



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

- *“The sacrament is a weekly reminder, a sacred reminder, that we are not alone. We have the Savior, and we have each other.”*
- *“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 is an Apostle. Not long ago, he and his wife went to the baptism of two of their great-grandchildren. The children chose to follow Jesus Christ. They followed Jesus’s example, and the example of their brothers and sisters, cousins, and parents.

President Uchtdorf remembered his own baptism. He was eight years old, and he was baptized in a big indoor swimming pool. As he walked into the water, he kept thinking, “The pool is getting deeper and deeper, and I can’t swim!”

He said growing closer to God often starts small, with loving parents, simple prayers, and small acts of faith. Then it grows bigger and bigger as we keep following Jesus.

Each person is baptized one at a time. But baptism also brings us together. When we are baptized, we promise to help carry each other’s burdens, to be sad with people who are sad, and to comfort people who need comfort. We are saying that we want to follow Jesus, and we want to walk that path together.

When Jesus lived on the earth, many groups of people stayed away from each other. But Jesus reached out to everyone. He touched people who were sick with leprosy. He told a story about a kind Samaritan. He helped poor people and rich people.

Satan wants to pull people apart. But Jesus brings people together. President Uchtdorf said that what brings us together in Jesus’s Church is our love for God and for each other, and our promises with Jesus. “We are ‘one in Christ.’”

In the Book of Mormon, the Nephites and Lamanites fought for many, many years. But after Jesus visited them and taught them, they stopped fighting. For 200 years they loved each other. They became one people.

When we try to be a little more patient, a little kinder, and more forgiving, there is less room for pride and fighting.

Every Sunday we take the sacrament together. President Uchtdorf noticed something special: nobody's name is said in the sacrament prayers except Heavenly Father's and Jesus's. We all take it together. It reminds us that we are not alone. We have Jesus, and we have each other.

President Uchtdorf invited everyone, everywhere, to come and be part of this. He said it would not be complete without you!

A scripture for this talk: Doctrine and Covenants 38:27. Jesus wants His followers to be one, together and kind.

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)