

THE CHRIST CENTERED HOME PROJECT

Family Lessons

October 2026 General Conference · Ages 8–16, siblings learning together

37 lessons · every talk

How to use these lessons. One talk per family night, about 15–20 minutes, for brothers and sisters from 8 to 16 learning together. Each lesson has one big idea, a hook, two or three key teachings with the speaker's exact words, a concrete example for 8–11 and a *deep cut* for 12–16, an interactive moment, a question for each age, a recap where the kids explain it back, a testimony prompt, and one thing to do this week. Let the kids do the explaining. Keep it brisk; it's fine to skip a section.

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Come to the Lord in His Holy House

Elder Gerrit W. Gong, *Quorum of the Twelve Apostles*

SATURDAY MORNING SESSION • SATURDAY, OCTOBER 3, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

The temple is the Lord's holy house, where Jesus Christ helps us heal, keep our covenants, and bind families together forever on both sides of the veil.

You'll need: A picture of any temple (exterior), paper strips + tape for a paper chain, a phone or computer with a family tree app (optional).

1 HOOK

2 MIN

RIDDLE Elder Gong opened General Conference with a riddle. Read it, then give everyone 10 seconds to guess: Why did the temple workers cross the road?

Then: His answer: "To help the people on the other side." (Yes, Theo, it's a dad joke.) It's also the whole talk. And at the very end, Elder Gong gives a second answer that's way bigger. Listen for it.

2 KEY TEACHINGS FROM ELDER GONG

8–10 MIN

1 Why the temple? So families can come home, together and happy

"First doctrinal foundation: Heavenly Father's work and glory is for us to return to Him, united as families, happy and forever."

— Elder Gerrit W. Gong • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Think of a family road trip. The goal isn't just that somebody gets there. It's that everyone gets there, together, and still talking to each other. Heavenly Father's plan is like that: home, together, happy, forever.

DEEP CUT • AGES 12–16

Elder Gong also said, "Temple marriages are meant to last forever." He said covenant families stay together not just until it stops being convenient, but by covenant commitment, sacrifice, and consecration. Ask: how is a covenant different from a deal you keep only while it's convenient?

2 Jesus Christ helps us change, forgive, and mend

"Agency, faith and repentance, and Jesus Christ's Atonement make change and forgiveness possible."

— Elder Gerrit W. Gong • exact words

"Jesus Christ can help us mend, forgive, move forward."

— Elder Gerrit W. Gong • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Make a paper chain. Rip one link (like a sibling fight over the front seat), then tape it back. Because of Jesus Christ, broken things in families can be mended. Elder Gong said people who did temple work for a family member they'd had a hard time with found their hearts softening.

DEEP CUT • AGES 12–16

Third doctrinal foundation (the one most people miss): covenants become binding when the Holy Spirit of Promise confirms them, and he said we shouldn't expect covenants we don't honor in faith or action to bind us. In normal words: the covenants you actually keep are the ones that last. Also: "Please do not deliberately delay the spiritual peace and joyful freedom Jesus Christ wants you to have now." If there's something to fix, today works.

3 Build your own temple culture

"We can come to the temple more often. We can search and bring more family names to bless deceased loved ones."

— Elder Gerrit W. Gong · exact words

FOR AGES 8–11: MAKE IT CONCRETE

Elder Gong gave five things to build: (1) a dedication is a beginning, (2) go more often and bring names, (3) everything in each temple points to Jesus Christ, (4) be grateful, (5) someday, have your own temple clothes. Not old enough to go yet? Help find the names. Youth can start doing baptisms for ancestors the year they turn 12.

DEEP CUT · AGES 12–16

His parents were the only members in their families. To anyone who feels alone, he said: "Some new converts feel alone. But you are part of Heavenly Father's family." Then to all of us: "Whatever generation you are in the Church, in the chain of your eternal family, please be a strong link." What would being a strong link look like for you?

3 INTERACTIVE MOMENT

2–3 MIN

QUICK POLL → TRICK QUESTION Show (or describe) two temples: A is huge with tall spires; B is small, in a little town. Everyone vote with a hand: which temple is holier? Three seconds.

Reveal: Trick question. Someone told Elder Gong they were sorry their temple was small. He answered: "Covenants are not big or small." He added: "But please, while we are grateful our temples and everything in them are physically beautiful, let us celebrate and treasure even more the spiritual blessings temples bring."

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

If you could learn about one ancestor and help take their name to the temple, who would you want it to be, and why?

OLDER (12–16)

Elder Gong said covenants we don't honor aren't binding. Why do you think God cares so much about keeping a covenant, not just making it?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Go back to the riddle. Ask the kids: what is Elder Gong's second, bigger answer to why the temple workers cross the road? Let them try first, then read his words: "So, why did the temple workers cross the road? So God and temple ordinances can protect, bless, and inspire; bring forgiveness, healing, and peace; and unite loved ones here and away."

Listen for: Families forever. Jesus helps us mend. Keep (not just make) covenants. Help the people on the other side. Every temple is holy.

6 TESTIMONY OF JESUS CHRIST

1 MIN

Elder Gong said: "In a world of commotion, contention, and cares, the Lord invites us to a place of spiritual safety, harmony, and holiness—the house of the Lord." A parent or grandparent briefly shares a time the temple (or just its grounds) brought peace, and what they know about Jesus Christ because of it.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO Elder Gong's counsel: "Look for the miracles." This week, find one ancestor together on a family tree, write their name on a paper link, and hang it by your temple picture. Youth can plan to take it to the temple.

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

Scripture: Moses 1:39; Malachi 4:5–6; Doctrine and Covenants 109:12–13 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/12gong](https://www.churchofjesuschrist.org/study/general-conference/2026/10/12gong)

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The Sculpting of Our Souls

Sister Tamara W. Runia, *First Counselor in the Young Women General Presidency*

SATURDAY MORNING SESSION · SATURDAY, OCTOBER 3, 2026 · OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

Even when I can't fix it or understand it, God loves me and is shaping me, with Jesus Christ's help, into someone only He knows I can become.

You'll need: A LEGO kit or puzzle (hide the box picture), a lump of play dough or clay (optional).

1 HOOK

2 MIN

OBJECT QUESTION Hold up a LEGO bag or puzzle with the box picture hidden. Ask: would you still build it if you had only the instructions and no picture of how it ends? Everyone answers.

Then: Sister Runia's son Ryan died suddenly, leaving four young children. At the funeral, his 7-year-old son Jaac was asked that same question by his mom. His answer, as Sister Runia shared: "Yes, because you can trust the one who designed it, and it always turns out."

2 KEY TEACHINGS FROM SISTER RUNIA

8–10 MIN

1 Some things you can only learn by going through them

"God's answer implies that experience is valuable, and I'm learning the only way to get it is to go through it."

— Sister Tamara W. Runia · exact words

FOR AGES 8–11: MAKE IT CONCRETE

Sister Runia loves fixing things: knots, stains, you name it. But some things she can't fix. You can't learn to ride a bike by watching videos; wobbles and scraped knees are part of learning. Life is like that too.

DEEP CUT · AGES 12–16

In Liberty Jail, Joseph Smith begged for a break. The Lord answered that all these things would give him experience and be for his good (D&C 122:7). Sister Runia moved from why-questions to this one: "I know that God loves me, so what is supposed to be happening here?" Try that question on something hard in your life right now.

2 Not understanding is not the same as not believing

"Not understanding is not the same as not believing."

— Sister Runia's words at her son Ryan's funeral, as she shared them

"I may not understand everything, but I absolutely believe God sees you, loves you, and knows your story—a story that is both personal and purposeful!"

— Sister Tamara W. Runia · exact words

FOR AGES 8–11: MAKE IT CONCRETE

You can trust a parent driving at night even when you can't see the road ahead. Sister Runia didn't understand why her son died, and she said so. She believed anyway.

DEEP CUT · AGES 12–16

She said your story is personal, so you don't need to look sideways and ask why your life doesn't look like someone else's. And it's purposeful: "It's not a detour from the path; it gives purpose to our path." Which is harder for you: not comparing, or believing the hard part has a purpose?

3 The Master Sculptor waits for our invitation

“God is shaping us into something only He knows we can become.”

— Sister Tamara W. Runia · exact words

“He’ll lovingly chasten us to get our attention, but He waits for an invitation before He can really go to work.”

— Sister Tamara W. Runia · exact words

FOR AGES 8–11: MAKE IT CONCRETE

Her brother Kent had to sculpt a clay bust of himself, but he couldn’t get the eyes right. He didn’t want help. When he finally asked, the teacher dug deep into the clay, and in minutes the eyes came to life. It was still Kent, but a master’s hand had shaped what his couldn’t.

DEEP CUT · AGES 12–16

Pride is what kept Kent from asking. The day before Ryan died, he told a struggling neighbor he could blame God or turn to Him and let Him heal. Sister Runia’s invitation to us: “Let’s choose Christ, who can heal the wounds of this world while carving out room for joy!”

3 INTERACTIVE MOMENT

2–3 MIN

TRICK QUESTION Vote: Is the gospel like a big umbrella? If you keep the commandments well enough, does it keep all the rain off? A) Yes B) No

Reveal: Sister Runia used to think so. Then she said: “But I’ve learned from experience that we’re all going to get rained on.” The gospel isn’t the umbrella. It’s the solid rock you stand on during the storm (Helaman 5:12).

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

Think of something hard that taught you something (a sport, a school subject, a hard week). What did it teach you?

OLDER (12–16)

Sister Runia said a godlike life is carved from the very things that make it hard. Does that feel true, unfair, or both? Why?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain in their own words: Umbrella or rock, which one is the gospel, and why? And what does the Sculptor wait for before He really goes to work?

Listen for: Experience is how we grow. Not understanding is not the same as not believing. The gospel is a rock, not an umbrella. Jesus waits for our invitation, then shapes us.

6 TESTIMONY OF JESUS CHRIST

1 MIN

Sister Runia said: “Christ’s work in your life and His love for you are bigger than your present story.” A parent shares a time they didn’t understand something hard but still believed, and how Jesus Christ helped them through it.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, each person picks one hard thing and says a short prayer inviting Jesus Christ to help shape them through it. At Sunday dinner, share one thing you noticed.

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

Scripture: Doctrine and Covenants 122:7; Helaman 5:12; 1 John 3:2 · **Full talk:** churchofjesuschrist.org/study/general-conference/2026/10/13runia

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The Gift of Testimony

Elder Gérald Caussé, *Quorum of the Twelve Apostles*

SATURDAY MORNING SESSION • SATURDAY, OCTOBER 3, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

A testimony of Jesus Christ is a personal gift from God, and it grows when I share it simply, sincerely, and with love.

You'll need: Nothing. Optional: a small wrapped gift as a prop.

1 HOOK

2 MIN

QUESTION Think of the best gift you've ever gotten. Did you hide it in a drawer, or show it to everyone? Go around fast.

Then: Elder Caussé used to wonder, “Why me? Why was I so privileged to receive a testimony of the restored gospel?” Then he found a better question: “What does the Lord expect me to do with this gift?” That question is today's lesson.

2 KEY TEACHINGS FROM ELDER CAUSSÉ

8–10 MIN

1 Your testimony is personal, and it's yours

“Your testimony may be different from mine or that of other family members or fellow Saints. Please trust it, nurture it, and bear it, because it is uniquely yours.”

— Elder Gérald Caussé • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Testimonies are like fingerprints: no two are exactly alike. Pip's might be *I feel happy when we pray*. Nora's might be about a scripture story she loves. Grandma Rose's has decades of stories. All of them count.

DEEP CUT • AGES 12–16

He said a testimony comes through your own close relationship with God, and that it grows. “It grows through faith, earnest seeking, gospel living, and the quiet influence of the Holy Ghost.” If yours is just starting, he included you: “If you have received the gift of a testimony—even if it is only the beginning of one—it is your duty and privilege to share it.”

2 A gift to be shared, because we love people

“Our testimony is not a talent to be hidden. It is a gift to be shared—with grateful hearts and in a spirit of humility and love.”

— Elder Gérald Caussé • exact words

“To say ‘I know’ is a tender expression of love toward our neighbor.”

— Elder Gérald Caussé • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Saying *I know Jesus loves you* and saying *I love you* are connected. When you show Christlike love, you are already testifying of Jesus.

DEEP CUT • AGES 12–16

Years after he rebelled, Alma the Younger remembered his father's testimony of Jesus Christ, and that memory became his spark of hope (Alma 36:17–18). Elder Caussé asked: “How many ‘Almas’ are there around you waiting to hear your witness and discover, or rediscover, the hope that is found in Jesus Christ?”

3 Simple and true is enough

“There is great power in a sincere, humble, and heartfelt testimony. It need not be long, eloquent, or dramatic—it only needs to be true.”

— Elder Gérald Caussé · exact words

FOR AGES 8–11: MAKE IT CONCRETE

His niece was so nervous at camp that she said only two sentences: that God loves her and has a plan for her. She felt bad afterward. Her mom asked if she believed what she said. Yes. Her mom told her that’s all that matters.

DEEP CUT · AGES 12–16

Why does a two-sentence testimony have power? “Each of us can bear such a witness, for it is the Spirit—not words—that testifies of the truth.” If you’re shy, that’s good news: the Holy Ghost does the heavy lifting, not your vocabulary.

3 INTERACTIVE MOMENT

2–3 MIN

QUICK POLL Which testimony has more power? A) A ten-minute talk with big words and a dramatic story. B) Two nervous sentences. C) It depends. Vote with fingers (1, 2, or 3).

Reveal: Elder Caussé’s answer: what matters is that it’s sincere and true, because the Spirit testifies, not the words. Then try the 60-second round: each person finishes one sentence that starts with *I know* or *I believe* about Jesus Christ. Passing is allowed.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What’s one thing you already know or feel is true about Jesus Christ?

OLDER (12–16)

Elder Caussé said your testimony grows stronger as you share it. Why would sharing something make it stronger instead of using it up?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: Why does Elder Caussé call a testimony a gift? What are we supposed to do with it? Does it have to be long?

Listen for: It’s personal and from God. Trust it and nurture it. Share it with love. Simple and true is enough, because the Spirit testifies.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent models it: two or three plain sentences about what you know or believe about Jesus Christ. Keep it short on purpose.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO Elder Caussé invited: “I invite you to look each day for opportunities, as prompted by the Holy Ghost, to bear witness of Jesus Christ and His restored gospel—even if only for a minute or two.” This week, each person shares one simple sentence of testimony about Jesus Christ with someone outside your home: a text, a note, a friend, or a grandparent.

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

Scripture: Mosiah 18:9; Doctrine and Covenants 100:5–8; Alma 36:17–18 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/14causse](https://www.churchofjesuschrist.org/study/general-conference/2026/10/14causse)

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Prophets, Seers, and Revelators

Elder Vaiangina Sikahema, *Seventy*

SATURDAY MORNING SESSION • SATURDAY, OCTOBER 3, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

Heavenly Father speaks through living prophets and apostles today, so I can listen eagerly and follow, instead of taking them for granted.

You'll need: A phone or tablet with a conference talk ready to play (optional).

1 HOOK

2 MIN

PHONE CHECK Ask: How far would you travel to hear a prophet speak in person? A mile? A day? Then hold up a phone: how far away is the prophet's last talk right now?

Then: In 1947, Elder Sikahema's grandparents in Tonga sailed toward the main island to hear an Apostle. A 16-hour trip became two and a half days in a storm. Their 9-month-old son died of exposure. They buried him, got back on the boat, and kept sailing, just to listen to an Apostle.

2 KEY TEACHINGS FROM ELDER SIKAHEMA

8–10 MIN

1 Prophets are worth sailing through a storm for

“What a blessing it is to live in a time when apostles and prophets are on the earth.”

— Elder Vaiangina Sikahema • exact words

FOR AGES 8–11: MAKE IT CONCRETE

His grandparents were poor farmers with three small children. They spent days soaked and seasick to sit and listen to Elder Matthew Cowley, an Apostle. We press play.

DEEP CUT • AGES 12–16

Why go that far? “They were sailing toward an Apostle, who held priesthood keys, held the authority for the ordinances that would later seal them as an eternal family.” They weren't sailing toward a celebrity. They were sailing toward keys and covenants.

2 Once there was a famine of hearing God's word

“For centuries after the deaths of the ancient apostles and prophets until the boy Joseph knelt in the grove of trees near Palmyra, New York, there was no revelation to prophets.”

— Elder Vaiangina Sikahema • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Amos called it a famine, not of bread or water, but of hearing the words of the Lord (Amos 8:11). Imagine wanting to know what God wants and having no prophet to ask.

DEEP CUT • AGES 12–16

Then God ended the famine through a teenager. “With that clear, simple, and understated introduction, the Father and His Son, Jesus Christ, would begin the work of restoring the Savior's ancient Church through a then-teenage boy in upstate New York.” God trusted a 14-year-old. What does that say about what He thinks teens can do?

3 Don't treat it as a light thing

"I suspect the Lord knew that even when we would have these devices (cell phones) to easily see and hear His anointed servants, many of us would still take them for granted."

