



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, began with a recent joy: he and his wife attended the baptism of two of their great-grandchildren, who made sacred covenants to take upon themselves the Savior’s name, keep God’s commandments, and serve him. In entering the water, they followed not only the Savior’s example but also the example of siblings, cousins, parents, and many trusted friends.

He recalled his own baptism at age eight in an impressive indoor public swimming pool, where his mind was preoccupied with one thought: “The pool is getting deeper and deeper, and I can’t swim!” “Spiritual growth is rarely dramatic at the beginning.” Like an exponential curve, it often starts gradually with loving parents, simple prayers and small acts of faith. As we progress on the covenant path, the temple endowment, missionary service, celestial marriage, and ongoing service do not merely add to our discipleship. They multiply greatly our potential for divine understanding and blessings.

Baptism is the gate to the strait and narrow path, and we enter it one by one. “Baptism is an individual ordinance. However, it is also a unifying one. It joins us to a worldwide community of Saints.” Through baptism we become not only covenant individuals, but also part of a covenant people. We declare that we do not want to live only for ourselves but to bear one another’s burdens, mourn with those that mourn, and comfort those who stand in need of comfort (Mosiah 18:8–9). “In other words, when we join the Church of Jesus Christ, we say—humbly, gratefully, and with quiet confidence—that we want to follow our beloved Savior, Jesus Christ. And we want to walk that path together.”

Scripture shows how much of the Savior’s work is about bringing people peacefully together. In His day, Jews and Samaritans avoided each other, Gentiles were considered unclean, and Pharisees and

Sadducees agreed on little except their dislike of publicans and sinners. “When you think about it, it wasn’t so different from our world today.” But the Son of God transcended worldly boundaries; as Paul said, He broke down “[broke] down the middle wall of partition between us” (Ephesians 2:14). “He touched lepers. He praised Gentiles for their faith. He used a Samaritan as an example of compassion.” He gathered people from different walks of life to serve together, ministered to rich and poor, and still invites all to come unto Him.

Meanwhile, Satan seeks to divide us. He aims to weaken God’s children by isolating us from each other. He emphasizes our differences, making them feel like impassable barriers. We see the fruits in contention, mistrust, and hatred. “And yet the Savior’s work of gathering continues, undaunted. In fact, it is accelerating.” People unite over many things: social causes, political ideas, cultural heritage, hobbies, even a favorite soccer team or brand of soft drink. 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. It is our commitment to our covenants with Jesus Christ and to His restored gospel. We are ‘one in Christ.’”

The Nephites and Lamanites were locked in one of the longest-running sibling rivalries in the world until Jesus Christ appeared, taught His gospel, and established His Church. For 200 years the love of God replaced contention and bitter enemies became one. They became the children of Christ (4 Nephi 1:15–17). “The catalyst for this change was Jesus Christ and His doctrine. It always has been, and it always will be.” He has power to change, purify, 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.” And, echoing the Lord’s words, “If we are not one, we are not His” (Doctrine and Covenants 38:27).

When our attention is riveted on Christ, superficial things fade; we learn to look on the heart, and when our eye is single to His glory, we are filled with His light. As we become a little more patient, kinder, more forgiving, and more neighborly, there will be less room for pride or judgmental attitudes or contention. Does that sound too lofty? The Savior always urges us beyond what seems possible, because with God all things are possible. We may not achieve perfect unity in this life, but the spiritual momentum we build here will carry us into eternity. “Unity won’t magically happen in the next life if we haven’t earnestly tried to learn it here.”

He pointed to the unifying power of the sacrament, which can become a fresh starting point for our personal relationship with God. It is the only ordinance we receive during which we are not addressed by name; the only names used are those of the Father and the Son. We partake individually but also as a group, and there is something empowering about renewing covenants while surrounded by brothers and sisters who have made or are considering making the same covenants. It is a sacred reminder that we are not alone. We have the Savior and we have each other.

