



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY AFTERNOON SESSION

“How Long Will It Be Ere They Believe Me?”

Elder Dale G. Renlund · Quorum of the Twelve Apostles

Words to remember

- *“Neither are you, brothers and sisters; there is no asterisk excluding you from God’s richest blessings. If you think there is, take out a big eraser and obliterate that asterisk.”*
- *“We can trust the Lord, especially His promises. These promises apply to you.”*

In Elder Dale G. Renlund’s own words, from the talk.

Elder Dale G. Renlund of the Quorum of the Twelve Apostles was a heart doctor before his call. In the late 1980s his patient, Mr. Martin, had severe heart failure and needed a transplant. While he waited, his condition worsened. Mechanical pumps were put in to keep him alive, and then his liver, kidneys, and lungs began to fail. A donor heart came, but it didn’t work well, and he got even worse. The doctors were preparing to stop life support.

Then another heart became available. It was considered marginal and wouldn’t have been used for anyone else. With Mrs. Martin’s permission, they tried a second transplant, and that heart functioned beautifully. Within hours his organs began to recover.

Ten days later, the day before he was to go home, Dr. Renlund found Mr. Martin gripping his breakfast tray, clearly irritated. Through clenched teeth he said, “The oatmeal isn’t hot, and the milk isn’t cold!” Elder Renlund joked that after an ordeal like that, you use up all your coping coupons, and nobody should be tortured with oatmeal! But Mr. Martin had focused on the cold oatmeal and lost sight of the miracle he’d received.

We can fall into the same trap, Elder Renlund said. When daily challenges loom, we focus on the cold oatmeal and forget where we’ve been and what God has promised.

The children of Israel did this too. The Lord freed them from slavery, saved them at the Red Sea, and gave them food and water. Yet they kept complaining, and their trust in God and in Moses wore away. At the edge of the promised land, they were scared and said, “Would God that we had died in the land of Egypt! or would God we had died in this wilderness!” The Lord asked Moses, “How long will it be ere they believe me, for all the signs which I have [shown] among them?” In other words, “Why don’t they trust me?” Still, He told them, “I will never break my covenant with you.”

Maybe, Elder Renlund said, you’ve been served more than your share of cold oatmeal and doubted God’s care. But Jesus said, “In the world ye shall have tribulation: but be of good cheer; I have

overcome the world.” He overcame the world, so we don’t have to. Our hope rests on His righteousness, not our own. Lehi told his son Jacob, “Wherefore, I know that thou art redeemed, because of the righteousness of thy Redeemer.”

The Book of Mormon was written partly to show what great things the Lord hath done. Moroni asks us to remember how merciful the Lord has been. Remembering helps us trust His promises.

Elder Renlund’s younger sister Linda used to read promises in the scriptures and imagine a big asterisk saying they applied to everyone except Linda. Over time she realized, “I am not extraordinary enough to warrant an exception. The blessings are promised to me too.” Elder Renlund said, “There is no asterisk excluding you from God’s richest blessings. If you think there is, take out a big eraser and obliterate that asterisk.”

Joseph Smith taught that Jesus has made ample provision for everyone, living and dead. Elder Renlund said there is more than enough to cover any breach, need, or deficit for all of us, for each of us. He hoped the Lord would never need to ask us, “How long will it be ere [you] believe me?” He invited us to remember all the times the Lord has helped us, and testified, “We can trust the Lord, especially His promises. These promises apply to you.”

Scripture to look up: Numbers 14:11. The question in Elder Renlund’s title: the Lord asked how long it would be before His people believed Him, after all He had done.

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/2026/10/21renlund](https://www.churchofjesuschrist.org/study/general-conference/2026/10/21renlund)



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY AFTERNOON SESSION

Divine Appointments

President Timothy L. Farnes · Young Men General President

Words to remember

- *“It means that when someone encounters us, they should experience something of Jesus Christ—His kindness, His patience, His hope, His love, His compassion.”*
- *“Brothers and sisters, let us pray every day for eyes to see the divine appointments God places before us!”*

In President Timothy L. Farnes's own words, from the talk.

President Timothy L. Farnes, Young Men General President, remembered a Saturday almost 20 years earlier. He had just been called into a stake presidency but hadn't yet been released as bishop. He and his wife had five young children and a business to run, and that day had church meetings from 8:00 a.m. until a ward temple night. He said, “It was a busy time, and I wanted to give my all to the Lord, but I was never sure if I had enough to give.”

