



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY MORNING SESSION

Consider Your Ways, and from This Day Will the Lord Bless You

Elder **Ciro Schmeil** · General Authority Seventy

Words to remember

- *“It is through covenants that we become yoked with the Savior Jesus Christ and our burdens become lighter.”*
- *“In the sacrament prayer we have a good reminder that we do not need to be perfect to partake of the sacrament.”*

In Elder **Ciro Schmeil**’s own words, from the talk.

Elder **Ciro Schmeil** taught that God is our Father in Heaven and prepared a plan for us to return to Him, the plan of salvation or “the great plan of happiness” This life is the time to prepare to meet God, and God didn’t leave us alone. As President **Dallin H. Oaks** has taught, God gave us “divine helps for mortality” Elder **Schmeil** focused on two: the Savior Jesus Christ and our covenants.

Jesus knows us individually and will help us if we seek Him. He promised, “And if men come unto me I will show unto them their weakness. ... For if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them” Humility means having a broken heart, being open to God’s will. Faith in Christ means trusting Him even when we don’t have all the answers. President **Oaks** said, “By far, God’s strongest mortal help was His provision of a Savior, Jesus Christ, who would suffer to pay the price and provide forgiveness for repented sins.”

We show faith in Christ by making and keeping covenants. A covenant is a sacred promise between God and His children: God sets the conditions, we agree to obey, and He promises to bless us. Covenants bind us to Jesus because He is central to every one. He invites, Take my yoke upon you and learn of me and ye shall find rest unto your souls. For my yoke is easy and my burden is light. Through covenants we are yoked with Him, and our burdens become lighter.

Baptism is our first covenant, and each week at the sacrament we renew our promises and covenant to always remember the Savior. Elder **Schmeil** said the sacrament prayer reminds us that we do not need to be perfect to partake of the sacrament. We need to be willing to take His name, remember Him, and keep His commandments. In return, we can always have His Spirit. He shared a warning from a Church leader: a time will come when we hesitate to go to church and take the sacrament. But

if we go anyway, with a broken heart, blessings will keep us established on the firm foundation that is Jesus Christ.

The sacrament also prepares us for temple covenants. In the Old Testament, the Lord commanded the Israelites to rebuild the temple, but they didn't make it a priority. The Lord said through the prophet Haggai, "Consider your ways." He told them they had sown much and brought in little, earning wages only to put them into a bag with holes, because of His house that is waste while every man ran to his own house. They were doing much but accomplishing little because God's house wasn't a priority. When they considered their ways, repented, and began to rebuild, the Lord said, "From this day will I bless you"

Elder Schmeil said Heavenly Father isn't asking us to physically build a temple, but to build a strong relationship with Him and Jesus Christ through covenants. As we consider our ways and adjust, He will magnify our efforts. "God knows what is best for us and is eager to bless us."

He testified that God keeps His promises. He has given Elder Schmeil spiritual and physical strength when he needed it most. The sacrament is a weekly reminder of what the Savior Jesus Christ has done for me and how much I need him. He closed with King Benjamin: "Consider on the blessed and happy state of those that keep the commandments of God."

Scripture to look up: Ether 12:27. The Lord promises to make weak things become strong for those who humble themselves and have faith in Him.

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/2026/10/48schmeil](https://www.churchofjesuschrist.org/study/general-conference/2026/10/48schmeil)