

# Increasing Your Capacity to Receive Revelation

## 1. Read the following statements and mark suggestions you feel could help you increase your capacity to receive personal revelation.

President Russell M. Nelson taught:



Pray in the name of Jesus Christ about your concerns, your fears, your weaknesses—yes, the very longings of your heart. And then listen! Write the thoughts that come to your mind. Record your feelings and follow through with actions that you are prompted to take. As you repeat this process day after day, month after month, year after year, you will “grow into the principle of revelation.” (“Revelation for the Church, Revelation for Our Lives,” *Ensign* or *Liahona*, May 2018, 95)

Elder Gary E. Stevenson of the Quorum of the Twelve Apostles taught:

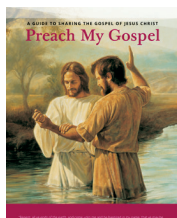


It remains for each of us to seek to exercise our spiritual gifts and then to invite and learn to recognize promptings of the Spirit. Four guiding principles to assist us in this crucial spiritual endeavor are:

1. Stand in holy places.
2. Stand with holy people.
3. Testify of holy truths.
4. Listen to the Holy Spirit.

(“Promptings of the Spirit,” *Liahona*, Nov. 2023, 45)

In *Preach My Gospel* we learn:



Having the guidance of the Holy Ghost in your life requires spiritual work. This work includes fervent prayer and consistent scripture study. It also includes keeping your covenants and God’s commandments ([see Mosiah 18:10, 13]). It includes worthily partaking of the sacrament each week (see Doctrine and Covenants 20:77, 79). (*Preach My Gospel: A Guide to Sharing the Gospel of Jesus Christ* [2023], 101)

## 2. In the space below, write one or two things you have found to be helpful in increasing your capacity to receive personal revelation.