



OCTOBER 2026 GENERAL CONFERENCE • SUNDAY AFTERNOON SESSION

Quick to Help, Slow to Judge

Elder Paul H. Sinclair • General Authority Seventy

Words to remember

- *“Jesus Christ reminds us that to help people transform their lives, we must look not only to their past—we must look to their possible.”*
- *“I testify that when we help people, one by one, in our own small and simple ways, rather than judge them, we are preparing the world for the Second Coming of Jesus Christ.”*

In Elder Paul H. Sinclair’s own words, from the talk.

Elder Paul H. Sinclair, a General Authority Seventy, began with Isaiah’s words, “And a little child shall lead them.” He said this scripture came alive for him during a ward Primary program.

His young friend James was wearing a new suit. James noticed that his jacket sleeves had buttons but no holes, and his left lapel had a buttonhole but no button. Neither seemed to have any purpose, so James invented one: he buttoned his right sleeve to his left lapel. Being pleased with himself soon turned to panic, because now he couldn’t get loose. He had made himself a one-armed straitjacket!

As James got more stuck, Elder Sinclair got more aggravated, shaking his head in disappointment as James was about to go to the pulpit. Then he noticed the little girl sitting next to James. She had seen what happened too. “But instead of being aggravated, she wanted to help.” She reached up with her tiny, non-judgmental fingers and popped the button out of the buttonhole. James was rescued, and the Primary program was saved. Elder Sinclair said that small moment with tiny fingers helped him see something important about himself.

Elder Sinclair felt relieved, but he also felt a quiet rebuke reminding him that he should be trying to be more like Jesus. It helped him embrace what Elder Patrick Kearon has called a radical reorientation of my soul. He doesn’t remember the topic of the program that day, but he learned through the Holy Ghost that a true disciple of Jesus Christ is quick to help and slow to judge.

The Savior taught this from the start of His ministry. In John 4, Jesus, tired from travel, asks a Samaritan woman at a well for a drink. To her it was an ordinary day until Jesus showed up. “In her ordinary days, she may have endured many judging eyes but few helping hands—until this day.” She apparently had a series of broken relationships. But Elder Sinclair asked, what do we really know about her circumstances? Not much. And those details aren’t what Christ focused on.

Instead, Jesus offered her living water. He spoke to her with dignity. He listened to her questions and answered by teaching. “He did not hold her hostage to her history. He trusted her with truth.” Elder Sinclair said, “Jesus Christ reminds us that to help people transform their lives, we must look not only to their past—we must look to their possible.”

Every day, missionaries meet people at modern-day wells around the world, people who may fear being judged but need help. We are invited to help friends and new members in more Christlike ways. President Dallin H. Oaks has invited us to “seek to be holy, like our Savior,” and being quick to help and slow to judge is a simple way to do that.

Elder Sinclair prayed that when people meet us, they will know they have come home. He testified that when we help people rather than judge them, one by one, in small and simple ways, we are preparing the world for the Second Coming of Jesus Christ.

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/2026/10/56sinclair](https://www.churchofjesuschrist.org/study/general-conference/2026/10/56sinclair)