



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

- *“Jesus overcame the world; we do not have to do so ourselves.”*
- *“We can trust the Lord, especially His promises. These promises apply to you.”*

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

Before he was an Apostle, Elder Dale G. Renlund was a heart doctor. A long time ago, he had a patient named Mr. Martin. Mr. Martin’s heart was very sick. He needed a new heart, or he would die.

Mr. Martin got very, very sick while he waited. Finally a new heart came, and the doctors put it in. But the new heart did not work well. Mr. Martin got even sicker. It looked like there was no hope.

Then another heart became available. Doctors did not think it was a very good heart, but they tried it. And it worked beautifully! In just a few hours, Mr. Martin started to get better. It was a miracle!

Ten days later, Mr. Martin was almost ready to go home. Dr. Renlund walked into his room, and Mr. Martin looked grumpy. Dr. Renlund asked what was wrong. Mr. Martin said, “The oatmeal isn’t hot, and the milk isn’t cold!”

Mr. Martin had almost died, and he got a miracle! But that morning he only thought about his cold oatmeal. He forgot the big miracle.

Elder Renlund said we can do the same thing. Sometimes we only think about the little things that bother us, our cold oatmeal, and we forget all the good things God has done for us.

The children of Israel did that too. God saved them from being slaves in Egypt. He opened the Red Sea. He gave them food and water in the desert. But they still complained. When they got close to the promised land, they were scared and said they wished they had

stayed in Egypt. The Lord asked Moses, “How Long Will It Be Ere They Believe Me?” God was asking why they still would not trust Him after all He had done.

Jesus said, “In the world ye shall have tribulation: but be of good cheer; I have overcome the world.” Jesus already won! We can have peace because of Him.

Elder Renlund’s sister Linda used to think God’s promises were for everyone except her. It was like a little star, an asterisk, that said the promises were not for Linda. But she learned the promises are for her 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 erase it!

We can remember the good things God has done for us. Then it is easier to trust Him. Elder Renlund said God’s promises are for you.

A scripture for this talk: Numbers 14:11. The Lord asked His people, “How Long Will It Be Ere They Believe Me?” We can remember what God has done and trust Him.

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)



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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 leads the Young Men of the Church. About 20 years ago, he had a very busy Saturday with lots of Church meetings. He asked a question in one meeting, and he felt like no one cared about his question. He felt sad and discouraged. He didn't even want to go to the temple that night. He told his wife, Lindsay, “Let's go to dinner instead of the temple.” But she said, “No, I think you need to be in the temple.”

So he went. In the temple, a man asked him, “How are you, brother?” It was Elder Dallin H. Oaks, an Apostle! Brother Farnes smiled and said, “Everything's great!” even though it wasn't.

But Elder Oaks waited for him. He said, “Brother, tell me how you are really doing.” Elder Oaks was so kind that Brother Farnes told him the truth. Elder Oaks listened. He said thank you, said kind words, answered his question, and gave him a big hug. Brother Farnes went from wanting to give up to wanting to serve the Lord with his whole heart.

Five years later, Brother Farnes met Elder Oaks again and asked if he remembered that day. Elder Oaks did not remember! He said, “I'm sorry, brother. I don't remember that.” Then he said, “But it's what we do. Isn't it?” Being kind was just what he always did.

Every Sunday when we take the sacrament, we promise to take Jesus's name on us. That means we try to see like Jesus sees and help like Jesus helps. When people are with us, they should feel some of Jesus's kindness and love.

Jesus told a story about a man who was hurt on the road. Some people walked past him. But one man, the good Samaritan, stopped and helped. President Farnes calls times like that divine appointments. That means a special time when Heavenly Father puts someone in our path so we can help them.

Once, President Farnes and his wife were at the airport. He was reading a book. He looked up and saw a young missionary who was crying and scared. The missionary was holding his boarding pass and an alarm clock. It was his first time on an airplane alone, and he was far from home. President Farnes almost went back to his book, but the Holy Ghost told him to look again. He asked, “Are you OK?”

