

# Planting and Nourishing the Word of God in Our Hearts

## Planting the seed

Read Alma 32:21–23, 26–30, and mark words and phrases that help you understand how to begin growing a testimony.

Share with your group the words and phrases that stood out to you and why. Then discuss the following questions:

- What do you think it means to “give place” in your heart for the Savior and His teachings?
- What can make it difficult for people to do this?
- According to verses 28–30, what can happen when we make room in our hearts for Jesus Christ and His teachings?

Write a one-sentence summary of what you learned from these verses about helping your testimony in its beginning stages.

---

---

## Nourishing the seed

Alma taught that planting the seed and discovering that it is good is only the first part of growing a testimony. Read Alma 32:37–43, looking for teachings that help you understand how to help a testimony continue to grow.

Share with your group the words and phrases that stood out to you and why. Then discuss the following questions:

- What did you learn from verses 38–40 about what happens if we neglect the word of God that has been growing in our hearts?
- What are some examples of how someone could neglect his or her testimony of Jesus Christ and His teachings?
- What are some ways you can nourish your testimony of Jesus Christ and His gospel to help it grow stronger?

Write a one-sentence summary of what you learned from these verses about strengthening a testimony that is already growing inside of you.

---

---