



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

- *“He knows everything. And knowing everything about you does not make Him love you less.”*
- *“But the Father, Jesus Christ, and the Holy Ghost are at your side.”*

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

Sister Andrea Muñoz Spannaus is a leader of the young women of the Church. She spoke to the young women, but her message is for all of us.

When she was a teenager, she had a lesson about the 13th Article of Faith. It says that if there is anything good, lovely, or praiseworthy, we seek after these things. After church, she spent her Sunday afternoon writing a list of good things she wanted in her life.

One day she was driving to the dentist. Her phone's map got mixed up. It thought she was on a different street, and it kept telling her to turn right when there was no place to turn! So she pulled over and called her husband. When she told him exactly where she was, he could help her get where she wanted to go.

Sister Muñoz Spannaus said the Lord always knows exactly where we are. He knows our dreams and our gifts. He knows when we feel alone. He knows our questions and our challenges. He knows everything about us, and He still loves us just as much.

In the Bible, a young man ran to Jesus and knelt down. He asked what he could do to gain eternal life. Before Jesus answered, the Bible says, “Jesus beholding him loved him.” Jesus looked at him with love first. Heavenly Father and Jesus love each of us with that same perfect love.

She said each of us has important work to do on earth. Our work is different, but if we love God and trust Him, it will bring us great joy.

She shared seven ways to help: take the sacrament with a humble heart, repent every day, study the scriptures, learn about angels who help us, go to bed early and get enough sleep, don't use phones too much, and choose friends who follow Jesus. She invited us to pick one and work on it.

Years ago, her family moved from Argentina to the United States, and she was learning English. One day she had to speak, and she felt like everything she said came out wrong. She felt sad, like she was under a dark cloud. She cried herself to sleep. In the morning her husband gave her a priesthood blessing. In the blessing she heard that Heavenly Father, Jesus Christ, and the Holy Ghost are at her side.

Sister Muñoz Spannaus said the Lord is more powerful than Satan. He knows where we are, and He will lead us by the hand.

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)