



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 began in his former life as a cardiologist. In the late 1980s, Mr. Martin developed severe heart failure that even the most advanced medications couldn’t manage; he would die without a transplant. As he waited, mechanical pumps were implanted to keep him alive, and then his liver, kidneys, and lungs began to fail. A donor heart arrived and was transplanted, but it didn’t work well, leaving him worse. After a couple of days the situation seemed hopeless, and the team was preparing to withdraw life support. Then another donor heart became available, one considered marginal, that wouldn’t be used for any other recipient in the country. With Mrs. Martin’s consent, they performed a second transplant, and the marginal heart functioned beautifully. Within hours his organs began to recover and the pumps were removed.

Ten days later, the day before discharge, Dr. Renlund found him gripping his breakfast tray, clearly irritated. Through clenched teeth: “The oatmeal isn’t hot, and the milk isn’t cold!” For three weeks he had hovered near death, and now he was complaining about hospital food. Elder Renlund was gracious about it: after such an ordeal you use up all your coping coupons, and I don’t think anybody should be tortured with oatmeal. But in that moment Mr. Martin focused on the cold oatmeal in front of him and seemingly dismissed the miracle, losing sight of both where he had been and the promise the future now held.

We can fall into the same trap, especially when day-to-day challenges loom, focusing on the here and now and losing sight of where we’ve been and of God’s promises. It isn’t a modern problem. The Lord led Israel out of Egyptian slavery, saved them at the Red Sea, and provided food and water; even when they complained about a monotonous diet, He helped them. “They survived because of God’s miracles, yet they repeatedly focused on cold oatmeal.” As they overlooked His blessings and promises, their trust in God and in Moses eroded. At the edge of the promised land they were intimidated: “Would God that we had died in the land of Egypt! or would God we had died in this

wilderness!” (Numbers 14:2). They assumed the past was better and the challenge too hard even for the Lord.

The Lord’s response: “How long will it be ere they believe me, for all the signs which I have [shown] among them?” (Numbers 14:11). In effect, “Why don’t they trust me? Despite all I have done, why won’t they believe me?” Yet He repeatedly reassured them of His constancy: “I will never break my covenant with you” (Judges 2:1). Perhaps, Elder Renlund suggested, you have been served more than your share of cold oatmeal, and have doubted God’s care, His willingness to succor you, or His capacity to keep His promises. He invites us to trust Him anyway.

The Savior told His disciples, “These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world” (John 16:33). “Jesus overcame the world; we do not have to do so ourselves.” When our faith centers on Him, He promises peace no matter our circumstances, and joy in our here and now through our covenant relationship with Him. Faith in Christ frees us because our hope rests on his faithfulness and righteousness, not our own. Lehi told his son, “Wherefore, I know that thou art redeemed, because of the righteousness of thy Redeemer” (2 Nephi 2:3). Jacob was good and faithful, but his righteousness was not the source of his redemption, and the same is true for us.

One purpose of the Book of Mormon is to show what great things the Lord hath done, that we may know His covenants that we are not cast off forever (title page). Moroni urges us to remember how merciful the Lord hath been unto the children of men and ponder it (Moroni 10:3). Remembering His goodness positions us to grasp the bigger picture and rely on His promises.

He shared a lesson from his younger sister Linda. Reading scriptural promises, she used to see a big asterisk saying they applied to everyone except Linda. Over the years she realized, “I am not extraordinary enough to warrant an exception. The blessings are promised to me too.” Linda is extraordinary, he said, but she is still no exception, and neither are we: “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 Christ knows the situation of the living and the dead and has made ample provision for them according to their circumstances. “‘Ample provision’ means that all human circumstances are within the Savior’s redemptive reach.” His Atonement allowed the Father to give Him all power in heaven and earth, a power profoundly intimate and infinite beyond human comprehension. There is more than enough to cover any breach, need, or deficit for all of us, for each of us.

Considering all Christ has done, I don’t think we want him asking us, ‘How long will it be ere you believe me?’ Instead, remember all the times he’s inclined his ear to you, especially when confronted with cold oatmeal. With Moroni he declared that “The eternal purposes of the Lord shall roll on, until all his promises shall be fulfilled” (Mormon 8:22). He quoted the hymn “Standing on the Promises”

and closed with his witness that God's "exceeding great and precious promises" are sure, and that by them we might be partakers of the divine nature (2 Peter 1:4).

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, began with a Saturday almost twenty years earlier. Newly called to a stake presidency and not yet released as bishop, with five young children and a business to run, he faced meetings from 8:00 a.m. through a ward temple night. “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 midday leadership meeting the presiding authority invited questions. He gathered his courage and asked about an administrative matter that was troubling him. “Instead of getting a helpful answer, I felt like my question was dismissed.” Disheartened, he questioned why he was sacrificing so much, and lost all desire to attend the temple. He called his wife: “Let’s go to dinner instead of the temple.” Lindsay replied, “No, I think you need to be in the temple. We’ll talk after.”

