



OCTOBER 2026 GENERAL CONFERENCE • SATURDAY MORNING SESSION

Come to the Lord in His Holy House

Elder Gerrit W. Gong • Quorum of the Twelve Apostles

Words to remember

- *“Jesus Christ can help us mend, forgive, move forward.”*
- *“Whatever generation you are in the Church, in the chain of your eternal family, please be a strong link.”*

In Elder Gerrit W. Gong’s own words, from the talk.

Elder Gerrit W. Gong started his talk with a riddle. He asked, “Why did the temple workers cross the road?” Can you guess? “To help the people on the other side.” That is a funny joke, but it is also true! In the temple, we help people who have died, on the other side of the veil.

Elder Gong said the world can be noisy and full of fighting and worry. But Jesus invites us to a safe, peaceful, holy place: the temple. He called it the house of the Lord. In the temple, Jesus teaches us about Heavenly Father’s plan. He blesses us. He helps us get ready to go back home to Heavenly Father.

Heavenly Father wants families to be together forever. When a mom and dad are sealed in the temple, their family can be together forever. Families grow strong when we pray, read the scriptures, go to church, and serve each other.

Elder Gong taught that we get to choose. Long ago, before we came to earth, we chose Heavenly Father’s plan. The scriptures say the morning stars sang for joy! Because of Jesus, we can say sorry, change, and forgive. Elder Gong said some people have a hard time with someone in their family. Then they do temple work for that person, and their hearts feel soft. Elder Gong shared what people say: “When I did the temple work for my family member, my heart softened.” “I could forgive.” He said, “Jesus Christ can help us mend, forgive, move forward.” Mend means to fix.

The Holy Ghost has a special job too. When we keep our promises with God, the Holy Ghost helps make those promises last forever.

Then Elder Gong shared five ways to love the temple. First, when a new temple is dedicated, that is just the beginning. Second, now that temples are closer, we can go more often and bring names of our family members who have died. Third, everything in every temple teaches about Jesus Christ. Fourth, we can be thankful for the temple. Someone once told Elder Gong they were sorry their temple was small. He said, “Dear brother, dear sister, ordinances are not big or small. Covenants are not big or small.” Every temple is holy! Elder Gong said, “Look for the miracles.”

Fifth, grown-ups can save money to buy their own temple clothes. Elder Gong told about a mom whose children saved their money to buy her temple clothes. She wore them at the temple for many years.

Elder Gong’s mom and dad were the only members of the Church in their families. He asked each of us to be a strong link in our family chain. He said the temple can protect, bless, and inspire us, and bring forgiveness, healing, and peace. He also shared that he would dedicate a new temple in Guatemala the very next Sunday.

A scripture for this talk: Moses 1:39. Heavenly Father’s work is to help His children come home to Him and live with Him forever.

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/2026/10/12gong](https://www.churchofjesuschrist.org/study/general-conference/2026/10/12gong)



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY MORNING SESSION

The Sculpting of Our Souls

Sister Tamara W. Runia · First Counselor in the Young Women General Presidency

Words to remember

- *“Let’s choose Christ, who can heal the wounds of this world while carving out room for joy!”*
- *“God is shaping us into something only He knows we can become.”*

In Sister Tamara W. Runia’s own words, from the talk.

Sister Tamara W. Runia loves to fix things. If a shoelace has a knot, she untangles it. If a shirt has a stain, she gets it out. Some people call her “the stain whisperer”!

But one day something happened that she could not fix. Her grown-up son, Ryan, kissed his wife and four little children goodbye and went to work. A few hours later, his heart stopped, and he died. The next day was his little girl Piper’s second birthday. When the family sang “Happy Birthday,” Piper looked around for her daddy. Sister Runia knew this was something she could not fix.

Sister Runia shared a scripture that helps her. When the Prophet Joseph Smith was in a cold jail, he asked God for help. The Lord told him, “All these things shall give thee experience, and shall be for thy good.” That means hard things can help us learn and grow.

