

Unlocking the Power of the **BOOK** of **MORMON**

By Symmony Ann Park

While on my mission in the Philippines, my companion and I taught a particularly powerful lesson about the importance of studying the Book of Mormon daily. At the end of the lesson, my companion bore one of the most powerful testimonies of scripture study that I had ever heard. She testified that reading the Book of Mormon added a new power into her life that was impossible to explain.

It was obvious that her experience with the Book of Mormon had changed her life, and I wanted that for myself.

I decided that night that I would read the Book of Mormon again. From the beginning.

I spent a lot of time on my knees explaining to God that I wanted to experience the conversion and power that comes from the Holy Ghost.

The answer I received was: Read. Just read.

So that's what I did. I threw myself into reading with a new vigor. I paid special attention to each verse, chapter, and page. As I read, I found verses that answered my questions, soothed my worries, and helped lift the burdens of those I was teaching.

After about a month, I realized that something inside of me was changing. My capacity to love others increased; I had more hope in the future; I was able to work harder and longer each day; I was more focused on the work; and I started to feel so much joy.

One day in my studies I came across a quote from President Ezra Taft Benson (1899–1994), former president of the Church: “There is a power in the [Book of Mormon] which will begin to flow into your lives the moment you begin a serious study of the book. . . . When you begin to hunger and thirst after those words, you will find life in greater and greater abundance.”¹

As I continued to study, I began to really understand what he meant. I was finding life in greater abundance.

Looking back, I am convinced that one of the reasons I was put with that companion was so I could be there that night to hear her testimony. I felt like all the good parts of life—love, hope, trust, hard work, determination, and joy—were amplified.

There was a new light in my life, and I knew that it was real. ■

The author lives in Arizona, USA.

How Can You Unlock the Power of the Book of Mormon in Your Life?

1. **Read daily.**
2. **Study by topic.**
3. **Use the study manual.**
4. **Discuss with others.**

“I promise that as you prayerfully study the Book of Mormon *every day*, you will make better decisions—*every day*.”²

NOTES

1. Ezra Taft Benson, “The Book of Mormon—Keystone of Our Religion,” *Ensign*, Nov. 1986, 7.
2. Russell M. Nelson, “The Book of Mormon: What Would Your Life Be Like without It?” *Ensign* or *Liahona*, Nov. 2017, 62.