President Farnes and his wife helped him. On the airplane, the only empty seat was right next to President Farnes! The missionary fell asleep. When they landed, they walked with him, arm in arm, to meet his mission leaders. Instead of running to his leaders, the missionary dropped his bags and gave them a big hug!

President Farnes asked us to pray every day for eyes to see people who need help. Then we can be kind, like Jesus. It’s what we do, isn’t it?

A scripture for this talk: Luke 10:33–34. Like the good Samaritan, we can see people who need help and then help them.

Let’s talk about it

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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 pray in faith, our spiritual immunity will be strengthened.”*
- *“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 remembered a time in 2020 when lots of people around the world got sick with COVID-19. At his work, doctors and nurses came to teach people how to stay healthy. They kept saying one word: immunity.

Immunity is the way your body fights off germs and keeps you from getting sick. Elder Chigbundu started thinking about spiritual immunity. That is how our spirits can be strong against bad things and hard times.

He said the world has many hard things, like wars and family problems. But we do not need to be afraid. When our spiritual immunity is strong, we have courage.

How do we make our spirits strong? Alma taught his son, “By small and simple things are great things brought to pass” Elder Chigbundu shared four small and simple things.

First, read the scriptures. When we read them, we come to know Jesus. Elder Chigbundu was once a mission leader. A new missionary cried and wanted to go home. He did not have a testimony of the Book of Mormon. Elder Chigbundu shared his testimony and asked him to read the Book of Mormon every day. Later the missionary wrote a letter. He said, “I am happy now and do not want to be sent home any longer.”

Second, pray. Jesus said, “Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me.” Elder Chigbundu visited a sister who was very sick with cancer. She told him that when she prays every day, she feels the Savior’s love. She can feel Him telling her, “My daughter, all is well.”

Third, the sacrament. When we take the sacrament, we promise to remember Jesus and keep His commandments. We can ask, “What would He have me do?”

Fourth, covenants, our promises with God. Going to the temple and keeping our promises keeps us on the covenant path, close to God.

Elder Chigbundu said these small things are like armor that protects us from Satan. Our hard things may not always go away, but God will make us strong enough to carry them.

A scripture for this talk: Doctrine and Covenants 88:63. Jesus says that if we come close to Him, He will come close to 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

Trusting the Lord Through Tithes and Offerings

Elder Patricio M. Giuffra • General Authority Seventy

Words to remember

- *“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.”*

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

Before Elder Patricio M. Giuffra was baptized, missionaries taught him about tithing. Tithing means giving one tenth of the money we earn to the Lord. If you earn ten coins, one coin is for tithing. After he was baptized, he paid tithing and fast offerings with money from his summer jobs.

Later, Elder Giuffra served a mission in Chile. He and his companion taught a woman who was about 70 years old. She could not read, so they taught each lesson two times.

When they taught her about tithing, she felt very sad. She told them she cleaned houses and washed clothes for other families. She only earned enough money for a small room, some firewood to stay warm, and a little food. She said she did not think she could ever pay tithing.

Elder Giuffra felt sad too. He wondered if the Lord would make an exception for her. He called his mission president. The mission president read him the Bible story of the poor widow who gave two small coins, everything she had, to the Lord. He said there are no exceptions to this commandment. He said they should not keep this sister from the blessings of tithing.

So Elder Giuffra and his companion fasted and prayed for her. When they went back, the woman 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.” The missionaries felt peace. They knew Heavenly Father heard her prayers and theirs. She was

baptized the next Saturday. Her bishop said she brought her tithing every week and her fast offering every month!

Elder Giuffra said his family has been blessed many times for paying tithing. Some blessings are things we can see, and some are blessings we feel inside. 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.” We don’t obey just to get blessings.

He said paying tithing does not mean we will never have hard times. But the Lord knows us and keeps His promises in His own time and way. In Central America, Elder Giuffra has seen families who were once poor now have more of what they need. He has seen the Lord help people find jobs and get an education.

In the Bible, the Lord promised that when we pay tithing, He will open you the windows of heaven, and pour you out a blessing. Elder Giuffra said tithing shows that we trust the Lord.

