



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY AFTERNOON SESSION

Christ-Centered Unity

President Dieter F. Uchtdorf · Acting President of the Quorum of the Twelve Apostles

Words to remember

- *“Jesus Christ has the power to change us—you and me—purify us, and unite us. The closer we come to Him, the closer we will come to each other—and the closer we will come to the unity He wants for us.”*
- *“Wherever you are, I invite you to join the Christ-centered unity we are trying to build. It would be incomplete without you. Please, come and see, come and help, and come and belong.”*

In President Dieter F. Uchtdorf’s own words, from the talk.

President Dieter F. Uchtdorf, Acting President of the Quorum of the Twelve Apostles, recently went with his wife to the baptism of two of their great-grandchildren. They chose to follow Jesus Christ and made covenants to take His name, keep God’s commandments, and serve Him. They were following the Savior’s example, and also the example of their siblings, cousins, parents, and friends.

President Uchtdorf was baptized at age eight in a big indoor public swimming pool. As he walked into the water, all he could think was, “The pool is getting deeper and deeper, and I can’t swim!” He said spiritual growth usually starts gradually, with loving parents, simple prayers, and small acts of faith. Then, like a curve that rises faster and faster, the temple, missionary service, and serving in God’s kingdom multiply our blessings.

“Baptism is an individual ordinance. However, it is also a unifying one.” It joins us to a worldwide community of Saints. At baptism we show that we don’t want to live only for ourselves. We want to bear one another’s burdens, mourn with those that mourn, and comfort those who need comfort. We want to follow our beloved Savior Jesus Christ, and we want to walk that path together.

In Jesus’s day, people were divided. Jews and Samaritans avoided each other. Gentiles were treated as unclean. Pharisees and Sadducees agreed on little. President Uchtdorf said that it wasn’t so different from our world today. But Jesus reached out to people others shunned. “He touched lepers. He praised Gentiles for their faith. He used a Samaritan as an example of compassion.” He ministered to the poor and the rich alike.

Satan works the opposite way. He tries to divide and isolate us, making our differences feel like walls we can’t get past. Still, the Savior’s work of gathering keeps going, faster than ever. People unite

around many things, like politics, culture, hobbies, or even a favorite soccer team. But “In the Savior’s Church, it is not our political views, culture, or personal interests that unite us. It is our love for God and neighbor, God’s children.”

In the Book of Mormon, the Nephites and Lamanites had one of the longest-running sibling rivalries in history. Then Jesus Christ appeared to them and taught His gospel. For the next 200 years, the love of God replaced contention, and bitter enemies became one. “The closer we come to Him, the closer we will come to each other—and the closer we will come to the unity He wants for us.”

When our attention is on Christ, we learn to look on the heart instead of the outward appearance. As we try to be a little more patient, kinder, more forgiving, and more helpful, there is less room for pride and contention. That might sound out of reach, but “with God all things are possible.” Every step toward unity matters, however small.

The sacrament helps too. President Uchtdorf pointed out that it is the only ordinance where we are not called by name. The only names used are those of God the Father and Jesus Christ. We partake on our own, but also as a group. It reminds us that we are not alone. “We have the Savior, and we have each other.”

He invited everyone, wherever they are, to join the unity the Church is trying to build: “It would be incomplete without you. Please, come and see, come and help, and come and belong.” Jesus promised that where two or three are gathered in His name, He is there in the midst of them.

Scripture to look up: Doctrine and Covenants 38:27. The Lord taught that if His people are not one, they are not His. Unity centered on Christ is His way.

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/2026/10/51uchtdorf](https://www.churchofjesuschrist.org/study/general-conference/2026/10/51uchtdorf)



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God Is at Your Side

Sister Andrea Muñoz Spannaus · Second Counselor in the Young Women General Presidency

Words to remember

- *“Dear young women, the Lord knows where you are; He has your exact location and can guide you.”*
- *“Each of you has a crucial and important work to do here on earth. That work is different for each person, but if you choose to love God and Jesus Christ and to trust Them, doing that work will bring you the same great joy.”*

In Sister Andrea Muñoz Spannaus's own words, from the talk.

Sister Andrea Muñoz Spannaus, Second Counselor in the Young Women General Presidency, spoke to the young women of the Church: “Dear young women, how crucial and important you are as members of the Church of Jesus Christ in these latter days!”