He went, but not with the best attitude. Entering the dressing room, grumbling, he heard, “How are you, brother?” It was Elder Dallin H. Oaks of the Quorum of the Twelve. They had never met, and he wasn’t about to tell a member of the Quorum of the twelve apostles how discouraged I felt, so he forced a smile: “Everything’s great!” When he came out, Elder Oaks was waiting. “Brother, tell me how you are really doing.” Something in his compassion opened him up. Elder Oaks listened, expressed sincere gratitude, encouraged him, even answered his administrative question, and then 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 he and Lindsay met Elder Oaks in his office. Eager to reminisce, he asked, “Do you remember the conversation we had in the temple?” “I don’t think so,” he said. “Have we met before?” After hearing the story, Elder Oaks said, “I’m sorry, brother. I don’t remember that.” Then, sensing his disappointment: “But it’s what we do. Isn’t it?” The line became the talk’s refrain. “That is what we do. As covenant followers of Jesus Christ, we minister with compassion to whomever God places in our path. We do it because that’s what the Savior did. And we’ve made a covenant to follow Him.”

He connected ministering to the sacrament covenant. Each Sabbath we witness our willingness to take upon us Christ's name: "That means we choose to see as He sees, feel as He feels, and do as He would do. His life should be reflected in ours." When someone encounters us, they should experience something of Jesus Christ, his kindness, his patience, his hope, his love, his compassion. Our promise of willingness is met by the Lord's promise that we may always have His Spirit, and with that gift we can minister with His power. "We make the covenant during sacred time with God every Sunday. A way we keep the covenant is by ministering to God's children every day."

Often, he said, God places someone in our path, and we have eyes to see them. He calls these divine appointments. When asked, "What shall I do to inherit eternal life?" Jesus answered with the good Samaritan (Luke 10:25–37). "Where others saw an inconvenience or an interruption, one man saw an opportunity to minister—a divine appointment." Seeing awakened compassion, compassion moved him to act, and his actions changed a life. That pattern defined the Savior's ministry: "He turned ordinary encounters with people into extraordinary moments of healing, encouragement, and transformation." "To Jesus, these people were not interrupting His mission. They were His mission." When we use our God-given eyes, "What once looked like random encounters become invitations from the Lord to minister with compassion."

Then came his own lesson in slow seeing. Waiting early for a vacation flight, earbuds in and book open, he glanced up at a young missionary across from him: eyes closed, rocking, tears streaming, clutching a boarding pass and a digital alarm clock. "After briefly imagining the various reasons a missionary might look so anxious, I returned to my book." The Spirit prompted him to look again, and the elder's tear-filled eyes were pleading for help. "Are you OK?" he asked. In broken, timid English, the missionary explained he was headed to his mission, a long way from his home country, flying alone for the first time, and terrified; the alarm clock was to make sure he didn't miss the plane.

"Embarrassed by how slow I had been to help this elder, I explained that my wife and I would be on the same flight, and we would make sure he made it on the plane." The Farneses walked him to the gate, then had to board first. As the plane filled, the missionary didn't appear, and President Farnes feared they'd made a big mistake. Finally, like every missionary, the last one to board, he made his way to the only empty seat at the back, which was right beside President Farnes. They marveled at how God arranged even that detail. The elder fell asleep. After landing, panic returned, so they walked him arm in arm, not to lose him again, to baggage claim, where his mission leaders waited. Instead of running to them, he dropped his bags and gave Lindsay and me a big hug.

"What we did for that elder didn't require much of us, but this ordinary encounter became a divine appointment we will always treasure. All we had to do was see the person God had placed in our path, look with compassion rather than judgment, and then act." His invitation: 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 in the sacred name we take upon ourselves by covenant, even Jesus Christ.

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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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, opened with 2020, when a global health crisis disrupted economies and claimed millions of lives. To raise awareness, executives at his workplace invited health professionals to teach about COVID-19 and infection prevention. One word recurred throughout: immunity, the body's inherent biological ability to defend and protect itself against infectious diseases, harmful substances and foreign invaders. He found himself reflecting not on physical immunity but on what he calls spiritual immunity, and prayed for the Holy Ghost as he described how to build it.

“We live in troubled times marked by wars, family challenges, and economic uncertainty. Yet, as frightening as these challenges may be, we need not fear!” Spiritual immunity gives the strength and courage to withstand the challenges of life. He cited President Henry B. Eyring's teaching that proving moments are not evidence the Lord has abandoned us but evidence that He loves us enough to refine and strengthen us. He asked listeners to consider what keeps them awake at night, and to know the Lord has provided a spiritual compass to navigate it: small and simple things. As Alma taught Helaman, “By small and simple things are great things brought to pass” (Alma 37:6).

