



April 2026 General Conference
Lesson Template by Love Pray Teach

Brother David J. Wunderli

“Jesus Christ Is Not Our Burden; He Is Our Relief”

HOW TO USE THIS PACKET:

This template will help you create a meaningful Relief Society discussion. We have divided the template into two discussion paths. Each path will take about 20–25 minutes. Choose what will work best for your class. If you are teaching April–August, you may want to prepare both paths to ensure you have enough material prepared. If you are teaching in September with the new 25 minute class time, one path should give you enough material. Since each class is unique, you will need to use the guidance of the Spirit to know what material to teach.

Each path includes the following:

- A pre-class preparation prompt with included JPG image to send as a text or post to social media;
- 3 quotes from the talk followed by simple, guided discussion questions. We’ve also included these quotes on slide templates for you to display;
- Reflection questions;
- An area to write down your ideas for an invitation to the sisters to apply what they learned;
- 1 additional teaching idea
- 1 handout for each path that includes a beautiful quote from the talk. We’ve included a 4x6 option and a 8.5x11 page that has 4 to a page.

Also included in this packet:

- Personal study ideas and questions;
- 2 blank slide templates to add additional quotes/scriptures/questions if needed;

Ask Inspired and Open Ended Questions:

You will get more participation if you ask prayerfully considered, open-ended questions that don’t have one specific answer. Consider asking what they **think** about the topic or a quote that has been shared, how they **feel** about the message being shared, or what **experiences** they’ve had that illustrate the principles being discussed, and how this message points us to Jesus Christ.

Questions when the discussion is going well:

- Can you say more about that?
- What do you think makes that true?
- Has anyone else felt that?
- What else do you notice?
- How have you seen that in your own life?
- Why do you think that matters?

Backup questions when the room is quiet:

- What word in that quote stands out to you?
- Which part feels most relevant right now?
- Do you think this is easier to understand or to live?
- Is this harder in busy seasons or painful seasons?
- What is one practical example of this?
- How can this point us to Jesus Christ?

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PERSONAL STUDY IDEAS

There is no wrong way to study the messages from General Conference but here are a few ideas to get you started:

Be Prayerful and Humble

Begin with prayer and keep a prayer in your heart that you can receive the message that the Lord needs you to hear.

Listen to the Audio

As you listen, pay close attention to things you are thinking about that have nothing to do with the talk, as this can be personal revelation. *What do you hear that is not being said?*

Make a Note in Gospel Library

Create a note in the Gospel Library app and jot down thoughts, questions, memories, scripture stories, etc. that come to mind.

Read the Talk

Choose a time when it is quiet, and you can be still. As you read, markup the talk. Highlight words and phrases that stand out to you.

Record Your Impressions

As you study, write down the thoughts that come to your mind. Learning to receive and act on personal revelation is important for your spiritual growth.

Ask Questions and Look for Answers

- What questions were asked in the talk?
- What do you want to understand better?
- What questions do you have for further study?
- What does this teach you about Heavenly Father and Jesus Christ?
- What invitations were extended?
- What blessings were promised?
- What can you learn from this?

Watch the Video

Watch the video recording of the speaker giving the talk. What did you see and hear that was meaningful? What visual aids were used?

Act

After reading and studying the talk, ask and answer *"What does Heavenly Father want me to do because of this message?"* Choose one way to act on what you have learned.

Scripture Examples

What scripture stories illustrate the principles being taught in this message?

Think About Your Personal Experiences

What experiences have you had that relate to the message?



As you read and study the talk, use this worksheet to record your thoughts and impressions.
Consider answering the following questions:

Title of Talk:

What **principles** and doctrine are being taught?

What are the **invitations** to act?

How does this message focus on **Jesus Christ**?

How can I **apply** this to my life? What am I inspired to do or change?

What are the **promises** for acting on the invitations?