At a leadership meeting, he gathered his courage to ask a question that troubled him, and felt like it was dismissed. Discouraged, he wondered why he was sacrificing so much. He called his wife, Lindsay, and said, “Let's go to dinner instead of the temple.” She wisely answered, “No, I think you need to be in the temple. We'll talk after.”

He went, grumbling. In the dressing room someone said, “How are you, brother?” It was Elder Dallin H. Oaks of the Twelve. Not wanting to tell an Apostle how he felt, Brother Farnes forced a smile: “Everything's great!” But when he came out, Elder Oaks was waiting. “Brother, tell me how you are really doing.” The compassion in his voice helped him open up. Elder Oaks listened, thanked him, encouraged him, answered his question, and gave him a big hug. “In an instant I went from feeling like giving up to feeling like I could give my whole soul in service to the Lord.”

Five years later, the Farneses met with Elder Oaks. Excited, Brother Farnes asked, “Do you remember the conversation we had in the temple?” Elder Oaks said, “I'm sorry, brother. I don't remember that.” Then, sensing his disappointment, he added, “But it's what we do. Isn't it?” Those words stayed with President Farnes. That is what covenant followers of Jesus do: we minister with compassion to whomever God places in our path.

Each Sabbath, when we take the sacrament, we witness our willingness to take upon us the name of Jesus Christ. President Farnes said that means “That means we choose to see as He sees, feel as He

feels, and do as He would do.” When someone meets us, they should experience something of Jesus Christ, his kindness, his patience, his hope, his love. We make the covenant on Sunday, and we keep it by ministering every day.

Often this happens when God places someone in our path and we have eyes to see them. He calls these divine appointments. When Jesus was asked how to inherit eternal life, He told of a traveler wounded on the road to Jericho. Others saw an interruption. One man saw a chance to minister. Seeing awakened compassion, and compassion moved him to act. To Jesus, the people He met were not interrupting his mission. They were His mission.

A few years ago, President Farnes and Lindsay were at the airport, early for a vacation. He had his earbuds in and a book. He glanced up and saw a young missionary across from him, eyes closed, rocking back and forth, tears streaming down his face, clutching a boarding pass and a digital alarm clock. President Farnes went back to his book, but the Spirit prompted him to look again. The missionary’s eyes were pleading for help. “Are you OK?” he asked. In broken English, the elder explained it was his first time flying alone, far from home, and he was terrified. The alarm clock was so he wouldn’t miss the plane.

Embarrassed at how slow he’d been to help, President Farnes promised they would get him on the plane. They showed him the gate, but then had to board without him. As the plane filled, there was no sign of him, until finally, the last to board, he came down the aisle to the only empty seat: the one next to President Farnes. The missionary relaxed and fell asleep. After landing, they walked him arm in arm to baggage claim, where his mission leaders waited. Instead of running to them, the elder dropped his bags and hugged the Farneses.

“What we did for that elder didn’t require much of us, but this ordinary encounter became a divine appointment we will always treasure.” he said. “All we had to do was see the person God had placed in our path, look with compassion rather than judgment, and then act.” He invited, “Brothers and sisters, let us pray every day for eyes to see the divine appointments God places before us! Let us put compassion into action and minister to the person in front of us.” “It’s what Jesus did. And it’s what we do.”

Scripture to look up: Luke 10:33–34. The good Samaritan saw the man in need, had compassion, and acted, just as we can with the people God puts in our path.

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?

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OCTOBER 2026 GENERAL CONFERENCE · SATURDAY AFTERNOON SESSION

Spiritual Immunity

Elder Christian C. Chigbundu · General Authority Seventy

Words to remember

- *“As we build our spiritual immunity, we develop the strength and courage to withstand the challenges of life.”*
- *“The burden we carry may not always be removed, but our backs will be built to carry the load placed upon them (see Mosiah 24:14–15).”*

In Elder Christian C. Chigbundu’s own words, from the talk.

