

The Holy Ghost Testifies

“Mom!” May got her mother’s attention. “It was so crazy. Today, when everyone was bearing testimonies, my heart felt like it was going to explode.”

“Explode?” Mom giggled. “What do you mean?”

“Well it was thumping really hard!” May explained. “And it felt super full and big but... warm.”

“Oh I see,” Mom smiled. “You felt the Holy Ghost.”

“What?” May was confused. “The Holy Ghost makes your heart thump?”

“The Holy Ghost speaks to people in different ways. Some people are given thoughts. Others hear a voice. And others feel the Holy Ghost within them. Like a happy tear or warm heart.”

“I thought the Holy Ghost warns you if something bad happens,” May thought.

“That’s one of the things the Holy Ghost can do!” Mom assured. “But did you know that the Holy Ghost can testify of truth? When you listened to the testimonies today, you felt warm inside. That was the Holy Ghost telling you that you were hearing the truth.”

“Whoa!” May exclaimed. “That’s cool! Does that only happen when people bear testimonies?”

“Not at all!” Mom shook her head. “I feel the Holy Ghost testify of truth when I read the scriptures, or hear a spiritual song. Even when I watch the sunset! I see the beauty of the earth God has created for us and I feel the Holy Ghost. And with that, our testimonies just grow stronger and stronger!”

“I’ll make sure to listen extra close to the Holy Ghost so I can grow my testimony!” May decided.

“I love that idea,” Mom winked.