



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY MORNING SESSION

“Fear Not, I Am with Thee”

President Henry B. Eyring · First Counselor in the First Presidency

Words to remember

- *“The Savior not only understands and has felt grief, but He has ‘borne [your] griefs, and carried [your] sorrows.’ He knows you perfectly. He knows your heart.”*
- *“But what is being tested is the same, at all times in our lives and for every person: Will we do whatsoever the Lord our God will command us?”*

In President Henry B. Eyring’s own words, from the talk.

President Henry B. Eyring of the First Presidency spoke right after the choir sang “How Firm a Foundation.” He said the hymn speaks of promises that will become more and more precious in the time ahead. “My message today is that the promises in that hymn are true,” he said. Its words come from Isaiah 41 and have become a comforting guide for him.

He read the promises again: “In ev’ry condition—in sickness, in health, / In poverty’s vale or abounding in wealth, / At home or abroad, on the land or the sea— / As thy days may demand, ... so thy succor shall be. / Fear not, I am with thee; oh, be not dismayed, / For I am thy God and will still give thee aid. / I’ll strengthen thee, help thee, and cause thee to stand.” He pointed out that the promise isn’t that trials will be removed.

His mother taught him that when he was little. He asked, “Mother, why is life so hard?” She smiled and said firmly, “Hal, of course it’s hard. It’s supposed to be. Life is a test.” Years later he realized that she was passing through her own tests. Since girlhood she had diseases that caused lifelong health problems. But because she knew the words “Fear Not, I Am with Thee” were true, the Lord’s promise was fulfilled for her.

Why does a loving God allow life to be so hard? President Eyring said it is because we must grow spiritually to live in His presence. So Heavenly Father gave us a Savior and agency to choose to keep His commandments, repent, and come unto Him. The Savior has borne your griefs and carried your sorrows. He knows you perfectly. Our trials are all different, but the test is the same: will we do whatever the Lord commands?

At the end of her life, his mother was bedridden. The only picture on her wall was of the Savior, hung where she could see it. His father put a cot next to her hospital bed to help her at night. After she died, he walked the hospital floor to thank and shake hands with every nurse who had helped her.

President Eyring said this shows that the Lord sends faithful disciples to help him keep his promise. He quoted President Spencer W. Kimball: “God does notice us, and he watches over us. But it is usually through another person that he meets our needs.”

The rest of his talk thanked those who help. Many pray to know whom to help, and when a face or name comes to mind, they reach out. Even simple attention shows people the Lord knows and loves them. Many encourage discouraged missionaries. Even a warm smile can strengthen their faith. Many pray for Church leaders and show appreciation, becoming part of the Lord’s answer to those leaders’ prayers.

He quoted Alma: if we want to be called God’s people, we must be willing to bear one another’s burdens, that they may be light, willing to mourn with those that mourn, and comfort those who need comfort. The Lord gives us the great blessing and trust of helping Him keep His promise. That is why we take courage whenever we hear, “Fear Not, I Am with Thee”

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/2026/10/41eyring](https://www.churchofjesuschrist.org/study/general-conference/2026/10/41eyring)



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY MORNING SESSION

A Child of God

President Rosemary K. Chibota · Primary General President

Words to remember

- *“Our identity is not something we achieve; it is something we inherit as beloved sons and daughters of God.”*
- *“I plead with you as disciples of Jesus Christ to pray to see others as He sees them and to treat them accordingly.”*

In President Rosemary K. Chibota's own words, from the talk.

President Rosemary K. Chibota, Primary General President, grew up learning that greetings in her culture communicate love, concern, respect, and belonging. Her daughter recently reminded her of the Southern African greeting Sawubona, which means “I see you.” It’s more than hello. It says, “I recognize you. I respect you.” You matter.

Jesus perfectly showed this. He saw the woman at the well, the leper, the blind man, and the child. “Where others saw labels, He saw beloved sons and daughters of God.” Even of the rich young man who walked away sorrowing, the scriptures say, “[And] Jesus beholding him loved him.” At the pool of Bethesda, Jesus saw a man who had suffered for 38 years. Others had walked past him for years, but the Savior saw him, ministered to him, and healed him. The good Samaritan also chose to see a child of God in need and act.

“Often, helping others feel seen as children of God begins with something as simple as learning their name.” At her daughter’s final parent-teacher conference, a school janitor approached President Chibota and her husband with tears in his eyes. Their daughter regularly greeted him, knew his name, and helped him clean up. “Very few students know my name,” he said. “Your daughter sees me.”

