

SEEK OPPORTUNITIES TO BEAR YOUR TESTIMONY IN WORD AND IN DEED.

ELDER GARY E. STEVENSON



Elder Gary E. Stevenson
OF THE QUORUM OF THE TWELVE APOSTLES

Nourishing and Bearing Your Testimony

Do I Know and Understand What a Testimony Is?

Your testimony is a most precious possession, often associated with deep spiritual feelings. These feelings are usually communicated quietly and described as a “still small voice” [1 Kings 19:12]. It is your belief or knowledge of truth given as a spiritual witness through the influence of the Holy Ghost. . . .

Do I Know How to Bear My Testimony?

You bear your testimony when you share spiritual feelings with others. As a member of the Church, you have opportunities to bear your spoken testimony in formal Church meetings or in less formal, one-on-one conversations with family, friends, and others.

Another way you share your testimony is through righteous behavior. . . .

Members of the Church stand as witnesses of God at all times, in all things, and in all places. Opportunities to do this in the digital universe using inspiring content of our own or sharing uplifting content prepared by others are endless. . . .

What Are the Obstacles in Sharing My Testimony?

Obstacles to sharing your testimony may include uncertainty about what to say. . . .

Another obstacle . . . is fear. . . .

. . . Having faith . . . will allow you to overcome these feelings. . . .

How Do I Keep My Testimony?

I believe a testimony is innate within us, yet, in order to keep it and more fully develop it, Alma taught that we must nourish our testimony with much care [see Alma 32:37]. . . .

My beloved brothers and sisters, I promise that as you more fully understand what a testimony is, and as you share it, you will overcome obstacles of uncertainty and fear, enabling you to nurture and keep this most precious possession, your testimony.

See the full address at conference.ChurchofJesusChrist.org.