

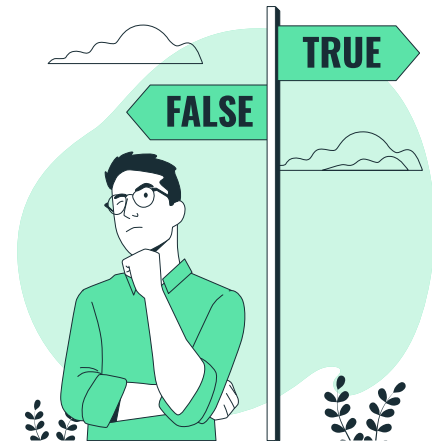
LESSON

7



MISCONCEPTIONS About the Holy Ghost

A misconception is a view or opinion that is incorrect because based on faulty thinking or understanding



MISCONCEPTIONS

If you see a miracle or tangible evidence of the divine, you will be converted.



No, a long-lasting testimony comes from the Spirit.

MISCONCEPTIONS

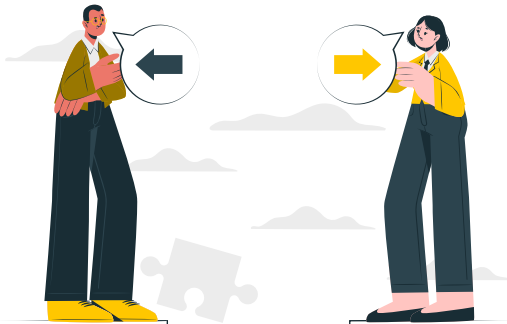
If you are living worthily, you can receive direction for every challenge of life.



No, worthiness is not a prerequisite for revelation. See Alma, Paul, Zeezrom, etc.

MISCONCEPTIONS

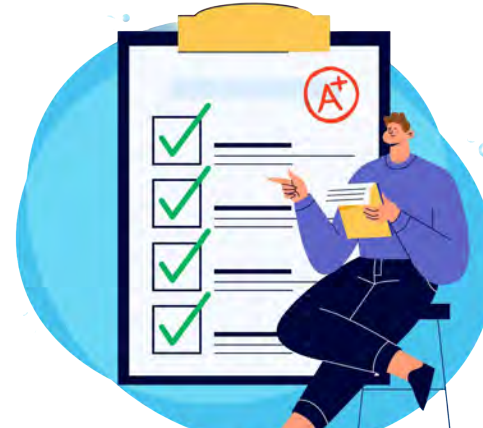
The sacrament prayer says the Spirit will “always” be with you. Thus, you can expect the Lord to guide you in all that you do.



No, sometimes God wants you work things out on your own.

MISCONCEPTIONS

The Spirit will give you a complete answer in your heart and mind.



No, most of the time you will receive a partial answer.

MISCONCEPTIONS

After praying, the first thought that comes into your mind will be from the Lord.



No, sometimes it is the second, third, or hundredth thought.

MISCONCEPTIONS

You don't need to act until you receive a clear answer from God.



No, God expects you “step into the dark” without a full answer.

MISCONCEPTIONS

The scriptures are the final word of God.



No, in addition to the scriptures we have prophets.

MISCONCEPTIONS

Whatever the prophet says is scripture.



No, something he says are his opinions.

MISCONCEPTIONS

The apostles are more closer to the Spirit than you.



No, you have as much right to hear God as they do.

MISCONCEPTIONS

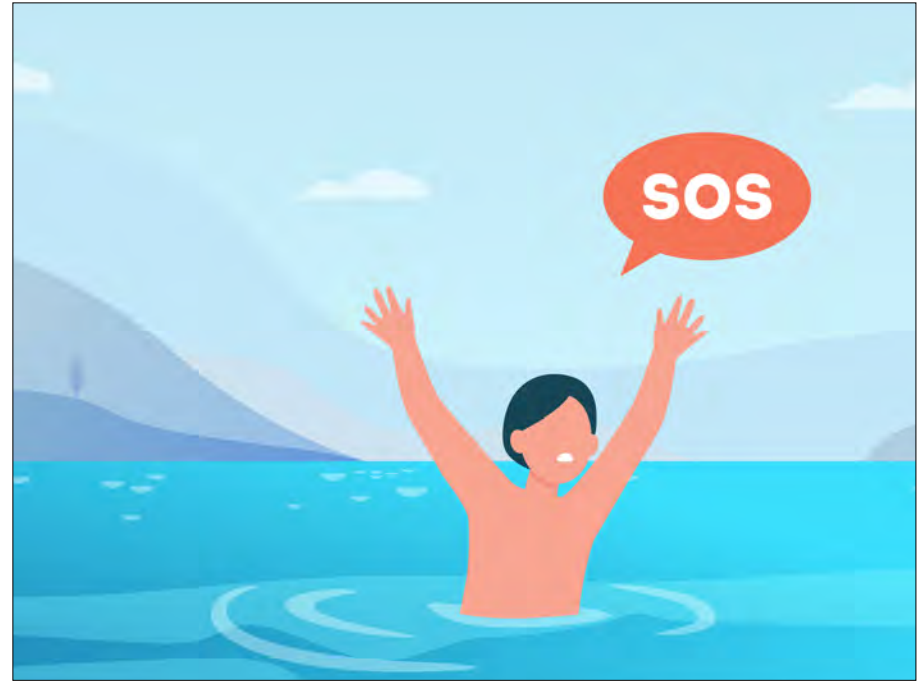
It's difficult for the common person to tell if something is from God or not.



