

“In addition to prayer and scripture study, what’s the best way to strengthen my testimony?”

Your testimony probably won’t come all at once. It will grow one spiritual experience at a time—as the scriptures say, “line upon line, precept upon precept” (2 Nephi 28:30). You then have to nourish and strengthen your testimony, just like a growing seed (see Alma 32:28–43). And just as a plant can’t survive on water alone, there isn’t just one “best” way to strengthen your testimony. You need a combination of ways.

Prayer and scripture study are definitely good ways to nourish your testimony. As you study the gospel and pray with real intent to know something is true, the Holy Ghost will help you feel the truth of the gospel (see Moroni 10:4–5).

You can also strengthen your testimony by keeping the commandments. When you live a gospel principle—such as fasting, keeping the Sabbath day holy, or taking the sacrament—you start to gain a testimony of *how* and *why* it is true, instead of just *that* it is true. Jesus said that when you choose to “do his will,” you will “know of the doctrine” (John 7:17).

Another way to nourish your testimony is by sharing it. President Boyd K. Packer (1924–2015), President of the Quorum of the Twelve Apostles, said, “A testimony is to be *found* in the *bearing* of it!” (“The Candle of the Lord,” *Ensign*, Jan. 1983, 54; *Tambuli*, July 1983, 34). You can share your testimony in church and seminary, at home, and with friends. When you do, the Holy Ghost can testify to *you* that what you are sharing is true.

As you strengthen your testimony in many different ways, it will grow and deepen, and you will feel peace and joy.



Work with the Missionaries

Missionary work has been the best way for me to strengthen my testimony. Every time I work with the missionaries, I feel the love of Christ.

Joy D., age 19, Leyte, Philippines

Strive to Be a Disciple

You can strengthen your testimony by striving to be always a true disciple of Jesus Christ. Obedience to God’s commandments makes us valiant in our testimonies, and that in turn makes our testimonies even stronger and ready for God’s kingdom (see D&C 76:79). You can also strengthen your testimony by sharing it.

Elder Mule Simon, age 23, Democratic Republic of the Congo Lubumbashi Mission

Listen to the Holy Ghost

Going to church, reading the scriptures, listening to conference talks, and so on will only help you strengthen your testimony if you listen to the Holy Ghost. He will testify of the truth to you. Always listen to the Holy Ghost, because He is there and will help you strengthen your testimony.

Alyssa B., age 16, Virginia, USA





Go on a Mission

Going on a mission will strengthen testimonies for yourself and for others you teach. On a mission you will learn to rely fully on the Lord and not on your own strength. A mission will strengthen you, and as you serve the Lord and do his work, it will strengthen your testimony.

Elder Bailey Peaali'i Williams, age 19, Singapore Mission

Share What You Know to Be True

I have learned that one of the greatest ways to strengthen my testimony is to share it with others. Every time I share what I believe and I know it to be true—however simple and small it may be—I feel a great warmth inside my chest, and with it comes a greater confirmation in my heart that those things I have said are true! In other words, I feel my testimony being strengthened.

Douglas S., age 20, São Paulo, Brazil



Become More Christlike

We can strengthen our testimonies by becoming more Christlike. I have strengthened my testimony when I expressed the pure love of Christ and served others as the Savior did.

Kyung Jin P., age 17, Seoul, South Korea

Bear Your Testimony

A good way to strengthen your testimony is to bear it. Sometimes when you share your testimony, you find it. You can also fast to know for yourself if what you are taught is true. I have done both of these things, and they have greatly strengthened my testimony.

Porter S., age 12, Idaho, USA



Serve Others

Besides prayer and scripture study, I think the best way to strengthen your testimony is through service. When we serve others, we show God that we care about His children. Also, we can receive the Spirit when we are doing God's work. I know that many times I have received comfort through hard times and answers to questions while doing service.

Caroline J., age 18, Utah, USA



NOURISHING YOUR TESTIMONY

“Like a growing plant, [a testimony] must

be nurtured or it will wither. . . . Obedience to the commandments is part of the nourishment you must provide for your testimony.”

President Henry B. Eyring, First Counselor in the First Presidency, “A Living Testimony,” Ensign or Liahona, May 2011, 125.

UPCOMING QUESTION

How can I invite the Spirit into my home when people are fighting or arguing?

Submit your answer and, if desired, a high-resolution photograph by November 15, 2017, at liahona.lds.org (click “Submit an Article”) or by email to liahona@ldschurch.org.

Please include the following information: (1) full name, (2) birth date, (3) ward or branch, (4) stake or district, (5) your written permission, and, if you are under age 18, your parent's written permission (email is acceptable) to publish your response and photograph.

Responses may be edited for length or clarity.