

Jesus Christ Is the Light and Life of the World

Elder Thabo Lebethoa, *Seventy*

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

THE BIG IDEA

Whatever I face, the answer is always Jesus Christ, and I can receive more of His light through faith, daily scripture study, and daily repentance.

You'll need: A flashlight (optional).

1 HOOK

2 MIN

NAME GAME Elder Lebethoa's first name, Thabo, means joy. His wife's middle name, Gadifele, means eternal. Together: eternal joy. Ask: what do you think Eternal Joy did after their first big argument as newlyweds?

Then: The silent treatment. (So much for eternal joy.) Then he remembered Jesus's words to the Nephites: contention is not His doctrine, and such things should be done away (3 Nephi 11:29–30). His mind was enlightened, and he knew how to fix it. Ask the kids if they know what their own names mean.

2 KEY TEACHINGS FROM ELDER LEBETHOA

8–10 MIN

1 The answer is always Jesus Christ

“Whatever concerns, challenges, and struggles we may have in our lives, the answer is always Jesus Christ.”

— Elder Thabo Lebethoa • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Jesus said, “I am the light and the life of the world.” (3 Nephi 11:11) Elder Lebethoa said: “Jesus Christ can bring light in our moments of darkness and restore hope where there is hopelessness.” Like a flashlight in a dark room, His light helps us see what to do next.

DEEP CUT • AGES 12–16

He listed real worries: school or work pressure, feeling inadequate, fear and doubt, losing a loved one, not knowing what to do with your life. And this promise: “Through Him, today can be a new day and tomorrow can be a better day.”

2 Grow your faith on purpose

“Having faith in Jesus Christ means trusting that He understands our daily difficulties and knows how to help us rise above them because He has experienced all our pains, afflictions, and infirmities (see Alma 7:11–12).”

— Elder Thabo Lebethoa • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Weeds grow in a garden all by themselves. Fruit trees need watering and care. Faith is like the fruit tree.

DEEP CUT • AGES 12–16

He quoted President Uchtdorf: “Strong faith in Jesus Christ doesn't happen overnight. No, in this mortal world, it's the thorns and thistles of doubt that grow spontaneously. The healthy, fruitful tree of faith requires intentional effort.” What intentional effort is your faith getting right now?

3 Daily scriptures, daily repentance

“Repentance means a change of mind and a turning of the heart to God.”

— Elder Thabo Lebethoa · exact words

“It is important to remember that we do not need to go through this alone.”

— Elder Thabo Lebethoa · exact words

FOR AGES 8–11: MAKE IT CONCRETE

A man the missionaries were teaching read the Book of Mormon, felt the Spirit tell him what to change, and then dug a hole in his garden and buried a brand-new tin of coffee. Light, then action.

DEEP CUT · AGES 12–16

Elder Lebethoa suggested asking yourself what you need to change, and gave examples: how you use your time, what you watch or listen to, and the language and tone you use with others. The Savior is ready to help because He understands our weaknesses perfectly (Alma 7:12).

3 INTERACTIVE MOMENT

2–3 MIN

QUICK POLL What matters most in scripture study? A) How long you study. B) What time of day. C) Using the right method. D) Something else. Vote.

Reveal: D. Elder Lebethoa said there’s no single right way. “Ultimately, the method, timing, and length of our scripture study matter less than the consistency and sincerity of our effort.” Read in order, by topic, chase a question, or start with a verse that grabs you.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

When have you felt Jesus’s light help you, maybe after a prayer or a scripture?

OLDER (12–16)

If you asked yourself what you need to change, what’s the first thing that comes to mind? (You don’t have to share it.)

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: What helped Eternal Joy stop the silent treatment? What are Elder Lebethoa’s three ways to get more of the Savior’s light?

Listen for: The answer is always Jesus Christ. Faith (intentional effort), daily scripture study (consistent and sincere), daily repentance (you’re not alone). Today can be a new day.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a time Jesus Christ brought light into a dark or confusing moment, and your witness that tomorrow can be better because of Him.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, each person picks their own way to study the scriptures (a topic, a question, or a verse that grabs them) and does it every day, even for five minutes.

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

Scripture: 3 Nephi 11:11, 29–30; 3 Nephi 18:16; Alma 7:11–12 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/55lebethoa](https://www.churchofjesuschrist.org/study/general-conference/2026/10/55lebethoa)

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