No, everyone on earth has the gift to know good from evil.

GOSPEL TRUTH

God usually speaks to us through the scriptures, the living oracles—prophets and apostles—and the Holy Ghost.



Scriptures



Oracles



Spirit



Spirit

Scriptures

Oracles

MORSE CODE

A	• ■	N	■ •
B	■ • • •	O	■ ■ ■
C	■ • ■ •	P	• ■ ■ •
D	■ • •	Q	■ ■ • ■
E	•	R	• ■ •
F	• • ■ •	S	• • •
G	■ ■ •	T	■
H	• • • •	U	• • ■
I	• •	V	• • • ■
J	• ■ ■ ■ ■	W	• ■ ■
K	■ • ■	X	■ • • ■
L	• ■ ■ •	Y	■ • ■ ■
M	■ ■	Z	■ ■ • •

How to receive revelation



**Have faith in Christ.
Make Him your foundation.**



Jesus Christ

Turn to the Word



Scriptures

Holy Bible • Book of Mormon • D&C • PofGP

Scriptures

Holy Bible • Book of Mormon • D&C • PofGP



Past

Scriptures

Holy Bible • Book of Mormon • D&C • PofGP



Jesus Christ

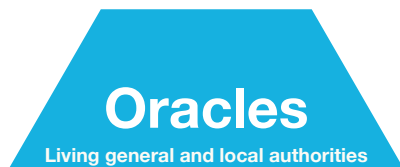


Present

Listen to the Prophets



**Present
And Future**



Scriptures

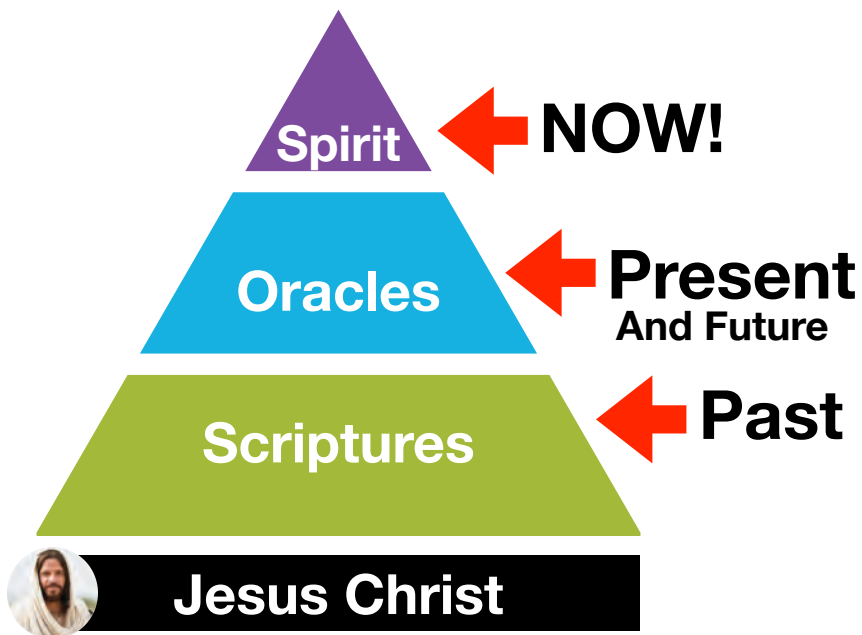
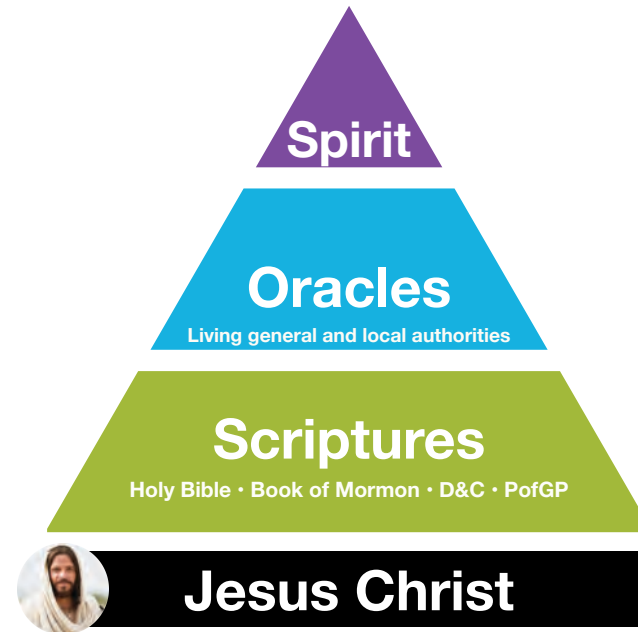
Holy Bible • Book of Mormon • D&C • PofGP