Elder Christian C. Chigbundu, a General Authority Seventy, remembered 2020, when a global health crisis disrupted the world and took millions of lives. At his workplace, health professionals taught about COVID-19 and how to prevent infection. One word kept coming up: immunity, the body’s natural ability to defend itself against disease. He began thinking about something else: “Spiritual Immunity”

“We live in troubled times marked by wars, family challenges, and economic uncertainty,” he said. “Yet, as frightening as these challenges may be, we need not fear! As we build our spiritual immunity, we develop the strength and courage to withstand the challenges of life.” He shared President Henry B. Eyring’s teaching that hard moments are not evidence that the Lord has abandoned us. They show He loves us enough to refine and strengthen us. He asked listeners to think about what keeps them awake at night.

The Lord has given us a spiritual compass: small and simple things. Alma taught his son Helaman, “By small and simple things are great things brought to pass” (Alma 37:6). Elder Chigbundu shared four.

1. Scripture study. When we study the scriptures, we come to know the Lord, and His words begin to shape how we think and respond. King Benjamin told his sons to remember that these records are true and to search them diligently. As a mission leader, Elder Chigbundu welcomed a new missionary who began to cry and asked to be sent home. When asked if he had a testimony of the Book of Mormon, he said, “President, I don’t.” Elder Chigbundu bore his testimony and encouraged him to study it. The elder and his trainer made a study plan. Later he wrote, “I am happy now and do not want to be sent home any longer.”

2. Prayer. The Savior invites, “Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me” Nephi, Joseph Smith, and Jesus Himself show the power of prayer. While serving as an Area Seventy, Elder Chigbundu visited a sister battling cancer. She said, “As I pray daily, I realize that the Savior loves me. I see His hands all around me, telling me, ‘My daughter, all is well.’” He taught, “The burden we carry may not always be removed, but our backs will be built to carry the load placed upon them (see Mosiah 24:14–15).”

3. The sacrament. We promise to take Christ’s name, always remember Him, and keep His commandments. We can ask, “What would He have me do?” As we remember Him all week, our why me questions are replaced by “What can I learn, and what can I change?”

4. Covenants. Making covenants and staying on the covenant path go together. Covenants create a bond with God, and worshipping in the temple helps us stay on the path and receive personal direction.

Elder Chigbundu invited us to always remember scripture study, prayer, the sacrament, and covenants. “While they may seem small and simple, they are truly the armor of God that will help us stand against the tactics of the devil!”

Scripture to look up: Doctrine and Covenants 88:63. “Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me.”

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/2026/10/23chigbundu](https://www.churchofjesuschrist.org/study/general-conference/2026/10/23chigbundu)



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY AFTERNOON SESSION

Trusting the Lord Through Tithes and Offerings

Elder Patricio M. Giuffra · General Authority Seventy

Words to remember

- *“My wife often teaches a principle that has become very meaningful in our family: We keep the commandments because we love God, not merely because we hope to receive the blessings that come from obedience.”*
- *“I testify that the law of tithing is a law of faith. As we obey it, we demonstrate our trust in the Lord and allow Him to work miracles in our lives, often in ways we do not expect.”*

In Elder Patricio M. Giuffra's own words, from the talk.

Before he was baptized, Elder Patricio M. Giuffra was taught about tithes and offerings by the missionaries. Afterward, with money from summer jobs, he paid a full tithing and fast offerings, but he didn't yet understand the promises connected to that law. That came on his mission, when he had the chance to teach it.

Serving in the Chile Osorno Mission, he and his companion taught a woman about 70 years old who lived with her son, a Church member. She couldn't read and had trouble remembering, so they taught every lesson twice. When they taught tithing, she said sadly, “Elder Giuffra, I clean houses and wash clothes for several families. What I earn is barely enough to pay the rent for the room where we live, buy a small amount of firewood to keep us warm, and provide some food.” She didn't think she could ever pay tithing. The missionaries were deeply moved. From a worldly view, she made sense.

The next morning Elder Giuffra called his mission president for advice, wondering if the Lord might make an exception. The president read him the story of the widow's mite, where a poor widow gave two small coins, all she had, and Jesus said she gave more than everyone else. Then he said, “Elder Giuffra, you are no one to deny this sister the blessings of the law of tithing. There are no exceptions to this commandment.” Elder Giuffra said those words became engraved upon my heart.

He and his companion fasted and prayed before returning two days later. When they reviewed tithing again, she said, “Last night I knelt in prayer and told Heavenly Father that I truly wanted to become a member of His Church and that He would need to help me live this law.” A deep feeling of peace filled the missionaries. They knew the Lord had heard her prayers and theirs. She was baptized the next Saturday. Later her bishop told Elder Giuffra that she came every week with her tithing envelope, and on the first Sunday of each month, she brought her fast offering too.

