

What Is a Testimony?

A testimony is what you know or believe is true about Heavenly Father and Jesus Christ.

A testimony grows little by little. Just like a plant grows with water and sunshine, a testimony grows as you follow Jesus and love others.

When we pray or read scriptures, the Holy Ghost gives us good feelings inside to help us know what is true.

When you share your testimony with others, your testimony can grow stronger too!



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