



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY AFTERNOON SESSION

## The Ninety and Ten

Elder Michael A. Dunn · General Authority Seventy

### Words to remember

- *“Anytime we turn to Christ, we turn a corner.”*
- *“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 Jesus’s amazing blessings is that He promises to carry our burdens, the heavy things we carry.

A long time ago, Elder Dunn’s running friend, Ted, talked him into running a race that was 100 miles long! That is like running four marathons in a row. Elder Dunn thought it was impossible. But Ted believed he could do it. Ted had run this race many times. He promised that if Elder Dunn trained, Ted would run with him during the second half of the race.

On race day, Elder Dunn started running before the sun came up. He kept going all day, even in the hot afternoon, one step at a time. Halfway through, Ted came to run with him, just like he promised.

They ran all night. By morning, they had gone 90 miles. Only 10 more miles to go! But Elder Dunn was so tired. He sat down under a tree and said, “I give up.”

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.” Those kind words helped. Elder Dunn got up. First he walked, then he hobbled, then he shuffled. Step by step, they went the last 10 miles together.

Near the finish line, Ted let go and said, “This is your race to finish.” And Elder Dunn finished it!

A week later, a friend sent him a picture from the race. In the picture, Elder Dunn saw a surprise. Ted was carrying Elder Dunn’s water bottles and his heavy pack! When Elder

Dunn was sitting under the tree, ready to quit, Ted had quietly taken his heaviest things and carried them for him. Elder Dunn had not even noticed.

Elder Dunn said Jesus is like that. Isaiah said Jesus has borne our griefs and carried our sorrows. Jesus doesn't always make the path shorter, but He makes us stronger. Sometimes we can't see Him helping us, but He is. He knows the way because He went first.

Elder Dunn said that sometimes God parts seas and moves mountains. Other times, "Other times He simply sends us a Ted," a friend to help. And we can be a Ted for someone else!

**A scripture for this talk:** Hebrews 12:1. We can keep going, like running a long race, and Jesus helps us finish.

### *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?

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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)