Throughout his life, Elder Giuffra has seen many blessings come to his family as they paid tithes and offerings, some temporal and some spiritual, all showing that the Lord always fulfills his promises. His wife teaches their family, “We keep the commandments because we love God, not merely because we hope to receive the blessings that come from obedience.” Commandments draw us closer to the Savior and protect us. Obeying doesn’t mean we’ll have no trials, but the Lord knows our circumstances, honors our obedience, and fulfills his promises in his own time and way.

President Russell M. Nelson taught that tithing can break cycles of poverty that pass from generation to generation. In Central America, Elder Giuffra has seen families who once worried about their next meal now have greater stability, and people who once couldn’t afford shoes now run successful businesses through faith and hard work. He has seen the Lord open doors for jobs and education, strengthen marriages, and fill hearts with peace. President Dallin H. Oaks taught that tithing shows we accept the law of sacrifice and prepares us for higher laws.

Elder Giuffra quoted Malachi: “Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.” He testified that the law of tithing is a law of faith. When we obey it, we show trust in the Lord and let Him work miracles, often in ways we don’t expect.

Scripture to look up: Malachi 3:10. The Lord invites us to prove Him through tithing and promises to open the windows of heaven.

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OCTOBER 2026 GENERAL CONFERENCE • SATURDAY AFTERNOON SESSION

The Infinite Power of God in Our Covenants

Elder Jeremiah J. Morgan • General Authority Seventy

Words to remember

- *“Covenants with God are filled with incalculable power. They do not bless just the maker of the covenant but are generational in their impact.”*
- *“Don’t ever give up. Your story, your family’s story, is not all written. God is the author and the finisher of it.”*

In Elder Jeremiah J. Morgan’s own words, from the talk.

As a young teenager getting ready for school, Elder Jeremiah J. Morgan listened (or didn’t!) as his mother read the Book of Mormon to him out loud every day. But his family belonged to a different church that also believes in the Book of Mormon and in Joseph Smith’s prophetic mission. That heritage began with his third great-grandparents, who were baptized by Oliver Cowdery in 1831 and helped establish Nauvoo and build the house of the Lord there. They did not travel west with the Saints.

His mother gave him his middle name, Joseph, after the Prophet, and taught him the restored gospel. He jokes that he only remembers two things from her reading: “and it came to pass” and “wars and rumors of wars.” That’s it. But he knew the Book of Mormon mattered to her, and he knew she knew it was true. Even as a single mother, she read it to him every day. His lesson: “No time or effort is ever wasted in reading the Book of Mormon. Not for you, not for your children, not for your family, not for anyone.”

Because of her, he knew the Book of Mormon was true and Joseph Smith was a prophet, but he was unsure where Christ’s true church was. At 14, he began to question. His friends were members of The Church of Jesus Christ of Latter-day Saints, and that led him to seek. For two months he attended both his family’s congregation and, secretly hiding between the accordion doors of the overflow, a Latter-day Saint ward. He came to know this is the Lord’s Church. Joining took time and brought disappointment from family. But, like Joseph Smith, “I knew it, and I knew that God knew it, and I could not deny it.”

He once wondered aloud how a boy like him came to care about religion. His wife, Rebecca, said, “I know what it was! It was covenants.” His ancestors had made temple covenants in Nauvoo. Rebecca read prophetic teachings that because of faithful parents’ eternal sealings, though some of the sheep

may wander, the eye of the shepherd is upon them, and they will feel divine providence drawing them back. He felt the power of God in covenants.

President Dallin H. Oaks has said covenants do not take a day off. They don't take away anyone's agency, but they have a real effect on our families. Elder Patrick Kearon has taught that God uses every possible way to bring us back. The Lord promised to plant in the hearts of the children the promises made to the fathers.

God covenanted with Enos that his people's descendants would one day receive the gospel. That took more than 2,000 years to fulfill. "So, no, there is no limit to the power of God in our covenants." Covenants are generational, like gravity stretching across the universe.

If you wonder whether you or someone you love has wandered too far, he said, "I say to you, you have not." He quoted Elder Jeffrey R. Holland: "You have not traveled beyond the reach of divine love." If you are crying, "O, God, where art Thou? My child is struggling," take comfort. God hears and will answer in His own time. Keep your covenants and cheerfully do all things that lie in your power. He testified, "Don't ever give up. Your story, your family's story, is not all written. God is the author and the finisher of it. I am a standing, breathing, believing demonstration of God's love and the power of God in covenants."

