

The Gift of Testimony

Elder Gérald Caussé, *Quorum of the Twelve Apostles*

SATURDAY MORNING SESSION • SATURDAY, OCTOBER 3, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

A testimony of Jesus Christ is a personal gift from God, and it grows when I share it simply, sincerely, and with love.

You'll need: Nothing. Optional: a small wrapped gift as a prop.

1 HOOK

2 MIN

QUESTION Think of the best gift you've ever gotten. Did you hide it in a drawer, or show it to everyone? Go around fast.

Then: Elder Caussé used to wonder, “Why me? Why was I so privileged to receive a testimony of the restored gospel?” Then he found a better question: “What does the Lord expect me to do with this gift?” That question is today's lesson.

2 KEY TEACHINGS FROM ELDER CAUSSÉ

8–10 MIN

1 Your testimony is personal, and it's yours

“Your testimony may be different from mine or that of other family members or fellow Saints. Please trust it, nurture it, and bear it, because it is uniquely yours.”

— Elder Gérald Caussé • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Testimonies are like fingerprints: no two are exactly alike. Pip's might be *I feel happy when we pray*. Nora's might be about a scripture story she loves. Grandma Rose's has decades of stories. All of them count.

DEEP CUT • AGES 12–16

He said a testimony comes through your own close relationship with God, and that it grows. “It grows through faith, earnest seeking, gospel living, and the quiet influence of the Holy Ghost.” If yours is just starting, he included you: “If you have received the gift of a testimony—even if it is only the beginning of one—it is your duty and privilege to share it.”

2 A gift to be shared, because we love people

“Our testimony is not a talent to be hidden. It is a gift to be shared—with grateful hearts and in a spirit of humility and love.”

— Elder Gérald Caussé • exact words

“To say ‘I know’ is a tender expression of love toward our neighbor.”

— Elder Gérald Caussé • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Saying *I know Jesus loves you* and saying *I love you* are connected. When you show Christlike love, you are already testifying of Jesus.

DEEP CUT • AGES 12–16

Years after he rebelled, Alma the Younger remembered his father's testimony of Jesus Christ, and that memory became his spark of hope (Alma 36:17–18). Elder Caussé asked: “How many ‘Almas’ are there around you waiting to hear your witness and discover, or rediscover, the hope that is found in Jesus Christ?”

3 Simple and true is enough

“There is great power in a sincere, humble, and heartfelt testimony. It need not be long, eloquent, or dramatic—it only needs to be true.”

— Elder Gérald Caussé · exact words

FOR AGES 8–11: MAKE IT CONCRETE

His niece was so nervous at camp that she said only two sentences: that God loves her and has a plan for her. She felt bad afterward. Her mom asked if she believed what she said. Yes. Her mom told her that’s all that matters.

DEEP CUT · AGES 12–16

Why does a two-sentence testimony have power? “Each of us can bear such a witness, for it is the Spirit—not words—that testifies of the truth.” If you’re shy, that’s good news: the Holy Ghost does the heavy lifting, not your vocabulary.

3 INTERACTIVE MOMENT

2–3 MIN

QUICK POLL Which testimony has more power? A) A ten-minute talk with big words and a dramatic story. B) Two nervous sentences. C) It depends. Vote with fingers (1, 2, or 3).

Reveal: Elder Caussé’s answer: what matters is that it’s sincere and true, because the Spirit testifies, not the words. Then try the 60-second round: each person finishes one sentence that starts with *I know* or *I believe* about Jesus Christ. Passing is allowed.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What’s one thing you already know or feel is true about Jesus Christ?

OLDER (12–16)

Elder Caussé said your testimony grows stronger as you share it. Why would sharing something make it stronger instead of using it up?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: Why does Elder Caussé call a testimony a gift? What are we supposed to do with it? Does it have to be long?

Listen for: It’s personal and from God. Trust it and nurture it. Share it with love. Simple and true is enough, because the Spirit testifies.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent models it: two or three plain sentences about what you know or believe about Jesus Christ. Keep it short on purpose.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO Elder Caussé invited: “I invite you to look each day for opportunities, as prompted by the Holy Ghost, to bear witness of Jesus Christ and His restored gospel—even if only for a minute or two.” This week, each person shares one simple sentence of testimony about Jesus Christ with someone outside your home: a text, a note, a friend, or a grandparent.

☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

Scripture: Mosiah 18:9; Doctrine and Covenants 100:5–8; Alma 36:17–18 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/14causse](https://www.churchofjesuschrist.org/study/general-conference/2026/10/14causse)

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