TEACH THE DOCTRINE PATH A:

Jesus Christ is your relief

Notes

Pre-Lesson Preparation Prompt:

Help the sisters in your class be prepared for a discussion. Send them the image labeled: *Social Media Image A* with the following prompt:

This week in Relief Society, we will be discussing Brother David J. Wunderli's talk "[Jesus Christ Is Not Our Burden; He Is Our Relief](#)", link [here](#). I invite you to study this talk before we meet and come prepared to share your thoughts about the promise the Lord gave Enoch in Moses 6:34.

Teach the Lesson:

Read Moses 6:34 Together

Opening:

- What words or images come to mind when you hear the Lord's invitation, "Walk with me"?

Quote + Discussion Block 1

Read Quote 1 together.

"As the weight increases, please remember that taking Jesus Christ out of your life is not the answer. Removing Him will not lighten your load."

Discussion questions:

- Why do you think people are sometimes tempted to distance themselves from the Savior when life becomes difficult?
- What does this quote teach us about the role Jesus Christ plays in our burdens?
- How can turning to Christ bring relief even when our circumstances do not immediately change?

Quote + Discussion Block 2

Read Quote 2 together.

"Satan is a liar. Jesus Christ is not the weight; He is the relief."

Discussion questions:

- What stands out to you about the statement, "Jesus Christ is not the weight; He is the relief"?
- In what ways do you see Satan's attempts to confuse us that Christ is the weight?
- What are some misconceptions people may have about discipleship or keeping commandments that this quote corrects?
- How have you seen the Savior make difficult things lighter rather than heavier?

Quote + Discussion Block 3

Read Quote 3 together.

"His pleading, loving, powerful invitation is to abide with Him. It is to stay with Him."

Discussion questions:

- What do you think it means to "stay with Him" during seasons of struggle or uncertainty?
- Why do you think the Savior's invitation is to abide with Him rather than simply endure on our own?
- What blessings come from staying close to Jesus Christ through life's challenges?

Notes

Reflection Moment:

Prompt:

- As you think about the "rocks" you may be carrying right now, what does it mean to you personally that Jesus Christ is your relief?

Invite to Act:

End the lesson by extending an invitation for the sisters to put into practice the ideas discussed in Relief Society today.

- What invitation could you extend to your Relief Society sisters to help them apply the principles of this lesson in their lives this week?

Possible Invitations:

Encourage your Relief Society sisters to write down how they will take action this week.

Close with your testimony

Notes

ADDITIONAL TEACHING IDEA Path A:

Relief

Write the word RELIEF on the board.

As sisters discuss the quotes throughout your lesson, invite them to share words or phrases that describe what Jesus Christ offers those who walk with Him.

Examples might include:

- Peace
- Strength
- Hope
- Forgiveness
- Comfort
- Direction
- Healing
- Joy

By the end of the discussion, the board becomes a visual testimony that Jesus Christ is not the weight, He is the relief.

Notes

TEACH THE DOCTRINE PATH B:

Abide in Him

Pre-Lesson Preparation Prompt:

Help the sisters in your class be prepared for a discussion. Send them the image labeled: *Social Media Image B* with the following prompt:

This week in Relief Society, we will be discussing Brother David J. Wunderli's talk "[Jesus Christ Is Not Our Burden; He Is Our Relief](#)", link [here](#). I invite you to study this talk before we meet and come prepared to share your thoughts about the word "abide".

Teach the Lesson:

Opening

- What do you think it means to keep Jesus Christ with you every day?

Quote + Discussion Block 1

Read Quote 1 together.

"Keeping Jesus Christ with you requires intentional, daily worship."

Discussion questions:

- What stands out to you about the word "intentional" in this statement?
- Why do you think daily worship is essential to keeping Christ with us?
- What are some simple ways disciples invite Jesus Christ into their daily lives?

Quote + Discussion Block 2

Read Quote 2 together.

"You keep Jesus Christ with you as you are willing to live your covenants every day and renew them every week."

Discussion questions:

- How does viewing covenants as a daily commitment change the way we think about discipleship?
- What blessings come from regularly renewing our covenants through the sacrament?
- How do covenants help us stay connected to Jesus Christ?
- Can you think of a specific time when partaking of the Sacrament renewed you?

