



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY AFTERNOON SESSION

Sealed by the Holy Spirit of Promise

Elder David A. Bednar · Quorum of the Twelve Apostles

Words to remember

- *“Ongoing faithfulness is required for those credentials to be valid and for promised blessings to be received.”*
- *“The power of the Lord’s infinite and eternal Atonement can overcome all things, all the time, everywhere, for every person who holds fast to their covenants with Him.”*

In Elder David A. Bednar’s own words, from the talk.

Elder David A. Bednar of the Quorum of the Twelve Apostles shared a lesson he learned from President Boyd K. Packer: life is a journey back to the presence of God for all of us. President Packer said, “Ordinances and covenants become our credentials for admission into His presence. To worthily receive them is the quest of a lifetime; to keep them thereafter is the challenge of mortality.”

Elder Bednar told a story about a man who traveled by airplane to visit family in another country. At passport control he handed his passport to a border official. The passport was valid, issued by his government. But he had not taken good care of it. The personal information page was stained and damaged, and a ripped page had been repaired with tape and glue. So the official rejected the passport and would not stamp it, and the man could not enter the country.

“The integrity of a passport must be maintained over time.” Having a valid passport made it possible for him to enter, but it did not guarantee he would be allowed in. Elder Bednar added that the analogy has limits: hardships we experience through no fault of our own do not reduce God’s promises or cancel our covenants.

A covenant is a solemn promise between God and His children. God sets the conditions, and we use our agency to agree to do what He asks. An ordinance is a holy act performed by priesthood authority, like baptism or the sacrament. Covenants and ordinances are spiritual credentials that open the windows of heaven to give us purpose, direction, and strength. But “Ongoing faithfulness is required for those credentials to be valid and for promised blessings to be received.”

The Holy Ghost is called the Holy Spirit of Promise. He confirms, or approves, our righteous acts. Every gospel ordinance and covenant must be sealed by the Holy Spirit of Promise to last beyond this life. That sealing is usually not a one-time event. It comes over time as we repent, honor our

covenants, and give our hearts to God. Like the man who needed a stamp in his passport, each of us needs that witness from the Holy Spirit of Promise.

Elder Bednar explained that a temple sealing has two parts: a husband and wife joined to each other, and the couple joined to God's eternal family and to all generations. Sometimes, sadly, a spouse breaks covenants, and families face sorrow or even divorce. A faithful spouse might ask whether another person's choices can take away what God has promised. "The answer to this question is an emphatic no!"

Unrighteous choices by one person cannot stop God's love, strength, and blessings from flowing to another. "The power of the Lord's infinite and eternal Atonement can overcome all things, all the time, everywhere, for every person who holds fast to their covenants with Him." Elder Bednar said he does not know exactly how and when every promised blessing will come, but he knows they will come.

He closed with King Benjamin's testimony about the blessed and happy state of those that keep the commandments of God. They are blessed in all things, and if they stay faithful to the end, they can dwell with God in never-ending happiness.

Scripture to look up: Doctrine and Covenants 132:7. Covenants must be sealed by the Holy Spirit of Promise to have power in eternity.

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/2026/10/54bednar](https://www.churchofjesuschrist.org/study/general-conference/2026/10/54bednar)