She pleaded with us to pray to see others as he sees them and to treat them accordingly. As the Primary song says, “Jesus said love ev’ryone; treat them kindly too.” She quoted President Spencer W. Kimball: “God does notice us, and ... it is usually through another person that he meets our needs.” The Savior sees not only who we are but who we can become.

Seeing others as children of God changes how we see ourselves too. The world pushes us to focus on labels instead of eternal identity, but labels can never fully capture who we are. “Our identity is not something we achieve; it is something we inherit as beloved sons and daughters of God.”

She admitted she has sometimes viewed herself through labels. When President Dallin H. Oaks extended her calling, he told her, “You’ve been called for who you are.” She was reminded that God’s view of us is always more complete and more hopeful than our own. Jesus Christ can raise you above whatever labels weigh on you. Before we were students, athletes, or leaders, we were spirit children of Heavenly Father, and that doesn’t change when we make mistakes or are misunderstood.

As we seek the Savior’s view, He guides us to people who need to be seen. Years ago she prayed to know how to help a coworker who seemed isolated. As she followed simple promptings to include him, they became friends.

Her invitation: this week, learn the name of someone who may feel unseen, pray to see others as Heavenly Father sees them, and replace worldly labels with eternal truths: “Child of God. Child of the covenant. Disciple of Jesus Christ.” She closed with a final Sawubona: “I see you. More important, your Heavenly Father sees you. Your Savior, Jesus Christ, sees you.”

Scripture to look up: Mark 10:21. “[And] Jesus beholding him loved him.” The Savior saw each person’s worth, and we can learn to see others that way.

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/2026/10/42chibota](https://www.churchofjesuschrist.org/study/general-conference/2026/10/42chibota)



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY MORNING SESSION

Courage Born of Our Faith in Jesus Christ

Elder Neil L. Andersen · Quorum of the Twelve Apostles

Words to remember

- *“Spiritual courage is the triumph over obstacles, doubt, and fear in choosing the right.”*
- *“As we choose faith in Christ, He blesses us with the courage, sometimes in very difficult situations, to choose the right, and as we manifest our courage to choose the right, our faith in Christ strengthens.”*

In Elder Neil L. Andersen’s own words, from the talk.

Elder Neil L. Andersen of the Quorum of the Twelve welcomed President Rosemary K. Chibota as a new general leader. At 17, Rosemary found a Joseph Smith pamphlet missionaries had left at her home in Zimbabwe. She read it and immediately received a spiritual witness that Joseph had seen God the Father and His Son. She was baptized and became an example to her parents, who joined the Church 19 years later. Her story, he said, shows courage born of faith in Jesus Christ.

Jesus Christ is the divine Son of God. He came to earth in humble circumstances, lived a perfect life, and suffered for our sins so we can repent and be forgiven. He died and rose the third day, and because He rose, we too will be resurrected. Being His true disciple is not a casual pursuit. Elder Andersen defined spiritual courage as the triumph over obstacles, doubt and fear in choosing the right.

Moroni wrote, “My father [and all my family have] been slain in battle, ... and I have not friends nor whither to go.” Even as enemies killed everyone who would not deny Christ, he declared, “And I, Moroni, will not deny the Christ.” Our world is different, but discipleship still requires courage. Paul said we wrestle against the rulers of the darkness of this world. Today our phones seem almost attached to our hand, bringing floods of information.

Elder Andersen grew up on a small dairy farm. Nearly every summer morning after milking, he saddled his horse and guided the cows to a high meadow, with no cell phone, no earbuds, no music, no texting all day long, just me and the cows alone with my thoughts. Times have changed, but our spirits haven’t. “We need stillness to nourish our faith in Christ.”

Faith and courage strengthen each other. Faith gives us the desire to kneel alone and pray, and in those quiet moments we receive courage to choose the right. President David O. McKay said, “The greatest battle of life is fought within the silent chambers of your own soul.” Each week at the

sacrament, we promise to take Christ's name and keep His commandments, and keeping those covenants takes courage.

Faith gives courage to accept callings even when we feel inadequate. As a busy young lawyer, Dallin H. Oaks was called to serve in a stake mission presidency three or four evenings a week. He said, "Gathering all my faith, I accepted the call," and called it a very important decision.

