



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

- *“God knows what is best for us and is eager to bless us.”*
- *“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 said Heavenly Father has a plan for us to come back home to Him. It is called the plan of salvation, or the plan of happiness. This life is the time to get ready to meet God. And God did not leave us alone. He gave us helps.

Elder Schmeil talked about two of those helps: Jesus Christ, and our covenants. A covenant is a sacred promise between us and God.

Jesus knows each of us. In the Book of Mormon, He promised that if we are humble and have faith in Him, He will make our weak things become strong.

Jesus said, “Come unto me, ... and I will give you rest. Take my yoke upon you, and learn of me; ... and ye shall find rest unto your souls.” A yoke is a wooden bar that lets two animals pull a heavy load together. When we make covenants, it is like we are yoked with Jesus. He pulls with us, and our load feels lighter.

Our first covenant is baptism. Then every Sunday we take the sacrament. We promise to remember Jesus and keep His commandments, and He promises that His Spirit can be with us. Elder Schmeil said we do not need to be perfect to take the sacrament. We need to be willing to try.

Elder Schmeil told a story from the Old Testament. The Lord asked the Israelites to rebuild His temple. But they were busy building their own houses. They worked very hard, but it was like putting their money into a bag with holes. Everything leaked out! The Lord told

them, “Consider Your Ways, and from This Day Will the Lord Bless You.” That means, think about what you are doing.

So the people changed. They started building the temple. And the Lord said, “From this day will I bless you”

Elder Schmeil said Heavenly Father is not asking us to build a temple with bricks. He wants us to build a strong friendship with Him and Jesus by keeping our covenants. When we put God first, He makes our efforts bigger.

Elder Schmeil said God keeps His promises. He has seen it in his own life. The sacrament reminds him every week how much he needs Jesus.

A scripture for this talk: Ether 12:27. Jesus can make weak things become strong when we come to 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)