Jesus Christ



Follow the Spirit



LET'S TALK ABOUT IT

How do the scriptures, the words of living prophets and apostles, and the Holy Ghost work together to help us know what God wants us to know and do?

GOSPEL TRUTH

You can become highly skilled at recognizing the voice of the Spirit by practicing and learning how the Spirit speaks to you.



Yea, thus saith the still small voice, which whispereth through and pierceth all things, and often times it maketh my bones to quake while it maketh manifest

D&C 85:66

Deep silence and calm

Yea, thus saith the **still** small voice, which whispereth through and pierceth all things, and often times it maketh my bones to quake while it maketh manifest

D&C 85:66

Not great in strength or power

Yea, thus saith the still **small** voice, which whispereth through and pierceth all things, and often times it maketh my bones to quake while it maketh manifest

D&C 85:66

Speak very softly usually for the sake of privacy

Yea, thus saith the still small voice, which **whispereth** through and pierceth all things, and often times it maketh my bones to quake while it maketh manifest

D&C 85:66

Goes into or through (your heart)

Yea, thus saith the still small voice, which whispereth through and **pierceth** all things, and often times it maketh my bones to quake while it maketh manifest

D&C 85:66

Makes a powerful impact on you

Yea, thus saith the still small voice, which whispereth through and pierceth all things, and often times it **maketh my bones to quake** while it maketh manifest

D&C 85:66



Boyd K. Packer said: “The Spirit does not get our attention by shouting or shaking us with a heavy hand. Rather it whispers. It caresses so gently that if we are preoccupied we may not feel it at all. Occasionally it will press just firmly enough for us to pay heed. But most of the time, if we do not heed the gentle feeling, the Spirit will withdraw and wait until we come seeking and listening...”

Boyd K. Packer, Ensign, Jan. 1983, 51–56



Boyd K. Packer said: “The Holy Ghost speaks with a voice that you feel more than you hear. It is described as a ‘still small voice.’ And while we speak of ‘listening’ to the whisperings of the Spirit, most often one describes a spiritual prompting by saying, ‘I had a feeling ...’”

Boyd K. Packer, October 1994



Just as learning an instrument or a language is a process, **learning the language of the Spirit is also a process**, one that is vital for each of us to learn, whether we are recently baptized or long-time members of the Church.
(Linda K. Burton, CES Devotional, March 2, 2024)



The Savior taught in the Book of Mormon that the Lamanites “were baptized with fire and the Holy Ghost, and they knew it not.” It is my deep desire that we will **increase in our ability to hear and understand the promptings of the Spirit** and act on the promptings that we get from the Holy Ghost. In order to do so, we must first learn to recognize His voice. (Linda K. Burton, CES Devotional, March 2, 2024)



In learning the language of the Spirit, we sometimes confuse our own thoughts and our own emotions with the promptings of the Spirit. Another reason is that discerning the Spirit is a gift of the Spirit. **Just as learning a language comes easily to some and not to others, so does the ability to understand the whisperings of the Spirit.**
(Linda K. Burton, CES Devotional, March 2, 2024)



Most often, learning an instrument or language takes a great deal of effort, including practicing and sometimes making mistakes. So it is with the process of learning the language of the Spirit. **Would it help you to know that personal revelation is a line-upon-line, precept-upon-precept process** that even prophets, seers, and revelators have to learn to understand? (Linda K. Burton, CES Devotional, March 2, 2024)



LET'S TALK ABOUT IT

What have you learned about how the Spirit speaks to you? How did you learn to recognize it—and why might someone ignore a spiritual impression because they want more tangible evidence?

GOSPEL TRUTH

You can know if something is from God if it is good. If something is good, you can rest assured it springs from God. God is the source of all good.



“Wherefore, **all things which are good cometh of God**; and that which is evil cometh of the devil; for the devil is an enemy unto God, and fighteth against him continually, and inviteth and enticeth to sin, and to do that which is evil continually.”