First, scripture study. Scriptures inform us, but more importantly, we come to know the Lord, and as we apply them, His words shape how we think and respond to challenges. King Benjamin counseled his sons to remember that these records are true and to search them diligently that you may profit thereby (Mosiah 1:6–7). Daily, meaningful study invites the Holy Ghost and builds faith to face temptation.

He told of a new missionary who, in his welcome interview, began to cry and asked to be sent home but couldn't find words to explain why. Asked whether he had a testimony of the Book of Mormon, he said, “President, I don't.” Elder Chigbundu bore his own testimony and encouraged him to study the scriptures, especially the Book of Mormon. The missionary and his trainer made a study plan. Later a

letter came, testifying that daily scripture study had helped him understand his purpose: “I am happy now and do not want to be sent home any longer.” Little by little, Elder Chigbundu said, study teaches us how to become lifelong disciples of Jesus Christ.

Second, prayer. The Savior invites, “Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me” (D&C 88:63). Nephi, Joseph Smith, and the Savior Himself show the enabling power and miracle of prayers. As an Area Seventy at a stake conference, he and the stake president visited a sister battling cancer. Asked how she felt, 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.’” Praying in faith strengthens spiritual immunity: “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).”

Third, the sacrament, a sacred ordinance that strengthens our relationship with the Savior. We promise to take His name, always remember Him, and keep His commandments, and we can ask ourselves, “What would He have me do?” As we remember Him through the week and strive to obey, our lives are gradually refined and reshaped, and “Our ‘Why me?’ questions will be replaced by ‘What can I learn, and what can I change?’”

Fourth, covenants. Making covenants and staying on the covenant path are inseparable companions. Covenants create a bond with God; staying on the path brings the blessings promised with that bond, and worship in the temple is vital to staying there. He cited President Dallin H. Oaks’s teaching that as we honor covenants by keeping the commandments and following the plan of redemption, the promised blessings enable us to soar to celestial heights. “What a promise, my friends.” Trials will come, but as we worship in the temple and remember our covenants, we receive personal direction from the Lord.

He closed with an invitation 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!” (see Ephesians 6:11). He bore witness of a loving Father in Heaven, of Jesus Christ as Savior and Redeemer, and of President Oaks as God’s prophet today.

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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

- *“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.

Elder Patricio M. Giuffra, a General Authority Seventy, learned about tithes and offerings from the missionaries before his baptism. Afterward, with earnings from summer jobs, he paid a full tithing and fast offerings, though he admits he did not fully understand the meaning of the promises and blessings associated with obedience to this law. Understanding came on his mission, when he had to teach and testify of it himself.

In the Chile Osorno Mission, he and his companion taught a woman of about 70 who lived with her son, a member of the Church. She could not read and struggled to retain what they taught, so they repeated each lesson twice. When they reached tithing and its promised blessings, she said with great sadness, “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 believe she would ever be able to pay. “Everything she said made sense from a worldly perspective,” he admitted. Though they testified of the blessings, she insisted she could not do it.

The next morning he called his mission president. Privately he wondered whether the Lord might make an exception for someone in her circumstances. The president read him the account of the widow’s mite (Mark 12:41–44) and 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.” Those words “Those words became engraved upon my heart.” The companions fasted and prayed, because they would return in two days to review the commandment before her baptism.

When they came back to tithing, she told them, “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 profound feeling of peace and assurance filled the missionaries. “We knew that the Lord had

heard both her prayers and ours.” She was baptized the following Saturday. After his transfer, her bishop reported that she arrived every week with her tithing envelope, and on the first Sunday of every month, with her fast offering as well.

Over his life, Elder Giuffra has seen innumerable blessings come to his family as they have lived the law of tithes and offerings, some temporal, others spiritual, all strengthening their testimony that the Lord always fulfills his promises and that the windows of heaven are opened according to our obedience. But he added an important qualifier from his wife, a principle that has become meaningful in 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, protect us, and help us stay free from sin and many of the world’s challenges.

Obedience doesn’t exempt us from trials. “All of us will face moments of uncertainty, financial hardship, illness, or loss. Yet even when we do not understand the purpose of our trials, we can have the assurance that the Lord knows our circumstances, honors our obedience, and fulfills His promises in His own time and way.”

He cited President Russell M. Nelson’s teaching that tithing can break cycles of poverty in poor nations and families; the same poverty continues generation after generation until people pay their tithing. In his years of service in Central America, he has seen men and women prosper temporally and spiritually: families who once worried about their next meal now enjoying greater stability, and people who once couldn’t afford shoes now running successful businesses through faith and diligent effort. He has seen the Lord open doors for employment, provide education, strengthen marriages, and fill hearts with peace and hope.

