



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 began with a lesson from President Boyd K. Packer: whatever our citizenship, race, occupation, or generation, life is a homeward journey for all of us back to the presence of God. President Packer continued, “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.”

He told of a man who traveled by airplane to visit relatives in a distant country. At passport control he presented a valid passport issued by an authorized agency of his country’s 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 in an unauthorized manner with tape and glue. The border official rejected the passport and refused the stamp he needed to enter, leaving the man disappointed and perplexed.

“The lesson of this story is quite simple: the integrity of a passport must be maintained over time.” A valid passport made entry possible but did not guarantee it. He noted the analogy’s limits: “Unlike damage to a physical passport, the adversities and afflictions we experience through no fault of our own do not diminish God’s promises to us or invalidate our covenants.” For disciples, receiving priesthood ordinances and entering sacred covenants are essential steps in that quest of a lifetime to align our hearts, minds, and lives with God’s will.

He defined terms. “A covenant is a solemn promise—an enduring commitment between God and His sons and daughters.” God sets the conditions, and His children use their agency to learn about and consent to them. An ordinance “An ordinance is a holy act performed by the authority of the priesthood that has spiritual purpose and eternal significance and is related to God’s laws and statutes.” “The covenants and ordinances of the Savior’s restored gospel are spiritual credentials that can open wide the heavenly windows of opportunity to receive in our lives divine purpose, direction,

and strength.” And “Ongoing faithfulness is required for those credentials to be valid and for promised blessings to be received.”

The Holy Ghost, the third member of the Godhead, is also described in scripture as the Holy Spirit of Promise, who ratifies, or confirms as acceptable to God, the righteous acts of His children. As the Lord revealed to Joseph Smith, covenants not sealed by the Holy Spirit of Promise are of no efficacy, virtue, or force in and after the resurrection (Doctrine and Covenants 132:7). “Receiving this ratifying sealing by the Holy Ghost typically is not a one-time event; rather, it comes over time as we repent sincerely and consistently, honor our covenants, and yield our hearts unto God.” Just as the traveler needed an authorized stamp, each of us needs the verifying witness of the Holy Spirit of promise.

He then addressed the temple sealing of a husband and wife, a crowning covenant and ordinance. It has two related parts: the eternal union of husband and wife (a lateral sealing) and the sealing of the couple into God’s eternal family, linking all generations (a vertical sealing). Sometimes a spouse’s sins, infidelity, or apostasy bring contention, alienation, and even divorce. A faithful spouse may ask, “Can the unrighteous exercise of moral agency by another person rob me of what God has promised?” “The answer to this question is an emphatic no!”

“However, unrighteousness by one person cannot hinder or thwart the flow of God’s love, strength, and blessings to another person.” “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.” A spouse who breaks covenants and does not repent gives up the ratifying seal for himself or herself, but a faithful spouse who presses forward remains worthy to receive the seal for the vertical part of the sealing and all other associated individual blessings. Elder Bednar was candid: “I do not know and cannot explain precisely how and when promised blessings are received.” But “No faithful disciple will ultimately be deprived of any eternal blessing God has promised because of another individual’s unrighteous exercise of moral agency.”

He concluded with King Benjamin: Consider on the blessed and happy state of those that keep the commandments of God. For behold, they are blessed in all things, both temporal and spiritual. And if they hold out faithful to the end, they are received into heaven, that thereby they may dwell with God in a state of never-ending happiness (Mosiah 2:41). He joyfully testified of that promise.

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)