When she was their age, she had a lesson on the 13th Article of Faith. One part stayed with her: “If there is anything virtuous, lovely, or of good report or praiseworthy, we seek after these things.” She decided to make a list of good, positive things that would bring her closer to God and help her learn, contribute, create, and be happy. She spent that whole Sunday afternoon thinking and writing.

She invited young women to look at their lives with enthusiasm and the certainty that your Father in Heaven will guide you on that journey. Then she told about driving to the dentist. Her phone’s GPS thought she was on a parallel street and kept telling her to turn right when there was nowhere to turn. Finally she pulled off the freeway and called her husband. Once she gave him her exact location, he guided her where she wanted to go.

“Dear young women, the Lord knows where you are; He has your exact location and can guide you.” He knows your dreams, your gifts, when you feel alone, your questions, your challenges, and how to turn weaknesses into strengths. “He knows everything. And knowing everything about you does not make Him love you less.”

In Mark 10, a young man came running, knelt before Jesus, and asked what he could do to gain eternal life. Before Jesus told him what else to do, the scripture says, “Jesus beholding him loved him.” Only after showing that love did He teach him how to improve. “Our Father and our Savior know you and have the same perfect love for you.” Part of that love is giving us many chances and being patient while we learn.

She testified that young women are beloved daughters of heavenly parents with a divine nature and an eternal destiny. Each has important work to do, and if they love and trust God and Jesus Christ, that work will bring great joy.

She shared seven ways to help, and asked them to choose one to focus on: (1) partake of the sacrament with a humble heart, (2) repent daily, (3) study the scriptures to know God's character, (4) study what it means to have ministering angels help you, (5) protect your sleep, (6) limit cell phone use, because social media can be a thief of our peace of mind, and (7) follow President Dallin H. Oaks's invitation to seek friends who are striving to follow the Lord.

Years ago, after moving from Argentina to the United States, she was still learning English. One day she felt everything she had said in her calling had been wrong, with mispronounced words and grammar mistakes. She felt like she was in a black cloud and wondered why God had given her that calling. She went to sleep in tears. The next morning her husband gave her a priesthood blessing, and she felt the heavens open. She was told that Satan wanted to destroy her self-esteem, "But the Father, Jesus Christ, and the Holy Ghost are at your side."

The Lord has greater power than the enemy. He knows where you are and has promised to lead you by the hand. She invited young women to study the 13th Article of Faith and make their own list, and she expressed confidence in all the beautiful things they will achieve.

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/2026/10/52munoz-spannaus](https://www.churchofjesuschrist.org/study/general-conference/2026/10/52munoz-spannaus)



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“Prove Me Now Herewith”

Elder Moisés Villanueva · General Authority Seventy

Words to remember

- *“Sometimes we expect the Lord’s blessings to come the way we would wish, rather than in His own way and timing.”*
- *“I have developed the gift of gratitude by learning to appreciate the Lord’s hand in each of His tender mercies.”*

In Elder Moisés Villanueva’s own words, from the talk.

Elder Moisés Villanueva, a General Authority Seventy, was 10 years old when he and his family were baptized. He had never attended any church before. Joining the Church brought big changes as his family tried to live the gospel.

The change that took the most faith was paying a full tithe. Those were hard years. His mother had separated from his father and worked tirelessly to support eight children, most of them still very young. But when the missionaries taught them the law of tithing, his mother chose to trust the Lord’s promise in Malachi: “Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it”

He taught that every blessing from God comes by obeying the law it is based on, and that the Lord keeps His promises. “Sometimes we expect the Lord’s blessings to come the way we would wish, rather than in His own way and timing.”

After one sacrament meeting, a faithful sister told him her testimony of tithing was getting weaker. She had always paid a full tithe, but she never got the promotion or the raise she hoped for. Elder Villanueva shared what Elder David A. Bednar taught in his talk “The Windows of Heaven”: tithing often brings blessings that are significant but subtle, not always what we expect, and easy to overlook.

That prompted Elder Villanueva to list his own blessings from paying tithing. He has had steady work for many years. His family has had good health. Their home and belongings have been preserved even in hard times. He was able to manage his time and money to get an education. “I have developed the gift of gratitude by learning to appreciate the Lord’s hand in each of His tender mercies.” He invited the sister to make her own list.

