



By President
Russell M. Nelson

FEED Your Spirit!

In the Sunday morning conference session, President Nelson talked about the 11-year-old boys and girls who graduated from Primary in January. He is happy when he sees them:

- **worthily passing the sacrament,**
- **learning and serving as Beehives,**
- **going to the temple,**
- **helping teach about the gospel in their families.**



President Nelson also told a story about a four-year-old boy named Blake. Early one Saturday morning, Blake grabbed a Church book and said, “I need to feed my spirit!” President Nelson said he is thrilled when children feed their spirits by feasting on the truths of the gospel of Jesus Christ.

HOW DO YOU FEAST ON THE TRUTHS OF THE GOSPEL OF JESUS CHRIST?



“I testify that
God lives!
Jesus is
the Christ.
His Church and
the fulness of
His gospel have
been restored
to bless our
lives with joy.”

President
Russell M. Nelson



Adapted from “Come, Follow Me,” Ensign, May 2019, 88–91.