A scripture for this talk: Malachi 3:10. The Lord promises to open the windows of heaven when we pay tithing.

Let's talk about it

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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

- *“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.”*
- *“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.

When Elder Jeremiah J. Morgan was a teenager, his mom read the Book of Mormon out loud to him every morning while he got ready for school, whether he was listening or not!

But his family did not belong to The Church of Jesus Christ of Latter-day Saints. They belonged to a different church that also believes in the Book of Mormon and in the Prophet Joseph Smith. His mom even gave him the middle name Joseph, after the Prophet Joseph Smith.

Elder Morgan laughed that he only remembers two things from all that reading: “and it came to pass” and “wars and rumors of wars.” But he knew the Book of Mormon was important to his mom, and he knew she knew it was true. He said, “No time or effort is ever wasted in reading the Book of Mormon.”

When he was 14, Elder Morgan wanted to know where Jesus’s true Church was. He had friends who were members of our Church. For two months, he went to his family’s church, and then he secretly went to our Church too. He sat hidden by the folding doors in the back! He came to know this is the Lord’s Church. Later he was baptized, even though some of his family did not understand.

Elder Morgan wondered why a boy like him had cared so much about religion. His wife, Rebecca, said, “I know what it was! It was covenants.”

Long ago, Elder Morgan’s great-great-great-grandparents were baptized and helped build the temple in Nauvoo. They made covenants, or sacred promises, with God in the temple.

Prophets have taught that when parents keep their covenants, God keeps reaching out to their children and grandchildren, even ones who wander away, and helps them come back. Elder Morgan said God's power in those covenants reached out to him.

In the Book of Mormon, God made a promise to Enos about his people. It took more than 2,000 years to come true, but God kept it! God's promises don't run out.

Elder Morgan said that if you are worried someone you love is too far away from God, they are not. God's love can reach them. He said, "Don't ever give up. Your story, your family's story, is not all written. God is the author and the finisher of it."

A scripture for this talk: Doctrine and Covenants 84:57. The Lord asks us to remember His promises and the Book of Mormon.

Let's talk about it

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Kid-friendly summary in our own words · Read or watch the full talk: [churchofjesuschrist.org/study/general-conference/2026/10/25morgan](https://www.churchofjesuschrist.org/study/general-conference/2026/10/25morgan)



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY AFTERNOON SESSION

I Am a Child of God

Elder Hutch U. Fale · General Authority Seventy

Words to remember

- *“I am a child of God and He loves me.”*
- *“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.”*

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

Elder Hutch U. Fale started his talk with words many children know from a Primary song: “I am a child of God and He loves me.” He said this is true for him, and it is true for every one of us.

Before we came to earth, we lived with Heavenly Father. He is the Father of our spirits. We knew Him and loved Him, and we chose His plan.

Elder Fale said families help us learn about Heavenly Father’s love. The New Testament begins with a family and a baby born in Bethlehem. The Book of Mormon begins with a family’s journey.

One day, Elder Fale got an idea at church. He texted his wife and asked her to find a baby picture of each of their children. When he got home, he showed the children their baby pictures. He told them how much he and their mom loved them when they were born.

Then he asked, “As of the date of this picture, what had you done to earn our love?” The children looked down and said, “Nothing.” He said, “You are right. You did nothing to earn our love.” And there is nothing they could ever do to lose it. He said, “You did not earn it; you cannot lose it. It is yours forever.”

Then he told them that Heavenly Father loves them even more than their parents do. Heavenly Father loved them before they were born, He loves them today, and He will love them tomorrow. And no matter what happens, they can always come home. Everyone felt the Holy Ghost, and there were tears.

Elder Fale said Satan tries to trick us. He wants us to think that because God loves us, our choices do not matter. But they do. Following Jesus and keeping our promises with God is the way back to Him.

Knowing Heavenly Father loves us helps us understand Jesus. It helps us see everyone as a child of God, so we are kind and make sure no one is alone. And it helps us know it is never too late to come back to Jesus.

