



▶ I'm not sure I have felt the Spirit like people talk about in church.
How can I know when I am feeling the Holy Ghost?



I wasn't sure if I had ever felt the Spirit. Then I went to the Atlanta Georgia Temple open house. When I was in the celestial room and sealing room, I had a really peaceful and happy feeling, and I knew it was the Holy Ghost.

Joseph T., age 8, Georgia



I feel the Spirit when I read my scriptures. I feel like Christ is with me. Listen closely to the testimonies in fast and testimony meeting. I always feel the Spirit when people share their belief in Christ.

Ashley W., age 10, Pennsylvania



We had just moved to a new state, and I was nervous. As I was walking into my new school, I said a prayer asking Heavenly Father to let the Holy Ghost be with me. I felt a warm feeling in my chest. If you don't know if you are feeling the Holy Ghost, see if you feel a warm feeling inside. Everybody feels it differently. It's easiest to feel it if you say a prayer or do something good.

Joshua S., age 8, North Dakota



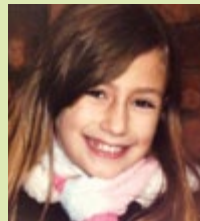
The Holy Ghost gives me a special feeling when I need to bear my testimony. I sometimes feel it when people are giving talks in sacrament meeting. The Spirit fills me with love and peace, and I feel safe.

Abigail J., age 11, Idaho



I learned that when I feel joy and a desire to do good, the Holy Ghost is with me.

Debora W., age 11, Nevada



There are lots of ways to feel the Spirit. I have felt it in three ways. One way is a fuzzy feeling in my heart. A second way is feeling bad about something that is wrong. A third way is when I cry with joy. I am so grateful I have been baptized so I can feel the Spirit better. The Holy Ghost has definitely blessed my life in many, many ways.

Ella C., age 10, California



I remember asking the same question. The Holy Ghost doesn't always come as a burning feeling in your heart. It sometimes comes as a quiet, comforting feeling.

Morgan M., age 13, Utah

Responses are intended for help and perspective, not as pronouncements of Church doctrine.

Next Question

Heavenly Father sometimes helps me with small things, like finding something that is lost. But why does it seem like He doesn't always help with bigger things, like healing someone who has a serious sickness?

Do you have some advice about this? Send us your answer and photo by October 31, 2012. Find our address on page 48 or e-mail us at friend@ldschurch.org. (Put "Question Corner" in the subject line.) Remember to include a parent's permission!