— Elder Vaiangina Sikahema · exact words

FOR AGES 8–11: MAKE IT CONCRETE

The Lord warned us not to treat His words as a light thing (D&C 90:5). A light thing means something we don't take seriously, like a present left unopened under the bed.

DEEP CUT · AGES 12–16

Some early Church leaders were embarrassed by Joseph Smith's poor writing and didn't want to publish the revelations. The Lord answered that whether He speaks by His own voice or by the voice of His servants, it is the same (D&C 1:38). Imperfect messengers, perfect message. How do you listen past the messenger to the message?

3 INTERACTIVE MOMENT

2–3 MIN

WOULD YOU RATHER

Would you rather (A) sail two and a half days through a storm to hear an Apostle once in your life, or (B) have every talk from every Apostle on your phone, anytime, forever? Vote.

Reveal: Most of us pick B, and that's what we have. Now the twist: which one is easier to take for granted? Elder Sikahema's grandparents show what it looks like to treat prophets as a big thing.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

If you got to meet a prophet, what would you want to ask him or tell him?

OLDER (12–16)

What's one thing a prophet has taught that you've seen work in your life, or that you're still testing?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids: Why did Elder Sikahema's grandparents get back on the boat? What does it mean to treat God's words as a light thing, and what's one way our family can avoid it?

Listen for: Living prophets hold keys. There was once a famine of God's word; the Restoration ended it. Don't take easy access for granted.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a time following a prophet's counsel blessed your family, and how it helped you trust Jesus Christ.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO

This week, watch or read one conference talk together, and have each person name one thing they will do because of it.

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

Scripture: Amos 3:7; Doctrine and Covenants 1:38; Doctrine and Covenants 90:5 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/15sikahema](https://www.churchofjesuschrist.org/study/general-conference/2026/10/15sikahema)

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Jesus Christ Is the Great Deliverer!

Elder Kevin J. Hathaway, *Seventy*

SATURDAY MORNING SESSION • SATURDAY, OCTOBER 3, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

When I turn to Jesus Christ in hard times, He gives me peace and strength, and He will deliver me in His time and His way.

You'll need: Four index cards labeled: Opposition, Sincere seeking, Grace to endure, Deliverance.

1 HOOK

2 MIN

QUICK STORY Elder Hathaway's family was driving two cars to start serving as mission leaders. In a construction zone, two huge tires came loose from a semitruck and smashed into both cars. Airbags exploded. Both cars were destroyed. Ask: what would your first thought be?

Then: They wondered why this happened when they'd left everything to serve the Lord. Then the Spirit brought peace: everything would be all right. They weren't rescued from the trial right away, but they had hope. They arrived on time, without serious injury.

2 KEY TEACHINGS FROM ELDER HATHAWAY

8–10 MIN

1 Hard questions are a place to turn toward Jesus

"Such questions and emotions are not sin or weakness; they can create a sacred space where agency is activated and we choose whether to turn toward Jesus Christ."

— Elder Kevin J. Hathaway • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Even Joseph Smith, in a cold jail, cried, "O God, where art thou?" (D&C 121:1). Asking hard questions doesn't mean your faith is broken. It's a moment to choose which way to turn.

DEEP CUT • AGES 12–16

Turning toward Him looks like heartfelt prayer, purposeful fasting, and scripture study. King Darius fasted all night while Daniel was in the lions' den. Ask: when you have a hard question, where do you usually turn first: your phone, a friend, or God?

2 Grace helps us endure, even when the pain doesn't leave yet

"This grace does not remove the pain and difficulty of affliction; it is an enabling power that allows us, after all we can do, to receive divine strength beyond our own and lay hold on eternal promises through Jesus Christ."

— Elder Kevin J. Hathaway • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Sister Kenzie Brinkerhoff was one week from coming home from her mission when her dad died in an accident. A few weeks later she said: "I know that Jesus knows what this feels like, and He will heal me."

DEEP CUT • AGES 12–16

Kenzie also said, "I have never clung so tightly to my covenants." Covenants are like handholds on a climbing wall: they don't make the wall shorter, but they give you something solid to hold. Enabling grace means strength beyond your own, not the absence of hard things.

3 Not if, but how and when

“His deliverance is certain; the question for most righteous followers is not if He will deliver but how and when He will do so.”

— Elder Kevin J. Hathaway · exact words

“Some miracles are immediate, some come after long waiting, and some await the Resurrection.”

— Elder Kevin J. Hathaway · exact words

FOR AGES 8–11: MAKE IT CONCRETE

When Jairus heard his daughter had died, Jesus told him, “Be not afraid, only believe.” (Mark 5:36) Then Jesus raised her. No situation is too late for Him.

DEEP CUT · AGES 12–16

Why would God wait? Elder Hathaway said: “To Kenzie and all who wait for divine deliverance, I testify that the Lord is not delayed, distracted, or derelict in His deliverance.” He also said: “However, He knows that lessons learned while waiting can bring converting growth that an earlier rescue might not produce.” What’s something waiting taught you that a quick fix wouldn’t have?

3 INTERACTIVE MOMENT

2–3 MIN

PUT IT IN ORDER (QUICK GAME) Shuffle the four cards (Opposition, Sincere seeking, Grace to endure, Deliverance) and hand them to the youngest. Can they put Elder Hathaway’s pattern in order? Teens can check and explain each step with an example.

Reveal: Opposition brings hard questions → sincere seeking (prayer, fasting, scriptures) → assurances and grace to endure → deliverance in the Savior’s time and way.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

When you feel scared or sad, what helps you remember Jesus is with you?

OLDER (12–16)

Which is harder for you: a sudden problem, or a long wait for an answer? Why?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Have the kids explain the pattern using the hook story: what was the opposition, the assurance, and the deliverance in the car accident? Then: is the question IF Jesus will deliver, or HOW and WHEN?

Listen for: Hard questions aren’t weakness. Turn toward Him. Grace gives strength to endure. Deliverance is certain, in His time and way.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a time Jesus Christ delivered your family, or gave peace while you were still waiting.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, start a family deliverance list on the fridge. Whenever someone prays about something hard and notices help or peace, add one line.

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

Scripture: Mark 5:36; Mosiah 24:13–15; Alma 7:11–12 · **Full talk:** churchofjesuschrist.org/study/general-conference/2026/10/16hathaway

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A Higher and Holier Fast

Elder Ulisses Soares, *Quorum of the Twelve Apostles*

SATURDAY MORNING SESSION • SATURDAY, OCTOBER 3, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

When I fast with prayer and give a generous fast offering, I draw closer to Jesus Christ and my heart opens to people in need.

You'll need: An envelope or a fast-offering slip (or your ward's online giving page).

Parent note: Fasting is for when each person is ready and healthy. Younger kids can start by skipping a snack or one meal with a purpose and a prayer.

1 HOOK

2 MIN

QUESTION Jesus Christ was about to begin the most important mission in history. Out of everything He could have done to get ready, what did He choose? Take guesses.

Then: He went into the wilderness for 40 days to fast and pray with His Father (Matthew 4:1–2). Elder Soares said that of all the things He could have done to prepare, He chose to seek complete alignment with His Father's will through fasting and prayer.

2 KEY TEACHINGS FROM ELDER SOARES

8–10 MIN

1 Fasting + prayer = drawing near

“A sincere and faithful fast is accompanied by earnest and intentional prayer.”

— Elder Ulisses Soares • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Without prayer, fasting is just being hungry. It's like putting your phone face down so you can really listen to someone you love. Fasting clears space; prayer fills it.

DEEP CUT • AGES 12–16

Elder Soares said: “Through the union of fasting and prayer, our faith, love, and devotion to Him deepen.” Isaiah 58 promises light, healing, and this: “Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am.” (Isaiah 58:9). Notice the promise isn't *you'll get what you asked for*. It's *I am here*.

2 Fasting draws heaven near, even when the burden stays

“His example teaches us that fasting and prayer may not remove every burden from our path, but they draw heaven near and endow us with divine power to overcome or endure whatever circumstances we may face, giving us the spiritual fortitude to remain faithful to the Father's will.”

— Elder Ulisses Soares • exact words

FOR AGES 8–11: MAKE IT CONCRETE

After His fast, Jesus was spiritually strong enough to say no to Satan's temptations and begin His ministry. Fasting can make us stronger too, for a test, a hard friendship, or a sick grandparent.

DEEP CUT • AGES 12–16

“Even when answers do not come in the way we expect, fasting and prayer help us develop greater confidence in the Lord, in our covenants with Him, and in His plan for our lives, as well as a deeper willingness to accept His will.” Fasting isn't leverage on God. It's letting Him change what we want.

3 A holier fast looks outward: fast offerings

“Though our fast offerings may seem small and simple, they become consecrated expressions of compassion, concern, and service.”

— Elder Ulisses Soares · exact words

“A man filled with the love of God, is not content with blessing his family alone, but ranges through the whole world, anxious to bless the whole human race.”

— The Prophet Joseph Smith, as quoted by Elder Soares

FOR AGES 8–11: MAKE IT CONCRETE

The money we would have spent on the meals we skip goes to the bishop, who uses it to help people with food, rent, and other needs. A few dollars from your family can become someone else’s groceries.

DEEP CUT · AGES 12–16

Isaiah taught that an acceptable fast helps let the oppressed go free and break every yoke (Isaiah 58:6). Elder Soares tied this to Jesus, who came down and suffered so He would know how to help His people. Fast offerings are one way we copy the Savior’s pattern of coming close to people who are struggling.

3 INTERACTIVE MOMENT

2–3 MIN

QUICK POLL Is fasting more like (A) a vending machine: put in hunger, get out a blessing, or (B) a long, quiet talk with someone who loves you? Vote, and the older kids have to defend their vote in one sentence.

Reveal: Elder Soares said fasting is more than a test of willpower or a request for specific blessings: “It is a way to align our desires with His purposes, and our expectations with His wisdom.” So, B, with a lot of listening on our side.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

If our family fasted for someone this month, who would you want us to fast for, and why?

OLDER (12–16)

Have you ever prayed for something and noticed your own wants changing? What was that like?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids: What two things make a fast higher and holier instead of just hungry? Why did Jesus fast before His mission? Then read Elder Soares’s words: “Fasting, when observed with joy and joined with prayer and generosity, brings sweeter communion with the Lord and a deeper, more personal connection with Him.”

Listen for: Prayer. Generosity (fast offerings). Joy. It draws heaven near. It helps others. His promise: miracles, nearness to the Savior, strength, more sensitivity to others’ needs.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a time fasting and prayer brought peace, strength, or an answer, and what it taught you about Jesus Christ.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO On the next fast Sunday, choose one family purpose together, begin and end with a family prayer, and let the kids help fill out or submit the fast offering.

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

Scripture: Isaiah 58:6–11; Matthew 4:1–2; Alma 17:3 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/17/soares](https://www.churchofjesuschrist.org/study/general-conference/2026/10/17/soares)

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The Hour of Your Mission Is Come

Bishop Sean Douglas, *Second Counselor in the Presiding Bishopric*

SATURDAY MORNING SESSION • SATURDAY, OCTOBER 3, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

God prepared me to help His children come unto Christ, so I can live like a missionary now and put serving a mission high on my list.

You'll need: Scriptures open to Doctrine and Covenants 31:3.

1 HOOK

2 MIN

GUESS THE LIST Bishop Douglas listed things missionaries put on hold for a season. Can the family guess at least four? (Give 30 seconds.)

Then: His list: education, dating, careers, family time, and even sleeping in on Saturday mornings. Then he said: “Yes, the Lord’s expectations are high for you! But, oh, is it worth it!”

2 KEY TEACHINGS FROM BISHOP DOUGLAS

8–10 MIN

1 Missionaries are the message

“You are what you preach. You are not only the messengers but also living examples of the message.”

— Bishop Sean Douglas • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Bishop Douglas watched his two great-nephews, brothers, speak in church before leaving for missions at opposite ends of the earth. They were beaming. You don’t need a name tag to be a living example of the gospel at school or on your team.

DEEP CUT • AGES 12–16

“God held you in reserve for this time. You were taught and prepared, before you were born, to invite God’s children to come unto Christ.” He called it your spiritual DNA. What do you think you were prepared for?

2 The best reason to serve: to be close to Jesus

“I only want to be close to Jesus Christ and to follow Him.”

— Elder Merlin Sanchez, a missionary, as Bishop Douglas shared

FOR AGES 8–11: MAKE IT CONCRETE

Merlin was baptized at almost 24, then stopped coming to church. A faithful friend helped him start his mission papers before he had even decided to go. When he came back to church at 25, he wanted to serve, and the papers were ready.

DEEP CUT • AGES 12–16

Merlin became a bishop on his wedding day and later a stake president. Bishop Douglas said: “After all, serving a mission is just one of many significant steps on the path of lifelong discipleship.” Also notice the friend. Who in your life might need a friend like that?

3 Put it high on your list

“To all the rising generation of the Church, I invite you to place serving a full-time mission high on your list.”

— Bishop Sean Douglas · exact words

“Don’t be distracted by alternatives of far less worth.”

— Bishop Sean Douglas · exact words

FOR AGES 8–11: MAKE IT CONCRETE

Rising generation means you. Missionaries can be young or old: young elders and sisters, senior couples, service missionaries. There’s a place for each one.

DEEP CUT · AGES 12–16

Prophets teach that for able young men a mission is a priesthood responsibility, and for able young women it’s a powerful but optional opportunity; each can pray to know what the Lord wants. Amulek admitted he was called many times and would not hear (Alma 10:6). What could keep someone your age from hearing?

3 INTERACTIVE MOMENT

2–3 MIN

PUT YOUR NAME IN Bishop Douglas invited everyone to put their own name in place of Thomas in Doctrine and Covenants 31:3. Go around the circle; each person reads it with their own name: “[Name], lift up your heart and rejoice, for the hour of your mission is come; and your tongue shall be loosed, and you shall declare glad tidings of great joy unto this generation.”

Reveal: Ask: did it feel different with your name in it? The Lord’s promises in that section include that He will prepare a place for the families of those who serve (D&C 31:5–6).

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What’s one thing missionaries do that you could do this week?

OLDER (12–16)

What alternatives of far less worth could crowd out a mission, or discipleship in general, for people your age? How do you keep them from getting in the way?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids: Why did Merlin want to serve? What does it mean that missionaries are what they preach? How can someone who is 9 or 14 live like a missionary now?

Listen for: Living examples of the message. Prepared before birth. To be close to Jesus Christ. A mission is one step on a lifelong path. Put it high on your list.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent or grandparent shares how missionaries (or serving a mission) blessed your family and helped you come closer to Jesus Christ.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, invite the missionaries to dinner or send a message to a missionary you know, and let each kid ask one question about why they serve.

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

Scripture: Doctrine and Covenants 31:3–7; Mosiah 28:3; Alma 10:6 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/18douglass](https://www.churchofjesuschrist.org/study/general-conference/2026/10/18douglass)

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O Be Wise

President D. Todd Christofferson, *Second Counselor in the First Presidency*

SATURDAY MORNING SESSION • SATURDAY, OCTOBER 3, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

Gambling takes something for nothing at someone else's expense, so I can stay away from it and use my time and money to do good, like Jesus.

You'll need: Nothing.

1 HOOK

2 MIN

QUICK STORY A U.S. president known for saying very little came home from church. His wife asked what the preacher talked about. He said: Sin. She asked: Well, what did he say? Guess his answer.

Then: He said: He was against it. President Christofferson told this story (first shared by President Gordon B. Hinckley) to make a point about gambling. President Hinckley's words: "I think I could answer the question concerning gambling just that briefly. We are against it."

2 KEY TEACHINGS FROM PRESIDENT CHRISTOFFERSON

8–10 MIN

1 It's everywhere now, and it's built for you to lose

"Simply put, the industry's entire business model is built on its customers losing money."

— President D. Todd Christofferson • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Think of a carnival game that looks easy but is set up so most people lose. Gambling companies make money only when the people playing lose. Now it's on phones, so it's always there.

DEEP CUT • AGES 12–16

He shared that in the U.S., 36 percent of boys ages 11–17 reported gambling last year, rising to almost half at 17. "Surveys reveal that people know that in gambling the odds are stacked against them, and the house always wins—they just don't think it will win against them personally." Sports betting apps and prediction markets are aimed right at your age.

2 It's morally wrong: something for nothing, at someone else's expense

"For us as Latter-day Saints, overarching all other concerns is the fact that gambling is morally wrong."

— President D. Todd Christofferson • exact words

"Gambling is built on the desire to obtain something for nothing. Its structure requires that any gain comes at others' expense."

— President D. Todd Christofferson • exact words

FOR AGES 8–11: MAKE IT CONCRETE

If you win a bet, someone else loses. That's hard to square with loving your neighbor as yourself. Jesus is a giver, not a taker.

DEEP CUT • AGES 12–16

Even if you think you'd never get hooked, he asked who is watching you. Paul taught that a choice that's fine for a strong believer can become a stumbling block for someone weaker (1 Corinthians 8:9). Who looks to you as an example?