Moroni 7:12

“But behold, **that which is of God inviteth and enticeth to do good** continually; wherefore, every thing which inviteth and enticeth to do good, and to love God, and to serve him, is **inspired of God.**”

Moroni 7:13

“Wherefore, take heed, my beloved brethren, that ye **do not judge that which is evil to be of God**, or that which is good and of God to be of the devil.”

Moroni 7:14

“For behold, my brethren, it is given unto you to judge, that ye may know good from evil; **and the way to judge is as plain**, that ye may know with a perfect knowledge, as the daylight is from the dark night.”

Moroni 7:15

“For behold, the Spirit of Christ is given to every man, **that he may know good from evil**; wherefore, I show unto you the way to judge; for every thing which inviteth to do good, and to persuade to believe in Christ, is sent forth by the power and gift of Christ; **wherefore ye may know with a perfect knowledge it is of God.**”

Moroni 7:16

“But whatsoever thing persuadeth men to do evil, and believe not in Christ, and deny him, and serve not God, **then ye may know with a perfect knowledge it is of the devil**; for after this manner doth the devil work, for he persuadeth no man to do good, no, not one; neither do his angels; neither do they who subject themselves unto him.” (Moroni 7:17)

“And now, my brethren, seeing that ye know the light by which ye may judge, which light is the light of Christ, **see that ye do not judge wrongfully**; for with that same judgment which ye judge ye shall also be judged.”

Moroni 7:18



As we travel the world, we invite people to ask questions. There is one question that is asked most often. It's a very simple question: Elder Bednar, how do I know if it's the Holy Ghost or just me?

David A. Bednar, “Is it the Holy Ghost or Me?” (MTC 2009 or 2010)

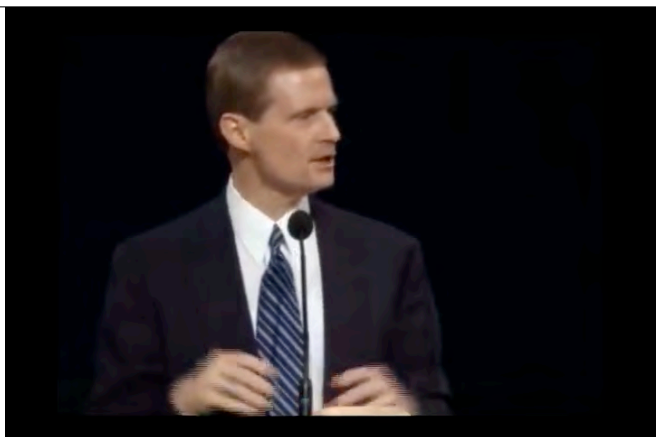
1/5



But I watched so many members of the church and I watched so many elders and sisters who are paralyzed because they don't want to go unless they know they're under the influence of the Spirit. Well guess what: when you're sitting there, you are not under the influence of the spirit. The Scriptures say you are to press forward not sit still. Press forward with a steadfastness in Christ and when you are moving you will be guided and you have to have the confidence and the faith in the Lord Jesus Christ to know that he will help you.

David A. Bednar, “Is it the Holy Ghost or Me?” (MTC 2009 or 2010)

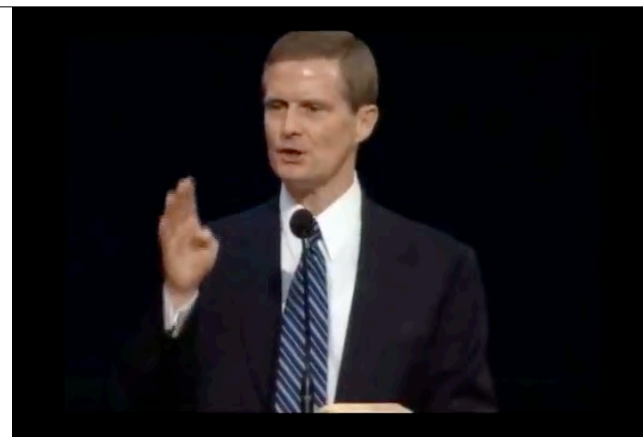
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Can you hear the lesson I'm trying to teach? Don't just sit and wait for some dramatic message to come from heaven. You be a good boy. You be a good girl. You honor your covenants. Keep the commandments. Press forward with faith in the Lord Jesus Christ and He will guide your steps. And as you open your mouth, it will be filled. Don't be paralyzed wondering 'is this me or is this the Holy Ghost?' Get over it. Quit worrying about it.