Faith gives courage to minister, keep the commandments, and trust God when illness or disaster upends life. A month earlier, Elder Andersen went with President Uchtdorf to Spokane, Washington, where fires destroyed many homes. "Our family is safe," a couple there told him. "and our faith is secure. We can build another house." Faith also gives youth courage to attend early-morning seminary and serve missions, and gives a young mother courage to bring small children to church, even when some Sundays are more a wrestle of survival than a spiritual renewal.

A woman who had been devastated by her husband's betrayal bore testimony that whether in happiness or grief she would trust in the rock of her salvation. With Paul we can be troubled on every side, yet not distressed. Elder Andersen promised that as we strengthen our faith, your answers will come, your spiritual power will increase.

After the resurrected Savior said, "Behold my hands and my feet," and "[Handle] me and see," Peter and John later healed a man who couldn't walk. Questioned by rulers, they boldly declared he was healed by the name of Jesus Christ of Nazareth, whom God raised from the dead. Elder Andersen added his witness: "He lives."

Scripture to look up: Moroni 1:3. Moroni, alone and in danger, declared he would not deny the Christ: courage born of faith in 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?

Kid-friendly summary in our own words · Read or watch the full talk: [churchofjesuschrist.org/study/general-conference/2026/10/43andersen](https://www.churchofjesuschrist.org/study/general-conference/2026/10/43andersen)



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY MORNING SESSION

Take Upon Us His Name

Elder James G. O. Fantone · General Authority Seventy

Words to remember

- *“Taking upon us His name requires a lifelong determination to serve Him.”*
- *“I testify that He lives, that this is His restored Church, and that as we lose our lives in His service, we will find Him and we will find ourselves.”*

In Elder James G. O. Fantone's own words, from the talk.

After Elder James G. O. Fantone and his wife finished serving as mission leaders in the Philippines, their youngest daughter asked to complete 11th grade through a homeschool program. Elder Fantone went to the school office to submit papers. The registrar pointed to a line and asked him to write his daughter's name and sign. His mind was elsewhere, and he confidently wrote his own name, “James [Fantone],” and signed. A few seconds later he realized his mistake. “no big deal,” he thought. His daughter's name is Amanda Fantone, so he just added “Amanda” in front of his name.

Later, in a quiet moment, a question came to him: “The question: What's in a name?” And a scripture from King Benjamin: “There shall be no other name given nor any other way nor means whereby salvation can come unto the children of men, only in and through the name of Christ, the Lord Omnipotent.”

He saw a contrast. The Savior's invitation isn't just to add His name to ours like a badge of religious affiliation. The Savior warned that some “[Some] draw near to me with their lips, but their hearts are far from me” He invites us to take upon us His name, to become more like Him by keeping covenants. The resurrected Lord asked, “Have they not read the scriptures, which say ye must take upon you the name of Christ, which is my name?”

How do we do that? Moroni recorded that people were baptized only if they took upon them the name of Christ, having a determination to serve him to the end. And King Benjamin gave the divine key: “When ye are in the service of your fellow beings ye are only in the service of your God”

Elder Fantone grew up in a modest three-bedroom bungalow: one room for him and his brother, one for his two older sisters, and one for his parents. His mother, a public school teacher, learned that a recent graduate couldn't continue his studies because his family couldn't afford housing near the school. His parents gave him the boys' room. Another time, the Relief Society president spoke of a vulnerable family whose children needed a safe place, and his parents opened the girls' room to some

of those children. Elder Fantone said that if Joseph had knocked on their door in Bethlehem looking for a place for Mary, his parents would have gladly given up their own room.

President Marion G. Romney taught, “Service is not something we endure on this earth so we can earn the right to live in the celestial kingdom. Service is the very fiber of which an exalted life in the celestial kingdom is made”

As a mission president, Elder Fantone often had new missionaries sit in his office in tears: “President, I am so sad, lonely, and homesick. The days feel so long and time is so slow; I don’t even know if I can last for three more months.” Yet they knelt, put on their name tags, and served anyway. A year later the same missionaries said, “President, I am so happy! I love the people, and I love this work. But time is moving too fast—I don’t want this to end!” Did time change? “Time did not change—the missionaries did. The work did not change—the workers did.” When we take Christ’s name by losing ourselves in serving others, we experience a mighty change of heart.

King Benjamin asked, “For how knoweth a man the master whom he has not served, and who is a stranger unto him, and is far from the thoughts and intents of his heart?” Elder Fantone testified that as we lose our lives in His service, we will find him and we will find ourselves.