He also cited President Dallin H. Oaks: paying tithing brings unique spiritual blessings, is evidence that we accept the law of sacrifice, and prepares us for the law of consecration and the higher laws of the celestial kingdom, fulfilled as we keep temple covenants that deepen our relationship with Jesus Christ.

He closed with Malachi’s challenge and promise: “Will a man rob God? Yet ye have robbed me. But ye say, Wherein have we robbed thee? In tithes and offerings. ... 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.” (Malachi 3:8–10). His testimony: 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 that we don’t expect.

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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.

Elder Jeremiah J. Morgan, a General Authority Seventy, opened with an image: “When I was a young teenager getting ready for school, my mother read to me from the Book of Mormon every day, out loud, whether I was listening or not.” You might assume he grew up a Latter-day Saint, but he did not. His family belonged to a different church that also believes in the Book of Mormon and the prophetic mission of Joseph Smith. He is grateful for that heritage, which began with his third great-grandparents, baptized by Oliver Cowdery in 1831, who helped establish Nauvoo and build the house of the Lord. They did not travel west with the Saints.

His mother named him Joseph after the Prophet and taught him the restored gospel and the Book of Mormon. Honestly, he remembers only two things from all that reading: “and it came to pass” and “wars and rumors of wars.” That’s it. He said, “But more than any words that I heard or did not hear, I knew the Book of Mormon was important to my mother. And I knew she knew it was true.” Even as a single mother, she read it to him daily until it was finished, fulfilling the Lord’s admonition to “Remember the new covenant, even the Book of Mormon” (D&C 84:57). 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.”

He knew the Book of Mormon was true and Joseph Smith was a prophet, yet was confused and uncertain as to where the true church of Jesus Christ was. At 14 he began to question the church of his childhood. Friends who were Latter-day Saints were part of what led him to seek. For two months he attended his family’s congregation and also, secretly, a Latter-day Saint congregation, hiding between the accordion doors of the overflow. He came to know this is the Lord’s Church. Joining took time and brought questions and disappointment from family, but in Joseph Smith’s words, “I knew it, and I knew that God knew it, and I could not deny it” (Joseph Smith—History 1:25).

Later, retelling the story, he wondered how a boy like him came to have such interest in religion. Good influences didn't seem to explain it all. His wife, Rebecca, said, "I know what it was! It was covenants." His ancestors had made temple covenants in Nauvoo. She read prophetic teachings that because of the eternal sealings of faithful parents and the promises made to them that though some of the sheep may wander, the eye of the shepherd is upon them, and sooner or later they will feel the tentacles of divine providence reaching out after them and drawing them back to the fold. "It was covenants," he said. "It was covenants that had impacted me, not my covenants but the covenants of those who came before me."

He was careful about agency. Quoting President Dallin H. Oaks, he said that covenants do not take a day off. The covenant faithfulness of parents and grandparents does not alter the agency of children or grandchildren, yet there is a discernible impact of those covenants on all our posterity. As Elder Patrick Kearon has taught, God "He employs every possible measure to bring [us] back." It is just as the Lord revealed to Joseph Smith: "And he shall plant in the hearts of the children the promises made to the fathers, and the hearts of the children shall turn to their fathers" (D&C 2:2).

He offered a scriptural proof of patience: the Lord covenanted with Enos that a remnant of his people would someday receive the fulness of the gospel (Enos 1:13–16). "Was there a time limit to that covenant? That covenant would take more than 2,000 years to be fulfilled. So, no, there is no limit to the power of God in our covenants." Covenants "They do not bless just the maker of the covenant but are generational in their impact." Like gravity, which binds across the universe, covenants with God stretch over all time and all space.

To anyone wondering whether they or a loved one has wandered beyond reach: "I say to you, you have not." He quoted Elder Jeffrey R. Holland: "You have not traveled beyond the reach of divine love. It is not possible for you to sink lower than the infinite light of Christ's Atonement shines." The Atonement is the fulfillment of God's greatest promise, and "The power and reach of that covenant is infinite and eternal."

For parents crying, "O, God, where art Thou? My child is struggling," he offered comfort and counsel: God hears and will answer in His own time and way. "Keep your covenants, strive to be faithful, and 'cheerfully do all things that lie in [your] power; and then may [you] stand still, with the utmost assurance, to see the salvation of God, and for his arm to be revealed.'" (D&C 123:17) He closed with personal testimony: "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."

Let's talk about it

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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, a General Authority Seventy, opened with a familiar line: “I am a child of God and He loves me. This statement is powerful and empowering. More importantly, it is true, not just for me but for each of us and all of us.” Echoing the family proclamation, he taught that all human beings, male and female, are created in God’s image, each a beloved spirit son or daughter of heavenly parents with a divine nature and destiny. In the premortal realm we knew and worshipped God as our Father and accepted His plan. Understanding our Father’s love and our true identity is essential for our daily and eternal happiness. It prevents deception and gives purpose to this mortal life.

