

Fruit to Make One Happy

Elder Gary E. Stevenson, *Quorum of the Twelve Apostles*

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

THE BIG IDEA

Gospel truths are like the sweet fruit in Lehi's dream: they become sweet as I live them, and then I want my family and friends to taste them too.

You'll need: Three or four kinds of fruit, cut up, and a blindfold or scarf.

Parent note: Elder Stevenson spoke directly to Primary-age children in this talk, so your 8–11s are his intended audience. Let them lead.

1 HOOK

2 MIN

TASTE TEST Blindfold a volunteer and give them a bite of fruit to guess. Before tasting, ask: could you tell how sweet a fruit is just by looking at it or smelling it?

Then: Not really. Elder Stevenson said: “But once we have tasted it, we know how much we like it. Gospel truths are the same.” They become sweet as we live them. (Fun fact: as a boy, his mom often told him in conference, “Gary, pay attention and listen. Just one more talk.”)

2 KEY TEACHINGS FROM ELDER STEVENSON

8–10 MIN

1 Fruit 1: I am a child of a loving Heavenly Father

“Heavenly Father knows us personally. This is your most important identity.”

— Elder Gary E. Stevenson · exact words

FOR AGES 8–11: MAKE IT CONCRETE

After a big earthquake in South America, Elder Stevenson asked Primary children to stand and sing *I Am a Child of God*. A very young boy got away from his parents, ran up next to him, and sang every word loudly. The Spirit comforted everyone.

DEEP CUT · AGES 12–16

“This knowledge also makes us kinder to others, knowing that everyone around us is our brother or sister.” How would school be different if everyone really believed that?

2 Fruit 2: The great plan of happiness

“Central to this plan is the Atonement of Jesus Christ.”

— Elder Gary E. Stevenson · exact words

FOR AGES 8–11: MAKE IT CONCRETE

In Japan, Elder Stevenson's friend, a Buddhist priest, was terribly sad after his wife died. Elder Stevenson asked if he knew where his wife was. When he learned that her spirit could be in a place of rest, happiness, and peace, his whole face changed.

DEEP CUT · AGES 12–16

“We witnessed a miraculous transformation: peace for despair, joy for sadness, hope for ashes.” He also quoted *For the Strength of Youth*: because God loves us, He sent His Son, who took our sins so we can repent, be forgiven, and keep progressing. That's good news when you wonder if you'll ever be good enough.

3 Fruit 3: The gift of the Holy Ghost

“Finally, a most delicious fruit for Latter-day Saints is the gift of the Holy Ghost, His constant companionship.”

— Elder Gary E. Stevenson · exact words

FOR AGES 8–11: MAKE IT CONCRETE

After baptism at age eight, you're confirmed and receive the gift of the Holy Ghost. He warns, comforts, and testifies. The song *I Know My Father Lives* teaches that the Spirit whispers truth to us.

DEEP CUT · AGES 12–16

Warn, comfort, testify: which of those three have you felt most recently? What did it feel like? Constant companionship means He can be with you every day, not just on Sundays.

3 INTERACTIVE MOMENT

2–3 MIN

FRUIT BASKET Set out three pieces of fruit and name each one after a gospel fruit: child of God, plan of happiness, gift of the Holy Ghost. Each person picks one and names someone they'd love to share it with.

Reveal: That's exactly what Lehi did. He said: “It filled my soul with exceedingly great joy; wherefore, I began to be desirous that my family should partake of it also.” (1 Nephi 8:12) Eat the fruit together.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

Which of the three gospel fruits tastes sweetest to you right now? Why?

OLDER (12–16)

Elder Stevenson said gospel truths become sweet as we live them. Which truth did you know in your head before it became sweet to you by living it?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to name Elder Stevenson's three gospel fruits and tell one story that goes with each.

Listen for: We are children of a loving Heavenly Father (the boy who sang). The great plan of happiness through Jesus Christ (the priest in Japan). The gift of the Holy Ghost (warn, comfort, testify). Then love, share, and invite.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares which gospel fruit has been sweetest in your life, and your witness of God the Father, Jesus Christ, and the Holy Ghost.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO Elder Stevenson's invitation: love, share, and invite. This week, each person shares one gospel fruit with someone, in words or actions. Ideas: sing *I Am a Child of God* with a younger sibling, or invite a friend to an activity.

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

Scripture: 1 Nephi 8:10–12; Romans 8:16; Alma 40:11–12; Alma 42:8 · **Full talk:** churchofjesuschrist.org/study/general-conference/2026/10/57stevenson

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