3 Spend it on good instead

“Remembering President Oaks’s comments about “opportunity cost” and the opportunities lost when a person devotes time and money to gambling, my plea again is not only to refrain from gambling but to use the time and resources saved thereby for doing good.”

— President D. Todd Christofferson · exact words

FOR AGES 8–11: MAKE IT CONCRETE

Opportunity cost means: if you spend an hour or ten dollars on one thing, you can’t spend it on something else. What good could that hour or money do instead?

DEEP CUT · AGES 12–16

President Oaks has taught us to ask, about every decision, where it will lead. President Christofferson said a life well lived is being and doing better without others doing worse. Try his question on a few of your own habits.

3 INTERACTIVE MOMENT

2–3 MIN

SCENARIO A friend says: Let’s each put five dollars on tonight’s game. It’s just for fun. What do you say? Younger kids pick a reply; older kids write one that’s honest and not preachy.

Reveal: President Christofferson’s line: “Gambling, even for fun, leads in the opposite direction.” Good replies are short and friendly: “I’m out on betting, but I’m in for watching. Bring snacks?”

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What’s something good you could do with one hour, or with five dollars, that would help someone?

OLDER (12–16)

He asked how our example affects others. Who might be watching how you handle things like this?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to give the three reasons in their own words: why are we against gambling? Then read his closing, from the prophet Jacob: “O be wise; what can I say more?” (Jacob 6:12)

Listen for: The house always wins (it’s built on losing). Something for nothing at others’ expense (not Christlike). Opportunity cost: use the time and money for good.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares how Jesus Christ’s example of giving rather than taking has blessed your family.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO President Christofferson said: “Today, I am pleading with all of us to live life on a higher plane.” This week, choose one good cause together (a neighbor, a food drive, a ward project) and give it an hour of your time or a few dollars.

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

Scripture: Jacob 6:12; Doctrine and Covenants 58:27; 1 Corinthians 8:9 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/19christofferson](https://www.churchofjesuschrist.org/study/general-conference/2026/10/19christofferson)

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“How Long Will It Be Ere They Believe Me?”

Elder Dale G. Renlund, *Quorum of the Twelve Apostles*

SATURDAY AFTERNOON SESSION • SATURDAY, OCTOBER 3, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

When I remember what Jesus Christ has already done for me, I can trust His promises, even on cold-oatmeal days.

You'll need: A bowl of (cold) oatmeal as a prop, if you're brave. Paper and a pencil with an eraser.

1 HOOK

2 MIN

GUESS THE COMPLAINT

Before he was an Apostle, Elder Renlund was a heart doctor. His patient Mr. Martin nearly died, received a heart transplant that failed, then got a second heart that worked beautifully. Ten days later he was going home. Elder Renlund found him angry, gripping his breakfast tray. Guess what he was mad about.

Then: Mr. Martin said: “The oatmeal isn’t hot, and the milk isn’t cold!” Three weeks from death, and he was upset about breakfast. (Elder Renlund admitted nobody should be tortured with oatmeal at any temperature.)

2 KEY TEACHINGS FROM ELDER RENLUND

8–10 MIN

1 Don't let cold oatmeal hide the miracle

“We focus on the here and now—the ‘cold oatmeal’—and lose sight of the bigger picture, both where we have been and God’s promises to us.”

— Elder Dale G. Renlund • exact words

FOR AGES 8–11: MAKE IT CONCRETE

The children of Israel saw the Red Sea open and got food from heaven every day. Then they complained about the menu and wished they were back in Egypt. They focused on cold oatmeal.

DEEP CUT • AGES 12–16

The Lord asked Moses how long it would be before they believed Him after all the signs He had shown (Numbers 14:11). Elder Renlund put it this way: “In other words, the Lord was asking: ‘Why don’t they trust me? Despite all I have done, why won’t they believe me?’” Ouch. When do you act like that?

2 Our hope rests on Jesus, not on how good we are

“Faith in Jesus Christ frees us from uncertainty because our hope rests on His faithfulness and righteousness, not on our own.”

— Elder Dale G. Renlund • exact words

“When our faith is centered on Jesus Christ, He promises spiritual peace no matter our circumstances.”

— Elder Dale G. Renlund • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Jesus told His disciples, “In the world ye shall have tribulation: but be of good cheer; I have overcome the world.” (John 16:33) You don’t have to carry the whole world. He already won.

DEEP CUT • AGES 12–16

Lehi told his son Jacob he was redeemed because of the righteousness of his Redeemer (2 Nephi 2:3). Jacob was a good person, but his goodness wasn’t the source of his redemption. Why might that feel freeing to someone who worries they’re never good enough?

3 There's no asterisk with your name on it

"I am not extraordinary enough to warrant an exception. The blessings are promised to me too."

— Elder Renlund's sister Linda, as he shared

"You can rely on God's promises."

— Elder Dale G. Renlund · exact words

FOR AGES 8–11: MAKE IT CONCRETE

His sister Linda used to read scripture promises and imagine a big asterisk: *Those blessings apply to everyone except Linda*. Then she realized she wasn't an exception. Elder Renlund said if you see an asterisk like that, take out a big eraser.

DEEP CUT · AGES 12–16

"The power of the Messiah to save and exalt is profoundly intimate and infinite beyond human comprehension; there is more than enough to cover any breach, need, or deficit for all of us, for each of us." Is there a promise you quietly think doesn't apply to you?

3 INTERACTIVE MOMENT

2–3 MIN

RAPID FIRE: OATMEAL OR MIRACLE? A parent calls out quick things; kids shout OATMEAL (small annoyance) or MIRACLE (a gift from God). Try: slow Wi-Fi, waking up breathing, a sibling took the last cookie, having a family, rain on game day, having the scriptures, homework.

Reveal: Notice how many miracles we walk past without a word. Then ask Theo's question: can one day have both? (Yes. The trick is which one we focus on.)

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What's one great thing Heavenly Father or Jesus has done for our family that we should never forget?

OLDER (12–16)

Is there a scripture promise you secretly think has an asterisk for you? What would erasing it look like?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: What is cold oatmeal, really? What did the Lord ask Moses? Why can we trust God's promises even when today is hard?

Listen for: Remember the miracles. Our hope rests on Jesus's righteousness, not ours. No asterisk: the promises are for me too.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares one promise God has kept to you, and what it taught you about trusting Jesus Christ.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, keep a Great Things list on the fridge: every evening each person adds one thing the Lord has done for them. Read the whole list together on Sunday.

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

Scripture: Numbers 14:11; John 16:33; Moroni 10:3 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/21renlund](https://www.churchofjesuschrist.org/study/general-conference/2026/10/21renlund)

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Divine Appointments

President Timothy L. Farnes, *Young Men General President*

SATURDAY AFTERNOON SESSION • SATURDAY, OCTOBER 3, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

Because I take Jesus Christ's name upon me, I can pray for eyes to see the people God puts in my path and help them with compassion.

You'll need: Nothing.

1 HOOK

2 MIN

QUICK STORY President Farnes was exhausted and discouraged and almost skipped the temple. In the dressing room someone asked how he was. It was Elder Dallin H. Oaks, then an Apostle. President Farnes forced a smile and said everything was great. When he came out, Elder Oaks was waiting and said: "Brother, tell me how you are really doing." They talked, and it changed his life. Five years later he asked Elder Oaks if he remembered that day. Guess what Elder Oaks said.

Then: Elder Oaks didn't remember it at all. Seeing his disappointment, he added: "But it's what we do. Isn't it?"

2 KEY TEACHINGS FROM PRESIDENT FARNES

8–10 MIN

1 It's what we do

"As covenant followers of Jesus Christ, we minister with compassion to whomever God places in our path."

— President Timothy L. Farnes • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Elder Oaks noticed a forced smile and took two extra minutes. That's all it took. You can do that for a friend who says "I'm fine" but clearly isn't.

DEEP CUT • AGES 12–16

Every Sunday at the sacrament we witness we're willing to take Jesus Christ's name upon us. President Farnes said: "It means that when someone encounters us, they should experience something of Jesus Christ—His kindness, His patience, His hope, His love, His compassion." What would people experience after five minutes with you?

2 Eyes to see

"To Jesus, these people were not interrupting His mission. They were His mission."

— President Timothy L. Farnes • exact words

FOR AGES 8–11: MAKE IT CONCRETE

In the story of the good Samaritan, others walked past the hurt man. One man saw him. He stopped, helped, and paid for his care (Luke 10:30–37). President Farnes called moments like that divine appointments.

DEEP CUT • AGES 12–16

He showed the pattern in the story: "Seeing awakened compassion. Compassion moved him to act. And his actions changed a life forever." See, feel, act. Which step is usually the one you skip?

3 Minister to the one right in front of you

“All we had to do was see the person God had placed in our path, look with compassion rather than judgment, and then act.”

— President Timothy L. Farnes · exact words

FOR AGES 8–11: MAKE IT CONCRETE

At an airport, President Farnes saw a young missionary crying, holding his boarding pass and an alarm clock. It was his first flight alone. The Farneses helped him, and the only empty seat on the plane turned out to be right next to President Farnes.

DEEP CUT · AGES 12–16

Be honest: his first move was to go back to his book with his earbuds in. The Spirit prompted him to look again. Earbuds, phones, and busy schedules can make us miss divine appointments. How could you look again this week?

3 INTERACTIVE MOMENT

2–3 MIN

SPOT THE DIVINE APPOINTMENT Read each scene and have the kids say what they’d see, feel, and do: (1) A new kid eats lunch alone. (2) Your little brother slams his door after a game. (3) Grandma calls right when you’re about to start a game. (4) Someone at church sits in the back by themselves.

Reveal: There’s no perfect answer, just the pattern: see the person, feel compassion instead of judgment, do one small thing. That’s what Jesus did.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

Who is someone at school or church who might need a friend this week?

OLDER (12–16)

What makes it hardest for you to notice people: phone, being busy, being shy, worrying what others think? What helps?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids: What is a divine appointment? What are the three steps in the good Samaritan pattern? Why did Elder Oaks say, “But it’s what we do. Isn’t it?”

Listen for: God puts people in our path. See, feel compassion, act. Taking Christ’s name means people experience something of Him through us.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a time someone noticed you when you needed it, and how it showed you Jesus Christ’s love.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO Each morning this week, pray for eyes to see one divine appointment. At dinner, share who God put in your path and what you did.

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

Scripture: Luke 10:30–37; Moroni 4:3; Mosiah 18:8–9 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/22farnes](https://www.churchofjesuschrist.org/study/general-conference/2026/10/22farnes)

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Spiritual Immunity

Elder Christian C. Chigbundu, *Seventy*

SATURDAY AFTERNOON SESSION • SATURDAY, OCTOBER 3, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

Small and simple things (scriptures, prayer, the sacrament, and covenants) build my spiritual immunity so I can stand strong with Jesus Christ.

You'll need: Nothing. Optional: a vitamin bottle as a prop.

1 HOOK

2 MIN

QUESTION During COVID, Elder Chigbundu kept hearing one word in health trainings at work: immunity. Ask: what is immunity? Then: what would spiritual immunity be?

Then: Immunity is your body's built-in ability to fight off germs. Spiritual immunity works the same way against temptation, fear, and hard times. Elder Chigbundu said: "As we build our spiritual immunity, we develop the strength and courage to withstand the challenges of life." It's built by small and simple things (Alma 37:6).

2 KEY TEACHINGS FROM ELDER CHIGBUNDU

8–10 MIN

1 Booster #1: Scriptures

"When we study the scriptures, we get knowledge, but more important, we come to know the Lord."

— Elder Christian C. Chigbundu · exact words

FOR AGES 8–11: MAKE IT CONCRETE

A new missionary cried in his first interview and asked to go home. He didn't have a testimony of the Book of Mormon. He and his companion made a study plan. Later he wrote: "I am happy now and do not want to be sent home any longer."

DEEP CUT • AGES 12–16

"As we apply what we learn, His words begin to shape how we think and how we respond to life challenges." Knowing about the scriptures isn't the point. Letting them change how you react is. When has a verse changed how you reacted?

2 Booster #2: Prayer

"As we pray in faith, our spiritual immunity will be strengthened."

— Elder Christian C. Chigbundu · exact words

"As I pray daily, I realize that the Savior loves me."

— A sister with cancer in Côte d'Ivoire, as Elder Chigbundu shared

FOR AGES 8–11: MAKE IT CONCRETE

The Lord promised: "Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me." (D&C 88:63) Prayer is how we draw near.

DEEP CUT • AGES 12–16

Elder Chigbundu said our burdens may not always be taken away, but our backs will be strengthened to carry them, like Alma's people (Mosiah 24:14–15). Is it harder to pray for a lighter load or for a stronger back?

3 Boosters #3 and #4: The sacrament and covenants

“Covenants create a bond between us and God, and staying on the covenant path brings the promised blessings that come with that bond.”

— Elder Christian C. Chigbundu · exact words

FOR AGES 8–11: MAKE IT CONCRETE

During the sacrament, try his question: What would Jesus have me do this week? Then try to do it.

DEEP CUT · AGES 12–16

He promised that as we remember Jesus all week, “Our “Why me?” questions will be replaced by “What can I learn, and what can I change?”” Try swapping one why-me question for those two this week.

3 INTERACTIVE MOMENT

2–3 MIN

QUICK POLL Which builds more spiritual immunity: (A) a three-hour scripture marathon once a month, or (B) ten minutes every day? Vote.

Reveal: Like vitamins, a little every day beats one giant dose. About these habits, Elder Chigbundu said: “While they may seem small and simple, they are truly the armor of God that will help us stand against the tactics of the devil!”

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

Which of the four boosters is easiest for you? Which is hardest?

OLDER (12–16)

What’s one spiritual virus (a temptation or pressure) teens face? Which booster protects best against it?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Have the kids name the four boosters without help, then each explain how one of them protects us.

Listen for: Scriptures (know the Lord). Prayer (draw near; stronger backs). Sacrament (remember Him; what would He have me do?). Covenants (a bond with God). Small and simple, every day.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares which small and simple thing has protected you most, and how it has helped you know Jesus Christ.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, read the Book of Mormon together for ten minutes a day and check off each day you do it.

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

Scripture: Alma 37:6; Doctrine and Covenants 88:63; Ephesians 6:11 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/23chigbundu](https://www.churchofjesuschrist.org/study/general-conference/2026/10/23chigbundu)

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Trusting the Lord Through Tithes and Offerings

Elder Patricio M. Giuffra, *Seventy*

SATURDAY AFTERNOON SESSION · SATURDAY, OCTOBER 3, 2026 · OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

Paying tithing shows I love and trust the Lord, and He keeps His promises in His own time and way.

You'll need: Ten coins (or ten small objects) and a donation slip, or your ward's online giving page.

1 HOOK

2 MIN

WHAT WOULD YOU DO? As a young missionary in Chile, Elder Giuffra taught a woman about 70 years old. She cleaned houses and washed clothes, and earned barely enough for rent, firewood, and a little food. When they taught tithing, she said she would never be able to live it. Ask: If you were the missionary, would you make an exception for her?

Then: Elder Giuffra wondered the same thing and called his mission president, who said: “Elder Giuffra, you are no one to deny this sister the blessings of the law of tithing. There are no exceptions to this commandment.” Two days later the sister told them she had prayed and asked Heavenly Father to help her live it. After her baptism, she brought her tithing every week and a fast offering every month.

2 KEY TEACHINGS FROM ELDER GIUFFRA

8–10 MIN

1 Tithing is a law of faith

“I testify that the law of tithing is a law of faith. As we obey it, we demonstrate our trust in the Lord and allow Him to work miracles in our lives, often in ways we do not expect.”

— Elder Patricio M. Giuffra · exact words

FOR AGES 8–11: MAKE IT CONCRETE

Tithing is one tenth. Line up ten coins: one goes to the Lord, nine stay with you. Ten dollars of birthday money means one dollar of tithing.

DEEP CUT · AGES 12–16

The sister in Chile is like the widow Jesus praised, who gave two small coins, all she had (Mark 12:41–44). Her mission president read Elder Giuffra that story. Why is it often the people with the least who show the most faith?

2 We obey because we love God

“We keep the commandments because we love God, not merely because we hope to receive the blessings that come from obedience.”

— Elder Giuffra, sharing a principle his wife teaches their family

FOR AGES 8–11: MAKE IT CONCRETE

It's like helping a parent because you love them, not only because there might be a treat later.

DEEP CUT · AGES 12–16

He was honest that paying tithing doesn't mean life will be free of hard times. “Yet even when we do not understand the purpose of our trials, we can have the assurance that the Lord knows our circumstances, honors our obedience, and fulfills His promises in His own time and way.”

3 The windows of heaven open

“Some blessings have been temporal, others spiritual, but all have strengthened our testimony that the Lord always fulfills His promises and that the windows of heaven are opened according to our obedience.”

— Elder Patricio M. Giuffra · exact words

FOR AGES 8–11: MAKE IT CONCRETE

In Malachi, the Lord says to prove Him, and see if He won't open the windows of heaven and pour out a blessing so big there's not room to receive it (Malachi 3:10). Temporal blessings are things like jobs and food. Spiritual blessings are things like peace and a stronger testimony.

