

Using the Language of Peacemakers

Elder Alfred Kyungu, *Seventy*

SUNDAY MORNING SESSION · SUNDAY, OCTOBER 4, 2026 · OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

Following Jesus Christ, the Prince of Peace, I can drop words that hurt and choose words that build peace, starting at home.

You'll need: Index cards: write a few hurtful phrases and peacemaker phrases from the lists below.

1 HOOK

2 MIN

HONEST COUNT Hold up a finger for each one you've heard (or said) at home this week: You never listen. Leave me alone. What is wrong with you? This is all your fault. Just stop talking. (No naming names.)

Then: Elder Kyungu listed these and many more, and said: "Such words never edify. They weaken love, diminish respect, and damage relationships." Today is about swapping them out.

2 KEY TEACHINGS FROM ELDER KYUNGU

8–10 MIN

1 This is a prophet's call

"This invitation to forgo contention by using the language of peacemakers comes from the living prophet. It is not a simple suggestion; it is a call to discipleship as we follow Jesus Christ."

— Elder Alfred Kyungu · exact words

FOR AGES 8–11: MAKE IT CONCRETE

In April 2026, President Oaks asked us to stop contention and use the language and methods of peacemakers, especially in our families. Elder Kyungu took that seriously and made a list.

DEEP CUT · AGES 12–16

Jesus taught that we'll give account for every idle word, and that by our words we will be justified or condemned (Matthew 12:36–37). Do you think words matter that much? Why might they?

2 Fix the heart, and the words follow

"Therefore, let us fill our hearts with the true doctrine of Christ, which has the power to change our language and help us speak more as peacemakers today, tomorrow, and always."

— Elder Alfred Kyungu · exact words

FOR AGES 8–11: MAKE IT CONCRETE

Jesus said that out of what fills the heart, the mouth speaks (Matthew 12:34). If a heart is full of anger, angry words spill out. If it's full of Jesus, kinder words come out.

DEEP CUT · AGES 12–16

The converted Lamanites buried their weapons of war for peace (Alma 24). Elder Kyungu said we can bury the language of contention for peace too. What words would you bury?

3 Choose words that build

"We must choose language that strengthens confidence and preserves relationships."

— Elder Alfred Kyungu · exact words

FOR AGES 8–11: MAKE IT CONCRETE

Some of his peacemaker phrases: Please. Thank you. We can work this out. Let us slow down and talk. I care about you. I'm sorry. Please forgive me. I forgive you. Let us start again.

DEEP CUT · AGES 12–16

His invitations, all actions: repent for harsh words that have hurt someone; pray for peaceful communication even when opinions differ; use language that uplifts and brings people together. Which is hardest when you're really mad?

3 INTERACTIVE MOMENT

2–3 MIN

WORD SWAP GAME A parent reads a hurtful phrase from a card; the kids race to swap it for a peacemaker phrase. Then the teens act out a real one: Someone used your phone charger again and now it's lost. Play it twice: once the usual way, once as peacemakers.

Reveal: Notice how one sentence can make a fight bigger or smaller. The Savior promised, "Peace I leave with you, my peace I give unto you." (John 14:27) Elder Kyungu said that peace begins with our hearts, our choices, and our words.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What's one kind phrase you like to hear when you're upset?

OLDER (12–16)

Which hurtful phrase do you fall back on most when you're frustrated? What would you swap it for?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: Who asked us to use the language of peacemakers? Why does Elder Kyungu say it starts in the heart? Give three peacemaker phrases from memory.

Listen for: A call to discipleship from the prophet. Harsh words damage relationships. Fill the heart with Christ and the words change. Please, thank you, I'm sorry, I forgive you, let's start again.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares how peaceful words have blessed your family, and your witness of Jesus Christ, the Prince of Peace.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, post a list of peacemaker phrases on the fridge. When someone uses a hurtful phrase, anyone can gently say swap it, and the person gets a do-over.

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

Scripture: Matthew 5:9; Ephesians 4:29; Alma 24:19 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/47kyungu](https://www.churchofjesuschrist.org/study/general-conference/2026/10/47kyungu)

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