Tamara W. Runia, October 2026 Conference

Conference Discussion Starter

Remember

> While I know earth life is about experience, why am I so surprised every time I experience it? Maybe it's because I grew up hearing things like "If you keep the commandments, you'll be blessed. Pay your tithing, and the windows of heaven will open. Follow the Word of Wisdom, and you'll have health and protection." True promises, right? So the gospel felt like a big umbrella I could hold over my head to keep the rain from falling on me. But I've learned from experience that we're all going to get rained on. And sometimes we're going to get pelted! The gospel isn't the umbrella; it's the solid rock we're standing on during the storm—that "sure foundation … whereon if men build they cannot fall" (Helaman 5:12).
> *-Tamara W. Runia, October 2026 Conference (see paragraphs10-12)*

Reflect

NOTICE

How did her belief change? What did she think before and what does she think now?

EXPERIENCE

What teachings of Jesus Christ have brought you steadiness, assurance, or hope in challenging times?

Connect

What do you notice here that could help you connect with Self, God, or Others?