Scripture to look up: 3 Nephi 27:5. The Savior taught that we must take upon us the name of Christ, by covenant and a lifelong determination to serve.

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/2026/10/44fantone](https://www.churchofjesuschrist.org/study/general-conference/2026/10/44fantone)



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY MORNING SESSION

Come unto Christ

Elder Edward Dube · Presidency of the Seventy

Words to remember

- *“We do not need to perfect ourselves to come to Christ. We come to Christ to be perfected.”*
- *“As you lose yourself in helping him or her come unto Christ, you will find solutions to your current problems.”*

In Elder Edward Dube’s own words, from the talk.

Elder Edward Dube of the Presidency of the Seventy said that 39 years ago, President Dallin H. Oaks taught him about the character of Jesus Christ in a way he’ll never forget. In 1987, Elder Dube was a young missionary who had been in the Church only two years. On the mission office gate hung a sign: “Trespassers will be prosecuted.” Elder Oaks asked that it be removed to avoid any impression of exclusion. We invite all to come unto Christ. In that moment Elder Dube gained the desire to love others as the Savior does.

He testified that Jesus suffered for him in Gethsemane, where “his sweat was as it were great drops of blood,” and gave His life for us. President Oaks taught that Jesus did all this because he loves all of the children of God.

Elder Dube pointed to Moroni’s invitation: “Yea, come unto Christ, and be perfected in him, ... deny yourselves of all ungodliness.” He noted three truths. One, come. “It’s an action.” We choose to move from where we are to a better place. Two, deny yourselves. Let go of things holding us back. Three, be perfected in Him. Come as we are with a willing heart, and He will give us a new heart. “We do not need to perfect ourselves to come to Christ. We come to Christ to be perfected.” President Russell M. Nelson taught, “Perfection is pending.”

Last June, on the way to the airport, a stake president in North Carolina asked, “Can we make one more ministering visit?” Elder Dube thought, “I have a flight to catch,” but the president explained that Brother Randall was a good man trying very hard to stop smoking. Elder Dube, who had never smoked, was praying and panicking at the same time. “Heavenly Father,” he pleaded, “please put words in my mouth.”

At the home, after greetings, he asked, “Brother Child, how much do you love your wife, Laurin?” Randall answered, “With all my heart.” “Would you give up anything for her?” Then, heart pounding,

Elder Dube invited them to find a quiet room and choose a date to be sealed in the temple. A few minutes later they came back with an answer: August 5th. Two months later, they were sealed.

Laurin later told him she had stayed awake all night, crying and pleading with the Lord as she watched Randall struggle, wanting to be perfect. In the early morning the answer came: “Randall doesn’t need to be perfect. He needs to do the very best he can.” Randall said that when he heard Laurin praying for him, he knew she was an answer to his prayers. Elder Dube said Randall didn’t perfect himself to come to Christ. He came with trust and a willing heart, and the Savior’s grace helped him let go of what held him back.

That, he said, is why President Oaks had the sign taken down. “The adversary wants to hang that sign on the gate of our heart,” using pain, grief, guilt, or whatever is holding us back, telling us we are unworthy to come. But Moroni taught it, Laurin had it, Randall lived it, “You too can live it.”

A former missionary told Elder Dube that his testimony felt less certain. Elder Dube said, “To him, and to all who feel that same ache, I invite you, please come unto Christ and embrace His promise, ‘that [His] joy might remain in you, and that your joy might be full.’” He invited each of us to find one person and invite them to come unto Christ, perhaps by meeting the missionaries. The Savior promised, “For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it.”

Scripture to look up: Moroni 10:32. Moroni’s invitation, come unto Christ, and be perfected in him, is open to each of us, just as we are.

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/2026/10/45dube](https://www.churchofjesuschrist.org/study/general-conference/2026/10/45dube)



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY MORNING SESSION

Integrity and Virtue Lead to Happiness

Elder Quentin L. Cook · Quorum of the Twelve Apostles

Words to remember

- *“The covenant path that will return us to our beloved Father in Heaven and His Son, Jesus Christ, is not obscure; it is well marked.”*
- *“The ultimate reward of integrity and virtue is the constant companionship of the Holy Ghost.”*

In Elder Quentin L. Cook's own words, from the talk.