Families, he said, are a divine pattern for learning that love. Our relationship to God is described in family terms, and scripture teaches in family terms: the New Testament opens with a young family and a baby in Bethlehem, the Book of Mormon with a family’s journey of faith, and in the Old Testament creation was not complete until God organized the family. “It is often through families, despite all their imperfections, that our Father teaches us about His love.”

He shared a family moment. At a church meeting last year, he felt impressed to do what the teacher was doing and texted his wife to find a baby picture of each child. At home he showed them the pictures and told them there are no words for the love he and his wife 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.” “You are right. You did nothing to earn our love. By that same token, there is nothing you can ever do that will unearn or remove that love from you. You did not earn it; you cannot lose it. It is yours forever.”

He went on: “We need you to always remember that what we feel is but a small fraction of what your Heavenly Father feels for you. You are His child and He loves you. He loved you before you were born, He loves you today, and He will love you tomorrow. He wants you to prepare to be like Him. You must

never forget this. We hope this understanding gives you courage to do your best, to trust Him, and to live up to your potential. 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.” There were tears and tender hearts as the Spirit bore witness. For others, he acknowledged, the window into that love might be a sibling, parent, spouse, aunt, uncle, or a grandparent never met, or only a desire for a family. Even when a loving family is not part of our earthly experience, knowing our Father loves us can provide power, peace, and comfort, especially as we remember the eternal-family blessings promised to all who keep covenants.

Then a warning: “Beware of the adversary’s deceitful lie that twists this precious truth.” Satan tries to convince God’s children that because God loves us, we can be saved regardless of our pride, regardless of our rebellion, regardless of our sins, and regardless of rejecting His Son. But “Receiving Christ through priesthood ordinances and covenants, and then being faithful to those covenants, is the only way for us to fully understand His love and the only way to exaltation.” God’s love is unconditional; His blessings of exaltation come through covenant.

He offered three reasons understanding the Father’s love matters. First, it helps us understand Jesus Christ: why He did what He did, why He loves us as He does, and why He is anxiously engaged in trying to save and bless all of his father’s children. It makes us eager to join that work and become like Him. Second, it makes us immune to the divisive and misleading labels of our fallen world, both those placed on us and those the world puts on others. We see all as beloved and divine, and become “We become quick to repent, slow to judge, and ever hopeful that the best is yet before us,” making sure no one is ever sitting, standing, or walking alone. Third, it protects us from the pernicious lie that it is too late for someone to change. From the prodigal son to the shepherd leaving the 99, the message has always been there is still yet time if we turn to Christ today.

“God’s love is real, and Jesus Christ is evidence of that love.” He conquered sin and the grave, and taught us to pray to our father, not just His Father or someone else’s father, but a Father who gives better gifts than any earthly father (Matthew 6:9; 7:11). Today Christ shows the Father’s love through priesthood keys held by living prophets and apostles, which give access to ordinances and covenants that prepare us to return home.

His witness first came as a young boy in Tonga, riding to his home village while reading a New Testament that printed 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.” “I knew this was true then, and I know it is true now.” He closed: “He loves me and He loves you. May this truth never leave our minds or our hearts, and may it change us 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/2026/10/26/fale](https://www.churchofjesuschrist.org/study/general-conference/2026/10/26/fale)



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 Apostles opened with humor. A few weeks earlier, President Dieter F. Uchtdorf, the Church's best-known aviator, took him aside: Patrick, your talks, they're okay, but where's the aviation? “So here's just a little aviation.”

He spent much of his childhood at boarding school in England, watching airplanes overhead and dreaming of flying home to my parents thousands of miles away in Arabia. He wanted to be a fighter pilot, and the fastest route was learning to glide. A glider is a lightweight aircraft with long slender wings and no engine that stays aloft by riding within rising currents of air. In his mid-teens he spent parts of two summers at an Oxfordshire airfield, first learning to fly straight, make stable turns, take off behind a tow plane, and land safely. Only then was he ready to learn to stay up, climb, and soar.

“The crucial skill in gliding is finding rising air. You cannot see it, but you can see what it does.” Cumulus clouds often mark rising warm air, so he learned to fly toward them. “But even more important than using visual cues to find rising air is to learn to feel it.” He would sense being lifted by an unseen force; a wing would tip upward and he would turn toward it, circling within the column of rising air, often joining other pilots who had found the same lift. “To be flying is fantastic, but climbing in lift and soaring with no engine is almost beyond description,” with only the whistle of the wind and an occasional creak from the glider.

There is also sinking air, helpfully called sink. It can't be seen but can be felt, and he quickly learned to avoid it. “Gliding into sink can feel like falling, sometimes quickly. It shortens the distance you might fly and may threaten a safe landing.” When he met sink, he learned to turn away decisively.