Later, another sister shared that the 20-liter propane tank in her home lasted far longer than expected. It almost seemed it would never run out, and she knew it was a tender mercy for paying her tithing. That reminded him of the Lord's words to Israel: during 40 years in the wilderness, their clothes and shoes did not wear out. He asked, have you ever wondered whether the Lord has made your things last longer because you pay tithing?

Thinking of his mother's faith, he remembered the widow of Zarephath. The Lord sent the prophet Elijah to her. She had only a handful of meal and a little oil, enough for one last meal for herself and her son. Elijah said, "Fear not," and asked her to make him a little cake first. He promised her meal and oil would not run out until the Lord sent rain. She trusted him and gave all she had, and the promise was fulfilled. "Elijah understood that blessings will come after the trial of our faith."

Elder Villanueva is grateful his mother trusted the Lord's promises in their hard circumstances. He testified that God is our loving Heavenly Father, who knows our needs even before we ask, and that He gives us commandments because He wants to bless us.

Scripture to look up: Malachi 3:10. "Prove Me Now Herewith" saith the Lord, who keeps His promise to open the windows of heaven.

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/2026/10/53villanueva](https://www.churchofjesuschrist.org/study/general-conference/2026/10/53villanueva)



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Sealed by the Holy Spirit of Promise

Elder David A. Bednar · Quorum of the Twelve Apostles

Words to remember

- *“Ongoing faithfulness is required for those credentials to be valid and for promised blessings to be received.”*
- *“The power of the Lord’s infinite and eternal Atonement can overcome all things, all the time, everywhere, for every person who holds fast to their covenants with Him.”*

In Elder David A. Bednar’s own words, from the talk.

Elder David A. Bednar of the Quorum of the Twelve Apostles shared a lesson he learned from President Boyd K. Packer: life is a journey back to the presence of God for all of us. President Packer said, “Ordinances and covenants become our credentials for admission into His presence. To worthily receive them is the quest of a lifetime; to keep them thereafter is the challenge of mortality.”

Elder Bednar told a story about a man who traveled by airplane to visit family in another country. At passport control he handed his passport to a border official. The passport was valid, issued by his government. But he had not taken good care of it. The personal information page was stained and damaged, and a ripped page had been repaired with tape and glue. So the official rejected the passport and would not stamp it, and the man could not enter the country.

“The integrity of a passport must be maintained over time.” Having a valid passport made it possible for him to enter, but it did not guarantee he would be allowed in. Elder Bednar added that the analogy has limits: hardships we experience through no fault of our own do not reduce God’s promises or cancel our covenants.

A covenant is a solemn promise between God and His children. God sets the conditions, and we use our agency to agree to do what He asks. An ordinance is a holy act performed by priesthood authority, like baptism or the sacrament. Covenants and ordinances are spiritual credentials that open the windows of heaven to give us purpose, direction, and strength. But “Ongoing faithfulness is required for those credentials to be valid and for promised blessings to be received.”

The Holy Ghost is called the Holy Spirit of Promise. He confirms, or approves, our righteous acts. Every gospel ordinance and covenant must be sealed by the Holy Spirit of Promise to last beyond this life. That sealing is usually not a one-time event. It comes over time as we repent, honor our

covenants, and give our hearts to God. Like the man who needed a stamp in his passport, each of us needs that witness from the Holy Spirit of Promise.

Elder Bednar explained that a temple sealing has two parts: a husband and wife joined to each other, and the couple joined to God's eternal family and to all generations. Sometimes, sadly, a spouse breaks covenants, and families face sorrow or even divorce. A faithful spouse might ask whether another person's choices can take away what God has promised. "The answer to this question is an emphatic no!"

Unrighteous choices by one person cannot stop God's love, strength, and blessings from flowing to another. "The power of the Lord's infinite and eternal Atonement can overcome all things, all the time, everywhere, for every person who holds fast to their covenants with Him." Elder Bednar said he does not know exactly how and when every promised blessing will come, but he knows they will come.

He closed with King Benjamin's testimony about the blessed and happy state of those that keep the commandments of God. They are blessed in all things, and if they stay faithful to the end, they can dwell with God in never-ending happiness.

Scripture to look up: Doctrine and Covenants 132:7. Covenants must be sealed by the Holy Spirit of Promise to have power in eternity.

