



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

- *“Fear not, I am with thee; oh, be not dismayed, / For I am thy God and will still give thee aid.”*
- *“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.”*

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

President Henry B. Eyring is in the First Presidency. Right before his talk, the choir sang the hymn “How Firm a Foundation.” President Eyring said the promises in that hymn are true.

One verse says, “Fear not, I am with thee; oh, be not dismayed, / For I am thy God and will still give thee aid.” That means Heavenly Father and Jesus are with us. We don’t need to be afraid. God will help us, make us strong, and help us stand.

When President Eyring was a little boy, he asked his mother, “Mother, why is life so hard?” She smiled and said, “Hal, of course it’s hard. It’s supposed to be. Life is a test.” His mother was sick for most of her life, but she knew God was with her, and He helped her.

President Eyring said God lets life be hard sometimes because hard things help us grow and become ready to live with Him. Jesus understands when we are sad. He has carried our sorrows. He knows each of us perfectly.

When President Eyring’s mother was very sick at the end of her life, she had only one picture on her wall, a picture of the Savior. She put it where she could see it from her bed. His father slept on a little bed next to her in the hospital so he could help her at night. After she died, his father went and shook the hand of every nurse who helped her, to say thank you.

President Spencer W. Kimball taught that God notices us and watches over us, and that He usually helps us through another person. That means God sends people to help us. And He can send us to help others!

President Eyring thanked people who help. Some people pray to know who needs help, and then they reach out. Some people smile at missionaries and say kind words to them. Some people pray for their bishop and teachers and thank them.

Alma taught that when we are baptized, we promise to help carry each other's burdens, to be sad with people who are sad, and to comfort people who need comfort. When we do that, we help Jesus keep His promise: "Fear Not, I Am with Thee"

A scripture for this talk: Isaiah 41:10. The Lord says we do not need to be afraid, because He is with us.

Let's talk about it

What did this talk teach us about the Savior? What is one small thing our family can do this week?

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

- *“I see you. More important, your Heavenly Father sees you. Your Savior, Jesus Christ, sees you.”*
- *“I learned that when we ask Heavenly Father to help us see others, He guides us to those who feel unseen.”*

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

President Rosemary K. Chibota is the new Primary General President. She grew up in Africa. In her culture, people greet each other with a special word: Sawubona. It means “I see you.” It is more than hello. It means: I notice you, I respect you, and you matter.

Jesus always saw people. He saw the woman at the well, the man who could not see, and the children. Other people saw labels, but Jesus saw sons and daughters of God.

At the pool of Bethesda, there was a man who had been sick for 38 years. Lots of people walked past him. But Jesus saw him, helped him, and healed him. The good Samaritan also chose to see a hurt man and help him.

President Chibota said we can help people feel seen by learning their names. At her daughter's school, a janitor came to talk to President Chibota and her husband. He had tears in his eyes. He said their daughter always said hello to him, knew his name, and even helped him clean up. He said, “Very few students know my name. Your daughter sees me.”

Remember the Primary song: “Jesus said love ev'ryone; treat them kindly too.” When we see people the way Jesus sees them, we want to love and help them.

The world puts labels on people, like smart, slow, popular, or different. But President Chibota said labels can't tell who we really are. Before we were students or athletes or anything else, we were spirit children of Heavenly Father. That never changes, even when we make mistakes.

When President Oaks gave President Chibota her new calling, she felt like she was not good enough. But he told her she was called for who she is. God sees us better than we see ourselves.

President Chibota once prayed to know how to help a person at work who seemed lonely. She followed little promptings to include him, and they became friends.

She invited us to learn the name of someone who might feel unseen this week. And she gave us all a final greeting: “I see you.” Heavenly Father sees you, and Jesus sees you. They know your name.

A scripture for this talk: Mark 10:21. Jesus looked at a young man and loved him. We can see people the way Jesus does.

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

- *“It is our faith in Jesus Christ that gives us the desire to humbly kneel alone and pray to our Heavenly Father.”*
- *“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 is an Apostle. He began by welcoming President Rosemary K. Chibota, the new Primary General President. When she was 17, she lived in Zimbabwe, in Africa. She found a pamphlet about Joseph Smith that missionaries left at her home. She read it and felt that it was true! She was baptized. Nineteen years later, her parents joined the Church too. Elder Andersen said her story shows courage that comes from faith in Jesus.

