



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**, a General Authority Seventy, began with the plan: “God is our Father in Heaven, and He prepared a plan for us to return to His presence,” called the plan of salvation or the great plan of happiness. This life is the time to prepare to meet God. “And God did not leave us alone in this journey.” As President **Dallin H. Oaks** has taught, God gave “divine helps for mortality.” Elder **Schmeil** addressed two: “The Savior Jesus Christ and our covenants.”

Jesus Christ knows us individually and he will help us if we seek him. He quoted **Ether 12:27**: “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’s central feature is a broken heart, being receptive to the will of God, and that requires faith in Christ, which means that we trust him even when we don’t have all the answers. President **Oaks** taught, “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.” That is why faith in Christ is the first principle of the gospel.

“We show our faith in Christ by making and keeping covenants with God.” A covenant is a sacred promise: God sets the conditions, His children agree to obey, and He promises to bless them as they do. “Covenants bind us to Jesus Christ because He is central to every covenant we make.” In **Matthew 11** the Savior invites, 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. For my yoke is easy and my burden is light. “It is through covenants that we become yoked with the Savior Jesus Christ and our burdens become lighter.”

Baptism is the first covenant; each week at the sacrament we renew those promises and covenant to always remember the Savior, who instituted the ordinance with the promise of His Spirit. 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 upon us his name, remember him, and keep his commandments. In return, we have the promise of His Spirit, essential for strength to stay on the path. He shared a Church leader's warning that a time will come in each life when there will be a hesitation to go to church and partake of the sacrament. If it hasn't happened yet, it will. But going anyway, with a broken heart and contrite spirit, brings blessings that will keep you firm. It will keep you solid. It will keep you established on the firm foundation that is Jesus Christ. Preach My Gospel teaches that aligning Sabbath activities with God's intent brings joy, peace, and spiritual nourishment.

The sacrament also prepares us for temple covenants, and he found insight in Haggai. The Lord commanded Israel to rebuild the temple, but they didn't make it a priority. Displeased, the Lord said, "Consider your ways. 'Ye have sown much, and bring in little; ... and he that earneth wages earneth wages to put it into a bag with holes.'" "Why? ... Because of mine house that is waste, and ye run every man unto his own house." The lesson: The Lord could not magnify their efforts because their actions were not aligned with God's will. Although they were doing much, they were not accomplishing much because God's holy house was not a priority. When they considered their ways, repented, and began rebuilding, the Lord declared, "From this day will I bless you" (Haggai 2:19).

"May we also consider our ways. Heavenly Father is not asking us to physically build the temple, but He is asking us to build a strong relationship with Him and His Son, Jesus Christ, through our 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."

His testimony was personal: "I know that God keeps His promises. I have seen it in my life. He gave me spiritual and physical strength when I needed it most." The sacrament has helped him keep his baptismal and temple covenants; It is a weekly reminder of what the Savior Jesus Christ has done for me and how much I need him in my life. He closed with King Benjamin: "Consider on the blessed and happy state of those that keep the commandments of God. For behold, they are blessed in all things, both temporal and spiritual; and if they hold out faithful to the end they are received into heaven, that thereby they may dwell with God in a state of never-ending happiness" (Mosiah 2:41), which, he testified, is only possible as we make and keep our covenants.

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)