David A. Bednar, "Is it the Holy Ghost or Me?" (MTC 2009 or 2010)

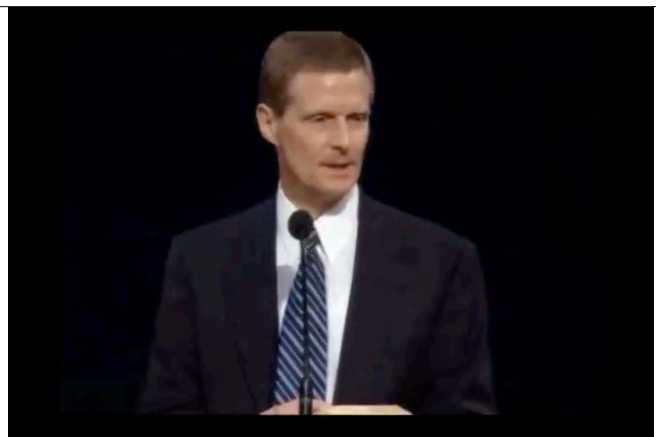
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As you are pressing forward, God will guide your steps. To open your mouth, He will inspire your utterances. You will become a tool in his hands to be at the right place at the right time.

David A. Bednar, "Is it the Holy Ghost or Me?" (MTC 2009 or 2010)

4/5



Elders and sisters, quit worrying about it. If you are good, then every good thought that you have is inspired by the Holy Ghost. Everything that is good comes from God. So just quit worrying about it.

David A. Bednar, "Is it the Holy Ghost or Me?" (MTC 2009 or 2010)

5/5



LET'S TALK ABOUT IT

How can we distinguish something that is merely pleasant or desirable from something that is genuinely good and comes from God?

GOSPEL TRUTH

The Lord gives us the light we need for the next step—not the entire path at once.

An illustration of a woman with dark hair, wearing a green headband, a teal tank top, and dark pants, walking on a green path. She is holding a blue water bottle. The background is a bright orange gradient with a large, stylized white shape resembling a path or a cloud. The overall theme is about the journey of faith and the light provided by the Lord.

GOSPEL TRUTH

The Lord gives us the light we need for the next step—not the entire path at once.

An illustration of a woman with dark hair and a green headband, wearing a teal tank top and black leggings, walking on a green path. She is holding a blue water bottle. The background is a bright orange gradient with a large, stylized white shape resembling a path or a cloud. The text "GOSPEL TRUTH" is written in large, bold, white capital letters at the top. Below it, the text "The Lord gives us the light we need for the next step—not the entire path at once." is written in a smaller, white, sans-serif font.



“For behold, thus saith the Lord God: I will give
unto the children of men line upon line,

“For behold, thus saith the Lord God: I will give
unto the children of men line upon line,

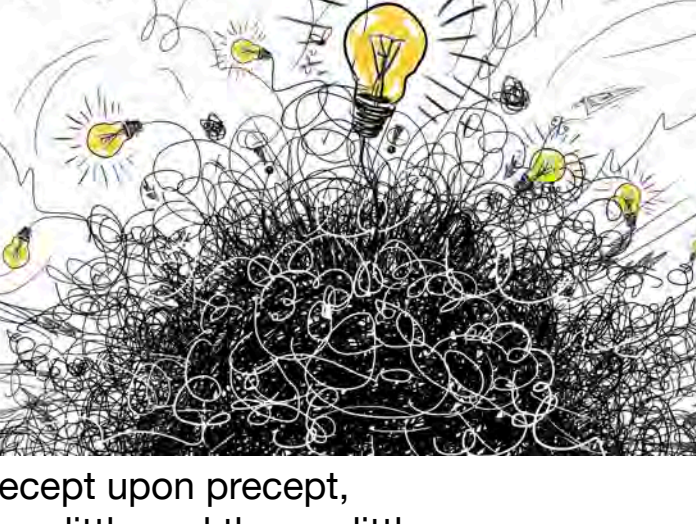
“For behold, thus saith the Lord God: I will give
unto the children of men line upon line,



“precept upon precept,
here a little and there a little;

Precept: A general rule intended to regulate behavior or thought.

2 Nephi 28:20



“precept upon precept,
here a little and there a little;

Precept: A general rule intended to regulate behavior or thought.

