



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY AFTERNOON SESSION

Quick to Help, Slow to Judge

Elder Paul H. Sinclair · General Authority Seventy

Words to remember

- *“A little child led me to learn this: that a true disciple of Jesus Christ is quick to help and slow to judge.”*
- *“Being quick to help and slow to judge is a simple and deeply encouraging way for each of us to be more holy, to be more like our Savior, to be His true disciples.”*

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

Elder Paul H. Sinclair is a General Authority Seventy. He began with a scripture: “And a little child shall lead them.” Then he told a story about a Primary program.

His young friend James was wearing a new suit. On the sleeves of his jacket there were buttons, but no buttonholes. On the front of his jacket there was a buttonhole, but no button. James had an idea. He buttoned his sleeve to the front of his jacket!

At first James was happy. But then he could not get his arm loose! He was stuck. Elder Sinclair watched and felt more and more annoyed. He shook his head. It was almost time for James to go up and speak.

Then Elder Sinclair saw the little girl sitting next to James. She saw that James was stuck. But she was not annoyed. She wanted to help. She reached over with her tiny fingers and popped the button out of the buttonhole. James was free, and the Primary program was saved!

Elder Sinclair said the little girl taught him a big lesson. He should try to be more like Jesus. A true disciple of Jesus is quick to help and slow to judge. To judge means to decide someone is bad or think less of them.

Jesus showed us how. One day He was tired, and He sat by a well. A Samaritan woman came to get water. Jesus asked her for a drink. Many people may have looked at her in an

unkind way. But Jesus was kind to her. He listened to her questions. He taught her. He offered her living water, which means the blessings He gives.

Jesus knew everything about her, but He did not keep reminding her of her mistakes. Elder Sinclair said that to help people change, we look not only at what they did before, but at who they can become.

Missionaries meet many people who need help. Some new members and friends may be afraid that people will judge them. We can help them feel like they have come home.

Elder Sinclair said that when we help people instead of judging them, one by one, in small and simple ways, we help get the world ready for Jesus to come again.

A scripture for this talk: John 4:13–14. Jesus offered a woman at a well living water. We can help people instead of judging them.

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)