When Sister Runia was little, she thought keeping the commandments was like holding a big umbrella. She thought the umbrella would keep all the rain away. But she learned that everyone gets rained on. Hard things happen to everyone. She said, “The gospel isn’t the umbrella; it’s the solid rock we’re standing on during the storm—that ‘sure foundation ... whereon if men build they cannot fall.’” Jesus is our strong rock.

At Ryan’s funeral, Sister Runia said she did not understand why it happened. But she said, “Not understanding is not the same as not believing.” She still believes God sees us and loves us.

Ryan's son Jack was seven. He gave a Primary talk about Lego bricks. He said that when he gets a new box, he lays out the pieces and follows the instructions, just like Heavenly Father has a plan for us. His mom asked, what if there was no picture on the box, only the instructions? Jack said he would still follow them, "Yes, because you can trust the one who designed it, and it always turns out."

The day before he died, Ryan helped a sad neighbor. He told him he could blame God, or he could turn to God and let Him heal him. We can choose Jesus too.

Last, Sister Runia told about her brother Kent. In an art class, he had to make a clay statue of his own head. He could not make the eyes look right. He did not want help at first. Finally he asked his teacher. The teacher dug deep into the clay, and soon the eyes looked real! Jesus is like that teacher. When we ask Him for help, He shapes us. Sister Runia said, "God is shaping us into something only He knows we can become." One day we will thank Him for all of it.

A scripture for this talk: Helaman 5:12. Jesus is the strong rock we can stand on when hard things happen.

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/2026/10/13runia](https://www.churchofjesuschrist.org/study/general-conference/2026/10/13runia)



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY MORNING SESSION

The Gift of Testimony

Elder Gérald Caussé · Quorum of the Twelve Apostles

Words to remember

- *“Our testimony is not a talent to be hidden. It is a gift to be shared—with grateful hearts and in a spirit of humility and love.”*
- *“To say ‘I know’ is a tender expression of love toward our neighbor.”*

In Elder Gérald Caussé’s own words, from the talk.

Elder Gérald Caussé is one of the newest Apostles. Eighteen years ago, a prophet called him on the phone and asked him to serve the Lord in a new way. The next morning, Elder Caussé prayed for help. He opened a Church magazine on the kitchen table, and he found a scripture: “Be of good cheer, and do not fear, for I the Lord am with you, and will stand by you; and ye shall bear record of me, even Jesus Christ.” He felt peace. He knew his most important job was to tell people about Jesus.

Many years later, he was called to be an Apostle. The prophet, President Dallin H. Oaks, asked him to share his testimony with the other Apostles. Those same words came back to his mind. The very first thing he did as an Apostle was to tell about Jesus.

Elder Caussé said Apostles are special witnesses of Jesus. But everyone who follows Jesus can tell about Him too, even children! When we are baptized, we promise to stand as witnesses of God at all times, in all things, and in all places.

A testimony is when you know something is true because the Holy Ghost helped you feel it. Elder Caussé said your testimony may be different from someone else’s, and that is okay. Take care of it and share it, because it is yours.

He said a testimony is a gift to share, not hide. Saying I know and saying “I love you” go together. When we share Jesus, we show love. When we say “I love you” with a sincere heart, we show what Jesus is like.

Elder Caussé’s niece once shared her testimony at a girls’ camp. She was so nervous! She only said two things: “I know that God loves me” and “I know that God has a plan for me.”

Later she felt sad because her words were short. Her mom asked, “Do you believe what you said?” She said yes. Her mom said, “Then that’s all that matters.”

Elder Caussé said a testimony does not have to be long or fancy. “It only needs to be true.” The Holy Ghost helps people feel that it is true.

In the Book of Mormon, young Alma made bad choices. But when he was sad and sorry, he remembered his dad’s testimony of Jesus. That memory helped him change. Your testimony can help someone too!

Elder Caussé invited us to share our testimony every day, even for a minute. We can say simple things like “I love our Savior, Jesus Christ” or “The gospel brings joy to my heart.”

A scripture for this talk: Mosiah 18:9. We can be witnesses of God and tell others what we know about Jesus.