Quote + Discussion Block 3

Read Quote 3 together.

"Abiding with Him eases your burdens. Walking with Him shapes your character and helps you become even as He is. It brings you real and lasting joy."

Discussion questions:

- What stands out to you about the different blessings described in this quote?
- How does walking with Christ shape who we are becoming?
- Why do you think lasting joy comes from abiding with Him?

Quote + Discussion Block 4

Read Quote 4 together.

*"Jesus Christ is not the weight; He is our relief;
He is our strength; He is the way."*

Discussion questions:

- As you think about the week ahead, what is one way you can more intentionally keep Jesus Christ with you?

Reflection Moment:

Of the promises we've discussed today—relief, strength, guidance, or joy—which do you most need from Jesus Christ right now?

Notes

Invite to Act:

End the lesson by extending an invitation for the sisters to put into practice the ideas discussed in Relief Society today.

- What invitation could you extend to your Relief Society sisters to help them apply the principles of this lesson in their lives this week?

Possible Invitations:

Encourage your Relief Society sisters to write down how they will take action this week.

Close with your testimony

ADDITIONAL TEACHING IDEA Path B:

Notes

The Backpack Walk

Supplies:

- Backpack
- Several heavy items (books, rocks, canned goods)
- A volunteer

Instructions:

Have a volunteer put on the backpack.

As you read common life challenges, add weight:

- Disappointment
- Fear
- Conflict
- Illness
- Uncertainty
- Temptation

Ask:

"What happens as the weight increases?"

Then introduce a second volunteer as "Jesus Christ."

Instead of removing the backpack, have Christ walk beside the volunteer and help carry part of the load or steady them as they walk.

Read:

"Each morning as you begin your daily walk, please make sure that Jesus Christ is with you. Then, as you face opposing forces aimed at separating you from Him, your confidence and resolve will be anchored to His truth, to His wisdom, to Him who is all-knowing. Your capacity to understand and forgive will be deeper. Your ability to love others, and even love yourself, will be an extension of His love—His infinite love—and you will have hope, real hope, because it will be in and 'through the atonement of Christ and the power of his resurrection, to be raised unto life eternal.'"

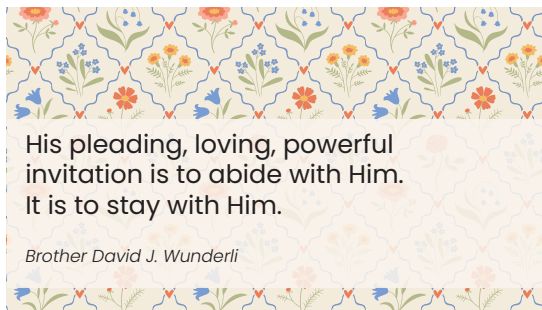
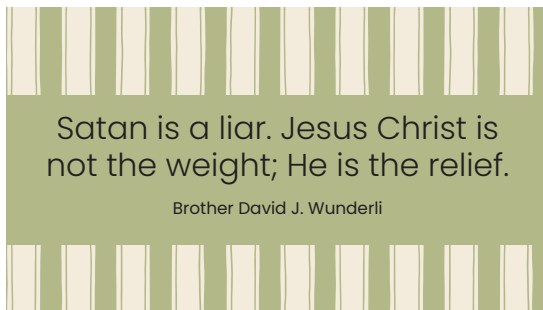
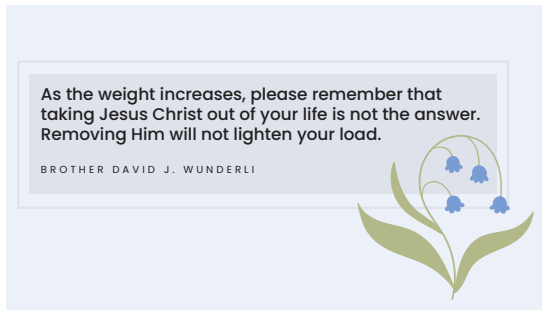
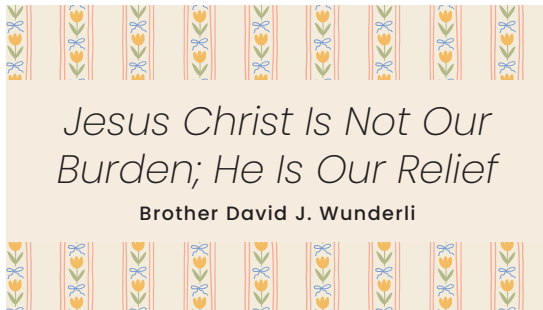
JPG VISUAL AIDS

