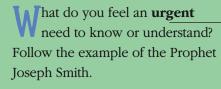


By President Russell M. Nelson

How You Can Know

AT'S TRUE



- 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

very important right now



And then listen!

Write the thoughts

that come to your mind.

Follow through with

actions

inspired by the Holy Ghost

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.