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/2026/10/14causse](https://www.churchofjesuschrist.org/study/general-conference/2026/10/14causse)



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY MORNING SESSION

Prophets, Seers, and Revelators

Elder Vaiangina Sikahema · General Authority Seventy

Words to remember

- *“What a blessing it is to live in a time when apostles and prophets are on the earth.”*
- *“I witness of the truths of the restored gospel and of living prophets, seers, and revelators in the sacred name of Jesus Christ, amen.”*

In Elder Vaiangina Sikahema's own words, from the talk.

A long time ago, in 1947, Elder Vaiangina Sikahema's grandma and grandpa were missionaries on a small island in Tonga, far out in the Pacific Ocean. They were poor farmers. Grandpa was 28, and Grandma was 25. They had three little children, two girls and a baby boy.

They heard wonderful news. An Apostle, Elder Matthew Cowley, was coming to Tonga! Only two Apostles had ever visited Tonga before. Elder Sikahema's grandparents wanted to hear him so much.

So they got on a boat to sail across the ocean. But a big storm came. A trip that should have taken 16 hours took two and a half days. Grandma wrote in her journal that they were soaked, battered, and sick. She held her baby boy close to her chest the whole time.

The storm made the baby very sick. There was no medicine, and the baby died. The family was so sad. They buried their baby on the island where they stopped. Then they got back on the boat and kept sailing, so they could listen to the Apostle.

Why did they work so hard to hear an Apostle? Because Apostles hold priesthood keys. Those keys let families be sealed in the temple so they can be together forever. And the Apostle would teach them how to help other people learn about Jesus.

Elder Sikahema taught that for a long time after Jesus's Apostles died, there were no prophets on the earth. People looked and looked for God's words but could not find them. Then young Joseph Smith prayed in a grove of trees. Heavenly Father and Jesus came!

Heavenly Father pointed to Jesus and said, “This is My Beloved Son. Hear Him!” Through Joseph Smith, Jesus brought back His Church with prophets and Apostles.

Today we do not have to sail through a storm. We can watch and listen to the prophet and Apostles at home, during general conference! Elder Sikahema said, “What a blessing it is to live in a time when apostles and prophets are on the earth.”

He asked us not to treat their words like a small, unimportant thing. The Lord said that when His prophets speak for Him, it is the same as if He were speaking. Elder Sikahema said he is thankful for his grandparents, who left him a legacy of faith and courage.

A scripture for this talk: Amos 3:7. Heavenly Father speaks to His prophets, so we can listen to them and follow.

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/2026/10/15sukahema](https://www.churchofjesuschrist.org/study/general-conference/2026/10/15sukahema)



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY MORNING SESSION

Jesus Christ Is the Great Deliverer!

Elder Kevin J. Hathaway · General Authority Seventy

Words to remember

- *“He has not forgotten you. He does not take joy in your suffering.”*
- *“I testify that Jesus Christ is the Great Deliverer, now and forever, in the name of Jesus Christ, amen.”*

In Elder Kevin J. Hathaway’s own words, from the talk.

Elder Kevin J. Hathaway asked some questions. Have you ever felt left out? Have you ever wondered if you were good enough? Have you ever missed someone you love, or been sick, or had a hard time in your family? He said that Jesus Christ can deliver us, or rescue us, from every hard thing.

Jesus understands how we feel because He suffered for us. He knows how to help us. Elder Hathaway said the question is not if Jesus will help us, but how and when He will help.

Elder Hathaway and his family were driving in two cars to start serving as mission leaders. Two big tires came off a truck and hit both cars! The airbags popped out, and the cars were wrecked. The family stood by the road and wondered why this happened when they were going to serve the Lord. Then the Holy Ghost gave them peace. They felt that everything would be all right. Many kind people helped them, and they started their mission on time, without being badly hurt.

Elder Hathaway said there is a pattern. First, hard things happen, even to good people, and we may feel sad or have questions. That is okay. Joseph Smith in jail asked, “O God, where art thou?” Second, we turn to Heavenly Father and Jesus by praying, fasting, and reading the scriptures. In the Bible, King Darius fasted all night while Daniel was in the lions’ den. Third, Jesus gives us strength to keep going. Fourth, Jesus rescues us in His own time and way.