These visual aids can be printed and posted on the board, used in a slideshow, or shared electronically with class members. Many people learn best when they can both see AND hear the words. Displaying words from the talk can also help the discussion stay on track and remain doctrinally based.

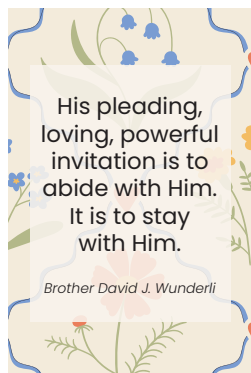
Path A Visual Aids

Click on the images to download individual JPG Files:

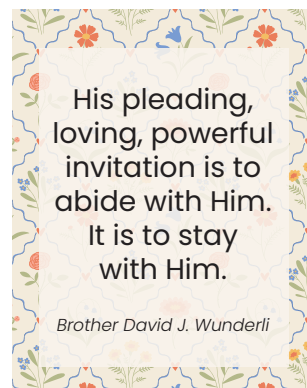
Slide Backgrounds



4x6 Handout



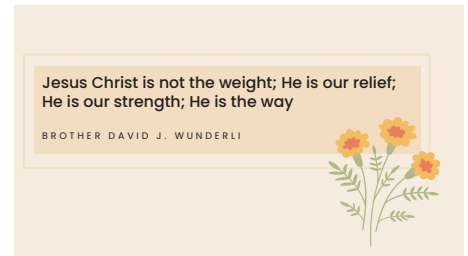
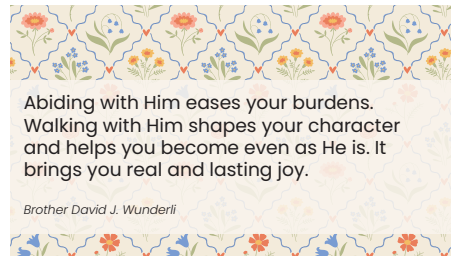
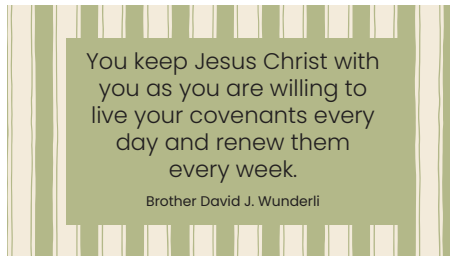
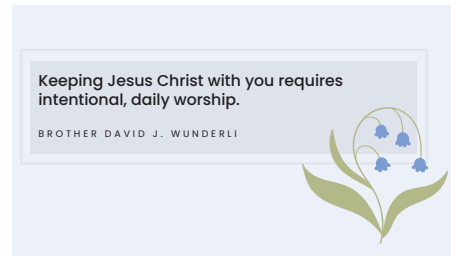
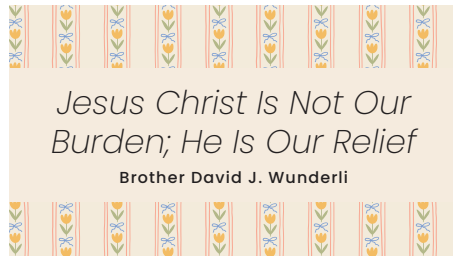
Social Media Image A



