



Quest for Testimony

Manifest: show

By President Henry B. Eyring
First Counselor in the First Presidency

Our quest for testimony begins with “a **particle** of faith” and with desire for it to grow (Alma 32:27).

A seed of faith is already planted in your heart. Like a growing plant, it must be nurtured or it will wither. Frequent prayers and obedience to the commandments will keep your testimony alive and strengthen it.

The Savior has taught us that we must also ask in prayer for a testimony of truth. The Lord taught us to pray about the Book of Mormon:

“And when ye shall receive these things, I would **exhort** you that ye would ask God, the Eternal Father, in the name of Christ, if these things are not true; and if ye shall ask with a sincere heart, with

Exhort: strongly urge

real intent, having faith in Christ, he will **manifest** the truth of it unto you, by the power of the Holy Ghost.

“And by the power of the Holy Ghost ye may know the truth of all things” (Moroni 10:4–5).

Your answer may not come in one powerful spiritual experience. For me it came quietly at first. But it comes more forcefully each time I have read and prayed about the Book of Mormon.

Feasting on the word of God, prayer, and obedience to the Lord’s commandments must be applied continually for your testimony to grow and prosper. ◆

Adapted from an April 2011 general Young Women meeting address.

Particle: a small piece

A GROWING TESTIMONY

Many scriptures compare gaining a testimony to growing a plant—both require time and effort. Color the picture and think about how these things help you gain a testimony.



MORONI'S PROMISE