He closed with an open invitation: “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.” Jesus promised, “Where two or three are gathered ... in my name, there am I in the

midst of them” (Matthew 18:20). The more united in Christ we are, and the more we build bridges instead of walls, the more our lives, families, communities, and nations will experience God’s presence and blessings.

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

- *“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, opened, “Dear young women, how crucial and important you are as members of the Church of Jesus Christ in these latter days!”

As a young woman, she had a lesson on the 13th Article of Faith, and afterward kept thinking about one line: “If there is anything virtuous, lovely, or of good report or praiseworthy, we seek after these things.” She wondered what her aspirations were, so she made a list of good, positive things that will bring me closer to God and would help me learn, contribute, create, and be happy. She spent that Sunday afternoon thinking and writing about them. “Today I invite you to look at your life and what you want to achieve with enthusiasm and the certainty that your Father in Heaven will guide you on that journey and show you the best way to make the righteous desires of your heart come true.”

She illustrated with a drive to the dentist. Her GPS thought she was on a parallel street and kept telling her to turn right where there was no place to turn. She finally pulled off the freeway and called her husband; when she gave him her exact location, he guided her. “Dear young women, the Lord knows where you are; He has your exact location and can guide you. He knows your dreams and your gifts.” He knows when you feel alone, what your questions are, your challenges, and how to turn your weaknesses into strengths. He knows everything and knowing everything about you does not make him love you less.

She turned to the young man who came running and knelt before Jesus, asking, “What can I do to gain eternal life?” Would Jesus know what else he could do? Of course. “But before He tells him, look at what happened.” In Mark 10:21, “Jesus beholding him loved him.” She asked us to imagine that look, “A look that conveys only love: love of the highest quality.” “Our Father and our Savior know you and

have the same perfect love for you.” Part of that love and mercy is giving many opportunities and being patient as we learn and work on our list.

She testified, “Dear young women, I testify that you are beloved daughters of heavenly parents, with a divine nature and an eternal destiny. 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.”

She offered seven helps and invited young women to let the Spirit guide them to one to focus on over the next few weeks. First, partake of the sacrament with a humble heart, grateful for the promise that as you keep your covenants the Holy Ghost will be your constant companion, and begin each day asking the Father for that companionship. Second, repent daily, asking forgiveness in your evening prayers. Third, “Study the scriptures with a desire to know God’s character so you can do His will, increase your love for Him, and advance His work.” Fourth, study what it means to have ministering angels help you. Fifth, protect your sleep: go to bed early so your mind stays clear and alert. Sixth, limit cell phone use; social media make us believe we are connected, however, it is a thief of our peace of mind, self-esteem, and the real connection that comes face-to-face. Seventh, an invitation from President Dallin H. Oaks: “Seek friends ... who are striving to follow the Lord ... with whom you can feel the Spirit and ... reinforce your faith.”

She closed with a personal experience. After moving from Argentina to the United States, while she was still learning English, she came home one day feeling that everything she had said in her calling had been wrong, that I had mispronounced words and made many grammatical errors, that it had been a complete disaster. She felt depressed, as if in a black cloud, and wondered why God had given her this calling if she couldn’t even speak. She went to sleep in tears and woke feeling the same. Then her husband gave her a priesthood blessing, and she felt the heavens open. She was told that Satan wanted to destroy her self-esteem, her mind, and her thoughts, and then she received these words: “But the Father, Jesus Christ, and the Holy Ghost are at your side.”

“Dear young women, I testify that the Lord has greater power than the enemy. He knows where you are and has promised to lead you by the hand.” She urged them to always put Him first and remain faithful to their baptismal covenants. “Angels can minister to you. The Father, Jesus Christ, and the Holy Ghost are at your side.” She invited them to study the 13th Article of Faith, create their own list, and she expressed her love and confidence in all the beautiful things that you will achieve in your lives.

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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“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 when he and his family were baptized. “I had never attended any church before.” Entering the covenant path brought profound changes, which he now understands reflected their sincere efforts to apply the doctrine of Jesus Christ.

