

Alma 32-35 (Alma 32:28-43)  
Come, Follow Me: Book of Mormon

the  
love(d)welling

## Grow Your Testimony

“Don’t forget to read your scriptures!” Mom reminded her kids.

“I read the scriptures yesterday. Why do I need to read my scriptures every day?” May moaned.

“Reading our scriptures is one way to grow our testimonies,” Mom explained.

“I already have a testimony,” May sighed.

“May,” Mom got down to her level. “A testimony is like a little seed. And kind of like when you plant a seed, that’s when your testimony begins. But how does a seed grow? Do you let it just sit in the dirt?”

“No,” May thought about what she learned in school. “A seed needs water, sunlight, and good dirt to grow.”

“That’s right,” Mom smiled. “And just like a seed, a testimony needs help to grow too. Like a seed needs water, sunlight, and good soil, you can grow a testimony by praying, reading your scriptures, and going to church.”

“How can those things help grow your testimony?” May wondered.

“Well,” Mom began. “When you pray, you talk to Heavenly Father. And you can receive answers from Him that can help your testimony grow. When you read your scriptures, you learn more about the gospel and Jesus Christ. And going to church gives you opportunities to share what you’ve learned and hear what others have learned. Learning helps our testimonies grow.”

“But what if I’ve done all those things?” May asked. “Then I have my testimony and I don’t have to do that stuff anymore?”

“Even the prophet is still growing his testimony,” Mom explained. “Everyone is always trying to grow their testimonies, and you should too; whether your testimony is the size of a budding flower or a humongous tree.”

“Okay. I guess you’re right.” May admitted. “I want to grow a humongous tree of a testimony!”

“Then go read your scriptures, Silly Goose!” Mom giggled as May galloped to her room.