Jesus is the Son of God. He lived a perfect life. He suffered for our sins so we can repent and be forgiven. He died, and on the third day He rose again. Because Jesus was resurrected, we will be too.

Elder Andersen said following Jesus takes courage. Courage means doing what is right even when it is hard or scary. In the Book of Mormon, Moroni was all alone. His family had died. But he bravely said, “And I, Moroni, will not deny the Christ.”

When Elder Andersen was a boy, he grew up on a small dairy farm. In the summer, he rode his horse and took the cows up to a high meadow to eat grass. There were no phones, no earbuds, and no music. He had quiet time to think. Elder Andersen said we still need quiet time to help our faith grow.

When we kneel alone and pray, Heavenly Father gives us 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.” That means the most important choices happen inside our hearts.

Elder Andersen told about a family in Spokane, Washington. A big fire burned down their house. But they said, “Our family is safe,” and “We can build another house.” Their faith in Jesus gave them courage.

It takes courage to get up early for seminary, to serve a mission, to keep the Sabbath day holy, and to tell others about Jesus. Elder Andersen said even a mom getting her little children ready for church takes courage!

After Jesus was resurrected, He showed His hands and feet to the Apostles. Later, Peter and John healed a man who could not walk. When leaders asked how they did it, Peter and John bravely said the man was healed by the name of Jesus Christ.

Elder Andersen said, like Peter and John, he knows Jesus lives. When we follow Jesus, our faith and courage grow.

A scripture for this talk: Moroni 1:3. Moroni was alone, but he said he would not deny Jesus Christ. We can be brave like Moroni.

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

- *“When ye are in the service of your fellow beings ye are only in the service of your God.”*
- *“Time did not change—the missionaries did. The work did not change—the workers did.”*

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

Elder James G. O. Fantone and his wife were mission leaders in the Philippines. After they came home, their youngest daughter wanted to go to a homeschool program. Elder Fantone went to the school office to turn in her papers.

The lady at the office pointed to a line and asked him to write his daughter's name. But he was not paying close attention! He wrote his own name, James Fantone, and signed it. Oops! Then he remembered that his daughter's name is Amanda Fantone. So he just wrote “Amanda” in front of his name. Easy fix!

Later, he thought about it. He wondered, “The question: What's in a name?” He remembered a scripture from King Benjamin. It says that there is no other name, only the name of Jesus Christ, that can save us.

Elder Fantone said Jesus does not want us to just add His name to ours, like a sticker or badge. He wants us to take His name upon us. That means we try to become like Him, keep our promises, and serve like He did.

King Benjamin taught, “When ye are in the service of your fellow beings ye are only in the service of your God” When we help other people, we are serving God!

When Elder Fantone was a boy, his family lived in a small house with three bedrooms. One time, his mom, who was a teacher, learned that a student could not go to school because his family could not pay for a place to live. So Elder Fantone's parents let the

student live in the boys' bedroom! Another time, a family's children needed a safe place to stay. His parents let the children move into the girls' bedroom.

Elder Fantone said that if his parents had lived in Bethlehem when Mary and Joseph needed a place to stay, they would have given them their own bedroom!

When Elder Fantone was a mission president, some new missionaries were sad and homesick. They cried and said the days were so long. But they knelt down and prayed, put on their name tags, and went out to serve anyway. A year later, those same missionaries were so happy! They said time was going too fast. Did time change? No. The missionaries changed. Serving others changed their hearts.

Elder Fantone said that when we serve others, we come to know Jesus, and we find out who we really are.

A scripture for this talk: 3 Nephi 27:5. Jesus asks us to take His name upon us by keeping our promises and serving.

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.”*
- *“He came to Christ—with prayer, with trust, and with a willing heart.”*

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

Elder Edward Dube said that a long time ago, in 1987, he was a young missionary. He had only been a member of the Church for two years. At the mission office, there was a sign on the gate that said, “Trespassers will be prosecuted.” That means: stay out, or you’ll get in trouble!

Elder Dallin H. Oaks, who is now our prophet, asked for the sign to be taken down. He did not want anyone to feel unwelcome. We invite everyone to come to Jesus! Elder Dube learned that day to love people the way Jesus does.