“Perhaps the change that required the greatest faith and sacrifice was to honorably pay a full tithe.” Those were financially difficult years. His mother had separated from his father and worked tirelessly to support eight children, most still very young. Yet when the missionaries taught the law of tithing, she chose to trust the Lord’s promise: “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” (Malachi 3:10).

He cited the revealed principle that “There is a law, irrevocably decreed in heaven before the foundations of this world, upon which all blessings are predicated—” (Doctrine and Covenants 130:20–21), and the Lord’s question, “Who am I, saith the Lord, that have promised and have not fulfilled?” Then came a caution: “Sometimes we expect the Lord’s blessings to come the way we would wish, rather than in His own way and timing.”

After a sacrament meeting, a faithful sister told him her testimony of tithing had begun to weaken. She had always paid a full tithe but never received the promotion she hoped for, nor even the salary increase she deserved. He gave her the counsel he gave everyone listening: in “The Windows of Heaven,” Elder David A. Bednar taught that as we live the law of tithing, we often receive significant but subtle blessings that are not always what we expect and easily can be overlooked.

Elder Bednar’s words prompted him to make his own list, and the Holy Ghost helped him recognize many blessings: steady employment for many years, good health for his family, home and possessions

preserved even in difficult times, and the ability to manage time and resources to obtain an education. “I have developed the gift of gratitude by learning to appreciate the Lord’s hand in each of His tender mercies. I have learned to recognize the influence of the Holy Ghost when making important decisions in my life.” These blessings, both temporal and spiritual, are evidence that the Lord has indeed opened the windows of heaven. He invited the sister to write her own list of blessings that are often easy to overlook.

Later, another faithful sister shared in sacrament meeting that the 20-liter propane tank in her home had lasted far longer than expected: “It almost seemed as though it would never run out.” She recognized it as a tender mercy for paying an honest tithe. He was reminded of the Lord’s words to Israel after 40 years in the wilderness, that their clothes and shoes had not grown old (Deuteronomy 29:5). “Have you ever asked yourselves whether the Lord has caused your personal possessions to last longer because you have faithfully lived the law of tithing? I have seen those subtle blessings many times in my own life.”

His mother’s faith also reminded him of the widow of Zarephath (1 Kings 17). The Lord told Elijah, “Arise, get thee to Zarephath ... : behold, I have commanded a widow woman there to sustain thee” Elijah found her gathering sticks and asked for water and a morsel of bread. She had only a handful of meal and a little oil, enough for one final meal for herself and her son. Elijah said, “Fear not; go and do as thou hast said: but make me thereof a little cake first, and bring it unto me, and after make for thee and for thy son.” She did as Elijah said. “Elijah understood that blessings will come after the trial of our faith.” The widow offered up all she had, and the Lord’s promise was fulfilled.

“I am especially grateful that my mother trusted the Lord’s promises and chose to live the law of tithing regardless of our difficult circumstances.” He testified that God is our loving Heavenly Father: “He knows each of us and is aware of our needs even before we ask (see Matthew 6:8).” Jesus Christ is His Son and directs His Church today, and “He gives us commandments because He wants us to receive His blessings.” By living the law of tithing, the Lord indeed opens the windows of heaven.

Let’s talk about it

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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 began with a lesson from President Boyd K. Packer: whatever our citizenship, race, occupation, or generation, life is a homeward journey for all of us back to the presence of God. President Packer continued, “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.”

He told of a man who traveled by airplane to visit relatives in a distant country. At passport control he presented a valid passport issued by an authorized agency of his country’s 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 in an unauthorized manner with tape and glue. The border official rejected the passport and refused the stamp he needed to enter, leaving the man disappointed and perplexed.

“The lesson of this story is quite simple: the integrity of a passport must be maintained over time.” A valid passport made entry possible but did not guarantee it. He noted the analogy’s limits: “Unlike damage to a physical passport, the adversities and afflictions we experience through no fault of our own do not diminish God’s promises to us or invalidate our covenants.” For disciples, receiving priesthood ordinances and entering sacred covenants are essential steps in that quest of a lifetime to align our hearts, minds, and lives with God’s will.