When Elder Fale was a boy in Tonga, he read John 3:16 in the Bible: “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 he knows it is true now. He said, “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

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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

- *“Jesus Christ 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 is an Apostle. President Uchtdorf, who loves airplanes, teased him: Patrick, your talks, they're okay, but where's the aviation? So Elder Kearon told us about flying!

When Elder Kearon was a boy, he went to school in England, far away from his mom and dad, who lived in Arabia. He watched airplanes in the sky and dreamed of flying home. He wanted to be a pilot.

When he was a teenager, he learned to fly a glider. A glider is a light airplane with long, thin wings and no engine. It flies by riding on air that is rising up. Pilots call rising air lift.

You cannot see lift. But you can feel it! Elder Kearon felt one wing tip up, and he turned toward it. Then the glider went up, up, up in circles. He said soaring with no engine was beautiful.

There is also air that goes down. Pilots call it sink. Sink can feel like falling. When Elder Kearon felt sink, he learned to turn away from it quickly.

Later, Elder Kearon learned that gliding is a lot like following Jesus. Jesus loves to lift people up! When Peter was sinking in the water, Jesus lifted him up. When Jairus's daughter died, Jesus lifted her up and she lived. Jesus took a sick boy by the hand and lifted him up. And Jesus wants to lift you.

Spiritual lift is when we feel the Holy Ghost and feel happy, peaceful, and close to Heavenly Father. Spiritual sink is when we feel dark and far away from God. When we

feel sink, we can turn away from it quickly, just like a pilot.

Elder Kearon said that if a glider is not going up, it is slowly coming down. We may not even notice! That is why we keep doing the things that help us feel close to Jesus, like praying and reading the scriptures.

He gave us some ideas. Find someone who follows Jesus and learn from them. Pay attention to the sweet feelings of the Holy Ghost. Stay with people who are going up. Turn away from things that pull you down. And when you find lift, show someone else how to rise too!

Elder Kearon said, “Your Saviour is your lift.” There is no limit to how high we can go with Him. Jesus lives to lift.

A scripture for this talk: Mark 5:41. Jesus took a girl by the hand and told her to arise. He lifts us too.

Let's talk about it

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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

- *“Anytime we turn to Christ, we turn a corner.”*
- *“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 Jesus’s amazing blessings is that He promises to carry our burdens, the heavy things we carry.

A long time ago, Elder Dunn’s running friend, Ted, talked him into running a race that was 100 miles long! That is like running four marathons in a row. Elder Dunn thought it was impossible. But Ted believed he could do it. Ted had run this race many times. He promised that if Elder Dunn trained, Ted would run with him during the second half of the race.

On race day, Elder Dunn started running before the sun came up. He kept going all day, even in the hot afternoon, one step at a time. Halfway through, Ted came to run with him, just like he promised.

They ran all night. By morning, they had gone 90 miles. Only 10 more miles to go! But Elder Dunn was so tired. He sat down under a tree and said, “I give up.”

Ted 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 kind words helped. Elder Dunn got up. First he walked, then he hobbled, then he shuffled. Step by step, they went the last 10 miles together.

Near the finish line, Ted let go and said, “This is your race to finish.” And Elder Dunn finished it!

A week later, a friend sent him a picture from the race. In the picture, Elder Dunn saw a surprise. Ted was carrying Elder Dunn’s water bottles and his heavy pack! When Elder

Dunn was sitting under the tree, ready to quit, Ted had quietly taken his heaviest things and carried them for him. Elder Dunn had not even noticed.

Elder Dunn said Jesus is like that. Isaiah said Jesus has borne our griefs and carried our sorrows. Jesus doesn't always make the path shorter, but He makes us stronger. Sometimes we can't see Him helping us, but He is. He knows the way because He went first.

Elder Dunn said that sometimes God parts seas and moves mountains. Other times, "Other times He simply sends us a Ted," a friend to help. And we can be a Ted for someone else!

A scripture for this talk: Hebrews 12:1. We can keep going, like running a long race, and Jesus helps us finish.