Scripture to look up: Doctrine and Covenants 84:57. The Lord tells us to remember the new covenant, even the Book of Mormon, and live by it.

Let's talk about it

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OCTOBER 2026 GENERAL CONFERENCE · SATURDAY AFTERNOON SESSION

I Am a Child of God

Elder Hutch U. Fale · General Authority Seventy

Words to remember

- *“We also hope it gives you the strength and the humility to come home when you need to, because no matter what has happened, you can always come home, just as you can always turn to your Father in Heaven.”*
- *“I, Hutch ‘Ungapapalangi Fale, am a child of God. He loves me and He loves you. May this truth never leave our minds or our hearts, and may it change us forever.”*

In Elder Hutch U. Fale's own words, from the talk.

Elder Hutch U. Fale began: “I am a child of God and He loves me. This statement is powerful and empowering.” It is true not just for him but for everyone. All people are beloved spirit sons and daughters of heavenly parents, with a divine nature and destiny. Before we were born, we knew and worshipped God as our Father and accepted His plan. Understanding His love and our true identity “It prevents deception and gives purpose to this mortal life.”

Our relationship with God is explained in terms of family, and the scriptures teach through families too. The New Testament begins with a young family and a baby born in Bethlehem. The Book of Mormon begins with a family's journey of faith. In the Old Testament, the Creation wasn't complete until God organized the family. Even with all their imperfections, families often teach us about our Father's love.

At a church meeting last year, Elder Fale felt impressed to do what the teacher was doing. He texted his wife to find a baby picture of each of their children. At home, he showed the children their pictures and said there were no words to express the love they felt when each was born. Then he asked, “As of the date of this picture, what had you done to earn our love?” They lowered their eyes: “Nothing.” He said, “You are right. You did nothing to earn our love.” And there is nothing they could do to remove it. “You did not earn it; you cannot lose it. It is yours forever.”

He continued: what we feel is but a small fraction of what our Heavenly Father feels for you. Heavenly Father loved them before birth, loves them today, and will love them tomorrow, and wants them to become like Him. He hoped this would give them courage to trust Him, and the humility to come home when needed, because no matter what has happened, you can always come home. There were tears as the Spirit bore witness. Elder Fale said that for some it might be love for a sibling, parent, or

grandparent, or just a desire for family. Even without a loving earthly family, knowing Heavenly Father loves us brings peace.

He also gave a warning. Satan twists this truth, trying to convince us that because God loves us, we can be saved regardless of pride, rebellion, sin, or rejecting His Son. But receiving Christ through ordinances and covenants and staying faithful is the only way to exaltation.

He gave three reasons understanding God's love matters. First, it helps us understand Jesus and why He works so hard to save all the Father's children, and it makes us eager to join Him. Second, it makes us immune to the world's divisive labels, the ones people put on us and on others. We become quick to repent, slow to judge, and make sure no one is ever sitting, standing, or walking alone. Third, it protects us from the lie that it is too late for someone to change. From the prodigal son to the shepherd leaving the 99 to find the one, the message is that there is still yet time if we turn to Christ today.

Jesus taught us to pray to our father, a loving Father who gives better gifts than any earthly father. As a boy in Tonga, riding home to his village, Elder Fale read John 3:16 in several languages: "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." He knew it was true then and knows it now. He testified, "I am a child of God and He loves me." He also said, "He loves me and He loves you."

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?

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OCTOBER 2026 GENERAL CONFERENCE · SATURDAY AFTERNOON SESSION

Jesus Lives to Lift

Elder Patrick Kearon · Quorum of the Twelve Apostles

Words to remember

- *“At the heart of our faith is the glorious truth that we have an adoring Father in Heaven, whose Son, our Saviour, loves to lift!”*
- *“Your Saviour is your lift. He is your ever-rising air. There is no limit to how high you can climb with Him.”*

In Elder Patrick Kearon's own words, from the talk.

Elder Patrick Kearon of the Quorum of the Twelve began with a joke. A few weeks earlier President Dieter F. Uchtdorf (famous for his aviation stories) told him, “Patrick, your talks—they’re OK, but where is the aviation?” So he shared a little aviation.

