



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.’”*
- *“I invite you to do something that is as simple as gospel fruit is delicious: love, share, and invite. Do this with words and actions.”*

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

Elder Gary E. Stevenson is an Apostle. He travels all over the world, and everywhere he goes, he meets Primary children. Sometimes children draw pictures of him, and he laughed that they always make him look better!

Elder Stevenson said part of his talk was just for Primary children. That means you! He remembered when he was little, his mother would say, “Gary, pay attention and listen.”

He told the children, “I know you have a purpose.” Heavenly Father and Jesus know you and love you. Even though you are young, you are an important part of Their work. You can help make your home and the world better.

When Elder Stevenson was a boy, he loved fruit. His family bought fresh fruit from farm stands. One stand had very sweet, juicy peaches. He even showed a picture of himself with his dad next to a fruit stand.

In the Book of Mormon, the prophet Lehi had a dream about a beautiful tree. Its fruit was the sweetest he had ever tasted, and it made him very happy. The tree is a symbol of God’s love, and of Jesus Christ. The fruit is a symbol of the blessings Jesus gives us.

What is your favorite fruit? You can look at a fruit and smell it, but you only know how good it is when you taste it. Gospel truths are the same. They become sweet when we live them!

Elder Stevenson shared three gospel fruits he loves.

First: We are children of a loving Heavenly Father. Once, after a big earthquake in South America, Elder Stevenson asked the people to sing “I Am a Child of God.” A very young Primary boy ran right up to the front to stand next to him. Elder Stevenson picked him up, and the boy sang every word in a loud, sweet voice. It helped everyone feel the Spirit.

Second: Heavenly Father’s plan of happiness through Jesus Christ. In Japan, Elder Stevenson had a friend whose wife had died. His friend was very sad. Elder Stevenson taught him that his wife’s spirit was in a place of rest, happiness, and peace. His friend’s face changed, and he felt joy. Because God loves us, He sent Jesus, so we can repent and keep trying.

Third: The gift of the Holy Ghost. When you are baptized at eight years old, you can receive this gift. The Holy Ghost warns us, comforts us, and tells us what is true.

When Lehi tasted the fruit, he wanted his family to taste it too. Elder Stevenson invited children to love, share, and invite. When we do, we will feel even more joy!

A scripture for this talk: 1 Nephi 8:10–12. Lehi tasted fruit that made him happy. It stands for God’s love.

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)