



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY MORNING SESSION

The Gift of Testimony

Elder Gérald Caussé · Quorum of the Twelve Apostles

Words to remember

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

In Elder Gérald Caussé’s own words, from the talk.

Elder Gérald Caussé is one of the newest Apostles. Eighteen years ago, a prophet called him on the phone and asked him to serve the Lord in a new way. The next morning, Elder Caussé prayed for help. He opened a Church magazine on the kitchen table, and he found a scripture: “Be of good cheer, and do not fear, for I the Lord am with you, and will stand by you; and ye shall bear record of me, even Jesus Christ.” He felt peace. He knew his most important job was to tell people about Jesus.

Many years later, he was called to be an Apostle. The prophet, President Dallin H. Oaks, asked him to share his testimony with the other Apostles. Those same words came back to his mind. The very first thing he did as an Apostle was to tell about Jesus.

Elder Caussé said Apostles are special witnesses of Jesus. But everyone who follows Jesus can tell about Him too, even children! When we are baptized, we promise to stand as witnesses of God at all times, in all things, and in all places.

A testimony is when you know something is true because the Holy Ghost helped you feel it. Elder Caussé said your testimony may be different from someone else’s, and that is okay. Take care of it and share it, because it is yours.

He said a testimony is a gift to share, not hide. Saying I know and saying “I love you” go together. When we share Jesus, we show love. When we say “I love you” with a sincere heart, we show what Jesus is like.

Elder Caussé’s niece once shared her testimony at a girls’ camp. She was so nervous! She only said two things: “I know that God loves me” and “I know that God has a plan for me.”

Later she felt sad because her words were short. Her mom asked, “Do you believe what you said?” She said yes. Her mom said, “Then that’s all that matters.”

Elder Caussé said a testimony does not have to be long or fancy. “It only needs to be true.” The Holy Ghost helps people feel that it is true.

In the Book of Mormon, young Alma made bad choices. But when he was sad and sorry, he remembered his dad’s testimony of Jesus. That memory helped him change. Your testimony can help someone too!

Elder Caussé invited us to share our testimony every day, even for a minute. We can say simple things like “I love our Savior, Jesus Christ” or “The gospel brings joy to my heart.”

A scripture for this talk: Mosiah 18:9. We can be witnesses of God and tell others what we know about Jesus.

Let’s talk about it

What did this talk teach us about the Savior? What is one small thing our family can do this week?

Kid-friendly summary in our own words · Read or watch the full talk: [churchofjesuschrist.org/study/general-conference/2026/10/14causse](https://www.churchofjesuschrist.org/study/general-conference/2026/10/14causse)