Elder Hathaway told about a missionary named Sister Kenzie Brinkerhoff. She had only one week left on her mission. Her dad called to tell her he loved her and could not wait to hug her. That night, her dad was in a car accident and died. Kenzie was so sad. A few weeks later she said, “I know that Jesus knows what this feels like, and He will heal me.”

Elder Hathaway said Jesus has not forgotten us. Sometimes He helps us right away, and sometimes we have to wait. While we wait, we can learn and grow.

In the Bible, a man named Jairus had a little girl who was very sick, and then he heard she had died. Jesus said to him, “Be not afraid, only believe.” Then Jesus brought his daughter back to life! Nothing is too hard for Jesus.

Elder Hathaway shared the Lord’s promise: “I will seek that which was lost, and bring again that which was driven away, and will bind up that which was broken, and will strengthen that which was sick.” Jesus Christ is the Great Deliverer.

A scripture for this talk: Alma 7:11–12. Jesus knows how we feel, and He can help us through hard times.

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/2026/10/16hathaway](https://www.churchofjesuschrist.org/study/general-conference/2026/10/16hathaway)



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY MORNING SESSION

A Higher and Holier Fast

Elder Ulisses Soares · Quorum of the Twelve Apostles

Words to remember

- *“Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am.”*
- *“As you do so, I promise, in the name of our Savior, Jesus Christ, that miracles will come into your life.”*

In Elder Ulisses Soares's own words, from the talk.

Elder Ulisses Soares is an Apostle. He talked about fasting. Fasting means we go without food and drink for a little while, usually two meals, and we pray. Children can learn about fasting with their families, in a way that is right for them.

Elder Soares shared a promise from the prophet Isaiah in the Bible. When we fast in the right way, Then shall thy light break forth as the morning. Our light will shine like the sunrise! And Isaiah said, “Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am” Elder Soares said, “What a tender promise: light after darkness, healing after weariness, and the comforting assurance that when we call upon the Lord, He is near.” When we call to Heavenly Father, He is near.

Fasting is not just skipping food. It goes with prayer. When we fast and pray, our hearts become softer. We remember that we need Heavenly Father. We can feel the Holy Ghost more, and we can learn what Heavenly Father wants us to do.

Jesus fasted too. Before He began teaching people, He went into the wilderness for 40 days. He fasted and prayed to be close to His Father. Then He was strong when Satan tried to tempt Him. Elder Soares said fasting and prayer may not take away every hard thing, but they draw heaven near.

Fasting also helps us think about other people. On Fast Sunday, families can give a fast offering. That is money to help people who need food and other help. Our gift may seem

small, but it helps a lot! Jesus helped people who were hurting, and when we give fast offerings, we are helping like He did.

Elder Soares said he has seen fasting soften hearts, make testimonies stronger, and change lives. He promised that when we fast in a higher and holier way, miracles will come. We will feel closer to Jesus. We will get strength to do hard things. And we will notice more when other people need help.

He ended with Isaiah's promise again. When we call, the Lord will answer, and He will say, Here I am.

A scripture for this talk: Isaiah 58:8–9. When we fast the way the Lord asks, He hears us and says, “Here I am.”

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/2026/10/17soares](https://www.churchofjesuschrist.org/study/general-conference/2026/10/17soares)



OCTOBER 2026 GENERAL CONFERENCE • SATURDAY MORNING SESSION

The Hour of Your Mission Is Come

Bishop Sean Douglas • Second Counselor in the Presiding Bishopric

Words to remember

- *“You are what you preach.”*
- *“I wish to wholeheartedly add: There is still plenty of room and a special place reserved for each one of you! We need you!”*

In Bishop Sean Douglas's own words, from the talk.

Bishop Sean Douglas loves missionaries. He helps lead missionary work for the whole Church. Missionaries help people come to Jesus and be baptized. Bishop Douglas said today there are more missionaries serving, and more people being baptized, than ever before!

