

HELPS FOR VISITING TEACHING

As a visiting teacher, you can receive impressions of the Spirit as to the needs of your sisters and how to meet those needs. As you teach this message, share, as appropriate, any inspiration or help you have received regarding visiting teaching.

PERSONAL PREPARATION

1 Samuel 3:10
 1 Kings 19:11–12
 Alma 5:46; 26:22
 3 Nephi 19:19–23
 D&C 8:2–3; 9:8–9; 88:63–64

Seeking and Receiving Personal Revelation



Teach these scriptures and quotations or, if needed, another principle that will bless the sisters you visit. Bear testimony of the doctrine. Invite those you visit to share what they have felt and learned.

How Can I Seek Personal Revelation?

“We prepare to receive personal revelation as the prophets do, by studying the scriptures, fasting, praying, and building faith. Faith is the key. Remember Joseph’s preparation for the First Vision:

“If any of you lack wisdom, let him ask of God. . . .

“But let him ask in faith, nothing wavering.”¹

Elder Robert D. Hales of the Quorum of the Twelve Apostles.

“Prayer is *your* personal key to heaven. The lock is on your side of the veil.

“But that is not all. To one who thought that revelation would flow without effort, the Lord said:

“You have not understood; you have supposed that I would give it unto you, when you took no thought save it was to ask me.

“But, behold, I say unto you, that you must study it out in your *mind*; then you must ask me if it be right,

and if it is right I will cause that your bosom shall burn within you; therefore, you shall *feel* that it is right.”²

President Boyd K. Packer, President of the Quorum of the Twelve Apostles.

How Can I Receive Personal Revelation?

“In its more familiar forms, revelation or inspiration comes by means of words or thoughts communicated to the mind (see Enos 1:10; D&C 8:2–3), by sudden enlightenment (see D&C 6:14–15), by positive or negative feelings about proposed courses of action, or even by inspiring performances, as in the performing arts. As President Boyd K. Packer, . . . President of the Quorum of the Twelve Apostles, has stated, ‘Inspiration comes more as a feeling than as a sound.’³

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles.



“The temple is a house of learning. Much of the instruction imparted in the temple is symbolic and learned by the Spirit. This means we are taught from on high. . . . Our understanding of the meaning of the ordinances and covenants will increase as we return to the temple often with the attitude of learning and contemplating the eternal truths taught. . . . Let us enjoy the spiritual strength and the revelation we receive as we attend the temple regularly.”⁴ ■

Silvia H. Allred, first counselor in the Relief Society general presidency.

NOTES

1. “Personal Revelation: The Teachings and Examples of the Prophets,” *Liahona* and *Ensign*, Nov. 2007, 88.
2. “Personal Revelation: The Gift, the Test, and the Promise,” *Ensign*, Nov. 1994, 59–60.
3. “Eight Reasons for Revelation,” *Liahona*, Sept. 2004, 8; “Eight Ways God Can Speak to You,” *New Era*, Sept. 2004, 4.
4. “Holy Temples, Sacred Covenants,” *Liahona* and *Ensign*, Nov. 2008, 113, 114.