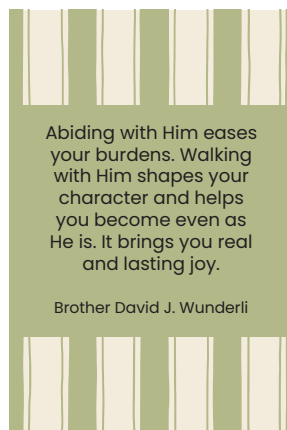
Path B Visual Aids

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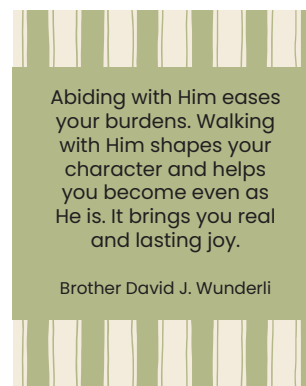
Slide Backgrounds



4x6 Handout



Social Media Image B



SLIDE BACKGROUNDS

Two coordinating JPG images sized for making PowerPoint Presentations and Google Slides.

Click on the images below to download the JPG files.



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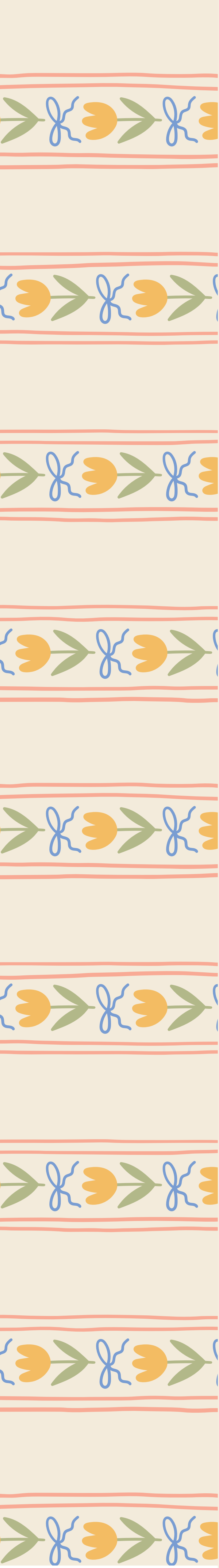


