



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, opened with a custom from his home country of South Africa, where parents give children names with special meaning. “My name is Thabo. It means ‘joy.’” His wife’s middle name means eternal or endless. “Put together, our names mean ‘eternal joy.’” “What an expectation!” Yet shortly after they married, an evening discussion unexpectedly turned into our first serious argument, and they went from a cheerful, happy couple to giving each other the silent treatment.

Many of us know such moments with a spouse, child, friend, colleague, or neighbor, when a simple exchange leaves us angry, disappointed, or frustrated. As he pondered, he remembered the Savior’s words to the Nephites: “For verily, verily I say unto you, he that hath the spirit of contention is not of me, but is of the devil, who is the father of contention, and he stirreth up the hearts of men to contend with anger, one with another.” And, “Behold, this is not my doctrine, to stir up the hearts of men with anger, one against another; but this is my doctrine, that such things should be done away” (3 Nephi 11:29–30). Elder Lebethoa said, “These words from the scriptures enlightened my mind and helped me know how to resolve the challenge I was facing.”

That enlightenment comes from the Savior, who declared, “I am the light and the life of the world” (3 Nephi 11:11). Through His Spirit He enlightens our minds; His light is revealed in His perfect life (“I am the light; I have set an example for you”), and His words are a light to our path. We may worry about becoming self-reliant, demands at school or work, fear and doubt, the loss of 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 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.”

He offered three ways to increase the Savior's light. First, increase our faith in the Lord 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)." We trust that He is always ready to help as we remember to look unto him in every thought (Doctrine and Covenants 6:36). He quoted President Dieter F. Uchtdorf (October 2024): strong faith doesn't happen by accident, for in this mortal world it's the thorns and thistles of doubt that grow easily, and "The healthy, fruitful tree of faith requires intentional effort" President Dallin H. Oaks taught BYU students, "strong faith requires more than strong desire. It means daily trying, one step at a time, with prayer and scripture study"

Second, study the scriptures daily, especially the Book of Mormon. Preach My Gospel teaches that as people read and pray about the Book of Mormon, they will come to know the Savior better and experience his love. "There is no single right way to study the scriptures." We might read straight through, study by topic, focus on a question, or start with a verse that draws us. "Ultimately, the method, timing, and length of our scripture study matter less than the consistency and sincerity of our effort." While he and his wife served as mission leaders, missionaries taught a man who, after reading the Book of Mormon, took a shovel, dug a hole in his garden, emptied a newly purchased large tin of coffee into it and buried it. He was enlightened by the Spirit about the changes he needed to make, and acted.

Third, practice repentance daily. "Repentance means a change of mind and a turning of the heart to God." We can ponder changes in how we use our time, what we watch or listen to, and the language and tone we use, beginning with the question, what do we need to change? It is important to remember that we do not need to go through this alone. The Savior is always ready to help because he sees the end from the beginning and understands our weaknesses. He is always ready to succor His people according to their infirmities (Alma 7:12). Sister Tamara W. Runia taught, "the invitation to repent is an expression of God's love."

He closed with his witness: "I testify that today can be a new day and tomorrow will be a better day for all who come unto Jesus Christ and receive His light in their lives." The Savior lovingly beckons, "Come unto me, ... and I will give you rest"

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)