DEEP CUT · AGES 12–16

President Oaks, quoted by Elder Giuffra: “Tithe paying is evidence that we accept the law of sacrifice. It also prepares us for the law of consecration and the other higher laws of the celestial kingdom.” Tithing is practice for giving everything to God.

3 INTERACTIVE MOMENT

2–3 MIN

TITHING MATH, THEN A TRICK QUESTION Quick quiz. Tithing on: \$10? \$25? \$7.50? (Teens: \$180 from babysitting?) Then the trick question: Is tithing really about the money?

Reveal: \$1, \$2.50, 75 cents, \$18. And no, not really. Elder Giuffra called it a law of faith: it's about trust. The Lord doesn't need our money; we need to learn to trust Him.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What would you say to a friend who says, “I can't afford to pay tithing”?

OLDER (12–16)

Why do you think the mission president said there are no exceptions, even for someone very poor? Is that harsh or loving?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: What is tithing? Why is it called a law of faith? Why do we obey, according to Elder Giuffra's wife?

Listen for: One tenth. Shows trust in the Lord. Because we love God, not just for blessings. He keeps His promises in His time and way.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a blessing (temporal or spiritual) your family has received from paying tithing, and how it helped you trust the Lord.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, help each child figure tithing on any money they've earned or received and pay it together, and explain that tithing helps build temples and meetinghouses and support missionary work.

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

Scripture: Malachi 3:8–10; Mark 12:41–44; Doctrine and Covenants 119:4 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/24giuffra](https://www.churchofjesuschrist.org/study/general-conference/2026/10/24giuffra)

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The Infinite Power of God in Our Covenants

Elder Jeremiah J. Morgan, *Seventy*

SATURDAY AFTERNOON SESSION • SATURDAY, OCTOBER 3, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

Covenants with God have power that reaches across generations, so no one is ever beyond the reach of His love.

You'll need: A Book of Mormon. Optional: a ball to show gravity.

1 HOOK

2 MIN

GUESS THE TWO PHRASES When Elder Morgan was a young teen, his mom read the Book of Mormon out loud to him every morning before school, whether he was listening or not. He says he remembers only two phrases from all that reading. Can you guess them?

Then: “And it came to pass” and “wars and rumors of wars.” That’s it. But he says he knew the book mattered to his mom, and he knew she knew it was true.

2 KEY TEACHINGS FROM ELDER MORGAN

8–10 MIN

1 Book of Mormon time is never wasted

“No time or effort is ever wasted in reading the Book of Mormon.”

— Elder Jeremiah J. Morgan • exact words

FOR AGES 8–11: MAKE IT CONCRETE

His mom was a single mother, and she still read to him every day until they finished the whole book. Even when you think nobody’s listening, it’s working.

DEEP CUT • AGES 12–16

His family belonged to another church that also believed in the Book of Mormon. At 14 he started questioning, and for two months he secretly attended our Church, hiding between the accordion doors in the overflow, until he knew. He quoted Joseph Smith: “I knew it, and I knew that God knew it, and I could not deny it.” What would you do with a testimony that cost you something?

2 Covenants made long ago can reach us now

“It was covenants that had impacted me, not my covenants but the covenants of those who came before me.”

— Elder Jeremiah J. Morgan • exact words

FOR AGES 8–11: MAKE IT CONCRETE

His great-great-great-grandparents were baptized in 1831 and made covenants in the Nauvoo Temple. They didn’t go west with the Saints. More than 150 years later, his wife said: “I know what it was! It was covenants.”

DEEP CUT • AGES 12–16

“Though the covenant faithfulness of parents and grandparents does not alter the agency of children or grandchildren, there is a discernible impact of those covenants on all our posterity.” Covenants don’t force anyone. They keep reaching. How can both be true?

3 No one is beyond reach

“Like the great binding power of gravity that stretches across the universe, covenants with God stretch over all time and all space.”

— Elder Jeremiah J. Morgan · exact words

“You have not traveled beyond the reach of divine love. It is not possible for you to sink lower than the infinite light of Christ’s Atonement shines.”

— President Jeffrey R. Holland, as quoted by Elder Morgan

FOR AGES 8–11: MAKE IT CONCRETE

Toss a ball up. Gravity always brings it back down, and the same pull keeps the moon circling the earth. God’s covenant power is like that: it keeps pulling His children home.

DEEP CUT · AGES 12–16

To anyone worried about a family member who has wandered: “Don’t ever give up. Your story, your family’s story, is not all written. God is the author and the finisher of it.”

3 INTERACTIVE MOMENT

2–3 MIN

TRICK QUESTION When does a covenant with God expire? A) When the person dies. B) After about 100 years. C) Never. Vote.

Reveal: The Lord covenanted with Enos that his words would someday reach the descendants of his people, and that took more than 2,000 years (Enos 1:13–16). Elder Morgan said: “So, no, there is no limit to the power of God in our covenants.”

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

Elder Morgan said: “We are all the intended beneficiaries of countless covenants!” Who in our family made promises with God that might be blessing us right now?

OLDER (12–16)

Elder Morgan said he is a demonstration of the power of God in covenants. Whose covenants might your future kids someday be blessed by? Yours?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: How did covenants made in the 1830s help a teenager in modern times? What does gravity have to do with covenants?

Listen for: Book of Mormon time is never wasted. Covenants bless generations. They don’t take away agency. No one is beyond the reach of God’s love.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares what you know about the power of covenants in your family, and your witness that Jesus Christ never stops reaching for His children.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, read a few verses of the Book of Mormon out loud together every morning, even if someone is only half listening.

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

Scripture: Doctrine and Covenants 2:2; Enos 1:13–16; Doctrine and Covenants 84:57 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/25morgan](https://www.churchofjesuschrist.org/study/general-conference/2026/10/25morgan)

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I Am a Child of God

Elder Hutch U. Fale, *Seventy*

SATURDAY AFTERNOON SESSION • SATURDAY, OCTOBER 3, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

I am a child of God and He loves me with a love I didn't earn and can't lose, and knowing that helps me follow Jesus Christ, see others rightly, and come home anytime.

You'll need: A baby picture (or early picture) of each child. Sticky notes and a marker.

1 HOOK

2 MIN

OBJECT QUESTION Hand each child their baby picture (or a picture from when they joined your family). Then ask Elder Fale's question: As of the day this picture was taken, what had you done to earn our love?

Then: When Elder Fale asked his children this, they looked down and said, Nothing. He told them they were right, and then he said: "You did not earn it; you cannot lose it. It is yours forever." Then he told them that what parents feel is only a small fraction of what Heavenly Father feels for them.

2 KEY TEACHINGS FROM ELDER FALE

8–10 MIN

1 Knowing who you are helps you know Jesus

"Understanding our Father's love and our true identity as His children is essential for our daily and eternal happiness."

— Elder Hutch U. Fale • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Jesus taught us to pray to *our Father*, not just His Father, and not someone else's father. Ours. Jesus came because He loves His Father's children, and that includes you.

DEEP CUT • AGES 12–16

Elder Fale also warned about a lie: that because God loves us, we'll be saved no matter our pride, rebellion, or sins. "Receiving Christ through priesthood ordinances and covenants, and then being faithful to those covenants, is the only way for us to fully understand His love and the only way to exaltation." God's love is unconditional. His highest blessings come through covenants.

2 God's love makes us immune to labels

"Second, when we understand God's love for us and for the rest of His children, we become immune to the divisive and misleading labels of our fallen world, both the labels that people try to put on us and the labels the world tries to put on others."

— Elder Hutch U. Fale • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Write labels on sticky notes (gamer, bad at math, the quiet one, popular, weird) and stick a few on each person. Then add one big note on top: CHILD OF GOD. Which label is true forever?

DEEP CUT • AGES 12–16

He said this understanding changes how we act: "We become quick to repent, slow to judge, and ever hopeful that the best is yet before us." Which label do you most need to stop believing, about yourself or someone else?

3 It's never too late to come home

"From the prodigal son to leaving the 99 sheep to find the one, our Father's message, through His Son, has always been that there is still yet time if we turn to Christ today."

— Elder Hutch U. Fale · exact words

"We also hope it gives you the strength and the humility to come home when you need to, because no matter what has happened, you can always come home, just as you can always turn to your Father in Heaven."

— Elder Fale, to his own children, as he shared

FOR AGES 8–11: MAKE IT CONCRETE

In Jesus's story, when the lost son came home, his father saw him a long way off and ran to hug him (Luke 15:20). Heavenly Father is like that father.

DEEP CUT · AGES 12–16

He called it a pernicious lie that it's ever too late for someone to change or turn to Christ. Who might need to hear from you that it's not too late?

3 INTERACTIVE MOMENT

2–3 MIN

TRUE OR FALSE (TRICK QUESTION) True or false: Because God loves me no matter what, it doesn't really matter what I choose. Vote, then let the older kids explain.

Reveal: False. Elder Fale called that the adversary's deceitful lie that twists a precious truth. God's love never stops, and that love is exactly why He invites us to repent, make covenants, and become like Him.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

How does it feel to know you can't lose Heavenly Father's love, even on your worst day?

OLDER (12–16)

What labels get stuck on people your age? How would seeing them as children of God change how you treat them?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: Can you earn God's love? Can you lose it? Then what's the lie Elder Fale warned about, and why is it a lie?

Listen for: Didn't earn it, can't lose it. Child of God beats every label. It's never too late to turn to Christ. Love isn't permission; covenants are how we receive all He offers.

6 TESTIMONY OF JESUS CHRIST

1 MIN

Elder Fale said: "It is often through families, despite all their imperfections, that our Father teaches us about His love." A parent tells the kids what you felt when each of them was born or joined your family, and your witness that Heavenly Father's love is even greater, shown through Jesus Christ.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, put an I am a child of God sticky note on each person's mirror, and have a parent tell each child the story of the day they were born or joined the family.

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

Scripture: John 3:16; Romans 8:16; Luke 15:20 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/26fale](https://www.churchofjesuschrist.org/study/general-conference/2026/10/26fale)

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Jesus Lives to Lift

Elder Patrick Kearon, *Quorum of the Twelve Apostles*

SATURDAY AFTERNOON SESSION • SATURDAY, OCTOBER 3, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

Jesus Christ loves to lift me; I can learn to feel spiritual lift, turn away from spiritual sink, and help others rise with Him.

You'll need: Paper for paper airplanes (optional).

1 HOOK

2 MIN

QUICK QUESTION Elder Kearon says President Uchtdorf (a former airline pilot) told him: “Patrick, your talks—they’re OK, but where is the aviation?” So here’s an aviation question: how can a glider, a plane with no engine, stay in the air for hours and even climb higher?

Then: It rides invisible rising air called lift. As a teenager in England, Elder Kearon learned to fly gliders with the Royal Air Force. You can’t see lift, but you can feel it: one wing tips up, and you turn toward it.

2 KEY TEACHINGS FROM ELDER KEARON

8–10 MIN

1 Feel for lift, turn away from sink

“Spiritual lift cannot be seen, but as we learn to discern and act upon the sensitive impressions of the Holy Spirit, we can feel it—as surely as I felt the rising air lift a wing beneath me.”

— Elder Patrick Kearon • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Glider pilots look for puffy cumulus clouds, which often mark rising air. They also avoid sinking air, which feels like falling. Peace, happiness, and wanting to do good are like lift. Feeling dim, heavy, or mean is like sink.

DEEP CUT • AGES 12–16

He asked: “Can you identify moments when you have felt undeniable spiritual lift? Where were you? How did it feel?” And with sink: turn away decisively. Not slowly. Not after one more scroll.

2 If you’re not climbing, you’re descending

“In gliding, if you are not actively climbing in lift, you are descending.”

— Elder Patrick Kearon • exact words

“How easy it is to slowly slip from spiritual heights we have worked so hard to climb when we neglect the practices and behaviours that brought us there.”

— Elder Patrick Kearon • exact words

FOR AGES 8–11: MAKE IT CONCRETE

It’s like riding a bike up a hill. Stop pedaling and you start rolling back down, even if you didn’t mean to.

DEEP CUT • AGES 12–16

“We rarely intend to sink.” He said a descent can be so gradual you don’t notice unless you watch your altitude. What would checking your spiritual altitude look like once a week?

3 Jesus loves to lift, and we can help others rise

“Our Saviour constantly sought out the most desperate souls sinking into darkness and dread and lifted them up. And He wants to lift you!”

— Elder Patrick Kearon · exact words

FOR AGES 8–11: MAKE IT CONCRETE

When Peter began to sink in the waves, Jesus reached out His hand and caught him (Matthew 14:29–31). He took a boy who seemed lifeless by the hand and lifted him up (Mark 9:27).

DEEP CUT · AGES 12–16

Elder Kearon's ways to live in lift, all things you can do: find a faithful guide and learn where lift is found; tune in to the feelings of the Holy Spirit; join those who are climbing and do what they do; watch for subtle signs of sink and turn away decisively; when you find lift, show someone else how to rise.

3 INTERACTIVE MOMENT

2–3 MIN

RAPID FIRE: LIFT OR SINK? Everyone stands with arms out like wings. A parent calls out things; tip your wings UP for lift or DOWN for sink: morning prayer, scrolling at midnight, helping a sibling with homework, a mean group chat, a favorite hymn, friends who build you up, skipping scripture study for a week.

Reveal: Point out the sneaky ones (skipping a week doesn't feel like falling, but it's sink). Then Elder Kearon's reminder: when we sink, the Savior is there to lift us as we turn to Him.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

When have you felt lifted: happy, peaceful, close to Jesus? Where were you?

OLDER (12–16)

What are some subtle signs of sink for people your age, the kind that are easy to miss?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: What is lift? What is sink? What happens if you aren't climbing? Then read his ending: “Your Saviour is your lift. He is your ever-rising air. There is no limit to how high you can climb with Him.”

Listen for: Lift is felt through the Spirit. Turn from sink decisively. Not climbing means descending. Jesus loves to lift. Help others rise.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a time Jesus Christ lifted you out of a sinking time, and how it felt.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, each person picks one lift habit (a prayer, a verse, a hymn, a kind act) to do every day. Optional: write it on a paper glider and hang it in your room.

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

Scripture: Matthew 14:29–31; Mark 9:27; 3 Nephi 27:22 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/27/kearon](https://www.churchofjesuschrist.org/study/general-conference/2026/10/27/kearon)

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The Ninety and Ten

Elder Michael A. Dunn, *Seventy*

SATURDAY AFTERNOON SESSION • SATURDAY, OCTOBER 3, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

Jesus Christ carries my burdens, usually not by shortening my race but by helping me lengthen my stride, and He often sends people to help.

You'll need: A backpack and a few heavy books (for the interactive moment).

1 HOOK

2 MIN

QUICK STORY Elder Dunn's running partner Ted talked him into a 100-mile race (about four marathons back to back). Ted promised to run the second half with him. At mile 90, Elder Dunn collapsed under a tree and said: "I give up." Ask: what would get you back on your feet?

Then: Ted knelt down, looked him in the eye, and said: "I know you can do this, Mike, and I'm going to get you there." They finished the last ten miles together. (Elder Dunn called it the world's first-ever Ted Talk.) But a photo arrived a week later with a secret. Keep reading.

2 KEY TEACHINGS FROM ELDER DUNN

8–10 MIN

1 He quietly carries what we can't

"Without fanfare or fuss, he simply shouldered my heaviest burden."

— Elder Michael A. Dunn • exact words

FOR AGES 8–11: MAKE IT CONCRETE

The photo showed Ted carrying not only his own water but two of Elder Dunn's water bottles and his pack, for all ten of those last miles. Elder Dunn hadn't even noticed.

DEEP CUT • AGES 12–16

Elder Dunn thought of the Savior, who Isaiah said has borne our griefs and carried our sorrows (Isaiah 53:4). Ted is a small picture of what Jesus does. Have you ever found out later that someone was carrying something for you?

2 He lengthens our stride

"In other words, the Redeemer rescues not by shortening our course but by helping us lengthen our stride."

— Elder Michael A. Dunn • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Ted didn't move the finish line closer. He helped Elder Dunn get there. Near the end, Ted stepped aside and said, "This is your race to finish."

DEEP CUT • AGES 12–16

Why trust Jesus on the trail? "He not only knows the road; He knows you and what you, as noble offspring of the divine, are capable of." Would you rather have God shorten your course or strengthen your stride? Be honest.

3 Feeling broken doesn't mean you're forgotten

"And even when the outcome or the timing is not what you plead for, take solace knowing that feeling broken does not mean you've been abandoned by God."

— Elder Michael A. Dunn · exact words

"Other times He simply sends us a Ted."

— Elder Michael A. Dunn · exact words

FOR AGES 8–11: MAKE IT CONCRETE

Sometimes God parts seas. Sometimes He sends a friend, a parent, a teacher, or a sibling to carry your water bottles for a while.

