



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

- *“He knows where we have been, where we are, and where we need to be. Through Him, today can be a new day and tomorrow can be a better day.”*
- *“Whatever concerns, challenges, and struggles we may have in our lives, the answer is always Jesus Christ.”*

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

Elder Thabo Lebethoa is a General Authority Seventy from South Africa. In South Africa, parents give their children names with special meanings. His name, Thabo, means joy. His wife's middle name means eternal, or never-ending. Put together, their names mean eternal joy!

But soon after they got married, they had their first big argument. They stopped talking to each other. Have you ever had an argument with someone in your family or a friend? It can make us feel angry and sad.

Elder Lebethoa thought about what Jesus taught the people in the Book of Mormon. Jesus said that fighting and anger do not come from Him. He said His way is to make those things go away. Those words helped Elder Lebethoa know how to make things right.

Jesus said, “I am the light and the life of the world” Jesus is like a light that helps us see what to do. Elder Lebethoa said that whatever problems we have, the answer is always Jesus Christ. Jesus knows where we have been, where we are, and where we need to be.

Elder Lebethoa shared three ways to have more of Jesus's light.

First, have more faith in Jesus. Faith means trusting that Jesus understands our hard days and knows how to help us. We can think about Him all the time.

Second, read the scriptures every day, especially the Book of Mormon. There is no one right way to read them. What matters most is that we keep trying, every day. A man who

was learning about the Church read the Book of Mormon. Then he dug a hole in his garden and buried a big can of coffee he had just bought! The Spirit had helped him know a change he needed to make, and he did it.

Third, repent every day. Repenting means changing and turning our hearts to God. We can ask ourselves what we need to change. Maybe it is how we use our time, what we watch, or how we talk to others. We don't have to do it alone. Jesus is always ready to help.

Elder Lebethoa promised that with Jesus, today can be a new day and tomorrow can be a better day. Jesus says, "Come unto me, ... and I will give you rest"

A scripture for this talk: 3 Nephi 11:11. Jesus said, "I am the light and the life of the world"

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)