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/2026/10/54bednar](https://www.churchofjesuschrist.org/study/general-conference/2026/10/54bednar)



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Jesus Christ Is the Light and Life of the World

Elder Thabo Lebethoa · General Authority Seventy

Words to remember

- *“Whatever concerns, challenges, and struggles we may have in our lives, the answer is always Jesus Christ.”*
- *“Having faith in Jesus Christ means trusting that He understands our daily difficulties and knows how to help us rise above them because He has experienced all our pains, afflictions, and infirmities (see Alma 7:11–12).”*

In Elder Thabo Lebethoa’s own words, from the talk.

Elder Thabo Lebethoa, a General Authority Seventy, explained that in his home country of South Africa, parents give children names with special meaning. Thabo means joy. His wife’s middle name means eternal or endless. Together their names mean eternal joy. “What an expectation!” he said.

But shortly after they married, a discussion turned into their first serious argument, and the cheerful couple went to giving each other the silent treatment. Many of us have had a conversation with a family member, friend, or neighbor that didn’t end the way we hoped, leaving us angry, disappointed, or frustrated.

While he wondered what to do, he remembered what Jesus Christ taught the Nephites: He that hath the spirit of contention is not of me, but is of the devil, who is the father of contention. And, “This is my doctrine, that such things should be done away.” Those words enlightened his mind and helped him know how to resolve the problem.

That light comes from the Savior, who said, “I am the light and the life of the world” His Spirit enlightens our minds, His perfect life shows us the way, and His words are a light to our path. We may worry about school, work, fear, doubt, losing a loved one, or what to do with our lives. “Whatever concerns, challenges, and struggles we may have in our lives, the answer is always Jesus Christ.” He can bring light in our dark moments, and through Him, today can be a new day and tomorrow a better day.

Elder Lebethoa shared three ways to increase the Savior’s light. First, increase our faith in Jesus Christ. Faith means trusting that He understands our daily difficulties and knows how to help us rise above them, because He has experienced all our pains. He quoted President Dieter F. Uchtdorf: strong faith doesn’t happen by accident, and “The healthy, fruitful tree of faith requires intentional effort”

President Dallin H. Oaks taught that strong faith means daily trying one step at a time with prayer and scripture study.

Second, study the scriptures daily, especially the Book of Mormon. There is no single right way to study; what matters most is that we are consistent and sincere. When he and his wife were mission leaders, missionaries taught a man who, after reading the Book of Mormon, dug a hole in his garden, emptied a newly purchased large tin of coffee into it, and buried it. The Spirit had shown him a change to make, and he acted.

Third, practice repentance daily. Repentance means a change of mind and turning our hearts to God. We can ask ourselves what we need to change, like how we use our time, what we watch or listen to, or the tone we use with others. “It is important to remember that we do not need to go through this alone.” The Savior understands our weaknesses and is always ready to help. Sister Tamara W. Runia taught, “the invitation to repent is an expression of God’s love.”

Elder Lebethoa testified that today can be a new day and tomorrow a better day for all who come unto Jesus Christ, who lovingly says, “Come unto me, ... and I will give you rest”

Scripture to look up: 3 Nephi 11:11. Jesus declared, “I am the light and the life of the world” His light replaces contention 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/2026/10/55lebethoa](https://www.churchofjesuschrist.org/study/general-conference/2026/10/55lebethoa)



OCTOBER 2026 GENERAL CONFERENCE • SUNDAY AFTERNOON SESSION

Quick to Help, Slow to Judge

Elder Paul H. Sinclair • General Authority Seventy

Words to remember

- *“Jesus Christ reminds us that to help people transform their lives, we must look not only to their past—we must look to their possible.”*
- *“I testify that when we help people, one by one, in our own small and simple ways, rather than judge them, we are preparing the world for the Second Coming of Jesus Christ.”*

In Elder Paul H. Sinclair’s own words, from the talk.

Elder Paul H. Sinclair, a General Authority Seventy, began with Isaiah’s words, “And a little child shall lead them.” He said this scripture came alive for him during a ward Primary program.