A decade later, early in his journey of faith, he recognized the parallel: “We must avoid sink and find lift. 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!” The scriptures are full of it: Jesus lifted Peter from sinking in the waves

(Matthew 14:30–31), lifted Jairus's daughter from death (Mark 5:41–42), and took the boy who was as one dead by the hand and lifted him up (Mark 9:26–27). "Our Saviour constantly sought out the most desperate souls sinking into darkness and dread and lifted them up. And He wants to lift you!"

Through the grace of Jesus Christ we can avoid spiritual sink and find spiritual lift. It can't be seen, but as we learn to discern and act on the Holy Spirit's impressions, we feel it as surely as a wing lifting. He asked us to remember moments of undeniable spiritual lift (where were you, how did it feel?) and moments of spiritual sink, from which we likewise turn away decisively.

Then an uncomfortable fact: in gliding, if you're not actively climbing in lift, you are descending. The descent can be so gradual you don't notice unless you watch your altitude. "How easy it is to slowly slip from spiritual heights we have worked so hard to climb when we neglect the practices and behaviours that brought us there." We rarely intend to sink, but we may not recognize the quiet cost of neglecting vital communion with our Father, Savior, and Holy Spirit.

First experiences of spiritual lift are wondrous, a soul-expanding lightness of being. Ammon, praising God for freeing his brethren from everlasting darkness into everlasting light, captures the move from the ultimate sink to the ultimate lift. Ammon exclaimed, "Behold, who can glory too much in the Lord?" and confessed, I cannot say the smallest part of which I feel (Alma 26:14–16). "The language of the Spirit of God is not a language of words," but lift and sink are real. Pay attention to the sweet, peaceful feelings of the Savior's upward pull, and to the dim and dampening feelings that lead away. As children of the covenant, helping others "Helping others turn from sink and into the lift of Jesus Christ is our glorious opportunity and brings joy beyond compare."

What does living in lift look like? "Find a faithful guide and learn from them where lift is found. Actively tune in to the sweet feelings of the Holy Spirit and the things in your life that lead you there." Then: "Join those who are climbing. Do what they do. Watch closely for the subtle signs of sink in your own life, and turn away decisively. And when you find lift yourself, show someone else where and how to rise! Then soar in the joy of the Lord!" The Savior promised, "If ye do these things blessed are ye, for ye shall be lifted up at the last day" (3 Nephi 27:22). "None of this is complicated; we simply need to keep turning toward the Saviour, into the source of lift, and keep choosing to rise into the light rather than drift imperceptibly into the shadow."

He closed by testifying that the Father sent His Son to be lifted up, that thereby he might draw all of us into his loving embrace. Your Savior 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.

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/2026/10/27/kearon](https://www.churchofjesuschrist.org/study/general-conference/2026/10/27/kearon)



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, a General Authority Seventy, began with one of the Savior’s myriad nearly incomprehensible blessings: his promise to simply carry our burdens. But what does that look like in practical terms and especially when we’re weighed down and seemingly without hope? He came to understand it better in 1998, when in a very weak moment, my running partner Ted somehow talked me into entering a 100mile ultramarathon race. He was not only out of my league, but possibly out of my mind. He’d run marathons, but not four of them back to back.

Everything seemed impossible except one thing: Ted believed he could do it. That mattered, because Ted had completed the race many times and knew every twist of the trail. He promised that if Elder Dunn put in the training, he would run with him through the second half, when fatigue, blisters, and especially self-doubt would become my worst enemies.

Race day began before dawn, and he quickly realized it was much bigger than me. Somehow he kept moving through the withering afternoon heat, one slogging, suffering step at a time. With more than half the race left and daylight and my hopes fading, Ted showed up. With Ted’s patience and persistence, and Elder Dunn’s unceasing silent prayers, they trudged to mile 90 as morning dawned.

With just 10 miles left, he was completely sapped, running on empty. Collapsing in the shade of a tree, he said quietly but firmly, “I give up.” What followed, he joked, was the world’s first ever TED Talk. Ted gently reminded him of months of preparation and early-morning runs, then knelt, looked him in the eye, and said, “I know you can do this, Mike, and I’m going to get you there.” The simple words sparked something. He got up, walked, hobbled, and eventually found a pretty solid shuffle, and together they conquered the last 10 miles. “The impossible now looked possible.” A hundred yards from the finish, Ted grabbed his hand (“Congrats, man,” he said. “You did it!”) and peeled away. When Elder Dunn begged him to finish together, Ted smiled: “This is your race to finish.”

