



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

- *“A covenant is a solemn promise—an enduring commitment between God and His sons and daughters.”*
- *“The lesson of this story is quite simple: the integrity of a passport must be maintained over time.”*

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

Elder David A. Bednar is an Apostle. He said life is like a trip back home to Heavenly Father. To get there, we need ordinances and covenants. An ordinance is a holy act done with priesthood authority, like baptism. A covenant is a promise between us and God.

Elder Bednar told a story. A man wanted to visit his family in another country. He packed his suitcase and flew there on an airplane. When people travel to another country, they need a passport. A passport is a little book that shows who you are. The man had a real passport. But he had not taken good care of it. It was stained and damaged, and a ripped page had been fixed with tape and glue.

At the airport, the officer looked at the man's passport. Because it was damaged, the officer would not stamp it. The man could not go into the country! He was sad and did not know what to do.

Elder Bednar said the lesson is simple: we have to take care of a passport all the time. Our covenants are like that. We keep taking care of them by keeping our promises with God every day.

Elder Bednar also said that hard things that happen to us that are not our fault do not take away God's promises.

The Holy Ghost is part of the Godhead. Elder Bednar taught that the Holy Ghost is also called the Holy Spirit of Promise. He is like the officer with the stamp. When we keep our

covenants and repent, the Holy Ghost puts God's stamp of approval on our covenants. This happens little by little, over time.

In the temple, a husband and wife can be sealed. That means they can be a family forever, joined together and joined to Heavenly Father's big family.

Sometimes a person in a family breaks their promises with God. That can make everyone very sad. Elder Bednar taught that if you keep your covenants, another person's choices can never take away the blessings God has promised you. Jesus Christ can help us through anything.

Elder Bednar ended with words from King Benjamin in the Book of Mormon. People who keep God's commandments are blessed, and if they stay faithful, they can live with God and be happy forever.

A scripture for this talk: Doctrine and Covenants 132:7. Our promises with God are sealed by the Holy Ghost so they can last forever.

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)