



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY MORNING SESSION

Integrity and Virtue Lead to Happiness

Elder Quentin L. Cook · Quorum of the Twelve Apostles

Words to remember

- *“Whate’er thou art, act well thy part.”*
- *“The covenant path that will return us to our beloved Father in Heaven and His Son, Jesus Christ, is not obscure; it is well marked.”*

In Elder Quentin L. Cook’s own words, from the talk.

Elder Quentin L. Cook is an Apostle. He said people who follow Jesus are happiest when they live with integrity and virtue. Integrity means doing what you know is right and being honest, even when no one is watching. Virtue means being good, clean, kind, and holy.

Elder Cook and his wife, Mary, visited missionaries in Scotland. Long ago, when President David O. McKay was a young missionary there, he walked past a building with words carved in stone above the door: “Whate’er thou art, act well thy part.” That means, whatever your job is, do your very best. Young Elder McKay remembered those words for the rest of his life.

The Lord once said a man in Nauvoo could be trusted because of the integrity of his heart. Elder Cook said integrity means being honest with God, with ourselves, with our leaders, and with others.

Elder Cook said being good and being happy go together. The Book of Mormon says, “‘Men are that they might have joy’ [see 2 Nephi 2:25].” When we keep the commandments, we feel real joy.

He said that today many people use rude and mean words, especially online. Elder Cook said we should never use the internet to be mean or bully someone. We can be peacemakers, like President Nelson and President Oaks have taught.

Jesus asked, “And why call ye me, Lord, Lord, and do not the things which I say?” That means we show we love Jesus by doing what He says. Paul taught us to think about things that are lovely and good.

When we live good lives, the Holy Ghost can be with us. And when we make mistakes, we can repent.

When Elder Cook was a young missionary in England, he taught a man who had been a sailor on a big battleship during a war. After the war, when the man finally came home and stepped off the ship onto his island home, he was so happy that he fell to his knees. He said learning about repentance felt just like that! Before his baptism, he prayed that he could help other people feel the same joy, “Especially my family.”

Elder Cook said integrity, being good, and repenting every day will bring us happiness.

A scripture for this talk: Doctrine and Covenants 121:45. The Lord asks us to keep our thoughts clean and good. That brings happiness.

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/2026/10/46cook](https://www.churchofjesuschrist.org/study/general-conference/2026/10/46cook)