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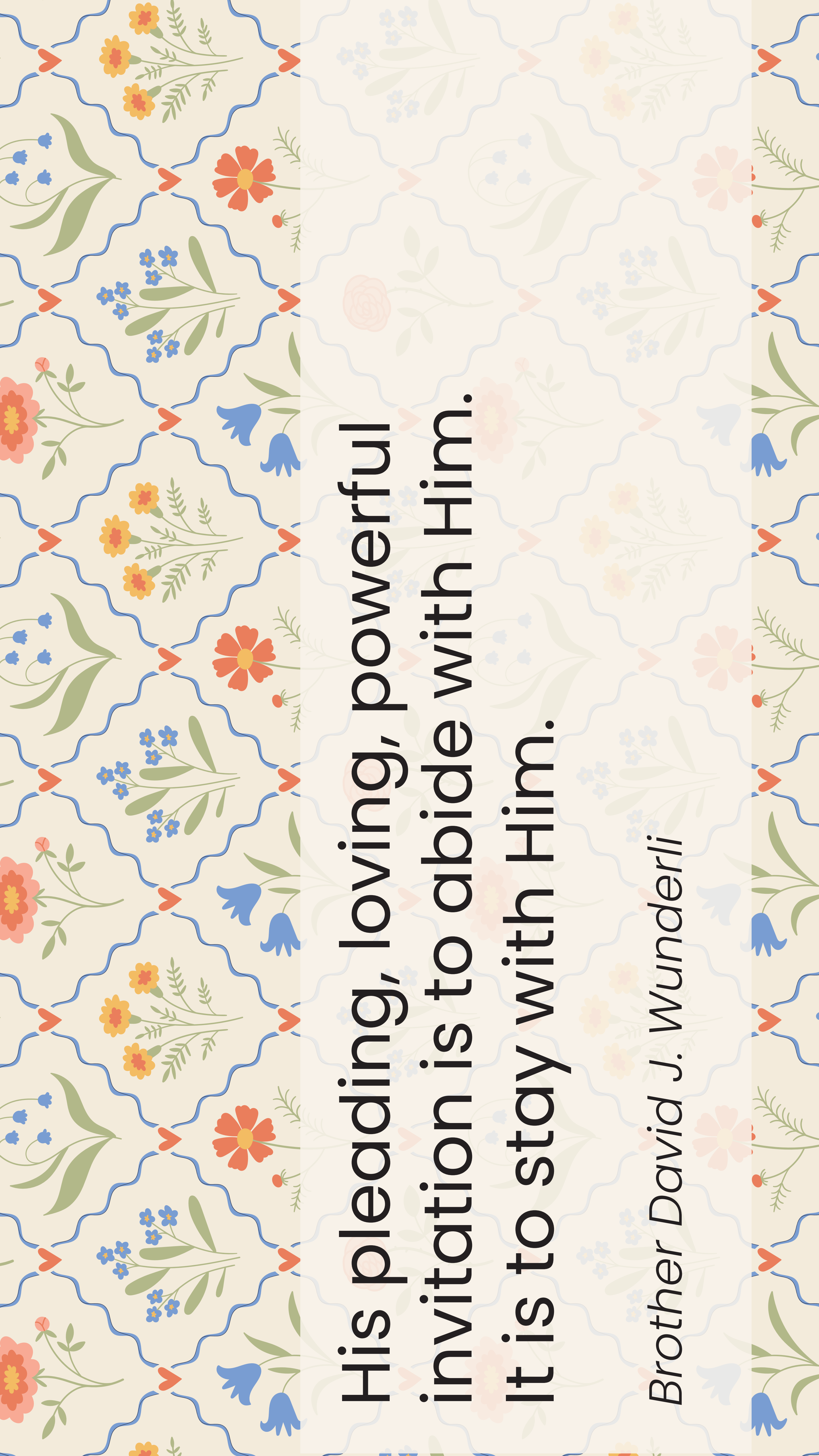
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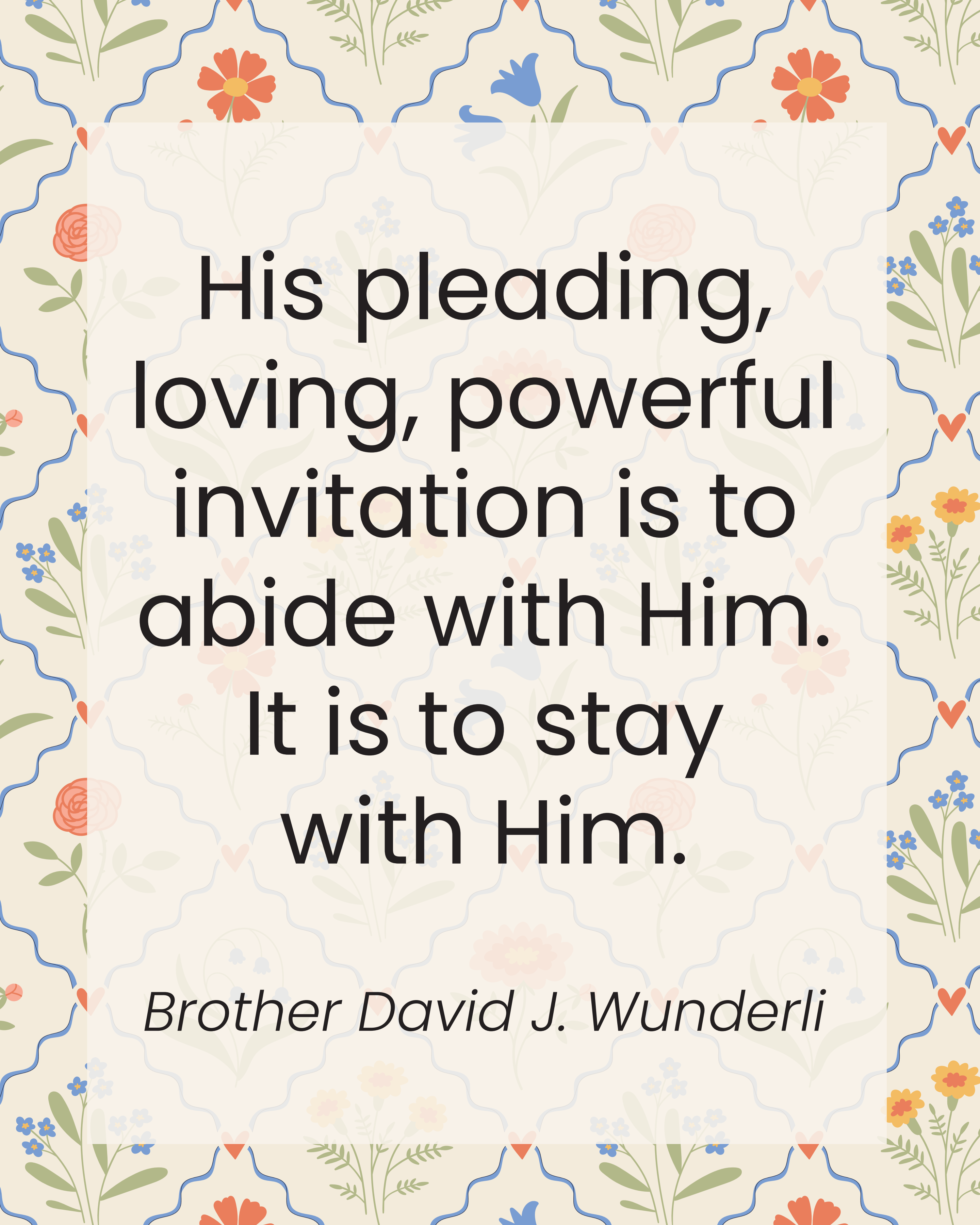
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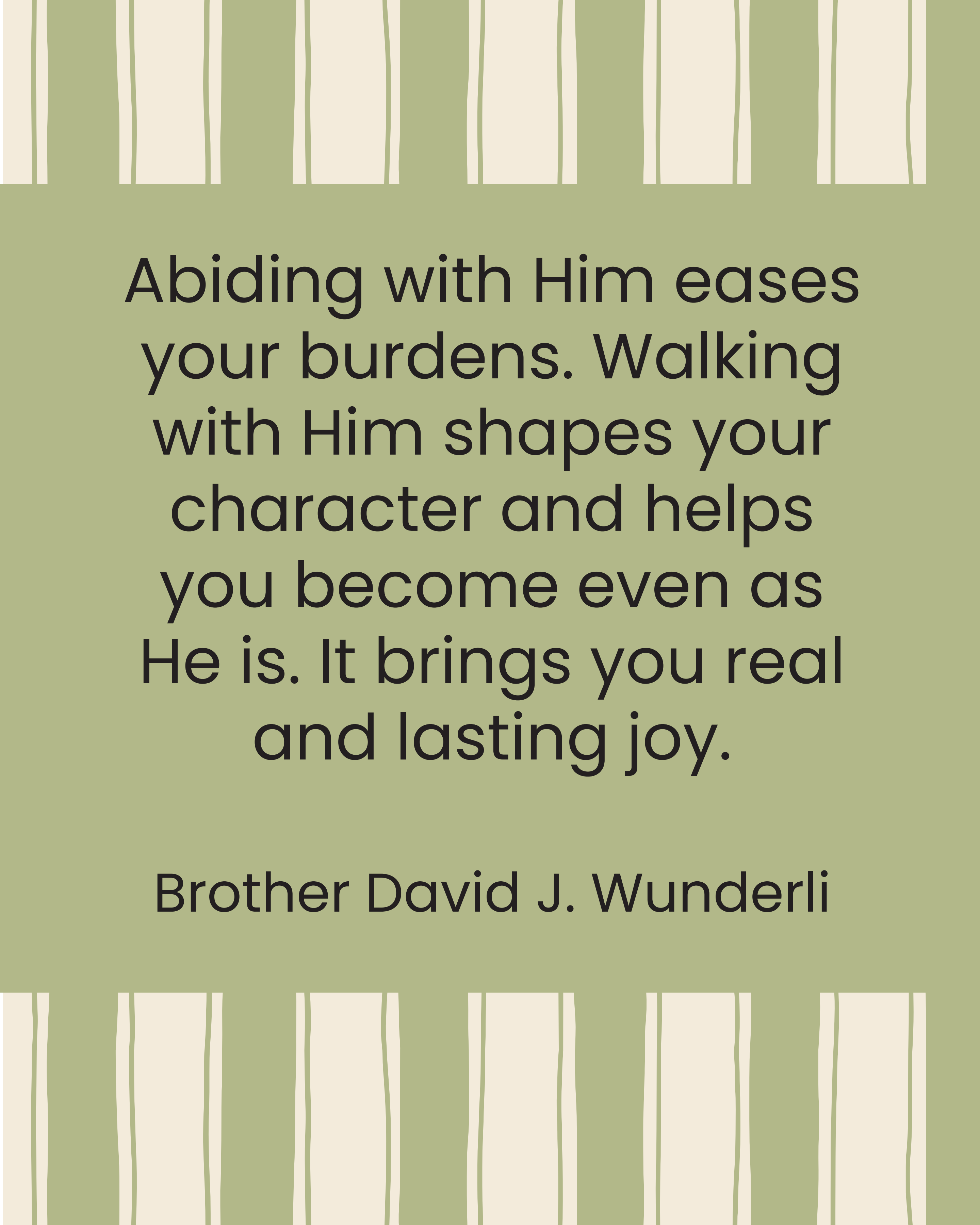
