

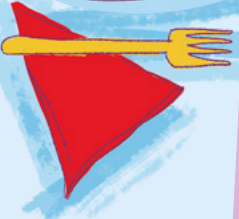
# A Chat with Eilish about the Holy Ghost

*Eilish is a 12-year-old girl from the East Region of Singapore. We asked her about how the Holy Ghost helps her.*



## Tell us about yourself.

I really like to read and play volleyball, and my favorite subject in school is math. My favorite food is lasagna, and my favorite color is red. When I grow up, I hope to be a lawyer and work in court.



## What does the Holy Ghost feel like to you?

For me, the Holy Ghost feels like having a close friend with me. I feel like He is someone I can depend on when I keep the commandments and my covenants with Heavenly Father. I think of Him as my guide and companion. He can help me make good choices.

## What advice would you give to someone who isn't sure they've felt the Holy Ghost?

Sometimes I also feel unsure about whether I am feeling the Holy Ghost. But if you really think about it, read the scriptures, and pray, and you feel good about it, that's the Holy Ghost. Sometimes hearing the Holy Ghost isn't just a feeling. It can be a thought or idea as well. If you still feel confused, you can always pray and ask the Lord again for help.



ILLUSTRATIONS BY ANNABEL TEMPEST

## When have you felt the Holy Ghost?

Last year, I played in a volleyball tournament. Like most of my teammates, I was nervous. When I began to play, our team had already lost the first two games. We were discouraged. Then people watching the game said some unkind words, and we felt even worse. We lost.



When my mother asked me how it went, I started to cry. I was so disappointed. I went to my room, where it was nice and quiet, and said a prayer. After I prayed, I felt calmer and more peaceful in my heart. I knew the Holy Ghost had comforted me and that He would always help me. With another tournament coming this year, I know He will be with me as I play.



## How else has the Holy Ghost helped you?

The Holy Ghost also helped me when I moved from Primary to Young Women. I was excited about moving to Young Women. But I felt quite nervous at the same time. I was a little sad to leave Primary too.

Before my first class, I said a prayer and asked Heavenly Father to help me enjoy Young Women. I felt peace in my heart as I stepped into my new classroom. I was ready to learn. It helped to remember that the Holy Ghost will always be there for me! ●

