

Jesus Lives to Lift

Elder Patrick Kearon, *Quorum of the Twelve Apostles*

SATURDAY AFTERNOON SESSION · SATURDAY, OCTOBER 3, 2026 · OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

Jesus Christ loves to lift me; I can learn to feel spiritual lift, turn away from spiritual sink, and help others rise with Him.

You'll need: Paper for paper airplanes (optional).

1 HOOK

2 MIN

QUICK QUESTION Elder Kearon says President Uchtdorf (a former airline pilot) told him: “Patrick, your talks—they’re OK, but where is the aviation?” So here’s an aviation question: how can a glider, a plane with no engine, stay in the air for hours and even climb higher?

Then: It rides invisible rising air called lift. As a teenager in England, Elder Kearon learned to fly gliders with the Royal Air Force. You can’t see lift, but you can feel it: one wing tips up, and you turn toward it.

2 KEY TEACHINGS FROM ELDER KEARON

8–10 MIN

1 Feel for lift, turn away from sink

“Spiritual lift cannot be seen, but as we learn to discern and act upon the sensitive impressions of the Holy Spirit, we can feel it—as surely as I felt the rising air lift a wing beneath me.”

— Elder Patrick Kearon · exact words

FOR AGES 8–11: MAKE IT CONCRETE

Glider pilots look for puffy cumulus clouds, which often mark rising air. They also avoid sinking air, which feels like falling. Peace, happiness, and wanting to do good are like lift. Feeling dim, heavy, or mean is like sink.

DEEP CUT · AGES 12–16

He asked: “Can you identify moments when you have felt undeniable spiritual lift? Where were you? How did it feel?” And with sink: turn away decisively. Not slowly. Not after one more scroll.

2 If you’re not climbing, you’re descending

“In gliding, if you are not actively climbing in lift, you are descending.”

— Elder Patrick Kearon · exact words

“How easy it is to slowly slip from spiritual heights we have worked so hard to climb when we neglect the practices and behaviours that brought us there.”

— Elder Patrick Kearon · exact words

FOR AGES 8–11: MAKE IT CONCRETE

It’s like riding a bike up a hill. Stop pedaling and you start rolling back down, even if you didn’t mean to.

DEEP CUT · AGES 12–16

“We rarely intend to sink.” He said a descent can be so gradual you don’t notice unless you watch your altitude. What would checking your spiritual altitude look like once a week?

3 Jesus loves to lift, and we can help others rise

“Our Saviour constantly sought out the most desperate souls sinking into darkness and dread and lifted them up. And He wants to lift you!”

— Elder Patrick Kearon · exact words

FOR AGES 8–11: MAKE IT CONCRETE

When Peter began to sink in the waves, Jesus reached out His hand and caught him (Matthew 14:29–31). He took a boy who seemed lifeless by the hand and lifted him up (Mark 9:27).

DEEP CUT · AGES 12–16

Elder Kearon's ways to live in lift, all things you can do: find a faithful guide and learn where lift is found; tune in to the feelings of the Holy Spirit; join those who are climbing and do what they do; watch for subtle signs of sink and turn away decisively; when you find lift, show someone else how to rise.

3 INTERACTIVE MOMENT

2–3 MIN

RAPID FIRE: LIFT OR SINK? Everyone stands with arms out like wings. A parent calls out things; tip your wings UP for lift or DOWN for sink: morning prayer, scrolling at midnight, helping a sibling with homework, a mean group chat, a favorite hymn, friends who build you up, skipping scripture study for a week.

Reveal: Point out the sneaky ones (skipping a week doesn't feel like falling, but it's sink). Then Elder Kearon's reminder: when we sink, the Savior is there to lift us as we turn to Him.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

When have you felt lifted: happy, peaceful, close to Jesus? Where were you?

OLDER (12–16)

What are some subtle signs of sink for people your age, the kind that are easy to miss?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: What is lift? What is sink? What happens if you aren't climbing? Then read his ending: “Your Saviour is your lift. He is your ever-rising air. There is no limit to how high you can climb with Him.”

Listen for: Lift is felt through the Spirit. Turn from sink decisively. Not climbing means descending. Jesus loves to lift. Help others rise.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a time Jesus Christ lifted you out of a sinking time, and how it felt.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, each person picks one lift habit (a prayer, a verse, a hymn, a kind act) to do every day. Optional: write it on a paper glider and hang it in your room.

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

Scripture: Matthew 14:29–31; Mark 9:27; 3 Nephi 27:22 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/27/kearon](https://www.churchofjesuschrist.org/study/general-conference/2026/10/27/kearon)

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