Elder Dube said Jesus suffered for us because He loves every one of God’s children. He invites all of us to come unto Him.

The prophet Moroni invited us to come unto Christ and be perfected in Him. Elder Dube said there are three parts. Come: that means we move toward Jesus. Deny yourselves: that means we let go of things that hold us back. Be perfected in Him: Jesus helps us become better. He said, “We do not need to perfect ourselves to come to Christ. We come to Christ to be perfected.”

Last summer, a stake president in North Carolina asked Elder Dube to visit a man named Randall. Randall was trying very hard to stop smoking. Elder Dube had never smoked, and he did not know what to say! He prayed and asked Heavenly Father, “please put words in my mouth.”

At Randall’s house, Elder Dube asked, “Brother Child, how much do you love your wife, Laurin?” Randall said, “With all my heart.” Then Elder Dube invited them to pick a day to

be sealed in the temple. They chose August 5th, and two months later they were sealed!

Laurin later said she had stayed up all night praying for Randall. 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 Satan wants to put a keep-out sign on our hearts. He wants us to think we are not good enough to come to Jesus. But that is not true! Jesus wants everyone to come.

Elder Dube invited us to find one person and invite them to come unto Christ, maybe by inviting a friend to meet the missionaries.

A scripture for this talk: Moroni 10:32. Moroni invites everyone to come unto 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/2026/10/45dube](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

- *“Whate’er thou art, act well thy part.”*
- *“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.”*

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

Elder Quentin L. Cook is an Apostle. He said people who follow Jesus are happiest when they live with integrity and virtue. Integrity means doing what you know is right and being honest, even when no one is watching. Virtue means being good, clean, kind, and holy.

Elder Cook and his wife, Mary, visited missionaries in Scotland. Long ago, when President David O. McKay was a young missionary there, he walked past a building with words carved in stone above the door: “Whate’er thou art, act well thy part.” That means, whatever your job is, do your very best. Young Elder McKay remembered those words for the rest of his life.

The Lord once said a man in Nauvoo could be trusted because of the integrity of his heart. Elder Cook said integrity means being honest with God, with ourselves, with our leaders, and with others.

Elder Cook said being good and being happy go together. The Book of Mormon says, “Men are that they might have joy’ [see 2 Nephi 2:25].” When we keep the commandments, we feel real joy.

He said that today many people use rude and mean words, especially online. Elder Cook said we should never use the internet to be mean or bully someone. We can be peacemakers, like President Nelson and President Oaks have taught.

Jesus asked, “And why call ye me, Lord, Lord, and do not the things which I say?” That means we show we love Jesus by doing what He says. Paul taught us to think about things that are lovely and good.

When we live good lives, the Holy Ghost can be with us. And when we make mistakes, we can repent.

When Elder Cook was a young missionary in England, he taught a man who had been a sailor on a big battleship during a war. After the war, when the man finally came home and stepped off the ship onto his island home, he was so happy that he fell to his knees. He said learning about repentance felt just like that! Before his baptism, he prayed that he could help other people feel the same joy, “Especially my family.”

Elder Cook said integrity, being good, and repenting every day will bring us happiness.

A scripture for this talk: Doctrine and Covenants 121:45. The Lord asks us to keep our thoughts clean and good. That brings 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

- *“Let us speak with ‘warm respect when we speak with each other.’”*
- *“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.

At the last general conference, President Dallin H. Oaks asked us to stop arguing and to use the language and method of peacemakers. A peacemaker is someone who helps people get along. President Oaks said, “In our families and other personal relationships, let us avoid what is harsh and hateful.”

Elder Alfred Kyungu said this invitation came from the prophet. It is not just a little idea. It is a way to follow Jesus. So Elder Kyungu thought about the words we should stop saying, and the kind words we can say instead.

The scriptures teach us to be careful with our words. 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.” That means only say things that help.

Elder Kyungu said almost everyone has been hurt by mean words. Words like: “You are stupid.” “What is wrong with you?” “This is all your fault.” “You never listen.” “Leave me alone.” “I do not care.” Mean words like these hurt people and make it hard to love each other.

Instead, we can use words that bring peace. Words like: “Please.” “Thank you.” “I appreciate that.” “We can work this out.” “It is OK.” “I care about you.” “I am here for you.” “You are not alone.” “I’m sorry.” “Please forgive me.” “I forgive you.” “Let us start again.”

