



Pray for the Spirit

Whenever family around are arguing, it's difficult to feel the Spirit's presence, but that doesn't

mean you won't be able to feel it if you're worthy. Say a prayer in your heart for an added measure of the Lord's Spirit and pay extra attention to the promptings sent. Heavenly Father can help you feel peace and know how best to help bring that peace into your home.

Katie G., age 17, Utah, USA

Try to Compromise

Talk with your family to solve the problem in a way that everyone benefits, or share a scripture or sing a hymn. You can also ask Heavenly Father for help to solve the problem. In this way, everyone will calm down and be able to solve the problem without the need for shouting or violence. Surely the Holy Spirit will fill you all with peace and give everyone the desire not to fight again.

Luis F., age 14, Playa del Carmen, Mexico

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



Is a testimony more than just feelings?

A testimony is what the Savior was talking about when He told Peter, "Flesh and blood hath not revealed it unto thee, but my Father which is in heaven" (Matthew 16:17). It is knowledge from God revealed through the Holy Ghost.

The Holy Ghost speaks in a voice we feel more than we hear, but it comes both "in your mind *and* in your heart" (D&C 8:2; emphasis added)—our thoughts as well as our feelings.

The Prophet Joseph Smith described the spirit of revelation as a feeling of "pure intelligence flowing into you, [giving] you sudden strokes of ideas" (*Teachings of Presidents of the Church: Joseph Smith* [2007], 132).

When we turn our minds and hearts—our thoughts, feelings, and desires—to God, He can speak to our minds and hearts with the still, small voice of the Holy Ghost. As He engages our spirits, certain feelings and thoughts seem to flow to us. This is the testimony He gives us.

What Do You Think?

"How do I find friends with good standards?"

Submit your answer and, if desired, a high-resolution photograph by November 15, 2018, at liahona.lds.org (click "Submit an Article").

Responses may be edited for length or clarity.