

Christ-Centered Unity

President Dieter F. Uchtdorf, *Acting President of the Quorum of the Twelve Apostles*

SUNDAY AFTERNOON SESSION • SUNDAY, OCTOBER 4, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

The closer we come to Jesus Christ, the closer we come to each other, so I can help build Christ-centered unity at home, at church, and everywhere.

You'll need: Nothing.

1 HOOK

2 MIN

QUICK STORY President Uchtdorf was baptized at age 8 in a big indoor public swimming pool. Walking into the water, he had one thought. Guess what it was.

Then: “The pool is getting deeper and deeper, and I can’t swim!” (He survived.) Then ask: what were you thinking at your baptism, or what do you think you’ll be thinking?

2 KEY TEACHINGS FROM PRESIDENT UCHTDORF

8–10 MIN

1 Baptism makes us one person and one people

“Through baptism, we become not only covenant individuals but also part of a covenant people.”

— President Dieter F. Uchtdorf • exact words

“In other words, when we join the Church of Jesus Christ, we say—humbly, gratefully, and with quiet confidence—that we want to follow our beloved Savior, Jesus Christ. And we want to walk that path together.”

— President Dieter F. Uchtdorf • exact words

FOR AGES 8–11: MAKE IT CONCRETE

At baptism we promise to bear one another’s burdens, mourn with those who mourn, and comfort those who need comfort (Mosiah 18:8–9). You can’t do those alone. They’re team promises.

DEEP CUT • AGES 12–16

He said: “Spiritual growth is rarely dramatic at the beginning.” Like an exponential curve, it starts slow (simple prayers, small acts of faith) and then multiplies through the temple, missions, and service. Where do you think you are on the curve?

2 Jesus unites; Satan divides

“The closer we come to Him, the closer we will come to each other—and the closer we will come to the unity He wants for us.”

— President Dieter F. Uchtdorf • exact words

“If we are not one, we are not His.”

— President Dieter F. Uchtdorf • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Nephites and Lamanites fought for hundreds of years. When Jesus came and taught them, they lived in peace for about 200 years and became one (4 Nephi 1:15–17).

DEEP CUT • AGES 12–16

In Jesus’s day, people were divided in a dozen ways. He touched lepers, praised Gentiles for their faith, and made a Samaritan the hero of a story. President Uchtdorf said Satan works to isolate us and make our differences feel like walls. Where do you see that happening to people your age?

3 The sacrament: together, every week

“Have you ever noticed that the sacrament is the only ordinance we receive during which we are not addressed by name?”

— President Dieter F. Uchtdorf · exact words

“The sacrament is a weekly reminder, a sacred reminder, that we are not alone. We have the Savior, and we have each other.”

— President Dieter F. Uchtdorf · exact words

FOR AGES 8–11: MAKE IT CONCRETE

The sacrament prayers ask God to bless the bread and water for all who take it, together. Look around next Sunday: everyone in the room is making the same promise.

DEEP CUT · AGES 12–16

“Unity won’t magically happen in the next life if we haven’t earnestly tried to learn it here.” He said every small step toward unity matters. What’s one small step toward unity in our family?

3 INTERACTIVE MOMENT

2–3 MIN

QUICK POLL President Uchtdorf listed things that unite people. Which is strongest? A) Loving the same soccer team. B) Having the same politics. C) Liking the same soft drink. D) Love for God and our neighbors, and our covenants with Christ. Vote.

Reveal: D. He said: “In the Savior’s Church, it is not our political views, culture, or personal interests that unite us. It is our love for God and neighbor, God’s children.” (He did not say which soft drink.)

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

Who at school or church is different from you whom you could get to know better?

OLDER (12–16)

What’s a wall between people you see a lot? What would it look like to build a bridge instead?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: How is baptism both one-by-one and together? What happens when people come closer to Jesus? Why is the sacrament special for unity?

Listen for: Covenant individuals and a covenant people. Closer to Him means closer to each other. Satan divides; Jesus unites. The sacrament reminds us we’re not alone.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a time Jesus Christ helped heal a division in your family, ward, or friendships.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO His invitation: “Wherever you are, I invite you to join the Christ-centered unity we are trying to build. It would be incomplete without you. Please, come and see, come and help, and come and belong.” This week, each person builds one bridge: sit with someone new, make up with a sibling, or invite someone different from you to an activity. Share how it went on Sunday.

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

Scripture: Mosiah 18:8–9; 4 Nephi 1:15–17; Ephesians 2:14 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/51uchtdorf](https://www.churchofjesuschrist.org/study/general-conference/2026/10/51uchtdorf)

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