



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

- *“The sacrament is a weekly reminder, a sacred reminder, that we are not alone. We have the Savior, and we have each other.”*
- *“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 is an Apostle. Not long ago, he and his wife went to the baptism of two of their great-grandchildren. The children chose to follow Jesus Christ. They followed Jesus’s example, and the example of their brothers and sisters, cousins, and parents.

President Uchtdorf remembered his own baptism. He was eight years old, and he was baptized in a big indoor swimming pool. As he walked into the water, he kept thinking, “The pool is getting deeper and deeper, and I can’t swim!”

He said growing closer to God often starts small, with loving parents, simple prayers, and small acts of faith. Then it grows bigger and bigger as we keep following Jesus.

Each person is baptized one at a time. But baptism also brings us together. When we are baptized, we promise to help carry each other’s burdens, to be sad with people who are sad, and to comfort people who need comfort. We are saying that we want to follow Jesus, and we want to walk that path together.

When Jesus lived on the earth, many groups of people stayed away from each other. But Jesus reached out to everyone. He touched people who were sick with leprosy. He told a story about a kind Samaritan. He helped poor people and rich people.

Satan wants to pull people apart. But Jesus brings people together. President Uchtdorf said that what brings us together in Jesus’s Church is our love for God and for each other, and our promises with Jesus. “We are ‘one in Christ.’”

In the Book of Mormon, the Nephites and Lamanites fought for many, many years. But after Jesus visited them and taught them, they stopped fighting. For 200 years they loved each other. They became one people.

When we try to be a little more patient, a little kinder, and more forgiving, there is less room for pride and fighting.

Every Sunday we take the sacrament together. President Uchtdorf noticed something special: nobody's name is said in the sacrament prayers except Heavenly Father's and Jesus's. We all take it together. It reminds us that we are not alone. We have Jesus, and we have each other.

President Uchtdorf invited everyone, everywhere, to come and be part of this. He said it would not be complete without you!

A scripture for this talk: Doctrine and Covenants 38:27. Jesus wants His followers to be one, together and kind.

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)



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY AFTERNOON SESSION

God Is at Your Side

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

Words to remember

- *“He knows everything. And knowing everything about you does not make Him love you less.”*
- *“But the Father, Jesus Christ, and the Holy Ghost are at your side.”*

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

Sister Andrea Muñoz Spannaus is a leader of the young women of the Church. She spoke to the young women, but her message is for all of us.

When she was a teenager, she had a lesson about the 13th Article of Faith. It says that if there is anything good, lovely, or praiseworthy, we seek after these things. After church, she spent her Sunday afternoon writing a list of good things she wanted in her life.

One day she was driving to the dentist. Her phone's map got mixed up. It thought she was on a different street, and it kept telling her to turn right when there was no place to turn! So she pulled over and called her husband. When she told him exactly where she was, he could help her get where she wanted to go.

Sister Muñoz Spannaus said the Lord always knows exactly where we are. He knows our dreams and our gifts. He knows when we feel alone. He knows our questions and our challenges. He knows everything about us, and He still loves us just as much.

In the Bible, a young man ran to Jesus and knelt down. He asked what he could do to gain eternal life. Before Jesus answered, the Bible says, “Jesus beholding him loved him.” Jesus looked at him with love first. Heavenly Father and Jesus love each of us with that same perfect love.

She said each of us has important work to do on earth. Our work is different, but if we love God and trust Him, it will bring us great joy.

She shared seven ways to help: take the sacrament with a humble heart, repent every day, study the scriptures, learn about angels who help us, go to bed early and get enough sleep, don't use phones too much, and choose friends who follow Jesus. She invited us to pick one and work on it.

Years ago, her family moved from Argentina to the United States, and she was learning English. One day she had to speak, and she felt like everything she said came out wrong. She felt sad, like she was under a dark cloud. She cried herself to sleep. In the morning her husband gave her a priesthood blessing. In the blessing she heard that Heavenly Father, Jesus Christ, and the Holy Ghost are at her side.

Sister Muñoz Spannaus said the Lord is more powerful than Satan. He knows where we are, and He will lead us by the hand.

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)



OCTOBER 2026 GENERAL CONFERENCE • SUNDAY AFTERNOON SESSION

“Prove Me Now Herewith”

Elder Moisés Villanueva • General Authority Seventy

Words to remember

- *“He knows each of us and is aware of our needs even before we ask (see Matthew 6:8).”*
- *“He gives us commandments because He wants us to receive His blessings.”*

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

Elder Moisés Villanueva is a General Authority Seventy. When he was 10 years old, he and his family were baptized. He had never been to any church before!

Being a member of the Church changed many things for his family. One of the hardest was paying tithing. Tithing means giving one tenth of the money we earn to the Lord. Elder Villanueva’s mom was taking care of eight children by herself, and they did not have much money. But when the missionaries taught them about tithing, his mom chose to trust the Lord’s promise.

In the Bible, the Lord promises that if we pay our tithing, He will open you the windows of heaven, and pour you out a blessing that there shall not be room enough to receive it.

