



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY AFTERNOON SESSION

Teach Truth with Love

Elder Clark G. Gilbert · Quorum of the Twelve Apostles

Words to remember

- *“The best way to help someone else keep their covenants is to keep your covenants.”*
- *“It takes courage to stand for truth. It takes even more courage to stand for truth with love.”*

In Elder Clark G. Gilbert's own words, from the talk.

Elder Clark G. Gilbert is an Apostle. He said, “It takes courage to stand for truth. It takes even more courage to stand for truth with love.” Truth means what is really right and true. Love means caring about people, even when they think differently than we do.

When President Russell M. Nelson gave a talk about being a peacemaker, Elder Gilbert started thinking of other people who needed to hear it. But President Nelson asked everyone to look into their own hearts first. Elder Gilbert asked us to do that too.

Elder Gilbert shared five ways to stand for truth with love. President Dallin H. Oaks had taught these ideas when he and Elder Gilbert spoke together at a college.

One: Stay away from angry arguments. Once Elder Gilbert had a friend who said unkind things about the Church. Elder Gilbert got frustrated and said something angry back. He said he may have won the argument, but he lost the Spirit, and he did not help his friend. Sometimes people who seem angry are really hurting inside.

Two: Find things you agree on first. Once a stake president took Elder Gilbert to visit a home. Five people were waiting there, each with a different story. Elder Gilbert listened to them for almost two hours! Then he invited them to come to a meeting that night, and every one of them came.

Three: Be a light. That means showing others how much we love Jesus by how we live. Elder Gilbert said the best way to help someone else keep their covenants is to keep your own.

Four: Love people, but keep God's commandments too. Jesus loved everyone. He never stopped loving anyone. But He still taught people to keep His commandments. When we love God first, it helps us love other people even more.

Five: Stay close to Jesus. The scriptures say charity is patient and kind. Charity is the pure love of Christ.

Elder Gilbert said that for people who follow Jesus, truth and love always go together. He knows the Lord will help us.

A scripture for this talk: Moroni 7:45. Charity is patient and kind. When we follow Jesus, truth and love go together.

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/2026/10/59gilbert](https://www.churchofjesuschrist.org/study/general-conference/2026/10/59gilbert)