



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, opened by recalling President Dallin H. Oaks’s words closing the Sunday morning session of April 2026 general conference: As followers of Christ, 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. Closing that conference, President Oaks invited all to study and ponder them prayerfully and to act in faith on the principles they explain.

Elder Kyungu framed it as prophetic direction: “This invitation to forgo contention by using the language of peacemakers comes from the living prophet. It is not a simple suggestion; it is a call to discipleship as we follow Jesus Christ.” As he pondered how to act on it, he concluded it is “It is a spiritual exercise to identify the language and expressions we need to forgo and then replace them with words and phrases that bring peace wherever we are and at all times.”

He traced the counsel through scripture. Proverbs names six, even seven, things the Lord hates, among them a lying tongue, a false witness that speaketh lies, and he that soweth discord among brethren (Proverbs 6:16–19). Jesus taught, “But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment. For by thy words thou shalt be justified, and by thy words thou shalt be condemned” (Matthew 12:36–37). 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” (Ephesians 4:29), and counseled the Colossians to Let your speech be always with grace (Colossians 4:6).

Then he got specific. “I believe that all of us in this mortal journey have been hurt by some form of humiliating, degrading, or discouraging language from a family member, a colleague at work, a friend, or even a fellow member of the Church.” Words that damage relationships and must be forgone include: “Examples include: ‘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.’ ‘I do not need you in my life.’ ‘I do not care about you.’ ‘Just stop talking.’” Such words never edify. They weaken love, diminish respect, and damage relationships.

Instead of language that escalates anger, disappointment, and frustration, we should choose words that encourage understanding and peace, that strengthen confidence and preserve relationships: 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.

He drew on the Anti-Nephi-Lehies (Alma 24): “As the converted Lamanites ‘buried the weapons of war, for peace,’ we too can bury the language of contention for peace.” President Thomas S. Monson taught us to refrain from anger and leave unsaid the harsh and hurtful things we may be tempted to say. Hymn 224 reminds us, “I must speak the loving word, ere the sun goes down.” And the New Testament teaches that “out of the abundance of the heart the mouth speaketh” (Matthew 12:34). So, let us fill our heart with the true doctrine of Christ, which has the power to change our language. As we follow Jesus, quoting Elder Ulisses Soares, we not only feel His peace but “We can become instruments of His peace in the world.”

His closing invitations were a series of let us statements: repent for harsh language that has offended friends, leaders, family, and colleagues; pray for peaceful communication regardless of the difference in our opinions; use language that uplifts, edifies, comforts and brings people together; speak with warm respect; and “Let us qualify for His blessings by using the language ... of peacemakers.” The Savior promised, “Peace I leave with you, my peace I give unto you” (John 14:27). “This peace is real. It is powerful, and it begins with us—with our hearts, our choices, and our words.” He testified that Jesus Christ is the Prince of Peace and that President Oaks is the prophet inviting us to communicate as 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)