

when we sin, we feel bad and know it's wrong, but sometimes we do it anyway. Why do we do things we know are wrong?

Because of our fallen nature, we are prone to be shortsighted and forgetful.

Often we don't see the long-term effects of our choices, or we forget the consequences of choices we've made before.

King Benjamin said, "The natural man is an enemy to God, and has been from the fall of Adam, and will be, for-

ever and ever, unless he yields to the enticings of the Holy Spirit, and putteth off the natural man and becometh a saint through the atonement of Christ the Lord" (Mosiah 3:19). By continually rejecting our natural impulses and

embracing the Atonement, we can lose the desire to sin and gain the desire to do good continually (see Mosiah 5:2).

One of the most frequent injunctions in the scriptures is "remember." Both ancient and modern prophets frequently remind us where our choices will lead. Their words can help us realize that even if sin feels good at the moment, we will be much happier in the long run if we are obedient. **NE**.

## How do I know what I am feeling is the Spirit and not just my own emotions?

We sometimes hear stories in which the Spirit speaks audibly or through visions or strong impressions. But more often, revelation comes quietly (see D&C 6:23; 8:2–3; 1 Kings 19:11–12).

President Brigham Young (1801–1877) said: "The Spirit of God filling the creature with revelation and the light of eternity, cannot be mistaken" (*Teachings of Presidents of the Church: Brigham Young* [1997], 319).

Search your own experience. Remember how you've felt when you've prayed, studied the scriptures, or had other experiences with the Spirit. Continue to do those things and seek out those experiences. Learn to recognize those feelings that enlighten and speak peace to your mind and that encourage you to believe in Christ, love others, and do good. As you do so, you will learn what President Young was talking about. **NE** 

as a full tithe. NE

