



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY MORNING SESSION

Using the Language of Peacemakers

Elder Alfred Kyungu · General Authority Seventy

Words to remember

- *“Let us speak with ‘warm respect when we speak with each other.’”*
- *“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.

At the last general conference, President Dallin H. Oaks asked us to stop arguing and to use the language and method of peacemakers. A peacemaker is someone who helps people get along. President Oaks said, “In our families and other personal relationships, let us avoid what is harsh and hateful.”

Elder Alfred Kyungu said this invitation came from the prophet. It is not just a little idea. It is a way to follow Jesus. So Elder Kyungu thought about the words we should stop saying, and the kind words we can say instead.

The scriptures teach us to be careful with our words. 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.” That means only say things that help.

Elder Kyungu said almost everyone has been hurt by mean words. Words like: “You are stupid.” “What is wrong with you?” “This is all your fault.” “You never listen.” “Leave me alone.” “I do not care.” Mean words like these hurt people and make it hard to love each other.

Instead, we can use words that bring peace. Words like: “Please.” “Thank you.” “I appreciate that.” “We can work this out.” “It is OK.” “I care about you.” “I am here for you.” “You are not alone.” “I’m sorry.” “Please forgive me.” “I forgive you.” “Let us start again.”

In the Book of Mormon, some people who had been at war buried their swords deep in the ground, and they promised never to fight again. Elder Kyungu said we can bury our mean words too!

There is a hymn that says, “I must speak the loving word, ere the sun goes down.” Jesus taught that what is in our heart comes out of our mouth. So if we fill our hearts with love for Jesus, kind words will come out.

Elder Kyungu asked us to say sorry when we have used mean words, and to pray for peace in our families. Jesus said, “Peace I leave with you, my peace I give unto you.” Elder Kyungu said this peace is real, and it begins with us, with our hearts, our choices, and our words.

A scripture for this talk: Ephesians 4:29. We can use kind words that build people up and make peace.

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