



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY AFTERNOON SESSION

God Is at Your Side

Sister Andrea Muñoz Spannaus · Second Counselor in the Young Women General Presidency

Words to remember

- *“Dear young women, the Lord knows where you are; He has your exact location and can guide you.”*
- *“Each of you has a crucial and important work to do here on earth. That work is different for each person, but if you choose to love God and Jesus Christ and to trust Them, doing that work will bring you the same great joy.”*

In Sister Andrea Muñoz Spannaus's own words, from the talk.

Sister Andrea Muñoz Spannaus, Second Counselor in the Young Women General Presidency, spoke to the young women of the Church: “Dear young women, how crucial and important you are as members of the Church of Jesus Christ in these latter days!”

When she was their age, she had a lesson on the 13th Article of Faith. One part stayed with her: “If there is anything virtuous, lovely, or of good report or praiseworthy, we seek after these things.” She decided to make a list of good, positive things that would bring her closer to God and help her learn, contribute, create, and be happy. She spent that whole Sunday afternoon thinking and writing.

She invited young women to look at their lives with enthusiasm and the certainty that your Father in Heaven will guide you on that journey. Then she told about driving to the dentist. Her phone’s GPS thought she was on a parallel street and kept telling her to turn right when there was nowhere to turn. Finally she pulled off the freeway and called her husband. Once she gave him her exact location, he guided her where she wanted to go.

“Dear young women, the Lord knows where you are; He has your exact location and can guide you.” He knows your dreams, your gifts, when you feel alone, your questions, your challenges, and how to turn weaknesses into strengths. “He knows everything. And knowing everything about you does not make Him love you less.”

In Mark 10, a young man came running, knelt before Jesus, and asked what he could do to gain eternal life. Before Jesus told him what else to do, the scripture says, “Jesus beholding him loved him.” Only after showing that love did He teach him how to improve. “Our Father and our Savior know you and have the same perfect love for you.” Part of that love is giving us many chances and being patient while we learn.

She testified that young women are beloved daughters of heavenly parents with a divine nature and an eternal destiny. Each has important work to do, and if they love and trust God and Jesus Christ, that work will bring great joy.

She shared seven ways to help, and asked them to choose one to focus on: (1) partake of the sacrament with a humble heart, (2) repent daily, (3) study the scriptures to know God's character, (4) study what it means to have ministering angels help you, (5) protect your sleep, (6) limit cell phone use, because social media can be a thief of our peace of mind, and (7) follow President Dallin H. Oaks's invitation to seek friends who are striving to follow the Lord.

Years ago, after moving from Argentina to the United States, she was still learning English. One day she felt everything she had said in her calling had been wrong, with mispronounced words and grammar mistakes. She felt like she was in a black cloud and wondered why God had given her that calling. She went to sleep in tears. The next morning her husband gave her a priesthood blessing, and she felt the heavens open. She was told that Satan wanted to destroy her self-esteem, "But the Father, Jesus Christ, and the Holy Ghost are at your side."

The Lord has greater power than the enemy. He knows where you are and has promised to lead you by the hand. She invited young women to study the 13th Article of Faith and make their own list, and she expressed confidence in all the beautiful things they will achieve.

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/2026/10/52munoz-spannaus](https://www.churchofjesuschrist.org/study/general-conference/2026/10/52munoz-spannaus)