Elder Quentin L. Cook of the Quorum of the Twelve taught that lifelong disciples of Jesus Christ best reflect the Savior when they joyfully live lives of integrity and virtue. “The covenant path that will return us to our beloved Father in Heaven and His Son, Jesus Christ, is not obscure; it is well marked.” A virtuous, Christlike life has never been more important.

He and his wife, Mary, recently met with missionaries in the Scotland Ireland Mission. On the grounds of one building is a replica of a message that influenced President David O. McKay as a young missionary in Scotland. He passed a building with this inscription carved above the doorway: “Whate’er thou art, act well thy part.” It inspired him for the rest of his life to do his very best in every responsibility. Elder Cook said President McKay was the prophet when he was young and has often referred to that message.

The Lord said of one servant in Nauvoo, “He may be trusted because of the integrity of his heart.” Preach My Gospel teaches that integrity includes being honest with God, ourselves, our leaders, and others. President Spencer W. Kimball taught that integrity, the willingness to live by our beliefs, is a foundation stone of good character.

In the Father’s plan, integrity, virtue, and happiness are linked. Virtue includes a strong moral compass, cleanliness, modesty, goodness, holiness, and reverence for the sacred. Elder Cook said that as the United States celebrates the 250th anniversary of the Declaration of Independence, some scholars note that the founders understood the pursuit of happiness as living a virtuous life. In Liberty Jail Joseph Smith was told, “Let virtue garnish thy thoughts unceasingly.” President McKay taught that happiness is the purpose of our existence: “‘Men are that they might have joy’ [see 2 Nephi 2:25].”

In contrast, much of what we see in society and social media is coarse and crude and destroys civil discussion. “Any use of the internet to bully, destroy a reputation, or place a person in a bad light is

reprehensible” wrong, Elder Cook said, and if Latter-day Saints do it, it can hurt others who don’t know the Savior. We can’t control others, but we can be peacemakers, as President Russell M. Nelson and President Dallin H. Oaks have taught. Daily scripture study and spiritual renewal bless us.

Jesus said He had not come to condemn the world, but to save the world. He asked, “And why call ye me, Lord, Lord, and do not the things which I say?” Paul taught, “If there be any virtue, and if there be any praise, think on these things.” The ultimate reward of integrity and virtue is the constant companionship of the Holy Ghost. Part of integrity is admitting our faults and repenting every day.

As a young missionary in the British Mission, Elder Cook taught a man who had served on a battleship during World War II. When taught about repentance, he was overcome. He said it felt like when he got off the battleship back in England and felt the earth of his island home under his feet. He fell to his knees in gratitude. Before baptism he prayed that he could give others the same joy, “Especially my family.”

Elder Cook said, “Integrity, virtue, and ongoing repentance are the answer in a world where coarse language and serious challenges are so prevalent.”

Scripture to look up: Doctrine and Covenants 121:45. The Lord asks us to let virtue fill our thoughts all the time. Integrity and virtue lead to lasting happiness.

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/2026/10/46cook](https://www.churchofjesuschrist.org/study/general-conference/2026/10/46cook)



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY MORNING SESSION

Using the Language of Peacemakers

Elder Alfred Kyungu · General Authority Seventy

Words to remember

- *“As the converted Lamanites ‘buried the weapons of war, for peace,’ we too can bury the language of contention for peace.”*
- *“This peace is real. It is powerful, and it begins with us—with our hearts, our choices, and our words.”*

In Elder Alfred Kyungu’s own words, from the talk.

Elder Alfred Kyungu, a General Authority Seventy, began by quoting President Dallin H. Oaks at the April 2026 conference: Let us follow him by forgoing contention and by using the language and method of peacemakers in our families and other personal relationships. Let us avoid what is harsh and hateful. President Oaks also invited everyone to study the conference messages and act in faith on them.

Elder Kyungu said this invitation comes from the living prophet. It is not a simple suggestion. It is a call to discipleship as we follow Jesus Christ. He treated it as a spiritual exercise: identify the words we need to give up and replace them with words that bring peace.

The Lord has always warned against contention. Proverbs lists things the Lord hates, including a lying tongue and he that soweth discord among brethren. Jesus taught that every idle word that men shall speak, they shall give account thereof in the day of judgment. Paul wrote, “Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.” He also counseled the Saints to let their speech be always with grace.