2 Nephi 28:20



“and blessed are those who hearken unto my precepts, and lend an ear unto my counsel,

Hearken: Pay attention • Lend an ear: Listen sympathetically or attentively 2 Nephi 28:20



“and blessed are those who hearken unto my precepts, and lend an ear unto my counsel,

Hearken: Pay attention • Lend an ear: Listen sympathetically or attentively 2 Nephi 28:20



“for they shall learn wisdom;

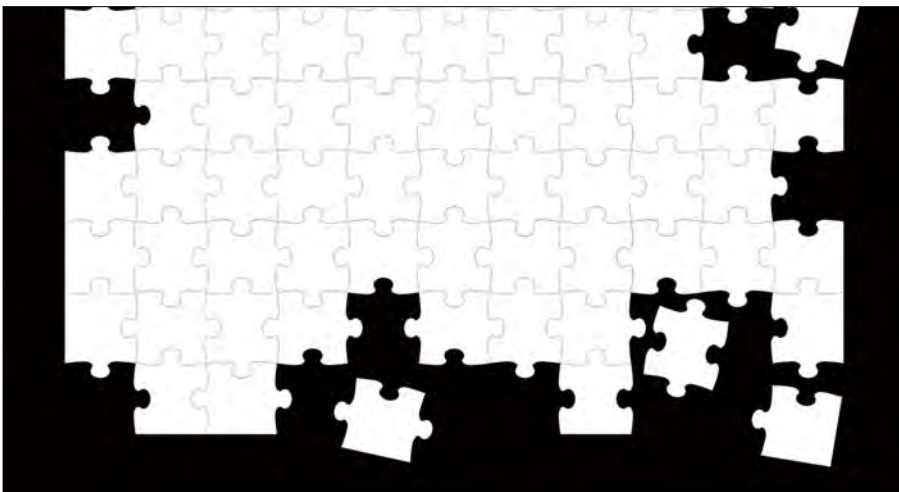
Wisdom: Showing experience, knowledge, and good judgment.

2 Nephi 28:20



“for unto him that receiveth I will give more

2 Nephi 28:20



“and from them that shall say, We have enough, from them shall be taken away even that which they have.

2 Nephi 28:20



LET'S TALK ABOUT IT

Why doesn't the Lord usually give us the entire answer all at once? What does He accomplish by giving us enough light for the next step?

GOSPEL TRUTH

The strongest evidence of spiritual truth is not what we see with our eyes, but what the Holy Ghost teaches us in our minds and hearts.



The truth that matters most is verified only by revelation from God. **Our human reason and the use of our physical senses will not be enough.** We live in a time when even the wisest will be hard-pressed to distinguish truth from clever deception. (Henry B. Eyring, “The Holy Ghost as Your Companion,” Oct. 2015)



The Lord taught His Apostle Thomas, who wanted physical evidence of the Savior's Resurrection by touching His wounds. **He taught that revelation is safer evidence:** “Jesus saith unto him, Thomas, because thou hast seen me, thou hast believed: blessed are they that have not seen, and yet have believed” (John 20:29). (Henry B. Eyring, “The Holy Ghost as Your Companion,” Oct. 2015)



Nephi



Laman and Lemuel



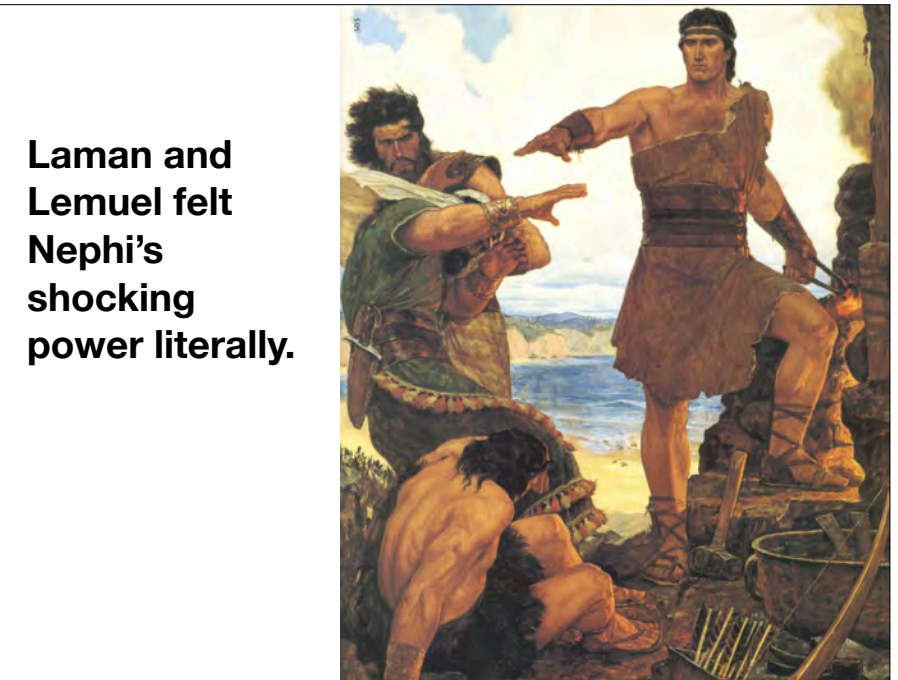
Laman and Lemuel saw and heard an angel.



