



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY MORNING SESSION

Using the Language of Peacemakers

Elder Alfred Kyungu · General Authority Seventy

Words to remember

- *“As the converted Lamanites ‘buried the weapons of war, for peace,’ we too can bury the language of contention for peace.”*
- *“This peace is real. It is powerful, and it begins with us—with our hearts, our choices, and our words.”*

In Elder Alfred Kyungu’s own words, from the talk.

Elder Alfred Kyungu, a General Authority Seventy, began by quoting President Dallin H. Oaks at the April 2026 conference: Let us follow him by forgoing contention and by using the language and method of peacemakers in our families and other personal relationships. Let us avoid what is harsh and hateful. President Oaks also invited everyone to study the conference messages and act in faith on them.

Elder Kyungu said this invitation comes from the living prophet. It is not a simple suggestion. It is a call to discipleship as we follow Jesus Christ. He treated it as a spiritual exercise: identify the words we need to give up and replace them with words that bring peace.

The Lord has always warned against contention. Proverbs lists things the Lord hates, including a lying tongue and he that soweth discord among brethren. Jesus taught that every idle word that men shall speak, they shall give account thereof in the day of judgment. Paul wrote, “Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.” He also counseled the Saints to let their speech be always with grace.

Elder Kyungu said most of us have been hurt by humiliating or discouraging words from family, coworkers, friends, or even Church members. He listed words to give up: “You are useless.” “You are stupid.” “You never do anything right.” “What is wrong with you?” “This is all your fault.” “You always mess things up.” “You never listen.” “You caused this problem.” “Leave me alone.” “I do not care.” Such words weaken love, diminish respect, and damage relationships.

Instead, we can choose words that build understanding and peace: Please, thank you. I appreciate that. I respect your view. This is a good point. Let us slow down and talk. We can work this out. It is okay. Let us stay calm. We don’t have to rush. I care about you. I’m here for you. You are not alone.

How are you feeling? That matters to me. I'm sorry. Please forgive me. I forgive you. Let us start again. I don't want this to divide us.

Just as the converted Lamanites buried their weapons of war, we too can bury the language of contention for peace. President Thomas S. Monson taught us to leave unsaid the harsh things we're tempted to say. A hymn teaches, "I must speak the loving word, ere the sun goes down." And "out of the abundance of the heart the mouth speaketh," so we should fill our hearts with the doctrine of Christ, which can change how we talk.

He said this peace starts on the inside. As we follow Jesus Christ, we not only feel His peace but, as Elder Ulisses Soares said, "We can become instruments of His peace in the world." Even when we have different opinions, Elder Kyungu said, "Let us speak with 'warm respect when we speak with each other.' Let us qualify for His blessings by using the language ... of peacemakers." He testified that Jesus Christ is the Prince of Peace and that President Oaks is the prophet inviting us to talk as peacemakers.

Elder Kyungu invited us to repent of harsh words that have offended others, pray for peaceful communication even when we disagree, and use language that uplifts, edifies, comforts and brings people together. The Savior promised, "Peace I leave with you, my peace I give unto you." Elder Kyungu said, "This peace is real. It is powerful, and it begins with us—with our hearts, our choices, and our words."

Scripture to look up: Ephesians 4:29. Let no corrupt communication come out of our mouths, only words that build others up, the language of peacemakers.

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/2026/10/47kyungu](https://www.churchofjesuschrist.org/study/general-conference/2026/10/47kyungu)