A week later a photograph arrived capturing the moment they parted, and it revealed a startling secret. Ted wasn't only carrying his own water. He was carrying two of Elder Dunn's bottles and his pack, which he dutifully toted every step of those last 10 grueling miles. At the side of the trail, when Elder Dunn was in deep despair, Ted quietly lightened my load, strapping my hydration pack to his own waist. And without fanfare or fuss, he simply shouldered my heaviest burden.

Marveling, his thoughts turned to an infinitely more amazing loadbearing friend, our Savior Jesus Christ, who, Isaiah assured, has borne our griefs and carried our sorrows (Isaiah 53:4). He had assumed that meant our trails would become easier. But he has learned that the Savior simultaneously lifts and uplifts, sometimes unseen, multiplying and magnifying even our most minuscule efforts. "In other words, the Redeemer rescues not by shortening our course but by helping us lengthen our stride. Anytime we turn to Christ, we turn a corner." Because God knows our needs before we ask (Matthew 6:8), blessings may come the moment we pray. His grace, a divine means of help or strength, can free us from freight we would otherwise carry, and even when we don't perceive Him, he enlists the Teds both of this world and sometimes even the Teds beyond, with His promise of angels round about to bear us up (D&C 84:88).

We can trust Jesus for the same reason Elder Dunn trusted Ted: he marked the path and led the way. There is no part of our journey He has not walked. "He not only knows the road; He knows you and what you, as noble offspring of the divine, are capable of." To those nearing their mile 90, he promised that as you spend even your last drop of energy to ask, his helping hand will ultimately give you that much needed leg up. "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." He quoted President Uchtdorf: "Often the deep valleys of our present will be understood only by looking back on them from the mountains of our future experience." Don't confuse the perceived invisibility of the Lord's hand with the inveterate nature of the Lord's heart. Peace will come even when hopeful outcomes do not.

Years later, looking at that photo and thinking of the metaphorical last 10 miles he still faces, he is reminded that the God who makes the impossible possible can part seas and move mountains. Other times, he simply sends us a Ted. Most often, He tops off our courage, capacity, and confidence by empowering us to lay aside every weight so we can run with patience the race that is set before us (Hebrews 12:1).

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, a General Authority Seventy, opened with a friend who received a call from his wife: their young married son had unexpectedly passed away. One thought came to him: “I can’t fix this,” the same thought, Elder Eyring noted, that Sister Runia had shared that morning. We are trained from a young age to solve problems, to be independent, to have perseverance and resilience. 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.

He and his wife once had dinner with a young couple who had recently lost one of their twins right before birth, in their first pregnancy. Years earlier, the Eyrings had experienced the same thing when one of their twins died before delivery. Sharing empathy gained through our own experience, they were grateful “to mourn with those that mourn ... and comfort those that stand in need of comfort” (Mosiah 18:9), and they spoke together of parenthood, loss, and the path to healing and hope.

“Our mortal journey is designed to try our faith,” and trials differ by circumstance and even by where we live. He named many: worrying about enough food each day; limitations of physical or emotional health, our own or a loved one’s; mourning “We mourn when those close to us stray from the gospel path”; being hurt by someone we love, or hurt by the pain we have caused someone we love; feeling misunderstood; a bad habit we’ve tried repeatedly to overcome without success. Whatever the burden, “It is important to not allow our challenges to negatively impact our faith.”

The Savior suffered for us and “He knows exactly how we feel, especially in our darkest and most trying times.” As we humbly cast our burdens on Him, we have His promise: “Draw near unto me and I will draw near unto you” (D&C 88:63). He will provide comfort and answers on his timetable, sometimes as tools, resources, and help from others. He promised, “And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever” (John 14:16). Prophets have

repeatedly warned that we will not survive spiritually without the constant influence of the Holy Ghost, partly because in a turbulent world true sources of comfort will become scarcer. “Without divine comfort, we risk losing hope; and without hope, we can lose our faith and stop trying.”

“There is hope in Jesus Christ.” He quoted President Dallin H. Oaks: “I wonder if we fully appreciate the enormous significance of this belief in a literal, universal resurrection. The conviction that death is not the conclusion of our identity changes the whole perspective of our mortal life.” It shapes how we view physical challenges, gives strength to endure, “It signifies that mortal deficiencies are only temporary!” and gives courage to face death, even deaths we might call premature.

Elder Eyring asked, “Do we truly appreciate all the Lord has done for us?” He spares us from the only two things that can bring permanent separation: from our bodies, and from God because of sin. “Even as He comforts us through temporary times of challenge and pain, He has prepared our rescue from permanent tragedy.” 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” (2 Nephi 9:10). One day we will more fully realize how generous the Lord has been, appreciate the depth of the Savior’s sacrifice, and see that the Father and Son are truly givers of good gifts. “Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.” “We will realize that all the suffering that brought us closer to the Savior was preparing us for greater blessings.”