He told missionaries, “You are what you preach.” That means missionaries do not just talk about Jesus. They try to live like Him every day.

Bishop Douglas has two great-nephews who are brothers. They both went on missions, to places far apart from each other. They were so happy and excited to go! They wanted to serve the Lord more than anything.

They reminded Bishop Douglas of the sons of King Mosiah in the Book of Mormon. Those brothers wanted everyone to hear about Jesus. They could not stand to think of anyone being lost.

Missionaries put other things aside for a while, like school, jobs, and even sleeping in on Saturday! Bishop Douglas said, the Lord expects a lot of missionaries, “But, oh, is it worth it!”

Bishop Douglas and his wife were mission leaders in Lima, Peru. One of their missionaries was Elder Merlin Sanchez. Merlin was baptized when he was almost 24. Then he stopped coming to church for a while. A good friend helped him start his mission papers. When Merlin came back to church, he wanted to go on a mission! Someone asked him why he wanted to serve. He said, “I only want to be close to Jesus Christ and to follow Him.”

Merlin became a wonderful missionary. After his mission, he got married. On his wedding day, he was called to be a bishop! Today he has three children and serves as a stake president. His family is so thankful he served.

Bishop Douglas said, “We need you!” The Lord has asked every worthy, able young man to prepare for a mission. Young women can pray to know if a mission is right for them. Missionaries can be all ages, even grandparents!

He ended with a scripture. He said you can put your own name in it: Lift up your heart and rejoice for the hour of your mission is come. Even now, children can get ready by learning about Jesus and sharing His love.

A scripture for this talk: Doctrine and Covenants 31:3. The Lord told a missionary, “The Hour of Your Mission Is Come” We can get ready to serve too.

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/2026/10/18douglas](https://www.churchofjesuschrist.org/study/general-conference/2026/10/18douglas)



OCTOBER 2026 GENERAL CONFERENCE · SATURDAY MORNING SESSION

O Be Wise

President D. Todd Christofferson · Second Counselor in the First Presidency

Words to remember

- *“A key part of a life well-lived is contributing to the well-being of others.”*
- *“Every soul is precious, and Christ died for him, for her, as He did for you.”*

In President D. Todd Christofferson’s own words, from the talk.

President D. Todd Christofferson is in the First Presidency. He said this talk was a little like when the prophet Jacob in the Book of Mormon had to talk about something hard. President Christofferson talked about gambling.

Gambling is when people risk their money on a game or a guess, hoping to win more money. Usually they lose. The companies that run gambling make money because the people who play lose money.

President Christofferson told a story about a United States president named Calvin Coolidge, who did not talk very much. One Sunday his wife asked what the preacher talked about at church. He said, “Sin.” She asked what the preacher said about it. He answered, “He was against it.” President Gordon B. Hinckley once said that about gambling: We’re against it.

Today, people can gamble on phones, any time of day. President Christofferson said many young people, even teenagers, are gambling, and it can be hard to stop. It takes time away from school, friends, and family.

He shared President Dallin H. Oaks’s counsel to ask, “Where will this lead?” Every choice we make uses up time and money we could use for something good.

He also said other people watch what we do, especially children. Long ago, the Apostle Paul taught that we should be careful so our choices do not cause someone else to stumble. Every person is precious, and Jesus died for each one of us.

Gambling is wrong because it is about trying to get something for nothing. When one person wins, someone else loses. Jesus taught us to love our neighbor. President Oaks taught that gambling leads away from the giving path of Jesus toward a taking path.

President Christofferson asked us to live on a higher plane, and to use our time and money to do good. He said a good life is about helping others, working hard, and “It is being and doing better without others doing worse.” The Lord wants us to be anxiously engaged in a good cause.

He ended with the words of the prophet Jacob: “O be wise; what can I say more?”

A scripture for this talk: Jacob 6:12. The prophet Jacob asked his people to be wise. We can make wise choices that keep us and others safe.

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/2026/10/19christofferson](https://www.churchofjesuschrist.org/study/general-conference/2026/10/19christofferson)