

Quick to Help, Slow to Judge

Elder Paul H. Sinclair, *Seventy*

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

THE BIG IDEA

A true disciple of Jesus Christ is quick to help and slow to judge.

You'll need: A jacket or button-up shirt (optional, for the hook).

1 HOOK

2 MIN

ACT IT OUT Tell the story of James, a Primary boy in a new suit. His sleeve had buttons with no holes, and his lapel had a buttonhole with no button. So he buttoned his sleeve to his lapel and got stuck, right before his part in the Primary program. Elder Sinclair watched, getting more and more aggravated. Ask: what did the little girl sitting next to James do?

Then: She reached up and popped the button out. “James was rescued, and the Primary program was saved!” Let a kid try the one-arm straitjacket with a real jacket, and let a sibling rescue them.

2 KEY TEACHINGS FROM ELDER SINCLAIR

8–10 MIN

1 A little child taught a Church leader

“A little child led me to learn this: that a true disciple of Jesus Christ is quick to help and slow to judge.”

— Elder Paul H. Sinclair • exact words

FOR AGES 8–11: MAKE IT CONCRETE

A grown-up Church leader learned this from a little girl. You can teach adults how to be like Jesus, too. Elder Sinclair shook his head; she reached out her hand.

DEEP CUT • AGES 12–16

“I recognized the quiet rebuke of a misplaced button and tiny fingers reminding me that I should be trying to be more like Jesus.” He said it led to what Elder Kearon called a *radical reorientation* of his soul. What’s the difference between noticing someone’s mess and helping with it?

2 Jesus looked to her possible

“Jesus Christ reminds us that to help people transform their lives, we must look not only to their past—we must look to their possible.”

— Elder Paul H. Sinclair • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Jesus met a Samaritan woman at a well. People may have judged her, but Jesus spoke to her kindly, listened to her questions, and taught her about *living water*. She left with a purpose.

DEEP CUT • AGES 12–16

“He did not hold her hostage to her history. He trusted her with truth.” And: “She walked to the well that day as a pariah. She walked away from the well with a purpose.” Elder Sinclair said the judging details aren’t what we need to know about someone’s journey.

3 Modern-day wells

“I testify that when we help people, one by one, in our own small and simple ways, rather than judge them, we are preparing the world for the Second Coming of Jesus Christ.”

— Elder Paul H. Sinclair · exact words

FOR AGES 8–11: MAKE IT CONCRETE

New friends and new members come to church every week. Sit by them, learn their names, and show them around, so they feel they’ve come home.

DEEP CUT · AGES 12–16

About the woman at the well: “In her ordinary days, she may have endured many judging eyes but few helping hands—until this day.” Who at your school or ward has lots of judging eyes and few helping hands?

3 INTERACTIVE MOMENT

2–3 MIN

HELP OR JUDGE? Read each situation; everyone holds out an open hand when they’ve thought of a quick way to help. 1) A kid drops their lunch tray. 2) A new family’s toddler is noisy during the sacrament. 3) A sibling forgot their part in a talk. 4) A classmate shows up in clothes others tease.

Reveal: For each one, name the helping action first and skip the comment. That’s the little girl’s way: see what’s needed, then reach out.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

When has someone helped you instead of laughing at you? How did it feel?

OLDER (12–16)

Why is it often easier to judge than to help? How would looking to someone’s possible change how you treat them?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to tell the baffling buttons story and the woman at the well in their own words, and what both teach.

Listen for: The little girl helped while the adult was aggravated. Jesus offered the woman dignity, listening, and truth, not shame. Look to people’s possible, not just their past. Quick to help, slow to judge.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a time someone was quick to help you when you could have been judged, and your witness of how Jesus Christ treats each of us.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, each person looks for one baffling buttons moment, someone stuck or struggling, and helps before saying anything critical. Share the moments at dinner.

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

Scripture: John 4:5–30; Isaiah 11:6 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/56sinclair](https://www.churchofjesuschrist.org/study/general-conference/2026/10/56sinclair)

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