

# 5 Ways to Build Your Testimony

By Charlotte Larcabal Speakman

If you want to strengthen your testimony, good news—you are already on your way! Alma taught that having a *desire* to believe is the first step (see Alma 32:27). So, good job! Now here are five ways you can keep building your testimony.

# 1

**Pray and ask questions.** Joseph Smith prayed to Heavenly Father about many questions. Nephi did too. And they both gained powerful testimonies because of it! Prayerfully asking questions can help your testimony grow.

# 2

**Live it.** Jesus Christ said that when we choose to do Heavenly Father's will, we will "know of the doctrine" (see John 7:17). That means if we live the gospel, we will know it is true!

# 3

**Listen to the Holy Ghost.** Pay attention to the thoughts and feelings you have as you read the scriptures, sing Primary songs, and listen in church. Those are messages from Heavenly Father to you, sent through the Holy Ghost.

# 5

**Remember.** You could keep a notebook or record yourself talking about spiritual experiences you have had. Coming back to these memories of when you've felt the Holy Ghost will help strengthen your testimony.

# 4

**Share what you believe.** "We gain or strengthen a testimony by bearing it," said President Dallin H. Oaks.\* When you say what you believe is true, the Holy Ghost will testify to you.