He returned to the young couple. In the hospital, the mother had received a priesthood blessing, but the father had not. After dinner, Elder Eyring gave the grieving father a blessing, and through the whisperings of the Spirit, he was promised peace which passeth all understanding (Philippians 4:7). As the couple left, their countenances shone with the light of the one in whom we must all put our complete trust.

“The Savior’s peace is made manifest through the comforting power of the Holy Ghost,” and that comfort helps when we can’t fix things on our own. His conclusion: “Living worthy of the constant companionship of the Holy Ghost should be one of our highest priorities.” He bore witness of Jesus Christ and His promise: “I will not leave you comfortless: I will come to you” (John 14:18).

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 Apostles addressed everyone whose heart aches for loved ones who’ve turned away from the Lord, stepped away from obedience to God’s laws, breached their covenants, and left behind a string of broken hearts, becoming “tossed to and fro” (Ephesians 4:14). Like Paul, we may feel “pressed out of measure,” burdened beyond our strength (2 Corinthians 1:8). A show of hands, he said, would bring hands up across the hall and the world. He and Sister Rasband know the feeling: in grief we continuously ponder the whys, hows and whatifs. We feel we have failed.

He described familiar, well-meant tactics with a touch of humor: “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. If anything, these efforts can cause a greater rift.” The reason is doctrinal: “By divine design, brothers and sisters, everyone must choose for themselves to follow Jesus Christ.”

In Lehi’s dream, numberless concourses pressed toward the tree of life, the love of God, but a mist of darkness arose and some wandered off into the growing skyline of great and spacious buildings (1 Nephi 8). The adversary’s deceit leads to confusion and misery, and “He can promise no life eternal, no life with God the Father, and no peace. Not now. Not ever!”

How do we respond while the adversary works overtime? The answer is in the Old Testament: “Be not afraid nor dismayed ... ; for the battle is not yours, but God’s” (2 Chronicles 20:15). “Listen carefully. I ask you to turn over to Jesus Christ your despair for those wayward souls. We cannot change their hearts, but He can; He is a God of miracles.” We love them profoundly, but they are foremost children of our father in heaven who knows and loves them even more than we do. The Father gave His Son power to heal all His children: “That is the good news of the gospel. By the power of Jesus Christ’s Atonement, there is always a way back!” He paid for their sins and bore the disappointments that wrack their souls and ours. “In the vernacular, Jesus Christ says to all who grieve, ‘I’ve got this!’”

Our part is love. “Jesus Christ is the perfect embodiment of love,” and “Love can positively influence those who have strayed.” He cited the two great commandments (Matthew 22:37–39) and the Primary song “Love One Another.” Then he defined love carefully: “Love is not stepping back or sanctioning others’ decisions and actions. Love is being interested in their lives, their successes, and their challenges. Love is being there with arms outstretched and a cheerful countenance.” Love lifts with faith and hope and relies on the calming influence of the Holy Ghost. “Trust in the Lord with all thine heart; and lean not unto thine own understanding ... , and he [will] direct thy paths.” (Proverbs 3:5–6); the path is marked by love. President Dallin H. Oaks counseled, “Let us avoid what is harsh and hateful. Let us seek to be holy, like our Savior,” and holiness comes when we are charitable, patient, forgiving, and kind.

“Love is expressed in prayer.” Alma the Younger, talented and smoothtalking, rebelled against God until an angel declared that the Lord had heard the prayers of His people and also the prayers of Alma’s father, who had prayed with much faith for his son (Mosiah 27:14). His father had prayed for weeks, months, years, maybe decades. During three days and nights of torment, young Alma remembered his father’s teachings of Jesus Christ and cried in his heart, “O Jesus, thou Son of God, have mercy on me” (Alma 36:18). He was filled with joy and became a mighty prophet.

The Savior invites, “Take my yoke upon you, and learn of me,” our Savior says, “and ye shall find rest unto your souls” (Matthew 11:29). Jesus Christ pulls much more than his weight. His Atonement, brutal as it was for him, witnesses His love: “Greater love hath no man than this, that a man lay down his life for his friends” (John 15:13). He has already paid for the errant choices of those we pray for. “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 was yet a great way off, his father saw him and had compassion and ran to him (Luke 15:20). “What brought him back? It was love. He knew where to find it.”

He closed with three suggestions for finding rest. “First, let go of any guilt. We fail only when we give up and stop trying, so never, never give up on those you love,” remembering Alma praying for his son. Second, President Thomas S. Monson’s counsel: “Never let a problem to be solved become more important than a person to be loved.” “Third, remember Jesus Christ is the answer. He is, always has been, and always will be.” Seek Him through scripture and the words of prophets and devoted leaders, and pray mightily. His apostolic promise, echoing Helaman 5:12: when the devil sends forth his mighty winds, 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.

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/2026/10/210rasband](https://www.churchofjesuschrist.org/study/general-conference/2026/10/210rasband)