

“How can I know when I am being guided by the Holy Ghost?”

The main role of the Holy Ghost is to testify of God the Eternal Father and His Son, Jesus Christ. In addition, in 2 Nephi 32:5 it says, “If ye will enter in by the way, and receive the Holy Ghost, it will show unto you all things what ye should do.”

In other words, we are promised that if we are faithful to the covenants we have made at baptism and confirmation, then the Holy Ghost will testify of the Father and the Son, give us comfort, help us make righteous decisions, influence us to do good, and protect us from danger. Perhaps most important, though, is that the Holy Ghost can help us to know the truth of all things (see Moroni 10:5) and gain a testimony that God lives, that Jesus is the Christ, and that His Church has been restored to the earth.

In the scriptures it is written that the influence of the Holy Ghost is like a still, small voice (see 1 Kings 19:12; 1 Nephi 17:45). For some, the guidance of the Holy Ghost is a feeling or a prompting. No matter how you sense it, the Holy Ghost leads you to do good, brings you peace, and is associated with positive, unselfish feelings (see Moroni 7:13; Galatians 5:22–23). As you learn to follow these promptings, you will come to understand how this gift works in your life. **NE**

A Sense of Peace



Whenever I’m trying to sense the Spirit, I look for the one emotion that Satan can’t imitate—that is an overwhelming sense of peace. If I’m experiencing this feeling because of my actions, then I know that the Holy Ghost is prompting me in such actions.

Jayden G., 17, Washington, USA

Warm Fuzzy Feeling



When the Holy Ghost guides me, I feel like my heart will burst from my chest. In my seminary class, we call it the “warm fuzzy” feeling. Never doubt that the

Holy Ghost is with you. You’ll know by the sense of peace and joy that overcomes you, even in a tough situation.

Amanda D., 18, Oregon, USA

Pray If in Doubt



The Holy Ghost may speak to us each differently. We just need to learn what the Spirit feels like to us. The Lord has also given us prayer. We can always pray for a confirmation that we are being directed by the Holy Ghost when we are in doubt.

Ashley L., 14, Texas, USA

Overwhelming Good Feeling



Oftentimes I’ll feel an urge to go do something. Usually that something involves some random act of kindness, and it’s something that hasn’t crossed my mind before.

When I'm done, I have this overwhelming good feeling. That feeling helps me know that I'm being guided by the Holy Ghost.
Austin V., 18, Iowa, USA

Positive Things



I know I am being guided by the Holy Ghost when I do positive things and stay away from negative peer pressure. I know whenever I do what is positive, I receive great blessings.

Damien D., 14, Arkansas, USA

Speaks Softly



If you have a problem you need help with, and if the decision you make feels right and you are at peace with it, the Holy Ghost has just guided you. Most of the time the Holy Ghost speaks softly to you, and when you are in a peaceful place, you can hear Him.

Kimberly B., 15, Utah, USA

Contentment and Optimism



If you honestly and faithfully ask, the Lord will direct you in the right direction through the Holy Ghost. Once you do that, you should consider, ponder, and pray about all aspects of the decision you are making or guidance you are seeking.

In the scriptures it says you can feel a "burning in your bosom," but for me, I usually get the "still, small voice" effect and feel contentment and optimism about whatever answer I receive.
Sarah A.

Helps You Understand



I pray to Heavenly Father to know if I should make the choice I'm prompted to do. Most of the time, the feeling

becomes stronger, and then I know it's the right thing to do. I know that if you pray to Heavenly Father for help, He will help you understand the guidance of the Holy Ghost.

Rachel B., 14, Utah, USA

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



PURE INTELLIGENCE

"A person may profit by noticing the first intimation of the spirit of revelation; for instance, when you feel pure intelligence flowing into you, it may give you sudden strokes of ideas, so that by noticing it, you may find it fulfilled the same day or soon; (i.e.) those things that were presented unto your minds by the Spirit of God, will come to pass; and thus by learning the Spirit of God and understanding it, you may grow into the principle of revelation, until you become perfect in Christ Jesus."

Joseph Smith (1805–1844), Teachings of Presidents of the Church: Joseph Smith (2007), 132.

NEXT QUESTION

"How do I get over feelings of loneliness?"

Send your answer and photo by December 15, 2011.

Go to newera.lds.org, click Submit Your Material, and then select Questions and Answers.

You can also write to us at newera@ldschurch.org

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Responses may be edited for length or clarity.