



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY AFTERNOON SESSION

Jesus Christ Is the Light and Life of the World

Elder Thabo Lebethoa · General Authority Seventy

Words to remember

- *“Whatever concerns, challenges, and struggles we may have in our lives, the answer is always Jesus Christ.”*
- *“Having faith in Jesus Christ means trusting that He understands our daily difficulties and knows how to help us rise above them because He has experienced all our pains, afflictions, and infirmities (see Alma 7:11–12).”*

In Elder Thabo Lebethoa’s own words, from the talk.

Elder Thabo Lebethoa, a General Authority Seventy, explained that in his home country of South Africa, parents give children names with special meaning. Thabo means joy. His wife’s middle name means eternal or endless. Together their names mean eternal joy. “What an expectation!” he said.

But shortly after they married, a discussion turned into their first serious argument, and the cheerful couple went to giving each other the silent treatment. Many of us have had a conversation with a family member, friend, or neighbor that didn’t end the way we hoped, leaving us angry, disappointed, or frustrated.

While he wondered what to do, he remembered what Jesus Christ taught the Nephites: He that hath the spirit of contention is not of me, but is of the devil, who is the father of contention. And, “This is my doctrine, that such things should be done away.” Those words enlightened his mind and helped him know how to resolve the problem.

That light comes from the Savior, who said, “I am the light and the life of the world” His Spirit enlightens our minds, His perfect life shows us the way, and His words are a light to our path. We may worry about school, work, fear, doubt, losing a loved one, or what to do with our lives. “Whatever concerns, challenges, and struggles we may have in our lives, the answer is always Jesus Christ.” He can bring light in our dark moments, and through Him, today can be a new day and tomorrow a better day.

Elder Lebethoa shared three ways to increase the Savior’s light. First, increase our faith in Jesus Christ. Faith means trusting that He understands our daily difficulties and knows how to help us rise above them, because He has experienced all our pains. He quoted President Dieter F. Uchtdorf: strong faith doesn’t happen by accident, and “The healthy, fruitful tree of faith requires intentional effort”

President Dallin H. Oaks taught that strong faith means daily trying one step at a time with prayer and scripture study.

Second, study the scriptures daily, especially the Book of Mormon. There is no single right way to study; what matters most is that we are consistent and sincere. When he and his wife were mission leaders, missionaries taught a man who, after reading the Book of Mormon, dug a hole in his garden, emptied a newly purchased large tin of coffee into it, and buried it. The Spirit had shown him a change to make, and he acted.

Third, practice repentance daily. Repentance means a change of mind and turning our hearts to God. We can ask ourselves what we need to change, like how we use our time, what we watch or listen to, or the tone we use with others. “It is important to remember that we do not need to go through this alone.” The Savior understands our weaknesses and is always ready to help. Sister Tamara W. Runia taught, “the invitation to repent is an expression of God’s love.”

Elder Lebethoa testified that today can be a new day and tomorrow a better day for all who come unto Jesus Christ, who lovingly says, “Come unto me, ... and I will give you rest”

Scripture to look up: 3 Nephi 11:11. Jesus declared, “I am the light and the life of the world” His light replaces contention with joy.

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/2026/10/55lebethoa](https://www.churchofjesuschrist.org/study/general-conference/2026/10/55lebethoa)