Elder Kyungu said most of us have been hurt by humiliating or discouraging words from family, coworkers, friends, or even Church members. He listed words to give up: “You are useless.” “You are stupid.” “You never do anything right.” “What is wrong with you?” “This is all your fault.” “You always mess things up.” “You never listen.” “You caused this problem.” “Leave me alone.” “I do not care.” Such words weaken love, diminish respect, and damage relationships.

Instead, we can choose words that build understanding and peace: Please, thank you. I appreciate that. I respect your view. This is a good point. Let us slow down and talk. We can work this out. It is okay. Let us stay calm. We don’t have to rush. I care about you. I’m here for you. You are not alone.

How are you feeling? That matters to me. I'm sorry. Please forgive me. I forgive you. Let us start again. I don't want this to divide us.

Just as the converted Lamanites buried their weapons of war, we too can bury the language of contention for peace. President Thomas S. Monson taught us to leave unsaid the harsh things we're tempted to say. A hymn teaches, "I must speak the loving word, ere the sun goes down." And "out of the abundance of the heart the mouth speaketh," so we should fill our hearts with the doctrine of Christ, which can change how we talk.

He said this peace starts on the inside. As we follow Jesus Christ, we not only feel His peace but, as Elder Ulisses Soares said, "We can become instruments of His peace in the world." Even when we have different opinions, Elder Kyungu said, "Let us speak with 'warm respect when we speak with each other.' Let us qualify for His blessings by using the language ... of peacemakers." He testified that Jesus Christ is the Prince of Peace and that President Oaks is the prophet inviting us to talk as peacemakers.

Elder Kyungu invited us to repent of harsh words that have offended others, pray for peaceful communication even when we disagree, and use language that uplifts, edifies, comforts and brings people together. The Savior promised, "Peace I leave with you, my peace I give unto you." Elder Kyungu said, "This peace is real. It is powerful, and it begins with us—with our hearts, our choices, and our words."

Scripture to look up: Ephesians 4:29. Let no corrupt communication come out of our mouths, only words that build others up, the language of peacemakers.

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/2026/10/47kyungu](https://www.churchofjesuschrist.org/study/general-conference/2026/10/47kyungu)



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY MORNING SESSION

Consider Your Ways, and from This Day Will the Lord Bless You

Elder **Ciro Schmeil** · General Authority Seventy

Words to remember

- *“It is through covenants that we become yoked with the Savior Jesus Christ and our burdens become lighter.”*
- *“In the sacrament prayer we have a good reminder that we do not need to be perfect to partake of the sacrament.”*

In Elder **Ciro Schmeil**’s own words, from the talk.

Elder **Ciro Schmeil** taught that God is our Father in Heaven and prepared a plan for us to return to Him, the plan of salvation or “the great plan of happiness” This life is the time to prepare to meet God, and God didn’t leave us alone. As President **Dallin H. Oaks** has taught, God gave us “divine helps for mortality” Elder **Schmeil** focused on two: the Savior Jesus Christ and our covenants.

Jesus knows us individually and will help us if we seek Him. He promised, “And if men come unto me I will show unto them their weakness. ... For if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them” Humility means having a broken heart, being open to God’s will. Faith in Christ means trusting Him even when we don’t have all the answers. President **Oaks** said, “By far, God’s strongest mortal help was His provision of a Savior, Jesus Christ, who would suffer to pay the price and provide forgiveness for repented sins.”

We show faith in Christ by making and keeping covenants. A covenant is a sacred promise between God and His children: God sets the conditions, we agree to obey, and He promises to bless us. Covenants bind us to Jesus because He is central to every one. He invites, Take my yoke upon you and learn of me and ye shall find rest unto your souls. For my yoke is easy and my burden is light. Through covenants we are yoked with Him, and our burdens become lighter.

Baptism is our first covenant, and each week at the sacrament we renew our promises and covenant to always remember the Savior. Elder **Schmeil** said the sacrament prayer reminds us that we do not need to be perfect to partake of the sacrament. We need to be willing to take His name, remember Him, and keep His commandments. In return, we can always have His Spirit. He shared a warning from a Church leader: a time will come when we hesitate to go to church and take the sacrament. But

if we go anyway, with a broken heart, blessings will keep us established on the firm foundation that is Jesus Christ.