DEEP CUT · AGES 12–16

"Peace will come even when hoped-for outcomes do not." He quoted President Uchtdorf: "Often we can't see the Lord's hand in our lives until long after the trials have passed." When have you seen God's hand only looking back?

3 INTERACTIVE MOMENT

2–3 MIN

BACKPACK GAME Fill a backpack with heavy books. One child carries it around the room (or up and down the hall) while the family chats. Each lap, someone quietly slips one book out. After a few laps, ask: did you notice it getting lighter?

Reveal: Like Ted, the Savior often lightens our load without fanfare, and we notice only later. Then switch roles: who in this family could you quietly carry a book for this week?

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

Who has been a Ted for you? Who could you be a Ted for?

OLDER (12–16)

What's your mile 90 right now? What would lengthening your stride, instead of shortening the course, look like?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: What secret did the photo show? How is Jesus like Ted, and how is He even greater?

Listen for: He carries burdens quietly. He doesn't shorten the course; He strengthens the stride. Feeling broken isn't being abandoned. He sends Teds.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a time Jesus Christ (or someone He sent) carried part of your load, and what you know about Him because of it.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, each person quietly carries part of someone else's load (a chore, homework help, a kind note) without being asked and without taking credit.

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

Scripture: Isaiah 53:4; Hebrews 12:1; Mosiah 24:14–15 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/28dunn](https://www.churchofjesuschrist.org/study/general-conference/2026/10/28dunn)

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Comfort from the Holy Ghost

Elder Matthew J. Eyring, *Seventy*

SATURDAY AFTERNOON SESSION • SATURDAY, OCTOBER 3, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

When I face things I can't fix, Jesus Christ comforts me through the Holy Ghost, and His Resurrection gives me hope.

You'll need: Nothing.

Parent note: This talk mentions the death of a young adult son and of a baby before birth. Share those stories gently, and only as much as fits your children.

1 HOOK

2 MIN

QUICK QUESTION Go around: what's something you're great at fixing (a bike chain, a game glitch, a little brother's bad mood)? Now: what's something nobody can fix on their own?

Then: When a friend of Elder Eyring got a phone call that his young married son had died, one thought came to him: "I can't fix this." Elder Eyring said all of us will meet burdens like that, and Jesus Christ has given us a Comforter.

2 KEY TEACHINGS FROM ELDER EYRING

8–10 MIN

1 Everyone meets burdens they can't carry alone

"All of us, regardless of experience, talent, or willpower, will sooner or later encounter burdens we cannot possibly carry ourselves."

— Elder Matthew J. Eyring • exact words

FOR AGES 8–11: MAKE IT CONCRETE

He said: "Our mortal journey is designed to try our faith." Burdens he listed: not having enough food, getting sick, feeling lonely or misunderstood, being hurt by someone you love, or a bad habit you keep trying to break.

DEEP CUT • AGES 12–16

"It is important to not allow our challenges to negatively impact our faith." He reminded us that Jesus Christ suffered for us and knows exactly how we feel. Does it change things to know He's been through worse, for you?

2 The Comforter brings the Savior's peace

"The Savior's peace is made manifest through the comforting power of the Holy Ghost."

— Elder Matthew J. Eyring • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Jesus promised: "I will not leave you comfortless: I will come to you." (John 14:18) The Holy Ghost can feel like calm, warmth, or a peaceful thought when you're sad or scared.

DEEP CUT • AGES 12–16

"We have received repeated prophetic warnings that in coming days we will not survive spiritually without the constant influence of the Holy Ghost." He said: "Living worthy of the constant companionship of the Holy Ghost should be one of our highest priorities." What in your life makes room for the Spirit, and what crowds Him out?

3 Hope: what Jesus saves us from forever

“He spares us from the only two things that can bring us permanent misery: separation from our bodies and separation from God because of sin.”

— Elder Matthew J. Eyring · exact words

FOR AGES 8–11: MAKE IT CONCRETE

Because Jesus rose from the dead, everyone will be resurrected. Because of His Atonement, we can be forgiven. So the saddest things in life are temporary.

DEEP CUT · AGES 12–16

He quoted President Oaks: “The conviction that death is not the conclusion of our identity changes the whole perspective of our mortal life.” The Eyrings, who had lost one of their own twins before birth, comforted a young couple going through the same loss. Our hard experiences can equip us to mourn with those that mourn (Mosiah 18:9).

3 INTERACTIVE MOMENT

2–3 MIN

FIX IT OR COMFORT IT? Read each one; kids say FIX IT or COMFORT IT: a flat bike tire; a friend’s grandpa died; you lost your homework; your sister didn’t make the team; a broken lamp; a friend’s parents are divorcing.

Reveal: Some things need fixing. Some just need someone to sit with you. Ask the teens: what does comforting look like, as opposed to trying to fix? (Listening, being there, saying you’re sorry, praying with them.)

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What does the Holy Ghost feel like to you? When have you felt comforted?

OLDER (12–16)

Why do you think prophets say that in coming days we won’t survive spiritually without the Holy Ghost?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: What do we do when something can’t be fixed? Who is the Comforter? What two forever-problems does Jesus save us from?

Listen for: Everyone meets things they can’t fix. The Holy Ghost brings the Savior’s peace. Resurrection and forgiveness make sad things temporary. We can comfort others.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a time the Holy Ghost comforted you when you couldn’t fix something, and your witness that Jesus Christ lives.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, pray for the Spirit to guide you, then reach out to comfort one person who is having a hard time, with a note, a visit, or a text.

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

Scripture: John 14:16–18; Mosiah 18:9; 2 Nephi 9:10 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/29eyring](https://www.churchofjesuschrist.org/study/general-conference/2026/10/29eyring)

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Love Like Jesus

Elder Ronald A. Rasband, *Quorum of the Twelve Apostles*

SATURDAY AFTERNOON SESSION • SATURDAY, OCTOBER 3, 2026 • OCTOBER 2026 GENERAL CONFERENCE

THE BIG IDEA

When someone I love walks away from Jesus Christ, I can trust Him with them and keep loving them like He does, because He's got this.

You'll need: Eight slips of paper for the sort game (see Interactive moment).

Parent note: This talk is for anyone whose heart aches for a loved one who has stepped away. For kids, that might be a cousin, a friend, an older sibling, or a parent. Keep it kind; no names needed.

1 HOOK

2 MIN

QUICK POLL Someone you love has stopped following Jesus. What works best to help? A) Arguing. B) Lecturing. C) Sending them links to conference talks. D) Something else. Vote.

Then: Elder Rasband admitted people try all of those, even sending links to talks like his own, and that they can make the gap bigger. His answer is D: love, prayer, and trusting Jesus Christ, who, as Elder Rasband put it, says to all who grieve: "I've got this!"

2 KEY TEACHINGS FROM ELDER RASBAND

8–10 MIN

1 Everyone chooses, and the battle is the Lord's

"By divine design, brothers and sisters, everyone must choose for themselves to follow Jesus Christ."

— Elder Ronald A. Rasband • exact words

FOR AGES 8–11: MAKE IT CONCRETE

In Lehi's dream, many people were heading for the tree of life, which is the love of Jesus Christ. A mist of darkness came, and some wandered off. Each person chooses which way to walk.

DEEP CUT • AGES 12–16

He quoted the Old Testament: the battle is not yours, but God's (2 Chronicles 20:15). "We cannot change their hearts, but He can; He is a God of miracles." His plea: "I ask you to turn over to Jesus Christ your despair for those wayward souls." What would handing that worry to Jesus look like?

2 What love is, and isn't

"Love is not stepping back or sanctioning others' decisions and actions. Love is being interested in their lives, their successes, and their challenges."

— Elder Ronald A. Rasband • exact words

FOR AGES 8–11: MAKE IT CONCRETE

If a cousin stops coming to church, love isn't a lecture. Love is asking about his soccer game, laughing at his jokes, and being glad to see him.

DEEP CUT • AGES 12–16

He quoted President Thomas S. Monson: "Never let a problem to be solved become more important than a person to be loved." And President Oaks: "Let us avoid what is harsh and hateful. Let us seek to be holy, like our Savior." How do you love someone without approving of everything they do?

3 Pray, and never give up

"We fail only when we give up and stop trying, so never, never give up on those you love."

— Elder Ronald A. Rasband · exact words

FOR AGES 8–11: MAKE IT CONCRETE

Alma the Younger rebelled against God. His father prayed for him with great faith, maybe for years. Then an angel came and said the Lord had heard his father's prayers (Mosiah 27:14). Alma became a mighty prophet.

DEEP CUT · AGES 12–16

The prodigal son came home after wasting everything. Elder Rasband asked what brought him back: "It was love. He knew where to find it." Would the people you love know where to find it?

3 INTERACTIVE MOMENT

2–3 MIN

SORT IT: LOVE IS / LOVE ISN'T Write these on slips and have the kids sort them into LOVE IS and LOVE ISN'T: lecturing; asking about their life; arms open and a cheerful face; ignoring them; praying for them by name; nagging; inviting them to a family activity; sending them twelve talk links.

Reveal: Elder Rasband's love is list: being interested in their lives, being there with arms outstretched and a cheerful countenance, lifting with faith and hope, relying on the Holy Ghost. Arguing, lecturing, and ignoring didn't make his list.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

How can you show love to someone who doesn't believe the same things you do?

OLDER (12–16)

Why might pushing harder push someone further away? What has helped you when someone wanted you to change?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: Whose battle is it? What did Alma's father do? What brought the prodigal son home? Then end with Elder Rasband's last words: "Trust Him. He's got this!"

Listen for: Everyone chooses. Only Jesus can change hearts. Love = interest, open arms, prayer, not lectures. Never give up. Jesus is the answer.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares your witness that Jesus Christ knows and loves every person in your family, including anyone who has stepped away, and that there is always a way back. Elder Rasband testified: "He gave His very life to bring them home, all the way home."

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, each person picks one person who has drifted (or who doesn't come to church) and does one kind, no-agenda thing for them, and prays for them by name each day.

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

Scripture: 2 Chronicles 20:15; Mosiah 27:14; Luke 15:20 · **Full talk:** churchofjesuschrist.org/study/general-conference/2026/10/210rasband

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“Fear Not, I Am with Thee”

President Henry B. Eyring, *First Counselor in the First Presidency*

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

THE BIG IDEA

Life is a test, but the Lord promises He is with me, and He often keeps that promise through people, so I can be one of His helpers.

You'll need: A hymnbook or the words of “How Firm a Foundation” (optional).

1 HOOK

2 MIN

GUESS THE ANSWER When President Eyring was a little boy, he asked his mother: “Mother, why is life so hard?” Guess what she told him.

Then: She smiled and said firmly: “Hal, of course it’s hard. It’s supposed to be. Life is a test.” Years later he realized she was going through lifelong medical trials of her own when she said it.

2 KEY TEACHINGS FROM PRESIDENT EYRING

8–10 MIN

1 The promise isn’t *no hard things*. It’s *I am with thee*.

“It is important to realize that the promise is not for the removal of challenges.”

— President Henry B. Eyring • exact words

FOR AGES 8–11: MAKE IT CONCRETE

The hymn “How Firm a Foundation” uses the Lord’s words from Isaiah 41:10: fear not, I am with thee. President Eyring’s mother had health problems from girlhood on. She trusted that promise, and he said the Lord kept it for her.

DEEP CUT • AGES 12–16

Why would a loving God make the test hard? “It is because He knows that we must grow in spiritual cleanliness and stature to be able to live in His presence.” And what’s being tested is the same for everyone: “Will we do whatsoever the Lord our God will command us?”

2 The Lord sends helpers

“Now, I tell that story to offer evidence that the Lord sends faithful disciples to help Him keep His promise to succor others in their distress.”

— President Henry B. Eyring • exact words

“God does notice us, and he watches over us. But it is usually through another person that he meets our needs.”

— President Spencer W. Kimball, as quoted by President Eyring

FOR AGES 8–11: MAKE IT CONCRETE

When his mother was dying, President Eyring’s father slept on a cot next to her hospital bed so he could help her at night. Afterward, he walked the hospital floor to thank and shake hands with every nurse who had helped her.

DEEP CUT • AGES 12–16

Succor means to run to help. President Eyring said the Savior has borne your griefs and carried your sorrows and knows your heart, and that He often sends His help through ordinary disciples. Have you ever been someone’s answer to prayer without knowing it?

3 Ways to help the Lord keep His promise

“Your kindness to them, even for a few seconds, or simply a warm smile can be a strengthening of their faith that the Lord is watching over them.”

— President Henry B. Eyring · exact words

FOR AGES 8–11: MAKE IT CONCRETE

He thanked people who do these things, all of which kids can do: pray to know whom to help, then reach out to the name that comes to mind; smile at and encourage missionaries; pray for and thank Church leaders; comfort people who are sad.

DEEP CUT · AGES 12–16

About leaders: “You are an important part of the Lord’s answers to their prayers for assurance.” Your bishop, Young Women or Young Men leader, or teacher is praying for strength. A thank-you note from a 14-year-old might be the answer.

3 INTERACTIVE MOMENT

2–3 MIN

TRICK QUESTION The Lord promises, “Fear not, I am with thee.” Does that mean nothing bad will happen to people who follow Him? A) Yes B) No. Vote.

Reveal: No. President Eyring’s own mother proves it: lifelong illness, and great faith. The promise is His presence, His strength, and His help, often through other people. That’s why we can be brave.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

Who has God sent to help you when something was hard?

OLDER (12–16)

President Eyring said everyone’s trials are different, but the test is the same. Why do you think that is?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: Why is life hard, according to President Eyring’s mother? What does the Lord promise? How does He usually keep that promise?

Listen for: Life is a test. The promise is His presence, not no problems. He keeps it through the Holy Spirit and through faithful disciples, which can be us.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a time the Lord was with you in a hard time, maybe through someone He sent, and your witness that He keeps His promises.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO Start the week with a family prayer asking whom the Lord wants you to help. Reach out to the person who comes to mind with a note, a visit, or a treat.

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

Scripture: Isaiah 41:10; Mosiah 18:8–9; Abraham 3:25 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/41eyring](https://www.churchofjesuschrist.org/study/general-conference/2026/10/41eyring)

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A Child of God

President Rosemary K. Chibota, *Primary General President*

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

THE BIG IDEA

Jesus sees every person as a child of God; I can pray to see people as He does and help them feel seen.

You'll need: Paper and pencils.

1 HOOK

2 MIN

GUESS THE WORD In southern Africa, a common greeting is sawubona. Guess what it means. (Hint: it's not just hello.)

Then: Sawubona means I see you. President Chibota said it acknowledges another person's worth. It says: I recognize you. I respect you. You matter.

2 KEY TEACHINGS FROM PRESIDENT CHIBOTA

8–10 MIN

1 Jesus sees people

“Where others saw labels, He saw beloved sons and daughters of God.”

— President Rosemary K. Chibota • exact words

FOR AGES 8–11: MAKE IT CONCRETE

At the pool of Bethesda, a man had been sick for 38 years. People walked past him for years. Jesus saw him, ministered to him, and healed him (John 5:2–9).

DEEP CUT • AGES 12–16

Even when the rich young man was about to walk away sad, the scripture says Jesus, beholding him, loved him (Mark 10:21). Jesus saw and loved someone who would say no to Him. What does that tell you about how He sees you on your bad days?

2 Seeing someone can start with their name

“Often, helping others feel seen as children of God begins with something as simple as learning their name.”

— President Rosemary K. Chibota • exact words

FOR AGES 8–11: MAKE IT CONCRETE

At a parent-teacher conference, the school janitor came up to President Chibota with tears in his eyes. Her daughter greeted him by name and helped him clean up after lunch. He said: “Very few students know my name. Your daughter sees me.”

DEEP CUT • AGES 12–16

“I plead with you as disciples of Jesus Christ to pray to see others as He sees them and to treat them accordingly.” Who at your school is easiest to not see?

3 Your identity is inherited, not earned

“Our identity is not something we achieve; it is something we inherit as beloved sons and daughters of God.”

— President Rosemary K. Chibota • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Before you were a student, an athlete, a gamer, or anything else, you were a spirit child of Heavenly Father. That doesn't change when you make mistakes or someone misunderstands you.

DEEP CUT • AGES 12–16

She felt inadequate when called as Primary General President. President Oaks told her: “You've been called for who you are. The Lord knows you.” She said: “Whatever labels may weigh heavily upon you today, Jesus Christ can raise you above them.”

3 INTERACTIVE MOMENT

2–3 MIN

NAME CHALLENGE Two minutes: everyone writes the names of people who help them every week but who are easy to overlook (bus driver, custodian, lunch worker, crossing guard, ward clerk, the person who cleans the church). Who knows the most names?

Reveal: Every blank is a sawubona waiting to happen. President Chibota's three invitations, all actions: learn the name of someone who may feel unseen; pray to see others as Heavenly Father sees them; replace worldly labels with Child of God, Child of the covenant, Disciple of Jesus Christ.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

How do you feel when someone remembers your name? How could you give that feeling to someone else?

OLDER (12–16)

Which labels do you put on yourself? What changes if you replace them with the three she gave us?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: What does sawubona mean, and why did President Chibota love it? How did Jesus show it? What's one way a kid can do it?