Elder Villanueva said sometimes we expect blessings to come the way we want. But the Lord blesses us in His own way and His own time. One sister was sad because she paid her tithing but did not get the better job she hoped for. Elder Villanueva told her what an Apostle, Elder David A. Bednar, taught: tithing blessings are often quiet and easy to miss.

So Elder Villanueva made a list of his own blessings. His family has been healthy. He has had a steady job. Their home has been kept safe. He was able to get an education. He learned to be grateful. He invited the sister to make her own list too.

Another sister said the propane tank at her home lasted much longer than she expected. It almost seemed like it would never run out! She knew it was a tender mercy from the Lord.

That reminded Elder Villanueva of the children of Israel. They walked in the wilderness for 40 years, and their clothes and shoes did not wear out.

He also told about a widow in the Bible. The prophet Elijah asked her for some bread. She only had a little flour and a little oil, just enough for one last meal for her and her son. Elijah told her, “Fear not.” He asked her to make him a little cake first, and he promised her that her flour and oil would not run out. She trusted him. And her flour and oil did not run out!

Elder Villanueva is thankful his mom trusted the Lord. He said Heavenly Father knows each of us and knows what we need. He gives us commandments because He wants to bless us.

A scripture for this talk: Malachi 3:10. The Lord says, “Prove me now,” and promises to bless people who pay tithing.

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)



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY AFTERNOON SESSION

Sealed by the Holy Spirit of Promise

Elder David A. Bednar · Quorum of the Twelve Apostles

Words to remember

- *“A covenant is a solemn promise—an enduring commitment between God and His sons and daughters.”*
- *“The lesson of this story is quite simple: the integrity of a passport must be maintained over time.”*

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

Elder David A. Bednar is an Apostle. He said life is like a trip back home to Heavenly Father. To get there, we need ordinances and covenants. An ordinance is a holy act done with priesthood authority, like baptism. A covenant is a promise between us and God.

Elder Bednar told a story. A man wanted to visit his family in another country. He packed his suitcase and flew there on an airplane. When people travel to another country, they need a passport. A passport is a little book that shows who you are. The man had a real passport. But he had not taken good care of it. It was stained and damaged, and a ripped page had been fixed with tape and glue.

At the airport, the officer looked at the man's passport. Because it was damaged, the officer would not stamp it. The man could not go into the country! He was sad and did not know what to do.

Elder Bednar said the lesson is simple: we have to take care of a passport all the time. Our covenants are like that. We keep taking care of them by keeping our promises with God every day.

Elder Bednar also said that hard things that happen to us that are not our fault do not take away God's promises.

The Holy Ghost is part of the Godhead. Elder Bednar taught that the Holy Ghost is also called the Holy Spirit of Promise. He is like the officer with the stamp. When we keep our

covenants and repent, the Holy Ghost puts God's stamp of approval on our covenants. This happens little by little, over time.

In the temple, a husband and wife can be sealed. That means they can be a family forever, joined together and joined to Heavenly Father's big family.

Sometimes a person in a family breaks their promises with God. That can make everyone very sad. Elder Bednar taught that if you keep your covenants, another person's choices can never take away the blessings God has promised you. Jesus Christ can help us through anything.

Elder Bednar ended with words from King Benjamin in the Book of Mormon. People who keep God's commandments are blessed, and if they stay faithful, they can live with God and be happy forever.

A scripture for this talk: Doctrine and Covenants 132:7. Our promises with God are sealed by the Holy Ghost so they can last 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/2026/10/54bednar](https://www.churchofjesuschrist.org/study/general-conference/2026/10/54bednar)



OCTOBER 2026 GENERAL CONFERENCE · SUNDAY AFTERNOON SESSION

Jesus Christ Is the Light and Life of the World

Elder Thabo Lebethoa · General Authority Seventy

Words to remember

- *“He knows where we have been, where we are, and where we need to be. Through Him, today can be a new day and tomorrow can be a better day.”*
- *“Whatever concerns, challenges, and struggles we may have in our lives, the answer is always Jesus Christ.”*

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

Elder Thabo Lebethoa is a General Authority Seventy from South Africa. In South Africa, parents give their children names with special meanings. His name, Thabo, means joy. His wife's middle name means eternal, or never-ending. Put together, their names mean eternal joy!

But soon after they got married, they had their first big argument. They stopped talking to each other. Have you ever had an argument with someone in your family or a friend? It can make us feel angry and sad.

Elder Lebethoa thought about what Jesus taught the people in the Book of Mormon. Jesus said that fighting and anger do not come from Him. He said His way is to make those things go away. Those words helped Elder Lebethoa know how to make things right.

Jesus said, “I am the light and the life of the world” Jesus is like a light that helps us see what to do. Elder Lebethoa said that whatever problems we have, the answer is always Jesus Christ. Jesus knows where we have been, where we are, and where we need to be.

Elder Lebethoa shared three ways to have more of Jesus's light.