He defined terms. “A covenant is a solemn promise—an enduring commitment between God and His sons and daughters.” God sets the conditions, and His children use their agency to learn about and consent to them. An ordinance “An ordinance is a holy act performed by the authority of the priesthood that has spiritual purpose and eternal significance and is related to God’s laws and statutes.” “The covenants and ordinances of the Savior’s restored gospel are spiritual credentials that can open wide the heavenly windows of opportunity to receive in our lives divine purpose, direction,

and strength.” And “Ongoing faithfulness is required for those credentials to be valid and for promised blessings to be received.”

The Holy Ghost, the third member of the Godhead, is also described in scripture as the Holy Spirit of Promise, who ratifies, or confirms as acceptable to God, the righteous acts of His children. As the Lord revealed to Joseph Smith, covenants not sealed by the Holy Spirit of Promise are of no efficacy, virtue, or force in and after the resurrection (Doctrine and Covenants 132:7). “Receiving this ratifying sealing by the Holy Ghost typically is not a one-time event; rather, it comes over time as we repent sincerely and consistently, honor our covenants, and yield our hearts unto God.” Just as the traveler needed an authorized stamp, each of us needs the verifying witness of the Holy Spirit of promise.

He then addressed the temple sealing of a husband and wife, a crowning covenant and ordinance. It has two related parts: the eternal union of husband and wife (a lateral sealing) and the sealing of the couple into God’s eternal family, linking all generations (a vertical sealing). Sometimes a spouse’s sins, infidelity, or apostasy bring contention, alienation, and even divorce. A faithful spouse may ask, “Can the unrighteous exercise of moral agency by another person rob me of what God has promised?” “The answer to this question is an emphatic no!”

“However, unrighteousness by one person cannot hinder or thwart the flow of God’s love, strength, and blessings to another person.” “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.” A spouse who breaks covenants and does not repent gives up the ratifying seal for himself or herself, but a faithful spouse who presses forward remains worthy to receive the seal for the vertical part of the sealing and all other associated individual blessings. Elder Bednar was candid: “I do not know and cannot explain precisely how and when promised blessings are received.” But “No faithful disciple will ultimately be deprived of any eternal blessing God has promised because of another individual’s unrighteous exercise of moral agency.”

He concluded with King Benjamin: Consider on the blessed and happy state of those that keep the commandments of God. For behold, they are blessed in all things, both temporal and spiritual. And if they hold out faithful to the end, they are received into heaven, that thereby they may dwell with God in a state of never-ending happiness (Mosiah 2:41). He joyfully testified of that promise.

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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, opened with a custom from his home country of South Africa, where parents give children names with special meaning. “My name is Thabo. It means ‘joy.’” His wife’s middle name means eternal or endless. “Put together, our names mean ‘eternal joy.’” “What an expectation!” Yet shortly after they married, an evening discussion unexpectedly turned into our first serious argument, and they went from a cheerful, happy couple to giving each other the silent treatment.

Many of us know such moments with a spouse, child, friend, colleague, or neighbor, when a simple exchange leaves us angry, disappointed, or frustrated. As he pondered, he remembered the Savior’s words to the Nephites: “For verily, verily I say unto you, he that hath the spirit of contention is not of me, but is of the devil, who is the father of contention, and he stirreth up the hearts of men to contend with anger, one with another.” And, “Behold, this is not my doctrine, to stir up the hearts of men with anger, one against another; but this is my doctrine, that such things should be done away” (3 Nephi 11:29–30). Elder Lebethoa said, “These words from the scriptures enlightened my mind and helped me know how to resolve the challenge I was facing.”

That enlightenment comes from the Savior, who declared, “I am the light and the life of the world” (3 Nephi 11:11). Through His Spirit He enlightens our minds; His light is revealed in His perfect life (“I am the light; I have set an example for you”), and His words are a light to our path. We may worry about becoming self-reliant, demands at school or work, fear and doubt, the loss of 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 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.”