Let's talk about it

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OCTOBER 2026 GENERAL CONFERENCE · SATURDAY AFTERNOON SESSION

Comfort from the Holy Ghost

Elder Matthew J. Eyring · General Authority Seventy

Words to remember

- *“I will not leave you comfortless: I will come to you.”*
- *“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 about a friend who got very sad news. His grown-up son had died suddenly. Elder Eyring's friend had one thought: “I can't fix this.” That was the same thing Sister Runia said earlier that day.

We learn when we are young to solve problems and do hard things by ourselves. But everyone, sooner or later, has something too heavy to carry alone.

Elder Eyring and his wife once went to dinner with a young mom and dad. One of their twin babies had died before being born. A long time ago, the same thing happened to Elder Eyring and his wife. So they could understand. They talked together about being parents, feeling sad, and finding hope and healing. In the Book of Mormon, we promise to mourn with those that mourn, or be sad with people who are sad, and to comfort them.

Elder Eyring said everyone has hard things. Some families worry about having enough food. Some people are sick. Some people are sad because someone they love has stopped following Jesus. Some people have a bad habit that is hard to stop.

Jesus suffered for us, so He knows exactly how we feel. When we turn to Him, He comforts us. Jesus promised to send another Comforter. That is the Holy Ghost. Prophets have said we need the Holy Ghost with us all the time.

Elder Eyring said there is hope in Jesus. Because of Jesus, everyone will be resurrected. Our bodies and spirits will come back together, and we can live again with people we love. Death is not the end.

After the dinner, Elder Eyring gave the sad dad a priesthood blessing. In the blessing, the dad was promised peace. When the mom and dad left, their faces were shining with light. Elder Eyring said we should try hard to live so the Holy Ghost can always be with us. Jesus promised, “I will not leave you comfortless: I will come to you.”

A scripture for this talk: John 14:16–17. Jesus promised to send the Holy Ghost to comfort us.

Let's talk about it

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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.”*
- *“In the vernacular, Jesus Christ says to all who grieve, ‘I’ve got this!’”*

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

Elder Ronald A. Rasband is an Apostle. He spoke to everyone who feels sad because someone they love has stopped following Jesus. Maybe it is a brother, a sister, a cousin, or a friend.

Elder Rasband said he and Sister Rasband have felt that sadness too. Sometimes we try very hard to make our loved ones come back. We talk and talk, we argue, or we make them watch general conference. But that usually doesn’t work. Everyone has to choose for themselves to follow Jesus.

In the Book of Mormon, Lehi had a dream. He saw people walking toward a beautiful tree. The tree stands for the love of God. But a dark mist came, and some people wandered away to a great and spacious building.

Elder Rasband shared a scripture: “Be not afraid nor dismayed ... ; for the battle is not yours, but God’s.” We can’t change someone’s heart, but Jesus can. Heavenly Father loves our family and friends even more than we do. Because of Jesus, there is always a way back. Elder Rasband said Jesus says to us, “I’ve got this!”

So what can we do? We can love! Jesus taught us to love God and to love our neighbor. Love means being interested in people’s lives, being there with open arms, and being kind, patient, and forgiving.

We can also pray for them. In the Book of Mormon, Alma the Younger made bad choices. But his father, Alma, prayed for him again and again. An angel came and said the Lord had heard his father’s prayers. Alma the Younger remembered what his father taught him

about Jesus. He prayed, “O Jesus, thou Son of God, have mercy on me.” He changed and became a great prophet!

Jesus told a story about a son who ran away and wasted all his money. When he came home, his father saw him far away and ran to hug him. What brought the son home? Love.

Elder Rasband gave three ideas. First, don’t feel guilty, and never, never give up on people you love. Second, President Thomas S. Monson taught that a person is more important than a problem. Third, remember that Jesus is the answer. Read the scriptures and pray.

Elder Rasband promised that if we build on Jesus, our strong rock, storms can’t knock us down. He said, “Trust Him. He’s got this!”

A scripture for this talk: Matthew 22:37–39. Jesus said to love God and love our neighbor. That is how we love like Jesus.

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