As a boy at boarding school in England, he watched airplanes overhead and dreamed of flying home to his parents, thousands of miles away in Arabia. He wanted to be a fighter pilot, and the fastest way to fly was to learn to glide. A glider has long, slender wings and no engine. It stays up by riding rising currents of air. In his mid-teens he spent two summers at an airfield in Oxfordshire learning to fly straight, turn, take off behind a tow plane, and land. Only then could he learn to climb and soar.

The key skill is finding rising air. “You cannot see it, but you can see what it does.” Cumulus clouds often mark rising air. But even more important is learning to feel it. He would feel lifted by an unseen force; one wing would tip up, and he would turn into it, circling upward, sometimes joining other gliders in the same invisible column of air. This rising air is called lift. Soaring with no engine was almost beyond description, with only the whistle of the wind.

There is also sinking air, called sink. It can’t be seen either, but it can be felt, and gliding into it can feel like falling. It shortens your flight and can threaten a safe landing. When he met sink, he learned to turn away decisively.

Years later, early in his journey of faith, he saw that these principles match spiritual ones: “We must avoid sink and find lift.” We have a loving Father in Heaven whose Son, our Savior, loves to lift. Jesus lifted Peter from sinking in the waves, lifted Jairus’s daughter from death, and took a boy who was as one dead by the hand and lifted him up. “And He wants to lift you!”

Spiritual lift can’t be seen, but as we learn to recognize the Holy Ghost, we can feel it. Elder Kearon asked us to remember times we felt spiritual lift and times we felt spiritual sink, and to turn away from

sink decisively.

He warned: If you're not actively climbing in lift, you are descending. The descent can be so slow we don't notice, like neglecting prayer and the habits that once lifted us. We rarely intend to sink.

When Ammon saw his brothers rescued from darkness into light, he said, "Behold, I say unto you, I cannot say the smallest part which I feel." That is the ultimate move from sink to lift. Elder Kearon said there is great joy when we help others rise too.

What does living in lift look like? Find a faithful guide and learn where lift is found. Tune in to the Holy Spirit. "Join those who are climbing. Do what they do." Watch for signs of sink and turn away. "And when you find lift yourself, show someone else where and how to rise!" The Savior promised, "If ye do these things blessed are ye, for ye shall be lifted up at the last day."

Heavenly Father sent His Son to be lifted up, Elder Kearon said, so He could draw all of us into His loving embrace. "Your Saviour is your lift. He is your ever-rising air. There is no limit to how high you can climb with Him. Jesus Christ lives to lift."

Scripture to look up: Mark 5:41. Jesus took Jairus's daughter by the hand and told her to arise. He still lives to lift each of us.

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?

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OCTOBER 2026 GENERAL CONFERENCE · SATURDAY AFTERNOON SESSION

The Ninety and Ten

Elder Michael A. Dunn · General Authority Seventy

Words to remember

- *“In other words, the Redeemer rescues not by shortening our course but by helping us lengthen our stride.”*
- *“And even when the outcome or the timing is not what you plead for, take solace knowing that feeling broken does not mean you’ve been abandoned by God.”*

In Elder Michael A. Dunn’s own words, from the talk.

Elder Michael A. Dunn said one of the Savior’s nearly incomprehensible blessings is His promise to carry our burdens. But what does that look like when we feel hopeless? He learned more about it in 1998, when his running partner, Ted, talked him into a 100-mile ultramarathon. Elder Dunn had run a few marathons, but not four of them back to back. Everything seemed impossible except one thing: Ted believed he could do it. Ted had finished the race many times and knew every twist of the trail. He promised that if Elder Dunn trained, he would run with him through the second half, when fatigue, blisters, and especially self-doubt would be his worst enemies.

On race day, starting before dawn, Elder Dunn quickly realized it was much bigger than me. He kept moving through the afternoon heat, one slogging, suffering step at a time. With more than half the race left and daylight fading, Ted showed up, just as promised. With Ted’s patience and Elder Dunn’s unceasing silent prayers, they ran (or trudged) to mile 90 as morning dawned.

Only 10 miles remained, but he was completely drained. Collapsing in the shade of a tree, he told Ted, “I give up.” Ted reminded him of the months of early-morning training, knelt down, looked him in the eye, and said, “I know you can do this, Mike, and I’m going to get you there.” Those words sparked something. He got to his feet, walked, hobbled, then shuffled, and step by step they conquered the last 10 miles.