Listen for: I see you. Jesus saw people past their labels. It can start with a name. Our identity as God's children is inherited, not earned.

6 TESTIMONY OF JESUS CHRIST

1 MIN

President Chibota said: "Your Savior, Jesus Christ, sees you." A parent shares a time someone truly saw you, and your witness that Heavenly Father and Jesus Christ know your name and see you.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, each person learns the name of one person who may feel unseen and greets them by name. Her promise: "As we learn to see ourselves and one another as They do, our homes, wards, schools, and communities will become places of belonging, healing, and love."

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

Scripture: John 5:2–9; Mark 10:21; Romans 8:16 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/42chibota](https://www.churchofjesuschrist.org/study/general-conference/2026/10/42chibota)

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Courage Born of Our Faith in Jesus Christ

Elder Neil L. Andersen, *Quorum of the Twelve Apostles*

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

THE BIG IDEA

Faith in Jesus Christ gives me courage to choose the right, and every brave choice makes my faith stronger.

You'll need: Nothing.

1 HOOK

2 MIN

QUICK STORY When she was 17, a girl in Zimbabwe named Rosemary found a pamphlet about Joseph Smith that missionaries had left at her home. She read it and immediately felt it was true. She was baptized. Her parents didn't join the Church until 19 years later. Ask: Which took more courage: reading the pamphlet, or being the only member in her family for 19 years?

Then: That girl is now President Rosemary K. Chibota, the Primary General President, who spoke right before Elder Andersen. He used her story as his first example of courage born of faith in Jesus Christ.

2 KEY TEACHINGS FROM ELDER ANDERSEN

8–10 MIN

1 What spiritual courage is

“Spiritual courage is the triumph over obstacles, doubt, and fear in choosing the right.”

— Elder Neil L. Andersen • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Moroni was completely alone. His family and friends had been killed, and enemies were killing anyone who wouldn't deny Christ. Moroni wrote: “And I, Moroni, will not deny the Christ.” (Moroni 1:3)

DEEP CUT • AGES 12–16

Elder Andersen said our world is different but still takes courage: “Our phone seems almost attached to our hand, bringing a flood of information, misinformation, and now artificial information.” Which of those three is hardest for you to sort out?

2 The faith-courage loop

“As we choose faith in Christ, He blesses us with the courage, sometimes in very difficult situations, to choose the right, and as we manifest our courage to choose the right, our faith in Christ strengthens.”

— Elder Neil L. Andersen • exact words

FOR AGES 8–11: MAKE IT CONCRETE

A wildfire in Spokane, Washington, burned more than 800 homes, including the Woodbury family's. They told Elder Andersen their family was safe and their faith was secure, and then: “We can build another house.”

DEEP CUT • AGES 12–16

As a busy young lawyer, President Oaks was called to a stake calling that took three or four evenings a week. He said: “Gathering all my faith, I accepted the call.” Faith led to courage, and courage led to more faith. Where could you start the loop this week?

3 Courage grows in stillness

"We need stillness to nourish our faith in Christ."

— Elder Neil L. Andersen · exact words

FOR AGES 8–11: MAKE IT CONCRETE

Growing up on a dairy farm, Elder Andersen spent summer days guiding cows to a mountain meadow. No phone, no earbuds, no music. Just him, the cows, and his thoughts.

DEEP CUT · AGES 12–16

He quoted President David O. McKay: "The greatest battle of life is fought within the silent chambers of your own soul." Private prayer, kneeling alone, is where those battles are won. When was the last time you were really still?

3 INTERACTIVE MOMENT

2–3 MIN

COURAGE METER Rate each 1 (easy) to 5 (takes a lot of courage), holding up fingers: praying alone at night; leaving a sleepover movie that isn't good; getting up early for seminary; telling a friend you believe in Jesus; accepting a calling you feel unready for; a young mom getting little kids to church on a chaotic Sunday.

Reveal: Elder Andersen mentioned all of these. He said some Sundays for that young mom are more a wrestle of survival than a spiritual renewal (every parent nods). The point: courage looks different for each person, and it all comes from faith in Christ.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

When have you done something brave because you love Jesus?

OLDER (12–16)

What makes it hard to be still in your life? What might 15 phone-free minutes a day do for your faith?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain the faith-courage loop in their own words, with an example. Then read his promise: "I promise you that as you strengthen your faith in Jesus Christ by believing and following Him and keeping His commandments, your answers will come, your spiritual power will increase, and your courage in following Christ will define your eternal soul."

Listen for: Courage means choosing right despite fear and doubt. Faith leads to courage, and courage strengthens faith. Stillness and private prayer feed it.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a choice that took courage because of your faith in Jesus Christ, and how it strengthened your faith afterward.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, each person takes ten phone-free, quiet minutes a day to pray and ponder, like Elder Andersen in the meadow.

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

Scripture: Moroni 1:3; Ephesians 6:12; 2 Corinthians 4:8 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/43andersen](https://www.churchofjesuschrist.org/study/general-conference/2026/10/43andersen)

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Take Upon Us His Name

Elder James G. O. Fantone, *Seventy*

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

THE BIG IDEA

Taking Jesus Christ's name upon me is more than adding a label; it means serving Him by serving others, and that service changes my heart.

You'll need: A pen and a sticky note for each person.

1 HOOK

2 MIN

RIDDLE Signing his daughter's school form, Elder Fantone was distracted and wrote his own name, James Fantone, where her name should go. He fixed it in about two seconds without crossing anything out. How? (Hint: her full name is Amanda James Fantone.)

Then: He just added Amanda in front of his name. Easy fix. But later he thought: what's in a name? And he realized the Savior doesn't want us to just add His name to ours like that.

2 KEY TEACHINGS FROM ELDER FANTONE

8–10 MIN

1 Not just a badge

"The Savior's invitation is not merely for us to add His name to our name like a badge of religious affiliation."

— Elder James G. O. Fantone • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Wearing a team jersey doesn't make you a player. Showing up to practice and playing with the team does. Jesus wants us to take His name and live like Him, not just wear a label.

DEEP CUT • AGES 12–16

"His invitation is for us to take upon us His name. It is an invitation to become more like Him through covenant keeping." The Savior warned about people who draw near Him with their lips while their hearts are far away (Joseph Smith—History 1:19). How can you tell the difference in yourself?

2 We take His name by serving

"Taking upon us His name requires a lifelong determination to serve Him."

— Elder James G. O. Fantone • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Elder Fantone grew up in a small three-bedroom house. Once his parents gave the boys' room to a student who couldn't afford housing near his school. Another time they gave the girls' room to children from a family who needed a safe place to stay.

DEEP CUT • AGES 12–16

He quoted President Marion G. Romney: "Service is not something we endure on this earth so we can earn the right to live in the celestial kingdom. Service is the very fiber of which an exalted life in the celestial kingdom is made." And King Benjamin: serving others is serving God (Mosiah 2:17).

3 Service changes us

“Time did not change—the missionaries did.”

— Elder James G. O. Fantone · exact words

“When we genuinely take upon ourselves the name of Jesus Christ by losing ourselves in the service of others, something miraculous happens.”

— Elder James G. O. Fantone · exact words

FOR AGES 8–11: MAKE IT CONCRETE

As a mission president, Elder Fantone saw homesick new missionaries cry and say they could barely last three more months. They served anyway. A year later the same missionaries said time was moving too fast and they didn’t want it to end.

DEEP CUT · AGES 12–16

King Benjamin asked: “For how knoweth a man the master whom he has not served, and who is a stranger unto him, and is far from the thoughts and intents of his heart?” (Mosiah 5:13). You get to know Jesus by working for Him. What does that mean for someone who wants a stronger testimony?

3 INTERACTIVE MOMENT

2–3 MIN

WOULD YOU? Look around your home. If someone really needed a place to stay, whose room could we give? What would you be willing to give up for a month? Everyone answers honestly. (No wrong answers; groaning is allowed.)

Reveal: The Fantone kids gave up their rooms more than once. Elder Fantone said that if his parents had lived in Bethlehem when Joseph was looking for a place for Mary, they would have offered their own room. That’s taking His name, not just wearing it.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What’s one way you could serve someone in our family this week, without being asked?

OLDER (12–16)

Why do you think serving people helps you get to know Jesus better than just learning about Him?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: What’s the difference between adding Jesus’s name and taking His name upon us? What changed for the missionaries, the time or them?

Listen for: Not a badge; a covenant to become like Him. We take His name by serving. Service changes our hearts.

6 TESTIMONY OF JESUS CHRIST

1 MIN

Elder Fantone testified: “I testify that He lives, that this is His restored Church, and that as we lose our lives in His service, we will find Him and we will find ourselves.” A parent shares a time serving someone helped you feel closer to Jesus Christ.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, as a family, give up something of your own (a Saturday morning, a favorite game, an hour) to serve someone outside your home.

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

Scripture: Mosiah 5:8; Moroni 6:3; Mosiah 2:17 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/44fantone](https://www.churchofjesuschrist.org/study/general-conference/2026/10/44fantone)

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Come unto Christ

Elder Edward Dube, *Presidency of the Seventy*

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

THE BIG IDEA

I don't have to be perfect to come to Jesus Christ; I come to Him, do my very best, and He perfects me.

You'll need: Paper and markers for a sign.

1 HOOK

2 MIN

QUESTION In 1987, Elder Dube was a new missionary, only two years in the Church. The mission office gate had a sign: TRESPASSERS WILL BE PROSECUTED. President Dallin H. Oaks, then an Apostle, asked that it be taken down. Ask: Why would an Apostle care about a sign on a gate?

Then: He didn't want anyone to feel shut out. Elder Dube said that in that moment he gained the desire to love others the way the Savior does: we invite all to come unto Christ.

2 KEY TEACHINGS FROM ELDER DUBE

8–10 MIN

1 Come as you are

“We do not need to perfect ourselves to come to Christ. We come to Christ to be perfected.”

— Elder Edward Dube • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Moroni's invitation has three parts (Moroni 10:32). Come: it's an action; we move toward Him. Deny yourselves: let go of what's holding you back. Be perfected in Him: He gives us a new heart.

DEEP CUT • AGES 12–16

He quoted President Russell M. Nelson: “Perfection is pending. It can come in full only after the Resurrection and only through the Lord. It awaits all who love Him and keep His commandments.” If perfection is pending, what's your job today?

2 Do your very best; He does the rest

“Randall didn't perfect himself to come to Christ. He came to Christ—with prayer, with trust, and with a willing heart.”

— Elder Edward Dube • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Brother Randall Child was trying hard to quit smoking. Elder Dube asked him how much he loved his wife, Laurin, and invited them to choose a date to be sealed in the temple. They picked August 5 and were sealed two months later. Laurin had prayed all night for him and received this answer: “Randall doesn't need to be perfect. He needs to do the very best he can.”

DEEP CUT • AGES 12–16

“The adversary wants to hang that sign on the gate of our heart.” Elder Dube listed things Satan uses to tell us we're unworthy to come: addiction, doubt, pride, pain, grief, guilt, materialism. Which one does he try on people your age?

3 Invite one person

“My humble invitation to us all: Will you find one person and invite him or her to come unto Christ by exercising faith to follow His teachings, or invite a friend to meet with the missionaries?”

— Elder Edward Dube · exact words

FOR AGES 8–11: MAKE IT CONCRETE

Inviting can be simple: a friend to a youth activity, to church, to family home evening, or to meet the missionaries.

DEEP CUT · AGES 12–16

His promise: “As you lose yourself in helping him or her come unto Christ, you will find solutions to your current problems.” One of his former missionaries wrote that his testimony wasn’t as certain as it once was. Elder Dube’s answer to him, and to anyone who feels that ache: come unto Christ.

3 INTERACTIVE MOMENT

2–3 MIN

SIGN MAKEOVER Satan wants to hang a TRESPASSERS sign on the gate of our heart. In three minutes, each person designs a new sign for their heart’s gate, one that says what Jesus says to people who want to come to Him.

Reveal: Share the signs. (Ideas: COME AS YOU ARE. DO YOUR BEST. HE’S EXPECTING YOU.) Hang the best one on a bedroom door this week.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What is one thing you could do your very best at this week to come closer to Jesus?

OLDER (12–16)

Why do you think the adversary wants us to believe we have to be perfect before we come to Christ?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: Why did President Oaks take down the sign? Do we have to be perfect to come to Christ? What did Laurin learn in her prayer?

Listen for: Everyone’s invited. Come, let go, be perfected in Him. We come to Christ to be perfected. Do your very best. Invite one person.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a time you came to Jesus Christ while still imperfect and felt His grace help you change.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, each person invites one friend to something that helps them come unto Christ: an activity, church, family home evening, or meeting the missionaries.

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

Scripture: Moroni 10:32; Matthew 16:25; John 15:11 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/45dube](https://www.churchofjesuschrist.org/study/general-conference/2026/10/45dube)

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Integrity and Virtue Lead to Happiness

Elder Quentin L. Cook, *Quorum of the Twelve Apostles*

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

THE BIG IDEA

Living with integrity and virtue, and repenting every day, leads to real happiness and the companionship of the Holy Ghost.

You'll need: A card with WHAT-E'ER THOU ART ACT WELL THY PART written in capital letters.

1 HOOK

2 MIN

DECODE IT Show the card. These words were carved in stone above a doorway in Scotland. Give the kids 30 seconds to translate it into normal English.

Then: Whatever you are, do your part well. A young missionary named David O. McKay walked past it, and it changed his life. He decided that whatever responsibility he had, he would do his very best. He later became the prophet, and Elder Cook grew up loving that message.

2 KEY TEACHINGS FROM ELDER COOK

8–10 MIN

1 Integrity: living what you believe

“In the Father’s plan, integrity, virtue, and happiness are intrinsically linked.”

— Elder Quentin L. Cook • exact words

FOR AGES 8–11: MAKE IT CONCRETE

President Spencer W. Kimball described integrity as being willing and able to live by your beliefs and commitments. It's doing your chores well when no one is checking, and keeping your word when it's inconvenient.

DEEP CUT • AGES 12–16

Elder Cook quoted *Preach My Gospel*: “Integrity includes being honest with God, yourself, your leaders, and others.” The Lord once said of a man that he could be trusted because of the integrity of his heart (D&C 124:20). Which of the four (God, yourself, leaders, others) is hardest to be fully honest with?

2 Virtue, online and off

“Any use of the internet to bully, destroy a reputation, or place a person in a bad light is reprehensible.”

— Elder Quentin L. Cook • exact words

“We cannot control the conduct of others, but we can strive to be a peaceable people who live in accordance with the Christlike conduct and virtues taught by our Savior, Jesus Christ.”

— Elder Quentin L. Cook • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Reprehensible means very wrong. Elder Cook said a lot of what we see online is coarse and crude. Paul taught us to think about whatever is lovely, of good report, and virtuous (Philippians 4:8).

DEEP CUT • AGES 12–16

“It is clear that evil communications are not just a matter of bad manners.” He also said: “True happiness, often translated as blessedness, is the actual outcome of integrity and being virtuous.” Plus President McKay’s point: things that aren’t evil can still crowd out spiritual things. What’s one of those for you?

3 Integrity includes repenting

“Part of having integrity is acknowledging our faults to the Lord and repenting of transgressions.”

— Elder Quentin L. Cook · exact words

“The ultimate reward of integrity and virtue is the constant companionship of the Holy Ghost.”

— Elder Quentin L. Cook · exact words

FOR AGES 8–11: MAKE IT CONCRETE

As a young missionary, Elder Cook taught a man who had served on a battleship in World War II. He said learning about repentance felt like the day he came home from the war and felt the ground of his island under his feet. He fell to his knees.

DEEP CUT · AGES 12–16

Before his baptism, that man prayed that he could give other people the same joy, and then he added: “Especially my family.” Elder Cook said daily repentance lets us approach the Lord with integrity. Why might daily be easier than saving it all up?

3 INTERACTIVE MOMENT

2–3 MIN

INTEGRITY CHECK (SCENARIOS)

What does integrity do? (1) A cashier gives you five dollars too much change. (2) Your group chat is passing around an embarrassing photo of a classmate. (3) You promised to practice piano for 20 minutes, and nobody’s home to check. Younger kids answer 1 and 3; teens take 2 and explain what they’d actually type.

Reveal: Then the trick question: Is it integrity if you’d only do the right thing when someone’s watching? (No. Integrity is who you are when nobody’s checking.)

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What’s your part right now, at home, at school, or on a team? How can you act it well?

OLDER (12–16)

Elder Cook said virtue and happiness are linked, but many people today don’t see the connection. Why do you think that is?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain the stone inscription in their own words, and then tell how integrity, virtue, and happiness connect. What’s the ultimate reward?

Listen for: Act well thy part. Integrity means living what you believe and being honest with God, self, leaders, and others. Virtue online too. Daily repentance. Reward: the Holy Ghost, and real happiness.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares a time choosing integrity was hard but brought peace, and your witness that Jesus Christ makes repentance and real joy possible.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, each person picks one part (a job at home, school, or church) and does it extra well without being reminded. Post the card by the door.

