



**By President
M. Russell Ballard**
Acting President of the Quorum
of the Twelve Apostles

How Can the Holy Ghost Help Me?

The Holy Ghost can comfort you and fill you with peace.

He can warn you about danger.

He can teach you what is true.

He can guide you to choose the right.

Adapted from "How to Tune in to the Holy Ghost," New Era, Aug. 2015, 48; "Pure Testimony," Liahona, Nov. 2004, 40-43; and "Finding Joy through Loving Service," Liahona, May 2011, 46-49.



Did You Know?

The *M* in M. Russell Ballard stands for Melvin.