About 100 yards from the finish, Ted grabbed his hand. “Congrats, man,” he said. “You did it!” Then he peeled off. Elder Dunn begged him to finish together, but Ted smiled: “This is your race to finish.”

A week later a photo arrived showing the moment they parted. Looking closely, Elder Dunn saw that Ted was carrying not only his own water but two of Elder Dunn’s water bottles and his pack, strapped to Ted’s waist for those last 10 miles. When Elder Dunn was ready to quit, Ted quietly lightened my

load, strapping my hydration pack to his own waist, and without fanfare or fuss, he simply shouldered my heaviest burden.

That made him think of an infinitely more amazing loadbearing friend. Isaiah said the Savior has borne our griefs and carried our sorrows. Elder Dunn used to think that meant our trails would get easier. Instead, the redeemer rescues not by shortening our course, but by helping us lengthen our stride. Christ often helps in unseen ways. God knows our prayers before we ask, and He sends helpers, the “Teds” of this world and even angels, to bear us up.

We can trust Jesus for the same reason Elder Dunn trusted Ted: he marked the path and led the way. He knows the road, and He knows us. To anyone near their mile 90, Elder Dunn promised that as we use our last energy to ask, His helping hand will give us the boost we need. He said, “And even when the outcome or the timing is not what you plead for, take solace knowing that feeling broken does not mean you’ve been abandoned by God.” President Uchtdorf taught that often we understand the valleys only by looking back on them from the mountains of our future experience. “Peace will come even when hoped-for outcomes do not.”

Elder Dunn said that sometimes God can part seas and move mountains. Other times, he simply sends us a Ted. Most often, He fills up our courage so we can “run with patience the race that is set before us.”

Scripture to look up: Hebrews 12:1. We can lay aside every weight and run with patience the race set before us, with Christ carrying us through the last miles.

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/2026/10/28dunn](https://www.churchofjesuschrist.org/study/general-conference/2026/10/28dunn)



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY AFTERNOON SESSION

Comfort from the Holy Ghost

Elder Matthew J. Eyring · General Authority Seventy

Words to remember

- *“But our apparent self-reliance masks a deeper reality: All of us, regardless of experience, talent, or willpower, will sooner or later encounter burdens we cannot possibly carry ourselves.”*
- *“Living worthy of the constant companionship of the Holy Ghost should be one of our highest priorities.”*

In Elder Matthew J. Eyring's own words, from the talk.

Elder Matthew J. Eyring told of a friend whose wife called to say their young married son had suddenly died. One thought came to his friend's mind: “I can't fix this.” Elder Eyring noted it was the same thought Sister Runia shared this morning.

We are trained from a young age to solve problems and be independent and resilient. He said, “But our apparent self-reliance masks a deeper reality: All of us, regardless of experience, talent, or willpower, will sooner or later encounter burdens we cannot possibly carry ourselves.”

Another time, he and his wife had dinner with a young couple who had just lost one of their twins right before birth, in their first pregnancy. Many years before, the Eyrings had gone through a similar loss when one of their twins died before birth. At dinner, they were grateful “to mourn with those that mourn ... and comfort those that stand in need of comfort.” They talked about parenthood, loss, and the path to healing and hope.

Our mortal journey is designed to try our faith, and challenges differ. Some worry about enough food for their families. Some face illness. Some mourn when loved ones stray from the gospel, or have been hurt by someone they love, or have hurt someone. Some feel misunderstood or keep struggling with a bad habit. Elder Eyring said it's important not to let our challenges weaken our faith.

The Savior suffered for us and knows exactly how we feel. He promises, “Draw near unto me and I will draw near unto you.” He will comfort us and give answers on His timetable, sometimes through tools, resources, and other people. Jesus promised, “And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever.” Prophets have warned that we won't survive spiritually without the constant influence of the Holy Ghost. Without comfort we risk losing hope, and without hope we can lose faith.

But there is hope in Jesus Christ. President Dallin H. Oaks said the belief in a literal, universal resurrection changes the whole perspective of our mortal life. It means our limitations are temporary and gives courage to face death. Jesus saves us from the only two permanent tragedies: separation from our bodies and separation from God because of sin. Jacob exclaimed, “O how great the goodness of our God, who prepareth a way for our escape from the grasp of this awful monster; yea, that monster, death and hell, which I call the death of the body, and also the death of the spirit.” Someday we will see that suffering that brought us closer to the Savior was preparing us for blessings that Eye hath not seen, nor ear heard.

