

I've been given the gift of the Holy Ghost, but I don't feel the Spirit constantly. Is something wrong with me?

Having the gift of the Holy Ghost means He can be our constant companion. We have to be worthy and stay away from things that would drive Him away. If we don't think we *feel* the Spirit very often, we should have patience. Learning to recognize and follow the Spirit is a lifelong goal that takes faith and effort. If you don't often have big, impressive spiritual experiences, you're pretty normal. These are rare. The Spirit's influence is usually still and small. We shouldn't fill ourselves with anxiety or self-doubt because we're not "feeling the Spirit" as frequently as we think we ought to.

Study the scriptures to find out how the Holy Ghost influences people. Ask others how they've experienced the constant companionship of the Holy Ghost—parents, grandparents, teachers, leaders, or anyone else you know and admire in the Church. Ponder how you may have been guided and comforted by the Spirit in small and simple ways. Pray for the Spirit. And take the sacrament each week with real intent to keep your covenants and receive the promise of the Spirit. **NE**



What's the difference between perfectionism and wanting to be worthy?

The desire to be worthy often comes from our love of God and a sense of His love for us. It leads us down the path of obedience, covenants, and repentance. It is a desire to become perfect as the Savior invited us to do (see Matthew 5:48). But this means striving to be humble and to "deny [ourselves] of all ungodliness" so that we can *be perfected* in Jesus Christ by His grace (see Moroni 10:32).

Perfectionism, on the other hand, is often born of fear rather than love—fear of shame, fear of failure, fear of punishment, fear of disapproval or disappointment. It leads us down the path of anxiety and emotional instability.

"Worthiness and perfection don't mean the same thing! . . . We can be worthy while still needing improvement. . . . Those suffering from perfectionism . . . suffer from exaggerating their minor mistakes, weaknesses, or shortcomings to the point that they may become dysfunctional. . . . We need to recognize [our weaknesses], but we do not glory in them or magnify them" (Cecil O. Samuelson, "What Does It Mean to Be Perfect?" *New Era*, Jan. 2006, 10–13). **NE**