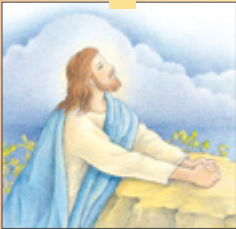




**By President  
Henry B. Eyring**  
Second Counselor  
in the First  
Presidency

# Testimony and the Book of Mormon

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.



*Adapted from "The Book of Mormon as a Personal  
Guide," Ensign, Sept. 2010, 4–6.*



## 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?