They saw the Lord direct Nephi with the ship.



They saw the miraculous Liahona.



**Laman and
Lemuel felt
Nephi's
shocking
power literally.**

What Laman & Lemuel experienced	Did it permanently convert them?
An angel appeared	No
Heard an angel's voice	No
Saw the Liahona	No
Watched Nephi build a ship by revelation	No
Felt the power of God through Nephi	No
Were physically shaken by God's power	No
Heard the still small voice	They were "past feeling"



While there are some "evidences" for gospel truths (for example, see Psalm 19:1; Helaman 8:24), **scientific methods will not yield spiritual knowledge**. This is what Jesus taught in response to Simon Peter's testimony that He was the Christ: "Blessed art thou, Simon Bar-jona: for flesh and blood hath not revealed it unto thee, but my Father which is in heaven" (Matthew 16:17). The Apostle Paul explained this. In a letter to the Corinthian Saints, he said, "**The things of God knoweth no man, but [by] the Spirit of God**" (1 Corinthians 2:11; see also John 14:17). (Dallin H. Oaks, "Testimony," April 2008).



LET'S TALK ABOUT IT

If seeing an angel didn't convert Laman and Lemuel, what does that teach us about the difference between experiencing a miracle and receiving a spiritual witness?

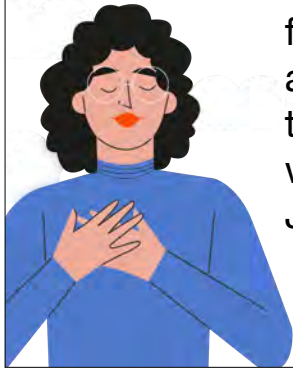


TO DO

HOMEWORK ASSIGNMENTS

WEEK 7 CHALLENGE

Will you listen to the still, small voice, learn to recognize how it speaks to your mind and heart, follow its guidance one step at a time, and act on the good it teaches you—knowing that it will strengthen your faith in Jesus Christ?



Fill in the blanks

How do you know when you have the companionship of the Holy Ghost? Fill in the blanks on “Evidences of the Spirit” handout.



Fill in the blanks

Possible Answers

- | | |
|-----------------------------|-----------------------------|
| 1. Proverbs 3:6 _____ | 1. Proverbs 3:6 You feel |
| 2. Luke 12:11–12 _____ | 2. Luke 12:11–12 The Ho |
| 3. Luke 24:32 _____ | 3. Luke 24:32 Your heart |
| 4. John 14:26 _____ | 4. John 14:26 Things are |
| 5. John 14:27 _____ | 5. John 14:27 You feel p |
| 6. John 16:13–14 _____ | 6. John 16:13–14 He guid |
| 7. Romans 5:5 _____ | 7. Romans 5:5 You feel t |
| 8. Romans 15:13 _____ | 8. Romans 15:13 You are |
| 9. 1 Cor. 2:9–11 _____ | 9. 1 Cor. 2:9–11 You feel |
| 10. Galatians 5:22–26 _____ | 10. Galatians 5:22–26 You |
| 11. Ephesians 1:18 _____ | 11. Ephesians 1:18 Your u |
| 12. 1 Nephi 1:1–3 _____ | 12. 1 Nephi 1:1–3 You fee |
| 13. 1 Nephi 2:16 _____ | 13. 1 Nephi 2:16 You have |
| 14. 1 Nephi 4:6 _____ | 14. 1 Nephi 4:6 You feel li |

Read Elder Bednar's talk “Is it the Holy Ghost or me?”

Download printed version at iloveinstitute.com
Or download and watch on YouTube

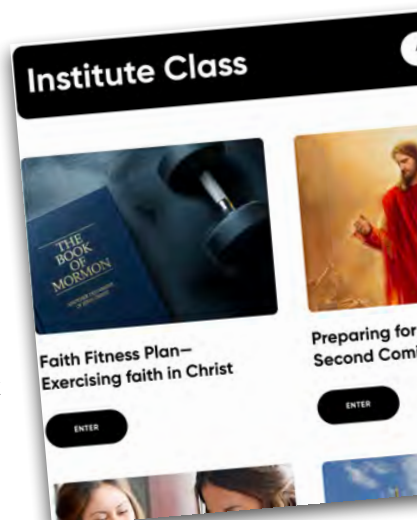
I want to see if I can't provide a little direction in relation to a question that is in the soul of every single member of the Church of Jesus Christ of Latter-day Saints. Sister Bednar indicated that as we travel the world, we invite people to ask questions. There is one question that is asked most often. It's a very simple question. “Elder Bednar, How do I know if it is the Holy Ghost or just me?” Have you ever wondered that? Is it me thinking this or is it the Holy Ghost telling me this and how do I know the difference? Now let me describe what I want to do tonight and then we will get to work. I want to number one, answer that question. I think my answer will surprise you. Then, I want to illustrate how I have learned that principle that answers that question over the course of the last 36 years. I am going to share an experience I had as a 40-year-old stake president that relates to an experience I had as a 56-year-old member missionary, and then I am going to tell you about an experience I had as a 12-year-old member of the Quorum of the Twelve Apostles. You will find a remarkable consistency and continuity in all three of those experiences and I hope it won't take you 36 years to learn the same lesson.

