



By President Russell M. Nelson

# How You Can Know WHAT'S TRUE



**W**hat do you feel an **urgent** need to know or understand? Follow the example of the Prophet Joseph Smith.

very important right now

- Find a quiet place.
- Have a humble attitude before God.
- Turn to your Heavenly Father for answers and for comfort. Pray in the name of Jesus Christ about your concerns, your fears, and the **longings** of your heart.

what you want very much

Does God really want to speak to you?

**YES!**

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And then **listen!**

Write the **thoughts** that come to your mind.

inspired by the Holy Ghost

Follow through with **actions** you are **prompted** to take.

You can receive your own **testimony** that the Book of Mormon is the word of God, that Joseph Smith is a prophet, and that this is the Lord's Church.

No matter what others may say or do, no one can ever take away a testimony in your heart and mind about what is true. ●

*Adapted from "Revelation for the Church, Revelation for Our Lives," Ensign, May 2018, 93–96.*