



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 he has come to expect something whenever he is on the Lord’s errand: “I meet remarkable, extraordinary people, Latter-day Saints and friends. I am always impressed with children I meet.” He has recently met Primary children in Australia, New Caledonia, Samoa, Colombia, and Peru. “Sometimes you even draw our pictures, and you always improve how I look!”

Though conference speaks to everyone, part of his message was directly for children of Primary age. In the last session of conference they might be tired or restless, and he remembered his mother saying, “Gary, pay attention and listen.” “I know you have a purpose. ‘Your Heavenly Father and His Son, Jesus Christ, know you and love you.’ Even though you are young, ‘you are an important part of Their work.’ You are some of the most valued and faithful members of the whole Church. You can help to make your homes, your communities, and even the world better. You are our future.” Heavenly Father has given children talents and spiritual gifts and wants them to use those gifts to be happy and bless others.

As a boy he loved his family’s tradition of buying fresh fruit from farm stands at harvest; one stand was known for sweet, juicy peaches, and fruit bought where it was grown seemed sweeter. “Now that we are all hungry, let us read a Book of Mormon story.” Lehi said, “I beheld a tree, whose fruit was desirable to make one happy.” The fruit was most sweet above all he had tasted, and it filled his “soul with exceedingly great joy” (1 Nephi 8:10–12). The tree stands for the love of God, including its greatest manifestations, the birth, life, and atoning sacrifice of Jesus Christ. The fruit symbolizes blessings through the Atonement: ordinances, covenants, truths of the restored gospel, and ultimately eternal life. We can hold, smell, and look at fruit, “But once we have tasted it, we know how much we

like it. Gospel truths are the same.” Truths we learn at home and in Primary become sweet as we live them.

He shared three gospel fruits. First, we are children of a loving Heavenly Father, who knows everything and loves everyone. “This is your most important identity.” He gave us bodies, abilities, and spiritual gifts and wants us to discover and develop them. This knowledge makes us stronger and kinder, knowing everyone around us is our brother or sister. Recently, at a devotional in South America with members suffering after a severe earthquake, he invited Primary children to stand and all to sing “I Am a Child of God.” An incredibly young primary boy got away from his parents and ran right up to the stand next to him, and as Elder Stevenson swooped him up, he sang every word in his sweet, loud, young voice, inviting the Spirit to comfort and testify to all. Paul taught, “The Spirit itself beareth witness with our spirit, that we are the children of God” (Romans 8:16).

Second, the great plan of happiness through Jesus Christ. In Japan he befriended a Buddhist temple priest, a happy man until his wife died and he became deeply sad. Elder Stevenson and a friend visited to minister to him and asked if he knew where his wife was. Startled, he asked, “What do you mean?” They shared that the spirits of all people at death are taken home to God, and that his wife’s spirit was received into the spirit world, a state of rest, happiness, and peace (Alma 40:11–12). “His countenance changed in that moment.” It was as if he partook of the fruit of the tree of life: “Peace for despair, joy for sadness, hope for ashes.” Central to the plan is the Atonement of Jesus Christ. Even when we make mistakes or wonder if we will ever be good enough, there is “there is good news—wonderful, hopeful news! Because God loves [us], He sent His Son, Jesus Christ, who took upon Himself [our] sins so [we] can repent, be forgiven, and keep progressing.”

Third, a most delicious fruit for Latter-day Saints is the gift of the Holy Ghost, received by the laying on of hands after baptism at age eight. The Holy Ghost is a personage of spirit and a member of the Godhead whose roles include to warn, to comfort, and to testify, as the Primary song “I Know My Father Lives” teaches.

He closed with Lehi’s response: “It filled my soul with exceedingly great joy; wherefore, I began to be desirous that my family should partake of it also.” Likewise, he said, consider how family, friends, and loved ones will be blessed by the fruit that blesses 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.” He promised that you will feel even greater joy as loved ones around you partake as well.

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)