He offered three ways to increase the Savior's light. First, increase our faith in the Lord 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)." We trust that He is always ready to help as we remember to look unto him in every thought (Doctrine and Covenants 6:36). He quoted President Dieter F. Uchtdorf (October 2024): strong faith doesn't happen by accident, for in this mortal world it's the thorns and thistles of doubt that grow easily, and "The healthy, fruitful tree of faith requires intentional effort" President Dallin H. Oaks taught BYU students, "strong faith requires more than strong desire. It means daily trying, one step at a time, with prayer and scripture study"

Second, study the scriptures daily, especially the Book of Mormon. Preach My Gospel teaches that as people read and pray about the Book of Mormon, they will come to know the Savior better and experience his love. "There is no single right way to study the scriptures." We might read straight through, study by topic, focus on a question, or start with a verse that draws us. "Ultimately, the method, timing, and length of our scripture study matter less than the consistency and sincerity of our effort." While he and his wife served as mission leaders, missionaries taught a man who, after reading the Book of Mormon, took a shovel, dug a hole in his garden, emptied a newly purchased large tin of coffee into it and buried it. He was enlightened by the Spirit about the changes he needed to make, and acted.

Third, practice repentance daily. "Repentance means a change of mind and a turning of the heart to God." We can ponder changes in how we use our time, what we watch or listen to, and the language and tone we use, beginning with the question, what do we need to change? It is important to remember that we do not need to go through this alone. The Savior is always ready to help because he sees the end from the beginning and understands our weaknesses. He is always ready to succor His people according to their infirmities (Alma 7:12). Sister Tamara W. Runia taught, "the invitation to repent is an expression of God's love."

He closed with his witness: "I testify that today can be a new day and tomorrow will be a better day for all who come unto Jesus Christ and receive His light in their lives." The Savior lovingly beckons, "Come unto me, ... and I will give you rest"

Let's talk about it

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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, opened with Isaiah’s line, “And a little child shall lead them,” a scripture that truly came alive for him during a ward Primary program. His young friend James, wearing a new suit, was examining its features: buttons on his sleeves but no holes, and a buttonhole on his left lapel but no button. “Neither the buttons nor the buttonhole seemed to be serving any real purpose. Well, James cleverly devised a purpose for both.” He buttoned his right sleeve to his left lapel.

“Being pleased with himself quickly gave way to being panicked, because once James had buttoned his arm to his chest, even with the flexibility of a Primary child, he could not get himself loose.” He had unintentionally but quite successfully created a one-armed straight jacket. As James became more stuck, Elder Sinclair became more aggravated; the baffling buttons had been put to an uncomfortable and, to him, irritating purpose. He was shaking his head as James was about to go to the pulpit.

Then he noticed the little girl next to James, who had also seen his predicament. “But instead of being aggravated, she wanted to help.” Quickly discerning what was needed, she reached up with her tiny, non-judgmental fingers and popped the button out of the button hole. James was rescued and the program saved. Elder Sinclair felt relief, and also “I recognized the quiet rebuke of a misplaced button and tiny fingers reminding me that I should be trying to be more like Jesus.” The moment helped him embrace what Elder Patrick Kearon has called a radical reorientation of my soul. He doesn’t recall the program’s topic, but the Holy Ghost taught him 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 He ministers to a Samaritan woman whose name we do not know. Weary, He unexpectedly asks her for a drink. Elder Sinclair said, “We can only imagine how many days this woman had been coming to this well at this hour, alone—until this day.” “In her ordinary days, she may have endured many judging eyes but few helping hands—

until this day.” She may have done more to warrant judgment than buttoning a sleeve to a lapel; apparently she had a series of broken relationships and was living with a man who was not her husband. “But what do we actually know about her circumstances? Was she widowed? divorced? abandoned? We do not know.” Her story matters, he said, but these are not the details we need.

