



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY AFTERNOON SESSION

The Ninety and Ten

Elder Michael A. Dunn · General Authority Seventy

Words to remember

- *“In other words, the Redeemer rescues not by shortening our course but by helping us lengthen our stride.”*
- *“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.”*

In Elder Michael A. Dunn’s own words, from the talk.

Elder Michael A. Dunn said one of the Savior’s nearly incomprehensible blessings is His promise to carry our burdens. But what does that look like when we feel hopeless? He learned more about it in 1998, when his running partner, Ted, talked him into a 100-mile ultramarathon. Elder Dunn had run a few marathons, but not four of them back to back. Everything seemed impossible except one thing: Ted believed he could do it. Ted had finished the race many times and knew every twist of the trail. He promised that if Elder Dunn trained, he would run with him through the second half, when fatigue, blisters, and especially self-doubt would be his worst enemies.

On race day, starting before dawn, Elder Dunn quickly realized it was much bigger than me. He kept moving through the afternoon heat, one slogging, suffering step at a time. With more than half the race left and daylight fading, Ted showed up, just as promised. With Ted’s patience and Elder Dunn’s unceasing silent prayers, they ran (or trudged) to mile 90 as morning dawned.

Only 10 miles remained, but he was completely drained. Collapsing in the shade of a tree, he told Ted, “I give up.” Ted reminded him of the months of early-morning training, knelt down, looked him in the eye, and said, “I know you can do this, Mike, and I’m going to get you there.” Those words sparked something. He got to his feet, walked, hobbled, then shuffled, and step by step they conquered the last 10 miles.

About 100 yards from the finish, Ted grabbed his hand. “Congrats, man,” he said. “You did it!” Then he peeled off. Elder Dunn begged him to finish together, but Ted smiled: “This is your race to finish.”

A week later a photo arrived showing the moment they parted. Looking closely, Elder Dunn saw that Ted was carrying not only his own water but two of Elder Dunn’s water bottles and his pack, strapped to Ted’s waist for those last 10 miles. When Elder Dunn was ready to quit, Ted quietly lightened my

load, strapping my hydration pack to his own waist, and without fanfare or fuss, he simply shouldered my heaviest burden.

That made him think of an infinitely more amazing loadbearing friend. Isaiah said the Savior has borne our griefs and carried our sorrows. Elder Dunn used to think that meant our trails would get easier. Instead, the redeemer rescues not by shortening our course, but by helping us lengthen our stride. Christ often helps in unseen ways. God knows our prayers before we ask, and He sends helpers, the “Teds” of this world and even angels, to bear us up.

We can trust Jesus for the same reason Elder Dunn trusted Ted: he marked the path and led the way. He knows the road, and He knows us. To anyone near their mile 90, Elder Dunn promised that as we use our last energy to ask, His helping hand will give us the boost we need. He said, “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.” President Uchtdorf taught that often we understand the valleys only by looking back on them from the mountains of our future experience. “Peace will come even when hoped-for outcomes do not.”

Elder Dunn said that sometimes God can part seas and move mountains. Other times, he simply sends us a Ted. Most often, He fills up our courage so we can “run with patience the race that is set before us.”

Scripture to look up: Hebrews 12:1. We can lay aside every weight and run with patience the race set before us, with Christ carrying us through the last miles.

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/2026/10/28dunn](https://www.churchofjesuschrist.org/study/general-conference/2026/10/28dunn)