



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY AFTERNOON SESSION

Christ-Centered Unity

President Dieter F. Uchtdorf · Acting President of the Quorum of the Twelve Apostles

Words to remember

- *“Jesus Christ has the power to change us—you and me—purify us, and unite us. The closer we come to Him, the closer we will come to each other—and the closer we will come to the unity He wants for us.”*
- *“Wherever you are, I invite you to join the Christ-centered unity we are trying to build. It would be incomplete without you. Please, come and see, come and help, and come and belong.”*

In President Dieter F. Uchtdorf’s own words, from the talk.

President Dieter F. Uchtdorf, Acting President of the Quorum of the Twelve Apostles, recently went with his wife to the baptism of two of their great-grandchildren. They chose to follow Jesus Christ and made covenants to take His name, keep God’s commandments, and serve Him. They were following the Savior’s example, and also the example of their siblings, cousins, parents, and friends.

President Uchtdorf was baptized at age eight in a big indoor public swimming pool. As he walked into the water, all he could think was, “The pool is getting deeper and deeper, and I can’t swim!” He said spiritual growth usually starts gradually, with loving parents, simple prayers, and small acts of faith. Then, like a curve that rises faster and faster, the temple, missionary service, and serving in God’s kingdom multiply our blessings.

“Baptism is an individual ordinance. However, it is also a unifying one.” It joins us to a worldwide community of Saints. At baptism we show that we don’t want to live only for ourselves. We want to bear one another’s burdens, mourn with those that mourn, and comfort those who need comfort. We want to follow our beloved Savior Jesus Christ, and we want to walk that path together.

In Jesus’s day, people were divided. Jews and Samaritans avoided each other. Gentiles were treated as unclean. Pharisees and Sadducees agreed on little. President Uchtdorf said that it wasn’t so different from our world today. But Jesus reached out to people others shunned. “He touched lepers. He praised Gentiles for their faith. He used a Samaritan as an example of compassion.” He ministered to the poor and the rich alike.

Satan works the opposite way. He tries to divide and isolate us, making our differences feel like walls we can’t get past. Still, the Savior’s work of gathering keeps going, faster than ever. People unite

around many things, like politics, culture, hobbies, or even a favorite soccer team. But “In the Savior’s Church, it is not our political views, culture, or personal interests that unite us. It is our love for God and neighbor, God’s children.”

In the Book of Mormon, the Nephites and Lamanites had one of the longest-running sibling rivalries in history. Then Jesus Christ appeared to them and taught His gospel. For the next 200 years, the love of God replaced contention, and bitter enemies became one. “The closer we come to Him, the closer we will come to each other—and the closer we will come to the unity He wants for us.”

When our attention is on Christ, we learn to look on the heart instead of the outward appearance. As we try to be a little more patient, kinder, more forgiving, and more helpful, there is less room for pride and contention. That might sound out of reach, but “with God all things are possible.” Every step toward unity matters, however small.

The sacrament helps too. President Uchtdorf pointed out that it is the only ordinance where we are not called by name. The only names used are those of God the Father and Jesus Christ. We partake on our own, but also as a group. It reminds us that we are not alone. “We have the Savior, and we have each other.”

He invited everyone, wherever they are, to join the unity the Church is trying to build: “It would be incomplete without you. Please, come and see, come and help, and come and belong.” Jesus promised that where two or three are gathered in His name, He is there in the midst of them.

Scripture to look up: Doctrine and Covenants 38:27. The Lord taught that if His people are not one, they are not His. Unity centered on Christ is His way.

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/2026/10/51uchtdorf](https://www.churchofjesuschrist.org/study/general-conference/2026/10/51uchtdorf)