Now the answer to the question “How do you tell if it's the Holy Ghost or just me?” Answer: quit worrying about it! Quit fussing, quit stewing, quit analyzing, quit worrying about it! Press forward with faith in the Lord Jesus Christ. Be a good boy. Be a good girl. Honor your covenants, in the name of the Lord Jesus Christ that your

VISIT
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 - Preparing for the Second Coming
 - Understanding your endowment
 - Principles of personal revelation
 - Avoiding a faith crisis
 - Book of Mormon—your handbook

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READINGS



- Dallin H. Oaks, "Testimony," April 2008
- Henry B. Eyring, "The Holy Ghost as Your Companion," Oct. 2015
- Linda K. Burton, CES Devotional, March 2, 2024
- David A. Bednar "Is it the Holy Ghost or Me?" MTC 2009 or 2010
www.youtube.com/watch?v=AGS45Fd9nmE



NEXT CLASS: OCT. 8

Training Partners

In Lesson 8, we'll discover why training spiritually with others at church strengthens our faith. Why does fellowshiping with the saints increase our faith?

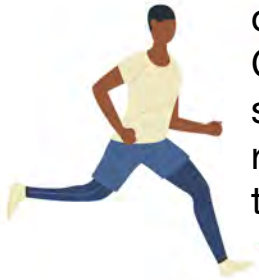
FAITH FITNESS CLASS REVIEWS



LESSON

01

Faith Fitness Basics



Will you exercise faith by moving forward and taking righteous action without a perfect knowledge of the outcome, trusting in Jesus Christ, hoping for things not seen but true and good, and remaining strong and faithful through the trials of life?

LESSON

02

Master Trainer

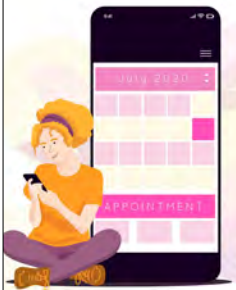


Will you identify one fear, burden, temptation, habit, or unanswered question that you have been carrying? Will you consciously place it in the Savior's hands and act in faith according to His teachings?

LESSON

03

Faith Training Plan



Will you use the “faith formula” in Alma 32, choose a gospel topic where you would like to strengthen your faith and follow the five steps: PREPARE your heart; PRACTICE faith; PLANT a seed; PROVIDE nutrition; PROCURE the results?

LESSON

04

Resistance Training



When adversity comes, will you choose faith in Jesus Christ instead of abandoning hope and giving in to despair? Will you build a “reservoir of faith” so you can withstand anything and everything that comes your way?

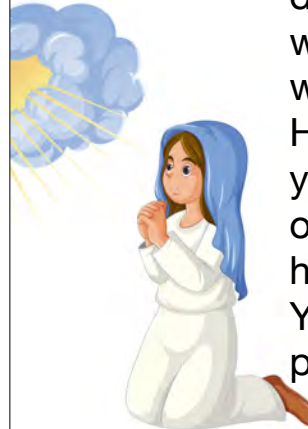
Faith Training Manual



When you want to strengthen your faith in Jesus Christ or when you feel your faith is weakening, will you turn to the scriptures and words of the prophets and apostles for answers and liken those holy words to your situation?



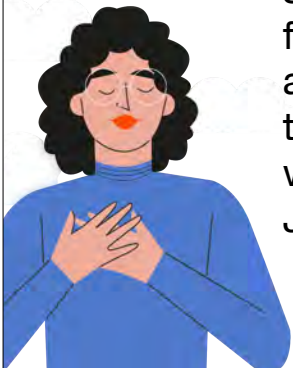
Praying to your Coach



Will you talk to your Coach every day? Will you tell Him honestly where your faith is strong and where it is weak? Will you ask Him to strengthen your faith? Will you listen—and be willing to act on what He tells you? (You don't have to have great faith to start. You just have to be willing to pray with the faith you have.)



Divine Answers



Will you listen to the still, small voice, learn to recognize how it speaks to your mind and heart, follow its guidance one step at a time, and act on the good it teaches you—knowing that it will strengthen your faith in Jesus Christ?