



**By Elder  
Robert D. Hales**  
Of the Quorum of  
the Twelve Apostles

# How can the Holy Ghost help me?

The Holy Ghost is the third member of the Godhead.  
He testifies of Heavenly Father and Jesus Christ.



From "The Holy Ghost," Ensign, May 2016, 105–107.



# Guided by the Holy Ghost

Elder Robert D. Hales learned to follow the Holy Ghost to help others. One night Elder Hales needed to get ready for a special dinner. But on his way home, he felt like instead he should stop and check on a widow that he home taught. When he knocked on her door, she said, “I have been praying for you to come.” Elder Hales knew that the Holy Ghost had told him to go see her.

Another time, Elder Hales was at a stake conference. He was not feeling well. He planned to go home right after the meeting. But after the closing prayer, Elder

Hales felt like he should stay and shake hands with everyone. When one young man came to shake his hand, Elder Hales felt like he should give him a special message. Later the stake president told Elder Hales that the young man was going through a hard time. Getting to talk to Elder Hales was a special experience for him. Elder Hales knew that the Holy Ghost had told him to stay and to talk to the young man.

When we listen to and follow the Holy Ghost, we can help other people. We can also have help to do what’s right. And we can have peace and comfort. ◆