Each time I read even a few lines in the Book of Mormon, I feel my testimony strengthened that the book is true, that Jesus is the Christ, and that we can follow Him home. It has been for me the book of books. It is the word of God.

A Testimony of Your Own

A testimony is a good feeling from the Holy Ghost telling you that something is true. You aren’t too young to have a testimony. Cut out the strips and put them in a bowl or jar so you can choose one each day. When you feel a testimony in your heart, tell someone about it!

Sing “I Feel My Savior’s Love” (Children’s Songbook, 74–75).

Sing “Gethsemane” (Liahona, Mar. 2018, 74–75).

Look at a picture of the temple.

Listen to a talk by President Russell M. Nelson.

Look at a picture of Jesus, or watch a Bible video about Him.

Pray to Heavenly Father and listen for feelings from the Holy Ghost.

“Feast upon the words of Christ; . . . the words of Christ will tell you all things what ye should do” (2 Nephi 32:3).

I Feel the Holy Ghost When . . .

I pray to Heavenly Father.

I think about the temple.

I help others.

When have you felt a testimony from the Holy Ghost?