In the Book of Mormon, some people who had been at war buried their swords deep in the ground, and they promised never to fight again. Elder Kyungu said we can bury our mean words too!

There is a hymn that says, “I must speak the loving word, ere the sun goes down.” Jesus taught that what is in our heart comes out of our mouth. So if we fill our hearts with love for Jesus, kind words will come out.

Elder Kyungu asked us to say sorry when we have used mean words, and to pray for peace in our families. Jesus said, “Peace I leave with you, my peace I give unto you.” Elder Kyungu said this peace is real, and it begins with us, with our hearts, our choices, and our words.

A scripture for this talk: Ephesians 4:29. We can use kind words that build people up and make peace.

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



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

- *“God knows what is best for us and is eager to bless us.”*
- *“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 said Heavenly Father has a plan for us to come back home to Him. It is called the plan of salvation, or the plan of happiness. This life is the time to get ready to meet God. And God did not leave us alone. He gave us helps.

Elder Schmeil talked about two of those helps: Jesus Christ, and our covenants. A covenant is a sacred promise between us and God.

Jesus knows each of us. In the Book of Mormon, He promised that if we are humble and have faith in Him, He will make our weak things become strong.

Jesus said, “Come unto me, ... and I will give you rest. Take my yoke upon you, and learn of me; ... and ye shall find rest unto your souls.” A yoke is a wooden bar that lets two animals pull a heavy load together. When we make covenants, it is like we are yoked with Jesus. He pulls with us, and our load feels lighter.

Our first covenant is baptism. Then every Sunday we take the sacrament. We promise to remember Jesus and keep His commandments, and He promises that His Spirit can be with us. Elder Schmeil said we do not need to be perfect to take the sacrament. We need to be willing to try.

Elder Schmeil told a story from the Old Testament. The Lord asked the Israelites to rebuild His temple. But they were busy building their own houses. They worked very hard, but it was like putting their money into a bag with holes. Everything leaked out! The Lord told

them, “Consider Your Ways, and from This Day Will the Lord Bless You.” That means, think about what you are doing.

So the people changed. They started building the temple. And the Lord said, “From this day will I bless you”

Elder Schmeil said Heavenly Father is not asking us to build a temple with bricks. He wants us to build a strong friendship with Him and Jesus by keeping our covenants. When we put God first, He makes our efforts bigger.

Elder Schmeil said God keeps His promises. He has seen it in his own life. The sacrament reminds him every week how much he needs Jesus.

A scripture for this talk: Ether 12:27. Jesus can make weak things become strong when we come to 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 are all a work in progress.”*
- *“The Book of Mormon is a great witness that the Lord loves all people and reaches out to all, everywhere.”*

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

President Dallin H. Oaks is the prophet. He said this is the Church of Jesus Christ. It is named after Jesus because it is His Church.

Our first Article of Faith says, “We believe in God, the Eternal Father, and in His Son, Jesus Christ, and in the Holy Ghost.” Heavenly Father is the Father of our spirits. Jesus is His Son and our Savior.

President Oaks said he prays that each of us will stay close to Jesus. He said, “We need one another’s prayers. I feel the positive effect of your prayers. I am thankful, and I love you.” The prophet loves you!

Everyone has worries or questions. President Oaks said the way to get through them is to get closer to Jesus. We can grow our faith one step at a time, by praying and reading the scriptures every day. He said, “We are all a work in progress.” That means nobody is finished learning yet, so we should be patient with each other, and even with ourselves.

If we have questions, we can hold on to what we know: that Heavenly Father and Jesus are real. And we can wait on the Lord and trust His timing.

President Oaks said the leaders of the Church love young people. And the Lord loves you too. He said the Lord “He is relentless in His loving pursuit of each of you.” That means Jesus never stops reaching out to you with love.

We learn things in two ways. We learn by studying and science, and we learn by faith and the Holy Ghost. Both are good, because God knows all truth.

Taking the sacrament every week and going to the temple helps protect us and makes us strong.

The Book of Mormon teaches that Jesus loves all people everywhere. After He was resurrected, He visited the people in the Americas. He invites everyone to come to Him, and He turns no one away. The Book of Mormon says that all are alike unto God. His love is for everyone.

President Oaks invited all of us to believe these truths and share them with others, so we can all come 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)