First, have more faith in Jesus. Faith means trusting that Jesus understands our hard days and knows how to help us. We can think about Him all the time.

Second, read the scriptures every day, especially the Book of Mormon. There is no one right way to read them. What matters most is that we keep trying, every day. A man who

was learning about the Church read the Book of Mormon. Then he dug a hole in his garden and buried a big can of coffee he had just bought! The Spirit had helped him know a change he needed to make, and he did it.

Third, repent every day. Repenting means changing and turning our hearts to God. We can ask ourselves what we need to change. Maybe it is how we use our time, what we watch, or how we talk to others. We don't have to do it alone. Jesus is always ready to help.

Elder Lebethoa promised that with Jesus, today can be a new day and tomorrow can be a better day. Jesus says, "Come unto me, ... and I will give you rest"

A scripture for this talk: 3 Nephi 11:11. Jesus said, "I am the light and the life of the world"

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

- *“A little child led me to learn this: that a true disciple of Jesus Christ is quick to help and slow to judge.”*
- *“Being quick to help and slow to judge is a simple and deeply encouraging way for each of us to be more holy, to be more like our Savior, to be His true disciples.”*

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

Elder Paul H. Sinclair is a General Authority Seventy. He began with a scripture: “And a little child shall lead them.” Then he told a story about a Primary program.

His young friend James was wearing a new suit. On the sleeves of his jacket there were buttons, but no buttonholes. On the front of his jacket there was a buttonhole, but no button. James had an idea. He buttoned his sleeve to the front of his jacket!

At first James was happy. But then he could not get his arm loose! He was stuck. Elder Sinclair watched and felt more and more annoyed. He shook his head. It was almost time for James to go up and speak.

Then Elder Sinclair saw the little girl sitting next to James. She saw that James was stuck. But she was not annoyed. She wanted to help. She reached over with her tiny fingers and popped the button out of the buttonhole. James was free, and the Primary program was saved!

Elder Sinclair said the little girl taught him a big lesson. He should try to be more like Jesus. A true disciple of Jesus is quick to help and slow to judge. To judge means to decide someone is bad or think less of them.

Jesus showed us how. One day He was tired, and He sat by a well. A Samaritan woman came to get water. Jesus asked her for a drink. Many people may have looked at her in an

unkind way. But Jesus was kind to her. He listened to her questions. He taught her. He offered her living water, which means the blessings He gives.

Jesus knew everything about her, but He did not keep reminding her of her mistakes. Elder Sinclair said that to help people change, we look not only at what they did before, but at who they can become.

Missionaries meet many people who need help. Some new members and friends may be afraid that people will judge them. We can help them feel like they have come home.

Elder Sinclair said that when we help people instead of judging them, one by one, in small and simple ways, we help get the world ready for Jesus to come again.

A scripture for this talk: John 4:13–14. Jesus offered a woman at a well living water. We can help people instead of judging them.

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.’”*
- *“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)



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

- *“To teach like the Savior, we must love like the Savior!”*
- *“For every gospel teacher, for every disciple, these two great commandments become one simple invitation: Love the Lord and love those you teach.”*

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

Brother Gabriel W. Reid is a leader in the Sunday School. When he got this new calling, he felt like he was not good enough. A newspaper said the new Sunday School leaders were men who worked in Church education, and one NFL football player. Brother Reid smiled, because he hoped people would think he was one of the teachers! He asked, “Lord, I love You, but do You really have the right person?”

Have you ever wondered if you are good enough to teach about Jesus? Brother Reid said that when Jesus asked people to teach, He also gave them a promise.

Jesus asked some fishermen to follow Him. He said, “I will make you to become fishers of men.” They did not have to be great teachers first. Jesus promised to help them become who He needed them to be.

In the Book of Mormon, the sons of Mosiah wanted to teach the gospel. The Lord promised, “I will make an instrument of thee in my hands.” That means God would help them do His work.

Jesus taught that the two greatest commandments are to love God and to love other people. For teachers, that means: love the Lord, and love the people you teach.

Brother Reid grew up in a village in American Samoa. His family had 13 children! His parents loved the Lord with all their hearts. Because they loved Jesus, they loved their children in a way that helped them love Jesus too.

Some of his Primary classes were held outside, in the shade of a mango tree. His teachers worked hard on their lessons. But what Brother Reid remembers most is that they loved him and knew his name.

When Jesus visited the people in the Book of Mormon, He let each person come to Him, one by one. He healed the sick and blessed the children. He loved each person.

Now Sunday School lessons are shorter. Brother Reid said the goal of every lesson is to help people think about Jesus and love Him. If they feel closer to Jesus, we have taught enough.

So are you good enough to teach about Jesus? Brother Reid said the answer is yes! Not because you know everything, but because you can love Jesus. And Jesus will help you.

A scripture for this talk: Matthew 4:19. Jesus said He would help His followers share the gospel. He will help us teach 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/2026/10/58reid](https://www.churchofjesuschrist.org/study/general-conference/2026/10/58reid)



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)