“What did Christ focus on instead?” The offer of living water. The Redeemer knows absolutely everything about her and comes to be a living witness of living water. He offers her grace and transformative help. He spoke to her with dignity, listened earnestly to her questions, and responded with teaching. “He did not hold her hostage to her history. He trusted her with truth. 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.” She left the well changed. “That is precisely what ‘quick to help and slow to judge’ looks like.”

Every day missionaries meet people at modern-day wells all around the world, declaring that Jesus is the Christ, and they find, teach, baptize, and confirm people who may be in fear of judgment but in need of help. We are invited to reorient our souls 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.” “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.”

He prayed that when modern-day men and women at the well meet us, they will know that they have come home, and recognize in us striving disciples ready to fill them with living and loving water. “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.”

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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)



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, admitted that shortly after he was sustained, he felt inadequate, overwhelmed, and completely out of his depth. He wasn’t alone in trying to make sense of it: a headline read, “New Sunday School Leaders Include Men Involved in Church Education and an NFL Player.” He smiles each time, grateful it didn’t share names, because I really hope people think I’m one of the educators. But the humor doesn’t quiet the feeling, “Lord, I love You, but do You really have the right person?” Perhaps we have asked, “Do I know enough? Am I good enough to teach the gospel of Jesus Christ?”

Reflecting on the Master Teacher, he noticed that “Often, as He invited someone to teach His gospel, He also gave them a promise.” To ordinary fishermen on the shores of Galilee, men with willing hearts but 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 that He would 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, and when they desired to teach the Lamanites, the Lord promised, “I will make an instrument of thee in my hands.” Wherever we teach, his promise remains the same. He will help us do his work.

“Before the Savior taught His disciples where to go and what to teach, He taught them who to become.” At the heart of discipleship is love. The two great commandments, to love God with all our heart, soul, and mind, and to love our neighbor, become one simple invitation. Love the Lord and love those you teach.

His first gospel teachers were his parents. Their home village in American Samoa became his first classroom, where 13 children, two faithful parents, and often extended family learned and lived the gospel together. His father joined the Church as a young man; his mother had limited formal education, but together they possessed something far more important, a deep and abiding 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 lessons were simply caught by watching them. Faithful teachers in the little village chapel reinforced those truths, and many of his earliest Primary classes were held beneath the shade of a mango tree. His teachers prepared faithfully, but what I remember most is how they loved us. “The impact of a gospel teacher is not just the message—it is the love of the messenger.”

He and his wife served in the Australia Sydney Mission alongside more than 500 missionaries from over 30 countries. They learned that the surest way to truly love those they taught was to deepen our love for the one we taught about. When the resurrected Savior appeared in the Americas, He did not begin with a sermon to the multitude but by focusing on individuals, inviting each one by one to come unto Him (3 Nephi 11:14–15). Later He invited the people to go home and ponder. “We may say that ‘class’ had ended, but His love for the people had not.” Filled with compassion, He healed the sick, blessed their children, and prayed for them one by one (3 Nephi 17). “For the Master Teacher, every lesson was inspired by love for those He taught.”

The new Sunday schedule offers weekly opportunities to love and know those we teach. “Some may ask, ‘How can I teach everything in 25 minutes?’ Perhaps the better question is ‘How can I help those I teach connect to the Savior sooner?’” President Dallin H. Oaks taught, “A gospel teacher will never obscure [a learner’s] view of the Master by standing in the way.” “The purpose of every lesson is not for people to leave talking about the teacher. It is for them to leave thinking about and loving the Savior.” Twenty-five-minute lessons are not a limitation. They are an invitation to focus on helping others come to the Savior. “If class members leave the lesson feeling closer to the Savior than when they came, we have taught enough.”

If you are wondering whether you are good enough to teach the gospel of Jesus Christ, the answer is yes. Not because you know everything, not because you have every teaching skill, not because you always feel capable and confident, but because you can love the master teacher. Whether you see yourself as a scholar, an athlete, a lifelong disciple, or someone who has just started again, the invitation is the same. Come unto the master teacher. As we learn of Him and love Him, He helps us love those we teach. “To teach like the Savior, we must love like the Savior!”

