

Discerning the Good in Ourselves

By Emily Abel

For most of my life, I have defined the gift of discernment as being able to recognize right from wrong, truth from error. While that is a critical part of the gift, I recently learned there is more to it.

I found a treasure in the footnotes of a talk given in the April 2020 general conference. A speaker quoted President Stephen L Richards (1879–1959), former First Counselor in the First Presidency, who said, “The highest type of discernment is that which perceives in others and uncovers for them their better natures, the good inherent within them.”¹

Doesn’t that sound like poetry?

The Holy Ghost can help us uncover the good *inherent* in others. The truth of that statement was so sweet to me that I wanted to learn more. I found that Elder David A. Bednar of the Quorum of the Twelve Apostles also taught that the gift of discernment helps us “find and bring forth the good that may be concealed in *us*.”²

Since this discovery, I’ve come to realize how important this part of the gift of discernment is. We need to find the good qualities in ourselves so that we can develop them. As we do, we will feel and act more like the children of God we really are (see Psalm 82:6; Mosiah 5:7; Moroni 7:19).

So how can we start finding the good in ourselves? Here are a few ways to get started.

How would you define the gift of discernment? Until recently, I was totally missing out on one of the essential purposes of this gift.

