

The Ninety and Ten

Elder Michael A. Dunn, *Seventy*

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

THE BIG IDEA

Jesus Christ carries my burdens, usually not by shortening my race but by helping me lengthen my stride, and He often sends people to help.

You'll need: A backpack and a few heavy books (for the interactive moment).

1 HOOK

2 MIN

QUICK STORY Elder Dunn's running partner Ted talked him into a 100-mile race (about four marathons back to back). Ted promised to run the second half with him. At mile 90, Elder Dunn collapsed under a tree and said: "I give up." Ask: what would get you back on your feet?

Then: Ted knelt down, looked him in the eye, and said: "I know you can do this, Mike, and I'm going to get you there." They finished the last ten miles together. (Elder Dunn called it the world's first-ever Ted Talk.) But a photo arrived a week later with a secret. Keep reading.

2 KEY TEACHINGS FROM ELDER DUNN

8–10 MIN

1 He quietly carries what we can't

"Without fanfare or fuss, he simply shouldered my heaviest burden."

— Elder Michael A. Dunn • exact words

FOR AGES 8–11: MAKE IT CONCRETE

The photo showed Ted carrying not only his own water but two of Elder Dunn's water bottles and his pack, for all ten of those last miles. Elder Dunn hadn't even noticed.

DEEP CUT • AGES 12–16

Elder Dunn thought of the Savior, who Isaiah said has borne our griefs and carried our sorrows (Isaiah 53:4). Ted is a small picture of what Jesus does. Have you ever found out later that someone was carrying something for you?

2 He lengthens our stride

"In other words, the Redeemer rescues not by shortening our course but by helping us lengthen our stride."

— Elder Michael A. Dunn • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Ted didn't move the finish line closer. He helped Elder Dunn get there. Near the end, Ted stepped aside and said, "This is your race to finish."

DEEP CUT • AGES 12–16

Why trust Jesus on the trail? "He not only knows the road; He knows you and what you, as noble offspring of the divine, are capable of." Would you rather have God shorten your course or strengthen your stride? Be honest.

3 Feeling broken doesn't mean you're forgotten

"And even when the outcome or the timing is not what you plead for, take solace knowing that feeling broken does not mean you've been abandoned by God."

— Elder Michael A. Dunn · exact words

"Other times He simply sends us a Ted."

— Elder Michael A. Dunn · exact words

FOR AGES 8–11: MAKE IT CONCRETE

Sometimes God parts seas. Sometimes He sends a friend, a parent, a teacher, or a sibling to carry your water bottles for a while.

DEEP CUT · AGES 12–16

"Peace will come even when hoped-for outcomes do not." He quoted President Uchtdorf: "Often we can't see the Lord's hand in our lives until long after the trials have passed." When have you seen God's hand only looking back?

3 INTERACTIVE MOMENT

2–3 MIN

BACKPACK GAME Fill a backpack with heavy books. One child carries it around the room (or up and down the hall) while the family chats. Each lap, someone quietly slips one book out. After a few laps, ask: did you notice it getting lighter?

Reveal: Like Ted, the Savior often lightens our load without fanfare, and we notice only later. Then switch roles: who in this family could you quietly carry a book for this week?

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

Who has been a Ted for you? Who could you be a Ted for?

OLDER (12–16)

What's your mile 90 right now? What would lengthening your stride, instead of shortening the course, look like?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: What secret did the photo show? How is Jesus like Ted, and how is He even greater?

Listen for: He carries burdens quietly. He doesn't shorten the course; He strengthens the stride. Feeling broken isn't being abandoned. He sends Teds.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a time Jesus Christ (or someone He sent) carried part of your load, and what you know about Him because of it.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, each person quietly carries part of someone else's load (a chore, homework help, a kind note) without being asked and without taking credit.

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

Scripture: Isaiah 53:4; Hebrews 12:1; Mosiah 24:14–15 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/28dunn](https://www.churchofjesuschrist.org/study/general-conference/2026/10/28dunn)

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