



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY AFTERNOON SESSION

Fruit to Make One Happy

Elder Gary E. Stevenson · Quorum of the Twelve Apostles

Words to remember

- *“I know you have a purpose. ‘Your Heavenly Father and His Son, Jesus Christ, know you and love you.’”*
- *“Do this with words and actions. As you do so, I promise that you will not only feel joy and happiness that comes as you partake of fruit of the gospel but even greater joy as loved ones around you partake as well.”*

In Elder Gary E. Stevenson’s own words, from the talk.

Elder Gary E. Stevenson of the Quorum of the Twelve Apostles said that every time he travels on the Lord’s errand, he meets remarkable people, and he is always impressed with children. He has met Primary children recently in Australia, New Caledonia, Samoa, Colombia, and Peru. Sometimes they draw pictures of the Apostles, and you always improve how I look, he joked.

He said part of his message was especially for Primary children. Since it was the last session of conference, they might be tired or restless. He remembered his mother saying, “Gary, pay attention and listen.” Then he told them, “I know you have a purpose. ‘Your Heavenly Father and His Son, Jesus Christ, know you and love you.’” Even though they are young, they are an important part of God’s work and “You are some of the most valued and faithful members of the whole Church.” “You are our future.”

When he was young, Elder Stevenson loved his family’s tradition of buying fresh fruit from farm stands. One stand had delicious, sweet, juicy peaches. Then he said, “Now that we are all hungry, let us read a Book of Mormon story.”

In Lehi’s vision, Lehi saw “I beheld a tree, whose fruit was desirable to make one happy.” He said it was most sweet above all he had ever tasted, and it filled his soul with great joy. The tree stands for the love of God, including the birth, life, and atoning sacrifice of Jesus Christ. The fruit stands for blessings through Jesus Christ, like ordinances, covenants, gospel truths, and eternal life. We can look at fruit and smell it, but once we taste it, we know how much we like it. Gospel truths are the same: they become sweet as we live them.

Elder Stevenson shared three gospel fruits. First, we are children of a loving Heavenly Father who knows us personally. “This is your most important identity.” This truth makes us stronger and kinder,

because everyone around us is our brother or sister. After a severe earthquake in South America, Elder Stevenson invited everyone at a devotional to sing “I Am a Child of God.” A very young Primary boy got away from his parents, ran up to the stand, and sang every word in his sweet, loud voice while Elder Stevenson held him.

Second, the great plan of happiness through Jesus Christ. In Japan, Elder Stevenson became friends with a Buddhist temple priest who became very sad and depressed after his wife died. Elder Stevenson and a friend visited him and asked if he knew where his wife was. They taught him that her spirit was in the spirit world, in a state of rest, happiness, and peace. His face changed. It was like watching him taste the fruit of the tree of life. Because God loves us, He sent Jesus Christ, who took upon Himself our sins so we can repent, be forgiven, and keep progressing.

Third, the gift of the Holy Ghost, which children receive after baptism at age eight. The Holy Ghost warns, comforts, and testifies. The Primary song “I Know My Father Lives” teaches that the Spirit whispers that it is true.

When Lehi tasted the fruit, he wanted his family to partake of it too. Elder Stevenson invited children to do something as simple as gospel fruit is delicious. Love, share, and invite. He promised that they will feel joy, and even greater joy as their loved ones partake as well.

Scripture to look up: 1 Nephi 8:10–12. Lehi saw a tree whose fruit was desirable to make one happy, the love of God that fills our souls 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/2026/10/57stevenson](https://www.churchofjesuschrist.org/study/general-conference/2026/10/57stevenson)