In the hospital, the young mother had received a priesthood blessing, but the father had not. After dinner, Elder Eyring blessed the grieving father, who was promised peace which passeth all understanding. As the couple left, their countenances shone with the light of the Savior.

Elder Eyring taught that the Savior’s peace comes through the Holy Ghost, and that comfort helps us when we can’t fix things on our own. “Living worthy of the constant companionship of the Holy Ghost should be one of our highest priorities.” He testified of Jesus’s promise: “I will not leave you comfortless: I will come to you.”

Scripture to look up: John 14:16–17. Jesus promised another Comforter, the Spirit of truth, to be with us when we face what we cannot fix.

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/2026/10/29eyring](https://www.churchofjesuschrist.org/study/general-conference/2026/10/29eyring).



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY AFTERNOON SESSION

Love Like Jesus

Elder Ronald A. Rasband · Quorum of the Twelve Apostles

Words to remember

- *“We cannot change their hearts, but He can; He is a God of miracles.”*
- *“Love is not stepping back or sanctioning others’ decisions and actions. Love is being interested in their lives, their successes, and their challenges.”*

In Elder Ronald A. Rasband’s own words, from the talk.

Elder Ronald A. Rasband of the Quorum of the Twelve spoke to everyone whose heart aches for loved ones who’ve turned away from the Lord. Like Paul, we may feel “pressed out of measure.” If he asked for a show of hands, he said, hands would shoot up everywhere. He and Sister Rasband have felt this grief too, pondering the what-ifs and losing sleep.

Sometimes, he said, “We preach, cajole, argue, demand, lecture, ignore, sit them down to watch general conference, and even send them links to the talks, like this one, but to no avail.” Those efforts can even widen the gap. By design, everyone must choose for themselves to follow Jesus Christ.

In Lehi’s dream, multitudes pressed toward the tree of life, the love of God. But a mist of darkness came, and some wandered into the great and spacious building. Satan’s deceit leads to confusion and misery. He can promise no life eternal, no life with God the Father, and no peace. Not now, not ever.

The answer is in the Old Testament: “Be not afraid nor dismayed ... ; for the battle is not yours, but God’s.” Elder Rasband asked us to turn our despair over to Jesus Christ. “We cannot change their hearts, but He can; He is a God of miracles.” Our loved ones are first of all children of our Father in Heaven, who loves them even more than we do. Through the Atonement, there is always a way back. Jesus says to all who grieve, “I’ve got this!”

Love is the heart of His gospel. Elder Rasband taught, “Love can positively influence those who have strayed.” Love isn’t approving of every choice. He said, “Love is being interested in their lives, their successes, and their challenges. Love is being there with arms outstretched and a cheerful countenance.” President Dallin H. Oaks counseled, “Let us avoid what is harsh and hateful.” Holiness comes as we are charitable, patient, forgiving, and kind.

Love is also expressed in prayer. Alma the Younger rebelled, until an angel declared that the Lord had heard the prayers of his servant Alma, who is thy father. Alma had prayed for years. During three days

of torment, young Alma remembered his father's teachings about Jesus and cried, "O Jesus, thou Son of God, have mercy on me." He became a mighty prophet.

Jesus said, "Take my yoke upon you, and learn of me," our Savior says, "and ye shall find rest unto your souls." He has already paid for the sins of all God's children, including those we worry about. "He knows them. He knows their hearts; He loves them. He gave His very life to bring them home, all the way home." When the prodigal son was still far off, his father ran to him. What brought him back? "It was love. He knew where to find it."

Elder Rasband offered three suggestions. First, Let go of any guilt. We fail only when we give up, so never, never give up on those you love. Second, follow President Thomas S. Monson: "Never let a problem to be solved become more important than a person to be loved." "Third, remember Jesus Christ is the answer." Seek Him through scriptures and prophets, and pray mightily.

He promised as an Apostle that when the devil's storms pull loved ones off course, they shall have no power to drag you down to the gulf of misery and endless woe because of the rock upon which ye are built. If that rock is Jesus Christ, trust him. He's got this.

Scripture to look up: Matthew 22:37–39. The two great commandments, love God and love our neighbor, guide how we reach out to loved ones who have stepped away.

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?

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