



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY AFTERNOON SESSION

Jesus Lives to Lift

Elder Patrick Kearon · Quorum of the Twelve Apostles

Words to remember

- *“Jesus Christ 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 is an Apostle. President Uchtdorf, who loves airplanes, teased him: Patrick, your talks, they're okay, but where's the aviation? So Elder Kearon told us about flying!

When Elder Kearon was a boy, he went to school in England, far away from his mom and dad, who lived in Arabia. He watched airplanes in the sky and dreamed of flying home. He wanted to be a pilot.

When he was a teenager, he learned to fly a glider. A glider is a light airplane with long, thin wings and no engine. It flies by riding on air that is rising up. Pilots call rising air lift.

You cannot see lift. But you can feel it! Elder Kearon felt one wing tip up, and he turned toward it. Then the glider went up, up, up in circles. He said soaring with no engine was beautiful.

There is also air that goes down. Pilots call it sink. Sink can feel like falling. When Elder Kearon felt sink, he learned to turn away from it quickly.

Later, Elder Kearon learned that gliding is a lot like following Jesus. Jesus loves to lift people up! When Peter was sinking in the water, Jesus lifted him up. When Jairus's daughter died, Jesus lifted her up and she lived. Jesus took a sick boy by the hand and lifted him up. And Jesus wants to lift you.

Spiritual lift is when we feel the Holy Ghost and feel happy, peaceful, and close to Heavenly Father. Spiritual sink is when we feel dark and far away from God. When we

feel sink, we can turn away from it quickly, just like a pilot.

Elder Kearon said that if a glider is not going up, it is slowly coming down. We may not even notice! That is why we keep doing the things that help us feel close to Jesus, like praying and reading the scriptures.

He gave us some ideas. Find someone who follows Jesus and learn from them. Pay attention to the sweet feelings of the Holy Ghost. Stay with people who are going up. Turn away from things that pull you down. And when you find lift, show someone else how to rise too!

Elder Kearon said, “Your Saviour is your lift.” There is no limit to how high we can go with Him. Jesus lives to lift.

A scripture for this talk: Mark 5:41. Jesus took a girl by the hand and told her to arise. He lifts us too.

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)