The sacrament also prepares us for temple covenants. In the Old Testament, the Lord commanded the Israelites to rebuild the temple, but they didn't make it a priority. The Lord said through the prophet Haggai, "Consider your ways." He told them they had sown much and brought in little, earning wages only to put them into a bag with holes, because of His house that is waste while every man ran to his own house. They were doing much but accomplishing little because God's house wasn't a priority. When they considered their ways, repented, and began to rebuild, the Lord said, "From this day will I bless you"

Elder Schmeil said Heavenly Father isn't asking us to physically build a temple, but to build a strong relationship with Him and Jesus Christ through covenants. As we consider our ways and adjust, He will magnify our efforts. "God knows what is best for us and is eager to bless us."

He testified that God keeps His promises. He has given Elder Schmeil spiritual and physical strength when he needed it most. The sacrament is a weekly reminder of what the Savior Jesus Christ has done for me and how much I need him. He closed with King Benjamin: "Consider on the blessed and happy state of those that keep the commandments of God."

Scripture to look up: Ether 12:27. The Lord promises to make weak things become strong for those who humble themselves and have faith in 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/2026/10/48schmeil](https://www.churchofjesuschrist.org/study/general-conference/2026/10/48schmeil)



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY MORNING SESSION

The Gospel of Jesus Christ Is for All

President Dallin H. Oaks · President of The Church of Jesus Christ of Latter-day Saints

Words to remember

- *“We all have present or future concerns or struggles we are trying to overcome. Those may include questions or doubts. Whatever they are, the way to overcome them is to get closer to our Savior, Jesus Christ.”*
- *“We love you, young and old, men and women. So does the Lord God! He is relentless in His loving pursuit of each of you.”*

In President Dallin H. Oaks's own words, from the talk.

President Dallin H. Oaks began, This is the church of Jesus Christ, named for Him because it is His Church, with the restored fulness of His doctrine and authority. As the first Article of Faith states, we believe in God the Eternal Father, in His Son Jesus Christ, and in the Holy Ghost. The Father is the father of our spirits and author of the plan of salvation; Jesus Christ is His Only Begotten Son. Salvation comes through the atoning blood of Christ, the Lord omnipotent, and we invite all to come unto Christ, who is the Holy One of Israel, and partake of his salvation.

Speaking personally, he said, “As your President, I pray for what our Heavenly Father wants for each of us—to be active members of The Church of Jesus Christ of Latter-day Saints, proceeding forward on the covenant path into the eternities.” “We need one another’s prayers. I feel the positive effect of your prayers. I am thankful, and I love you.”

We all have concerns or struggles, which may include questions or doubts. “Whatever they are, the way to overcome them is to get closer to our Savior, Jesus Christ.” He said, “Strong faith requires more than strong desire. It means daily trying, one step at a time, with prayer and scriptural learning. We are all a work in progress.” We’re at different places on the covenant path, so “We need to be patient with one another and, occasionally, even with ourselves.”

Resolving doubts, including apparent conflicts between science and religion, can take time. It requires building faith and humility. President Oaks counseled, “Hold on to the first article of faith even if something else is uncertain,” and wait upon the Lord, trusting His timing and promises.

He expressed concern for members whose faith is diminishing. “We love you, young and old, men and women. So does the Lord God! He is relentless in His loving pursuit of each of you.” He urged us to

keep the commandments and our covenants, and to “Never let your secular learning limit your spiritual horizons.”

There are two ways of gaining knowledge: the scientific method and digital information, which may be inaccurate, and the spiritual method, which begins with faith in God. There is no ultimate conflict between them, because God knows all truth and expects us to learn both ways. President Spencer W. Kimball defined humility as teachableness. President Oaks said weekly sacrament and regular temple attendance will protect and strengthen you.

The Savior died for all, but forgiveness requires meeting His conditions, including faith and repentance. The Book of Mormon shows how the Savior reached out to all His scattered sheep, visiting the Nephites and promising to visit others like the lost tribes. The Lord said He remembers those who are upon the isles of the sea. The Book of Mormon teaches that He denieth none that come unto him, black and white, bond and free, male and female, and he remembereth the heathen. And all are alike unto God. “His grace is for all.”

President Oaks said many in the world are hungry for Jesus Christ and His teachings. The Book of Mormon came forth to convince all that Jesus is the Christ. He called on everyone to act on these truths and share them, that we may all draw closer to 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?

Kid-friendly summary in our own words · Read or watch the full talk: [churchofjesuschrist.org/study/general-conference/2026/10/49oaks](https://www.churchofjesuschrist.org/study/general-conference/2026/10/49oaks)