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## HOW TO GAIN A TESTIMONY

**T**he first step in gaining any kind of knowledge is to really **desire to know**. In the case of spiritual knowledge, the next step is to **ask God in sincere prayer**. As we read in modern revelation, “If thou shalt ask, thou shalt receive revelation upon revelation, knowledge upon knowledge, that thou mayest know the mysteries and peaceable things—that which bringeth joy, that which bringeth life eternal” (D&C 42:61).

Here is what Alma wrote about what he did: “Behold, I have fasted and prayed many days that I might know these things of myself. And now I do know of myself that they are true; for the Lord God hath made them manifest unto me by his Holy Spirit” (Alma 5:46).

As we desire and seek, we should remember that acquiring a testimony is not a passive thing but a process in which we are expected to *do* something. Jesus taught, “If any man will do

his will, he shall know of the doctrine, whether it be of God, or whether I speak of myself” (John 7:17).

Another way to seek a testimony seems astonishing when compared with the methods of obtaining other knowledge. **We gain or strengthen a testimony by bearing it**. Someone even suggested that some testimonies are better gained on the feet bearing them than on the knees praying for them.

A personal testimony is fundamental to our faith. Consequently, the things we must do to acquire, strengthen, and retain a testimony are vital to our spiritual life. In addition to those already stated, we need to **partake of the sacrament each week** (see D&C 59:9) to qualify for the precious promise that we will “always have his Spirit to be with [us]” (D&C 20:77). Of course, that Spirit is the source of our testimonies. ■

*From an April 2008 general conference address.*



### HOW HAVE YOU APPLIED THIS?

I have a testimony of the Church. It came through inspiration and dedication and reading the scriptures daily. And when you have your own testimony, it is amazing how differently you see and hear things.  
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