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

Scripture: Philippians 4:8; Doctrine and Covenants 121:45; Doctrine and Covenants 124:20 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/46cook](https://www.churchofjesuschrist.org/study/general-conference/2026/10/46cook)

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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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Consider Your Ways, and from This Day Will the Lord Bless You

Elder **Ciro Schmeil**, *Seventy*

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

THE BIG IDEA

When I consider my ways and put my covenants with Jesus Christ first, He makes my weak things strong and blesses me from that day on.

You'll need: A paper cup with a few pencil holes poked in the bottom, a pitcher of water, a bowl or sink, and tape.

1 HOOK

2 MIN

OBJECT RIDDLE Hold the cup over a bowl and pour in water. Ask: what's it like to work really hard and end up with almost nothing? The prophet Haggai described it as earning wages and putting them into a bag with holes (Haggai 1:6).

Then: The people of Israel were super busy, but the Lord said they had sown much and brought in little. Why? They had stopped rebuilding the temple. The Lord's counsel: "Consider your ways." (Haggai 1:5)

2 KEY TEACHINGS FROM ELDER SCHMEIL

8–10 MIN

1 Two divine helps: Jesus Christ and our covenants

"Our Savior, Jesus Christ, and our covenants are essential to guide us through the covenant path and help us overcome our challenges and weaknesses."

— Elder **Ciro Schmeil** · exact words

FOR AGES 8–11: MAKE IT CONCRETE

The Lord promises that if we're humble and have faith in Him, He will make weak things become strong (Ether 12:27). That's for spelling tests, tempers, and shyness too.

DEEP CUT · AGES 12–16

Elder Schmeil explained faith this way: "To be receptive to the will of God, we must have faith in Christ, which means that we trust Him even when we don't have all the answers." Do you have to have all the answers to trust Him?

2 Yoked with the Savior

"It is through covenants that we become yoked with the Savior Jesus Christ and our burdens become lighter."

— Elder **Ciro Schmeil** · exact words

FOR AGES 8–11: MAKE IT CONCRETE

A yoke is a wooden beam that links two oxen so they pull together. Jesus said His yoke is easy and His burden is light (Matthew 11:28–30). When you're yoked with Him, He pulls with you.

DEEP CUT · AGES 12–16

About the sacrament: "In the sacrament prayer we have a good reminder that we do not need to be perfect to partake of the sacrament." He shared Elder Renlund's warning that a day will come when you hesitate to go to church, and his promise that if you go anyway, blessings will keep you firm.

3 Consider your ways

“Although they were doing much, they were not accomplishing much because God’s holy house was not a priority in their lives.”

— Elder Ciro Schmeil · exact words

FOR AGES 8–11: MAKE IT CONCRETE

As soon as the Israelites started rebuilding the temple, the Lord said: “From this day will I bless you.” (Haggai 2:19)
Not someday. From that day.

DEEP CUT · AGES 12–16

“Heavenly Father is not asking us to physically build the temple, but He is asking us to build a strong relationship with Him and His Son, Jesus Christ, through our covenants.” Where might your family be doing much but not accomplishing much?

3 INTERACTIVE MOMENT

2–3 MIN

PATCH THE HOLES Ask the kids: what are some holes that leak our family’s time and energy? (Too much screen time, rushing, skipping prayers, busy every night.) Then tape over one hole for each covenant-keeping habit they name: prayer, scriptures, the sacrament, the temple. Pour the water again.

Reveal: Less leaking. Elder Schmeil said God will magnify our efforts as we consider our ways and adjust. Haggai’s people didn’t have to do more; they had to put first things first.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

When could you use Jesus’s help pulling something heavy, like the oxen in the yoke?

OLDER (12–16)

If you honestly considered your ways, what’s one thing you do a lot of that isn’t accomplishing much?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: What did the bag with holes teach? What two divine helps did Elder Schmeil name? What did the Lord say the moment Israel started rebuilding?

Listen for: Jesus Christ and covenants. Yoked with Him, burdens are lighter. You don’t have to be perfect to take the sacrament. Put first things first. From this day will I bless you.

6 TESTIMONY OF JESUS CHRIST

1 MIN

Elder Schmeil said: “God knows what is best for us and is eager to bless us.” A parent shares a time putting covenants first made life work better, and your witness that the Lord keeps His promises.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, hold a five-minute family check-in: each person names one covenant habit to put first and one thing to cut back.

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

Scripture: Haggai 1:5–7; Haggai 2:19; Ether 12:27; Matthew 11:28–30 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/48schmeil](https://www.churchofjesuschrist.org/study/general-conference/2026/10/48schmeil)

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The Gospel of Jesus Christ Is for All

President Dallin H. Oaks, *President of The Church of Jesus Christ of Latter-day Saints*

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

THE BIG IDEA

The gospel of Jesus Christ is for everyone, and I can work through any question or struggle by coming closer to Him, one step at a time.

You'll need: Nothing.

1 HOOK

2 MIN

GUESS THE ANSWER The prophet, President Oaks, said everyone has struggles, and some have questions or doubts. Then he gave one answer for all of them. Before reading on, guess: what's his one answer?

Then: “Whatever they are, the way to overcome them is to get closer to our Savior, Jesus Christ.” He said Jesus has taught us again and again that He is the way.

2 KEY TEACHINGS FROM PRESIDENT OAKS

8–10 MIN

1 Get closer to Jesus, one step at a time

“Strong faith requires more than strong desire. It means daily trying, one step at a time, with prayer and scriptural learning.”

— President Dallin H. Oaks · exact words

FOR AGES 8–11: MAKE IT CONCRETE

It's like learning the piano or a sport. Wanting to be good isn't enough. You practice a little every day. Faith grows the same way.

DEEP CUT · AGES 12–16

For anyone with questions: “Hold on to the first article of faith even if something else is uncertain.” (We believe in God, the Eternal Father, and in His Son, Jesus Christ, and in the Holy Ghost.) He said to wait upon the Lord, trusting His timing and His promises.

2 We're all a work in progress

“We are all a work in progress.”

— President Dallin H. Oaks · exact words

“There is no ultimate conflict between knowledge obtained by these different methods because God, our omnipotent Eternal Father, knows all truth and expects us to learn by both methods.”

— President Dallin H. Oaks · exact words

FOR AGES 8–11: MAKE IT CONCRETE

Everyone in your family is at a different place on the covenant path, including your parents. President Oaks said we need to be patient with one another, and sometimes even with ourselves.

DEEP CUT · AGES 12–16

He named two ways of learning: the scientific method and digital information (which may be inaccurate), and the spiritual method (faith, scriptures, inspired teaching, personal revelation). He also said: “Never let your secular learning limit your spiritual horizons.” How do you use both when they seem to clash?

3 For all, everywhere

“The Book of Mormon is a great witness that the Lord loves all people and reaches out to all, everywhere.”

— President Dallin H. Oaks · exact words

“He is relentless in His loving pursuit of each of you.”

— President Dallin H. Oaks · exact words

FOR AGES 8–11: MAKE IT CONCRETE

After His Resurrection, Jesus visited the people in the Americas, and He said He would visit His other sheep too. He doesn't forget anyone, on any island or in any country.

DEEP CUT · AGES 12–16

His grace is for all, and to receive forgiveness we follow His conditions: faith, repentance, and baptism. President Oaks also said to protect yourself with the sacrament each week and, for those who are endowed, regular temple worship. Why would simple weekly practices protect faith so well?

3 INTERACTIVE MOMENT

2–3 MIN

TRICK QUESTION Who is the gospel of Jesus Christ for? A) Church members. B) Good people. C) People in certain countries. D) Everyone. Vote.

Reveal: D. President Oaks quoted the Book of Mormon: Jesus invites all to come to Him and denies none who come, of any race, bond or free, male or female (2 Nephi 26:33). He said Book of Mormon teachings contradict the idea that God's grace saves only a chosen few.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

How can you be patient with a brother or sister who is still learning something you already know?

OLDER (12–16)

When you have a question about the gospel, what helps you hold on while you look for an answer?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: What's the prophet's one answer for every struggle? What does it mean that we're all a work in progress? Who is the gospel for?

Listen for: Get closer to Jesus Christ. Daily steps of prayer and scripture. Be patient with each other. Learn by study and by faith. The gospel is for all.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares how coming closer to Jesus Christ helped you through a question or a hard season, and your witness that He loves everyone.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, each person takes one step a day: five minutes of prayer and scripture study, every day, with a check mark for each day.

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

Scripture: Articles of Faith 1:1; 2 Nephi 26:33; 3 Nephi 16:1–3 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/49oaks](https://www.churchofjesuschrist.org/study/general-conference/2026/10/49oaks)

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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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God Is at Your Side

Sister Andrea Muñoz Spannaus, *Second Counselor in the Young Women General Presidency*

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

THE BIG IDEA

Heavenly Father knows exactly where I am and loves me completely, so with Him at my side I can set good goals and keep going when I feel discouraged.

You'll need: Paper and pens for everyone.

Parent note: Sister Spannaus spoke to young women; her counsel fits every brother and sister in the family.

1 HOOK

2 MIN

QUICK STORY On her way to the dentist, Sister Spannaus's GPS thought she was on the wrong street and kept telling her to turn right on the freeway, where there was nowhere to turn. Ask: has GPS ever tried to send you somewhere ridiculous? How did she finally get there?

Then: She pulled off and called her husband. Once she told him her exact location, he guided her right there. Her point: the Lord always has your exact location.

2 KEY TEACHINGS FROM SISTER SPANNAUS

8–10 MIN

1 He has your exact location, and He loves you

"He knows everything. And knowing everything about you does not make Him love you less."

— Sister Andrea Muñoz Spannaus • exact words

FOR AGES 8–11: MAKE IT CONCRETE

He knows your dreams, your gifts, when you feel alone, your questions, and your challenges. Nothing about you surprises Him or makes Him love you less.

DEEP CUT • AGES 12–16

When a young man asked Jesus what more he could do, the scripture says Jesus, beholding him, loved him (Mark 10:21). Sister Spannaus noticed the order: "Only after transmitting that love did He tell him what he could do to improve." What changes when correction comes after love?

2 Make a list of good things to seek

"Today I invite you to look at your life and what you want to achieve with enthusiasm and the certainty that your Father in Heaven will guide you on that journey and show you the best way to make the righteous desires of your heart come true."

— Sister Andrea Muñoz Spannaus • exact words

FOR AGES 8–11: MAKE IT CONCRETE

When she was a teenager, a lesson on the thirteenth article of faith (if there is anything virtuous, lovely, or of good report or praiseworthy, we seek after these things) made her spend a Sunday afternoon writing a list of good things she wanted in her life.

DEEP CUT • AGES 12–16

Her seven ways to keep God close, all things you can do: take the sacrament humbly and ask for the Holy Ghost each morning; repent daily; study the scriptures to know God's character; study how ministering angels help; protect your sleep; limit phone use; seek friends who follow the Lord. On phones: "Social media makes us believe we are connected; however, it is a thief of our peace of mind, self-esteem, and the real connection that makes us feel loved, accepted, heard, and valued when spending time face to face with others."

3 When discouragement hits, God is at your side

“The Father, Jesus Christ, and the Holy Ghost are at your side.”

— Sister Andrea Muñoz Spannaus · exact words

FOR AGES 8–11: MAKE IT CONCRETE

After moving from Argentina, she was teaching in English and felt she'd said everything wrong. She felt like she was under a black cloud. Then her husband gave her a priesthood blessing, and she felt the heavens open.

DEEP CUT · AGES 12–16

The blessing told her: “Satan wants to destroy your self-esteem, your mind, your thoughts, and your spirit.” Recognizing where discouragement comes from is half the battle. When do you feel those attacks most?

3 INTERACTIVE MOMENT

2–3 MIN

PICK ONE OF SEVEN Read her seven ways out loud (in Key teaching 2). She invited everyone to listen to the Spirit and choose ONE to focus on for the next few weeks. Give everyone 30 quiet seconds, then each person names their pick.

Reveal: Teens: notice whether you picked the one you wanted or the one you needed. (Theo picked protect your sleep. Suspicious.)

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What's one good, lovely thing you'd like to do or become this year?

OLDER (12–16)

Social media can feel like connection. When does it actually make you feel more alone?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: What does the GPS story teach? What order did Jesus use with the young man, love or correction first? Who did the blessing say is at your side?

Listen for: He knows our exact location and loves us. Love first, then correction. Make a list of good aspirations. Pick one of the seven. The Father, Jesus Christ, and the Holy Ghost are at our side.

6 TESTIMONY OF JESUS CHRIST

1 MIN

Sister Spannaus said: “Each of you has a crucial and important work to do here on earth.” A parent shares a time you felt Heavenly Father knew exactly where you were and guided you.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This Sunday afternoon, everyone writes their own list of virtuous, lovely goals, like Sister Spannaus did, and keeps it somewhere they'll see it.

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

Scripture: Articles of Faith 1:13; Mark 10:21; Doctrine and Covenants 84:88 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/52munoz-spannaus](https://www.churchofjesuschrist.org/study/general-conference/2026/10/52munoz-spannaus)

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“Prove Me Now Herewith”

Elder Moisés Villanueva, *Seventy*

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

THE BIG IDEA

When I pay tithing, the Lord opens the windows of heaven, often with quiet blessings I need to learn to notice.

You'll need: Paper and pens.

1 HOOK

2 MIN

QUESTION Has anything ever lasted way longer than it should have: shoes, a phone battery, a bottle of shampoo? Go around.

Then: A sister told Elder Villanueva her five-gallon propane tank lasted so long it seemed like it would never run out, and she saw it as a tender mercy for paying tithing. He remembered that the Lord told Israel their clothes and shoes did not wear out during 40 years in the wilderness (Deuteronomy 29:5).

2 KEY TEACHINGS FROM ELDER VILLANUEVA

8–10 MIN

1 A mother who trusted the promise

“Perhaps the change that required the greatest faith and sacrifice was to honorably pay a full tithe.”

— Elder Moisés Villanueva • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Elder Villanueva's family was baptized when he was 10. His mother was raising eight children on her own and money was very tight. She chose to trust the Lord's promise in Malachi 3:10 and pay a full tithe.

DEEP CUT • AGES 12–16

The Lord taught that every blessing comes by obeying the law it depends on (D&C 130:20–21), and He asked: “Who am I, saith the Lord, that have promised and have not fulfilled?” (D&C 58:31). Which promise of God are you testing right now?

2 His way and His timing

“Sometimes we expect the Lord's blessings to come the way we would wish, rather than in His own way and timing.”

— Elder Moisés Villanueva • exact words

FOR AGES 8–11: MAKE IT CONCRETE

A sister had always paid tithing, but she never got the promotion or raise she'd hoped for, and her testimony started to weaken. Elder Villanueva told her to look for a different kind of blessing.

DEEP CUT • AGES 12–16

He shared Elder David A. Bednar's teaching that the blessings of tithing are often significant but subtle, not always what we expect, and easy to overlook. Why might God choose subtle blessings over obvious ones?

3 Make a list of the subtle blessings

“I have developed the gift of gratitude by learning to appreciate the Lord's hand in each of His tender mercies.”

— Elder Moisés Villanueva • exact words

FOR AGES 8–11: MAKE IT CONCRETE

The widow of Zarephath had only enough flour and oil for one last meal, and she shared it with the prophet Elijah first. Her barrel of flour and jar of oil never ran out (1 Kings 17:8–16).

DEEP CUT • AGES 12–16

Elder Villanueva's own list: steady work, good health, a home preserved through hard times, the ability to get an education, the gift of gratitude, and recognizing the Holy Ghost in big decisions. He invited the discouraged sister to write her own list. What would be on yours?

3 INTERACTIVE MOMENT

2–3 MIN

BLESSING HUNT Three minutes on a timer: as a family, list as many quiet blessings as you can (things that lasted, help that came right on time, health, safety, good friends). Younger kids call them out; a teen writes.

Reveal: Count them. Then read his testimony: the Lord does open the windows of heaven, often in ways that are easy to miss unless we look.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What's a blessing you might have missed because it was quiet or small?

OLDER (12–16)

Have you ever felt like a promise from God wasn't working? What did you do with that feeling?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain: What did Elder Villanueva's mother do, and why was it hard? What did he tell the sister who didn't get her promotion? What did the widow of Zarephath do?

Listen for: Trust the promise. Blessings come His way and in His time. Subtle blessings are easy to overlook. Make a list.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares one subtle blessing your family has received, and your witness that the Lord keeps His promises.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, each person writes a list of subtle blessings, like Elder Villanueva did, and shares one at dinner on Sunday.

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

Scripture: Malachi 3:10; 1 Kings 17:8–16; Doctrine and Covenants 130:20–21 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/53villanueva](https://www.churchofjesuschrist.org/study/general-conference/2026/10/53villanueva)

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Sealed by the Holy Spirit of Promise

Elder David A. Bednar, *Quorum of the Twelve Apostles*

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

THE BIG IDEA

Ordinances and covenants are like a passport home to Heavenly Father; as I keep them, the Holy Ghost confirms them, and no one else's choices can take my promised blessings away.

