

# A Growing Testimony

**T**estimonies are like beautiful plants. They grow a little at a time, and they need care and protection. Follow the directions below to make this plant healthy and bright.

When you know something is true, you have a testimony of that truth. The Holy Ghost helps you understand the truth in your mind and gives you feelings of peace, happiness, light, or warmth in your heart.

Color a flower or leaf on this page each time you read something below that you know is true.

- God is my loving Heavenly Father.
- Heavenly Father hears and answers my prayers.
- Because of the Atonement of Jesus Christ, I can live with Heavenly Father again.
- Joseph Smith restored the gospel to the earth.
- We have a living prophet.
- The scriptures teach me what Heavenly Father wants me to know.

Just as a plant grows when it receives water and sunlight, your testimony grows stronger as you make good choices. Below are some ways you can strengthen your testimony.

Color a flower or leaf on this page each time you do one of the things below to help your testimony grow.

- Pray to Heavenly Father.
- Share my testimony in family home evening or during a talk in Primary.
- Read the scriptures.
- Listen and learn during Primary and sacrament meeting.
- Write about my testimony in my journal.
- Be kind to others.
- Read what prophets have taught about testimony. (You can start with “The True and Living Church” by President Henry B. Eyring in the May 2008 *Ensign*.) ♦

ILLUSTRATION BY BRAD CLARK