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**Keeping Jesus Christ with you requires
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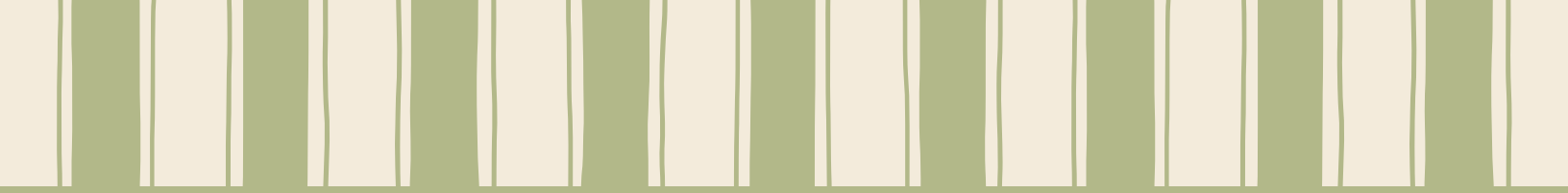


You keep Jesus Christ with
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live your covenants every
day and renew them
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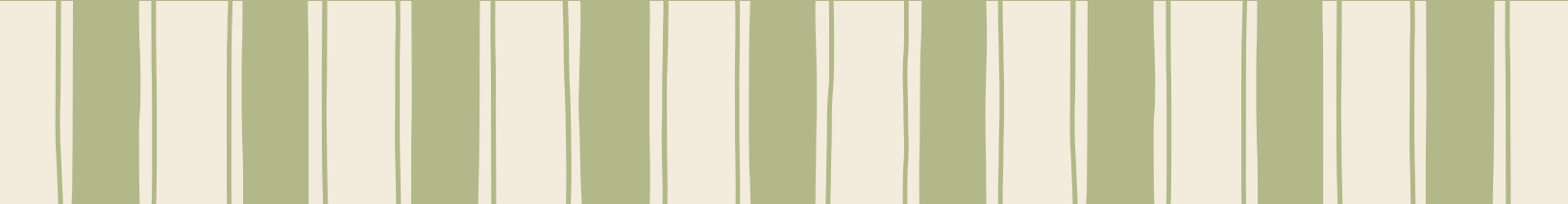


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