His young friend James was wearing a new suit. James noticed that his jacket sleeves had buttons but no holes, and his left lapel had a buttonhole but no button. Neither seemed to have any purpose, so James invented one: he buttoned his right sleeve to his left lapel. Being pleased with himself soon turned to panic, because now he couldn’t get loose. He had made himself a one-armed straitjacket!

As James got more stuck, Elder Sinclair got more aggravated, shaking his head in disappointment as James was about to go to the pulpit. Then he noticed the little girl sitting next to James. She had seen what happened too. “But instead of being aggravated, she wanted to help.” She reached up with her tiny, non-judgmental fingers and popped the button out of the buttonhole. James was rescued, and the Primary program was saved. Elder Sinclair said that small moment with tiny fingers helped him see something important about himself.

Elder Sinclair felt relieved, but he also felt a quiet rebuke reminding him that he should be trying to be more like Jesus. It helped him embrace what Elder Patrick Kearon has called a radical reorientation of my soul. He doesn’t remember the topic of the program that day, but he learned through the Holy Ghost that a true disciple of Jesus Christ is quick to help and slow to judge.

The Savior taught this from the start of His ministry. In John 4, Jesus, tired from travel, asks a Samaritan woman at a well for a drink. To her it was an ordinary day until Jesus showed up. “In her ordinary days, she may have endured many judging eyes but few helping hands—until this day.” She apparently had a series of broken relationships. But Elder Sinclair asked, what do we really know about her circumstances? Not much. And those details aren’t what Christ focused on.

Instead, Jesus offered her living water. He spoke to her with dignity. He listened to her questions and answered by teaching. “He did not hold her hostage to her history. He trusted her with truth.” Elder Sinclair said, “Jesus Christ reminds us that to help people transform their lives, we must look not only to their past—we must look to their possible.”

Every day, missionaries meet people at modern-day wells around the world, people who may fear being judged but need help. We are invited to help friends and new members in more Christlike ways. President Dallin H. Oaks has invited us to “seek to be holy, like our Savior,” and being quick to help and slow to judge is a simple way to do that.

Elder Sinclair prayed that when people meet us, they will know they have come home. He testified that when we help people rather than judge them, one by one, in small and simple ways, we are preparing the world for the Second Coming of Jesus Christ.

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/2026/10/56sinclair](https://www.churchofjesuschrist.org/study/general-conference/2026/10/56sinclair)



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?

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OCTOBER 2026 GENERAL CONFERENCE · SUNDAY AFTERNOON SESSION

You Are Good Enough to Teach

Brother Gabriel W. Reid · Second Counselor in the Sunday School General Presidency

Words to remember

- *“The impact of a gospel teacher is not just the message—it is the love of the messenger.”*
- *“If class members leave the lesson feeling closer to the Savior than when they came, we have taught enough.”*

In Brother Gabriel W. Reid’s own words, from the talk.

Brother Gabriel W. Reid, Second Counselor in the Sunday School General Presidency, said that after he was sustained, he felt inadequate and overwhelmed. Then he saw a news headline: “New Sunday School Leaders Include Men Involved in Church Education and an NFL Player.” He smiled, because the headline didn’t share names, and he hoped people would think he was one of the educators. Still, he felt, “Lord, I love You, but do You really have the right person?” Maybe you’ve asked, “Do I know enough? Am I good enough to teach the gospel of Jesus Christ?”

He noticed a pattern in the Savior, the Master Teacher: often, when He invited someone to teach, He also gave a promise. To a few ordinary fishermen with willing hearts and little experience, He said, “Come ye after me, and I will make you to become fishers of men.” “He did not expect them to become master teachers before they followed Him.” He promised to make them into who He needed them to be.

The sons of Mosiah, whose past was marked by rebellion, had changed hearts through the Savior’s redeeming power. When they wanted to teach the Lamanites, the Lord promised, “I will make an instrument of thee in my hands.” Wherever we teach, at church, on missions, at home, or one by one, His promise is the same: He will help us.

Before Jesus taught His disciples what to teach, He taught them who to become. At the heart of discipleship is love. The two great commandments, love God and love our neighbor, become one simple invitation for teachers: “Love the Lord and love those you teach.”

Brother Reid’s first gospel teachers were his parents in their village in American Samoa, where 13 children, two faithful parents, and often extended family lived the gospel under one roof. His mother had limited formal education, but his parents had a deep faith in Jesus Christ. “They loved the Lord with all their hearts, and because they loved Him, they loved us in a way that helped us love Him too.” Many of his Primary classes were held under a mango tree. What he remembers most is how his

teachers loved him and knew him by name. “The impact of a gospel teacher is not just the message—it is the love of the messenger.”

