a counselor in a stake mission presidency, requiring three or four evenings a week. “Gathering all my faith, I accepted the call.” He later called it a very important decision. “His faith strengthened his courage, and his decision brought increasing faith.”

Faith brings courage to minister, live the Word of Wisdom and the law of chastity, honor the Sabbath, pay an honest tithe, and trust the Father and Son when unforeseen illness, financial troubles, or natural disaster upend our life. A month earlier he accompanied President Dieter F. Uchtdorf to Spokane, Washington, where fires had destroyed hundreds of homes. “Our family is safe,” Cody and Haley Woodbury, whose neighborhood was gone, told him. “and our faith is secure. We can build another house.” Faith gives tens of thousands of youth courage to rise before dawn for seminary, serve missions, and marry and begin families, and helps those unable to marry stay true to their covenants. And a young mother prepares her small children for church, knowing that some Sundays will be more a wrestle of survival than a spiritual renewal.

He told of a woman of deep faith, devastated by her husband’s betrayal, who declared in testimony meeting that in happiness or unspeakable grief, she would trust in the rock of her salvation, her savior Jesus Christ. With hope in Christ we may be, as Paul said, “troubled on every side, yet not distressed; ... perplexed, but not in despair” (2 Corinthians 4:8). He promised that as we strengthen our faith by believing, following, and obeying, your answers will come, your spiritual power will increase, and your courage in following Christ will define your eternal soul. The Savior declared, “If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him” (John 14:23).

Peter and John were present when the resurrected Christ said, “Behold my hands and my feet,” Jesus said, “that it is I myself: handle me, and see” (Luke 24:39). Soon after, confronted by disbelieving rulers over the healing of a man unable to walk, they declared with courage born of faith that he was made whole by the name of Jesus Christ of Nazareth, whom God raised from the dead (Acts 4:10). Elder Andersen added his witness: “He lives. He guides this holy work, the restored gospel of 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)