



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY AFTERNOON SESSION

Jesus Lives to Lift

Elder Patrick Kearon · Quorum of the Twelve Apostles

Words to remember

- *“At the heart of our faith is the glorious truth that we have an adoring Father in Heaven, whose Son, our Saviour, loves to lift!”*
- *“Your Saviour is your lift. He is your ever-rising air. There is no limit to how high you can climb with Him.”*

In Elder Patrick Kearon's own words, from the talk.

Elder Patrick Kearon of the Quorum of the Twelve began with a joke. A few weeks earlier President Dieter F. Uchtdorf (famous for his aviation stories) told him, “Patrick, your talks—they’re OK, but where is the aviation?” So he shared a little aviation.

As a boy at boarding school in England, he watched airplanes overhead and dreamed of flying home to his parents, thousands of miles away in Arabia. He wanted to be a fighter pilot, and the fastest way to fly was to learn to glide. A glider has long, slender wings and no engine. It stays up by riding rising currents of air. In his mid-teens he spent two summers at an airfield in Oxfordshire learning to fly straight, turn, take off behind a tow plane, and land. Only then could he learn to climb and soar.

The key skill is finding rising air. “You cannot see it, but you can see what it does.” Cumulus clouds often mark rising air. But even more important is learning to feel it. He would feel lifted by an unseen force; one wing would tip up, and he would turn into it, circling upward, sometimes joining other gliders in the same invisible column of air. This rising air is called lift. Soaring with no engine was almost beyond description, with only the whistle of the wind.

There is also sinking air, called sink. It can’t be seen either, but it can be felt, and gliding into it can feel like falling. It shortens your flight and can threaten a safe landing. When he met sink, he learned to turn away decisively.

Years later, early in his journey of faith, he saw that these principles match spiritual ones: “We must avoid sink and find lift.” We have a loving Father in Heaven whose Son, our Savior, loves to lift. Jesus lifted Peter from sinking in the waves, lifted Jairus’s daughter from death, and took a boy who was as one dead by the hand and lifted him up. “And He wants to lift you!”

Spiritual lift can’t be seen, but as we learn to recognize the Holy Ghost, we can feel it. Elder Kearon asked us to remember times we felt spiritual lift and times we felt spiritual sink, and to turn away from

sink decisively.

He warned: If you're not actively climbing in lift, you are descending. The descent can be so slow we don't notice, like neglecting prayer and the habits that once lifted us. We rarely intend to sink.

When Ammon saw his brothers rescued from darkness into light, he said, "Behold, I say unto you, I cannot say the smallest part which I feel." That is the ultimate move from sink to lift. Elder Kearon said there is great joy when we help others rise too.

What does living in lift look like? Find a faithful guide and learn where lift is found. Tune in to the Holy Spirit. "Join those who are climbing. Do what they do." Watch for signs of sink and turn away. "And when you find lift yourself, show someone else where and how to rise!" The Savior promised, "If ye do these things blessed are ye, for ye shall be lifted up at the last day."

Heavenly Father sent His Son to be lifted up, Elder Kearon said, so He could draw all of us into His loving embrace. "Your Saviour is your lift. He is your ever-rising air. There is no limit to how high you can climb with Him. Jesus Christ lives to lift."

Scripture to look up: Mark 5:41. Jesus took Jairus's daughter by the hand and told her to arise. He still lives to lift each of us.

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/2026/10/27kearon](https://www.churchofjesuschrist.org/study/general-conference/2026/10/27kearon)