You'll need: A passport or picture of one (optional); paper, markers, stickers.

Parent note: Part of this talk speaks to faithful spouses whose temple marriage did not last. If your family has felt that, the promise in Key teaching 3 may be especially tender.

1 HOOK

2 MIN

MYSTERY In Elder Bednar's parable, a man flew to another country with a real, valid passport, and was turned away at the border. Ask: how could a valid passport be refused?

Then: The personal page was stained, and a ripped page was taped and glued. Elder Bednar said: "The lesson of this story is quite simple: the integrity of a passport must be maintained over time."

2 KEY TEACHINGS FROM ELDER BEDNAR

8–10 MIN

1 Covenants are our credentials for the journey home

"The covenants and ordinances of the Savior's restored gospel are spiritual credentials that can open wide the heavenly windows of opportunity to receive in our lives divine purpose, direction, and strength."

— Elder David A. Bednar • exact words

"Ordinances and covenants become our credentials for admission into His presence. To worthily receive them is the quest of a lifetime; to keep them thereafter is the challenge of mortality."

— President Boyd K. Packer, as quoted by Elder Bednar

FOR AGES 8–11: MAKE IT CONCRETE

An ordinance is a holy act done by priesthood authority, like baptism, confirmation, the sacrament, and temple ordinances. A covenant is a promise between God and us.

DEEP CUT • AGES 12–16

Elder Bednar pointed out where the comparison breaks down: "Unlike damage to a physical passport, the adversities and afflictions we experience through no fault of our own do not diminish God's promises to us or invalidate our covenants." Trials don't stain your passport. Breaking covenants without repenting does.

2 The Holy Spirit of Promise is the stamp

"Receiving this ratifying sealing by the Holy Ghost typically is not a one-time event; rather, it comes over time as we repent sincerely and consistently, honor our covenants, and yield our hearts unto God."

— Elder David A. Bednar • exact words

FOR AGES 8–11: MAKE IT CONCRETE

The man needed an official stamp to enter the country. We need the Holy Ghost, called the Holy Spirit of Promise, to confirm our covenants so their blessings last forever. That happens a little at a time as we keep trying and repenting.

DEEP CUT • AGES 12–16

"When sealed by the Holy Spirit of Promise, an ordinance, vow, or covenant is binding on earth and in heaven." Why might God confirm over time rather than all at once?

3 No one else can take your blessings

“No faithful disciple will ultimately be deprived of any eternal blessing God has promised because of another individual’s unrighteous exercise of moral agency.”

— Elder David A. Bednar · exact words

FOR AGES 8–11: MAKE IT CONCRETE

If someone else breaks their promises with God, even someone you love, your promises with God still count, and His love keeps flowing to you.

DEEP CUT · AGES 12–16

“However, unrighteousness by one person cannot hinder or thwart the flow of God’s love, strength, and blessings to another person.” Notice his honesty: “I do not know and cannot explain precisely how and when promised blessings are received. But I do know promised blessings will be received.” What does that honesty teach you about faith?

3 INTERACTIVE MOMENT

2–3 MIN

TRICK QUESTION If someone in my family breaks their covenants, do I lose my blessings too? A) Yes. B) Some of them. C) No. Vote.

Reveal: C. Elder Bednar asked this exact question for faithful spouses and said: “The answer to this question is an emphatic no!” The Savior’s Atonement can overcome all things for every person who holds fast to their covenants with Him.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

Which ordinances have you already received? Which ones are coming next for you?

OLDER (12–16)

Why do you think the Holy Spirit’s confirming seal comes over time instead of all at once at the ordinance?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain the passport parable: What is the passport? What is the stamp? Do trials damage the passport? Can someone else’s choices take away your blessings?

Listen for: Ordinances and covenants are credentials. Keep them in good shape over time. The Holy Spirit of Promise confirms them as we repent and stay faithful. Trials don’t invalidate covenants. No one else can rob a faithful person.

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares what keeping your covenants has meant to you, and your witness that Jesus Christ’s Atonement can overcome all things for those who hold fast to Him.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, each person makes a covenant passport from folded paper: one page for ordinances received, one for ordinances ahead, and one with a daily way to keep their covenants.

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

Scripture: Doctrine and Covenants 132:7; Mosiah 2:41; Doctrine and Covenants 76:53 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/54bednar](https://www.churchofjesuschrist.org/study/general-conference/2026/10/54bednar)

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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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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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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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You Are Good Enough to Teach

Brother Gabriel W. Reid, *Second Counselor in the Sunday School General Presidency*

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

THE BIG IDEA

I am good enough to teach the gospel, not because I know everything, but because I can love the Savior and love the people I teach.

You'll need: Nothing. Optional: a football.

1 HOOK

2 MIN

GUESS WHO When Brother Reid was called to the Sunday School General Presidency, a news headline said: “New Sunday School Leaders Include Men Involved in Church Education and an NFL Player.” Ask: which one do you think Brother Reid was, a scholar or the NFL player?

Then: The NFL player. He joked: “Thankfully, that headline didn’t share the names because I really hope people think I’m one of the scholars!” Even so, he felt inadequate and wondered if the Lord had the right person. Ever felt that way?

2 KEY TEACHINGS FROM BROTHER REID

8–10 MIN

1 Jesus makes us into teachers

“He did not expect them to become master teachers before they followed Him. He promised that He would make them into who He needed them to be.”

— Brother Gabriel W. Reid • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Jesus called ordinary fishermen: “Come ye after me, and I will make you to become fishers of men.” (Mark 1:17) The sons of Mosiah had been rebellious, and the Lord still promised to make them instruments in His hands. He’ll help you too.

DEEP CUT • AGES 12–16

“We were never meant to do His work alone.” Brother Reid noticed a pattern: when Jesus invited someone to teach, He also gave them a promise. Why does the promise matter as much as the invitation?

2 Love is the lesson

“The impact of a gospel teacher is not just the message—it is the love of the messenger.”

— Brother Gabriel W. Reid • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Brother Reid grew up in American Samoa with 12 brothers and sisters. Many of his Primary classes were held under a mango tree. What he remembers most is that his teachers loved him and knew his name.

DEEP CUT • AGES 12–16

“Some of the greatest lessons they taught were the ones we caught simply by watching them.” Older siblings, your younger siblings are watching you. What gospel lessons might they be catching?

3 Yes, you are good enough

“Brothers and sisters, if you are wondering whether you are good enough to teach the gospel of Jesus Christ, the answer is yes!”

— Brother Gabriel W. Reid · exact words

FOR AGES 8–11: MAKE IT CONCRETE

Not because you know everything or always feel confident. “Because you can love the Master Teacher!” As you love Him, He’ll walk beside you and help you.

DEEP CUT · AGES 12–16

“If class members leave the lesson feeling closer to the Savior than when they came, we have taught enough.” Instead of asking how to fit everything in, Brother Reid suggested a better question: “How can I help those I teach connect to the Savior sooner?”

3 INTERACTIVE MOMENT

2–3 MIN

MINI TEACH Each person gets two minutes to teach the family one gospel truth they love: a scripture story, a song, or an experience. The goal isn’t to impress anyone. The goal is to help everyone feel closer to Jesus.

Reveal: Brother Reid said: “The purpose of every lesson is not for people to leave talking about the teacher. It is for them to leave thinking about and loving the Savior.” After each mini lesson, ask: did that help you think about Jesus?

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

Who is a teacher who made you feel loved? What did they do?

OLDER (12–16)

Why might “Do I know enough?” be the wrong question to ask before teaching? What changes when you focus on loving the people instead?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids: Why did Brother Reid feel like the wrong person? What did Jesus promise the fishermen? What do you remember most about good teachers? Are you good enough to teach?

Listen for: Jesus promises to make us who He needs us to be. The love of the messenger matters most. Love the Lord and love those you teach. Yes, you’re good enough, because you can love the Master Teacher. “To teach like the Savior, we must love like the Savior!”

6 TESTIMONY OF JESUS CHRIST

1 MIN

A parent shares about a teacher whose love helped you feel the Savior’s love, and your witness that Jesus helps anyone who teaches His gospel.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, an older sibling teaches a younger sibling one short gospel lesson, like a scripture story or a song. Start by asking what the younger one loves, and end by asking how they feel about Jesus.

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

Scripture: Mark 1:17; Alma 26:3; Matthew 22:37–39; 3 Nephi 11:14–15; 3 Nephi 17:5–24 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/58reid](https://www.churchofjesuschrist.org/study/general-conference/2026/10/58reid)

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Teach Truth with Love

Elder Clark G. Gilbert, *Quorum of the Twelve Apostles*

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

THE BIG IDEA

I can stand for truth and love people at the same time, because for disciples of Jesus Christ, truth and love always walk together.

You'll need: Paper slips and pencils.

1 HOOK

2 MIN

HONEST MOMENT Elder Gilbert told about a friend who used to be faithful but started attacking the Church. Elder Gilbert was frustrated and fired back an angry reply. Ask: did he win?

Then: Kind of, and not really. He said: “I may have won the debate in the moment, but I lost the Spirit and I failed to help my struggling friend.” Then: “That day I stood for truth, but I did it without love and without charity.” He began: “It takes courage to stand for truth. It takes even more courage to stand for truth with love.”

2 KEY TEACHINGS FROM ELDER GILBERT

8–10 MIN

1 Cool down and listen first

“Sometimes what we perceive as hostility may actually be someone’s hidden pain or regret.”

— Elder Clark G. Gilbert • exact words

FOR AGES 8–11: MAKE IT CONCRETE

On one visit, five people were waiting, each with a different problem. Elder Gilbert wanted to jump in, but the Spirit kept prompting him to wait. He listened for almost two hours. Afterward, every one of them accepted his invitation to stake conference.

DEEP CUT • AGES 12–16

“Resisting the impulse to initially respond built common ground, which allowed me later to teach from a place of love.” Elder Andersen, whom he quoted, taught that sometimes being a peacemaker means resisting the impulse to respond and remaining quiet with dignity. When is staying quiet strong rather than weak?

2 Be a light

“The best way to help someone else keep their covenants is to keep your covenants.”

— Elder Clark G. Gilbert • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Some important university leaders criticized faith. Elder Gilbert disagreed strongly but chose not to argue right then. Later, one of those leaders asked him for help creating a class on character.

DEEP CUT • AGES 12–16

“Being a light opens more doors than any pointed argument ever will.” He quoted President Nelson: “Surprise their doubting hearts with your believing heart!” What does a believing heart look like at your school?

3 Love never means pretending wrong is right

“When we try to love others by minimizing God’s laws, we separate ourselves from the one person who loves them the very most.”

— Elder Clark G. Gilbert · exact words

“As near as I can tell, Christ never once withheld His love from anyone, but He also never once said to anyone, ‘Because I love you, you are exempt from keeping my commandments.’”

— President Jeffrey R. Holland, as quoted by Elder Gilbert

FOR AGES 8–11: MAKE IT CONCRETE

Jesus showed great kindness to a woman others wanted to condemn. He also told her to go and sin no more (John 8:11). Real love helps people come closer to God.

DEEP CUT · AGES 12–16

Elder Gilbert, quoting President Christofferson, taught that putting God first strengthens our love for others. How do the first and second great commandments work together?

3 INTERACTIVE MOMENT

2–3 MIN

THE MENTAL LIST

Elder Gilbert admitted that when President Nelson gave a talk on being a peacemaker, he started a mental list of everyone he thought needed that message. Everyone secretly writes down the name of the person who most needs tonight’s lesson. Fold the slips.

Reveal: President Nelson then invited everyone to look deeply into their own heart. Unfold the slips; the right answer was your own name. Laugh about it, then each person names one way they want to be a better peacemaker.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What can you do when someone makes fun of something you believe?

OLDER (12–16)

Elder Gilbert said: “For some this will require greater conviction. For others it will demand greater charity.” Which do you need more of right now, and why?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids to explain Elder Gilbert’s angry-reply mistake and what he learned, plus two or three of his ways to stand for truth with love.

Listen for: Avoid contentious moments, listen first and find common ground, be a light by keeping your own covenants, hold to God’s truth even while loving people, and stay anchored in Jesus Christ. Truth and love walk together.

6 TESTIMONY OF JESUS CHRIST

1 MIN

Elder Gilbert said: “I believe teaching truth with love will be the hallmark of Christ’s disciples in the last days.” A parent shares a time you saw someone stand for truth with love, and your witness that the Lord helps us do both.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO

This week, when a disagreement starts (sibling fights count), try Elder Gilbert’s first steps: pause, listen until you understand, find something you agree on, then speak truthfully and kindly.

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

Scripture: Moroni 7:45; 1 John 4:19; John 8:11; Matthew 22:37–39 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/59gilbert](https://www.churchofjesuschrist.org/study/general-conference/2026/10/59gilbert)

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Closing Remarks

President Dallin H. Oaks, *President of The Church of Jesus Christ of Latter-day Saints*

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

THE BIG IDEA

Conference isn't over when the broadcast ends. When I study the talks and act on them, the Lord gives me more.

You'll need: A calendar, plus this packet of lessons (or a list of the talk titles).

Parent note: These are short closing remarks, so this lesson is lighter and works well as a planning night for which talks your family will study next.

1 HOOK

2 MIN

60-SECOND CHALLENGE Set a timer for 60 seconds. As a family, name as many stories or ideas from this conference as you can remember. (Hints: baffling buttons, a damaged passport, Lehi's fruit, an NFL player, Eternal Joy's silent treatment.)

Then: However many you named, President Oaks promised there's more coming. Quoting the Lord, he said: "Unto him that receiveth I will give more." (2 Nephi 28:30) The more we use what we've received, the more the Lord gives.

2 KEY TEACHINGS FROM PRESIDENT OAKS

8–10 MIN

I Study, ponder, and act

"As the talks of this conference are published, we invite all to study and ponder them prayerfully and to act in faith on the principles they explain."

— President Dallin H. Oaks • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Three steps: study (read or watch a talk), ponder (think about it and pray), and act (do something because of it). Acting is the step that changes us.

DEEP CUT • AGES 12–16

Why do you think President Oaks asked us to *act in faith*, not just study? What's the difference between remembering a talk and being changed by it?

2 The Salt Lake Temple opens its doors

"On April 5, 2027, the temple doors will open to the public—the first such opening since 1893, 134 years ago."

— President Dallin H. Oaks • exact words

FOR AGES 8–11: MAKE IT CONCRETE

Open to the public means friends and neighbors who aren't members can come inside before it is dedicated. Who would you love to bring with you, in person or through a virtual tour?

DEEP CUT • AGES 12–16

134 years is about five generations. Find out who in your family tree was alive in 1893. President Oaks also announced a video series called *Dedicate*, including a virtual tour of the Salt Lake Temple.

3 Truth is found here

“Truth is to be found here—truth about the teachings of the Lord and truth about the covenant path that will lead us to our destiny, the destiny desired by our Heavenly Father.”

— President Dallin H. Oaks · exact words

FOR AGES 8–11: MAKE IT CONCRETE

President Oaks ended with his testimony that this is the restored gospel of Jesus Christ. The covenant path leads us back to Heavenly Father.

DEEP CUT · AGES 12–16

Look back over the conference. Which talk helped you understand the covenant path better? Which truth do you most want to know for yourself?

3 INTERACTIVE MOMENT

2–3 MIN

FAMILY CONFERENCE PLAN Lay out the talk titles from this packet. Each person picks the one talk they most want to study next. Put one talk per week on the family calendar until April conference.

Reveal: That’s President Oaks’s invitation in action: study and ponder prayerfully, then act. Let whoever chose each week’s talk help lead that lesson.

4 TALK ABOUT IT

3 MIN

YOUNGER (8–11)

What was your favorite story from this conference?
What could you do because of it?

OLDER (12–16)

President Oaks said the conference messages helped unite our testimonies on Jesus Christ. Which talk strengthened your testimony of Him the most?

5 RECAP: THE KIDS EXPLAIN IT

2 MIN

Ask the kids: What three things did President Oaks invite us to do with the talks? What happens on April 5, 2027? What did he testify is found here?

Listen for: Study, ponder prayerfully, and act in faith. The Lord gives more to those who receive. The Salt Lake Temple opens to the public on April 5, 2027. Truth about the Lord and the covenant path is found in His restored Church.

6 TESTIMONY OF JESUS CHRIST

1 MIN

President Oaks closed with a blessing: “As we now go forward, we invoke the blessings of the Lord on you and your families, blessings of peace and contentment.” A parent shares the conference message that touched you most and what you plan to do about it, and your testimony of the restored gospel of Jesus Christ.

7 THIS WEEK, AS A FAMILY

1 MIN

ONE THING TO DO This week, choose one talk from this conference to study as a family, and each person picks one principle from it to act on. Report back next week.

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

Scripture: 2 Nephi 28:30 · **Full talk:** [churchofjesuschrist.org/study/general-conference/2026/10/510oaks](https://www.churchofjesuschrist.org/study/general-conference/2026/10/510oaks)

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