

The Hour of Your Mission Is Come

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

THE BIG IDEA

God prepared me to help His children come unto Christ, so I can live like a missionary now and put serving a mission high on my list.

You'll need: Scriptures open to Doctrine and Covenants 31:3.

1 HOOK

2 MIN

GUESS THE LIST Bishop Douglas listed things missionaries put on hold for a season. Can the family guess at least four? (Give 30 seconds.)

Then: His list: education, dating, careers, family time, and even sleeping in on Saturday mornings. Then he said: “Yes, the Lord’s expectations are high for you! But, oh, is it worth it!”

2 KEY TEACHINGS FROM BISHOP DOUGLAS

8–10 MIN

1 Missionaries are the message

“You are what you preach. You are not only the messengers but also living examples of the message.”

— Bishop Sean Douglas • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Bishop Douglas watched his two great-nephews, brothers, speak in church before leaving for missions at opposite ends of the earth. They were beaming. You don’t need a name tag to be a living example of the gospel at school or on your team.

DEEP CUT • AGES 12–16

“God held you in reserve for this time. You were taught and prepared, before you were born, to invite God’s children to come unto Christ.” He called it your spiritual DNA. What do you think you were prepared for?

2 The best reason to serve: to be close to Jesus

“I only want to be close to Jesus Christ and to follow Him.”

— Elder Merlin Sanchez, a missionary, as Bishop Douglas shared

FOR AGES 8–11: MAKE IT CONCRETE

Merlin was baptized at almost 24, then stopped coming to church. A faithful friend helped him start his mission papers before he had even decided to go. When he came back to church at 25, he wanted to serve, and the papers were ready.

DEEP CUT • AGES 12–16

Merlin became a bishop on his wedding day and later a stake president. Bishop Douglas said: “After all, serving a mission is just one of many significant steps on the path of lifelong discipleship.” Also notice the friend. Who in your life might need a friend like that?

3 Put it high on your list

“To all the rising generation of the Church, I invite you to place serving a full-time mission high on your list.”

— Bishop Sean Douglas · exact words

“Don’t be distracted by alternatives of far less worth.”

— Bishop Sean Douglas · exact words

FOR AGES 8–11: MAKE IT CONCRETE

Rising generation means you. Missionaries can be young or old: young elders and sisters, senior couples, service missionaries. There’s a place for each one.

DEEP CUT · AGES 12–16

Prophets teach that for able young men a mission is a priesthood responsibility, and for able young women it’s a powerful but optional opportunity; each can pray to know what the Lord wants. Amulek admitted he was called many times and would not hear (Alma 10:6). What could keep someone your age from hearing?

3 INTERACTIVE MOMENT

2–3 MIN

PUT YOUR NAME IN Bishop Douglas invited everyone to put their own name in place of Thomas in Doctrine and Covenants 31:3. Go around the circle; each person reads it with their own name: “[Name], lift up your heart and rejoice, for the hour of your mission is come; and your tongue shall be loosed, and you shall declare glad tidings of great joy unto this generation.”

Reveal: Ask: did it feel different with your name in it? The Lord’s promises in that section include that He will prepare a place for the families of those who serve (D&C 31:5–6).

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What’s one thing missionaries do that you could do this week?

OLDER (12–16)

What alternatives of far less worth could crowd out a mission, or discipleship in general, for people your age? How do you keep them from getting in the way?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids: Why did Merlin want to serve? What does it mean that missionaries are what they preach? How can someone who is 9 or 14 live like a missionary now?

Listen for: Living examples of the message. Prepared before birth. To be close to Jesus Christ. A mission is one step on a lifelong path. Put it high on your list.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent or grandparent shares how missionaries (or serving a mission) blessed your family and helped you come closer to Jesus Christ.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, invite the missionaries to dinner or send a message to a missionary you know, and let each kid ask one question about why they serve.

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

Scripture: Doctrine and Covenants 31:3–7; Mosiah 28:3; Alma 10:6 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/18douglass](https://www.churchofjesuschrist.org/study/general-conference/2026/10/18douglass)

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