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 opened: “It takes courage to stand for truth. It takes even more courage to stand for truth with love.” President Dallin H. Oaks has repeatedly emphasized this, explaining that when we keep the commandments we are sometimes accused of having no love for those who don’t, and when we show love we are sometimes seen as supporting what contradicts our religious duties. Elder Gilbert worried that some would selectively anchor only on truth or others would only anchor on love, and that some would see only others’ shortcomings and forget their own.

When President Russell M. Nelson spoke on peacemaking, Elder Gilbert started a mental list of everyone I thought needed his message. Then President Nelson cautioned that we should look deeply into our own heart to see if there are shards of pride or jealousy in the way. “I extend that same invitation to all of us today.”

Years earlier, assigned to speak with President Oaks at an Ensign College devotional on challenging doctrinal topics, Elder Gilbert sheepishly suggested they write out what he would say, for the sake of the church. The devotional, *Standing Fast with Love and Proclaiming Truth*, contained five principles he amplified.

First, avoid overly contentious settings. Elder Neil L. Andersen taught that being a peacemaker sometimes means resisting the impulse to respond. Elder Gilbert cited Dostoevsky’s *Grand Inquisitor*, where the Savior answers repeated denunciation with silence and a kiss. When national academic leaders aggressively criticized faith in higher education, he chose to table the discussion despite strong disagreement. Tense moments can hide what is really happening; President Nelson taught that those who step away may have doubts fueled by things you cannot see. Sister Annette Dennis told of a wounded dog that would not respond to its owner, for hostility can be hidden pain. Elder Gilbert failed to see this with a once-faithful friend who was attacking the Church. Frustrated because he

knew his friend knew better, he shot back an angry retort. “I may have won the debate in the moment, but I lost the Spirit and I failed to help my struggling friend.” He stood for truth that day, but I did it without love and without charity.

Second, first find common ground. A stake president asked him to make several ministering visits; Elder Gilbert suggested only one home. Five people were waiting there, each with a different situation. Tempted to interject, he followed the Spirit and listened, nearly two hours, through their next meeting. When he invited them to stake conference that evening, each accepted. Building common ground first allowed me later to teach from a place of love. As with the Savior, “we love him, because he [loved us first].”

Third, be a light. President Nelson taught, “Let your skeptical friends see how much you love the Lord and His gospel.” “The best way to help someone else keep their covenants is to keep your covenants.” Sister Tamara W. Runia reminded us to stay at the tree and keep beckoning to those we love. After the tense meeting with academic leaders, a university chancellor later asked his counsel on a character course at a prestigious institution. “Being a light opens more doors than any pointed argument ever will.”

Fourth, hold to the truth even in our outreach. President Oaks has said love does not mean surrendering our values. President Jeffrey R. Holland noted the difference between the commandment to forgive sin and the warning against condoning it, and said, “As near as I can tell, 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.’” Some argue loving our neighbor supersedes loving God, but President D. Todd Christofferson taught, “Putting the first commandment first does not diminish or limit our ability to keep the second commandment. To the contrary, it amplifies and strengthens it.” Elder Gilbert said, “When we try to love others by minimizing God’s laws, we separate ourselves from the one person who loves them the very most.” The Savior loved the woman taken in adultery and charged her to go and sin no more. President Nelson noted that the adversary is loud while Heavenly Father speaks quietly and plainly.

Fifth, stay anchored in Jesus Christ. Elder Gilbert asked us to measure ourselves against charity, which suffereth long, and is kind, is not puffed up, thinketh no evil, and rejoiceth in the truth. “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.” For some it will require greater conviction, for others greater clarity, but “I know the Lord will help us as we strive to teach truth with love.”

Scripture to look up: Moroni 7:45. Charity suffereth long, and is kind and rejoices in the truth, so disciples teach truth with love.

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