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LESSON 10:

# Recognizing and Understanding the Spirit

Ponder: How Do I Receive Personal Revelation?

Ponder the following excerpts from the talk: “Revelation for the Church, Revelation for Our Lives,” given by President Russell M. Nelson at the April 2018 General Conference:

“Through the manifestations of the Holy Ghost, the Lord will assist us in all our righteous pursuits....

“As a member of the Quorum of the Twelve Apostles, I prayed daily for revelation and gave thanks to the Lord every time He spoke to my heart and mind....

“Imagine the miracle of it! Whatever our Church calling, we can pray to our Heavenly Father and receive guidance and direction, be warned about dangers and distractions, and be enabled to accomplish things we simply could not do on our own. If we will truly receive the Holy Ghost and learn to discern and understand His promptings, we will be guided in matters large and small....

“The Prophet Joseph Smith set a pattern for us to follow in resolving our questions. Drawn to the promise of James that if we lack wisdom we may ask of God, the boy Joseph took his question directly to Heavenly Father. He sought personal revelation, and his seeking opened this last dispensation.

“In like manner, what will your seeking open for you? What wisdom do you lack? What do you feel an urgent need to know or understand? Follow the example of the Prophet Joseph. Find a quiet place where you can regularly go. Humble yourself before God. Pour out your heart to your Heavenly Father. Turn to Him for answers and for comfort.

“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’....

To be sure, there may be times when you feel as though the heavens are closed. But I promise that as you continue to be obedient, expressing gratitude for every blessing the Lord gives you, and as you patiently honor the Lord’s timetable, you will be given the knowledge and understanding you seek. Every blessing the Lord has for you—even miracles—will follow. That is what personal revelation will do for you.” (See [Gospel Library > General Conference > April 2018/Sunday Morning Session > Revelation for the Church, Revelation for Our Lives](#))



What things have you felt a deep desire to know more about? What do you feel after reading President Nelson's teaching about how you can seek and receive revelation for yourself in all things?



Record Your Feelings:

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## Study and Discuss: Recognizing and Understanding the Spirit

- Study the following sections from *Preach My Gospel*, Chapter 4 “How Do I Recognize and Understand the Spirit?” including the scriptures referenced in each section.
  1. Personal Revelation
  2. The Light of Christ
  3. The Holy Ghost
  4. The Power of the Spirit in Conversion
  5. Pray with Faith
  6. Learn to Recognize the Promptings of the Spirit
  7. Relying on the Spirit
  8. Word of Caution
- Plan to discuss what you learn with your missionary preparation class, your Sunday School teacher, quorum or auxiliary leader, a family member, a class member, or a friend.
- Write down the impressions you feel and ideas you learn through these discussions about how you can better recognize and understand the influence of the Spirit in your life and in the lives of others.

## Prepare to Serve

- Review the section “Ideas for Study and Application” at the end of Chapter 4 “How Do I Recognize and Understand the Spirit?” in *Preach My Gospel*. Do the exercises under the subtitle: “Personal Study.” Write your answers in your study journal. Discuss your answers with your teacher or quorum / auxiliary leader. Add to your journal any new impressions and ideas you learn through these discussions.
- Read and do all the exercises pertaining to the principle of self-reliance: “Use Time Wisely” in Chapter 5 of the self-reliance booklet *My Foundation for Self-Reliance*. If you have not done so, ask your quorum or auxiliary leader about joining a self-reliance group in your ward or stake. Plan to complete the twelve-week group process as part of your missionary preparation.