When the resurrected Savior visited the people in the Americas, He began by inviting each person, one by one, to come to Him. Later, after class had ended, His love had not: He healed the sick, blessed their children, and prayed for them one by one.

With the new Sunday schedule, some ask, “How can I teach everything in 25 minutes?” Brother Reid suggested a better question: how can I help those I teach connect to the Savior sooner? The purpose of every lesson is for people to leave thinking about and loving the Savior. If they leave feeling closer to Him than when they came, we have taught enough.

So, are you good enough to teach? The answer is yes. Not because you know everything or always feel confident, but because you can love the Master Teacher. As you do, He will help you love those you teach. “To teach like the Savior, we must love like the Savior!”

Scripture to look up: Matthew 4:19. Jesus promised to make His disciples fishers of men. He pairs His invitations with promises and qualifies those He calls.

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?

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OCTOBER 2026 GENERAL CONFERENCE · SUNDAY AFTERNOON SESSION

Teach Truth with Love

Elder Clark G. Gilbert · Quorum of the Twelve Apostles

Words to remember

- *“It takes courage to stand for truth. It takes even more courage to stand for truth with love.”*
- *“For disciples of Jesus Christ, truth and love always walk together. I believe teaching truth with love will be the hallmark of Christ’s disciples in the last days.”*

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

Elder Clark G. Gilbert of the Quorum of the Twelve Apostles began, “It takes courage to stand for truth. It takes even more courage to stand for truth with love.” President Dallin H. Oaks has often taught this. Elder Gilbert worried that some listeners would hold on only to truth, and others only to love.

He remembered when President Russell M. Nelson spoke about being a peacemaker. Elder Gilbert started a mental list of everyone he thought needed that message. Then President Nelson asked each of us to look deeply into our own hearts. Elder Gilbert invited us to do the same.

Years ago, he and President Oaks spoke together at an Ensign College devotional called Standing Fast with Love and Proclaiming Truth. Elder Gilbert shared five principles from it.

First, avoid overly contentious settings. Elder Neil L. Andersen said that sometimes being a peacemaker means resisting the impulse to respond. Elder Gilbert once had a friend who had been faithful but was now attacking the Church. Elder Gilbert was frustrated and shot back an angry reply. “I may have won the debate in the moment, but I lost the Spirit and I failed to help my struggling friend.” He learned that what looks like hostility can be hidden pain.

Second, first find common ground. A stake president once asked him to make ministering visits, and Elder Gilbert suggested just one home. When they arrived, five people were waiting, each with a completely different story. Elder Gilbert listened for nearly two hours. When he invited them to stake conference that evening, every one of them came. Listening first let him later teach from a place of love.

Third, be a light. President Nelson taught us to let doubting friends see how much we love the Lord. “The best way to help someone else keep their covenants is to keep your covenants.” Once, when academic leaders criticized faith in a tense meeting, Elder Gilbert chose not to argue. Later, perhaps

partly because of that, a university chancellor asked for his counsel on a course about character. “Being a light opens more doors than any pointed argument ever will.”

Fourth, hold to truth even when reaching out. Showing love does not mean giving up our values. President Jeffrey R. Holland said that Christ never once withheld His love from anyone, but He also never once said to anyone, “Because I love you, you are exempt from keeping my commandments.” President D. Todd Christofferson taught that putting the first commandment, loving God, first actually strengthens our love for others. The Savior showed love to a woman who had sinned and also told her to go and sin no more.

Fifth, stay anchored in Jesus Christ. Elder Gilbert read that charity suffereth long, and is kind, is not puffed up, and rejoices in the truth. He asked us to check whether we have these qualities when we stand for truth.

He closed, “For disciples of Jesus Christ, truth and love always walk together.” He believes teaching truth with love will be a hallmark of Christ’s disciples in the last days.

Scripture to look up: Moroni 7:45. Charity suffereth long, and is kind and rejoices in the truth, so disciples teach truth with 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/2026/10/59gilbert](https://www.churchofjesuschrist.org/study/general-conference/2026/10/59gilbert)