



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, opened, “Dear young women, how crucial and important you are as members of the Church of Jesus Christ in these latter days!”

As a young woman, she had a lesson on the 13th Article of Faith, and afterward kept thinking about one line: “If there is anything virtuous, lovely, or of good report or praiseworthy, we seek after these things.” She wondered what her aspirations were, so she made a list of good, positive things that will bring me closer to God and would help me learn, contribute, create, and be happy. She spent that Sunday afternoon thinking and writing about them. “Today I invite you to look at your life and what you want to achieve with enthusiasm and the certainty that your Father in Heaven will guide you on that journey and show you the best way to make the righteous desires of your heart come true.”

She illustrated with a drive to the dentist. Her GPS thought she was on a parallel street and kept telling her to turn right where there was no place to turn. She finally pulled off the freeway and called her husband; when she gave him her exact location, he guided her. “Dear young women, the Lord knows where you are; He has your exact location and can guide you. He knows your dreams and your gifts.” He knows when you feel alone, what your questions are, your challenges, and how to turn your weaknesses into strengths. He knows everything and knowing everything about you does not make him love you less.

She turned to the young man who came running and knelt before Jesus, asking, “What can I do to gain eternal life?” Would Jesus know what else he could do? Of course. “But before He tells him, look at what happened.” In Mark 10:21, “Jesus beholding him loved him.” She asked us to imagine that look, “A look that conveys only love: love of the highest quality.” “Our Father and our Savior know you and

have the same perfect love for you.” Part of that love and mercy is giving many opportunities and being patient as we learn and work on our list.

She testified, “Dear young women, I testify that you are beloved daughters of heavenly parents, with a divine nature and an eternal destiny. 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.”

She offered seven helps and invited young women to let the Spirit guide them to one to focus on over the next few weeks. First, partake of the sacrament with a humble heart, grateful for the promise that as you keep your covenants the Holy Ghost will be your constant companion, and begin each day asking the Father for that companionship. Second, repent daily, asking forgiveness in your evening prayers. Third, “Study the scriptures with a desire to know God’s character so you can do His will, increase your love for Him, and advance His work.” Fourth, study what it means to have ministering angels help you. Fifth, protect your sleep: go to bed early so your mind stays clear and alert. Sixth, limit cell phone use; social media make us believe we are connected, however, it is a thief of our peace of mind, self-esteem, and the real connection that comes face-to-face. Seventh, an invitation from President Dallin H. Oaks: “Seek friends ... who are striving to follow the Lord ... with whom you can feel the Spirit and ... reinforce your faith.”

She closed with a personal experience. After moving from Argentina to the United States, while she was still learning English, she came home one day feeling that everything she had said in her calling had been wrong, that I had mispronounced words and made many grammatical errors, that it had been a complete disaster. She felt depressed, as if in a black cloud, and wondered why God had given her this calling if she couldn’t even speak. She went to sleep in tears and woke feeling the same. Then her husband gave her a priesthood blessing, and she felt the heavens open. She was told that Satan wanted to destroy her self-esteem, her mind, and her thoughts, and then she received these words: “But the Father, Jesus Christ, and the Holy Ghost are at your side.”

“Dear young women, I testify that the Lord has greater power than the enemy. He knows where you are and has promised to lead you by the hand.” She urged them to always put Him first and remain faithful to their baptismal covenants. “Angels can minister to you. The Father, Jesus Christ, and the Holy Ghost are at your side.” She invited them to study the 13th Article of Faith, create their own list, and she expressed her love and confidence in all the beautiful things that you will achieve in your lives.

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)